

## PRINCIPLES OF FOOT CARE (Adapted from the Georgia Baptist College of Nursing Manual of Foot Care: Processes and Standards of Care)

- Foot care covers the lower leg and foot, including the nails. We also assess a patient's overall health and mobility, including their footwear (socks, shoes, inserts, etc.)
- A foot care session can range from a basic once-over (soaking, cleaning, exfoliating, nail maintenance) to more intensive interventions (buffing and trimming corns, calluses, thickened nails and wound care.)
- Foot care as an opportunity to radiate health throughout the rest of the body. In turn, the foot is a reflection of whole body health. Systemic disease can impact a patient's circulation and sensation and those effects can often be seen in the lower body, increasing risk for injury or infection.
- The most important aspect of foot care is self-care. Patient education should include: daily foot hygiene and habits, properly fitting footwear, warning signs to look for, and easy to manage home remedies to help with existing problems.

## ASSESSMENT (Adapted from the Georgia Baptist College of Nursing Manual of Foot Care: Processes and Standards of Care)

- Patient history, reason for clinic visit, mobility function
- Circulatory -- color, temperature, swelling/edema, capillary refill, pedal pulses.
- Neurological-- sensation
- Musculoskeletal-- structural deformities (bunion, hammertoe, crossover toes, etc.)
- Toenails-- length, thickness, hygiene, fungal issues (flaking, crumbling), ingrowns?, cuticles and surrounding skin.
- Skin-- blisters, calluses, corns, fissures, lesions, wounds, fungus, pressure points, hot spots
- Footwear -- type, condition, fit, stability, protection, WET? (use boot dryer or newspaper to wick out moisture), socks

BASIC CARE Findings: Skin is healthy and intact, toenails are of normal length and thickness, healthy circulation

and sensation, palpable pedis pulses, self-care hygiene is evident.

Goal: Provide basic care and comfort. Reinforce importance of self-care.

Care Routine:

- Soak in foot tub with Epsom salt and Calendula Decoction. Depth of water: cover the ankles. Temperature: Warm to touch of bare skin.
- Exfoliate with pumice stone, scrub lotion, and files as necessary.
- Remove debris with double angled curette from under and around nail. Make sure the nail is free on the sides and the skin is supple (checking for ingrown potential).
- Trim healthy nails with nippers in small pieces to follow contour of toe and smooth nails with file.
- Thorough Rinse and Dry. Don't forget to dry well between toes!!
- Spritz with Tea Tree/Lavender Spray
- Apply Tea Tree oil / Vicks / Tiger Balm / Fungal Cream as necessary to fungal nails. Make sure to work into cuticles and around nail bed. Emphasize reapplication is necessary BID for several weeks to initiate change.
- Lotion and/ or Calendula oil
- Powder offered (in socks, shoes, or on feet)
- Patient Education (proper foot care, referrals, footwear...)
- Recommended Maintenance Schedule -- 1 x month

Refer to clinic lead for instructions regarding complications:

wounds, infections, pain, loss of sensation, corns, calluses,

blisters, ingrown toenails, etc.

## **SANITATION & SAFETY**

\* Wear gloves at all times & change them between every patient.

\* Wear mask and goggles when using dremel.

\* Do not touch “clean” supplies with dirty gloves. Change gloves before handling supplies or ask someone to assist.

### **CLEANING STATIONS**

Kitchen Protocol: Dirty items go to the right end of the sink station.

Sinks get progressively cleaner as you work to your left.

2 cleaning station tables in Clinic Room: Left table is “clean” for drying tools & bottles.

Right table receives “dirty” instruments & bottles.

### **TURNING A STATION**

FOOT TUB: Dump tub in dirty sink at far right in kitchen

Wipe/soak with bleach, rinse and dry.

TOOL and BIN: Carry tool bin to “dirty” table in Clinic Room.

Wipe down bottles with bleach rag

Place tools into bleach soak

Wipe tool bin with bleach rag and rinse

**CAUTION: SCALPEL BLADES NEVER IN BLEACH SOAK.**

### **SCALPEL GUIDELINES**

Use a new blade with each patient and dispose used ones in Sharps Container. NEVER place scalpel blades in bleach soak. Wipe handle thoroughly with bleach rag and return to pouch.

TOOL SOAK SOLUTION: 1 part bleach to 10 parts water / Soak for 5 minutes

Carry tool soak tub to kitchen to “Dirty” end of sinks at far Right.

Use hose to blast goop off of loofahs, cheese graters and nail files

Use scrubber/rag to wipe down all instruments.

Transfer to 2nd weak bleach soak to your left.

Final Rinse in clean water

Dry and lay on “clean” clinic table on towel for restocking tubs.

### **BOTTLE CLEANING**

WIPE SOLUTION: 1 part bleach to 10 parts water

Wipe down bottles with solution and place on “clean” table to dry.

