

HEALING IN ACTION ZINE

**STREET YOUTH  
RISE UP!**



## **HEALING IN ACTION IS A PART OF OUR CAMPAIGN CALLED STREET YOUTH RISE UP!**

**HEALING IN ACTION IS A PART OF OUR CAMPAIGN BECAUSE**

- **OUR RESEARCH SHOWS THAT THE MORE WE BUILD OUR RESILIENCE THE MORE WE CAN FIGHT BACK!**
- **OUR RESEARCH SHOWS WE ARE DENIED HELP FROM INSTITUTIONS SO WE NEED INFORMATION ABOUT HOW TAKE CARE OF OURSELVES.**
- **POLICY TAKES TOO LONG (ALTHOUGH WE ARE WORKING ON THAT TOO) AND WE NEED INFORMATION NOW ABOUT HOW TO HEAL OURSELVES AND OUR COMMUNITY!**

**HEALING IN ACTION MEANS:**

**YOU HAVE A RIGHT TO HEAL ON YOUR OWN TERMS AT YOUR OWN PACE**

**YOU HAVE A RIGHT TO INFORMATION AND SUPPORT TO TAKE CARE OF YOU AND YOUR BODY HOW YOU SEE FIT**

## **WHAT THIS ZINE IS... AND WHAT THIS ZINE IS NOT...**

### **THIS ZINE IS...**

**A WAY TO INSPIRE US TO TAKE CARE OF EACH OTHER AND OURSELVES**

**A WAY TO SHARE IDEAS THAT HAVE WORKED FOR US SO WE CAN ALL HAVE MORE TOOLS**

**FULL OF TIPS ABOUT HOW TO GO TO THE DOCTOR, HOW TO TAKE CARE OF YOURSELF AFTER YOU GO TO THE DOCTOR, AND WHAT TO DO IF YOU HAVE A BAD EXPERIENCE**

**A DICTIONARY OF SOME HERBS (BUT NOT ALL) AND SOME WORDS (BUT NOT ALL) THAT PEOPLE USE WHEN TALKING ABOUT HEALING**

### **THIS ZINE IS NOT...**

**INTENDED TO REPLACE MEDICAL CARE OR DISCOURAGE YOU FROM GETTING MEDICAL CARE**

**A REPLACEMENT FOR A TRAINED HERBALIST OR DOCTOR**

**TELLING YOU TO USE HERBS THAT HAVE NOT BEEN APPROVED BY THE FOOD AND DRUG ADMINISTRATION (FDA)**

**A GUIDE TO ALL WAYS OF HEALING—THERE ARE SO MANY OTHER WAYS THAT WE ALL USE EVERYDAY THAT MIGHT NOT BE IN HERE. CONTACT [SELF CARE@YOUAREPRICELESS.ORG](mailto:SELF CARE@YOUAREPRICELESS.ORG) TO GIVE US FEEDBACK OR IDEAS!**

# FIRST THINGS FIRST

HOW TO RECOGNIZE WHEN YOU MUST  
GO TO A DOCTOR...  
HERE ARE SOME RED FLAG  
SYMPTOMS TO CONSIDER



This is a partial list of possible Red Flags you may see in yourself and others. If you are noticing a sign or symptom that is not on this list but that feels like a medical emergency, trust your intuition and head to the nearest trained health care provider or hospital. Try to get there as fast as you can.

If you think you need to go to the hospital or doctor, look at the following pages to help you have a better experience.

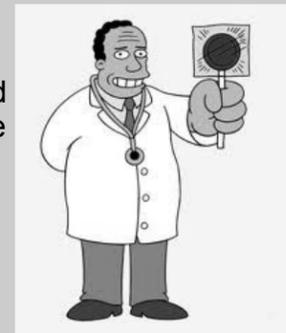
Please email YWEP at [selfcare@youarepriceless.org](mailto:selfcare@youarepriceless.org) if you have questions or concerns about anything you are reading.

