

The background of the entire image is a repeating pattern of blue line-art illustrations of various plants, including leaves, berries, and seed pods. In the center, there is a white rectangular box with a thin blue border. At the top center of this box is a dark blue rectangular tab, resembling a folder or binder tab.

WILD WINTER REMEDIES

The first aid kit in your garden

Jenni McDonnell MBE

- I am not a qualified herbalist. I am self taught
- I have been a gardener my whole life. It is my passion.
- I grow vegetables, flowers and herbs in my garden in Long Buckby
- 10 years of using the healing properties of plants, grown and foraged



Important notice

Herbal medicine uses the natural properties of plants to heal minor ailments. It should never replace a trip to the doctors if you don't feel well.

You should always seek professional advice before using herbal remedies if you have an existing medical condition. Some of the herbs can be quite potent and might interfere with the medicine you have been prescribed so always check with a qualified doctor.

You should always research the plants to make sure they are safe for you to use – everyone reacts differently to plants so do your own research before use.

In all cases do not take these herbal remedies for extended periods of time. They are designed for short term relief. Some plants can cause serious damage if you take them for more than 6 weeks at a time.

Herbal preparation

There are lots of different ways of preserving the goodness from herbs and plants to turn them into herbal remedies.

Internally

- Herbal Teas
- Tinctures
- Oxymels

Externally

- Infused oils
- Salves
- Creams



Winter remedies

Immune boost tonic

Elderberry syrup, high in anti-oxidants and are known for their anti-viral properties to fend off cold and flu



Immune boost tonic

Fire cider. Analgesic, anti-inflammatory, anti-bacterial and microbial control. Clobbers the germs before they take hold but also good to sooth symptoms when you have a cold.



Winter remedies

Headaches

Meadow sweet or willow bark tincture both contain salicycin which is the active ingredient in aspirin so don't take this if you have any conditions affected blood clotting.



Sore Throat

Sage and rosemary tincture spray. Anti-inflammatory



Winter remedies

Cold symptoms

Thyme tea, stops the chills and fights the cold symptoms. Antibacterial, expectorant (stops mucus) and cough relief all in one. It's a hug in a mug



Respiratory problems

Mullein is great for clearing out mucus from your chest, nose and throat. It is safe for asthma sufferers but always check it is compatible with your current medicine first.



Winter remedies

Cold sores

Infused oil dabbed on to a cold sores will sooth the pain and kill the virus to get rid of the sore quickly. Self heal, lemon balm, sage, rosemary and calendula are antiviral and anti-inflammatory



Chapped lips

Calendula salve for more standard dried lips due to the cold weather



Christmas specials

Indigestion

Angelica root and ginger syrup. They both have sooth the discomfort of intestinal gas and nausea. Angelica is also anti-inflammatory which soothes heartburn caused by acid reflux



Hangover

Milk thistle seeds and dandelion root tea. They help to detox the liver after a really heavy drinking session.



Great reference books

- Knowledge to forage, Dane de Luca Moulandie
- The Gardeners companion to medicinal plants, Kew Gardens
- Edible and medicinal wild plants of Great Britain and Ireland, Robin Harford
- The Garden apothecary, Christine Iverson
- The Hedgerow apothecary, Christine Iverson
- Forgotten home apothecary, Nicole Apelian



Book plug:

Perfect for a
spooky Halloween
read



That's all folks

Thank you for your attention. I hope you have enjoyed learning about the benefits of the plant life around us.

Any Questions?

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