

A collage of various natural remedies including mushrooms, herbs, and a glass of juice. The background is a dark, textured surface. In the top left, there's a white, round mushroom. Next to it is a yellow and orange mushroom. Below these, a red and orange herb is visible. In the top right, a glass bottle with a black cap and a label that says "CHAGA LUNG MIX" is shown. The word "REMEDIES" is written in large, bold, yellow letters across the middle. Below it, the word "SISTANCE" is written in large, bold, green letters. To the right of "SISTANCE", the word "FOR" is written in large, bold, orange letters. In the bottom right, a glass of orange juice with a slice of orange and a green leaf is shown. Below the glass, there's a small, dark, textured object. In the bottom left, a silver spoon is visible. The overall composition is a mix of natural elements and text, suggesting a focus on natural health remedies.

REMEDIES

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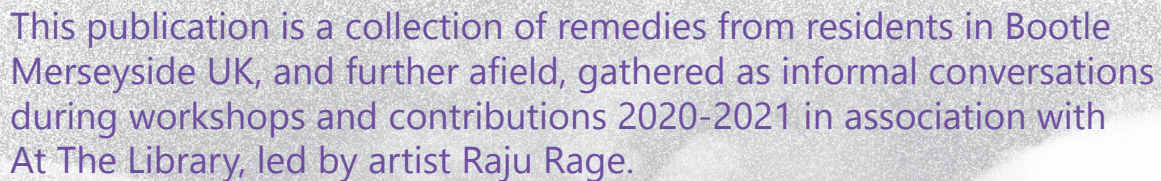
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This publication is a collection of remedies from residents in Bootle Merseyside UK, and further afield, gathered as informal conversations during workshops and contributions 2020-2021 in association with At The Library, led by artist Raju Rage.

These took place against the backdrop of the Covid-19 Pandemic that began in 2020, a difficult time of isolation and social distancing where accessing wellbeing was crucial. Acknowledging this, we considered the ways in which we take care of ourselves and each other.

Sharing remedies is an exchange economy, one that is energetically created and disseminated. Drawing inspiration from bees, how they work collectively to gather resources for their hive in order to create honey - a vital resource the bees need to rely on to survive - one which we also greatly benefit from- without them we cannot survive, without worker bees working collectively they cannot either.

Collective care is also acknowledging the origins of where we get our remedies, whether geographic or generational, superstitions, old tales or cultural medicinal practices. Their knowledges, ingredients and instructions. Where they come from, travel and migrate to and how people are impacted by them are important to consider.

We are all interdependent beings, and it is important to recognise that line of connection between us, because both Covid and Capitalism are isolating us from each other and the lands our communities live on. It's important to think about

COLLECTIVITY and CONNECTIVITY

between us - with our remedies that help us feel better, but which also connect us to our lineages and to lands we migrate, settle and live on, their histories and contexts.

RAJU RAGE

How Do We Access Care?

Who do you rely on for care?

family members or friends; essential workers,
doctors and NHS; governments; local
mutual aid projects; online groups/forums
or even ourselves.

Write down members of your web, bubble or pod:

There are various support networks we may belong to
Some of us may be isolated.

How do we care for ourselves and each other

What is collective care

How do we practice care within our communities

Do we know any healing knowledges

Do we have our own remedies

How have these passed along

How do we know or find out about them

Who do we share them with and how

?



BERNIE JOHNSON TIME FOR YOURSELF MANIFESTO

MAKING TIME FOR YOURSELF IS ALSO A REMEDY!

DON'T FEEL GUILTY ABOUT IT. JUST SAY
- THIS IS MY 10 MINUTES, I'M GOING TO DO WHATEVER I WANT.

IF YOU'RE LYING IN BED, JUST SAY - THIS IS ME, I'M ALONE IN MY BED, JUST ME,
NICE AND SAFE AND WARM

DON'T FEEL GUILTY,
THAT'S ONE OF THE IMPORTANT THINGS FOR YOUR OWN MENTAL HEALTH,
TO SAY - I AM IMPORTANT.

DON'T THINK IT'S GOT TO BE A BIG TIME,
EVEN A FEW MINUTES DURING THE DAY
MAKES A BIG DIFFERENCE.

REMEDIES NEEDN'T JUST BE SOMETHING LIKE A HERBAL REMEDY.
A THERAPEUTIC THING CAN BE - CRAFTING, DOING SOMETHING YOU ENJOY
DOING, THAT CAN BE JUST AS REJUVENATING AS SAY, USING LAVENDER OIL TO
HELP YOU SLEEP, TO RELAX YOU

IT CAN FREE YOUR MIND

WITHOUT BEING POMPOUS, YOU CAN ALSO BE KNITTING SOMETHING FOR
SOMEONE ELSE,
OR SOMEONE IN NEED, AND IT CAN GIVE YOU A SORT OF, SENSE OF FEELING -
'I CAN MAKE A DIFFERENCE, JUST A SMALL DIFFERENCE'

GIVING IMPORTANCE TO YOURSELF AND YOUR OWN THOUGHTS, AND ALSO
MAKING TIME TO THINK OUTSIDE OF YOURSELF.

REALISING I CAN MAKE A DIFFERENCE TO SOMEBODY, I'M ONLY ME,
I'M ONLY A SMALL PERSON
BUT I CAN MAKE A DIFFERENCE TO SOMEBODY ELSE.