### Talk to a Doctor if you experience...

- Extreme thirst that is not quenched when you drink water
- Extreme fussiness or sleepiness in infants and children; irritability and confusion in adults
- Very dry mouth, skin and nose, eyes
- Lack of sweating
- Little or no urination -- any urine that is produced will be dark yellow or amber, possibly red or pink
- Sunken eyes
- Sudden swelling
- In infants, sunken soft spots on the top of a baby's head
- Low blood pressure (or when you feel or listen for the pulse, you can barely feel one)
- Rapid heartbeat or no sign of heartbeat
- Rapid breathing
- No tears when crying (could be severe dehydration)
- Prolonged fever
- Chest pain or pressure
- fainting
- Difficulty breathing
- Bleeding that does not stop
- Bad injuries from a fall or accident
- The start of seizures or convulsions or ones that do not stop
- A sudden asthma attack that does not stop
- Sudden numbness of or not being able to move an arm, leg, or one side of the face or body
- Sudden loss or change in vision
- A sudden very bad headache, especially with neck pain or change in consciousness
- Any sign of infection - especially if lines appear from the wound
- A cold, cough or sore throat that won't leave

## WHAT TO KNOW IF YOU HAVE TO GO...

- You are in charge of what happens to you. If you are under 18 and you are worried about not being in control of what happens to you, go with someone older who you trust who can have your back.
- No matter what your age, Gender, or Immigration status, you do not have to have ID to go to the hospital. In fact, some young people have reported that not showing their ID has helped them. Can you think of reasons why?
- You have a right to get ALL the information about your health from your doctor and ALL your treatment options.
- If you are over 18 you always have the right to refuse any treatment. They have to get your permission before they do any treatment or surgeries- no matter how small. We have heard of people being threatened with being locked up in Psych if they refuse treatment. Everyone has the right to sign out of the hospital AMA (against medical advice). They have a form you can sign so you can leave AMA. You can ask for this form at any time.
- If you are under 18 and you are alone you can ask for an advocate. Lots of times hospitals will give one to you whether you want one or not. This advocate is a social worker. Try to think of things you might do or say if a social worker starts asking you questions.
- Even though they act like you don't- you DO have a right to choose who treats you. For example- you can say- I want a woman doctor- and they are supposed to listen to you. They might say- we have no women on staff or something like that. At that point YOU get to decide if you want to stay or leave.
- Always try to have someone you trust with you to act as your ally and help you ask questions, remember details and fight for you.
- If you are getting tested for HIV, this test will be both anonymous and confidential. This means that you don't give your name or other identifying information. If you are getting tested for STIs, like Chlamydia and Gonorrhea, this test will be confidential and you will have to give identifying information. However, you do NOT need an ID to get tested. You only need an ID if you want to get your results in writing.
- If you are going to the doctor (and its not an emergency) take some time to make a list of all your symptoms and the issues you want to talk about. This will help you remember and feel prepared.

