

15 Remedies for Managing Pain Naturally



Christine Dalziel



DIY
Herbal
Fellowship

15 Remedies for Managing Pain Naturally

Christine J. Dalziel

Joybilee Farm Media
Greenwood, BC



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Ordering Information:

Quantity sales. Special discounts are available on quantity purchases by corporations, associations, and others. For details, contact the “Special Sales Department” at the address above.

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15 Remedies for Managing Pain Naturally

Pain comes to all of us at one time or another. It seems the older we get the more pain we deal with on a daily basis. Injury in our youth can mean chronic pain for years.

Grabbing for OTC or prescription pain medication though, isn't the answer. Drugs only relieve 70% of patients' pain. And they leave side effects like addiction, stomach ulcers, heart attack, stroke, or liver and kidney damage in their wake.

On the other hand herbal remedies can offer pain relief, in some ways more effectively than OTC or prescription pain remedies, without the serious side effects. Some herbal remedies even begin the healing of the underlying condition.

Take St. Johns Wort for instance. St. Johns wort is my chosen remedy for back pain, sciatica, or wrist pain caused by a pinched nerve in the neck or back. St. Johns wort is a gentle but effective nervine that reduces inflammation, quiets the pain response, and helps the nerves heal themselves. My personal experience with NSAID for back pain, leaves my brain fuddled and the pain still there, but dulled. With St. Johns Wort tincture, the shooting pain disappears within a few minutes of taking a tincture and is gone in 48 to 72 hours. I also use St. Johns wort tincture on those night I can't go back to sleep. It quietens my mind and brings sleep within 30 minutes.

St. Johns wort is one of my special herbal allies. After many years of harvesting the flowers and making my own remedies, I have come to trust its gentle influence.

Warning: Those on prescription medications should always speak to their doctor before adding herbs to their supplements. Some medications can interact with herbs in dangerous ways.

One remedy I make every year is St. Johns Wort infused oil. It is ruby red oil, that is effective as massage oil, for growing pains, nerve pains, and to heal the skin. I use it to make salves, ointments, and other topical remedies.



Topical Remedies

“God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: It is his megaphone to rouse a deaf world.” – C. S. Lewis

Topical remedies are many people’s first introduction to herbalism for good reason. They are safe. They are effective. They are simple to make at home.

Remedies like massage oil, salves, ointments, poultices, and bath salts can help with sore joints, muscle aches, bruises, cuts, scrapes, and sprains.

Most of these remedies begin with herb infused oil. In these recipes, I use extra virgin olive oil, sweet almond oil, or organic grape seed oil as the carrier oil. Do choose the carrier oils that you prefer. The choice of carrier oils is less important than the choice of therapeutic herbs.

You’ll need containers to place your salves in. These can be recycled glass jars, salve tins, or even upcycled mint tins.



Infusing Herbs in Oil

Many of the topical recipes in this book begin with herb infused oils. Use either the fast method or the slow method to infuse your herbs in oil. Choose the slow method if you want to have large amounts of herb infused oils in your DIY pantry. Choose the fast method if you just want to make a salve and you want it faster.



Infuse herbs in oil using the slow method

- ½ cup oil
- ¼ cup dried herbs or ½ cup fresh herbs, wilted several hours

Use a glass jar small enough to keep the herbs submerged in the oil. This is especially important when using fresh herbs. Place ingredients in a glass jar. Cap tightly. Shake the jar daily to mix herbs with oil.

Wait 30 days. Strain the herbs. Reserve the oil.

For a 1 quart (1 litre) batch:

- 4 cups carrier oil
- 2 cups dried herb or 4 cups fresh herbs, wilted several hours

Use a glass jar the correct size to keep your herbs submerged in the oil. This is especially important when using fresh herbs. Place ingredients in a glass jar. Cap tightly. Shake the jar daily to mix herbs with oil. Top up with additional oil if necessary to keep the herbs submerged in the oil.

Wait 30 days. Strain the herbs. Reserve the oil.