MOTHER'S MEDICINE

As a child, when I got sick with a cold/flu my mother would make me hot tea made from a paste of turmeric, lemons, ginger and honey with added hot water and would make me drink it. I used to hate it as a kid, because the taste was bitter and I didn't understand it as medicine. I remember I would pull a face and try to run and hide or pretend I wasn't sick after all. I can't recall if it worked or not. However, as an adult I swear by it and have become accustomed to the taste.

These remedies have kept my immune system boosted and kept me free of colds and viruses, especially over the winter and colder months. I like that I know what I'm putting into my body, that these ingredients grow from the ground, earth and elements: soil, sun and rain. Some can even be grown at home, in pots, gardens, balconies or window sills.

Most ingredients are available from local shops via global trade. Many ingredients have made their way across the world through the history of the British Empire and its colonial trade and we have come to know them as familiar, as our own, but not always aware of those stories of how they travelled. Some may still be unfamiliar to many, but are imported and in demand due to extensive migration into the UK. We are privileged to have so many ingredients, peoples and cultures and their knowledges from around the world and should respect migrants, not just to consume the culture they bring as a commodity, but also value their lives. Many have been impacted by the trajectory of colonialism and imperialism and its footprint, which is why they are here. 'WE ARE HERE BECAUSE YOU WERE THERE'

My family migrated to UK from Kenya in the early 80's with South Asian heritage and knowledge. Our culture came with us. I like knowing that although my mother isn't around anymore, that she passed this recipe onto me and I will do the same in a sharing economy, sharing it with loved ones and communities. I want family and friends to be well and I also want our communities to survive, but also thrive, especially in the face of hostility and lack of resources to access wellbeing. This means to care for all equally.

RAJU RAGE

GINGER AND TURMERIC TEA RAJU RAGE

Chopped ginger + turmeric root/powder
Fresh lime or lemons or both

Thyme (fresh or dried)
Manuka/raw honey
Black pepper

Optional: lemon balm + fresh mint or any other fresh herbs you prefer.
Brew for 7mins, u can get three brews from the mix.
Drink daily
as much
as possible

IMMUNE JUICE SHOT RAJU RAGE

Orange, Carrot, Lemon /lime, Turmeric, Ginger, Garlic * (Some people can't handle raw garlic so just omit it), Optional: Passion fruit juice, Pink or black salt, Black pepper*

enhances turmeric so don't forget it.
Juice this up every morning or during the day for a quick immune boost!
High in vit C,
Anti-viral
Anti-inflammatory

TURMERIC WATER PRATIKSHA PAUDYAL

Me and my family have a glass of turmeric water every morning. We call it Besar Pani. The turmeric water is just 1/2 a teaspoon of powdered turmeric mixed into a pint glass or very large mug, of almost boiled but not quite boiling water. I have it occasionally, as in every couple of days, in the afternoon, but my mum and sister have it every single morning



FIRE CIDER TONIC NOT FOR THE FAINT HEARTED FIERY BUT EFFECTIVE

Apple cider vinegar, Turmeric, Onion, Ginger+Garlic, Horseradish, Chilli, Black pepper (optional: rosemary +thyme). Use organic where possible.

Slice everything into the jar. Pour over apple cider vinegar until it's covered and seal with a clean lid (and bit parchment paper or clean cloth under the lid). Store in a dark place ideally for 4 weeks+ and then drain, keeping all pickle spicy liquid that has drawn all the nutrients from the ingredients. In an emergency you can start drinking the pickled liquid from 1+ weeks.

Recommend making a big batch as it takes time to make.
Drink a shot daily or as needed. Can dilute in water or juice to sweeten the punch.

FIRE CIDER REMEDY SWAP

Extracts from a conversation At The Library Fire Cider Remedy Swap

Jean J: I remember my aunty giving me a little ball of butter with some sugar and a drop of brandy in it when I had a cold, I don't know if it was sort of just to help disguise the taste of the brandy!

Rose: My mum used to line us up and give us a big spoonful of malt each morning, it was in a jar, very thick, horrible!

Hazel: Wasn't that called Virol?

[Virol was a by-product of the brewing industry. It was full of nutrients, malt, sugar and vitamins such as riboflavin. Due to its concentrated nutritious content, Virol was heavily marketed for anaemic girls, growing boys, and delicate children.]

Hazel: It was thick, like Marmite

Jean M: I think that's why my mum gave me the cod-liver oil, I got that every day

Rose: We got that as well. I mean, we got the odd cold but.... we were all very lucky and there was no central heating or anything, it was coal fires and all that

Jean M: Frost on the windows

Rose: Outdoor toilets

Laura: Did children get lots of coughs and colds back then?

Rose: I don't think so



Jean J: I think because we were so used to the cold you didn't notice it so much - winter came along, and it was just cold November through to February, and you had snow and ice and you went to school in it

Rose: When my daughter used to get a cold I used to take her down the beach, and her nose would run, but it'd get rid of the cold!

Jean J: The other one they used to say was 'go and smell tar', you know when they were doing the roads - go and stand with that, i don't know whether it did anything but I liked the smell of it!

Laura: **Bootle has got a bit of a history of sugar*, and I know there was a place over the road from the library where they made treacle, and they marketed it as being good for you, because the signage on the outside said treacle for health'**

Everyone: We used to get molasses...

