



Nature Cures

A compendium of cures from plants/trees found in nature



Introduction

- Use with **caution**, just because you pick it from nature and the plants are natural it does not mean they should be treated differently than manufactures drugs.
- Wild plants have powerful medicinal properties and like any drug should not be taken in excess or mixed with other medications.
- **Do not use** a plant you cannot identify positively.
- The following has been submitted by trappers and not trained holistic/naturopathic doctor



Problems on the trapline...



Here are some cures:



- **CHAPPED LIPS:** dip your finger into lard or cooking oil, margarine, butter or bacon grease.
- **CONSTIPATION:** dandelion roots-chopped and roasted, pound roots and steep 20 minutes in a cup of boiling water. Nettle and strawberry leaf tea. A cup of stewed blueberries or gooseberries eaten hot. A good meal of baked beans.
- **COLD:** willow and poplar barks tea will help kill the pain. Wintergreen leaves tea for pain. Maple bark tea. Piped rose hips top cold remedy. Discard seeds and simmer hips you can sweeten with honey and eat with a spoon. Red clover flower tea. Yarrow tea induce sleep. A spoon of chopped onion. Handful of wild leek or a few cloves of mashed garlic, boiled in half cup of water. Spiked with cayenne or black pepper.
- **CRAMPS:** Drink tea made from high-bush cranberry bark. This tea helps to relax tight muscles after a hard day on the trapline.



Here are some cures:



- **DIARRHEA:** bowl of oatmeal porridge. Avoid dehydration drink 1 tbs sugar , honey or syrup and ½ tsp. of salt mixed in a quart of warm water. Mildly steeped fireweed tea will help.
- **EAR ACHE:** hold ear over a cup of steaming water. Dabbing cooking oil into ear can help. Compress ear with a handkerchief soaked in boiling water sprinkle with black pepper.
- **ITCH:** poison ivy or other itch causing greenery. Wash with cattail leaves, use about 2 dozens leaves in a quart of water and boil for 20 minutes. Boiling blackberry leaves for 20 minutes will also work. Dampen a cloth and apply to inflamed area. Beech or birch leaves and a few curls of bark steeped in water also does the job. Burdock leaves dipped in river mud cools the flame. Damp moss. Poultice of red trillium leaves applied to irritation. Application of cooked oatmeal. A paste of baking soda.



Here are some cures:

- **SORE THROAT:** go for the salt. One tsp of salt in quarter cup of warm water gargle to dull the pain. Nettle flowers seed, can be pounded and steeped. Stain and gargle. Wild currants or gooseberries, or blackberries boiled down into syrups (robs) for sore throat and cough. A dap of pine or balsam resin melted into the syrup adds medicinal strength. A teaspoon of honey is also good. Red and white clover tea also calms rasp. Chewing on a wad of wintergreen leaves will help.
- **STINGS:** remove as soon as possible stinger. Clean the sting area with alcohol. A paste of baking soda and water. Salt and water. Rub sting with charred wood from the fire pit. A plaster of mud. Mashed clover blossoms will draw the poison.
- **STUFFED HEAD:** Bring yarrow flowers and leaves to a boil. Tent a towel over your head and inhale steam. You can also use spruce pin fir or balsam and some resin or gum or juniper berries. Twigs of rose bush make a good head clearing tea.



Here are some cures:



- **TOOTH ACHE:** treat with cold not heat . If there is no snow or ice place damp moss and handful of mud in an handkerchief or a cold stone on your jaw. Wintergreen tea will bring relief. Sucking on a fresh willow or poplar twig and swishing the painkilling juice over the infection will numb the pain.
- **TOOTH ACHE:** use Prickly Ash bark, rub the inside green bark on your gums, it will numb the gum to give relief until you can get medical attention



Here are some cures:



- **WOUNDS AND CUTS:** Apply directly on wound blackberry leaves- they contain high levels of tannin, will stop minor bleeding. A clean strip of birch bark can be used to apply pressure. If the cut is severe head for the doctor, otherwise clean the wound with hot water. If you have antibiotic ointment in your kit apply to wound. If not clean daily with strongly steeped yarrow or blackberry infusion, 1 cup of plant per half cup of water. A few spoon of honey or sugar in the cleaning water will speed healing.

Common
plants/trees
on trap line
that cures





○ **DANDELION:** in a tea the roots are good for the digestion, for the liver and kidney. It eliminates cholesterol and uric acid.



○ **HAWTHORN:** Anti stress, hawthorn calms the tension and helps to sleep. The dried plant infuse to make a tea.





- **POPLAR/ASPEN** ointment: pick spring buds, put in a small pot and fill with vodka. Infuse for a few weeks.



- **BLACK SPRUCE:** powdered sap/resin is put on wounds for faster healing. Tea made from black spruce pulp is a remedy for kidney stones.





○ **PRICKLY ASH BARK:** for a tooth ache rub the inside green bark on your gums, it will numb the gum to give relief until you can get medical attention.





○ **SPRUCE GUM:** turned into a salve/cream is used to treat cuts, burns and discomfort on the skin.



○ **SPRUCE BUDS:** are boiled to make a potent liquid for cough /cold/sore throat.





Provided from

Gerald Nadeau, Chalk River

- **Bamagillia (Balm of Gilead AKA: *Populus balsamifera*) Sap**
 - In early spring just as the trees bud, gather the sap.
 - Good for skin infections, irritation or itch.
- **Labrador Tea**
 - Good for cholesterol
- **Chaga Tea**
 - From the Birch Tree
 - Cut chunk and steep in water





Provided from

Pat Hamilton, Laurentian Hills

● **Root of Purple Thistle**

- Boil and drink as tea
- Good for Poison Ivy

Milk Thistle
Silybum marianum





Provided from

Hector Viancourt, Laurentian Hills

○ **Mullein Leaf**

- Smoke or make a tea
- Dry in sun
- Good for respiratory problems



○ **Dandelion Tea**

- Make a tea from the leaves
- Eat roots raw, cooked or juiced (liver cleanser)



○ **Burdock**

- Boil leaves to make soft and then apply over any skin infection
- Boil spring blossoms for a tea (aids hormone production)





Provided from

Hector Viancourt, Laurentian Hills

○ **Black Walnut**

- Grind up the shell and soak in vodka for 6 months (this one catches my attention)
- Aids in fingernail and hair health
- Gather in May/June when shell is black



○ **Butternuts**

- almost as good as walnuts

○ **Hazel Nut**

- General health





Provided from

Hector Viancourt, Laurentian Hills

○ **Alfalfa**

- Boil to make a tea (very strong), good for energy
- Flower can be used in salads, good for vision

○ **Wild Purslane**

- Good for eyes (macular degeneration)
- Eat in salad

○ **Wild Sarsaparilla**

- Leaves and roots can be used
- Good for boils (cleanses blood)





Provided from

Hector Viancourt, Laurentian Hills

- **Sheep Manure** (seriously, Hector's Mom actually used this)
 - Boil to make a tea
 - Treats Whopping Cough

