



Discover living life as nature intended

FACT FILES

The Medicine Cabinet



For Mail Order and Customer Helpline
phone **020 8941 0759** or fax **020 8941 2629**
e-mail mailorder@knotselementals.com
www.knotselementals.com

29 St. James's Avenue, Hampton Hill,
Middlesex TW12 1HH

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I N T R O D U C T I O N



To The Medicine Cabinet is part of the knots **elementals** collection of nature's pharmacy. The use of simple herbal remedies can encourage us to take responsibility for our own health. The range we have put together is a limited number of herbal remedies and key essential oils which can help day to day basic health management within the home.

The preparations, as with all knots **elementals** products, are made from the finest ingredients. The herbs are of the best quality and prepared to very exacting standards. The tinctures and infusions are well above industry standards and the range, endorsed by experts and provided by suppliers selected for their integrity and caring of the world we live in, is potent and effective to use.

Join us at our half day workshops and learn firsthand how the knots **elementals** Medicine Cabinet will help combat most minor ailments and help keep you all fit and healthy. This Fact File is a handy reference guide for any questions or queries you may have and will help you use the preparations with discretion and confidence.

A handwritten signature in black ink, appearing to read 'Barbara Sargent', with a stylized star or asterisk symbol to the right of the name.

Barbara Sargent
March 1999



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disclaimer

All the information put together in the knots **elementals** Fact Files has been gathered and compiled over the years by myself as I sought more holistic ways of caring for my family. I have no expertise in the area of nutrition but I am merely a user of essential oils and numerous other natural healthcare products.

I have obtained the information for the knots **elementals** Fact Files from lectures, books, newsletters about essential oils and herbs, personal experience and from working several years in the toiletries and perfumery industry. The information is not intended to provide medical advice or to prescribe the use of any techniques as a form of treatment for physical or medical problems without the advice of a physician either directly or indirectly. Each essential oil and herb is different and works for each individual in a unique way.

Although every effort has been made to ensure accuracy, it is not guaranteed to be 100% accurate but is compiled to share information gathered together over many years working in the fascinating world of toiletries and perfumery and as a mother, wife and home builder.

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NOTES

WHAT IS AN ANTINUTRIENT?

tinctures

Tinctures are made by steeping the dried or fresh herb in a mixture of alcohol. Any part of the plant may be used. As well as extracting the plant's active ingredients, the alcohol acts as a preservative. In times gone by, only dried plants were used in the preparation of tinctures but today fresh plant extracts are preferred since they contain a higher concentration of the active ingredients.

All knots **elementals** tinctures are of the finest quality and where possible are made from organic ingredients. The strength of a tincture can vary, our tinctures are full strength and well above industry standards ensuring full potency for the active ingredients.

Why use a tincture?

They are highly concentrated, easily absorbed in the body and very easy to administer.

How much should you take?

The usual dose is 3/5 drops babies, 10 drops children, 15/20 drops adults, in a small glass of water/juice up to three times a day.

How should they be stored?

Tinctures should be stored in a cool, dark place away from damp. They are generally reckoned to remain potent for up to five years, once the bottle has been opened the shelf-life begins to decrease due to the process of oxidation. Therefore, it may be prudent to use up your tinctures within two years of purchase.

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Chamomilla recutita



Common Names: German chamomile, chamomilla, wild chamomile. Medicinal Part: Flowers

tincture

chamomilla 1:1, 45% ethanol

description

A very modest weed that grows almost everywhere in Europe, the United States and Australia, on arable lands, grain fields, fallow land and dry clearings. Sometimes called the wild chamomile it has flower-heads about 3/4 inch broad, with about fifteen white, strap-shaped, reflexed ray florets and numerous tubular yellow, perfect florets.

home uses

Commonly called the mother of the gut or “ground apple” by the ancient Greeks. Use for any nervous indigestion, heartburn, acidity, butterflies, travel sickness, diarrhoea, indigestion, flatulence, overfull feeling, for painful periods or during labour, irritable bowel syndrome, insomnia and tension. It has an anti-allergic effect by reducing the body’s response to allergens and has long been used as a remedy for asthma and hay fever. Excellent for tense, stressed people who tend to be hyperactive and highly sensitive, prone to digestive problems and allergies. Perfect remedy for babies and children, helpful for teething and colic.

dosage

15 drops with a little water with or after food up to three times a day in chronic conditions and every two hours in acute illness. Children should be given half dosages and babies a quarter of the adult dose.