Infuse herbs in oil using the fast method

Make a double boiler using the glass jar in a saucepan of water. When using dried herbs, use ½ as much herbs by volume, as the amount of oil used, as in the previous instructions, a 1:2 ratio. When using fresh herbs wilt them for several hour or overnight before proceeding with the recipe. Use the same volume of oil as you have of fresh herbs, a 1:1 ratio.

Place the jar with the herbs and the oil in the saucepan on top of a metal ring or a metal lid to keep the jar from contacting the bottom of the hot pot.

Simmer the water in the pot over medium heat for 15 minutes. Turn off the heat and allow the pot with the glass jar to come to room temperature naturally. Strain the herbs from the oil through a fine sieve or coffee filter. Retain the oil to use in these recipes.

Essential oils

In several of the recipes essential oils play a supporting role. They will act as synergies to the action of the herbs increasing the anti-inflammatory, analgesic, or antimicrobial powers of the herb. All recipes use a 2% essential oil dilution, except where otherwise noted. These are safe for everyday use for adults.

Salves intended for use by children under 3, reduce the amount of essential oils by half. Salves intended for children under the age of 1 year, please omit the essential oils.

Essential oils can be increased in the salve recipe up to 5% if the intended salve is for an acute situation or for small areas of concern, for use with children from 3 to adulthood. Salves intended for adults can have up to 10% essential oil dilution for short term acute use over a small area.



Always start with a lower dilution and add more when needed.

Essential oils are not critical to the recipe and can be omitted if you wish. I recommend Plant Therapy essential oils or Rocky Mountain Oils because their oils are batch tested for purity. The batch test result is always available on their websites.



St. John's Wort Oil

St. John's Wort oil is the ideal herb-infused oil for pain, especially shooting pain, muscle strain, and pain associated with neuralgia.

Yield: 4 ounces

Ingredients:

- 4 cups St. John's Wort flowers, fresh but wilted
- 3 to 4 cups olive oil or another carrier oil

Directions:

When you get the flowers home, leave them in the basket to wilt for 4 to 8 hours. Then, using a clean and sanitized quart wide-mouth mason jar, fill the jar with freshly picked and wilted St. John's Wort flowers.

Pour olive oil or another carrier oil over the flowers in the jar.

Use a knife to dislodge any air bubbles.

Cover with additional olive oil if necessary.

Cap tightly and shake the jar to evenly distribute the oil with the flowers. Top up with more oil if necessary so that the flowers remain under the oil in the jar.



Put this in a sunny window and let the solar radiation draw the hypericin into the oil. The oil will turn ruby red after 2 or 3 days.

Leave the oil for a month. Shake the jar once a day, or as often as you think of it, to redistribute the oil among the flowers. This will make your infused oil more potent

After 30 days, strain the flowers from the oil. The oil will be red. Pour the ruby red oil into tinted jars to protect the St. John's wort infused oil from light damage and cap tightly. Label with the name of the flower, type of oil used, and date that the oil was infused. Store in a cool, dark place protected from heat and light.

To use:

St. John's Wort oil can be used liberally in external applications like massage oil, salve, or lotion bars. This is a mandatory herb-infused oil in my DIY pantry. I use it regularly along with calendula infused oil in many of my DIY Herbal salves.



Cayenne, St. John's Wort, and Ginger Salve

When your back is sore, your muscles are over worked, or your joints are a little stiff, warm them up with this quick to make herbal salve. Cayenne pepper salve is warming and pain relieving. I like to add Ginger for an increase in warmth. Ginger is anti-inflammatory, and pain relieving. St. John's Wort Oil helps with shooting pains, and stiffness, making normal movement easier.

Yield: 4 ounces



Ingredients:

- 4 tbsp. St. John's wort infused oil
- 2 tbsp. cayenne pepper powder
- 1 tbsp. ginger powder
- 2 tbsp. Shea butter
- 2 tbsp. beeswax
- 20 drops of rosemary essential oil
- 20 drops of peppermint essential oil

Directions:

Place St. John's wort infused oil in a glass measuring cup. Spoon the cayenne and ginger powders into a cloth tea bag. Tie the top of the tea bag using a half hitch. Place the tea bag with spices into the St. John's wort oil, in the glass measuring cup.