### **DREMEL CLEANING**

Wipe down Dremel with bleach rag and fine tune with alcohol swabs in hard to reach areas.

Wipe safety glasses with alcohol before placing back on supply table

## **SPECIFIC AILMENTS**

At our collaborative care clinic, we can offer a full spectrum of healing choices, utilizing the options that best fit the circumstance. We serve the patient, not the paradigm.

### **BLISTERS**

Causes: poor fitting shoes, wet shoes, excessive walking, no socks, etc.

Considerations: Treatment varies depending on if the blister has popped or is still intact, location of blister, whether the person is wearing shoes or not, socks or not, and weather conditions.

Treatment

Small—Doesn't interfere with ability to walk

- Pad around the blister. Using moleskin, trim a hole the shape of the blister and place around blister. Pack the hole with salve for comfort and bandage over the top.

- Sock and shoe. If no shoes or socks, see Special Considerations.

Large – Interferes with walking and in danger of popping

- Control the pop. Create a small slit on bottom edge to drain, pressing out fluid.

Apply antimicrobial tincture such as propolis over the top and bandage with sterile bandage. Instruct to keep bandaging DRY!

- Sock and shoe. If no shoes or socks see Special Considerations

Already Popped Blister

- Debride / irrigate blister with saline solution (add povidone-iodine or berberine-containing tincture when infection is a concern)

- Trim away dead and hanging skin to avoid accidental tears or the trapping of moisture and “gunk”.

- Apply anti-microbial tincture such as propolis or goldenseal wash.

- Apply anti-microbial ointment. Options include an OTC ointment such as Bacitrac (avoid triple-antibiotic ointments that contain Neomycin), a zinc oxide ointment, or a salve. If infection is an issue, please consider blending a berberine containing tincture into the above options. Bandage.

- Sock and shoe. If no shoes or socks, see Special Considerations

Special Considerations

### **NO SOCKS**

If no sock, use tubular gauze to protect dressing and hold in place with vet wrap (self adhesive wrap) or tape in place.

### **NO SHOES**

- When someone doesn't have shoes, you will need to hold the bandage in place with something durable and weather-proof to protect dressing. Duct tape can be an option. The duct tape must go clear around the foot and meet itself in order to stay in place. Apply over sock or tubular gauze. If there is any skin exposed that will be in slight contact with the tape spray with aerosol Tincture of Benzoin to protect the skin from irritating adhesives. Allow to dry before taping.

- Apply duct tape, taking care not to make too tight. Follow contours of foot. Ask

patient to stand and test for comfort so you can make any necessary adjustments.

### **CALLUSES**

Causes: Poor fitting shoes or can be a structural issue

Treatment:

- Soaks: Use softening salts in foot soak such as Epsom salt.
- Buff, sand, or trim.
- Apply nourishing oil or ointment to the area
- Pad as needed.
- Patient Empowerment: Regular pumice stone with soap and water.

### **CORNS**

Causes: Poor fitting shoes or can be a structural issue

Treatment:

- Notify lead for advanced care – corn removal (buffing or paring, might be a core needing removal)
- **\*\*AVOID CORN REMOVAL LIQUIDS**, which often aggravate and damage surrounding healthy tissue.
- Corn Pad or toe tube to relieve pressure from area.

### **HEEL FISSURES**

Causes: Excessive Weight, systemic dryness

Treatment

- Extra Long Soak with salts
- Pumice for less deep fissures

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- Scalpel down the thickened callus that is cracking
- Scalpel out the walls of the canyons (be prepared for possible bleeds) to allow for the tissue to grow back together.
- Use povidone-iodine on the area.
- Pack with Zinc Cream.
- Wrap with gauze.
- Promote Self Care (weight loss, regular pumicing, and use of emollient).

### **INGROWN TOENAIL**

The nail grows into the skin, usually at the nail borders. This causes irritation, pain, redness, swelling, & warmth. If it causes a break in the skin, infection may occur (then we notice drainage and odor)

Causes: An inherited tendency, trauma to the area, improper nail trimming (too short), tightly fitting shoes, dry and hardened skin surrounding the nail, thickened toenails (due to fungus)

Treatment

- Soak foot in room temperature water (with Epsom's salt)
- Gently massage side of the nail fold to help reduce the inflammation
- Gently freeing the nail using double angled curette.
- Cutting away of the nail with ingrown toenail specific nippers.
- File smooth the edge of nail to avoid a sharp corner that can re-burrow. Pay attention to the new angle you have created with your snipping and round the corner!
- Removing any dead, dry, or callused skin that was preventing free and easy

movement of nail.

- If broken skin or infection, dress wound and bandage.

Prevention

- Cutting nail with a diffused “V” shape to reduce pressure
- Keeping nails thin and fungus free
- Correctly fitting shoes
- Maintain the health of the surrounding skin. You should be able to get your fingernail not only under the tips, but half of the way back down the side of the nail.
- Recommend using a soft toothbrush to scrub the surrounding skin as a gentle exfoliator.
- Keep the nail area well greased with a simple salve.