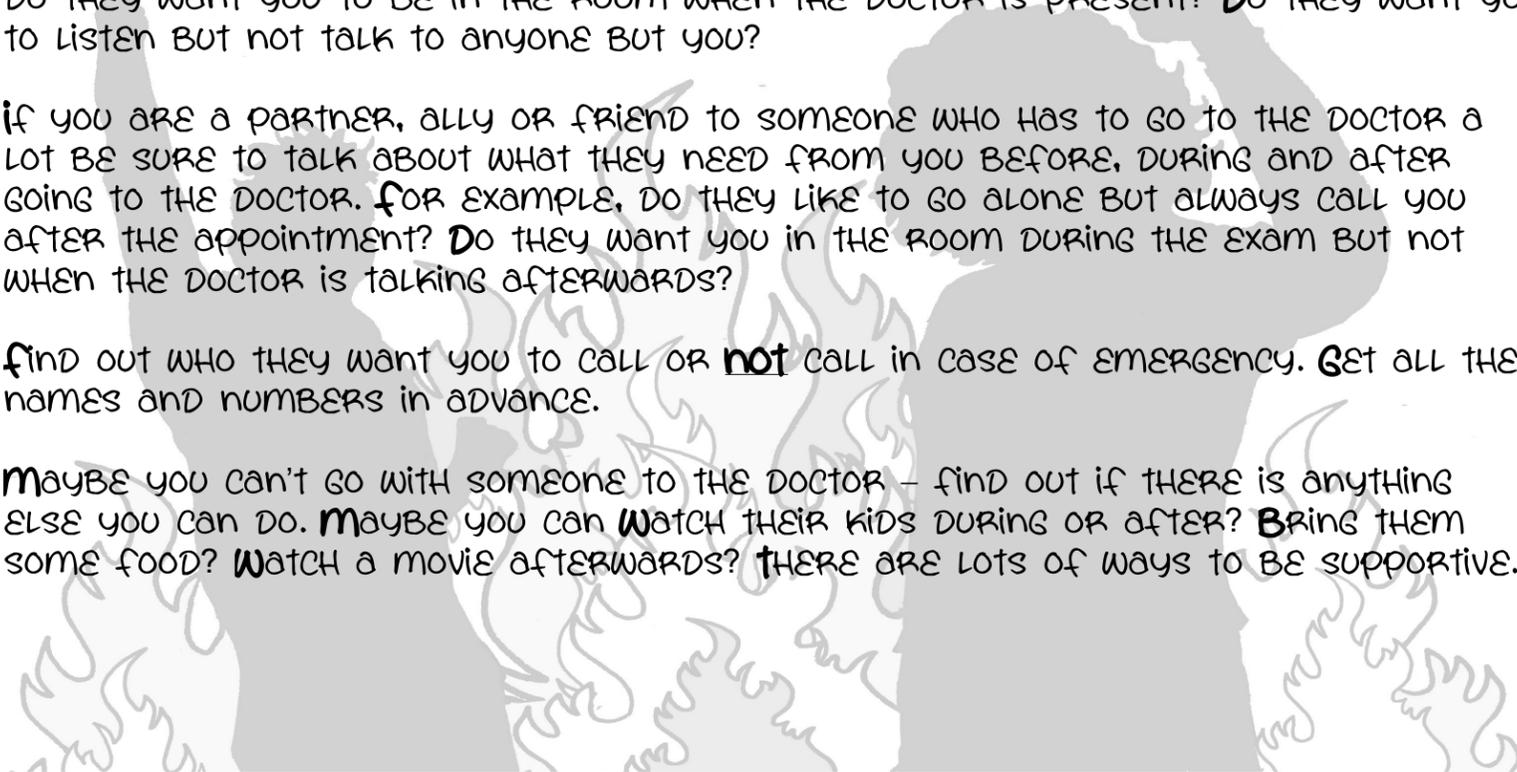


- YOU have a right to ask questions and interview the doctor or nurse. You can ask them what they believe, you can ask them about their training- you can ask them anything you want. If you are not in an emergency room then you can use this information to help you decide if you want them to be your provider. Know that in emergency rooms you often can't choose your provider.
- You do not have to answer every question they ask you. You can refuse to answer questions or only give info you are comfortable with sharing. You can also ask a doctor why they are asking you for the information because sometimes they have a reason.
- If you are worried about telling the truth because you are afraid of the law (like if you have OD'd or you were hurt by someone)- give the info you think will keep you safe. You can also contact self-care@youarepriceless.org for help sorting out what info to give.
- In emergency situations, providers will want to make sure you are in a stable condition before you may have the chance to talk. If you think you might have an emergency- like if you have a health condition you know about or you are concerned about Overdose, you can write things down in advance and keep it on you. For example, you can write down who to call in an emergency and keep it with your ID or wallet.
- If you are over 18 you can fill out a form called a "Health Care Proxy." You can get it online for free or you can buy them at office supply stores like staples. This form allows you to choose who can make decisions for you in case something happens to you and you can't decide for yourself. You can fill this form out and keep it with your wallet or ID.
- If there are people who want to be with you and they stress you out or make you feel bad, they don't have to come with you Even if they insist...it's your decision not theirs!
- Before you go, think of ways that you can take care of yourself during the appointment...especially if you will be there for a while. Can you bring music? Can a you bring aromatherapy? A friend?
- Ask your doctor for a low cost prescription if you are concerned about money. Target and Walmart have \$4.00 prescriptions! Print the list of their drugs they offer at this price from their website and bring it with you. Your doctor can choose from the list.
- If you have a bad experience remember that you can file a Bad Encounter Line report at [www.youarepriceless.org](http://www.youarepriceless.org) or call 773-728-0127 and press the option to file a bad encounter report. They are anonymous and help us understand who isn't helping us!

