

Blood Poisoning

F Poultrice 1 tsp. each flax seed meal & powdered slippery elm bark blacken with charcoal powder
mix with boiling water to make paste cook slowly 5 minutes; apply hot. West Fork

F slippery elm bark poultrice St. Paul

F Prickly Pear poultrice Fayetteville

F boil inner bark red oak thicken with corn meal to make paste for poultrice Ft. Smith

F red oak ooze (tea from bark) & cotton seed meal Nashville

F wet Tobacco leaves for poultrice St. Paul

F wet wood ashes poultrice Menz

F Wear copper wire Little Rock

Blood Pressure (High)

Mix = pts Tag Alder, Chamomile, Elder & Mint

Steep a tsp. in hot water for 10 minutes Drink warm 3 or 4
times a day eat sparingly & get bed rest Dose Simmer
gently 1 oz in pint of hot water for 20 minutes Drink tepid
 $\frac{1}{2}$ cupful 3 times a day New Jersey Tea (9)

F Tea of pecan leaves drunk several days Marshall

F Spice wood twig tea Van Buren

Blood Purifier

- 1 Mix = pts Burdock, Yellow Dock, Dandelion, Sassafras, & Sarsaparilla (or Spikenard)
To yield antirheumatic remedy, add Birch Bark Decoct 2 tbs in a quart of hot water down to $\frac{1}{2}$ quantity Take cold $\frac{1}{2}$ cup (diluted with water) 4^{times} daily
- 2 Mix = pts Burdock, Dandelion, Sarsaparilla, Black Alder, & Violet or Red Clover
prepare as above
- 3 Mix = pts Burdock, Queen of the Meadow, Yellow Dock, Barberry & Black Alder (Good for eczema, boils, & skin disorders) Boil 1oz each in $1\frac{1}{2}$ qts hot water down to $\frac{1}{2}$ quantity Drink cold $\frac{1}{2}$ cupful 4 times a day
- 4 Mix = pts Thyme, Blueberry, Dandelion root, Burdock Root, Water Cress, & Sassafras Steep a tsp in a cup of hot water Drink cold 4 times daily

- F Sassafras tea Pangburn, Ft. Smith, Branch, Sulphur Springs
- F Cherry bark tea Seligman, Missouri
- F Penna Tea Marion
- F Spice bush tea St. Paul
- F Chew golden seal root Mountainburg
- F Boil dandelion roots Seligman, Mo.
- F Chew burdock roots Lincoln
- F Sulphur & Molasses Huntsville

Boils

crushed yellow dock leaf poultice

wild pansy leaves crushed

self heal

corn poultice

anemone crushed & applied as wet poultice

pine gum

F Tag Alder bark tea ^{drink} Harrison

F Slippery elm bark _{poultice} Hot Springs

F Sweet gum poultice Pine Bluff

F Drink elder bark tea Heavener, Okla.

F Scrape elder up & mix with meal for poultice St. Paul

F Mash Nightshade berries into salve Little Rock

F Smartweed poultice Fayetteville

F Marsh Jimson Weed leaves St. Paul

F Wilt Sumac leaves in warm water & poultice Fayetteville

F Chewed tobacco to draw core as poultice Belton Mo.

F Amaranth leaves crushed water & flour paste Poultice Cove Creek

F Soak burdock roots in water & drink St. Paul.

F Boil blackberry root for tea El Dorado

F Boil gourd root soak on poultice Texas

F Egg membrane poultice Fayetteville, Bentonville, Harrison

F Fat on boil Weeks, Quitman, Peo Ridge

F Powder dirt dabbers' nest & apply dry in thin cloth Ft. Smith

F Wear honeweed root Booneville

- 1 ^{Julian A} Steyermark - Smith ^{Stey} Flora of Missouri - Smith Atlas and Keys of Arkansas Flora
- 2 The Herb Book John Lust
- Using Plants for Healing Nelson Coon
- The Handbook of Alternatives to Chemical Medicine Mildred Jackson N.D. Terri Teague
- 3 Chinese Folk Medicine - Wallnofer
- Forests of Lilliput The Realm of Mosses & Lichens - John Bland 1971
- The Herbalist - Joseph E. Meyer Wehman Bras Hockensack ND
- Handbook of Northeastern Medicinal Plants - James A. Duke Quarterman Pub, Inc. Lincoln Ms
- A Guide to the Medicinal Plants of the U.S. Arnold & Connie Krochmal
- 4 Guide to Medicinal plants of Appalachia A. Krochmal, R.L. Walters R.M. Doughty
- The Swimmer Manuscript - Cherokee translated from Sequoian syllabry
- 5 Ginseng and other medicinal plants A.R. Harding 1908
- 6 Growing Woodland Plants Clarence & Eleanor G. Birds-eye 1972
- 7 unpublished folk medicine from U of A
- 8 The Barefoot Doctors' Manual for Chinese Paramedics
- 9 Cherokee Plants & their uses - a 400 year History Paul B Hamel
& Mary U Chiltoskey 1975