### **MOISTURE DEGRADED SKIN**

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Causes: wet feet, excessive sweating, poor circulation, etc.

Treatment

- Baby Diaper Cream – Zinc Oxide protects and heals tissue
- If infection a risk, blend zinc cream with antibiotic ointment or goldenseal tincture.
- Patient Education. Proper hygiene, change socks regularly, keep feet dry, air out shoes, plastic bags worn over shoes during inclement weather, newspaper stuffed in shoes to wick moisture, use of powder, letting feet see the sun from time to time, elevation if there is excess edema, etc.
- Boot dryer at clinic to dry out shoes.

### **PLANTAR WARTS**

Causes: Virus

Treatment

- Applications – Moxabustion (indirect) is my preferred method that I have had the quickest and most lasting results. Work over a wart for the duration of two pop songs. Other methods: salicylic acid, tea tree essential oil, duct tape, freezing, & surgery
- Lifestyle recommendations – The body’s own immune system should want to defeat the wart. Encourage your patient to avoid immune depressant behaviors (smoking, alcohol, stress, and sugar) and encourage immune enhancing options (high nutrition, herbs, rest.)

### **ULCERS, NON-HEALING (DIABETIC & OTHER)**

Causes: poor circulation, failure of wound healing mechanism, etc.

Considerations: Common concern in diabetic patients. When the wound is on an area that takes constant pressure during walking, this becomes very difficult to heal.

Resting the area with the wound is critical, but often impractical in this population.

Treatment

- Clean the area.
- Debride as necessary.
- Depending on tissue state consider blending zinc oxide with items such as anti-biotic ointment, goldenseal tincture, honey, etc. When infection a concern,

consider xeroform dressing.

- Cover with gauze and tape in place (Medipore tape preferred)
- Design way to keep pressure off of wound to encourage healing. Utilize mole skin, shoe inserts, wart pads, maxi pads, premie diaper pads, etc. to build up the area AROUND the wound. Imagine you are creating a donut around the wound. Be careful not to create new points of pressure.

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- Fill the inside of the “donut” with a zinc oxide. Depending on tissue state consider blending zinc oxide with items such as anti-biotic ointment, goldenseal tincture, honey, etc.
- Cover with gauze and tape in place.
- Allow the wound to dry out when possible. If there is a safe place when they can take off their shoes, they can put on a clean thin sock and rest the wound.
- Change dressing daily and monitor.
- Boot if possible.

Prevention

- Good Foot Hygiene. Maintain healthy skin so it doesn't split and crack.
- CHECK feet on a regular basis for wounds or sores.
- MASSAGE to encourage circulation which helps keep skin cells healthy so they don't break down.
- Use a blend of baby diaper crème (such as California baby or other natural crème with zinc oxide) mixed with a nourishing lotion, oil or salve to encourage supple healthy skin. Rub into feet everyday, especially when dealing with lots of elemental exposure.
- Blood sugar monitoring and control. Dietary education.



# FOOT STRUCTURE

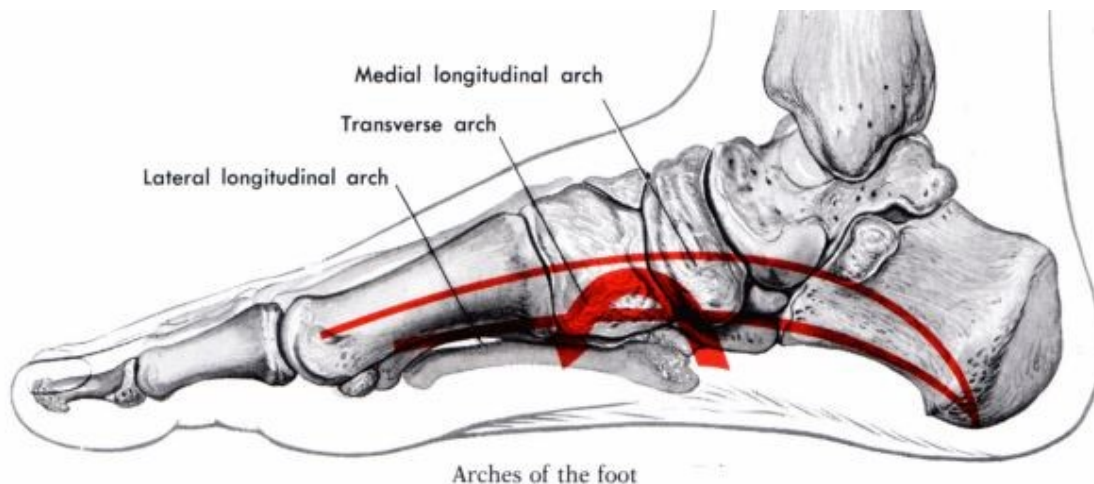
**ARCHES OF THE FOOT** Our foot structure is thankfully composed of many small bones, which allows us lots of flexibility. These tiny bones are able to support the weight of our bodies through the structural use of arches. When the arches are fallen or abnormally high, weight becomes improperly distributed and leads to foot problems and wear and tear on the rest of the body.

