



SimplyWholesomeSoaps.com



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About the Healing Balms (Healing Balm Plus (HBP), Comfrey, Plantain & Cayenne)

These herbs and oils are a Vulnerary, meaning they help bring about healing wounds & inflammation. They are anti-inflammatory, anti-microbial, drawing, an astringent...

Use For Balms :

After applying balm, cover with a bandage/gauze to increase the healing process.

Insect Bites/Stings, Scratches/Cuts, Acne, Poison Ivy, Sunburns, Burns, Rashes, Scars, Spider Bites, (Comfrey/HBP/Plantain) /Snake bites(HBP), Fractures/ (Comfrey/HBP), Bruising, Swelling, Muscles/Joints, Pain(All balms)...

Personal Testimony :

I put **Plantain Balm (PB)** on exposed skin, including my face, before I go outside, so if I'm bit or scratched... the medicine is already there to start the healing process. If I don't have any on, I find a plantain leaf (found in most any lawn, field...), chew it up, if the area is *organic, no spray* & make a spit poultice, it works masterfully. Research how to spot a plantain plant. I've put PB on poison ivy with blisters, covered it and the next day it was completely gone, as if it was never there, itching stopped totally in about 15 min after applying.

****Do not put (Healing Balm Plus/*All Star Healer* or Comfrey Balm/Champion of Healers) on a very deep puncture wound, (like a stab wound), because they both contain (Comfrey). Comfrey is the Champion of wound healers & it may cause rapid external healing that may trap infection inside the wound.****

****Plantain Balm CAN BE put on a deep puncture wound.****

Cayenne Balm ~ is an analgesic, blocking the pain signal to the brain. The heat can bring relief to aches/pains, arthritic joints, rheumatic pain, neurological pain, headaches, bumps bruises... It can cause a sensation that feels like a burn, **BUT** it's a chemical sensation from capsaicin, NOT an actual thermal burn or tissue damage.

The information shared through Simply Wholesome Soaps is for educational purposes only. I, Kathy Fogo, am not a doctor, nor is it my intention to prescribe or claim that any supplement or product is a cure. My heart is to share choices, personal experiences, and the truth of what God's Word teaches us about health, so that you may be encouraged and equipped to care for yourself and your family.

My main source of information comes from Dr. Patric Jones, The Homegrown Herbalist, (<https://homegrownherbalist.net>) plus many other's articles, books & videos.

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