are eaten by many animals and the branches are used to build nests.

Scientists and pharmaceutical companies continue to work on urushiol in hopes of creating a Poison Oak immunization. Several products to combat or prevent Poison Oak allergy are currently marketed through forestry supply catalogs. One is a soap that contains a mixture of organic solvents and wood pulp by-products and is effective in washing off the urushiol. Although, once the allergen has penetrated the skin, soap does not have much influence. An aerosol spray containing activated clay used in antiperspirants has been created to form a barrier that both prevents urushiol from touching the skin and binds with it to make it inactive. FDA approval is pending.

Poison Oak Case Study
by B. Bobo

My knitter came to work and had a terrible case of Poison Ivy. I suggested that she use a Jewelweed infusion to wash the Poison Ivy as that has been a historical cure taught to the settlers by the American Indian. My son, who lives in the area, knows Poison Ivy, but in any case, I carefully described what Poison Ivy looks like, telling him that Jewelweed lives always in close connection to the Poison Ivy. My son didn't hear the part of the story that I was describing Poison Ivy, he only heard the description. Even though he knew better, he and my knitter went out and picked three large bags of plants.

When I opened the bags, each was filled with the most beautiful cuttings of Poison Ivy with absolutely no Jewelweed. So we had to not only treat the knitter and my son, but also the entire house. The treatment consisted of scrubbing all surfaces of the car, the doorknobs, and the door jams with alcohol. We used rubbing alcohol which is stronger than green soap and water. Then we washed all the skin surfaces with soap and water and a strong solution of Jewelweed. The Jewelweed solution was also frozen in an ice cube tray, labeled, and used for subsequent treatment externally on the irritated skin.

AromaHerbal Treatments for Poison Oak Rash, and other itchies

AromaHerbal treatments for Poison Oak rash (and any other itching skin problems) include continual application of soothing, anti-inflammatory hydrosols, essential oils, and herbal preparations as well as plenty of herbal baths or soaks, depending on the extent to which the rash has spread. Immediately after suspected infection, the skin should be washed with essential oil of Thuja plicata diluted in oil. Thuja plicata is a skin irritant and so should definitely be diluted. Use only 5 drops per ounce of oil.

Hydrosol of Artemisia arborescens is anti-inflammatory and soothing to irritated skin. Spritz this hydrosol on the affected area regularly. A hydrosol is a result of the distillation process and has the properties of both the water soluble parts of the plant and the essential oil. Mistress, which are simply essential oil in water, do not have the same therapeutic properties as a hydrosol.

The soothing and healing effects of Aloe Vera gel can be boosted with the addition of pure essential oils. Essential oils recommended for irritated, itching skin include Rosmarinus officinalis (Rosemary), Salvia officinalis (Sage), Mentha x piperita (Peppermint), Pelargonium graveolens (Geranium), Lavandula angustifolia (Lavender), Chamaemelum nobile (Roman Chamomile), Comphora molmol (Myrrh), and Melaleuca alternifolia (Tea Tree). Use only one oil or make a blend to be added to the gel. Use 10 drops of essential oil per ounce of Aloe Vera gel. Apply a bit to affected areas regularly and then spritz lightly with Artemisia arborescens hydrosol.

Essential oils and herbs can be used together in baths or soaks to ease the irritation of Poison Oak rash. 10 drops of any of the anti-itch essential oils can be added to bath water, or, to increase the soothing effects of essential oils, add them to bath oils. Natural Bath oils relieve itchiness. Oil-water compress can reduce inflammation, itching, irritation and other skin discomfits. Floating or dispersible bath oils are easily made at home. Floating oils will sit on top of the water, while dispersible oils incorporate into the bath. Both are effective in relieving the itch.

