

The School of “Self-Applied” Prevention

Herbal Salves / Sprays

Liniments / Essential Oils

Proper Application of Salves

Salves use from tubes or jars can be rubbed on the skin “thin” and rubbed in as desired. This would be common for **dry skin, sore muscles, insect bites**, etc. When put on thick, for treatment of **burns, fractured / broken bones**, or for **sports injuries** they require being properly wrapped. Salves can be messy, so my suggested method for heavy application is as follows:

Keep on hand a package of seaweed sold in square sheets for chinese style cooking with rice and fish as a “wrap”. These make a “perfect” skin covering when using salves. They are extremely clean and always ready and easily stored for long-term use. These seaweed squares are dried and I do not think they will every spoil when kept in their plastic packaging. They are not sold as “sterile”, but surely they are close to it. They are natural plant and food quality. The purpose of using plant leaves is to cover the salve and keep it from oozing into your bandaging wrap. The leaves can “breath” and not like putting a plastic type bandage over the salve. Burdock, grape leaves, even lettuce leaves can be used, but nothing beats the simplify of seaweed used for food use. Keeping a package with your salves and gauze is ideal and always ready when needed.

Step 1

The idea is to get a thick layer of salve on a burn / wound / broken bones, etc. When the skin is damaged badly, you can take a knife and spread the salve direct on the seaweed and then cover the wounded area.

Step 2

When the injury involves pain and an area on the body that is risk of being “bumped” and making you hurt, cover the seaweed first with white bandaging “sterile” pads made to cover injuries. I buy all of these supplies by the case, because when you’re burned or have a broken rib, etc. you need to bandage the injury as fast as humanly

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possible. You do not want to wait and order and days later start using natural methods.

Step 3

Then wrap the pads with common white gauze; I always buy the 4 inch wide “sterile” gauze by the case. Wrap the white pads with white gauze. This is goof enough if you’re staying home and not going to be working. When more is required, the stretch wraps are very nice and can be obtained in many different colors.

The Golden Rule is this----never wrap tight, always wrap loose and never ever cut off circulation. The number 1 common mistake is wrapping too tight. Wrap as softly as you can.

Step 4

“Self-Applied” Prevention is not for everyone and history proved mother was the family physician and she taught the children how to treat all injuries. Those days may be gone, but the principles are the same. The prepared family can do everything from treating a sunburn, scratch, insect bite or on the extreme; some families know how to stitch up cuts. Everyone is not only different; they all have different degree of experience. **When in doubt, go to your professional health care providers.** With experience you can do “everything” and experience takes a lifetime and generations of family teaching. Not that long ago, all babies were born at home----people use to not be so helpless.

- ✓ With extreme injuries, infection is the priority. Infection kills. The blood stream is “opportunistic”, a fresh injury that exposes the flesh, allows the elimination organs to expel accumulated waste out the injury location—people call these fluids ‘puss’. When dealing with a severe injury or puss is an issue, following the orange juice fasting “cure-all” is of great value to stop puss and quicken the healing process. Avoiding constipation via the use of LBB and supplying the blood stream the raw organic mineral building blocks (BF&C) speeds up all healing and the goal is a pain free recovery.

(Please read the 108 page “advanced” education on treatment of burns to understand proper use of burns and injuries.)

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The most famous / successful / copied liniment in American history ingredients: Cayenne Pepper, Menthol, Camphor, Turpentine and oil of Pine in a liniment. This liniment was sold for 25 cents, including shipping and an advertisement was sent to every home in America. The military made it famous as the most successful horse liniment. This liniment today would be extremely powerful, because people’s skin was very strong 140+ years ago and the horses likewise were more powerful back then.

A liniment is a thin liquid and made to penetrate fast, which makes it not suitable for children or tender skin. The success of this one Ohio herbal doctor made these herbs world famous to this very day. Many companies created brand names using some of these herbs in salves—mostly for use at bedtime as a breathing aid. These brands all use(d) petroleum jelly blended with these herbs in oil form and suggested application on the chest, feet, behind the ears and at least one use to suggest a little on the tongue for treatment of sore throat. These petroleum-based salves were commonly used in hot mist vaporizers 50+ years ago.

140+ years ago most these herbal essential oils were “real” and made by steam-distillation. Such is not the case in America / world today. Many herbs produce 1 ounce or less oil per 50 pounds of herb. Once any essential oil became popular in the past 40 years, chemical labs create “synthetic” essential oils and then flood the world markets. These synthetic essential oils have no herbs in them. The odds are when an essential oil is sold in America / Canada---it is an synthetic and or acid created. I purchased essential oils from sources in Canada and Turkey that advertised they were “pure” and for 10 years every source I found, all are selling synthetics, acid produced and even worse yet, some ad fillers. The more I learned, the more I learned no better how famous the website / brand name is, none of their labels can be trusted to be true.

Most every essential oil book printed in the past 25 years, state that essential oils are for external use only! This is because they believe most essential oils are synthetic quality and only “perfumes”. My best master herbalist teacher 25+ years ago taught a class and he believed back then that if you purchased your essential oils in

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Americas, that the chances were it was a synthetic, especially if it was cheap.

Petroleum Jelly was used to hold these essential oils, with the idea that once applied on the chest, the skin would repel the petroleum and the essential oils would be breathed in all night and help with congestion / sore throat. This Petroleum Jelly has zero human health value, is not eatable and little children get it on their fingers and then rub their eyes and can make a bad situation worse. It also makes the night clothing mess with the greasy petroleum.

The Golden Rule

- ✓ Everything we breathe-in and or has contact with our skin---ends up in our blood stream. All essential oils / herbs should be “eatable”; not synthetics, acids or petroleum. True Essential Oils must be nothing more than just steam-distilled herbs. If you can smell an herb or anything, that “smell” is in your blood stream and over-working all of our elimination organs.

If you can smell it, your throat, lungs, blood and liver is dealing with each breath. The human body thrives when all we; smell, absorb or drink and eat is 100% is properly expelled out of the body. What accumulates becomes toxic and attracts / feeds parasites. None natural / organic minerals / chemicals that find their way into the blood stream / lymph glands can get “stuck” in the body for months, years or even for life. These metallic substances can be the foundation of health problems.

An Example: the first iodine supplement was created by 1812 and a Dr. Lugol took that supplement and made synthetic iodine known as Lugol’s Iodine and was used worldwide for 150 years as a medical miracle. Lugol’s Iodine always carried the Skull and Bone’s poison label, but doctors and people ignored the warning, because they were putting it on their skin and not in their mouth. Dr. Hulda Clark suggested 6 drops maximum dosage in the mouth as treatment for sever flue. Clark considered 6 drops was safe for adults and ignored the skull bones poison label, because adult humans can tolerate allot of poisons. She used allot of toxic supplements and aged and passed

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on accordingly when you consider a person can only consume so much toxicity in a lifetime.

Lugol’s Iodine was so successful that for over 100 years, world wide, doctors were told to give their patients Lugol’s Iodine as the cure for all. This is because most humans lack organic iodine and this deficiency affects important glands like the Thyroid as well as hormone producing glands.