Marie: Yes we used to have molasses because it was full of B vitamins, and cod liver oil

Jean M: There was a chute there [by the treacle factory] and you used to go down and open the chute and put a finger in and hope you could taste it!

Marie: One thing I swear by is Arnica tablets, which are homeopathic, and they prevent bruising, and swelling - you can take them before an operation.

Jean J: I must admit I use Arnica cream for bruises, or witch hazel

Marie: The only thing to watch with the cream is that you can't use it on broken skin, which is why I like the tablets

Raju: Are those homeopathic tablets?

Marie: Yep, you just put them under your lip and let them dissolve

Laura: **Liverpool has a bit of a history with homeopathy, because I think the first homeopathic hospital in the country was in Liverpool, on Hope Street. The father of it**

[* The sugar refining business started in London in the middle of the 16th century. In Liverpool the first sugar house was established in 1667. It was carried out in a modest way for some 40 years but really took off with the growth of the slave trade shipping operations from Liverpool after 1709.]

is called Hahnemann, and he's buried in Paris. The hospital on Hope Street was called the Hahnemann Hospital. I was also going to say that I think a lot of things can be traced back, can't they, to inflammation - So a lot of the things we're talking about, perhaps they help with inflammation, I suppose Arnica is one of those, and ginger also

Raju: Yes a lot of the ingredients in the Fire Cider are anti-inflammatory

Marie: You can also take vitamin C to ward off the colds and the flu. If you've got symptoms of virus, you can't overdose on it - your body will flush out any excess.

Hazel: I'm lucky enough to have access to a rose tree, and I make rosehip syrup which is full of vitamin C, it really is. If you can get hold of rosehips, it's very easy to make rosehip syrup - and it's very good drizzled on ice cream

Niamh: And elderberry syrup is also very high in Vitamin C, I've got a recipe for that which someone has shared with us.

Rose: If you had toothache or neuralgia, this sounds gross and it probably was, but she [mum] used to put salt in a sock, and put it in the oven and bread poultice, we had that a lot, if you had a boil or something. It's hot water, or milk, and bread, and then you soak the bread, and put it in a muslin cloth, and just hold it against a boil or a spot, and it would draw it all out

Karen: Sugar and soap, as well, to draw out a boil

Jean J: My mum used to do what was called a red-hot poultice, and that was sugar warmed up, and put against an abscess, and it would draw it out, but she used to chase me round the room with it, 'cos I didn't like it!

Chris: Sally's mum -this is true, -She used to rub a used wet nappy on the kids' faces as way of stopping them getting spots when they were older

Rose: Yes, one of the girls in school used to do that. She'd put her niece's wet nappy all over her face!

Raju: But they have that in beauty products don't they, urea

Niamh: **All these things come from somewhere, don't they, there's some truth or knowledge in there.**



Rosehip syrup

MAKES ABOUT 500ML

PREPARATION TIME: 20 MINUTES

COOKING TIME: 1 HOUR

700g Freshly gathered rosehips

1 kg Fruit sugar

½ tbsp Rosewater (optional)

1 tbsp Lemon juice

Wash the rosehips, removing any damaged fruit. Carefully snip off the flower remnants. Place in a pan and cover with water, then simmer for 20 minutes until soft. Strain into a bowl through a fine sieve and return the pulp to the saucepan, adding roughly the same amount of water, and repeat for a second and third extraction.

Measure the juice into a clean pan and add 1 cup of fruit sugar to every 2 cups of juice. Add the rose water and lemon juice and simmer for 20 minutes more, removing the froth with a large metal spoon. Pour into sterilised bottles and seal while still warm. Serve your rosehip syrup on pancakes, or with Greek yogurt or vanilla ice cream.

PER 100ML SERVING: 143 KCALS/0G FAT/0G SATURATED FAT/
TRACE SALT/37.1G SUGARS



Rosehips

How to recognise Rosehips are the fruits of the wild rose and are deep red in colour with a dried blossom end. Be careful when picking, as the stems have very sharp thorns.

Where to find Hedgerows; thickets.

When to gather August to October, when the fruit ripens.

How to use Rosehips make a sweet syrup, rich in vitamin C, which was once commonplace in chemist shops. Also can be used in jams, tea and apple sauce.

HAZEL WILLIAMS

ELDERBERRY CORDIAL SYRUP RECIPE PAULINE R

Depending on what spices you have and how sweet you like it it can taste different every time you make it. Interestingly, there is proven research that it can help cure flu.

Please note raw berries, stalks and uncooked berry juice are toxic

Ingredients:

**Elderberries
Sugar or Honey**

**Extras such as cinnamon, cloves, star anise, lemon juice, commercial mulled wine spice
(box of 6 packets from supermarkets, particularly near Christmas)**

Pull berries from stalks. Wash and place in pan. Bring to boil and then turn down heat. Allow to simmer for 20 minutes.

When cool strain through muslin or by pressing through a sieve using metal spoon. Pls Note: wooden spoon will stain

Add extras and sugar or honey. Bring to the boil again and then turn off heat. Carefully taste test and if necessary add more sugar or honey according to taste. Cover pan and leave until cool. Strain again and pour into sterilised glass bottles or jars.

I also take a spoonful of hedgerow blackberry jelly/jam and add hot water and spices and this too is a lovely warming drink.