Create a double boiler using a glass measuring cup. And simmer the oil and herbs on medium heat for 30 minutes. Occasionally turn the tea bag over and press with the back of a spoon while the oil is warming, to ensure that the spice powders are moistened with the oil.

After 30 minutes remove the glass cup from the saucepan and allow the oil to come to room temperature. Remove the tea bag and press in a potato ricer, held over the cup, to remove the last drops of infused oil from the bag. Reserve the oil in the glass cup. Discard the pressed herbs. Empty and clean the bag for another use.

Place the glass cup back on the double boiler. Add shea butter and beeswax. Simmer over medium heat until the beeswax and shea butter is melted. Remove from the heat. Stir in essential oils.

Pour into containers. Allow to cool completely before putting the lid on the containers, to prevent condensation from getting on the lid.

To use:

Use topically on sore muscles or joints. Avoid broken skin or rashes. It can be too warming. Avoid rubbing eyes after you have applied the salve to your skin. If you get it in your eyes accidentally, wash with full fat milk or yogurt.



Yarrow-Arnica Bruise Salve

Our favorite homemade remedy for sprains and bruises is Yarrow and Arnica Bruise Cream. Arnica is known for its pain-relieving properties and yarrow herb is highly regarded for bruises and sprains.

Yield: 8 ounces

This is a two-step process. In the first step you'll infuse the herbs in a carrier oil. In the second step you'll turn this rich, effective herbal oil into a salve for pain relief.

Ingredients:

- 2 cups Organic Virgin Olive Oil
- 1/2 cup Yarrow, dried
- 1 cup Arnica flowers, fresh but wilted
- 2 tablespoons Beeswax

Directions:

Step 1: Add yarrow and arnica flowers to pint Mason jar. Pour the olive oil over the herbs to fill the jar. Use a chop stick to dislodge any air bubbles. Cap the jar. Put aside, for one month, shaking the jar daily.



Strain the flowers and herbs from the oil, retaining the oil. Bottle in a clean, sanitized container. Label and date.

Step 2: Make a double boiler using a glass measuring cup and a saucepan.

Place 14 tablespoons of herb infused oil and the beeswax together in the glass measuring cup. Heat the saucepan over medium heat till the beeswax melts completely.

Remove from heat and pour the finished salve into salve containers. Allow this yarrow and arnica bruise salve to cool completely before putting on the lids. Label and date each tin.

To use:

Apply liberally to bruises, strains, and sprains as needed. Do not use on broken skin. Do not use internally.

Yarrow Liniment

Use this for bruising, sore muscles, joint pain and strains

Yield: 3 cups

Ingredients:

- 2 cups dried yarrow flowers and leaves
- 4 cups witch hazel

Directions:

Place the yarrow flowers in a 1 quart Mason jar. If you are using dried yarrow fill the jar half full. The dried herbs will absorb the witch hazel and swell in the jar. If you are using fresh yarrow, fill the jar completely with the flowers, and then cover them with witch hazel.

Use a chopstick to displace any air bubbles. Add more witch hazel if necessary to fully cover the herbs.

Cap tightly and label the jar with the contents and the date. Don't forget to add a label, in a month you may not remember what you put in the jar and it will look entirely different.

Every day or as often as you think of it, shake the jar to evenly distribute the herb in the witch hazel.

After 4 to 6 weeks your liniment is ready to strain.



To use:

Place a small amount in your palm and pat it gently to help penetrate the injured area. Use your thumb or 3 fingers to massage sore spots and break up lumps or accumulations. Begin lightly and gradually work the liniment in deeper as the pain is relieved.

Liniment is cooling and reduces inflammation with its drying, astringent actions. Do not use internally.



Dead Sea Salt Bath

Make Dead Sea Bath Salts to reduce muscle tension and relieve stress. The magnesium and sulfur in Dead Sea Salts is easily absorbed and will relieve minor aches and pains. It is beneficial for recovery after exercise. It can reduce leg cramps and restless leg syndrome. It is beneficial for skin rashes like psoriasis and eczema.