In 1950 a medical book listing the top 50 most toxic drugs, and list Lugol’s Iodine as a birth defect drug. Specifically causing male sterility some male children being born with a condition known as micro penis. As a result synthetic (toxic) iodine has slowly been removed from products. In 1812 they discovered organic natural iodine, but they can not control organic natural herbs, so the world population still lacks proper iodine in their diet.

When a person applies lugol’s (synthetic) iodine liquid on their wrist or feet, if they never apply it again; many years later “if” they do a quality hair sample test, such as data labs (Chicago), that test can easily show a high levels of chemical iodine and worse yet, if mother test her baby’s hair, the baby can be born with abnormal high levels of chemical iodine. This proves that lugol’s is so toxic that it enters the womb and affects the growing baby. To me this makes Lugol’s Iodine as toxic as lead, mercury and all synthetic / metallic poisons. This is why skull and bones labels were used and poisons absorb through the skin easily and fast.

These are only a few of many reasons we chose to stop buying commercial supplements 25 + years ago and made my first natural iodine by 1992. The only possible good use for Lugol’s Iodine is to put in on the garden soil. Known poisons should never be used on the skin or in the diet, especially for little children.

Commercialism often is driven by the bottom line / profits and often does not seek the best ingredients. I highly suggest that if a family is seeking a healthy / happy family they grow and make all they can and buy as little commercial products as possible.

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“IF ”it is not eatable, do not apply on the skin. You may not want a product in your mouth due to a horrible taste, but it still should be all “food-grade” herbs.

Petroleum Jelly is not an eatable product in my opinion, it may not noticeably hurt people, but it is a factory creation not suitable for health in my opinion and for that reason I made the most historical night time vaporizing salve, with ZERO Petroleum Jelly and as an Herbal Spray.

The theory is simple, everything good, can be made better and in the herbal world, that is my hobby and what we did for our children and our health. In fact, much of the world of herbal health has not been explored, because many herbal products are hard to sale and what can't be sold does not get made commercially. Hundreds, if not thousands of great herbal methods and combinations can be made, but you need natural raw supplements to start with.

Common Salve Ingredients

Palm Oil- Coconut Oil should be natural and perfume free. “IF” you have ever smelled that “coconut” smell; that is a chemical perfume added to coconut products. 5% of the world population is very allergic to coconut chemical. When they eat commercial coconut their throat can swell shut, throw up or literally stop breathing. Yet, commercial products almost always use coconut chemical perfume and call them selves ‘organic’. My opinion is that You can not trust commercial labels.

Bees Wax- most any common country-made bees wax is ok. The further away from cities and factories the better. Bees Wax can be light yellow to light brown.

Olive Oil- First Cold-Pressed Olive Oil only—never buy blends or anything less than cold pressed. When it is in glass, that is a good sign.

Fats / Oils- today there are many available fruit, plant fats. Such as Orange Peel Fat, Sunflower Oil and easily up to 50 to choose from

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and all fats and oils can be used. It all depends on how mild or hard you want the final salve to be. Warm climates and summer months can be a problem---- salves are not ideal in hot desert areas.

Essential oils- Steam Distilled Essential oils are hard to come by. It takes large sums of land, labor and mountains with ultra modern facilities to have the capabilities to create what seems like endless selection. I only know of one such facility on earth. Small farms can produce a few low volume essential oils, so they do exist around the world. Many years ago, 1 country collected herbs from all countries and planted at proper conditions in large volume with the abilities to create real steam distilled essential oils in volume. I like essential oils with known history of being anti-parasite. Some Essential Oils can be terribly expensive. I have 20 years experience with True Wild Oregano Oil and believe it is the best over all and have always suggested each adult should have a 1-gallon lifetime supply. I have 30+ to choose from and it literally takes a lifetime of self-experimentation to decide which ones you like the most. Wild Oregano has so many uses, from rooms, plants, mammals, birds, etc. The 100+-year-old great “medical” used essential oils, are some of the hardest to find today. The essential oil books often do not even list the greatest health beneficial herbs.

Some Steam Distilled Essential Oils are so rich in oils that they will turn very hard once they cool down and a few can be turned into crystalized flakes. These Crystals when made correctly, make the best salves used for better breathing.

Herb Powders- when making old-fashioned thick mineral rich salves and you may not have essential oils and only herbal powders, they can be used. These you will need to squeeze into your container when they are starting to cool and then cool quickly once in your jar. Powders may be a little more hard to deal with and messy, but a must when you have no essential oils.

Honey- Honey can be used in salves, but you will need to stir and cool so the honey does not separate. Always use a good quality honey direct from those that make honey. You can use whole raw blocks of honeycomb and not just honey.

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You can make salves as simple or as exotic as desired. Many modern people today have forgotten about salves. You will not easily find books that explain how to use salves to heal bones and pains due to injuries. It is actually easy to understand and few are prepared. To use salves allot, it is essential to have the salves on hand for instant use. If you have read a booklet about a simple honey salve for treatment of burns---if it has demonstration pictures, that could be a burn booklet I put together and our children pictured. The 108 page burn book is the best burn booklet in my opinion.

How does a salve heal a Burn / Wound?

Salves, like all herbs are dead foods, like all dead foods the body makes use of what it wants and the Blood does All the work. Salves with True Essential Oils will have more blood flow increase and also can have the ability to kill germs and parasites by contact. Essential Oils can be used more on none injured skin and hair for parasite treatment. Most people have no idea the skin / hair can be loaded with parasites.

- ✓ Salves for burns and flesh / tendon / bone damage must be used with internal powdered herbs rich in organic usable calcium minerals to insure tissue / bone repair and scar free.

Burn books often ignore the essential use of calcium rich herbs that are the building blocks the blood stream uses to repair the burns. Salves cannot rebuild the damage, salves help kill the bacteria and seal out the air. Salves are only 1/3 the treatment of burns.

The general rule is this for all burns, damaged skin, muscles and bones: Bone Flesh and Cartilage Capsules or bulk powder / syrup at a dosage required to remain pain free. Example: Broken Ribs, wrap with a potent salve, such as Sports C and take 20 capsules to start and capsules every hour based on staying pain free. Broken ribs may require 20-50 capsules every day. Broken legs may take 50-100 capsules daily. Commercial pain drugs are not an option, drugs harm the liver in my opinion and that then makes herb use less affective.

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Herbal Sprays / Salves increase blood supply to the burn / injury area—that is their purpose....BF&C calcium-rich herbs made correctly is the building blocks that the blood does all the work of making new cells and tissues.

Herbs do not fail to work when understood and properly used. Herbs used correctly are approximately 1/6th the cure. Daily Herbal Prevention is the greatest value of herbs. Mother to B makes the most valuable use of herbs. A properly supplemented mother not only makes a healthier baby, she also keeps more of her health---that is priceless for all families.

There is 1 salve formula I have used daily for 20 years! I love many salves, but there is only one I believe all people would do well with used nightly for life. It is based on a 125+-year-old theory, made my way. I call the base formula: **NIGHT TIME**, but this formula is also the best salve for lips, dry skin, bug bites, etc.

125 years ago, the most successful formula in history said this on the box: (word for word)

❖ For External Use Only

Aids in the relief of pains associated with:

RHEUMATISM

ARTHRITIS

LUMBAGOMINOR STRAINS

AND SPRAINS

HELPS RELIEVE

MUSCULAR

ACHES DUE TO

EXPOSURE

OVERWORKOR FATIGUE.