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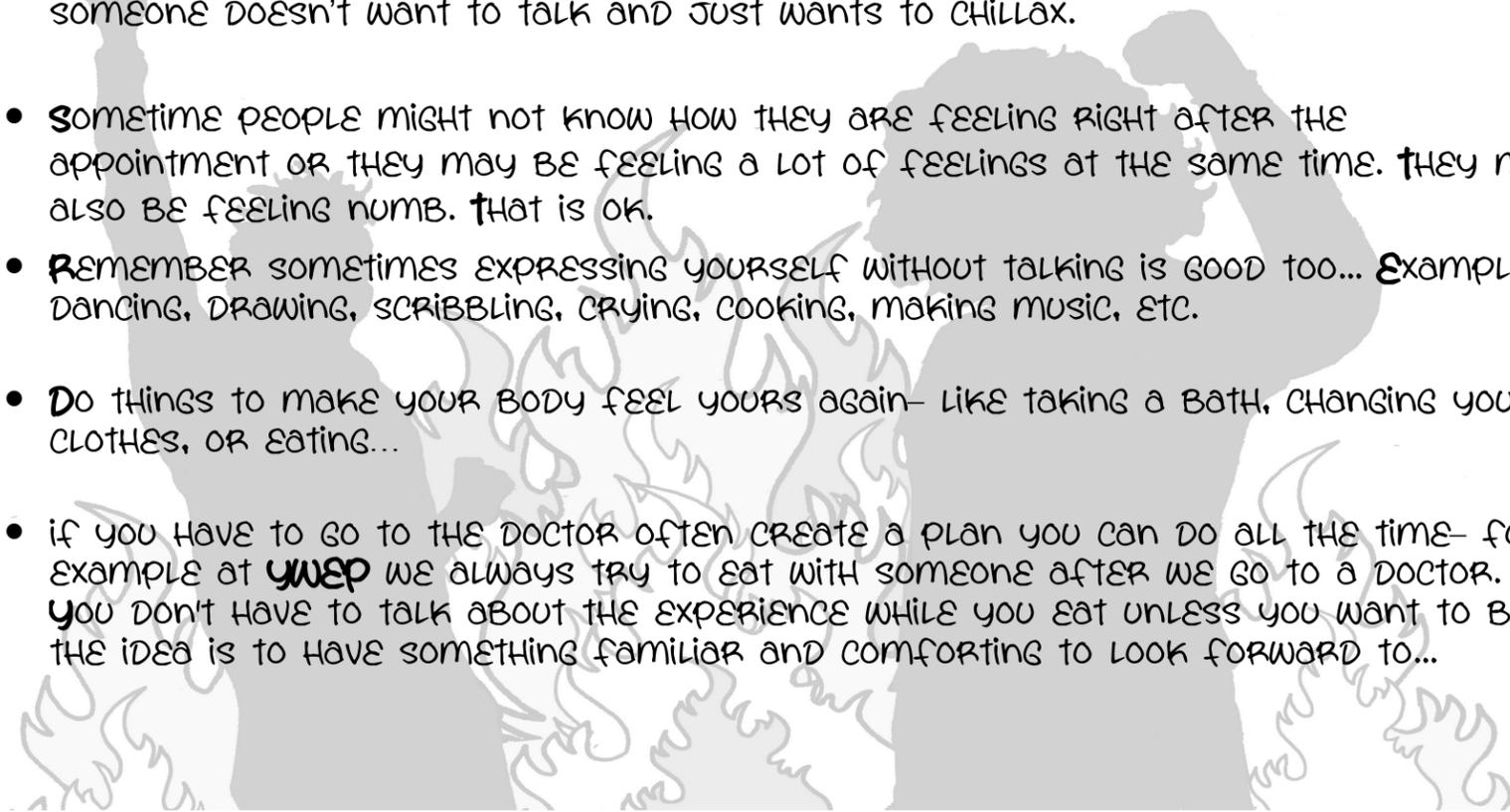
## HOW TO BE AN ALLY IF SOMEONE YOU CARE ABOUT IS GOING TO THE DOCTOR

