

Plants for First Aid and medicinal use



Vibrational Wizard

Plants for first aid and medicinal use



Presented by Robbie Thompson

VibrationalWizard.org

Please note that the methods described herein are my own personal views and are for informational purposes only and are in no way intended to be medical advice.

Many years ago, I embarked on a journey to find different herbs and plants to aid in first aid and the healing of ailments and disease. After working for 8 years in hospitals, I witnessed many people pass from the treatment rather than the actual disease and that the modern profit=sickness modern medical model is broken.

The seeker always gets found by the teacher!

I love to play music in the street in what I call magical tunings. Magical tunings are frequencies that are more in harmony with our chakras and nature.

One day I was street performing and an Indian man walked up to me. He looked down and I could see this look of grace across his face of an awakened third eye, he smiled and said, “they all love you here”. I said yes, that is because I play the music they like.

From that day on, he started teaching me ancient Vedic ways he has learnt as a Brahmin and from the Sadhus in India.

Each time I saw him he gave me gifts like mala beads, antique silver ankle bracelets, other sacred items and different herbs like saffron.

He described to me the power of saffron and how it is atomic in power as you only need a small amount for its beneficial effects to have such an impact on the body and spirit. He described how this herb can take you to a place of peace and enlightenment.

He said to me “Put it on your hand, notice the colour”. So my hand is feeling its energy and constitution and my eye retina is taking in the colour and telling my brain and body what colour it is. He then said “smell it, notice the smell, put it on your tongue, notice the taste”.

I realised that when we take a plant medicine or herb in pill form we are missing all these senses.

A person once said to me “I am allergic to Cayenne pepper” and I said how they knew this. They replied ”a naturopath gave me cayenne pepper pills and it did not agree with my stomach”.

Can you see the problem here? Their eyes have not told them its colour is red and their tongue has not tasted the heat, so the body has not been prepared to have this hot pepper released from a pill that has dissolved in the stomach!

This is why I would never recommend taking plants or herbs in pill form.

The most powerful pill they ever found was the sugar pill, the placebo. The placebo works better than any other pill because there should be no side effects, but the patient believes that the pill has a cure and does not know it is simply a sugar pill. The reason the placebo works better

than any synthesised drug is because the body can begin to heal itself.

We are taught many un-truths and inversions on the real meanings of words, for example we are taught the word “incurable” means one cannot be cured. However, the real meaning of this word is “cured from within”.

Locally grown plants and herbs are usually the most beneficial as they are grown in the environment that our bodies reside in. Some home gardeners germinate the seeds of the herbs and plant foods they grow with their own saliva so the plant can go to work producing food with minerals that are most beneficial to aid in their own bodies need.

I also encourage you to use organically grown or no-spray plants and herbs as there are many toxic sprays still used in modern agriculture such as glyphosate which can cause an assortment of problems to the body and nervous system.

The universal edibility test

Consuming even small amounts of toxic plants can result in sickness, gastrointestinal problems and possibly fatal consequences.

Australian native seeds, nuts and roots can often contain toxic or ant-nutritional compounds which can sometimes be nullified by heat or steaming.

This test or similar ones have been used by survivalists to determine if a plant is safe to eat.

Follow these steps before consuming any plants as food that you are unsure of.

This test is recommended to be only used in emergencies when one is unable to positively identify any safe plants to consume in a survival situation.

1. Separate the plant into its various parts—roots, stems, leaves, buds, and flowers. Focus on only one piece of the plant at a time.
2. Smell it. A strong, unpleasant odor is a bad sign.
3. Test for contact poisoning by placing a piece of the plant on your inner elbow or wrist for a few minutes. If your skin burns, itches, feels numb, or breaks out in a rash, don't eat the plant.

4. If the plant passes the skin test, prepare a small portion the way you plan to eat it (boiling is usually best).
5. Before taking a bite, touch the plant to your lips to test for burning or itching. If there's no reaction after 15 minutes, take a small bite, chew it, and hold it in your mouth for 15 minutes. If the plant tastes very bitter or soapy, spit it out.
6. If there's no reaction in your mouth, swallow the bite and wait several hours. If there's no ill effect, you may be able to assume this part of the plant is edible. Repeat the test for other parts of the plant; some plants have both edible and inedible parts.