LINIMENT

Liniment is an excellent counterirritant. It stimulates circulation in the congested area and thus helps to bring about the benefits, which result from an increased local supply of blood.

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GENERAL DIRECTIONS

Apply Liniment liberally one or more times daily by patting on, using the fingers, a soft cloth, or a piece of absorbent cotton. **Do not rub and do not bandage after applying the Liniment, as to do so may cause blistering. Avoid contact with eyes and open wounds.** If warmth becomes uncomfortable, the Liniment may be removed with soap and water.

If with the first application Liniment does not produce as much warmth as you would like, on subsequent applications massage affected area firmly but gently with the fingers prior to applying Liniment. Then apply it liberally with a soft cloth or with absorbent cotton. Do not rub the area after the application.

NOTE: for children and those with tender skin, dilute the Liniment with equal parts of olive oil or mineral oil. Apply once or twice daily.

VETERINARY USES

Liniment acts on animals, as it does on human beings, to bring increased supply of blood to the treated area. Hence it is useful in the treatment of strains and sprains in horses, cattle, sheep and domestic animals; also for the treatment of bumble-foot and frostbite in poultry. **General veterinary directions:** Apply freely one or more times daily. Pat on. Will not blister unless applied with hard rubbing. Do not bandage with out diluting with equal parts of rubbing alcohol, or olive oil or mineral oil. Avoid contact with eyes, open wounds, or areas where skin is tender.

CAUTION: COMBUSTIBLE MIXTURE

DO NOT USE NEAR FIRE OR FLAME

AMERICAN

Rubbing Alcohol

50+ years ago, it was very common for adults use rubbing alcohol on aching muscles. Rubbing alcohol is “toxic” and what is toxic internally is toxic externally. Putting rubbing alcohol on the skin, forces the blood and all of the elimination organs to rapidly expel the toxic out of the body as fast as possible. This medical affect forces the body to respond and protect its self and the theory is simple; as the blood

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removes the toxic substances, the hope is that the increased blood flow will solve the health issue. This famous liniment was dr. created.

This dr. literally sent a small booklet explaining this liniment to every house in America for free and was sold by most American pharmacist / drug stores. Making these herbs the most famous and successful in American history. The United States Military used it for the soldiers and their horses.

Thailand

Today in Thailand Monks used a traditional Liniment that is basically this exact old American liniment. It looks the same, smells the same and works the same. It is made by one elder Monk and sold to Monks as “**Magical**” pain killer. This identical liniment can cost \$40 for a ½ ounce spray bottle---I KNOW, purchased 6 bottles because at the time I believed it was a very unique and very rare herbal elixir created for use by the Monks only.

The secretive Monks use this type of Liniment in a “unique” way. They apply the liniment from this ½ ounce spray bottle and spray your aching muscles then this is their “gimmick”---they spray the palms of their hands and then rub their hands Briskly very Fast together and then apply their hands on your body and then they start breathing very deeply. They believe their “energy” by way of taking large breaths of air; creates this “energy” healing fire through their hands to your skin and the longer they cover where they sprayed you---the hotter your skin feels and starts to burn and your pains faded away as you concentrate on your hot skin.

This is so impressive and affective that your easily ‘hooked” and believe the heat is the affect from the energy power from the Monk’s hands that can heal you---magically. The monk believes this, because he believes this secret formula that only the great master Monk can make, is spiritually blessed. He explains that anyone can rub their hands together and using this magical / blessed elixir, they too can heal others.

After the hands on application of this liniment, the Monk sales you a tiny jar of cream. This cream also has the same type of herbs in the formula-----nothing listed, but you can “smell” the same herbs are

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being used. Most likely these herbs in oil form originally were made in China or similar part of the earth and the famous American Herbal Doctor from the 1800's learned about these herbs from European medical that had studied herbs used around the world prior to medical turning to toxic metallic drugs. How long the Monks have been making and using is anyone's guess, but it is EASY to see that the American Dr. also understood that this Liniment would become very hot to the skin when covered.

I believe the Monks do not understand how the liniment works, they are raised as abandoned male babies and raised by the local Monks and trained to be healers from little up. They do not question their teachers that are their only family.

1. The Rubbing alcohol makes their famous Liniment toxic. If two people apply this liniment to each other and follow the Monk's Instructions of taking large heavy breaths of air, the cayenne and rubbing alcohol “fumes” will fill both lungs and intoxicate both people quickly. They will start laughing and believe they have discovered a great healing “energy” secret and they may possibly believe this the rest of their life---as the Monks in Thailand do.
2. The facts are simple: the patient gets a spray of liniment on their skin, the monks takes a few sprays on his palms and rubs them briskly, creating friction / heat and then applies his palms to the patients skin. Then he starts taking large breaths of air. The rubbing alcohol with cayenne pepper, enters his skin at the same time it enters the patients skin----the belief that the HEAT is a result of the Monk taking large breaths--- False. Yet, his hands turn VERY HOT at the same time the patients skin turns VERY HOT and both believe it is a result of the energy in the air along with the Master Monk's famous and extremely secretive formula.

I researched this for years, they do not export their spray or cream, so I self-experimented and researched and kept asking people from that part of the earth---until I figured out which herbs were in the amazing little jar of cream. The Monk's Spray, I never fully understood until I obtained a 140-year-old original liniment bottle that was in perfect condition, including the box it had been in for 125 years and I was fortunate enough to obtain a mint original booklet

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that the herbal dr. over 100+ years ago sent free to every American home as an advertisement to buy his products. Then I seen the same Liniment he was making 140 years ago, was the same type herbs made by current Thailand Monks. Most of all, companies formed over the past 100 years making night time salves, but like the Herbal Dr. using cheap / toxic rubbing (wood) alcohol, these salve companies “all” use cheap / toxic petroleum jelly. Surely in the past 30 years they may “possibly” be using cheap-toxic-synthetic lab-created oils to produce commercial mass produced products. Who knows they may even believe petroleum jelly is good for human health.

Lanolin

Animal Fats were very popular in North America when people made their own salves. There was no easy way to obtain “fats” from fruits and grains prior to the ability to order from countries where they grow Olive Oil, Coconut Trees, Citrus and endless sources for natural non-animal fats available today. The common fats were Hog Lard and Sheep Fat. In recent history they discovered the most popular burn salve that uses sheep fat; tested for chemicals that the sheep farmers use for maggots / sheep dip. The problem with animal fats is that fat can be a source for the body to deposit chemicals that the animal was not able to expel. Fat deposits are the most toxic parts of animals. Once discovered; they obtain “organic” raised “sheep dip” free sheep for a Lanolin Source. I personally believe as my teachers believed, in that **Apricot Oil** would be a superior source in burn salve making. Using animal source on damaged – burned flesh is not the wisest choice, but back 50 years ago, that was the best choice in the northern states. Farmers used their livestock and land to live and prosper. I have “organic” Lanolin and I just could never make myself use it. I prefer all plant / tree sources.

✓ Essential Oils, especially **Cayenne / Wild Oregano** are **Not Hot**”.

