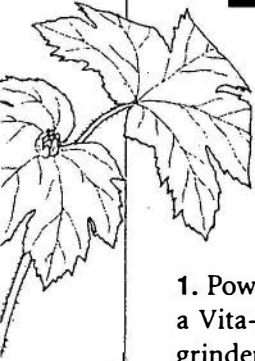


Wound Powder



- 1 ounce (25 g) goldenseal root
- 1 ounce (25 g) usnea
- 1 ounce (25 g) echinacea root or seed
- 1 ounce (25 g) eucalyptus leaf
- 1 ounce (25 g) juniper leaf

1. Powder all herbs as fine as possible. Usually I begin with a Vita-mix and then move the powder to a nut or coffee grinder for further powdering.

2. After the herbs have been powdered, sift through a fine mesh sieve.

3. Store this powder in the freezer or in a securely closed container and out of the sunlight. Powdered herbs lose their potency fairly quickly unless protected. At the least, this mixture should be replaced every 6 months unless it is frozen; in that case, at minimum every year.

To Use: When the powder is needed, sprinkle it liberally on wet wounds. It will stop the bleeding, prevent infection, and stimulate cell wall binding. Infected, oozing, pus-filled wounds should be opened up and cleaned, and the powder liberally sprinkled on as often as needed. Once the wound is healing cleanly it should not be disturbed (i.e., by scrubbing or trying to open it up again); just add more wound powder as needed.

This same formula can be sprinkled onto feet or into shoes and socks for athlete's foot fungal infections. It may also be used on babies for diaper rash.