While genetics determines a lot of this, other factors also play an important role. Properly fitting shoes and controlled foot movements to activate the arches and muscles can realign the foot and greatly benefit your whole body.

## FOOT EXERCISES Activate the Arch

Stand firmly. Keep your heel and the mound of your big toe on the ground. Now draw your big toe up towards the sky. Feel your muscles and inner arch activate.

**Engage Four Corners of the Foot** Stand firmly with your knees soft. Raise all toes and then lower your little toes to the ground. Hold. Now raise all toes and lower the big toe and the little toes, keeping the middle toes up towards the sky. This builds the transverse arch and works the inner and outer edges of the foot. Become aware of the four corners of the foot—big toe mound, little toe mound, inner and outer heel.



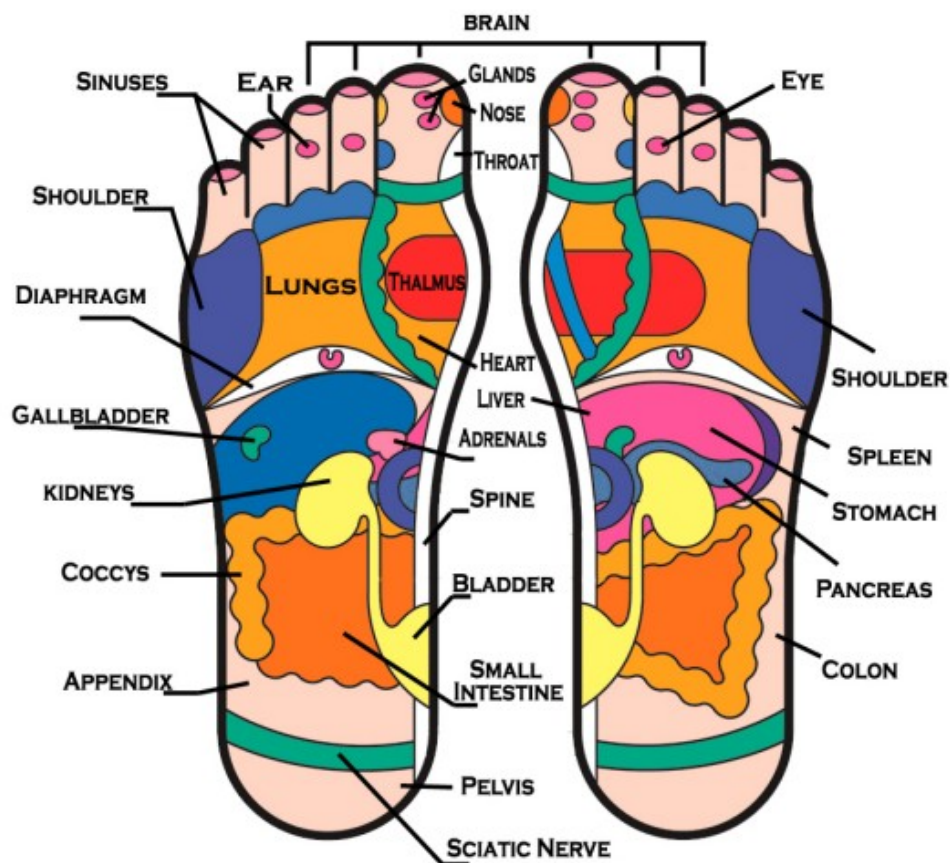
# REFLEXOLOGY CHART

WHAT IS REFLEXOLOGY? Reflexology is a non-invasive complementary therapy that uses a gentle but firm

pressure to stimulate reflex areas found in the hands, feet, and ears. By stimulating specific points on the feet, we can nourish corresponding organs and systems throughout the body. See chart below.

At the clinic we don't have the time for full reflexology sessions, but can hit a few important points while we work.

- Adrenal Points
- Along the Spine (to tonify the nervous system)





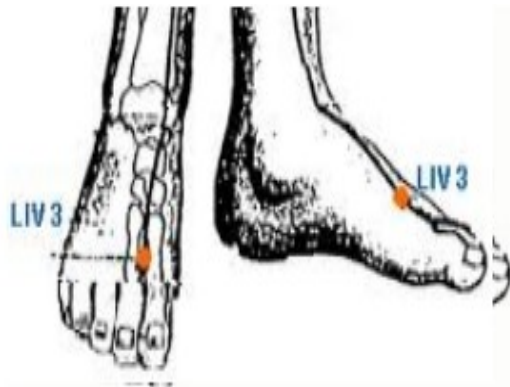
## ACUPRESSURE POINTS

Acupressure is a non-invasive complementary therapy that uses a gentle but firm pressure to stimulate body's natural self-curative abilities. Below are two points which most anyone can derive benefit from.