The hot taste and hot skin is a result of the ‘Thin Oils’ penetrating the skin too rapidly; this causes the human immunity defenses to “instantly” create an acid. This human-created “acid” creates the “burn” that turns the skin red and can even burn - blister the skin. This

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is how the Thailand Monks create the deep penetrating Liniment Spray when they cover the skin with their hands and apply pressure. The skin's pores open up and allow in the rubbing alcohol / cayenne pepper and rapidly the patient experiences deep heat. This heat is a result of their own acids in response to the alcohol / pepper entering the skin too fast. The same reason the Herbal Dr. instructs on his label to not rub or cover after applying his liniment---unless, deeper heat is desired. Both methods are “tricking” the skin to react and create the acid that burns the skin.

People that grew up eating hot peppers learned that they are just a friendly food source; these people can often eat super hot peppers with pleasure. True Steam Distilled Wild Oregano Oil in its pure form, can burn and blister. A common use for Oregano Oil is to put 1 drop in a glass of water and then dip your toothbrush in the water and brush the teeth--- for a beginner this will be extremely hot and burn and seem impossible. The same with a few drops in the bathtub water, just a couple of drops can turn the skin cherry red.

As the human brain / blood learns that oregano oil is just an herb, a food, then the cells make less and less acid every year. Those that buy oregano oil yearly will believe the oregano oil is less powerful and complain that it no longer burns. Not understanding how their body functions, they will seek different sources and actually, the synthetic oregano oil frauds make different degrees of hot synthetic oregano oil, just because they know there is such a market, if people search for a product, someone will make it.

The same is true with cayenne pepper and this is a problem with the old past herbal doctors. They used cayenne powder for many years and they literally suggest taking tablespoons. 30 years ago I tried to follow their instructions and the cayenne pepper burned in the stomach and felt like hot coals all the way down and burned so bad that I swore they had to be crazy. I then read they suggest liquid cayenne with ice water as a method to get use to cayenne.

Each year hot spices will taste milder and burn the skin less and less until there is no more burn---PROOF the cayenne / wild oregano oil never was the source of the hot, it has always been a “response” reaction of human created acid.

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Soon you no longer need to put a drop of wild oregano in a glass of water, with time, you can put direct on the toothbrush. 25 years ago 2 drops in a bathtub burned us, today I can put 5 droppers of pure oregano oil in my bathwater and not even feel it. The same happens with the smell, pure oregano will fill your home with the scent of the powerful herb, but after years of use, your brain will accept it as natural and you will not notice it at all.

The Good News is that the blood still comes and removes the herbs / spices and the increased blood flow and anti-parasite herbs all work perfectly and parasites never get use to herbs or increased blood circulation.

The Bad News is that the old herbal doctors that wrote about and made and sold herbal formulas with cayenne, almost always used way too much cayenne pepper, just because they could consume allot, they believed the reader could also. The greatest herbal capsule formula ever created was perfected by one of the greatest herbal doctors in history. We listen to people and quickly learned that young Amish mothers would not take this capsule very long, because heir stomach became warm as result of the hot cayenne in the formula.

If this did not happen early on, I could have never understood these mothers. Luckily I was still self-teaching myself about cayenne and spices and I could still “feel” the cayenne and was capable of changing the type of cayenne and for the past 25 years the capsule has been “perfect”, just like the herbal doctor created 100 years ago. Today, like my best teacher, I do not feel heat from cayenne or wild oregano oil; I can put droppers of pure essential oil of cayenne, the hottest of all essential oils and I feel absolutely no heat. The real way to know how hot the herbs are, is to touch the lips or tongue and the tender skin or eyes will always prove to you that you have a powerful stimulation herb.

Back 140+ years ago, super hot, animal strength Liniment was so famous, so popular than the doctor literally sent a free booklet explaining his super hot liniment to every home in America and the army used it for their horses and soldiers. People back then were strong and most of all, responsible. Many kept animals and raised

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their own foods. Today many people have never worked hard, have no ability to raise a garden and been raised on commercial foods and are fragile and toxic.

“All” Essential Oils and alcohol Liniments will penetrate the skin rapidly and scare everyone that was not prepared on what to expect. Back 140+ years ago mother was the family doctor, today many go to strangers for their health and did not grow up with strong herbal health taught my mom.

If you did not grow up with herbs and knew nothing like me; it has taken me 30 years to understand herbs and I have made years of mistakes, as I was learning and reading. Little did I know that most health books written after 1950 have allot of problems and maybe 80% of the books written prior to 1950 are not worth reading. You can easily spend \$20,000+ over 20 years of time as you try to discover what is lies and what is truth. Often books have just enough truth to lure the reader in and the majority of authors are paid to write health books for the commercial manufacturers.

- ✓ The only way to know what works is to try and then decide what works best for your situation. The fact is, every human is at a different “degree” of health and learning. We are all the same, but what our brain believes, makes all of us “different”. Our brain makes or breaks us, false education does great harm to our brain and our longevity.

I believe humans barely know the possibilities of herbal potential and I have always believed that herbal use is at best, 1/6th the total cure.

General Disclaimer: herbs are just herbs, all use of herbs are [opinions](#) and [information](#) not intended to diagnose or treat ailments. Labels are not compliant, tested for or approved by California Prop 65, fda, or ftc for content or safety Herbal Formulas are Adult – Experimental use only. Understand all foods, drugs & supplements if you’re ill, pregnant, or wanting to become pregnant before you practice: *Self-Applied* Prevention. See your chiropractor regularly.

Keep all herbs and supplements out of the reach of children.

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Night Time Ointment

Ingredients: Coconut Oil, Bees Wax, Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, & Fir Needle.

This is a “simple” herbal formula and the “base” of all great salves / ointments. Night Time is based on the 140+-year-old most successful herbs in history, minus a couple of the potent oils such as cayenne and turpentine. This is so “all” ages can use this formula. All ingredients are pharmaceutical grade and come from the other side of the world, with the exception of the Bees Wax. I consider these all “eatable” and all ointments & salves should be made of eatable ingredients.

Night Time is made a little stronger than the old companies that make petroleum jelly (Vaseline) vaporizing salves. Caution should be used on very young and tender skin for the first use. **Night Time** is used every night by applying to the **neck / thyroid / throat** and for **congestion** issues, cover the chest. I have done this nightly for the past 20 years, making this the **most - used** herbal formula of all. I do this to aid in circulation and breathing ease. **Night Time** is just a name for the most common use, in a smaller tube; it makes the best lip ointment for **chapped lips**. **Night Time** can be used anytime, great for all “**dry**” **skin** issues. Can be used to treat all **insect bites** and **stings**.

Normal use is rubbing on as little or as much as desired, these herbs are also ideal for **sore muscles** and **chaff skin**. People that experience breathing issues while sleeping will want to use this formula for life and most of all, this base formula is for all ages by design.

For **sore throat** a little on the tongue as needed., for **pneumonia / lung congestion** cover the bottoms of the feet with a thick layer and cover with socks and a thick layer on the chest.

Herbal Spray I

Herbal Spray 1 (wonder spray) is for all ages and all-uses, the entire face, ears, etc. I have seen some elderly people wash their eyes with it, I suggest spraying the face with both eyes closed. The following and all Herbal Sprays will always use Herbal Spray I. Herbal Spray formulas are limitless.