Eucalyptus



The pharmaceutical industry has many synthetic and chemical based products that replicate what eucalyptus can do naturally. These synthesised products may even contain chemicals which can be quite abrasive to our nasal cavity, airways and lungs.

Eucalyptus in its pure form is so powerful so you don't need to buy other products that are more chemically based. Eucalyptus leaves or the essential oil can be used in hot

water to release its vapour. When breathing deeply through the nose and out through the mouth, the vapour produced when combined with hot water can aid in recovery and relief from chest infections, asthma and cold and flu symptoms. Some eucalyptus essential oil can also be dabbed onto the shirt collar. It is advisable to dilute the essential oil before rubbing it directly onto the skin.

If you have ever broken a eucalyptus leaf and rubbed it between your hands you will know how powerful eucalyptus is even in its leaf form, it is like you have the pure essential oil in just one leaf.

Anaphylaxis or strong allergic reactions can be calmed quite effectively using eucalyptus. Having said this some people may have an allergic reaction to eucalyptus so it is important to test any plant or herb you are using with the universal edibility test mentioned previously to make sure the person does not get a reaction.

Eucalyptus has anti-inflammatory properties and can be used diluted in water on cuts and sores applied with a cotton wool bud, or a clean soft tissue or fabric. Diluted eucalyptus can be used to treat dermatitis and skin disorders. Other uses of eucalyptus are for pulmonary disease and to boost immunity cell virility.

The leaves can also be burned or made into smudge sticks for burning to release beneficial smoke for its clearing and cleansing properties.

Nigella Sativa



Nigella Sativa is also known as black seed. Many confuse black seed with black sesame as they look similar but are not the same as if you closely look at the granules, they are of a different shape.

Black seed is an amazing plant medicine that I refer to as the “holy grail of medicine” and others have referred to as “the cure to everything but death”.

As far as I am concerned black seed has magical properties, people have reported using black seed to treat HIV Aids and reports of full remission because of how it boosts ones immunity.

For over a decade I believe that I have not needed a doctor or a naturopath is because every time I get a tickle in the throat of a sign of a cold or flu beginning, I immediately consume some black seed.

Unlike pharmaceutical drugs, herbs like black seed are not suppressants. Colds and flus can be a good thing as they are a way to release impurities in the system.

In the modern medical model if someone has a cough they prescribe cough suppressant thereby stopping the body from releasing what it needs to purge.

Plant medicines like black seed do not stop the body from purging, it will boost the immunity and aid the body in handling the purge that is required.

Black seed oil can also be consumed in your everyday savoury meals and used on the skin to help heal cuts and prevent scarring.

Parsley



Parsley is a blood purifier. When consumed it will clean the blood and aid in liver function.

Parsley is high in nitrates which help in maintaining optimum blood flow and reduce high blood pressure.

As a strong antioxidant, parsley can assist greatly in flushing out toxins from the body and is known for its ability to aid in iron absorption due to its high levels of vitamin C.

For these reasons parsley not only cleanses the blood and assist in maintaining optimum blood flow but also assists in the healthy function of the heart, liver and kidneys.

Cayenne pepper



Cayenne pepper can be very beneficial in food but also has some powerful properties when externally applied that are not known by many health practitioners.

Cayenne pepper is a blood regulator. The big problem with those who are prescribed blood thinning medication is this medication only thins the blood so if they were to cut themselves when on blood thinners they could bleed out.

I personally knew a man who was on blood thinners and passed from bleeding of the brain recently.

In the case of heart attacks people often use aspirin. However, aspirin thins the blood and is known to cause stomach bleeding.

Why take blood thinners when you can take a simple herb that regulates the blood effectively and knows what the blood needs.

If someone is suffering from a stroke or a heart attack, you can put some cayenne pepper on the tongue and it will regulate and thin the blood.

The tongue has lines of almost instant connection to the brain and body and it will tell them what to do.

Just as cayenne pepper knows in the case of a heart attack to thin the blood it can work the other way with someone who has a bad cut and strong bleeding. You can also apply cayenne pepper directly to the cut and it will very quickly stop the bleeding as it is a blood regulator.

Simply sprinkle some dried powdered cayenne pepper on the wound and the bleeding will stop. It seems like magic. I used to say it's like cayenne pepper has a brain as it works with the blood to tell it what to do.