Flower, fruit and herbal teas are refreshing and provide trace elements that we need. I buy mine from Russian, Polish, Romanian shops or online but they are available from places like Lidl. One of my more unusual favourites is mistletoe tea.

For pain relief, I use either Linden tea (flowers from lime tree) or Rooibos (red bush) tea. Before the opening of the Iron Curtain/fall of the Berlin wall when modern medicines were unavailable Eastern Europeans used the old remedies. Linden/lime trees were abundant. Now it is easier to buy a box of 20 teabags.



BOOTLE BEEHIVES

Andrea Ku is a beekeeper who works with At The Library.
Andrea maintains beehives at Bootle and Formby Libraries
Bootle library has just produced its first batch of honey
www.b4biodiversity.co.uk

Andrea: **When I extract the honey I take the frames out of the hive, I uncap them, put them in a centrifuge spinner, spin out and filter the honey out – it's all cold filtered, the raw, crude honey. This might be why you think that the honey tastes really different to supermarket honey.** Anything that you get in supermarkets, like Rowse and Hilltop, they'll pasteurise it, heat it up and mix it with stuff. When you heat it, like vegetables - all that goodness is taken out and it's the same with the honey, when you heat it up it loses loads of nutrients and vitamins and minerals that the bees have made.

Raju, your recipe for the tea we're drinking contains thyme, and speaking of thyme, well, bees' self-medicate on thyme. The best things to plant for bees, if you're going to plant anything for them, is herbs. Thyme is one of the best ones, because there's a pest called Varroa, which kind of sucks the blood off developing bees, and one of the treatments that I use for it, it's a universal thing, it's called Apiguard and it's based on Thyme, so when you open it up and you smell it, it really smells of thyme. Anyway, the bees use thyme, they self medicate on it, so it's like their remedy I suppose.

If I was to put the thymol in the hive in midsummer it would taint the taste of the honey. You're not really supposed to eat it – I think I did give you a little sample last year and it tasted of thymol, but that honey wasn't ready! This year is the first that I've been able to extract honey from the Bootle hives.



Arthur: Why is there an £18 difference between normal honey and Manuka honey?

Andrea: The bees will make Manuka honey from the Manuka plant – and Manuka grows in small areas around the world, New Zealand and a bit of Australia. **For Manuka honey, the bees take the nectar out of the Manuka flower, break that down, take the water out of the nectar and add their own enzymes. Manuka has special antiseptic properties, I think it's called MGO, [methylglyoxal - a naturally occurring antibacterial compound], so the higher MGO - the higher the antiseptic properties,** the more expensive it is. I think it goes from something like 10 up to 500. I've seen them with like 400 MGO for £70.

But I sell my jars of honey for about £6 or £7 each – people say, ah that's quite expensive – but I don't mix my honey with anything, I don't heat it up, that's just pure local honey there. So, what you've got there, in your tea, the bees have foraged on all the flowers, trees, plants, the gardens, everywhere around Bootle - maybe in about a 4km radius, about 2/3 miles from where the bee hives are – they probably go down as far as Walton or Litherland. They'll follow it along the canal – so wherever the best forage routes are. If it's somewhere that's too grey and concrete they won't go there, it's counterproductive for them, so they'll follow the line along the canal up to green spaces, local gardens, street trees.



Arthur: I saw a programme where there was nothing around at all but Rape fields and all the bees were going there, so would that Rape field yellow come through in the colour of the honey or is that a myth?

Andrea: I think the Rape seed is around mid to end of spring here in the UK, when you just see all that yellow in the fields, and if bees have just purely gone on that, the honey that is made from those fields is quite thick, and it crystalises very quickly. **Spring honey generally is quite light and airy, whereas summer honey goes a bit darker and autumn is darker again.** But in terms of taste and colour, I think rape seed honey is quite bland, that's why some beekeepers hate it - 'cos you can't tell your bees where to forage. If they go to the rape fields they'll bring back bland, crystalising honey. Whereas If they go to wildflowers, you'll get really nice light, quite delicious tasting wildflower honey

I've got a friend who put beehives at a lavender farm, around Prescott way....he put a few beehives there and he thought, right, I'll get some lavender honey, and he had about five hives there, and the bees were facing the lavender farm. And he watched them and they just flew out and flew somewhere else. You just can't tell, you can't say to your bees 'go over there', cos they know what's best for them.

Laura: I'd like to buy some of your Bootle honey!

Andrea: Well, it's very limited! **I don't take out as much as other bee keepers would, 'cos the bees have made it for themselves. Because honey bees don't hibernate, they're making all that honey for themselves, for winter, so I don't take off nearly as much as other bee keepers would take off – I'm a bad commercial bee keeper, but good ethically!** The weather's been lovely, we've had a nice spring but as it gets more cold and wet they'll eat their own honey stores, and then will replace it. I also don't feed my bees, a lot of beekeepers force feed them sugar water. It goes into a whole ethical thing – Rowse will buy honey from China and Brazil, places where land is big and cheap but there's not enough forage so they'll force feed their bees antibiotics and sugar water and the bees will think: well, there's food here, there's no point in flying out any further, so they just turn that sugar water into honey, just by taking out the water and adding their own enzyme. But it's like giving someone a glass of Sunny D or a glass of fresh orange - they look similar but you can taste the difference . Sugar water turned into honey or your Bootle canals, gardens, trees honey – that's why the taste is completely different, and it's a lot stronger.