Night Time Herbal Spray

Herbal Spray 1 with added Essential Oils of Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, & Fir Needle.

As an herbal spray, the **Night Time** Formula can be used the same as **Night Time** Ointment with the ease of a spray. With out the coconut oil and bees wax the herbs will quickly dry with no mess. The other great advantage is the ability to spray the herbs into the bedroom air while children are sleeping. With our children we would spray if we could hear the children **struggling to breath freely** and spray every few minutes until breathing was silent and children sound sleeping.

The greatest advantage was when a little one had **croup-like symptoms** and ideally get on a rocking chair with little one laying on mother’s chest and spray the herbs up in the air, so the “mist” would float down on the chest or back and both mother and child breathe in the herbs; spraying as often as required for silent breathing and then put child to bed and spray the bedroom air as often as required to experience peaceful sleep.

As a spray **Night Time** makes a great ear ache formula. For older children and adults the herbal spray cannot only be sprayed all over the neck and chest, it can be sprayed in the mouth for **sore throat** and **mouth sores / infections**.

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As a spray, for bug bites and stings, no bandage is required, the spray will quickly dry and child return to playing outside. As a spray, these herbs can be used on the scalp for lice, ringworm and itchy skin. Stronger skin - parasite formulas are available for older children / adults. **Night Time is for all ages and all situations.**

Sore Throat Ointment

Ingredients: Coconut Oil, Bees Wax, Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle, Oregano, Garlic, & Tea Tree.

I consider **Night Time** Base Ointment “finished”, the herbs have a 125+ year history. **Herbal Spray 1** has been a “finished” base formula and these 2 formulas, I consider “perfected” to the point I have no desire to change them. I live by the theory that “all” can be made easier and better, but when a “base” formula works for all ages; all the new formulas starts with the best foundation. As more herbs are added, formulas become more for adult use and parents are the “only” people that decide to use various foods & herbs for their family.

The brain and blood understands everything they have contact with and reacts based on their experience. Fears controls the brain and blood stream, so it is always best to grow up with herbs and decide through out life which herbs you choose to self-experiment with. I consider “stronger” herbs to be stronger anti-parasite herbs. You notice that ointments and sprays make use of steam-distilled essential oils. Essential Oils are very concentrated and at least 30+ are very anti-parasite. All good herbs aid in the elimination of parasites and increased proper blood circulation. The choices are limit less.

To make Night Time a level stronger, I chose to ad True Steam Distilled “**Wild**” **Oregano** Oil, **Garlic** and **Tea Tree** Essential Oils. These 3 steam distilled essential oils in their pure form are extremely powerful aids and can be used to help all living life forms; plants to mammals. The greatest advantage of some essential oils “used” in the air, to kill mold in buildings. This is proof that the herb by its self

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kills parasites via contact. The same applies when using some essential oils to keep large volumes of water clear of bacteria, such as large hot tubs.

The use of some essential oils to kill bacteria in buildings, houses, water tanks proves that the essential oils work in a homeopathic dosage. Breathing in minute (small) volumes of air blended with essential oils is how **Night Time** and **Night Time Spray** work beyond just contact with the skin. We have slept with herbs in our air every night for 10+ years, when we travel, we take the herbs with us and use in the hotel rooms.

The Sore Throat

All sickness is a result of loss of circulation to any given area of the human body. The tonsils are part of our immunity organs and they work by collecting waste and only when over loaded, do they swell and feel sore. The “Cure” for most all illness due to constipation is well explained in a 1930’s medical book that I call BOOK I and explains how to use oranges and proper diet and habits as the medical cure for all diseases. I just believe that the medical cure for all, can be 10x easier and 10x better with the use of herbs.

A sore throat is proof your tonsils are working. A constant or winter sore throat is proof constipation is a problem. Constipation is an area anywhere in the body that there is not proper circulation. In theory it is impossible to be sick if there is no constipation. Constipation always starts in the kidneys. The most health value herbs are kidney Cleansing Herbs and intestinal Herbs and those that take care of their own health will understand those formulas well. I call these types of formulas; Kidney / Pancreas Cleanse and Lower Bowel Balance (LBB). These herbal cleansing formulas are the correct path to avoiding the sore throat and as well as part of the treatment. Direct use of ointment and spray aids in direct relief, while the cleansing herbs internally correct the internal constipation that is causing the sore throat and congested lungs and sinus.

Sore Throat Ointment begins as **Night Time** that works for sore throat and stronger is for adult use. Adults try stronger formulas on them selves and then they as adults decide herbal use for their children.

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1. In my opinion, True **“Wild” Oregano Essential Oil** (the biblical **burning bush**) is the king of Essential Oils, it helps all living things and extremely anti-bacteria / mold. From 1 minute old chickens to farm animals, it has endless uses for all mammals.
2. True Steam Distilled **Garlic Essential Oil**---wow, is this a potent herb and one of the most historical human health herbs known.
3. True Steam Distilled **Tea Tree Essential Oil** has historical history as an anti-biotic than was common use, until medical made penicillin.

Keep in mind, ”everything” written about herbs and basically all health products, is an “opinion” and often an opinion of someone trying to sale such products. All anyone can do is read multiple sources and then choose to try what you have the most faith in. No 2 people will be alike, we are all at a different degree of constipation, so no one can tell you what your experiences will be---You and You Alone decide your choices in your life.

In theory the best application for sore throat would be to rub on the throat / neck and if need be, the chest and take small amounts on the tongue and allow to dissolve slowly.

Sore Throat Herbal Spray

Herbal Spray 1 with added Essential Oils of Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle. Oregano, Garlic, & Tea Tree.

As an Herbal Spray application is easier and dries quickly. The theory with all the sprays is to use as many times as are needed. So if your spray is for a sore throat, you spray the neck / throat, if need be the chest, in the mouth or even the ears. Often it works best when you spray every 5 minutes until you have desired results.

Those that read what I call Book I written back in the 30’s by Dr. Hay M.D. and understands the cure for all disease, they will understand

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you Stop eating when you are congested, so your elimination organs can catch up and the waste go down the toilet and not up and out your tonsils. Those that do not have our LBB Capsules, they may use the enema to relieve the constipation; but many of the herbs also aid in removing parasites and bacteria. Those that use LBB Capsules never need doing enemas; the LBB Capsules used correctly is superior to enemas and colonics.

A common cold is a result of constipated kidneys and intestines, those that keep eating and spread the constipation, will experience lung congestion and that waste / mucus will get pumped up into the sinus cavity (nose) and be collected by the adenoids and tonsils and the common cold develops into a sore throat and coughing up mucus from the lungs.

Permit this cold to keep developing and the bacteria / parasites will turn into the flue and then onto pneumonia. These are all constipation due to constipation” and this is why they’re the number one herbal capsules with a 100-year history, is what we call Lower Bowel Balance and the most famous herbal capsule in history. LBB Capsules are the most valuable life saving herbal formula, just because it enables people to eat wrong foods ‘longer” than they could if they never use the LBB Herbs. Wrong foods and drinks eventually clog and wear out the elimination organs until death occurs. Inorganic rock literally eventually fills / smothers the organs. Rusty / Rocky / Metallic Well Water and Artisan / Spring Water is the leading cause of premature aging and death for country people.