2 cups of salt creates an isotonic solution which is the most soothing and healing kind of bath. While it may seem like a lot of salt to add to your bath, if you want a bath that heals, you do need to make sure there is enough salt to create an isotonic solution.

Yield: 1 bath

Ingredients:

- 2 cups Dead Sea Salt
- ½ teaspoon Dr. Bonner's Liquid Castile Soap
- 6 drops Lavender essential oil
- 6 drops grapefruit essential oil

Directions:

Mix the salts and castile soap together in a bowl. Add the essential oils, mixing thoroughly.

Once combined, place the mixture into a wide mouth glass jar for storage.

To use:

Fill the bathtub with hot water that isn't so hot that it will burn you. The bath should be as warm as you can tolerate but not so hot that it makes you dizzy. Put 2 cups of the prepared bath salts in the bathtub. Stir to dissolve the salts. Soak for a minimum of 20 minutes in the bath to gain the relaxation and pain relieving benefits of this mineral soak.



Herbal Tea for Pain Relief

Herbal tea is most people's first introduction to herbal remedies. My own introduction began at 17, with a cup of chamomile tea after an especially harrowing afternoon where I faced a bank robber and handed him the cash in my teller draw, including 10 marked \$20 bills. Once the robber left the bank, the bank manager closed my wicket, escorted me to the café next door, and brought me a cup of strong chamomile tea with honey. The rest of the afternoon is a blur. I went home in a cab. Slept well and was back at my wicket the next day.

Today I have a deeper appreciation for chamomile. Chamomile is anti-inflammatory, digestive, pain relieving, antispasmodic. It helps with menstrual discomfort and cramping. It is a relaxing nerve, easing nervous tension and stress, while easing nerve pain.

All the herbal tea blends in this book are formulated to reduce tension and relieve pain.



Chamomile-Ginger-Lemon Balm Tea for Menstrual Cramps

This is a soothing, calming herbal tea blend that works to ease the stress and pain that so many women and girls experience on the first day of their monthly cycle.

Yield: depends on measurements



Ingredients:

- 1 part chamomile
- 1 part lemon balm
- 1/8th part ginger, powdered

Directions:

Combine chamomile, lemon balm, and ginger in glass jar. Stir with a chop stick or fork to fully blend the herbs.

To use:

Place 1 tablespoon of the herbal tea blend in a tea ball or in the mesh basket of a tea pot. Pour boiled water over the tea. Cover to prevent volatile oils from escaping. Steep 15 minutes. Strain and drink.



Ginger-Turmeric Latte for Colds and Flu, Aches and Pains

When my daughter was in Jerusalem, the Aroma Coffee Shop downstairs from her work, served this ginger and turmeric latte every winter. Anytime anyone in the office was sick this latte was the first defense and it worked to soothe the sore throat and achiness quickly.

Yield: 1 serving

Ingredients:

- 1 tablespoon turmeric
- ½ teaspoon ginger
- ¼ teaspoon cardamom

- 2 tablespoons coconut cream
- Hot water to fill mug

Directions:

Stir the powdered spices into coconut cream. Add a small amount of hot water to fill the mug 1/3rd full. Froth with a milk frother. If you don't have a frother, use an electric blender or immersion blender. Top up with hot water, hot tea, or hot espresso for extra kick.



Headache Tea

Similar to the menstrual cramp tea, Ginger Lemon Balm Tea is a simple but powerful remedy for headaches. Scientific studies [[source](#)] found that ginger was as effective as the prescription medication for the treatment of migraines without the side effects. Ginger also controlled the nausea associated with migraines.

Yield: 1 serving

Ingredients:

- 1 tablespoon Lemon Balm
- 1 inch piece of ginger, peeled and thinly sliced
- Slice of lemon
- Honey to taste



Directions:

Combine the lemon balm and ginger in the basket of a tea pot or a tea ball. Pour boiled water over the herbs. Cover and steep for 10 to 15 minutes. Pour the strained liquid into a mug. Add lemon and honey to taste.