1. FOR SOME PEOPLE, GOING TO THE DOCTOR IS NO BIG DEAL AND FOR OTHER PEOPLE IT'S **HUGE!** DON'T PRESSURE SOMEONE TO GO OR NOT GO... **JUST** ASK THEM WHAT THEY NEED AND WHAT YOU CAN DO TO SUPPORT THEM. **WRITE** THIS LIST DOWN SO YOU DON'T FORGET IN CASE THE VISIT IS LONG AND TIRING.
2. IF THEY WANT YOU TO GO WITH THEM TO THE DOCTOR MAKE SURE YOU BOTH HAVE A PLAN AND HAVE THE SAME STORY... ALSO MAKE SURE YOU KNOW WHAT THEY WANT FROM YOU- DO THEY WANT YOU TO BE IN THE ROOM WHEN THE DOCTOR IS PRESENT? **DO** THEY WANT YOU TO LISTEN BUT NOT TALK TO ANYONE BUT YOU?
3. IF YOU ARE A PARTNER, ALLY OR FRIEND TO SOMEONE WHO HAS TO GO TO THE DOCTOR A LOT BE SURE TO TALK ABOUT WHAT THEY NEED FROM YOU BEFORE, DURING AND AFTER GOING TO THE DOCTOR. **FOR** EXAMPLE, DO THEY LIKE TO GO ALONE BUT ALWAYS CALL YOU AFTER THE APPOINTMENT? **DO** THEY WANT YOU IN THE ROOM DURING THE EXAM BUT NOT WHEN THE DOCTOR IS TALKING AFTERWARDS?
4. **FIND** OUT WHO THEY WANT YOU TO CALL OR **NOT** CALL IN CASE OF EMERGENCY. **GET** ALL THE NAMES AND NUMBERS IN ADVANCE.
5. **MAYBE** YOU CAN'T GO WITH SOMEONE TO THE DOCTOR - **FIND** OUT IF THERE IS ANYTHING ELSE YOU CAN DO. **MAYBE** YOU CAN **WATCH** THEIR KIDS DURING OR AFTER? **BRING** THEM SOME FOOD? **WATCH** A MOVIE AFTERWARDS? **THERE** ARE LOTS OF WAYS TO BE SUPPORTIVE.



## TIPS YOU CAN USE TO TAKE CARE OF YOU AND OTHERS AFTER THE DOCTOR

- SOMETIMES JUST BEING THERE PHYSICALLY WITHOUT TALKING CAN BE A GREAT SUPPORT.
- IF YOUR FRIEND WANTS TO TALK ABOUT THEIR EXPERIENCE LET THEM VENT AND LET OFF STEAM- DON'T JUDGE WHAT THEY ARE SAYING OR QUESTION THEM TOO MUCH. MAYBE SOMEONE DOESN'T WANT TO TALK AND JUST WANTS TO CHILLAX.
- SOMETIME PEOPLE MIGHT NOT KNOW HOW THEY ARE FEELING RIGHT AFTER THE APPOINTMENT OR THEY MAY BE FEELING A LOT OF FEELINGS AT THE SAME TIME. THEY MAY ALSO BE FEELING NUMB. THAT IS OK.
- REMEMBER SOMETIMES EXPRESSING YOURSELF WITHOUT TALKING IS GOOD TOO... EXAMPLES: DANCING, DRAWING, SCRIBBLING, CRYING, COOKING, MAKING MUSIC, ETC.
- DO THINGS TO MAKE YOUR BODY FEEL YOURS AGAIN- LIKE TAKING A BATH, CHANGING YOUR CLOTHES, OR EATING...
- IF YOU HAVE TO GO TO THE DOCTOR OFTEN CREATE A PLAN YOU CAN DO ALL THE TIME- FOR EXAMPLE AT **YWEP** WE ALWAYS TRY TO EAT WITH SOMEONE AFTER WE GO TO A DOCTOR. YOU DON'T HAVE TO TALK ABOUT THE EXPERIENCE WHILE YOU EAT UNLESS YOU WANT TO BUT THE IDEA IS TO HAVE SOMETHING FAMILIAR AND COMFORTING TO LOOK FORWARD TO...



