

were allowed to progress. Echinacea should not be used if you are getting sick a lot and are using echinacea only to stave off illness without using the time gained to heal the immune system itself through deep healing and recuperation. Rarely, joint pain may occur with large doses taken for extended periods of time.

### *Alternatives to Echinacea*

**For immune stimulation at the early onset of colds and flu:** cutleaf coneflower root (*Rudbeckia laciniata* var. *ampla*), wormwood root, balsam root (*Balsamorhiza sagittata*), boneset (*Eupatorium perfoliatum*), spilanthes spp.

**For abnormal pap smear:** the root of any other echinacea species and, possibly, calendula (marigold, *Calendula officinalis*) blossoms prepared identically.

**For external wounds:** usnea, garlic, sage, wormwood, cryptolepis.

**For venomous stings and bites:** in descending degree of strength, prickly pear (*Opuntia* spp.) cactus pads. Filet the pad and place on area of bite or sting with gauze bandage, change every 1 to 2 hours; plantain (*Plantago* spp.), chewed leaf of any variety placed on area of bite or wound; tincture or tea wash of cutleaf coneflower root.

## EUCALYPTUS (*Eucalyptus* spp.)

**Family:** Myrtaceae.

**Part used:** Generally the essential oil, but all parts of the plant, though weaker, are entirely effective.

**Collection:** The essential oil is commercially produced. A few herbalists are working to reclaim the home production of essential oils, but it is not yet a common practice. However, the essential oil is cheap and is easily found. The plant grows throughout the temperate regions of the world. Native to Australia, it has gone everywhere with humankind. It is overwhelmingly established in California.

The bark and leaves may be harvested at any time they are available. Generally, use the younger, less sickle-shaped leaves and the young branches. Those parts of the tree that have that distinctive eucalyptus odor to the strongest degree is what you are looking for.