**LIVER 3 Location:** On the top of the foot, on the line between the big toe and the second toe. The point is located about 3 finger widths from the edge, in the depression the size of a fingertip you can feel there.

**Action:** Relieves Liver Qi stagnation.

This point is extremely effective for relaxing overall tightness caused by stress. It is also the best point to relieve menstrual cramps,



From [www.acupressure.com](http://www.acupressure.com)

**KIDNEY 1 Location:** On the sole, in the depression when the foot is in plantar flexion, approximately at the anterior third and the posterior two thirds of the line from the web between the 2nd and 3rd toes to the back of the heel.

**Action:** Grounding and calming.



From [www.purnarogya.com](http://www.purnarogya.com)

# **PATIENT SELF CARE**

## **FOOT SELF CARE**

- Check your feet regularly, including the tops and bottoms of your feet, and between your toes. If you can't see the bottoms, use a mirror.
- Cut healthy toenails straight across. For thick or distressed nails, cut away all the dead parts, which lift away from the nail bed. File the nail smooth.
- Never cut into corners. This could trigger an ingrown toenail.
- Cut your toenails after bathing, when they are easiest to trim.
- Wash your feet regularly with mild soap and lukewarm water.
- Gently dry your feet, especially between toes (toe-flossing)
- Use moisturizing lotion or salve to keep skin from cracking.
- Let your feet see the sun every now and then! Use that as an opportunity to air out your shoes.

Wash Your Feet Daily

## **WATCH FOR**

- **Skin color changes • Swelling of foot or ankle • Pain in legs • Open sores •**
- **Ingrown or fungal toenails • Corns or calluses • Dry cracks in the skin •**

**PROPER FOOTWEAR** • New shoes should be sturdy and comfortable. They must fit the length and width of the foot (leave room for toes to wiggle—aka having a side toe box)

- Always wear socks or stockings with your shoes. Socks made of a cotton blend are best to wick away moisture. They also keep your feet warm and dry. Rotate your socks, giving the previous pair a chance to dry out between wearings.

## **PREPARATIONS**

### **FOOT SOAK RECIPE**

1/3 cup Epsom Salt  
2 tbsp Tea Tree and Lavender Foot Soap (5% solution)  
8 oz strong Calendula Decoction

### **TEA TREE AND LAVENDER SOAP (5% solution)**

Add 1 oz. Tea Tree/Lavender essential oil blend per 20 oz. soap base  
Soap Base (natural, fragrance free, such as Dr. Bronners)

### **CALENDULA DECOCTION**

Place 4 oz. dried, organic Calendula into crock-pot.  
Fill with water from hot tea station.  
Set on Low/ Medium, cover, and steep for at least 30 minutes.  
Strain into pitcher. Use 8 oz per foot bath.

### **FOOT SPRITZ**

8 oz. batch of concentrate (makes 16- 4 oz spritzers)  
4 oz. Tea Tree Essential Oil  
4 oz. Lavender Essential Oil  
3 ml Turkey Red Castor Oil (or 5 ml Vodka)  
4 oz. spritzer  
Blend 1/2 oz. concentrate (see above) with 3.5 oz. distilled water and place in 4 oz. spritzer bottle.

### **CALENDULA OIL**

See Appendix H on Herbal Medicine Making for more detailed instructions  
[1:5] Dried Calendula Flowers in Olive Oil.  
Powder herb and place in mason jar with olive oil.  
Warm infusion on yogurt maker for 5 days. Stir daily. Strain and bottle.

### **OATMEAL SUGAR SCRUB**

5 parts brown sugar  
1 part ground oatmeal  
1.5 part castille liquid soap  
1.5 part olive oil  
20 drops lavender and tea tree oil

# HERBAL MEDICINE MAKING INSTRUCTIONS

## INFUSION

Tea (flowers & leaves) Weight to Volume Method: [1:32]

For every 1 oz. of herb by weight, you would use 32 oz. of water by volume.

**\*\*Note:** if working with fresh plants, double the amount of herb [2:32]\*\*

Hot Infusion: Pour freshly boiled water over herbs. Cover and steep for 15-30 minutes, or as recommended.

Cold Infusion: Cover herb with cold water, cover and steep for 4-8 hours or overnight. Strain and use at room temperature or heat to desired temperature.

**DECOCTION** Tea (roots, barks & seeds) Weight to Volume Method: [1:16] or Strong Decoction [1:8]

For every oz. of herb by weight, you would use either 16 or 8 oz. of water by volume

**\*\*Note:** if working with fresh plants, double the amount of herb used – [2:8] or [2:16]\*\*

Cover herb with cold water, bring to a low boil, reduce heat, cover and simmer for 15-30 minutes or as recommended. At our clinic, we use a crock pot. It works great!

