

QUICK REFERENCE SHEET

PPAC

(Formerly Pain Pack)

Comfrey Root, Ginger, Lobelia, Mullein Flower,
Mullein Leaf, Oregon Grape, Poke Root, Slippery Elm,
Wormwood



1.50 Slippery Elm
0.75 Comfrey Root
0.75 Mullein
0.50 Lobelia
0.50 Wormwood
0.25 Ginger
0.25 Oregon Grape
0.25 Poke Root

Total Herbs 4.75 oz

The following can be added for inflammation: 0.50 Bay and 0.50 Fenugreek

PPAC is used as a soak, a compress, made as a liniment, a soaked oil, or as a salve. A compress seems to work the best because of the heat and moisture, but the other methods have the advantage of being much more convenient. PPAC works really well on sprains and bruises. The sooner after the injury that you use it (before inflammation has really set in), the more effective it will be! This used to be a standard and much-used recipe in our family—and then we discovered the world of essential oils!