It's actually a really difficult product to try and certify as organic or anything like that. I could say that my honey's organic but I don't actually know where my bees are going – if they're feeding on plants that have been sprayed with weedkiller, they might be bringing in poisons from the weedkiller into the honey.

ADD YOUR OWN



ROSEMARY



GARLIC



ARNICA



COMFREY

Lavender



Her



GINGER



SAGE



PULL OUT



Thyme

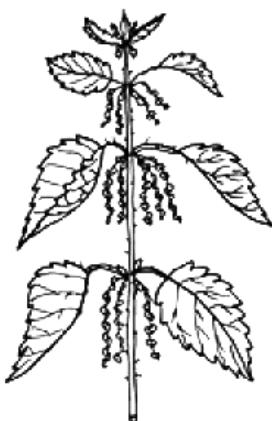


TEA



CURCUMA

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STINGING NETTLE



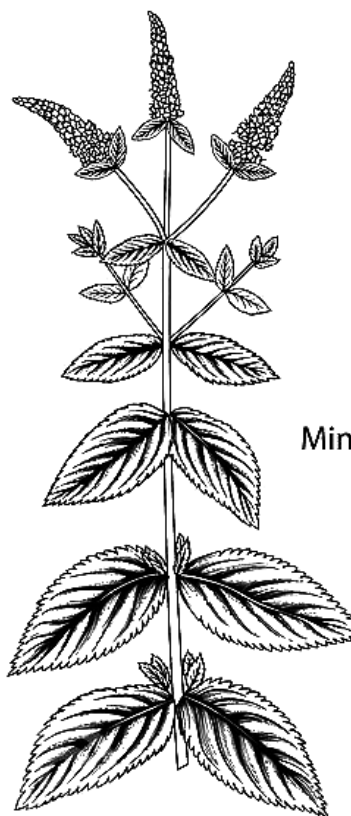
Chamomile



Wild rose



Plantain



Min

COLOUR IN



Jenni Ashwood Slice a onion into a bowl , sprinkle with sugar, cover and leave.
The syrup is really good for sore throats and coughs.



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Author

At The Library

Thanks Jenni! this is really interesting.
How long would you leave the onion to steep for? Would you mind telling us a bit about how you came to know this remedy?



Karen Owen Nettle tea is an all round tonic for your health but can relieve hay fever symptoms too if you make a tea out of it. You wash the nettles and boil some up on hob then after fifteen min strain and use it as tea you could use local honey for taste too



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Jenni Ashwood Human Libraries you get syrup in about 8 hours but since it dehydrates the onion you can't keep using the same onion.
They remedy came from my grandmother, who was born in 1880.



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Ailsa Burns My excellent mother-in-law would make and supply us with raspberry vinegar which was very good for easing the children's coughs

Like Reply · Message · 5d



Author

At The Library

Thanks so much Ailsa, really interesting! Would you take the vinegar neat or dilute it? And do you by any chance have a recipe for the vinegar that you'd be happy to share?



Ailsa Burns Human Libraries neat, by the tea spoonful, it was pretty sweet although acid. The little boys found it palatable.

Not my recipe and Granny no longer alive, but I think it was simply to fill a jar with ripe raspberries, add boiling sweetened vinegar, allow to cool, strain into medicine bottles. Were I to make it now, I might use cider vinegar

Like Reply · Message · 4d



Author

At The Library

Thanks Alisa! I can imagine it actually tastes really good

Like Reply · Commented on by Niamh Flaxton [?] 4d



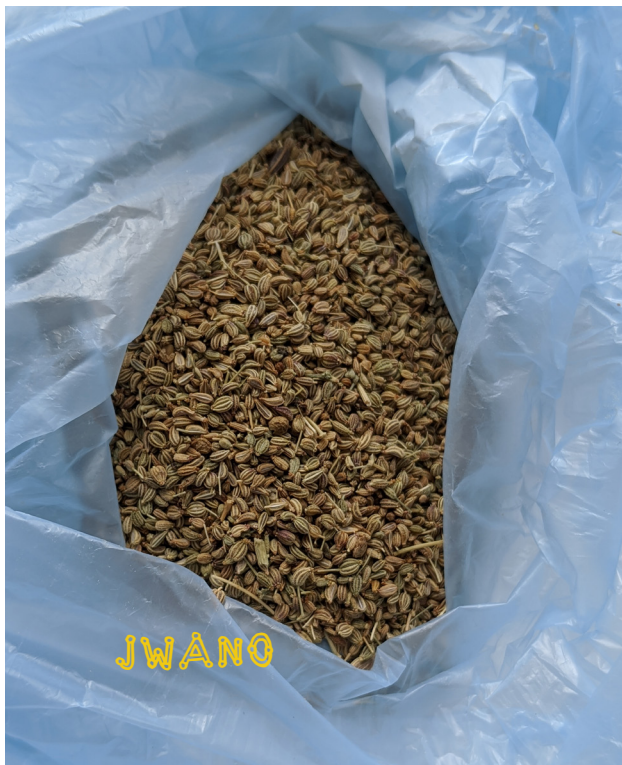
Ailsa Burns It did. This year, I should have a glut of blackberries and I think I might well have a go at making a blackberry one

Like Reply Message 4d

PRĀTIKSHĀ PAUDYĀL

Jwano - thyme seed - is pretty common in Nepal, I haven't really encountered it in the UK though. It's used as a remedy for many things, like coughs and minor cold/flu symptoms, and also used to increase milk supply in new breastfeeding mothers. My uncle and aunty have it every morning, but I think this is mainly in the winter, or if they get a cough in the warmer months.

