

# JEWELWEED

## **Tincture**

Fill a glass jar with jewelweed (smash it in there) and cover with rubbing alcohol. (rubbing alcohol is toxic if ingested. -Henriette) Leave in the dark for 2 weeks, pour out alcohol, throw jewelweed away. Store in the same bottles you bought the alcohol in--away from light preferably. I keep some of this in my car and give it away to people all the time. One woman took some in exchange for her goat cheese. She told me she was always getting it from her goats when she milked them. She reported happily that it worked for her--no more PI on her arms and hands. I am very sensitive and it works for me, too. I come in from mowing or woods-tramping, wash arms and legs, and splash on jewelweed tinc. It is dark green and and kinda stinky but it's worth it. It WILL stain cloth so be careful. If you are in the field and cannot wash, use the jewelweed anyway. It works better if you wash, but it still works if you don't. Remember to get it on as soon as you can after suspected exposure for best effect. (It will still work later, but it is better sooner.) Severe adverse reactions have been reported with Jewelweed and Alcohol tinctures. Use Witch Hazel or another method.

## **Ice Cubes**

The only sure way to avoid such problems (from tincture) is to use an aqueous extract made by boiling the plants in water until the original water level is reduced by half, straining off the plant material and then using the brownish orange liquid, which can be frozen into ice cubes which we have found keep their potency for many years (we have used jewelweed ice cubes which were 6 years old for mosquito bites.)

Another way to keep jewelweed at the ready for the following spring is to take the flowering plant and grind it up with just enough water (I use a blender even!) and then put it into an ice cube tray and freeze it. Remove from trays and store in an air-tight container in the freezer.

Jewelweed decoction: take one part Jewelweed (or stronger as needed), and twenty parts water. Boil water in non-metallic container, add jewelweed, boil for fifteen minutes, strain and store in jar in fridge or freeze as ice cubes. Apply frequently.

## **Paint**

Gather the entire plant, leaves, stems, and all; the plant is very succulent and juicy... I have never had a need to add extra water, but if you do, use distilled. Plants will lose turgor and wilt quickly after cutting, this is OK, just makes it easier to emulsify.

Liquify the plants in a blender at the highest speed possible. Then extract the juice by filtering thru cloth, common strainer, or fruit press... a little pulp in the mix won't hurt, this will settle out after a couple hours, anyway. Use immediately, or refrigerate... this stuff spoils rapidly at room temperature...!!

Apply the juice to the infected area with a common paint brush... I've found 1 to 2" size works best. Blow-dry the area as you apply it with a hair dryer on low heat... after several coats of 'paint,' an orange-colored "skin" will develop. This "skin" will protect uninfected areas against the poison ivy allergen.

Repeat this procedure as needed, especially first thing in the morning, and before bedtime. Be sure to use common sense in keeping any fluid that happens to come from blisters away from unprotected areas... yourself AND others. Keeping the infected area as dry as possible will hasten the healing; continue application until no more blisters are present... usually about 3 days.

## **Ointment**

Simmer a small amount of jewelweed in light vegetable oil (any vegetable oil except olive oil, which burns) 10-15 minutes. Use only a small handful of jewelweed stems per quart of oil, or bubbles of jewelweed juice will form in the ointment and go moldy. Strain out the herb, add a handful of beeswax to thicken it, and heat until melted. Take out a spoonful and let it cool to test the thickness, and add more oil or beeswax as needed. Add the contents of one oil-soluble vitamin E capsule, a natural preservative, and let it cool. Refrigerated, it lasts for months.

## **Vinegar**

Fill a mason jar with finely chopped or crushed jewelweed, and fill it once again with apple cider vinegar. Cover, and place in a cupboard for four weeks. Make sure to shake it at least once a day for the first week or so. After the four weeks pour the contents of the jar through a strainer lined with cheesecloth, into a large bowl. Pour the vinegar back into the cleaned jar. The covered jar will keep in a cupboard for about a year. I use this vinegar to soothe itches throughout the year. All you need to do is put a bit of it into a spray bottle, and spray it onto itchy skin to immediately alleviate the itch. If you do not have a spray bottle, you can apply the vinegar with a cloth or paper towel just as easily.

## **Jewelweed and Plantain Ointment**

3 oz fresh Jewelweed leaves  
3 oz fresh Plantain leaves (or 1-1/2 oz dried powdered leaves)  
12 oz oil (sweet almond, coconut, olive, or vegetable)  
2 tbsp Pure Lanolin  
Pure beeswax to thicken to desired consistency  
Pure Lavender oil for fragrance.

Finely chop fresh herbs; if using dried plantain, grind the dried herb in a mortar and pestle or spice grinder. Pour oil into a double boiler, or small crock pot. I would not recommend a pan directly over heat, as it would be very easy to burn the oil. Add the herb materials to the oil, and simmer on lowest setting for a minimum of 4-6 hours. It is important to try to maintain an oil temperature of about 100 - 120 degrees Fahrenheit. Strain the oil through cheesecloth, fine coffee filter, or chinois. Retain a small amount of oil in a separate bowl, just in case your finished ointment is too thick. Melt the Lanolin into the main pot of oil. Stir until completely dissolved. Slowly add grated beeswax a little at a time to the main pot of oil, until the desired consistency is reached. I usually stir in 1 - 2 oz of wax until dissolved, then touch the back of a spoon into the oil, and let the spoon cool. I then check the consistency of the ointment, if it is too thin, add more wax, if too thick, add a little of the oil you retained in the beginning. And finally stir in the desired amount of the Wintergreen and Lavender Oils.

Pour the ointment into a jar or tin, and store in the refrigerator until needed. This ointment is very effective for insect bites or stings, blisters, cuts, scrapes, or just about any skin ailments. I have yet to find a better remedy for insect bites or stings.

Passive oil infusion method: Place herbs in a mason jar, and cover with oil. Cover the jar, and leave in a sunny location for two weeks. After the two weeks, follow the steps above to strain and thicken the ointment.

The following recipe is for a very soothing Jewelweed and Plantain ointment. It combines the soothing properties of Jewelweed with the healing and antiviral properties of Plantain. I carry a small jar of this ointment in one of the pockets of my cargo pants every single day. I cannot tell you how often I use it. It not only heals any skin abrasion or irritation, it also immediately alleviates any itching. I have found it to be highly effective when applied to the rash resulting from poison ivy and or poison oak contact. The luxurious feeling of the Lanolin, and the soothing nature of the Jewelweed also make it a wonderful daily moisturizer. I would highly recommend making it for yourself, and keeping it handy. If your and your family are anything like me and mine, you will turn to it quite often.

[http://livingafield.com/Plants\\_Jewelweed.htm](http://livingafield.com/Plants_Jewelweed.htm)

<http://www.wildmanstevebrill.com/Plants.Folder/Jewelweed.html>

If you break jewelweed's stem and repeatedly apply the juice to a fresh mosquito bite for 15 to 20 minutes, the itching stops and the bite doesn't swell. For older bites, it works only temporarily.

The juice also relieves bee and wasp stings, although it doesn't always cure them completely. It's also good for warts, bruises, and fungal skin infections such as athlete's foot and ringworm. It is also helpful for nettle stings, minor burns, cuts, eczema, acne, sores, and any skin irritations.