Paprika



To heal cuts more rapidly use paprika powder diluted into a paste with water. Paprika is known to heal cuts up to 3 times faster.

Paprika has antibiotic properties to protect against bacteria, contains antibiotic properties, can boost the immunity, and assist with cancer and heart disease.

Haritaki



Known as the supreme illuminator this dried fruit powder has an extremely complex and pungent flavour, in-fact some who try it for the first time may vomit. I believe the vomiting effect is a trigger caused by the combination of the strong taste with trying to introduce it to the stomach too quickly by trying to wash it down away from the tongue with water.

Haritaki can effectively remove heavy metals and other toxins from the body and increases the oxygen in the blood and brain exponentially. For those who suffer from mouth and stomach ulcers haritaki can be used. It is so powerful it has also been known to remove the scars of old ulcers.

Haritaki can also be taken for other stomach problems and skin issues and to aid in memory and cognitive function.

I believe that the root of most disease is the pineal gland also known as the third eye. The reason I say this is because the pineal gland produces and regulates serotonin, melanin and melatonin. Serotonin is responsible for feelings of wellbeing and happiness. Melanin contributes to eyes, skin and hair health and melatonin regulates our sleep cycles.

Chemical neurotoxins like fluoride in our food and water act to calcify and shrivel our pineal gland and stop it from working effectively. Haritaki can assist in reversing this by decalcifying the pineal gland, removing toxins and heavy metals and by providing more oxygen to the blood and brain.

The best way of consuming haritaki is to first drink some water and then put about half to a full teaspoon of the powder on the tongue and allow it to sit on the tongue for a few minutes so the flavour is introduced to the system this way first, and then to swallow the remaining powder.

Banana skins



Bananas skins contain tryptophan which is an amino acid that plays an important part in the biosynthesis of proteins which creates serotonin and melatonin. Serotonin is the precursor to melatonin, and serotonin is created by tryptophan amino acids.

Melatonin regulates our sleep cycles, and serotonin assists with our mood, appetite and alleviating pains and discomfort. The liver also uses tryptophan to produce niacin which is vitamin B₃ which is used for energy metabolism and DNA production.

To make a banana skin tea simply boil organic banana skins in water for 10 minutes then serve as a tea, cinnamon can also be added after boiling.

Banana skins have also been used throughout the ages to remove warts from the skin.

Turmeric



Turmeric's power to enter our system is multiplied when combining it with black pepper in meals and juices. However, few know that turmeric can be even more powerful in effect when externally applied.

Just as the negative effects of fluoride in our water are absorbed often more through our skin when washing than when consumed drinking, you can also apply turmeric as the antidote to these negative effects. Make up a paste of turmeric, pepper and water. It is the rubbing that gets it deep in the skin and the nerves and system.

For decalcification of the pineal gland this paste would be rubbed into the forehead. A channel through to the pineal gland lies just above the area between the two eyes where there is an indentation in the skull. This is the location Indian women place their traditional red Bindi spot which is often made from a mixture of turmeric and hydrated lime, this turns the turmeric paste red in colour.

Turmeric externally applied can also regrow nerve endings even where they are severed and can also be used to treat arthritis. Again, it is the action of rubbing in the paste well that works it deep into the nerves, muscles and joints.

A traditional Indonesian health tonic called Jamu Jamu is made from blending turmeric with ginger, lemon, tamarind and a small amount of black pepper with water and or coconut water. It is then strained and taken as shots to maintain health.

Turmeric is also very effective in aiding in recovery from cancer.

Blue Quandong



The Australian blue quandong seed is related directly to the Indian sacred Rudraksha as part of the *Elaeocarpus* genus.

Known in Vedic tradition as the tears of Shiva, Rudraksha seeds have been used as protective sacred jewellery since ancient times.

Rudraksha is known to protect against malefic or spiritual attack and wearing them is believed to support heart health and the nervous system.

The seeds can also be ground up and taken orally for treatment of heart conditions, stress, anxiety, depression and to support healthy liver function.

Our Australia first nations people would grind up the blue fruit (surrounding the seed) mixed with water into an edible paste and used the fruit for its medicinal benefits as it contains a very high vitamin C content.

For more training modules check out our
Holistic School of Natural Living
<http://vibrationalwizard.org/>