** I-TAL ACRes Rare, Edible, Medicinal Plants & Herbals **

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**Herbal Healing Salves Info**

We seed, grow, and harvest (or sustainably wild harvest), and process all our own herbs in Floyd County. All herbal preparations are prepared mindfully with loving vibrations to help and heal all. Herbs are harvested at medicinal peak and gently extracted via the sun’s energy to produce strong solar infused herbal oils.

**Black Drawing Salve Aka Tick-Bite Salve**

Remember the black salves of old, containing ichthammol, gasoline or other petroleum derivatives, and other caustic ingredients? This black salve is completely natural, non-toxic and non-caustic, though it can be a bit messy. Activated Bamboo Charcoal gives this salve its very distinct color. It is also a premier detoxifier and drawing agent. We mix this charcoal with bentonite clay, another amazing detoxifier, drawing agent, and skin cleanser. One of the best known herbal drawing agents is plantain. To this we add other herbal drawing agents, anti-inflammatory herbs, skin cleansers, skin healers, and anti-septics including; sage, cleavers, chickweed, calendula, rose hips, and comfrey. In addition to the herbs, clay, and charcoal we add specific essential oils for their drawing, anti-septic, anti-bacterial, anti-viral, anti-microbial properties including: benzoin, tea tree, roman chamomile, cajeput, clove, pine, ravensara, and lavender. We have seen this salve remove splinters, chards of glass, vast amounts of puss from infections, heal tick bites, and heal poisonous spider bites. Place glob of salve over bite/sting/splinter and cover with bandage to hold salve in place and prevent staining of clothing. Re-apply morning and evening until all signs of tick bite are gone. Anytime a tick is removed immediately place salve on spot to help heal the bite and help draw out/neutalize any possible infectious material. Can also be placed on tick to get it to withdraw. Often this alone will smother the tick and make it withdraw.

Ingredients: Our own organically grown: Plantain, Sage, Cleavers, Chickweed, Calendula, Rose Hips, and Comfrey. EVCP Olive Oil, EVCP Coconut Oil, Organic Beeswax, Activated Bamboo Charcoal, Bentonite Clay, Vit E, Pure Essential Oils: benzoin, tea tree, roman chamomile, cajeput, clove, pine, ravensara, and lavender.

**Wounds, Cuts, & Burns Salve**

Herbal First-Aid Ointment. Part of inhabiting the flesh means it is likely to be cut, scraped, punctured, burned or otherwise wounded at times. From minor to more severe, we have all had our share of cuts and scrapes. No need to apply chemicals and petroleum based ointments to open sores. One of the best herbs known to herbalist for stopping bleeding is yarrow. Elder leaf is useful for traumatic injuries, burns, ulcerations, etc... Calendula is anti-inflammatory and anti-septic, helps heal the wound from the inside out and helps with cuts, burns, abrasions, sunburn, etc…St. John’s Wort oil is great for injuries, burns, and may help restore nerve endings. Plantain helps to draw anything out of the wound and nourish the skin, Comfrey helps speed the healing of wounds. We also add the healing vibrations of lavender essential oil. Completely cover the wound with salve and cover with bandage or gauze, if needed. Re-apply as necessary, let breathe in interim. For more serious wounds, apply salve immediately until further help arrives or further medical treatment.

Ingredients: Our own organically grown yarrow, elder leaf, calendula, St. John’s Wort, Plantain, and Comfrey. EVCP Olive Oil, EVCP Coconut Oil, beeswax, vit E, pure lavender essential oil.

**Aches and Pains Salve**

Every one gets bumped, bruised, and ache-y from time to time. Tired of those tired store bought muscle rubs like Icy Hot and BenGay, that only offer menthol (in a base of unsavory ingredients), and nothing to help heal the injury/pain in the first place? From sports injuries to arthritis, bumps to bruises, sprains to breaks, muscle tears to strains, this salve is your go to. It not only gives you the mentol of peppermint, the stimulating warmth of cayenne

a potent blend of powerful, healing, anti-inflammatory herbs (lunar organically grown in our garden, including Arnica), and pure essential oils in a base of olive and coconut oil blended with beeswax, readily absorbable to penetrate deep into aching tissues and muscles.