C U S T O M E R S E R V I C E S

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 equine and canine essential oil therapy
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knapsacks and toolkits:

essential oil starter toolkit 1ml

lavender, lemon, peppermint, rosemary, tea tree.

bathroom toolkit 500ml

shampoo, conditioner, bath/shower gel, body lotion, bowl and spoon, 4 x 1ml essential oils in blue ticking bag.

travel toolkit 150ml

shampoo, conditioner, bath/shower gel, body lotion, bowl and spoon, 3 x 1ml essential oils in blue ticking bag.

home elemental toolkit

the five elements, big basic burner, nightlight holder in yellow ticking bag.

bath and body knapsack

150ml bath/shower gel, 150ml body lotion, 1ml lavender, 1ml tea tree and a mixing bowl and spoon.

hair knapsack

150ml shampoo, 150ml conditioner, 1ml rosemary, 1ml lemon and a mixing bowl and spoon.

hands and feet knapsack

150ml foot lotion, 50g hand cream, 1ml lavender, 1ml peppermint and a mixing bowl and spoon.

home elemental knapsack

big basic burner, nightlight holder and 1 x element blend.

basic methods

bath Take 10 ml bath/shower gel, add essential oils of your choice mix well in mixing bowl and add to warm bath. It is wise not to put essential oils directly into the bath water. If you do not wish to use any bath gel put essential oils in half a glass of full fat or semi-skimmed milk, mix and swish into the bath water.

shower Take 10ml bath/shower gel, add essential oils of your choice, mix well and apply all over body with sponge or flannel.

footbath To a bowl of warm water, add essential oils of your choice, mix well and soak feet for ten to fifteen minutes.

massage Take 10 ml of your favoured carrier oil base add essential oils of your choice, mix well in mixing bowl and massage in gentle figure of eight movements.

inhaler 3/4 fill inhaler with very hot water, add 2 to 4 drops of essential oil(s). Breathe in deeply for ten minutes.

oil burner Fill terracotta bowl with water and add 2 to 4 drops of essential oil(s) of your choice. Light nightlight and put in safe place out of reach of children and animals. Do not let the burner bowl burn without water in it. Useful to fragrance rooms or as an effective microbe killer when bugs are around.

simple measurements and guidelines

Minimum/maximum drops of essential oil into millilitres of carrier oil or plain base

1-3 drops*	5 ml
2-6 drops*	10 ml
5 ml = 1 teaspoon	20 drops = 1ml essential oil
10 ml = 1 dessertspoon	40 drops = 2 ml essential oil
15 ml = 1 tablespoon	60 drops = 3 ml essential oil
	200 drops = 10 ml essential oil

* Number of drops used depends on brand of essential oils and personal preference.

Echinacea spp



Common Name: Narrow-leaved purple coneflower,
Kansas niggerhead, Sampson root
Medicinal Part: The whole plant

fresh organic echinacea 1:1, 45% ethanol

tincture description

Herbaceous perennial plant grows from the prairie states northward to Pennsylvania. The stout, bristly stem bears hairy, linear-lanceolate leaves and the distinctive flower features 12-20 large, spreading dull-purple rays and a conical disk made up of numerous purple, tubular florets.