Cherokee bark from east side of tree
or east roots; leave west face line

BRIGHT'S DISEASE

F Drink watermelon seed tea Alpenz

Bronchitis

Flambeau Ojibwas boiled dried bergamont & inhaled steam
chew butterfly weed roots
Wormwood

Burns

apply ashes of horsetail stems

grind yarrow & steep in cold water

boil sweet flag root

boil inner bark of basswood

CHILD BIRTH

1 To speed Childbirth

Partridge Berry tea of boiled leaves

Blue Cohosh root infusion ← Elderberry root bark tea

2 To speed delivery of placenta

American licorice roots boiled

3 To stop hemorrhages

infusion of buckwheat

boiled sumac berries externally

4 To relieve pain

black cherry bark tea

cotton root tea

Cold

1 Mix = pts. Yarrow, Boneset, Mint, Catnip, Verbena, & Hoarhound & $\frac{1}{2}$ pt Sage

Stir a heaping tsp in a cup of hot water & cover 8-10 minutes

Drink a cupful every 2-3 hrs for children a wineglassful

2 See diaphoretic remedy Mix = pt Elder, Catnip, Boneset, & Peppermint
& $\frac{1}{2}$ pt Sage 1 tsp of mixture steeped in a cup of hot water should
be taken warm 4 times a day or every hour Cough syrup from
4 sp herbs + 1 pt each Coltsfoot, Mallow, & $\frac{1}{2}$ Irish Moss in a quart of
hot water 20 minutes cool, strain, sweeten Sip glass every 2-3 hrs.

3 Mo. River Indians boiled fruits & leaves of red cedar & drank tea

Colic

Mix = pts Anise, Dill, Catnip, Chamomile, Mint, & Fennel (or any 3)

Steep level tsp in a cup of hot water for 8-10 minutes

adult dose is a cupful every hour sipped slowly infants dilute 50-50
as needed

Coughs Due to Cold

- 1 Mix $\frac{1}{2}$ tsp Anise, Thyme, Boneset, & Mallow & 2 of Mullein Simmer in ^{every hr.} 1 $\frac{1}{2}$ cups hot water for 15 minutes Cool & Strain Add sweet. take $\frac{1}{2}$ tsp
- 2 Mix together 3 pts Boneset & 1 each Hoarhound, Coltsfoot, Chinkapin Irish Moss (or Quince seeds) & Peppermint Simmer 2 $\frac{1}{2}$ tsp in $\frac{1}{2}$ gal hot water to $\frac{1}{2}$ Sweeten Sip slowly $\frac{1}{2}$ tsp every hour as required
- 3 Bronchial or asthmatic spasms Mix 1 pt each Thyme, Comfrey, & Elecampane & $\frac{1}{2}$ pt Lobelia & Mallow prepare as in # 2 add 1-2 drops spirits of Peppermint to each dose
- 4 Bronchial Cough Mix 1 pt each Hoarhound, Licorice, Mallow, Comfrey, Verbena & Buckbean & $\frac{1}{2}$ pt Irish Moss & Lobelia (In absence of any of these consider Boneset, Anise, Wild Cherry, Coltsfoot, Mullein & Valerian) Prepare syrup as under # 2 Add $\frac{1}{2}$ tsp of spirits of Peppermint per pint
- 5 Child's Syrup Mix = pts. Anise, Irish Moss, Chinkapin, Thyme, Mullein, Mallow, & Spearmint Prepare as in # 2 1-2 tsp every 2 hours

Sarsaparilla roots + sweet f/29 roots

Cherry bark tea

- F Boil ripe cockleburs into tea add sugar for ^{spring} syrup
- F Cook cherry bark, Mullein leaves, & pine needles together, mix water with honey & shape for syrup ^{Menz}
- F Mullein leaves, Cherry bark, honey, cedar bark, a few small cedar twigs + liquor cook into syrup Foulke
- F 1 dozen mullein buds, 1 dozen cockleburs, sycamore chips, pine chips, cherry bark, boil into syrup add whiskey
- F Boil yellow dock roots & cherry bark to make tea boil with honey into syrup take as needed ^{Fayetteville} Fayetteville

F shagbark hickory tea Leslie F horehound + whiskey syrup Beebe

F Wild Plum bark + honey Woodruff Co.