-Aches/Pains/Bruises/Arthritis/Sprains/Breaks/Muscle tears…apply ASAP to minimize bruising, initialize healing

-Wrap Technique - spread a good layer of salve over area, cover with thin plastic layer (saran wrap or piece of thin produce bag), wrap with ACE bandage or brace

-has everything to move clotted blood (Arnica & Calendula) away while increasing blood flow to the area (cayenne), stimulating the nerves (St. John’s Wort), increasing cell growth and division(including bone cells)(Comfrey), tonifies (Yarrow), Japanese peppermint provides a high menthol content

**Chickweed Salve**

Itchy skin sucks. Enter chickweed. Calming, soothing, healing. This stuff works wonders. Got eczema? Cover it in chickweed. Got bug bites? Cover ‘em in chickweed. Got random rash or skin irritation? Cover it in chickweed. Herbal relief for troubled skin, fast.

Ingredients: Our own organically grown chickweed, EVCP Olive Oil, EVCP Coconut Oil, beeswax, vit E, pure lavender essential oil.

**Poison Ivy Salve**

Poison Ivy is everywhere in our county. The rash that follows contact can cause misery and discomfort for some time. Some of the best known remedies for poison ivy are jewelweed, bentonite clay, castor oil, and lavender. For this specially designed Poison Ivy Salve we have combined them all with some other herbal powerhouses to offer some relief, decrease the duration of the rash, and nourish the skin. Chickweed oil is great for rashes and skin irritations, Cleavers oil helps cleanse and promotes a clear skin complexion, Yarrow oil is astringent which helps draw out the oozing rash, and Rose Hip oil helps nourish and rebuild the skin. We have also added some of the best essential oils for poison ivy relief including: myrrh, roman chamomile, tea tree, peppermint, and lavender. It is best to have vigorously scrubbed the skin under cold water where exposed to remove any remaining poison ivy oil before applying. Gently apply to rash as often as needed.

Ingredients: Our own organically grown jewelweed, chickweed, cleavers, yarrow, and rose hips. Castor Oil, Vegetable glycerin, organic beeswax, bentonite clay, vit E, Pure Essential Oils: myrhh, roman chamomile, tea tree, peppermint, and lavender.

**LYME SUPPORT TINCTURE**Lyme disease is an epidemic in our county. It presents differently for different types of people, but most commonly those with Lyme suffer from aches and pains, fatigue, digestive issues, cognitive issues, and general debility. In this synergized compound tincture we have combined the anti-inflammatory and CNS calming power of Japanese Knotweed, the adaptogenic immune modulating power of Cat’s Claw, the cleansing bitter digestive power of Andrographis, the energy building adaptogenic Ashwagandha, the stomach and spleen aid and analgesic power of Wood Betony, the alterative and tonic effects of Tulsi, and the spirochete eliminating power of spilanthes. If you are on anti-biotics then taking supplements with Japanese Knotweed has been shown to increase the effectiveness of anti-biotics. This tincture can be taken in micro doses as a sort of prophylactic or at regular doses when you get tick bite or notice any symptoms. Seize back your power, give away your love. Take your life back from Lyme. One Perfect Love.

**Compassionate Plant Advocates; We do NOT treat or diagnose.**

**Give Thanks! We apprecilove your support!**

**Infinite Health, Infinite Happiness, Infinite Blessings, Infinite Possibilities, Infinite Joy, Infinite Light, Infinite Being**

**I-TAL ACRES**

**Cultivating Expansive Hearts and Open Minds  
Let Your Food Be Your Medicine and Your Medicine Be Your Food  
May Peace Prevail Within - One Perfect Love  
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