

The SHTF Medicinal Plant Guide



THAT SHOULD BE IN
YOUR B.O.B.

The SHTF Medicinal Plant Guide That Should Be In Your B.O.B.

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Digitalis Purpurea (Foxglove or Lady's Glove)



"Cultivated and naturalized in the U.S. The dried leaves constitute the drug Digitalis or Foxglove."

Digitalis causes a rise in Sodium and in Calcium, which causes the heart to beat stronger and with a more regular rhythm. It is used particularly for the irregular (and often fast) **atrial fibrillation**.

Digitalis is often prescribed (nowadays) for patients diagnosed with congestive heart failure. **Digitalis was approved for heart failure in 1998 under current regulations by the FDA on the basis of prospective, randomized study and clinical trials.** The drug is called digoxin.

Be careful: eating more dried leaves of Foxglove than necessary can be poisonous, due to an excess of the same substance that heals you. An overdose will induce nausea and vomiting within minutes of ingestion, preventing the patient from consuming more. All this information is meant to serve as an advice only when SHTF. If you want to take the "plant drug" now, go to a doctor first to prescribe you the dosages.

Dryopteris Filix-mas (Male Fern)



"Native of North Europe, Asia and Northern North America. The rhizome and leaf bases constitute the drug Aspidium or Male Fern."

Male fern contains chemicals which kill intestinal worms such as tapeworms. Once the worms have been killed, saltwater (saline) is taken to flush them from the body.

Intestinal tapeworm infections usually aren't complicated, although they cause deaths in the US even with proper medical care. For example, Cysticercosis - a parasitic infection caused by the larval form of the pork tapeworm, who migrated to the brain, spine, eye, etc - can be deadly! And in times of crisis, it is deadly!

The downside is that Male Fern is unsafe. It is a poison. You take a normal dosage and the worms die. You take too much... and you'll have serious problems. The appropriate dose of male fern depends on several factors such as the user's age, health, and several other conditions. Consult your pharmacist or physician or before using.

Pinus Palustris (Longleaf Pine)



*"Native of Southeastern US. The **oil and resin** from the trunks of the trees constitute the drug Terebinthina or Gum Turpentine, Which Yields Oil of Turpentine and Rosin; Pine Tar is made by Destructive distillation of the wood".*

Longleaf pine has been used historically in ship building for its resin, timber, and turpentine. The stumps and taproots are also popular for kindling. The wood doesn't rot, but is highly flammable.

The essential oil is used medicinally. It's rubbed in to the skin to **ease muscle and joint pain, arthritic pain, and fatigue.**

A powerful antioxidant called pycnogenol can also be made from its bark.

It can be taken in supplement form to slow the **aging process, correct circulatory issues, and maintain healthy skin.**



Natural Painkillers in the Wild

Gaultheria Procumbens -
Wintergreen

"Native of Eastern US and Canada.
The leaves constitute the drug
Gaultheria Yielding Oil of
Wintergreen".



Wintergreen leaves are most effective medicinally when they are distilled into an essential oil.

The plant is analgesic, so it's used primarily as a pain killer. The oil is rubbed on to the skin topically to treat headaches, muscle pain, menstrual cramps, and joint pain.

The oil taken in small doses can help with indigestion and flatulence

But it's not considered safe for internal use. It's also toxic to children and can be fatal in doses 4 milliliters and higher.

Pregnant women or women who are breastfeeding shouldn't use it internally or externally.

Natural Painkillers in the Wild



Wild lettuce (*Lactuca virosa*) is a plant in the *Lactuca* genus, ingested for its mild analgesic and sedative effects. It is related to common lettuce, and is often called "opium" lettuce in the past.