**FOOT SOAK** Prepare infusion or decoction per directions above.

Add at least 8 oz. strong tea [1:8] to each foot tub.

Vary duration and temperature depending on desired effect. (See Appendix I)

Use enough water to submerge the entire foot and ankles.

**COMPRESS / FOMENTATION** Standard Compress

Prepare hot infusion or decoction. Soak natural fiber cloth in hot tea. Ring out. Lay over area of choice. Cover with dry towel to retain heat.

Optional: Place heating pad or hot water bottle on top and cover with another dry towel.

Short Hot Applications 3-5 minute are stimulating

Long Hot Applications of 30 minutes – 2 hours are relaxing.

Teabag Compresses

Fill teabag with herb of choice (iron shut teabags are widely available in a variety of sizes)

Moisten in hot water for a minute or two. Apply to area of local inflammation or infection. Calendula, Chamomile, Marshmallow, Black Tea

## HERBAL OILS

Infused herbal oils are made with fresh or dried herbs steeped in quality vegetable oil. The ratios listed below represent the **weight to volume method**.  
[ oz. of herb by weight : oz. of oil by volume]

**Fresh Herbs** [Whatever it takes to thoroughly cover] Wilt for a day before processing (to around half of original weight) to remove excess water. Finely chop the herb.  
**Dried Herbs** [1:5 Ratio] Grind to a fine powder. For every 1 oz. of herb by weight, use 5 oz. of oil by volume.

**Warm Infusion:** Use warmth to coax the constituents out of the herb. Oils are delicate-- the lower the heat the better! Oils can be made on the stove using a double boiler (1-2 hrs), in the oven (2-4 hrs), in the sun, in your car, on your water heater, etc. My preferred method is with a yogurt maker, since it keeps the temperature below 120 degrees. Infuse for 3-10 days, depending on the herb. Strain out through muslin and bottle. **\*\*Caution when using fresh herbs. See DECANTING\*\***

**Decanting:** When making herbal oils from fresh plant material, you must separate out any water, as it will cause the oil to spoil. After pressing your oil, allow it to sit in a closed container for 2 days. Any water content in your oil will settle at the bottom. Pour off the oil from the top and discard the remaining watery muck.

**Storage:** Store your oils in a cool dark place. Fit oil to container, minimizing the amount of air to reduce risk of oxidation. Shelf life is around 1 year and depends on the type of oil, herb, storage method, etc. Refrigeration extends shelf life.

## HERBAL OINTMENTS & SALVES

Salves are herbal oils, thickened and preserved with beeswax, used topically to heal wounds, skin abrasions, dry skin or rashes. The combination of oils and beeswax promotes healing by holding the medicinal properties of the herbs on the surface of the skin. The consistency varies based on the ratio of oil to beeswax. Measure several oz. of herbal oil into a double boiler. Warm for several minutes. Add 1 oz. of grated beeswax (by weight) to every 4 or 5 oz. of oil. Stir until the wax dissolves completely. Remove from heat. Test consistency by dipping a freezer chilled spoon into your mixture. It will harden instantly. If the salve feels too hard, add more oil; if too soft, add more beeswax. You can always reheat the salve to rework it. Add essential oil (optional), stir and pour into small, wide-mouth jars. Let harden before capping. Shelf life is one to two years.

**Ratio for Salves** 1:4 or 5 (1 part beeswax by weight to 4 or 5 parts oil by volume)

# TEMPERATURE & HYDROTHERAPY

The temperature used and duration of soak greatly changes the effect on the body.

**CAUTION:** Some individuals with conditions such as diabetes, peripheral vascular disease, or paralysis have impaired foot sensation and will not be able to tell if the water is too hot and burning their skin. You must check temperature first with a thermometer or on your own bare skin like you would a baby bottle, since gloves will make the water feel cooler than it actually is.

In general **HOT** stimulates circulation and therefore all bodily function. Short hot soaks stimulate, but longer soaks are relaxing and can also deplete.

**Warm Soak** - 95°

**Hot Soak** - Start at 95°. Slowly increase the heat water from the kettle to 113° or as high as tolerable. Make sure the patients feet are clear of pour and mix in well. Every person experiences heat sensations differently. Respect your patient's experience.

In general **COLD** diminishes the body's heat and prolonged exposure acts as a tranquilizer/ sedative to circulation and other functions. But in short applications, cold can act as a stimulant since we naturally react against what tries to depress us.

## **Reflex Action**

When we stimulate the foot, there are other parts of the body that are triggered physiologically, namely the pelvis and the head. This allows us to manipulate those parts of the body through footbaths.

When there is congestion or stagnation in the pelvis or head region, a stimulating footbath can help move the congestion (ex. PMS, head cold, etc.)