F Chestnut leaf tea steeped from syrup Bentonville

F Boil Pleurisy root for syrup Carrollton

F Boil Pennyroyal Fayetteville

Cramps

F Scrape bark off peach twigs, soak, drink water Timbo

F Boil bark of blackhaw in water to make tea to relieve women's cramps Red Star

Dandruff

Corn oil (Chickasaws)

Rocky Mt. Juniper leaves rubbed in after bathing

Willow leaves & twigs solution used by Chickasaws

Deer Antler

Burnt.

Part Used: shed antler

5 "horn" coarsely rasped raspings placed in iron vessel sealed put in oven at 196° - 200° F for 48 hours until light chocolate color cool powder & preserve in vials powerful styptic & stops flooding of womb or excessive menstruation in flooding $\frac{1}{2}$ sp added to gill hot water $\frac{1}{2}$ sp given every 5-10 minutes or $\frac{1}{2}$ sp powder every $\frac{1}{2}$ hour

Diabetes

Wild Carrot blossoms in warm water steeped

Diarrhea

Blackberry root tea (F McGehee)

Red cedar berries oil

ferment cherries 1 year

Boil inner dogwood bark & inject rectally

Boil white oak bark

Boil persimmon fruits

boil root bark of black raspberry

boil entire seneca snake root

F Boil elder bark Winslow

F Chew inner bark sweet gum Russellville

F Chew pine roots El Dorado

F Black Jack oak: chew young twigs Ft. Smith

F House Mint Carrolton

Earache Deafness

F Rattlesnake oil (Dr. from Mena) Marvell

Melt hedgehog fat & drop into ear at night relieves eardrum & dissolves hard wax Substitute Goose fat Romany Remedy

^s = pts Garlic juice, Glycerin, & oil of sweet Almonds

F Pour fluid from Bessbug into ear Crossett, Norfolk, Gregory cricket Jasper

F hold hickory or persimmon limb over fire put sap into ear Aurora, Alpena, Leslie

F Peach seed tea drops Elm Springs, Springdale F Boil catnip tea cover cup with rag put ear to cup
Southwest City, Mo.

F Pour urine in ear Fourche Valley F drop of Skunk oil in ear Fayetteville

Enema

- 1 Mix 1pt Flaxseed & Chamomile & 2 of Marsh Mallow, (or Mallow) leaves steep 2 tsp in a cup of hot water strain when tepid & inject 3-4 times a day
- 2 A decoction for Piles boil 1 heaping tsp each Sweet Fern, Self-heal & Mullein in 1½ pts hot water for ½ hour Strain & use tepid to cool 3-4 times a day

Eye Problems

Eyebright

Indian Pipe juice from stems

Yarrow leaves & flowers steeped Blackfoot

Horsemint flowers Blackfoot

Poultice of crushed blue flax leaves Plute

leaves of Indian currant steeped (Mo.)

Soak goldenseal root in water till it turns
yellow Fayetteville

Weak sassafras tea as eyewash El dorado

9 Alder bark, Red Maple bark

Fever (or Cold)

Mix = pts Yarrow, Boneset, Catnip, Mint, Sage & Verbena Add also on substitute with Linden, Elder flowers, Pennyroyal & Hoarhound

Steep a heaping tsp in a cup of hot water for 8-10 minutes

Drink warm every 3-4 hours If profuse sweating is desired, take a cupful every hour

F Dittany Tea Flippin

F Wild Cherry, ^{bark} Dogwood bark, sarsaparilla ^{yellow} roots, yellow dock roots & golden seal boil down to strong tea preserve in alcohol 1 pint to $\frac{1}{2}$ gallon of tea sweetener, sassafras optional West Fork

F Boil Boneset roots for tea Ft. Smith

F Mullein tea (9 buds of 9 plants) Huntsville

F Juice from Pleurisy Root, Virginia Snakeroot & Senna root tea Huntsville

F Boil Hoarhound tsp every few hours Perryville

F Seneca Snake Root tea Fayetteville
F Hipbury + cherry bark boiled
for tea Red Star

F Boil green rose leaves to make tea Mineral Springs

F Boil down feverweed Waldron

F Boil pleurisy root tea 1 tbs dose Eureka Springs

F Boil $\frac{1}{2}$ cup leaves sage in 1 qt water 4 tbs daily Winston

F Boil Dog Fennel (Anthemis) Marvell

F Substitute dogwood roots for guinine Chester

Boil bayberry stems & leaves

boil inner bark of dogwood

Joe pye weed tea

Willow bark boiled

fever wort decoction Cherokee

Va. Snakeroot boil root or steep plant Natchez

bee plant steeped Blackfoot