home uses

Used by the native Americans in the past 50 years it has achieved worldwide fame for its anti-viral, anti-fungal, antibiotic and anti-bacterial properties. Proven useful drug to improve the body's own resistance in infectious conditions of all kinds. Timely administration can boost the body's immune system to a level that can prevent the onset of symptoms or at least reduce the duration of the infection. Use for recurrent infections of the upper respiratory tract, the urinary passageways, gynaecological areas, septic conditions, rheumatoid arthritis, antibiotic resistance, whooping cough, flu, catarrh. Keep handy when travelling and at home, use as and when you need a boost to your immune system. Take at first sign of sore throat, colds, chest infections, tonsillitis, glandular fever. Use as a gargle and mouthwash for sore throats and infected gums.

dosage

Adults 15 drops in half a teacup of water/juice at onset of symptoms (children 10 drops, babies 5 drops) up to three times a day. Stop taking echinacea when the symptoms have passed.

safety data

Do not exceed stated dosage. High doses can occasionally cause nausea and dizziness.

Hypericum perforatum



Common Names: Amber, Goatweed,
Johnswort, Klamath weed, Tipton weed
Medicinal Part: The herb

tincture

st. john's-wort 1:1 25% ethanol

description

St. John's-wort is a shrubby perennial plant commonly found in dry, gravelly soils, fields and sunny places in many parts of the world. The whole herb is used in the creation of the tincture.

home uses

This herb has a clear sedative affect but its main property is its ability to fortify the entire nervous system. It can be regarded as an herbal anti-depressant but without the danger of addiction. The calming properties can be useful for treating insomnia and other nervous conditions. Great sedative, supportive and strengthening, good for conditions of "nerves", depressive states, anxiety attacks, seasonal affected disorder. Use for nerve pain and any trauma to the nervous system, shingles, sciatica, neuralgia, tension headaches. Worth taking after surgery and laceration of nerve tissue. Great help for the menopause and those dreadful hot flushes. Ideal where a person has to adjust to a painful personal loss such as the death of a loved one, separation, divorce. It has a diuretic action reducing fluid retention and hastening elimination of toxins via the urine. Its tonic effect on the urinary system helps relieve bedwetting in children and incontinence. Useful remedy for gout and arthritis.

dosage

Adults 15 drops (children 10 drops) in water/juice up to three times a day for nerve pain or any trauma to the nervous system etc. Needs to be taken for a minimum of four weeks for serious depression.

safety data

St. John's-wort can increase photosensitivity so if sensitive to light, particularly people with fair skin, it would be best to take care in the sun while taking St. John's-wort. If on other medication check with your doctor first before taking.

S A F E T Y D A T A

are essential oils safe?

Before using any essential oil it is best to follow some simple precautions:

Always add 1 drop of oil at a time, mix well, check strength, apply another drop if necessary. Do not exceed the stated dose.

Do not take internally. Always check specific safety data before using a new oil at home. Do not use essential oils at home to treat serious medical or psychological problems.

With a few exceptions, do not apply essential oils undiluted to the skin.

Avoid contact with the eyes.

Some oils are contra-indicated during pregnancy, others during the first four months only. Always use at half the recommended dilution during pregnancy.

Avoid some oils in combination with alcohol or homeopathic treatment, or in cases of high-blood pressure, epilepsy or allergies.

Store away from light and heat, well out of reach of children. The shelf life of oils is anything up to 2 years (citrus oils 6 months).

babies and children

Always increase the dilution for babies and infants to at least half the recommended amount. For babies, avoid the possibly toxic and irritant oils altogether.

Babies 6-12 months: Use only 1 drop of lavender, rose or chamomile essential oil, diluted in 5 ml carrier oil for massage or bathing.

Infants 1-5 years: Use only 1-2 drops of the "safe" oils, i.e. those which are non-toxic and non-irritant, diluted in 5 ml carrier oil for massage or bathing.

Children 6-12 years: Use as for adults but in half the stated concentration.