Country people that drink out of wells and pumps made of “metal” or collect water that has contact with metal / rocks; will say their water is ”tasty”. What they taste is the dissolved rock and or dissolved metals and these will enter into the blood stream and trapped inside the organs for “life’ until they literally clog life out. Metal Well Pipe “dissolves” as does the welds that held the pipes together; they were phased out 30 years ago and plastic well casing used. If a family is ill, you first look for two issues: mercury / nickel tooth fillings and or metal casing well water. Nickel / Metal poisoning is very cancerous.

Anti Plague Ointment

Ingredients: Coconut Oil, Bees Wax, Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle, Oregano, Garlic, Tea Tree, Cayenne & Essential Oil of Pine Tree. (Turpentine.)

The addition of **Cayenne & Turpentine** fulfills the most famous herbs 140+ years ago. These are “experienced” adult use only and must be kept out of the reach of children. Essential Oil of **Cayenne** is the hottest of all essential oils in my opinion – yet after 20+ years of use, I can pour the purest cayenne oil on my hands with no hot experience. It takes years of common use until the body does not fear cayenne.

In the mid 1700’s one man believed he could cure everything with cayenne pepper. One example was a pony express rider that frost bit both of his legs and was told both legs would have to be cut off because his legs were full of gangrene. The Cayenne doctor suggested he cover both legs with Cayenne paste and keep both legs propped up on a wall as he lay on his back until healed. Entire books have been written on the endless uses of Cayenne Pepper. My best herbal teacher loved taking tablespoons of one of the hottest (in his time,) known as African Bird Pepper. The first imported Cayenne pepper came from Africa in the mid 1700’s and was very expensive to obtain in America. Pure Steam Distilled **Cayenne Pepper** Oil is not a popular essential today, just for the fact for a beginner, it feels like a drop on your arm will feel like a wasp is stinging you. I have used Cayenne Oil for 25 years and consider one of the best circulation stimulating essential oils with Wild Oregano a close second.

Turpentine many years ago was sold in every hardware store; so many people worldwide used **Turpentine** until manufacturers added poison to common Turpentine so it was no longer for human use and sold only as an “oil” paint thinner. For human use, a family that makes Pine Tree products for over 100+ years still makes “pure” pine oil and pine Gum products like they did long ago before medical took over.

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Never buy turpentine from a commercial store. For this reason herbal health products stopped using **Turpentine** about the same time they removed Essential Oil of **Tea Tree**.

- ✓ Pine Tree Sap collected from Georgia Pine trees is steam distilled and results in 20% final product called **Turpentine** If you Steam Distill the Pine Needles that makes an Essential oil also.

There is a large group of Essential Oils made from evergreen trees and bushes. Turpentine got a bad rap after commercial manufacturers poisoned it because too many people were using it for things like sore throats. One man I knew when I was a kid: from Kentucky used Turpentine soaked rags to treat his hunting dogs when they got rattlesnake bites. He would soak the wound with rags dipped in Turpentine and tie the rags on the dog if possible so the wound stayed wet with Turpentine. He said a small amount of flesh would fall out where the snake bit the dog. He said when he was young boy his mother regularly used Turpentine for the family health. The better name today I suggest is to properly call Turpentine: **Essential Oil of Pine Tree**.

Anti Plague Herbal Spray

Ingredients: **Herbal Spray 1** with added Essential Oils of Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle, Oregano, Garlic, Tea Tree, Cayenne & Essential Oil of Pine Tree. (Turpentine.)

As an herbal spray, the herbs disperse through the air super fast, dries quickly and very easy to use. One method of using a “strong” herbal spray formula with strong dose of cayenne is to Spray 2-3 times into the air of a room. You can actually “treat” a whole crowd of people in a very large room with Herbal Spray 3 or any similar Cayenne formula. Have the person or the entire audience write down “every” pain or issue they have or can think of at the time and then every 5 minutes spray 2-3 full sprays up into the air---the people can

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be up to 20 feet away and then after 15 minutes, ask each person to examine their pains that they wrote down on paper and you may be “amazed” what people say.

Actually, many pains that have been chronic for as far back as 30 years may possibly fade away within the first spray. (To learn more, read all of the early original herbal spray stories.)

Thyroid Ointment

Ingredients: Coconut Oil, Bees Wax, Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle, Oregano, Garlic, Tea Tree, Cayenne, Essential Oil of Pine Tree, & Green Walnut Hull Oil.

“**All**” of the **Ointments** and **Sprays** will stimulate circulation to the **Thyroid** area when allied on both sides of the neck and front of the throat. I apply the ointments on my neck and throat every night since 2002. Thyroid Health is extremely important and something that affects most all humans and has been targeted since 1992 (read Book 2).

The “Immunity” Glands: Tonsils, Adenoids, Gallbladder, Spleen, Appendix and our Thyroid. What do all of these have in common? When the diet is bad and body toxic, these glands are over worked and inflamed and medical’s solution is to cut out what hurts. I have read that when the gallbladder is cut out, the spleen doubles in size.

I know a girl that had a baby born with no Thyroid and the doctors convinced the grandmother to let them cut her Thyroid out as “prevention”. As crazy as that was, from that point onward you have to stay on their drugs and while they were “adjusting” her Thyroid drugs, one morning her husband woke up and she was frozen solid--- her drugs made it so her calcium went out into her skin and turn hard as she slept and she was solid as a mummy. The Thyroid takes care of many bodily functions.

I have read that they believe every drop of blood passes through the Thyroid every 11 minutes and if the Thyroid has proper natural

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Iodine, the Thyroid will kill the germs in the blood as it flows through. A major problem for the Thyroid is a reaction caused by mercury and titanium dioxide edta in the body. Mercury comes by way of dark / silver tooth fillings, liquid drugs, product sterilization chemicals, etc. and titanium dioxide edta is found in skin, hair products, junk foods and sprayed in the air daily since 1992 (aluminum sprayed since 1949).

Since 1992 it has been suggested to affect every Thyroid and children born after 1992 suggested to suffer old age diseases before age 40. This suggests all humans will eventually have Thyroid health issues. Herbs are at best 1/6th the solution, understanding your environment, diets, habits, germ / chemical warfare and body functions along with seeing your chiropractor monthly is what it takes to care for yourself and stay independent.

Most people today know someone on Thyroid Drugs and many have been on for 20+ years. Chinese medicine suggest to “massage’ the Thyroid in an upward direction daily. The **Thyroid / Throat** is easily treated at bedtime and the “reason” for making **Night Time Ointment** and why I have used it nightly for the past 20+ years.

When a ointment / spray is applied on the skin, the blood stream has the job of removing it. This **increased “circulation”** aids in the prevention of congestion in the throat while sleeping and hopefully increases blood flow in the Thyroid. Internal herbal supplement (BF&C) for the blood stream is the key to ointments and sprays working even better.

All herbal formulas are based on what I have read, learned and preference. Herb choice is almost limitless. All advanced herbal formulas are self-experimental; advanced / experienced adult use only. Thyroid health is an important health subject all humans should learn about and seek prevention for. Read my first book that I call Book 2, for an in depth look at the subject of environmental / thyroid Health.