Jwano soup is also something that I have had as a child, I remember my mum making it if for me, but I've never made it myself, and it was around 15-20 years ago since I last had it.



There are many Nepali dishes that fill me with extreme comfort but one particular dish that stands out is known as "Jaulo."

Jaulo is a one-pot dish of bhat combined with daal, rice combined with lentils.

Jaulo is a common meal given to sick people, it is easy to eat and digest, the texture is pretty one-dimensional, and it is not overpowering in flavour which is perfect when your taste buds cease to perform during ill times.

Babies are also weaned on jaulo, again the texture makes it perfect for this.

Many Nepali people will resort to jaulo when they are feeling sick.

It contains very few ingredients and requires just one dish to cook.

For me, the bright yellow colour of jaulo littered with the black methi (fenugreek seeds) will forever be comforting.

Ingredients:

1 cup of yellow or red lentils

1/2 cup of basmati rice

2 cups of water for cooking

ghee or butter or oil

1/2 tsp of methi (fenugreek seeds) and bear (ground turmeric)

1 small onion, diced into small pieces

1cm piece ginger and 2 garlic cloves, crushed using a pestle and mortar or with the back of a knife

salt to taste

Method:

Soak the rice and lentils for an hour, then drain.

Heat the pressure cooker over medium heat and add the ghee. When hot add the methi. When they blacken add the onion. When the onion turns translucent add the ginger, garlic and turmeric.

Mix for a few seconds, add the rice and lentils, mix together, then add the water.

Cover, wait for 3 whistles and then switch the heat off and leave for 10 or so minutes.

The jaulo should be rice pudding texture. If it isn't quite this, then cook it for a bit longer. Can also be cooked in a regular saucepan for 45-60mins until the mixture turns mushy, but still regains some structure.

* If you are not ill and would still like to make jaulo, then you can experiment with more spices (cumin, coriander, chili powder) and add chopped vegetables (broccoli, cauliflower, cabbage, carrots, peas). Serve it with some spicy Nepali tomato chutney, and fenugreek, garlic, and ginger fried spinach.



Karen Owen Another old one is to rub a wart with the inside of a banana skin and bury it in the garden. When it rots away your wart should have gone



1

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Author

At The Library

Wow that's fascinating - have you tried it?



Karen Owen Hi yes when I was young I'm 62 now had one on my knee that's something on the inside that does something to the wart is what I read later on in years but my gran told me..... You could also sell it to someone too was the superstition lol

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Author

At The Library

How amazing, I'll have to read more about this!
Also - do you mean that someone could 'buy' a wart??



Karen Owen If they gave you money to buy it yours would go and they would get it. It's a superstition this is why nobody would buy it lol

[Like](#) [Reply](#) [Message](#) 4d Edited



Author

At The Library

haha thanks karen, it's a great story though!



Karen Owen Rosemary can be put in bath for relaxation but also in water to rinse your hair for shine

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1



Author

At The Library Taking Root in Bootle Do you know anyone who might be interested in this?

[Like](#) [Reply](#) [Commented on by Niamh Flordan \[?\]](#) · 4d



1



Jude Powell Camphorated oil rubbed on your chest if you have a cough and warmed in your ear if you have earache. It works.

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1



Karen Owen My gran swore by rubbing goose fat on the front and back of your chest.... I always suffered with bronchitis and worked every time stops that awful coughing.... You keep the fat from when your cooking a goose... Loads of fat comes out of it and you can pour it into jars and keep in the fridge

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1



Jenni Ashwood Cowslip flowers contain a mild hallucinagen, and were used in cough syrup.

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1



Comfrey Oil Lucy Dossor

Project Director
Growing Sudley CIC
www.growingsudley.com

Comfrey is such a giving plant, for something so prickly and tough. As well as using the comfrey leaves for compost tea, to activate the heap, and as a mulch, I also like to make this oil.

Like any infused oil, you just dry the leaves for a day or two, chop and add to a large jar.

Fill the jar with your favourite carrier oil – almond, olive, grapeseed etc, and leave for a few weeks to infuse. I left mine for about 6 weeks and it turned a beautiful green colour.

Strain out the leaves (compost) and use either neat or to make balms, salves, ointments and creams.

Comfrey, also known as knitbone, is wonderful for healing bones, breaks, fractures, sprains etc. Also for joint pain, rheumatism, arthritis and muscle strain. It's such a great healer that you shouldn't put it on cuts until they've closed over, in case it heals the surface wound before the deeper wound has healed and causes internal infection. If used on broken bones, wait until the bone is set in the correct position before using comfrey.





A PERIOD PAIN REMEDY AND ITS COMMODIFICATION JESSICA EL MAL

When I had period pain in Morocco, amty (aunty from fathers side) would turn on the iron and get a patch of scrap cotton fabric from her draw. She would gather a lot of lavender and fold it carefully in the material, so you're left with like a flat rectangular parcel. Then she'd press the iron on both sides, getting it nice and hot, and instruct me to place it on my skin. I used to place it under my t-shirt with the band of my underwear to hold it in place. The material would stay hot for a really long time and the soothing lavender really helped me relax and lull me to sleep.

