

# HERBAL

# FIRST AID

## Plantain:

Plantain is commonly used as an astringent, to heal wounds, blisters, swelling, insect bites, and other skin conditions. Psyllium,

## Yarrow:

Most commonly the leaves are used as a balm or poultice to help heal bruises, wounds, sprains, and swelling. A poultice from Yarrow can also help to stop bleeding.

## Jewelweed:

Contains a chemical that is said to help improve itching and rash after you touch poison ivy. Said to only work with fresh plant material.

## Aloe Vera:

The inner tops of the leaves are used for the clear gel that soothes burns, speeds up healing, and reduces the risk of infection.

Find more info at  
[www.theathomeapothecary.com](http://www.theathomeapothecary.com)