

### *Making a Salve*

A salve is really just an oil hardened with beeswax. Make an oil infusion, then put it into a glass or stainless steel cooking pan. Heat it gently on top of the stove. Add chopped beeswax to the warmed oil, usually 2 ounces (57 g) per cup (250 ml) of oil. When the beeswax is melted, place a few drops from the pot on a small plate, let it cool, and touch it. If it is too soft, add more wax; if too hard, add a bit more oil. A perfect salve should stay hard for a few seconds as you press your finger tip on it, then suddenly soften from your body heat. I used to pour my salves into hundreds of tiny salve containers, but now I just pour the whole batch into a Mason jar. If I want to put some into a small salve jar for use, I heat it in the oven or microwave until it liquifies.

## PREPARATIONS FROM WHOLE HERBS

Some wounds do not respond well to a wet dressing like a salve. In that case, I use powdered herbs directly on the wound. Herbal wound powders, ground fine, stop bleeding and facilitate rapid healing while preventing infection. After the wound has begun to heal, switching to a wound salve continues that process. There is probably no more powerful way to treat skin infections than with powdered herbs. I have yet to find a wound infection that will not respond to one.

### *Eating the Herb*

Many herbs can be harvested and eaten in whole form. Wormwood root, a prime example, can be used for sore throats and upper respiratory infections of both viral and bacterial origin. It is very strong, and a bit of fresh root can be carried in the pocket and a little eaten whenever needed. Sometimes a combination of whole herbs and tinctured herbs works well; in this instance, wormwood root with a supportive combination of echinacea, red root, and licorice tincture for upper respiratory infections.

### *Powders and Capsules*

Capsules are good for getting a large quantity of herb in whole form into the body. The herb must be powdered as finely as possible and then