I always thought the whole process of it was very caring and beautiful, and I've since found that Amazon sell heat pouches - mass produced, full of plastic beads - that have a lavender scent and you heat up in the microwave. There are all these reviews, though, of them breaking and beads exploding everywhere, or of the smell fading meaning they can't be used forever. If that's not a senseless commodification of something you can pretty much achieve yourself for next to nothing I don't know what is!

Jessica El Mal
Artist, Producer and Curator
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Image: DIY Lavender Sachets: Laura Kaesshaefer

KATERINA MIMIKOU MINT SAGE, LEMON TEA AND CUPPING

Every time I get a cold I cough so much I feel my lungs are going to come out. And the nights are the worst. From the moment I lay on the bed, the true nightmare begins as I won't be able to sleep for most of the night. I have gone to different doctors many times to help me with that, but none of the pills and inhalers I have tried ever helped me.

So, one night my grandmother was sleeping in the room next to me and I just couldn't stop coughing. It was late, 3 or 4 am I think. And I heard her:

- "Ach, my Katerinaki, what is happening? Aren't you going to sleep at all tonight?"

She went to the kitchen and after a few minutes turned the lights on to my room and gave me a cup. "I made you a tea with mint, sage and lemon. You should drink it now that it's hot! Try to swallow it slowly."

I drank the tea with my grandma next to me the whole time. I was so sleepy that I remember trying very hard not to close my eyes and spill the hot tea on me. When she had made sure I'd drunk it all she went back to sleep.

The quietness lasted for an hour or so. After that my intense cough came back. This time was much worse because the only thing I wanted was to sleep but my whole body was hurting and moving constantly. I heard my grandma again, waking up and coming to my room "Do you want me to put cups on you?" she asked.

I remember replying yes, not knowing what she meant. I fell asleep, I don't know for how long until I woke up with my grandma on top of me holding a flaming fork. I got so scared, seeing this fire so close to me.

"Don't be afraid, I'm going to put cups on you!" grandma said.

I had no idea what exactly cupping was. So I just lay down and let her put the cups on me. It felt so nice and warm. When she finished I fell asleep and woke up in the morning. That's when I asked her what exactly she did whilst cupping.

"You take a piece of cotton with a little bit of alcohol on it and put it on the fork. You then light the cotton and 'stroke' the bottom of a glass of water with the fire. You then put the glass on the skin, twist it and pull it up. This is cupping. It's not a big deal. It is better if you use small glasses, like ouzo or shot glasses, not the big ones I used yesterday. My mother did this to us when we caught colds and I learned it from her."

My cough slowly went away. I enjoyed cupping very much and I found the bruises that the cups left on my skin very funny. I felt like an octopus and decided to dress up as one for the Greek Halloween (Apokries).

TEA BREAK REMEDY SWAP

Arthur: When I heard about this event I got interested in the idea of drinking tea for survival, and I found some examples of tea drinking in war time. There are some interesting examples of soldiers making teas - or a facsimile of black tea - using whatever is around them. **When Orwell was fighting in the Spanish civil war, the soldiers ran out of tea, and they were trying all sorts to get some kind of tea, but they ended up using peels from citrus fruits, and sumac, and mixing things together, and their tea became something like lady grey, herbal and fruity.** And I also picked up something on the radio about the Burmese Railway - it was a programme about the film The Railway Man. **The POWs there used red cross boxes as a kind of mulch, and they'd grow plants to use as teas.** Apparently one of the guys over there with the POWs was from a Hahnemann hospital [homeopathic hospital], and he would treat the men with all kinds of natural remedies. **And for tea, they'd used the seedlings they'd grown, with some sort of bark, and they'd drink the liquid through a piece of bark. They'd use saps and juices from plants, and fresh clippings from plants which they'd grown from these red cross boxes.** The Desert Rats would put cactus pieces on the radiator overnight so the cactus pieces would dry out and they'd use that for tea - there are lots of examples of what the army does when there's no tea to be found.

Laura: I wanted to just say something about food as therapy - maybe this relates to the way we drink tea in this country. Something around sensing that what you are eating is therapeutic - even though it's not always necessarily good for you, like **there's this Scouse thing where people mash up a boiled egg in a cup and eat that - it's called a Chuckie Egg - and it's like a therapeutic process to make you feel better.** It's not necessarily good for you but I think it's the psychosomatic effect of doing that process, or of someone making something for you.

I also wanted to mention Willow bark! There are a lot Willow trees by Bootle library, and apparently willow bark is where we get aspirin from.

Raju: That's super interesting, **a lot of people wouldn't know that aspirin has a herbal base to it, because many people don't like herbal remedies and they say, oh no, I'll take aspirin, but a lot of western medicine is based on herbal remedies.**

Laura : Yeah, it was commercialised by Bayer I think, in 1915, who isolated the active ingredient from Willow bark. But it had come from a very ancient time when people just knew.

I always wonder how people just knew that? How do people work these things out?

I think, in England, one of the places our folk medicine has come from is kind of the so called dark ages – all this knowledge has come from times that were a bit witchy..

I think when the Norman invasion happened and England became more of a religious place I wonder if we lost some of our folk medicine culture.