# HEALING WITH YOUR NOSE

## Aromatherapy

For soothing self care, essential oils are most often used on your skin or in a bath. Put a drop or 2 on the inside of the wrist, inside of the ankles, at the temples, the middle of the forehead (at the third eye), the top of the head, or at the inner ankles.

You can put a few drops them in a totally clean (or new) spray bottle with clean water and use them as a spray. You can also mix them into olive oil or another carrier oil (like grapeseed or almond oil) and use as a great massage oil for the body.

To make a great essential oil bath salt, get Epsom salts from a drug store. Put about a cup of Epsom salts in a ziplock baggie or any container you can seal tightly. Put 5-10 drops of the essential oil on the bath salts and either shake or mix the oil into the bath salts. Place the whole cup of bath salts in warm, running water and dissolve the salts before stepping into the bath.

Each oil is special for its own ability. You can use them individually or in combination for your own healing. The following are just a handful of the essential oils out there, but these are some of our favorites.

Bergamot Key words: release, relax, uplift

How it smells: sweet, fruity, citrus, slightly floral Energy: cool and dry

What it does: antidepressive, refreshing, cooling, calming, stimulating to the digestion

Helps with: anger, loss of appetite due to stress/anxiety, abdominal pain/upset, abdominal spasms, releasing emotions, depression, insomnia, anxiety, unproductive behavior, addiction, spontaneity, letting go



Chamomile Key words: calm control, easy acceptance

How it smells: Roman chamomile is warm and sweet, German chamomile is sweet and bitter Energy: cool

What it does: pain relieving, anti-inflammatory, calming, clears heat, stimulating to the digestion

Helps with: menstrual pain and other issues, chronic tension, insomnia, nausea, indigestion, constipation, irritable bowels, headache, asthma, skin disorders, frustration, resentment, depression, self-criticism, rigid thinking, acceptance of our limitations

Clary Sage Key words: revitalize, clarify, inspire

How it smells: warm, bittersweet, musky, slightly spicy Energy: dry, neutral temperature

What it does: antibacterial, anti-depressive, relieves spasms, stimulates digestion,

Helps with: eye issues, clarity of vision, tension, fatigue, muscle stiffness and spasms, abdominal distention, gas, irritable bowels, premenstrual tension and symptoms, cramps, labor pains, shallow breathing, difficulty breathing, chest constriction, throat infections, coughs, mental fatigue, depression, anxiety, indecision, emotional confusion, excessive worry, intuition

Coriander Key words: joyful stability, calm creativity

How it smells: warm, spicy, sweet, slightly Energy: warm and dry

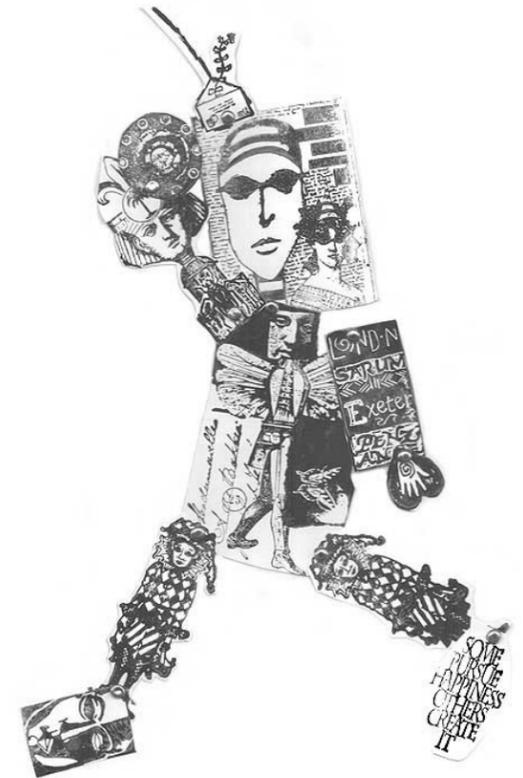
What it does: pain relieving, anti-bacterial, antidepressive, relieves spasms, stimulates digestion, general tonic

Helps with: poor appetite, indigestion, abdominal distention, gas, cold types of pain disorders, rheumatoid arthritis, osteoarthritis, muscle pain and stiffness, mental fatigue, nervous exhaustion, overthinking, depression, anxiety, resilience, protection, peace, security