Children over 12 years: Use as directed for adults.

lavender - *Lavandula angustifolia* (Bulgaria)

The jack of all trades, it is a multi-action oil and often even more effective use with other essential oils. Relaxing, pain killing, sedative, balancing, regulating, anti-bacterial, anti-inflammatory, antiseptic. Great for insomnia, shock, stress, neuralgia, panic attacks, high blood pressure, skin complaints. Apply neat to temples for headaches. Very good for scarring, healing of damaged skin and burns. Makes a good insect repellent mixed in with the plain base body lotion.

eucalyptus - *Eucalyptus globulus* (China)

The great decongestant. very warming, drying, antiseptic. Use for sinusitis, catarrh, pneumonia, bronchitis, asthma, cystitis brought on by cold and arthritis where there is a great deal of stiffness.

tea tree - *Melaleuca alternifolia* (Zimbabwe)

Antifungal, antibacterial and anti-viral but the key word is anti-fungal. Use for cystitis, thrush, athletes foot, spots, insect bites, mouth ulcer, dandruff, herpes, etc.

ravensara - *Ravensara Aromatica* (Madagascar)

Anti-infectious, antiseptic but above all anti-viral and immunostimulant. It is a completely safe oil and can be used for anybody, including children. Use for any viral infections such as warts, flu, cold sores, shingles, genital herpes, chicken pox. It is a great muscle relaxant, good for joint pains and muscular tension.

aches & sprains

Wintergreen, blue yarrow, juniper and peppermint in a synergistic blend to give relief to general aching muscles, sports injuries, arthritis, rheumatism, lumbago, etc. Not to be taken internally - use 25 drops in 50 ml infused herbal oil or 4/5 drops mixed in a dispersant and put in the bath.

no nit

Geranium, eucalyptus globulus, rosemary and spike lavender in a synergistic blend to get rid of nits or to act as a preventative.

infusions

Active plant ingredients can be extracted in oil, for external use in massage oils, creams and ointment. Instead of infusing the herb in water it is put into an oil, whereby we obtain a solution of the essential oil in the oil base. The best oils to macerate the fresh aromatic plant materials in are high-vegetable such as olive, sunflower or almond oil. The herbs are chopped up finely and packed tightly into jars and covered up completely with oil and left to steep for several weeks.

Infused oils will last at least a year if kept in a cool, dark place. There are two techniques - the hot method used for comfrey and chickweed or the cold method used for calendula and St. John's-wort.

The infused oils can be added to our base carrier oils (soya, jojoba, sweet almond) in a low percentage or used neat when appropriate. For example one could add 10% calendula oil to cold pressed almond oil to add depth and benefit to the recipe. To the regular plain bases, the infused oils can be added at a 10% level to create easy to use healing potions e.g add 10% chickweed to plain base bath/shower gel for an anti-irritant preparation (ideal for eczema), add 10% calendula to plain base body lotion for healing skin lotion etc. To make one's own intense arnica/calendula cream add 1 teaspoon herbal infusion to 50g plain base hand cream, mix well and apply as and when needed.

knots **elementals** oil infusions are of the highest quality, prepared from the best quality herbs and vegetable oils, both organic wherever possible. We have full organic certification on all organic products.

Arnica montana



Common Names: Mountain Tobacco, Leopard's Bane
Medicinal Part: Root, Flowers

infusion

arnica oil infused in almond oil

description

A perennial herb, indigenous to Central Europe, in woods and mountain pastures. The leaves form a flat rosette, from the centre of which rises a flower stalk, 1-2 feet high, bearing orange-yellow flowers.

home uses

Its action is anti-inflammatory and vulnerary, stimulates the circulation and encourages proper capillary action. It helps to promote the healing of wounds, bruises and irritation. Use externally to treat bruising, sprains & strains, chilblains and nervous alopecia. Applied over any unbroken surface it will ease pain, relieve rheumatic zones and painful swollen feet, pain and inflammation of phlebitis and relieves the symptoms of aching, heavy, tired legs and ankles. Arnica can produce outstanding improvements in a very short time on any bruises and strains. A few drops applied to the scalp can promote the growth of hair. Tender feet caused by walking over rough ground, add a few drops to a foot bath of warm water and get quick relief. Arnica is the first-aid herb for injuries and can be used wherever there is pain or inflammation on the skin as long as the skin is not broken.

