

## Hives

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Urticaria or hives is a relatively common form of allergic reaction that causes raised red skin welts that range upwards from 5 mm (about a 1/4 inch) in diameter, itch severely, and often have a pale border. Urticaria is caused by direct contact with an allergenic substance (generally a plant, such as poison ivy), or an immune response to food or some other allergen. Hives can also be caused by stress. Urticaria is also known as nettle rash or uredo.

**Alfalfa, Bilberry Extract, Cat's Claw, Chamomile, Echinacea, Ginseng, Licorice, Nettle, Sarsaparilla, and Yellow Dock- Internal/External** Purposes: These ten herbs contain properties for soothing and aiding the hives. Alfalfa is a blood purifier that cleanses the blood and rids the body of toxins. Cautions: Do not use Chamomile for extended periods of time and if allergic to ragweed, do not use at all. Licorice and ginseng is not to be used if you have high blood pressure. Do not use on a daily basis for more than seven days at a time.

**Aloe vera- External** Purposes: Has soothing qualities that can be applied to the affected area.

**Black Nightshade Leaves- External** Purposes: Make a poultice with this herb by doing the following: Wash and boil the leaves in water, place them on a towel and apply this poultice to the affected area. Cautions: This herb is not to be taken internally and make sure you don't touch your eyes with this on you hands.

**Red Alder Tree Leaves and Bark- Internal/External** Purposes: Make into a strong tea, apply it topically to the affected area and also take two tsp. Internally. Repeat this procedure several time daily until the hives are gone. Tannin is an astringent contained in this herb.