Thyroid Herbal Spray

Ingredients: Herbal Spray I, Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle, Oregano, Garlic, Tea Tree, Cayenne, Essential Oil of Pine Tree, & Green Walnut Hull Oil.

As a spray it convenient, easy and fast dries. Ointments and Herbal Sprays have their advantages, I like both depending on the situation and goal. These are all “unique” and not formulas and methods found in herb books.

Always keep in mind these types of salves can be used for aches and pains anywhere the skin is not too tender. The body is treated as a whole always, because the blood determines what it does with foods / herbs and everywhere blood flows will be equally influenced by the quality of the blood’s health.

Thyroid Ointment / Charcoal Cleanse

Ingredients: Coconut Oil, Bees Wax, Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle, Oregano, Garlic, Tea Tree, Cayenne, Essential Oil of Pine Tree, Green Walnut Hull Oil & Coconut Charcoal.

This a Black Salve, it will go on black and stay black until washed off. It easily washes off with warm water. Charcoal is a very impressive substance that I have used over a lifetime for cleaning water. Charcoal is an amazing product for making fruit smoothies, but makes a jet-black smoothie and in this case, a black salve.

Possible uses? The Essential Oils are strong and ideal when a strong salve is desired. Because the charcoal is very black, this is a salve

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you would want to “wrap”. This is one of the most unique salves and I would try it for “**puncture**” **wounds**, such as **thorn, nail, cactus, rusty / dirty objects** that caused a cut or puncture. Situation you would think about **Tetanus** causing dirty / infectious wounds. With these types of wounds you would also want internal herbs known to be anti-Tetanus.

Parasite Ointment

Ingredients: Coconut Oil, Bees Wax, Menthol Crystals, Eucalyptus, Camphor Crystals, Wintergreen, Fir Needle, Oregano, Garlic, Tea Tree, Cayenne, Essential Oil of Pine Tree, Green Walnut Hull Oil,

30 essential oils

Parasites are the largest subject in human health and parasites are a problem for all living things. Human parasites are limitless, the more the look, they find thousands more. The smallest parasites can be the deadliest for all species, we literally live at the bottom of an ocean of airborne parasites- we are what is for supper, we are their “host”.

The only Essential Oils I have interest in are those with known history being anti-parasite. I have approx. 30 of the best according to the people that specialize in herbal use in their country for thousands of years. The old herbal doctors never used Essential Oils that I have read of in their books. The oldest used lard, sheep fat, bee’s wax and maybe a few herbs. The old salves sealed the air from the injury and what every we put on our skin, our blood must come to the rescue and the blood does all the repairs, but with Essential Oils, they can kill parasites by contact. Essential Oils increase the stimulation and more blood flow to the injury.

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Water affects an injury similarly, a mid 1800’s treatment for bullet wounds, cancers, etc. was to drip water on the injury 24 hrs. per day, 10 days non-stop. The drowning skin is saved by the blood coming to the skin- this increased blood flow does all the repairs. Salves and sprays are easier than dripping water for weeks and herbs can feed the skin and when used internally, supply the building blocks to aid the blood stream repairs.

Human skin and hairs can be covered with worms and parasites. The bad parasites hide from the blood stream, such as inside the Liver Ducts, the Pancreatic Duct, The Clear Fluids, The Intestines, in the Oils / Fats and Skin. The human body is host to endless worms and parasites. Each hair can have worms in each oil duct and each hair covered in microscopic bacteria. Warm water on the skin washed off old skin and parasites and increased more parasite growth. Beneficial parasites they say are required for removal of dead skin. They say we need beneficial gut bacteria----I have never fully believed their theories, I personally do not believe in “friendly” bacteria. Bacteria / Viruses / Worms eats human cells. Our blood can dissolve the old, the dead and replace with new, I do not believe parasites provide a beneficial service for our longevity.

Parasites have life cycles and enter and leave the human body. Some, such as the common Pin Worms live inside and outside the human body and can infect bedding. Taking herbs internally properly can help make the body worm resistant, but the tuff ones hide from the blood. There are herbs used hundreds of years ago that when rubbed on the skin, pinworms come up and out of the skin almost instantly. There are videos of people that have used similar methods and they can force pinworms to come up and fall off the skin of almost their entire body. These people become so paranoid from seeing these worms, they can’t stop and feel like their body has a plague of skin worms.

I sent an old pinworm skin video to one of the world’s largest herbal pharmaceutical makers and they discovered the original ancient herb formula. They made it and said it produced worms on 50% of all mammals in their testing. Seeing these worms is more than many humans can tolerate and those using methods that do not kill the worms seem to be capable of endlessly removing worms. Using

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herbs that kills the worms seems the better choice and Essential Oils of herbs seems to be the best answer.

Each herb and each Essential Oil of herbs have their own history and suggested values in human health, and they are foods / building blocks for the blood stream to make use of and every human will be at a different degree of health and no one can say the use of any herb will result in this or that happening. All Herbal Use is **Adult “*Self-Applied*” Prevention** and nothing more. I believe in the 1957 Co-Q10 theory as to how the liver and blood stream makes use of foods / herbs, so I like a blend of “all” herbs with a suggested history of aiding in the removal of parasites, the larger the better.

The old herbal Dr. books explained how to make salves, but never suggested essential oils, but used oils with herbs to make very mild oil extracts. Calcium - Rich herbs often called **Bones Flesh & Cartilage** was a creation of my favorite teacher. The herbs can be slightly dissolved in Olive Oil under low heat and used to make extremely mild salves. I used BF&C Powder and made “thick” salves and liked those far superior. I then added cayenne powder to these salves to increase their power. Once we traveled to Thailand and seen salves made with coconut oil, I never made a thick salve again and prefer non - perfumed Coconut based, Natural Oils and Essential Oils.

Past / Present / Future Ointments

The most popular ointment is known as **B & W**, 10 or so years ago the owner gave the rights away and everyone selling it on line was threatened with a law suit from the person that said the owner gave him the sole rights to sell it and wanted it removed. So people changed the name and the original owner continued to make it. This salve is based on the Dr. Christopher ointment with an amount of Honey. Due to the fact that Honey will not blend with oils, this type of ointment must be “stirred” as it cools and makes a creamier salve like ointment. This ointment uses lanolin and discovered the sheep fat has a toxic chemical that had to be removed, so they have to purchase non sheep dip organic raise sheep---supposedly and at a major increase in cost to make.

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I do not make a Burn Salve, because **B & W** is readily available, if I did, I would choose Dr. John R. Christopher’s choice herb for burns; **Apricot Seed Oil** and not sheep fat and keep the Burn Ointment animal – free. I made a 108-page documentary on the historical use of **B & W** ointment historical uses and application. This historical usage would be much easier and much better with the use of **Seaweed, Herbal Sprays,** and **BF&C** Herbs internally along with strict diet suggestions while healing from a burn.

B & W Ointment is extremely mild for the purpose of direct application on mild to extreme burns and even missing flesh and broken bones. Once the injury starts healing, the herbal Sprays could make a huge difference in treatment and the mildest sprays, **Spray 1** and the **Burn Spray** can be sprayed prior to **B & W** Ointment for added anti-bacteria protection.

