

Omtara Blessings Herbal First Aide Essentials - **PLANTAIN** (Plantago Major, Minor, & other species too)

Photo left: Here i was up in Westport, north of Fort Bragg, falling in love with and coddling giant Plantain off Highway 1 N.



Handmade **Plantain Tincture** goes everywhere with me. i discovered the magic of plantain innocently, when i made my first tincture just because i was so excited to harvest my own herbs. Besides insect bites and stings vanishing instantly, this tincture has extracted deeply embedded splinters from my hands and feet, gravel from a closed wound on a friend's knee, and even stopped the profuse bleeding of bad kitchen cuts, including those that go almost to the bone! Then, there was the rusty gate spike that caught my arm on a hike; *this tincture* reversed the potential infection in 3-4 applications (redness and swelling), and i used it reverently for 3 days. No tetanus shot. i totally trust my plants with my life.

I've heard that plantain is the #1 dental remedy in Cuba; and that it is used for cancer in Latin America. It is reputed to have saved many lives from poisonous snake bites too.

Yolanda Pritam Hari



i carry homemade Plantain tincture with me everywhere, and often end up giving it away. Because everybody needs it, i keep a shelf full of the tincture for sale, and a harvest of dried leaves, so i am ready to teach others how to make this medicine too.

for **SPLINTERS, TOOTHACHES, BLEEDING CUTS, BITES & INFECTIONS**: apply tincture full strength, and **repeat often**. Small cuts can be soaked and wrapped; For heavier bleeding - wrap tightly, compress, and elevate after disinfecting w Plantain. i make and carry the tincture with me everywhere, but we teach children to pick and chew on the leaves for bites and scrapes. *Our saliva releases the medicine, then we just pack it on the bite or wound, and it's done!*

Photo Right: **The leaves are striated, or striped; and grow in clusters low to the ground. The flowers grow up tall on skinny stalks.**