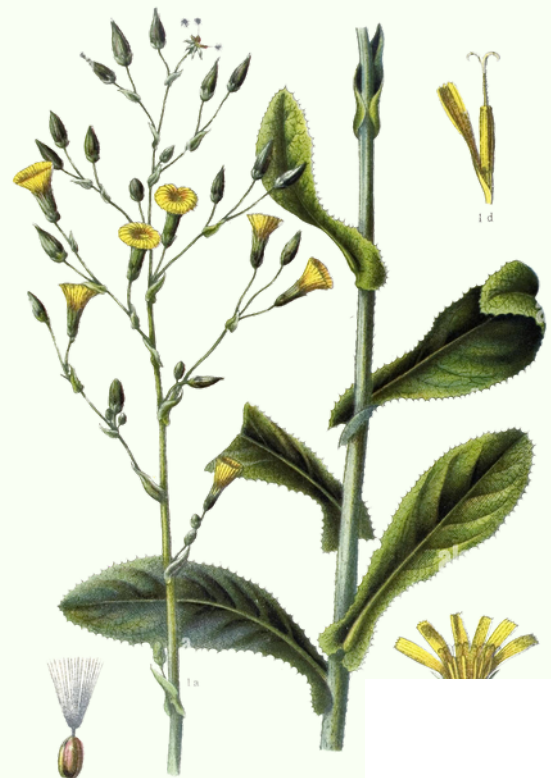
If this plant looks familiar to you, you have probably seen this once growing untended in the wild or in your backyard.

Wild lettuce is more than just lettuce grown in the wild.

It is a species of plant used frequently for its pain-relieving effects.

It has bright green leaves, which sprout from a green stem that's occasionally spotted purple.

Closely related to dandelion, wild lettuce is often used as a natural remedy for stress and chronic pain.



Here's how to make the tincture:

1. Thoroughly wash about 50 leaves and grind them up in a blender

2. Place them in a pot with just enough water to cover the leaves.



3. Heat on low for 3-4 hours, stirring regularly. Be careful not to let it boil.

4. Once the liquid is a dark brown color, pour it through a strainer and squeeze the leaves to get as much solution as you can.

5. Pour it into a small glass container and store it in your medicine cabinet for later use.

6. Shake well and mix 1 to 2 teaspoons of the extract in juice or water.

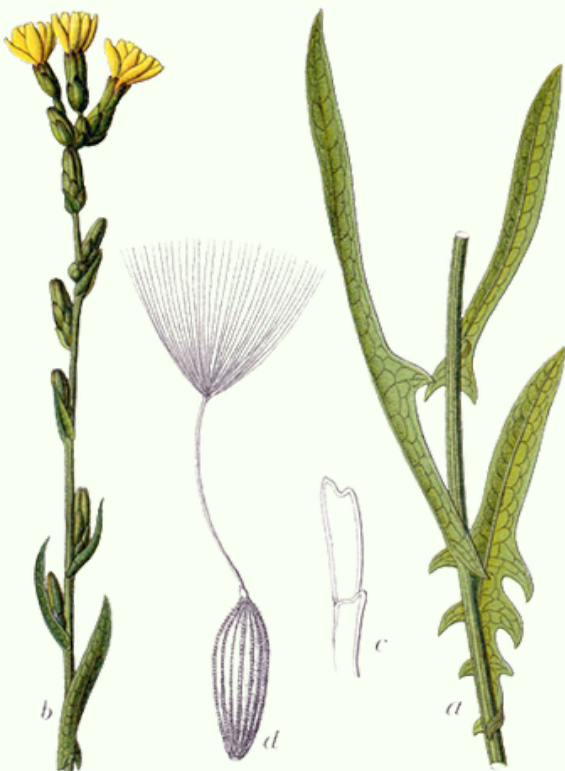


Take it up to three times daily.

Natural Painkillers in the Wild

Lactuca saligna is a species of wild lettuce known by the common name willowleaf lettuce, and least lettuce.

It is native to Eurasia but it grows in many other places as an introduced species, including much of North America.



Willow-leaf Lettuce belongs to a group of mainly yellow-flowered daisies in the Tribe Lactuceae.

The plants in this tribe are characterised by having a basal rosette of leaves (flat-weeds).

They also have milky sap in their stems and their flower-heads consisting entirely of ray florets

The whole plant is rich in a milky juice that flows freely when it is scratched.

The juice has a bitter taste and a noxious odour. When dried, it hardens, turns brown, and is known as lactucarium.

How to make a willowleaf tincture:



1. Cut up the leaves finely in small tiny chunks and set aside.

2. Prepare a mason jar with a plastic lid. It's best to use a plastic lid because metal lids will degrade and rust over time.

3. Zero out your scale with your mason jar, make sure to use grams to measure the weight of the leaves when you add them to the jar.