To use:

Drink freely.



Gripe Water for Baby Colic

While today's gripe water contains preservatives and fillers that the traditional remedy didn't have, the traditional remedy is easy to make at home, using just a few grocery store staples.

Yield: 36 tea bags

Ingredients:

- ¼ cup fennel or anise seeds, lightly crushed
- ¼ cup dill seed, lightly crushed
- 2 tablespoons peppermint leaves, crushed
- 2 tablespoons chamomile blossoms, crushed

Directions:

Place the fennel, and dill seed in a mortar and pestle and lightly crush them to release their volatile oils. You don't want to powder them, but just break the seed to release the volatile oils.



Pour the crushed seed into a prep bowl. Add peppermint leaves and chamomile blossoms, crushing them in your hands as you add them to the prep bowl. Mix all the ingredients in the bowl.

Fill the tea bags:

Spoon 1 teaspoon of the mixture into a Press and Brew tea bag. Press the seal on the tea bag with an iron set on cotton. Continue making tea bags until the mixture is used up.

To use:

Place the tea bag in a cup.

Pour ½ cup of boiling water over the tea bag. Cover the cup and let the teabag steep for 15 minutes.

Remove the lid. Press the tea bag with the back of a spoon to get as much herbal goodness out of the bag as possible

Cool this to room temperature and use cooled for baby, giving some on a spoon, to settle colic pains. It works quickly to calm a baby.

“Wellness is not the absence of pain...but the absence of limitation.” Pete Egoscue

Tinctures for Pain

Tinctures are concentrated herbal medicines that are shelf stable, allow for exact dosing, and are convenient for travel. Most herbs that are used for herbal tea can also be used for herbal tinctures. Simply fill the jar half full of dried herbs. Top up the jar with brandy or vodka. Follow the same directions below for making an herbal tincture.



Menstrual Cramp Tincture

My daughter visited us in July. She was complaining of how much her period was hurting and that she missed a day of work because of it. This is serious because she only gets paid when she works. There are no paid sick days in her minimum wage job

During her visit we gathered the herbs for this tincture from the garden and chopped them up and added them to the jar together. By her next cycle, the tincture will be ready.

I believe this remedy is more powerful when made with fresh herbs. If you only have dried herbs, use what you have. When using fresh herbs, let the herbs wilt for a few hours before adding the vodka or brandy. I used brandy in the following recipes because brandy is made from grape wine, and it seems more natural to me. If you have a family member who has celiac, a wheat allergy, or other grain allergies, avoid whiskey and other grain-based spirits. The alcohol you use should be at least 80 proof (40% alcohol).



Yield: 20 fluid ounces if 1 part = 1 cup

Ingredients:

- 1 part Motherwort leaves, fresh
- 1 part Raspberry Leaves, fresh
- 1 part Yarrow flowers and leaves, fresh
- ½ part calendula or chamomile flowers, dried
- Brandy to fill the jar

Directions:

Place the fresh but wilted herbs and the dried herbs in a wide mouth quart mason jar.

Add the brandy to completely cover the herbs. Use a chop stick or knife to dislodge any air bubbles inside the jar. Top up with more brandy if needed.

Cap tightly and put away for 1 month. Shake it daily or as often as you think of it to distribute the alcohol in the herbs and draw out more active herbal constituents into the alcohol.

After a month, strain the tincture through a fine sieve. Retain the liquid. Pour it into colored glass dropper bottles. Label and date.

To use:

½ teaspoon or 2 ½ ml 4 times a day or as often as needed.

Do not use during pregnancy or if you think you might be pregnant, without consulting with your midwife first.

Allergy Tincture

The stinging nettles in this tincture are antihistamine, attaching to the histamine receptors in your body and preventing or calming down allergy symptoms, but without the anxiety and drowsiness of OTC allergy pills. Local bee pollen helps your body get used to the local pollens in a gentle way. It's worth sourcing local pollen for this remedy.