Basic Floating Oil Recipe
½ cup each Sesame oil, Safflower oil, Soy oil. Peanut oil, Almond oil
½ oz essential oil of Lavender or Tea Tree
Pour ½ cup of the Floating Bath Oil under full force of hot tub water, soak at least 20 minutes. Pat dry.
—From Jeanne Rose’s Herbal Body Book by Jeanne Rose

Water Dispersible Bath Oil Basic Recipe
1. Melt ¼ cup hydrous lanolin and add 1½ cup mixed vegetable oils, stirring all the time.
2. Slowly add 1/2 cup unscented rubbing alcohol in which 1 oz essential oil has been dissolved.
3. Shake together and add to the bath.
—From Jeanne Rose's Herbal Body Book by Jeanne Rose

AromaHerbal baths which combine healing herbs with essential oils are also effective. To use AromaHerbal Baths, first make your mixture of herbs, then add essential oils. Store in a covered jar. When you are ready for your AromaHerbal bath, stuff a muslin bag with the herbs and toss it in the tub. Use the wet, herb stuffed bag as a compress for itchy parts.

Field & Flower Bath
Mix together 1 cup Lavender flowers, 1/2 cup bitter orange peel, 1/4 cup each of Thyme, Raspberry leaf, Wild Rose leaf, White Willow bark, Borage, Mint, Woodruff, Rosemary, and Sage. Add a few crushed cloves and Calamus. Add 20 drops Lavender and 5 drops Geranium oil. Enough for 4-5 Baths.
—From Herbs & Things by Jeanne Rose

Seawater Bath
To warm bath add 1/2 cup sea salt and 1/2 cup combination of kelps or powdered kelp bought at health food store. 1-2 drops of Seaweed absolute could also be added, or used in place of the Seaweed.
—From Herbs & Things by Jeanne Rose

Jewelweed
by Walt Franklin, Rexville, NY
Moist & shady ground stem
succulent ruby-throat probing nectar of Touch-Me-Nots
orange blossoms drooping with weight of poetry and science.
Cool liquid soothing an ivy rash
seedpods patient for a touch
to burst their progeny
on the world past raindrops
light-jewels clinging
to glaucous leaves
into glades where Puck & Bottom play
Titania & Oberon rule.

TO REDUCE SNORING
by Glenda (Canada-2001)

The following formula has shown use as a treatment for the above condition.

INHALATION:
Formula: use by inhalation, 10-20 minutes once a day: 1 drop Eucalyptus radiata - respiratory and 1 drop Lavender (Spike for the lungs or regular Lavender for sleeping). Add Lavender CT borneol from California which would be good both as a sleep aid and an immune stimulant as well. You can also use 1 drop Rosemary verbenol - inhale for stress or respiratory; ingest or as massage for liver regeneration or massage for muscular care and 1 drop Tea Tree for healthy respiration.

MASSAGE:
Formula: use by application and massage into back of neck, shoulders, upper chest and upper back before going to sleep. To 1 ounce or 30 mls of Carrier oil, add the following which will make an 8% therapeutic solution — :
6 drops Pelargonium graveolens
8 drops Lavandula angustifolia
8 drops Melaleuca alternifolia
8 drops Citrus x paradisi
10 drops Chamaemelum nobilis

RESULTS: From the above treatment, the results were that after 3 consecutive applications, snoring changed from very loud every night to some quiet snoring occasionally. Continue the use of the inhalation and the massage treatments as long as necessary to keep results.

You may also apply immune system dietary suggestions, exercise and relaxing baths.

DIET: dark green or very colored vegetables.
Breakfast of assorted fruits and several 3x1x1/2 inch pieces of cheese; eggs and toast. Lunch of soup with lightly steamed assorted vegetables and dinner of salad of assorted greens, tomatoes, onions, sunflower seeds. Drink tea of Lemon Verbena for sleep.

EXERCISE: A good program of exercise that includes a walk of 30 minutes or so a day (or bicycle rides), weight training 3x/week and situps to strengthen the tummy..

BATHS: Use Rosemary soap in the morning and Lavender soap at night. Use showers to clean and baths to relax. Essential oils in the bath can be pretty much what you want to keep your skin healthy.