**Wild Plant First Aid Methow (Eastside Species)**

**Evaluation: *(principles from WFR)***

**1. Size Up: What happened?**

**-Emergency vs. Non-Emergency WITH Plant Medicine vs. First Aid Kit-use your kit!**

**-Intention to be supplemental; survivalist tool kit**

**- SIMPLE FIXES-NOT LONG TERM TREATMENT-GET THEM TO HOSPITAL**

**-Take a first aid/WFR class**

**2. What system: Circulatory, Respiratory, Nervous, Musculoskeletal, Reproductive, Urinary, Digestive, Endocrine (hormones), Integumentary (Skin)…decide**

**Basic Common Treatments Covered Today:**

**Skin: bites, stings, irritations, dry skin, burns, cuts and bruising**

**Musculoskeletal: sprains, strains ...supplemental with RICE**

**Digestive: ??? hard to diagnose-BE CAREFUL- giardia, bacterial dysentery, gas, food poisoning, stomach flu, diarrhea, vomiting… KEEP HANDS CLEAN!!**

**4. What is my list of plants to treat this?****Make lists as a beginner…move to remembering.**

* **DO YOU KNOW THIS PLANT IN A “NON-EMERGENCY”?**
* **ONLY USE ON SELF FIRST THEN OTHERS**
* **START WITH SMALL AMOUNTS….MORE if NEEDED**

**5. What is available to me RIGHT NOW? Know your ecology: Look around…will I only have this plant in this location? Or is it everywhere…?**

**6. Preventative Methods:**

* **Purify water:** Protozoans (Giardia, Cryptosproridium); Viruses from fecal matter (Hepatitis A, rotavirus, Norwalk virus and polio)
* **Keep Clean** (under fingernails, after pooping, before eating) Bacteria (Ecoli, Samonella, Campylobacter jejuni,)

**5. Know your toxic and poisonous plants!**

**6. Preparation and Duration?**

**Wild Plant Poultices 101:**

***Think of poultice like a local bath***

***-Preparation: mortar and pestle, hard clean rocks, your mouth (spit poultice). The idea is to macerate (grind up plant cells to release medicine).***

* ***Use a clean bandana/muslin/cheesecloth/T-shirt/sock-wrap plant material in this and apply directly.***
* ***You can also apply plants directly but NOT to high risk wounds!***

***Plants to start with:***

* **Yarrow** *(Achillea millefolium):-leaves-* **hemostatic; cleansing**
* **Lomatium** *(Lomatium dissectum):roots-* **anti-viral, sore throat, burns**
* **Alumroot***(Heuchera sp.)***:** *-root-* **gargle for sore throats; hemostatic; cleansing and antifungal**
* **Arrowleaf Balsamroot (***Balsamorhiza sagittata***):-** *root***-sore throat and boots immune system (make a disc from the root and suck on it)**
* **Oregon Grape (***Mahonia spp.): -roots-* **anti-bacterial, anti-fungal, antiseptic, diarrhea**
* **Cattails** *(Typha sp.)* **: demulcent for burns and dry skin**
* **Large False Solomon's Seal (***Maianthemum racemosum)***:** -Root- **anti inflammatory poultice**
* **Sagebrush (***Artemisia tridentata, A. spp.)***:** leaves- **antiseptic wash, diarrhea, anti-fungal**
* **Pearly Everlasting (***Anaphalis margaritacea)***:** leaves and flowers- **anti inflammatory, diarrhea, burns, sore throats**
* **Arnica (***Arnica spp.)***:** flowers- **anti inflammatory poultice, pain and bruising**
* **Willow (***Salix spp.)***:** Bark- **pain, inflammation, headaches, neuralgia, itchy skin wash**
* **Pine(***Pinus contorta)***:** Pitch- **antiseptic, disinfectant, blisters** Bark- **expectorant**