4. Add vinegar or apple cider that is twice the weight of the leaves in the jar. I.e if the leaves weigh 15 grams, the vinegar added should be 30 grams.



5. Close out the lid and label the jar with the date.

6. It's best to wait at least four weeks for vinegar-based tincture.

Note: Take only the young leaves at the bottom of the willow leaf plant and just pull them right up. Don't pull them straight out of the ground. Make sure to select only the green ones, because the yellowish leaves are dying, so we don't want that.

DIY Antibiotic From Your Backyard



“Native of Eastern and Central US and Canada. The dried root constitutes the drug Ginseng”.

The American ginseng plant is generally less potent than the Asian varieties, but it’s still effective in treating colds and fevers. It can be eaten raw, or dried and made in to powdered form.



It’s considered adaptogenic, so it can be taken to **prevent illness from occurring** and keep the immune system healthy.

People who take anticoagulants should not eat American ginseng or take it as a supplement.

Eating or preparing ginseng as a tea can help ease an upset stomach, gastritis, colitis, and increase appetite.

The Backyard Bandage

Woolly Lamb's Ear



perfect
makeshift
bandages!

antibacterial!

absorb blood &
help coagulation
faster

Popularly known as "wooly lamb's ear" - this plant has been **used for centuries as a bandage** to heal the wounds of the soldiers on the battlefield

The leaves of wooly lamb's ear are perfect as makeshift bandages because they are so **soft**, you won't mind putting them on your skin!

Plus, they're **antibacterial, absorbent, antiseptic, and antifungal**. Use them to treat scrapes, butts, burns, insect stings, and bug bites.

Cabbage Wraps for Inflammation



Cabbage leaves are a great anti-inflammatory and contain compounds that can also draw out poison or pus from a wound and speed up the healing.



How to Apply Raw Cabbage Leaves for the Relief of Joint Pain

Step 1

Place cabbage leaves on a cutting board and cut out the hard stem with a sharp knife. Use a wine bottle, rolling pin or meat hammer to gently bruise the leaves, releasing some of the cabbage juices.

Step 2

Wrap the cabbage leaves in foil and place in the oven for a few minutes to warm them and make the leaves pliable.

Step 3

Layer the warm cabbage leaves around the painful joint until it is completely encased with the leaves. If leaves feel too hot, allow them to cool for a minute before applying to the skin. Hold the leaves in place by wrapping with self-stick gauze bandage.

Step 4

Leave the cabbage leaves wrapped around the joint for at least one hour, and longer if desired.

The brain-boosting tincture from leaves



Salvia rosmarinus, commonly known as rosemary, is a shrub with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers, native to the Mediterranean region.

Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which help boost the immune system and improve blood circulation.

Studies show that rosemary is a cognitive stimulant and can help improve memory performance and quality.

It is also known to boost alertness, intelligence, and focus.



How to make rosemary tincture:

- Harvest both the leaves and flowers of the rosemary plant.
- Place them in a jar, and cover with 80-proof alcohol, like vodka, gin or rum.

...how to make rosemary tincture:

- Strain the mixture and transfer to a tincture bottle, or proceed to make a double-strength infusion.
- Take one adult dose, two droppers full, for any of the ailments listed below, 1-3 times per day.



Medicinal Properties of Rosemary

- As a tonic for the nervous system; increasing circulation to the brain, heightening concentration and improving memory.
- To treat depression.
- To relieve anxiety and strengthen nerves (making it ideal for pre-exam students, or interviewees.)
- To relieve migraines and headaches (feverfew too!)
- For its antimicrobial properties, and taken to boost immune system function to help relieve cold, flu, sore throats and chest infections.
- To stimulate digestion.
- To stimulate liver and gallbladder function, this aiding in detoxification.
- Externally, and turned into an oil rub to help soothe discomfort caused by arthritis and rheumatism. (I think I'll make an oil-infused, rosemary salve for my Nana's arthritis.)

Plant that regulates your blood sugar level

Urtica dioica, often known as **common nettle**, or *stinging nettle* is a herbaceous perennial flowering plant in the family *Urticaceae*.

According to ancient medical texts, *Urtica dioica* was used for the treatment of high blood sugar.



Stinging nettle (*Urtica dioica*) is a plant with pointed leaves and white to yellowish flowers. The root and above ground parts are used for **diabetes**.