# HERBAL REPERTORY

Herbs are a highly effective choice when dealing with foot issues. However, applying herbs to the feet can also address imbalances in the rest of the body, such as menstrual discomfort, colds and flus, sinusitis, etc. These recommendations are also included here.

The type of preparation you choose will be on a case-by-case basis. Sometimes the herb can be added to the soak, other times the herbal constituents are extracted into the form of an oil or tincture and applied directly to the area of need. For more information about the use of herbs, please visit your local herbalist or herb school. And use your common sense. In the words of my teacher Michael Moore, herbalist extraordinaire ([www.swsbm.com](http://www.swsbm.com)), "Trust your judgment, not mine. You're there, I'm not."

Unless otherwise indicated, all applications are for external use. If an herbal preparation is only appropriate for internal use, it is marked (I). If is suitable for both internal and external use, it is marked (I/E)

## CALLUSES

**Salt soaks** are softening to calluses. Options include: Baking Soda, Borax, Sea Salts, or Epsom Salt

## Sugar Scrub

## COLD & FLU

**Ginger** *Zingiber officinale* (HOT SOAK) (I/E)

**Mustard blend** (HOT SOAK) Equal parts ground mustard & baking soda, e.o.'s of eucalyptus, rosemary, & thyme.

\*When doing a hot soak, keep the rest of the body warm with a blanket and use a cool compress on the forehead as necessary for patient comfort.

## CONNECTIVE TISSUE INJURY

If employing conventional RICE (rest, ice, compression, elevation) therapy, never apply ice directly to injury and keep the applications short. Remember, long term application of cold will create stagnation. I often find the best results for sprains and strains to be contrast therapy (moving from hot to cold immersions or applications) The botanicals listed below are daily therapies to reduce recovery time and can even be useful with older injuries that never properly healed. Encourage a nutrient dense diet.

**Arnica** *Arnica montana*, *A. cordifolia* Infusion soak, oil, salve, tincture (I/E) homeopathic pills (I) \*DO NOT USE ARNICA ON BROKEN SKIN\*

**Horsetail** *Equisetum* spp. Tea (I) or tincture (I)

**Solomon's Seal** *Polygonatum biflorum* Tea (I) or tincture (I)

**St. John's Wort** *Hypericum perforatum*, *H. punctatum* Infusion (I/E) soak or compress, salve, tincture (I/E), oil

**Turmeric** *Curcuma* powder (I/E), soak, compress, salve

## FUNGUS

Change socks everyday! Use cotton/synthetic/wool blends which wick away moisture. Apply powder to foot, shoe, or inside of socks to absorb excess moisture. Let feet see the sun when possible! When treating fungal infestation of the nails, keep nails trimmed and if the nail has thickened, dremel it down using the appropriate attachment. Apply fungal remedies not only to the nail itself, but along cuticles and sides of nail, where the nail comes in contact with the nail bed. Create a healthy environment for new, fungal-free growth!

**Black Walnut Hull** *Juglans nigra* decoction soak, salve

**Calendula** *Calendula officinalis* strong tea (I/E) soak or compress, salve, tincture (I/E)

**Chaparral** *Larrea tridentate* decoction soak or compress, salve

**Garlic** *Allium sativum* poultice, eat it! (I)

**Pau d'Arco** bark decoction (I/E) as soak or compress

**Vinegar** Apple Cider Vinegar add to foot soak (concentration range 1:1 to 1:4 ACV : H2O)

**Tea tree** *Melaleuca alternifolia* essential oil neat, spritz, ointment, soak

**Lavender** *Lavendula* spp essential oil neat, spritz, ointment, soak

## INFECTION

When dealing with serious infection, it is important to work both internally and externally. Direct application of antimicrobial herbs either through soaks, compresses, tinctures, salves, etc. should be complimented by internal use of antimicrobials and immune stimulating herbs.

**Calendula** *Calendula officinalis* strong tea (I/E), compress, salve, tincture (I/E)

**Berberine** Containing Herbs *Coptis*, *Goldenseal*, *Oregon Grape*, *Yellowroot*, etc. strong tea soak (I/E), compress, salve, tincture (I/E)

**Chaparral** *Larrea tridentate* decoction, salve

**Rosemary** *Rosmarinus officinale* decoction soak or compress, salve

**Plantain** *Plantago major*, *P. lanceolata* FRESH plant salve or poultice

**Lavender** *Lavendula* spp soak, essential oil neat, diluted spritz, ointment

**Tea tree** *Melaleuca alternifolia* essential oil neat, diluted spritz, ointment

**Yarrow** *Achillea millefolium* strong tea soak (I/E), tincture (I/E)

## IRRITATION AND INFLAMMATION

Isotonic soak (saline solution) is very soothing to the skin. Mucilage is also indicated, which can be derived from a number of sources, such as oats or marshmallow or comfrey. Good old fashioned Calamine Lotion (which contains zinc oxide) is often helpful and readily available.