Faye: It's interesting what you say about that...not, necessarily lost knowledge...but that **we often forget that there are so many things out there in nature that you can get through your diet that will help you feel better in yourself**, even if they're not good for you they might help anyway, they might be soothing in some way

Niamh: I was thinking about this too – I was thinking about this conversation and what I could contribute, and I think I come from a background that hasn't really used natural remedies all that much – and that goes back a few generations. I remember bottles and bottles of pills lined up on the countertop in my Grandparents' house – some of this was medication but most of it was vitamins and supplements, **They [my grandparents] were Canadian, and my nana was a working mother with four kids in the 1950s, and she was fully into convenience food as a very liberating thing. But I think they maybe replaced some of the nutrition you'd possibly lose by eating this food - my mum remembers lots of something called 'shake n bake' chicken, and TV dinners - by taking vitamins and supplements.** So I've been thinking about the way we sometimes translate these natural ingredients into something nearly pharmaceutical.

Pratiksha: **I think nowadays people are resorting more to natural remedies than ever before. My family – they are practicing Ayurvedic medicine, based on old Indian practices.** Some of them are getting heavily involved in that kind of stuff, I think that now more than ever I think people are resorting back to natural remedies.

Niamh: I was going to show something that I brought along, which is broadleaf plantain - which you'll find growing in any lawn - and I was thinking about, **as someone who has a young child to care for, whether I give them any natural remedies. And there was this moment that stuck with me just after lockdown where my son got his first nettle sting – and it was a really bad moment, because he'd become kind of afraid of the outdoors during lockdown.** And we went out to the countryside for the first time after lockdown, and he was afraid of everything. He was afraid of the bugs, the brambles, the animals, and it was definitely a reaction to having been inside so much. And then he got his first nettle sting and it all swelled up, and I thought, oh no - this is another thing to make you afraid of going outside! But then I remembered - well, I'd always believed that dock leaves could soothe a nettle sting, but **I'd actually been on a walk once with someone who forages for a living, and she told me that dock is not really effective, though it may work as a placebo – but that broadleaf or ribwort plantain is a natural antihistamine.**

And what you can do is chew it up, and spit it out, to make kind of an instant poultice, and spread it on the sting (or yourself, or your child, or someone close to you I guess!), and it brings the swelling down. **So, it was great, I was able to tell him - yes there are things outside that can hurt you, but here is something that can soothe you.**

Andrea: In terms of remedies, I think I'm in a similar ilk to you Niamh – everything in tablet form growing up. For me, it kinda was a bit like that. My mum is 72, 73 now and she kinda was like that – everything was a 'make you better' tablet.

In terms of remedies for me, I am stepping away from my mum's habit of painkillers and things like that –and I am going more towards... **I mean, honey to me is the best thing, 'cos I know where it's come from - it's my honey, and it's local.** I drink it with lemon and ginger and a bit of hot water. It's the best thing, I think, and what helps is **I know which hive it's come from, the temperament of the bees, that they're healthy bees, what landscape they've foraged on. I think that in itself - like we've talked about the psychological placebo effect, and because I know where they come from, I think that adds another layer of remedy to the honey.**



I've also just started to make lip, hand, face, body balms, called Liverpool Bee Balms, and I use the beeswax from my hives. I know that healthy bees have made this lovely, lovely wax, that I use. I make polish as well, and wax wraps, candles. I'm getting into starting to make other ethical products as a balm, like deodorants, making them with natural ingredients, including wax and honey, and I think if I wasn't doing beekeeping I wouldn't know any of these things and I'd probably be slipping into my mum's ways of tablets – the Costco lifestyle!

I think there's a lot to say about bees! Because they've been on the planet for, I think, about 35 billion years longer than people have, so they know, they've adapted and they know – they've lived off plants, and they still do

....there's a lot to say about animals that have been on this planet longer, and rely on plants and rely on the sun and rely on the rain to kind of, make everything come together and happen – and then humans come along – but that's another discussion really about how bees have evolved and adapted.

I'm learning so much from bees, from their diet and their lifestyle. Everything they make and do, it's all for the colony. Each colony is decentralised, they don't have a leading authority – people think the queen bee is that, but it's a proper community, they are all working together for the future of that colony, they're all thinking about - when they're dead, who is going to take over? I think there's a lot to learn from that – I'm not saying we should all be like that, but we could, we should. How bees live, how they eat, how they help each other, it's their own remedy in itself...



Arthur: Before we go I want to remember tea growers in Assam ...there's been over 180 people killed in Assam, India, and 4.5 million people have been forced to flee their homes due to flood water and mudslides, **I think we should think of these people as we drink our tea, be aware of it, and pass the message on**

Laura: Thank you Arthur, it's really important to remember the people who... we drink their product here in the UK

Raju: It's really great to hear everyone's comments about remedies. I'm really inspired by the bees and how they work collectively in this way - **thinking about collective care in terms of the origin of how we get these remedies and ingredients, whether we're aware of it or not.** What Arthur just spoke about, **where do these ingredients come from and then how people in these places are impacted is really important to also think about - Where are we getting our remedies?**

We're all connected as beings, beyond being human as well as Andrea pointed out, and it's important to see that line of connection between us and other beings because Covid and capitalism are isolating us and it's important to think about that collectivity and connectivity that exists between us and our land and all it grows- with all our remedies! I've learnt some new remedies today which I will pass those on as well. Im sure you all have and will too!

THANK YOU

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