how to use

Rub in a little Arnica oil into the affected area, repeat if necessary every three to four hours. Can be used as a 10 % additive in plain base body lotion, bath/shower gel or hand cream for easy application. Can be rubbed into affected area before getting into the bath for intense treatment.

safety data

For external use only. Do not apply to open wounds.

Hamamelis virginiana



Common Names: Hazel nut, pistachio, snapping hazel, spotted alder, striped alder, tobacco wood, winterbloom
Medicinal Parts: Bark, leaves.

distilled

witch hazel

description

Deciduous shrub or small tree which grows in damp woods from Nova Scotia to Georgia and Nebraska. Grows up to a height of 15 feet, the stems and branches are covered with scaly gray to brown bark. The leaves are coarsely toothed and often are finely hairy on the veins underneath. The flowers are yellow with 4 strap-shaped petals.

home uses

Witch hazel is astringent, hemo-static, helps stop the blood flow, a sedative and a tonic. Great for skin irritation, haemorrhoids, bruises, varicose veins, insect bites and stings, minor burns and sunburns. For sore, irritated eyes including conjunctivitis add 1 part witch hazel to two parts cooled boiled water and bathe first the good eye and then the bad eye. Soak a swab in witch hazel to staunch the flow of blood from wounds and soothe insect bites. For bruises and sprains, keep an ice-cube tray of witch hazel in the freezer, clearly marked. A poultice or compress will relieve burns, swollen inflammatory skin problems, swollen engorged breasts, bed sores. Apply neat to soothe the pain, irritation and swelling of insect and mosquito bites and stings and as a toning skin lotion to tighten the tissues and reduce broken capillaries. Useful mouthwash for an inflamed mouth and mouth ulcers and bleeding gums.

how to use

Use neat on the skin or as a compress or eyebath/eye pads or as a mouthwash.

safety data

For external use only.

Hypericum perforatum



Common Names: Amber, goatweed, Johnswort, Klamath weed, Tipton weed

Medicinal Part: The herb

infusion

organic st john's-wort infused in organic sunflower oil

description

St John's-wort is a shrubby perennial plant commonly found in dry, gravelly soils, fields and sunny places in many parts of the world. The flowering tops are used to prepare the oil which is a blood-red infused oil. It is said that St John's-wort takes its name from the knights of St. John of Jerusalem who used it to treat wounds on Crusade battlefields.

home uses

Good for herpes group: cold sores, shingles, chickenpox (2 drops of ravenara in 10 ml of Hypericum oil and rub all over). Good massage oil for menopause, for sciatica, neuralgia, fibrositis, back pain, knotted muscles, lumbago, stiff necks, rheumatic pain and general aches and pains, particularly strains, muscle or joint inflammations including tennis elbow. Use topically for burns, cuts, wounds, sores, ulcers and other skin problems and to calm inflammation. Especially useful for skin conditions that react positively to exposure to the sun.

how to use

Can be used neat or as a 10% additive to a carrier oil, plain base bath/shower gel, body lotion etc. A compress of warm St John's wort oil can produce excellent results.

**safety
data**

For external use only. Can cause photo-sensitivity so do not use before sunbathing etc.