Stinging nettle infusions are highly nutritive tonics that nourish your body with trace minerals and vitamin K as well as many antioxidants and other plant compounds.

They also help support cardiovascular health, blood sugar regulation and general wellness.

Nettle infusions taste faintly tea-like, inky with a soft herbal sweetness. Their flavor is rich and green.

Here's how to make the infusion:

1. Bring two quarts of filtered water to a boil.
2. Toss nettles into a mason jar, and then fill it with boiling water.



3. Allow the herbs to steep in water for at least 4 and up to 12 hours.

Then strain them from the infusion using a fine-mesh sieve or tea strainer.

4. Drink right away, or store the strained infusion in the fridge up to 3 days.

Notes:

Nettle infusions, like most foods and drinks, taste best when you make them fresh. However, you can make this infusion, strain out the nettles, and store the drink in the fridge about 4 days.

Wild Lettuce-Preparing a Concentrated Tincture

Wild lettuce is in the Asteraceae, the sunflower family. The plant I used for this preparation is *Lactuca biennis*. Since there are a number of *Lactuca* species which are all called 'Wild lettuce' I will often use the full botanical name in this blog.

There are 10 species of Wild lettuce that grow in the **United States**, both native and introduced. Most of them are medicinal as they exude scads of latex, which is likely where much of the medicinal properties lay. The genus **Lactuca** is derived from 'lac' the Latin word for milk alluding to the white latex. (Similar words: lactation, galactagogue)

The Tincture Press

I know that these are difficult to find and very expensive, but for me, they are fundamental in processing liquid medicines. This is because they press out a lot more liquid than other equipment such as a cider press or hand wringing. And it is not just a matter of getting the most out of it, but by pressing the herb out under a lot of pressure, it also releases many of the constituents that would stay trapped in the herb.

1. Measuring cup
2. Notebook-to record observations and notes
3. Pressing cloths-for tincture press
4. Rags-it can get messy
5. Scale-to weigh out herbs
6. Tincture press
7. Container-to catch the pressed tincture
8. Ethanol 95%



Finding and Gathering the Wild Lettuce

The first step is scouting locations where the Wild lettuce (*L. biennis* in this case) can be ethically gathered. Since I come to this region yearly, I was able to find an area where there were numerous plants away from pollution and not likely to be a gathering spot for other wildcrafters. I wanted it to not be too far away from where I was staying as I knew I would be gathering it on a daily basis and wanted to process the plants when they were very fresh.



Find an area where there were numerous plants away from pollution and not likely to be a gathering spot for other wildcrafters. I wanted it to not be too far away from where I was staying as I knew I would be gathering it on a daily basis and wanted to process the plants when they were very fresh.

There are two sets of numbers associated with preparing tinctures, they are a ratio and an alcohol percentage. The ratio is the proportion of plant material weight to menstruum volume and is expressed like this; plant weight: menstruum volume.

2. For instance, a tincture that is 10:20 is 10 ounces herb weight to 20 ounces of ethanol volume. The percentage is the percentage of any given alcohol such as Vodka which is often between 40%-50% alcohol.



3. To make a 'proof' a percentage, just divide it in half. (An example; 80 proof vodka is 40% alcohol). With Wild lettuce tincture, It was mainly prepared at 1:2 in 95% ethanol.

4. The reason for both of these numbers is due to the amount of water in the plant and the solubility of the white latex. In general, the smaller the difference between the two ratio numbers, the more potent the medicine.

5. Since was able to reduce the Wild lettuce material in pulp with the blender, I was able to get it to 1:2. (I initially did it at 1:1.6, which is even more potent, but found it easier to bring it up a little to 1:2 later).



6. The alcohol percentage is largely based on how much water is in the plants. Ethanol pulls water out of a plant and therefore helps move constituents out of the plant material.

7. In general, the more water in the plant, the higher the alcohol percentage needed. Also, the white latex in Wild lettuce is not very water soluble, which is another reason for the 95% alcohol.

At this point, I will start using it in with folks and obtaining results. I hope the strength of the taste is proportional to the potency of the medicine.

How will I use this Medicine

Wild lettuce tincture is commonly used as a general pain reliever with some sedative properties.