Yield: 20 fluid ounces if 1 part = 1 cup

Ingredients:

- 3 parts stinging nettle leaves, fresh
- ½ part bee pollen
- Brandy to fill the jar



Directions:

Wear stout gloves when harvesting and working with stinging nettle leaves. They are active until they are dried or wilted.

Wash stinging nettle leaves to remove dirt and bugs. Remove the leaves from the stems. Discard stems. Roll leaves up and chop into strips with a sharp knife. Add to jar until the jar is $\frac{3}{4}$ full. Add bee pollen. Add brandy to fill the jar.

Cap the jar tightly and shake. Add more brandy if necessary to keep the herbs submerged.

Place the jar away from light and heat in a dark cupboard. Shake the jar daily or as often as you think of it to dissolve the bee pollen and extract as many active constituents as possible from the stinging nettle leaves.

After a month, strain the herbs through a fine sieve. Retain the liquid. Decant into a clean, sanitized jar. Label and date.

To Use:

Take 1 teaspoon 3 times a day during allergy season. Those who have hay fever, benefit from taking this remedy 30 minutes before going outside to mow the lawn or handle yard chores. We have found that this remedy also calms the inflammation and itching of skin rashes and hives that are due to food allergies.





St, John's Wort Tincture for Nerve Pain and Sciatica

As I mentioned earlier St. Johns wort is one of my favorite herbal allies. We used to take our handspun, handwoven clothing and our home made soap to craft fairs. The stress of getting there, carrying heavy bins of product, as well as the heavy display forms, often left me with a sore back, or shooting pains down my hip and leg.

This tincture has saved me more than a few times with its gentle but reliable pain relief and relaxation.

Yield: 25 ounces

Ingredients

- 4 cups fresh St. Johns Wort Flowers, wilted
- 3 cups brandy or enough to cover flowers in jar

Directions:

Place wilted St. Johns wort into a wide mouth mason jar.

Add brandy so that the herb in the jar is fully submerged.

Cap the jar tightly and shake. Add more brandy if necessary to keep the herbs submerged.

Place the jar away from light and heat in a dark cupboard. Shake the jar daily or as often as you think of it to dissolve the bee pollen and extract as many active constituents as possible from the herbs.

After a month, strain the herbs through a fine sieve. Retain the liquid. Decant into a clean, sanitized jar. Label and date.

To use:

Take 1 teaspoon St. Johns Wort tincture, 3 times a day or as often as needed. The taste is strong. You can also add the serving to a ½ glass of cold water to dilute the strong taste.



Avoid driving or operating heavy equipment if you need to take this during the day because of the alcohol content. It may cause drowsiness.



Tincture for the Pain of Shingles

I've often been asked to formulate an herbal remedy for shingles for friends. Shingles are so painful. The pain lasts weeks, and sometimes months. This remedy is inspired by a prescription in David Hoffman's Medical Herbalism.

Yield: 20 fluid ounces if 1 part = ½ cup

Ingredients:

- 1 part milky oats, dried
- 1 part St. Johns Wort, dried or fresh
- 1 part Echinacea root, dried
- 1 part skull cap, dried
- Brandy to cover

Directions:

Place herbs into a wide mouth mason jar.



Add brandy so that the herbs in the jar are fully submerged.

Cap the jar tightly and shake. Add more brandy if necessary to keep the herbs submerged.

Place the jar away from light and heat in a dark cupboard. Shake the jar daily or as often as you think of it to dissolve the bee pollen and extract as many active constituents as possible from the herbs.

After a month, strain the herbs through a fine sieve. Retain the liquid. Decant into a clean, sanitized jar. Label and date.

To use:

Take 1 teaspoon tincture, 3 times a day or as often as needed for pain and anxiety.



Tincture for Sleep and Pain Relief

Another tincture inspired by David Hoffman's *Medical Herbalism*. This is one is for those sleepless nights when pain and anxiety makes it impossible to shut down your mind for rest.