Calendula officinalis



Common Names: Garden marigold, holi gold, marigold, Mary bud, pot marigold

Medicinal Parts: Leaves and flowers

infusion

calendula oil infused in almond oil

description

An annual aromatic garden plant growing to 45 cm tall. The leaves are pale green and the plant is grown for its bright orange or yellow daisy-like flowers which bloom from early summer until late autumn.

home uses

The plant has anti-inflammatory, astringent, antibacterial and anti-fungal properties. Use on any damaged skin, chilblains, haemorrhoids, broken capillaries, varicose veins, inflamed lymph nodes, swollen glands, nappy rash, rough, chapped and cracked skin, eczema, ulcers, bed sores and as an aftershave ointment. One of the best plants for treating fungal infections such as vaginal thrush, ringworm, athlete's foot to heal wounds and soothe dry or inflamed skin. The oil is great for baby care and for the gentle care of irritated skin. Small cracks in the skin, such as splits, chapping and fissures that often occur on the lips, in the corners of the eyelids, on fingers, or on the nipple, can be very painful, rub gently with calendula oil either on its own or mixed with knots **elementals** moisturiser or carrier oil of your choice. Use for burns and scalds and to heal damaged skin and scar tissue. Calendula is the counterpart to arnica – it is the first-aid oil for open wounds.

how to use

Can be used neat on the skin (only a small amount required) or as a 10% additive to a carrier oil or plain base body lotion, bath shower gel, moisturiser, hand cream etc.

**safety
data**

For external use only. Do not confuse with French Marigold, Tagetes patula and related species.

Stellaria media



Common Names: Adder's mouth, Indian chickweed, satin flower, starwort, stitchwort, tongue-grass, winterweed.
Medicinal Part: The herb

infusion

chickweed oil infused in almond oil

description

A common weed, stem-jointed, with a line of hairs down one side only, leaves ovate, about 1 cm long by 0.5 cm broad. Flowers singly in the axils of the upper leaves, petals white and narrow, equal in length to the sepals.

home uses

It is a demulcent - softens and smoothes damaged or inflamed surfaces and a great anti-irritant. Use as a cooling remedy for itchy psoriasis, eczema (not the weepy kind), heat rashes, chickenpox, urticaria (nettle rash), bee stings, horsefly bites, wasp stings (to remove irritation). Can be put on ulcers, piles, abscesses, carbuncles and its drawing properties help to bring poisons and pus to the surface, good for drawing stubborn splinters to the surface. Can be applied to hot and inflamed joints.

how to use

Can be used neat on irritated skin or added as a 10% additive to plain base bath/shower gel. After bathing/showering, dry well apply calendula neat to needy areas. Very helpful method for itchy eczema.

safety data

For external use only,

Symphytum officinale



Common Names: Blackwort, bruisewort, gum plant, healing herb, knitback, salsify, slippery root, wallwort.
Medicinal Part: Rootstock and leaves

infusion

organic comfrey infused in organic sunflower oil

description

A perennial plant common in moist places in the US and Europe. The plant grows up to 1m in height, bearing large, bristly, obovate or lanceolate leaves, which may reach up to 25cm long and 10cm broad. The flowers are bell-like, occurring in forked spikes, white or mauve. The root is brownish black, deeply wrinkled. The part used is root and leaves.

home uses

Sometimes called knitbone, a reminder of its traditional use in healing fractures as it supports the healing of the skeletal system. The herb contains allantoin which encourages bone, cartilage and muscle cells to grow. When applied to an injured limb, the allantoin is absorbed through the skin and speeds up healing. Use for bone or muscle damage, arthritic joints including osteoarthritis, rheumatism, sprains, strains bruises, and other traumatic injuries, also for inflamed bunions and varicose ulcers. For fractures the comfrey oil can be drizzled down the plaster case and help prevent skin irritation. Apply infused oil to cradle cap or nappy rash frequently as required to encourage cell regrowth - it is demulcent and soothing. Good to use for perineal tears,

how to use

Can be used neat on the skin in tiny amounts but can be used as a 10% additive to a carrier oil or plain base body lotion, bath shower gel, hand cream etc.

safety data

For external use only. Only use once the heat has gone out of unbroken skin. Comfrey heals very quickly - ensure any wound is very clean before application so that no dirt is trapped underneath.