When done correctly, burns and wounds should heal scar – free. Scars develop from incomplete healing and inorganic lime used by the body to seal the injury site. To achieve this, herbs have great value and stronger ointments should be used as soon as possible, in my opinion. The **B & W** Method history deliberately restricts herbal options and diet suggestions with a goal of keeping the ‘sale’ of products under \$100 and lack of diet restrictions out of fear of offending the buyer. I prefer “everything” available to make the healing faster / better be explained and disregard the cost. Each adult choose how much or how little they choose to spend when one of their little ones have been burned or injured. Every method can be made better and easier in my theory as we learn better ways over experience.

I consider a mild salve like **B & W** as **Ointment “A”**. “IF” I today, with 25 years experience with **B & W** and was to make an animal – free Burn Salve, I would take The Base Ointment “**Night Time**” and add, not just Raw Honey, I would use the entire Raw Honey Comb with the addition of Apricot Oil, a touch of Wild Oregano Oil and then tweak the blend so it just slightly melted at skin temperature. There is a theory suggesting not use make use of the Bone Knit type herbs, with the belief a bad burn or missing flesh, arteries, tendons etc. would grow back “too” fast.

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The Cell Proliferation herbs such as the Bone Knit herbs, surely work great when taken internally and often called **BF&C** Formulas and should be taken as fast as possible after all accidents. These Calcium / Mineral Rich Herbs provide for not only fast healing, but also total complete Scar – Free healing. The common adult suggested dosage of BF&C style herbal capsules for broken bones is 20+ capsules daily and normally based on how many capsules is required to stay pain – free as possible. This can be 50, even up to 100 capsules daily in extreme accidents.

In ancient times wounds cause by swords and spears, the Roman Empire soldiers was known to carry **St. John’s Wort** flowers and stuff the large wounds ‘full’ of the herb, to not only stop the bleeding, but also for healing and the herb is well known in Europe as an anti-depression herb. Some even say it aids in out of body experience type dreams. Dr. John R. Christopher used the same theory when dealing with extreme damage to flesh and organs; his choice of herbs was to pack the damaged area with **Slippery Elm Powder**. One example he used was of a young man with a smashed groin, he said he kept the damaged organ packed with slippery elm until it was completely rebuilt.

In the 108 advanced burn education there are pictures of a young girl that her foot was ran over by a car and dragged on the pavement until ½ of the flesh was missing. Once the broken bones were pinned together, the family decided to self-treat at home with some experienced salve providers. Soon the young girl could change her own wrappings and daily, they all watched the foot self-repair. They said the tendons, arteries and veins along with the flesh slowly crawled over the bones and then the skin crawled from the sides until the foot was completely restored.

It takes time and the Red Blood Cells are so smart that Drs. use to believe each Blood Cell has its own brainpowers. The brain / blood has a blueprint to rebuild the damaged body; that said, when the baby was not fully and completely developed and not created “perfect”, the brain blood can only rebuild from the original blueprint. This is why all parents to be should spend time cleansing their bodies prior to pregnancy.

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One of the best medical clinics / books written in the mid-1800's that explains women's health and healing sword and bullet wounds, believed that the more people expose their entire body to lots of sunshine, the better chance they have of healthier children with none of the parents birth defects. Otherwise norm is that the child inherits the parent's health issues and if mother has more than 1 child every 3 years, the mother's health will continue to fail and the youngest children will have less health then first born. Mother in theory cannot have a healthier baby than her own health.

The point being, that prior to cities & doctors back when people cared for them selves, people learned many ways to survive. Those that have experience using ointments for sever body burns have seen the amazing abilities of the blood stream when all went well. Surgeries often have issues and once skin grafting has been selected, that leaves permanent damage. Some have actually had old skin grafts and bone pins removed and used natural methods ----but Prevention will always be BEST and when dealing with burns, wounds and broken bones, not only must a person be prepared with proper herbs and supplies, they also need to have read how to use such methods long in advance and not be fearful. Some years ago, large groups of people “organized” and they picked people to keep all the proper supplies and if anyone had an accident, they had a central location to get the supplies fast.

For 99+% of the readers, they are not going to seek or spend \$ on supplies in advance and once damaged, they will seek their local hospitals. Being capable of caring for the family's health is almost a thing of the past.

A Burn Ointment should be so mild that the entire face can be covered and properly wrapped. Actually a nose and ear burns can be permanent due to the fact that skin can grow again, but damage to cartilage is permanent and people seek surgeries and they even regrow ears for transplant. Lips is another area that is extreme and dangerous when damaged and naturally never take chances with eye sight. It takes a very experienced natural care provider to deal with a 50% body burn and anything nearing 75% body burn is hard for even the most advanced burn hospitals to deal with.

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The huge difference with natural verses burn hospitals is pain. The hospitals cleanse and wash and skin graft and it is suggested to be a horrible and painful experience. With the herbal burn methods, they try to avoid further damage and trust that each time the bandages are changed---the dirt will come off with the ointment, so they do not attempt to wash a burn or pick out stones / dirt, because they will be changing the bandages 3x daily until all risk of infection has passed. The 108-page burn education is a burn class that I documented into book form.

I suggest **BF&C Herbs** be used immediately, **Herbal Sprays**, and once the wound / burn has healed enough; I suggest stronger and **Stronger Herbal Ointments** to increase more circulation, faster healing and scar free healing.

A little stronger ointment I call **Sports “B” Ointment**. I chose the word “sports” because our boys played allot of football in school and they used allot of the herbal **Sprays, Ointments** and **BF&C** Formulas for years.

Sports “B” Ointment

Ingredients: Cayenne Butter, Unrefined Shea Butter, Bee’s Wax, Mango Butter, Aloe Butter, Avocado Butter, Neem Butter, Apricot Oil, Tree Iodine “Extract” Oil, BF&C Oil, Tamanu Butter, Rosehip Butter, kuku Nut Butter, Anise Butter, Essential Sports Blend Oils, Wild Oregano Oil, & Myrrh Oil.

I made a major mistake because at the same time, I made **Sports “C” Ointment**. Customers all asked; “**which is “stronger”?**” and as a result **Sports “B” Ointment** never sold. Customers almost always ask for the strongest, especially when it comes to the subject of adult parasite herbal formulas. Never should any adult ask for the “strongest”, unless they understand what they are asking for. On the subject of parasite herbs, the strongest means 1-3 drops daily maximum dosage and after 30 days stop and wait 30 days to see what happens. Most people would not want to experience such a

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powerful de-worming experience. With Ointments, it can take years before your able to enjoy the advanced **Hot & Spicy Herbs**.

To be honest, I was no better; I have never used “**B**” either. This also explains why they make 1 **Burn / Wound Ointment**, when there is only 1 choice, sales go up. The idea of “**B**” was the next step after using “**A**” (B & W). It was a great idea, but more options than customers want.

Sports “**C**” Ointment

Ingredients: Cayenne Butter, Unrefined Shea Butter, Bee’s Wax, Mango Butter, Aloe Butter, Avocado Butter, Neem Butter, Apricot Oil, Tree Iodine “Extract” Oil, BF&C Oil, Tamanu Butter, Rosehip Butter, kuku Nut Butter, Anise Butter, Essential Sports Blend Oils, Wild Oregano Oil, Myrrh Oil, Essential Oils Super Heat Blend.

This is the most successful Ointment I have made to date.