Yield: 20 fluid ounces if 1 part = ½ cup

Ingredients:

- 1 part Valerian Root



- 1 part Chamomile
- 1 part Passionflower
- 1 part Jamaican dogwood
- Brandy to cover

Directions:

Place herbs into a wide mouth mason jar.

Add brandy so that the herb in the jar is fully submerged.

Cap the jar tightly and shake. Add more brandy if necessary to keep the herbs submerged.

Place the jar away from light and heat in a dark cupboard. Shake the jar daily or as often as you think of it to dissolve the bee pollen and extract as many active constituents as possible from the herbs.

After a month, strain the herbs through a fine sieve. Retain the liquid. Decant into a clean, sanitized jar. Label and date.

To use:

Take 1 teaspoon tincture, 3 times a day or as often as needed for pain and anxiety. Use 5ml to 15 ml tincture ½ hour before eating.



Essential Oil Remedies

Essential oils are convenient and concentrated herbal remedies that are useful for travel and for first aid. Many of them are anti-inflammatory and analgesic. I heard some herbalist bad-mouth essential oils for a wasteful use of plant material, but I think differently about them. Essential oils offer farmers a cash crop and provide jobs for millions of people. In many ailments essential oils are unnecessary but indulgent with their lovely fragrance and uplifting or calming benefits.

But when it comes to pain, essential oils can offer quick relief while easing tension, reducing inflammation and offering a concentrated analgesic dose with fewer side effects than NSAIDs and no risk of addiction.

You'll require a 10 ml roller bottle for the next two remedies. Tip: Always put the drops of essential oil into the bottle first, then top up with the carrier oil. You may not need the full measure of carrier oil.



Essential Oil Roll On for Tension Headache

I keep a roller like this in my purse for sudden headaches. Apply it to the temples and along the hairline for fast relief of tension headaches, and stress. It's also useful for sore muscles, sudden joint pain, and neck pain.

Yield: 10 ml

5% dilution

Ingredients:

- 3 drops peppermint essential oil
- 5 drops lavender essential oil

- 4 drops rosemary essential oil
- 3 drops Eucalyptus Globulus
- 2 teaspoons sunflower oil

Directions:

Add the essential oils to the 10 ml bottle, by counting the drops as they go into the bottle. Add the sunflower oil as the carrier oil. Other liquid oils can also be used, instead of the sunflower oil.

Cap the bottle with the roller applicator and the cap. Shake to fully blend the carrier oil and the essential oils.

To use:

Roll directly on temples and around hairline for headache relief.



Essential Oil Roll One for Joint Pain

This pain relief essential oils formula works quickly to relieve tension and reduce inflammation and pain.

Yield 10 ml

4% dilution

Ingredients:

- 4 drops frankincense essential oil
- 4 drops lavender essential oil
- 4 drops turmeric CO2 essential oil
- 2 teaspoons Evening Primrose oil



Directions:

Add the essential oils to the 10 ml bottle, by counting the drops as they go into the bottle. Add the Evening Primrose Oil as the carrier oil. Evening Primrose oil has anti-inflammatory and antispasmodic actions that are beneficial for pain relief.

Cap the bottle with the roller applicator and the cap. Shake to fully blend the carrier oil and the essential oils.

To use:

Roll directly on painful joints and muscles.

“If I had only one single herb to depend upon for all possible health and dietary needs I would choose turmeric”

**DR. DAVID FROWLEY,
Founder of American Institute of Vedic Studies**



ABOUT THE AUTHOR

Chris is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles. She teaches workshops and writes extensively about gardening, herbal crafts, scratch cooking, and medicinal herbs on her blog at JoybileeFarm.com. Chris is the founder of the [DIY Herbal Fellowship](#) and an instructor at the [Joybilee Academy](#). Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for further self-reliance and joy.

Chris is the author of the ***The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence*** (2015) and ***Homegrown Healing, from Seed to Apothecary*** (2016), and "***The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More***" (2017)

Chris empowers women to reclaim their intuition and inner strength in nourishing and healing their families, deeply rooted in their homes, with joyful, intentional, self-reliance.



Left blank intentionally