**Aloe** *Aloe vera* gel, fresh plant

**Black Tea** Poultice with tea bag

**Calendula** *Calendula officinalis* strong tea soak or compress, oil, salve, tincture

**Chamomile** *Matricaria recutita* infusion soak or compress, oil, salve

**Licorice** *Glycerhizza glabra* infusion, poultice with Throat Coat Tea Bag

**Marshmallow** *Althea officinalis* cold infusion soak, teabag compress

**Oats** *Avena sativa* colloidal oatmeal powder or oatmeal filled sock in soak

**Rose** *Rosa* sp. Hydrosol, tea

**Rosemary** *Rosmarinus officinale* decoction soak or compress

**Turmeric** *Curcuma* Powder (I/E) direct in soak, paste applied to local area, tincture (I/E)



## ITCHING

**Chamomile** Matricaria recutita Infusion (I/E) soak or compress

**Oats** Avena sativa ground colloidal oatmeal soak, or alternately make oatmeal sack by filling old sock with oatmeal and tie off top. Use to sponge over area.

**Nervines INTERNALLY** (Skullcap, Milky Oats, St. John's Wort, etc) To calm the nerves

## MENSTRUAL DISCOMFORT

**Ginger** Zingiber officinale HOT SOAK

**Mustard blend** HOT SOAK - Equal parts ground mustard & baking soda with essential oils of eucalyptus, rosemary, Thyme & Wintergreen

## NERVE PAIN

**St. John's Wort** Hypericum perforatum, H. punctatum infusion (I/E) soak or compress, salve, tincture (I/E), oil

**Skullcap** Scutellaria spp tincture (I)

**Traumeel** Homeopathic cream by Heel

## STRESS RELIEVING SOAKS

### Herbal Nervines

**Chamomile** Matricaria recutita

**Hops** Humulus lupulus

**Lavender** Lavendula spp.

**Rose** Rosa spp.

**Essential oils of Sandalwood, patchouli, bergamot, etc...**

## SINUSITIS

**Stimulating Rub on feet concentrating around toes and where toes meet the foot** (Olbas Oil, Tiger Balm, Vick's Vapo-Rub, etc...)

## TRAUMA

**Arnica** Arnica Montana, A. cordifolia Infusion soak, oil, salve [\*\*\*DO NOT USE ON BROKEN SKIN\*\*\*], homeopathic pills

**Calendula** Calendula officinalis strong tea (I/E) soak or compress, salve

**St. John's Wort** Hypericum perforatum, H. punctatum Infusion (I/E) soak or compress, salve, tincture (I/E), oil

**Traumeel** Homeopathic cream by Heel

## VULNERARY (WOUND HEALING)

**Calendula** Calendula officinalis strong tea (I/E) soak or compress, salve

**Chamomile** Matricaria recutita infusion soak or compress, ointment

**Comfrey root** Symphytum officinale decoction soak or compress, salve \*Do not use on deep wounds\*

**Comfrey leaf** Symphytum officinale decoction soak or compress, salve \*Do not use on deep wounds\*

**Goldenseal root and leaf** Hydrastis Canadensis decoction soak or compress, salve, tincture

**Honey** direct application. Use as wound dressing and bandage.

**Propolis** Tincture applied direct. Wait for alcohol to evaporate leaving behind resinous

shellac. Apply at least 2 coats. Also helps bandages stick.

**St John's Wort** *Hypericum perforatum* or *punctatum* Tea (I/E) soak or compress, oil, salve

### **HERBAL ADHESIVES**

**Propolis** Tincture applied direct. Wait for alcohol to evaporate leaving behind resinous shellac. Apply at least 2 coats. Helps bandages stick while providing an anti-microbial defense.

**Benzoin** Tincture or spray. Anti-microbial and sticky, this not only keeps bandages in place, but protects the skin from adhesives which can be highly irritating. Wait to dry before bandaging.

# BOTANICAL MATERIA MEDICA

## 3 COMMONLY USED HERBS

### CALENDULA (*Calendula officinalis*)

**Part Used:** flowers with bracts (dry herb)

**Actions:** antimicrobial, antifungal,  
anti-inflammatory, lymphatic, vulnerary

**Energetic:** resinous, neutral (gently warming)



### LAVENDER (*Lavandula officinalis*, *L. angustifolia*, etc.)

**Part Used:** flowering tops (herb or essential oil)

**Actions:** antimicrobial, antifungal,  
anti-inflammatory, antirheumatic,  
analgesic, antidepressant, deodorant,  
nervine, sedative (small quantities),  
stimulant (large quantities), vulnerary

**Energetic:** spicy, cool (warm)

**Safety Data:** non-toxic, non-irritant.



### TEA TREE (*Melaleuca alternifolia*)

**Part Used:** leaves and twigs (essential oil)

**Actions:** antimicrobial, antifungal, antiparasitic,  
vulnerary

**Energetic:** warm & dry

**Safety Data:** non-toxic, non-irritant.