Eucalyptus Key words: optimism, openness, freedom

How it smells: strong, fresh, slightly sweet Energy: warm and dry

What it does: antibacterial, antifungal, antiviral, decongestant, stimulates the immune system, insect repellent, stimulates blood flow



Helps with: lung disorders, opening the chest, excessive phlegm in the nasal passages and chest, infections, common colds, sinus infections, sore throats, bronchitis, boosts the immune system, cold types of body pain and cramps, emotional cleansing, promoting optimism, releasing negativity or excessive worry, renewal

Frankincense Key words: tranquil contemplation, spiritual liberation

How it smells: rich, slightly citrus Energy: cool and dry

What it does: pain relieving, anti-bacterial, antidepressive, calming

Helps with: tension, nervous exhaustion, stress, irritability, restlessness, insomnia, depression, bronchitis, asthma, chest tightness, shallow breathing, sinus infection, sore throats, pain, rheumatic pain, menstrual pain, abdominal pain, strengthening the immune system, meditation/prayer/contemplation, stilling the mind, easing mental chatter, worry, overwhelmed thoughts, insight

Ginger Key words: initiative, self-confidence, accomplishment

How it smells: spicy, warm, sweet, woody Energy: hot and dry

What it does: pain relieving, stimulates the digestion, stimulates blood flow,

Helps with: colds and chills, nausea, morning sickness, travel sickness, cold types of illness, poor appetite, indigestion, abdominal distention, gas, cold hands/feet, low libido, impotence, chronic fatigue, motivation, willpower, determination, confidence, morale, vitality, procrastination, disconnection with physical body, depression

Jasmine Key words: desire, creativity, harmony

How it smells: warm, rich, floral, sweet Energy: neutral temperature, neutral moisture

What it does: antidepressive, calming, moistening

Helps with: uterine tone, sex drive, relaxation, tension, uplifting the mind, anxiety, restlessness, depression, impotence, low libido, thoughts of inadequacy/undesirability, vaginal discharge, labor, endurance during difficult times, physical and emotional fertility, fear, anxiety, awakening passion and love, intuition

Lavender Key words: calm composure, easy self-expression

How it smells: fresh, soft, floral, bittersweet Energy: cool and dry

What it does: pain relieving, anti-bacterial, anti-inflammatory, relieves spasms, calming

Helps with: pain, feelings of unrest, headaches, migraines, constipation, irritability, nervous tension, insomnia, palpitations, high blood pressure, premenstrual symptoms, muscle stiffness and aching, urinary infections, respiratory infec-





tions, mild burns, psoriasis, eczema, mental-emotional equilibrium, strong emotions, mental overwhelm, releasing pent-up energy, crisis smoothing, habit breaking, self protection, self-expression, self-consciousness

Peppermint Key words: attentive, tolerant, visionary

How it smells: fresh, cool, sweet, clean, minty Energy: cool and dry

What it does: pain relieving, anti-bacterial, antifungal, anti-inflammatory, stimulates digestion, insect repellent, liver stimulant, relieves spasms

BEWARE: do not use while pregnant, while breast feeding or on children under 2, avoid using on folks with epilepsy or heart disease, dilute before using

Helps with: clearing yellow/green/hot phlegm from the body, nerve and brain stimulation, hot type colds, fever, sore throats, headaches, tight shoulders, neck pain, asthma, upset stomach, nausea, abdominal distention, gas, hepatitis, irritable bowels with mucus, poor concentration, mental fatigue, digestion of new ideas and impressions, emotional tolerance, inspiration, insight

Rosemary Key words: self identity, dedication, destiny

How it smells: strong, fresh, slightly woody Energy: warm and dry

What it does: antibacterial, antifungal, relieves spasms, stimulates the liver,

BEWARE: do not use while pregnant, while breast feeding or on children under 2, avoid using on folks with epilepsy or heart disease, dilute before using

Helps with: protection, invigorating and energizing the body, physical and mental fatigue, palpitations, low blood pressure, cold hands and feet, increasing blood supply to the brain, poor concentration, muscle stiffness and pain, cold types of joint pains, cold types of coughs and bronchitis, stomach upset, gas, abdominal distention, self confidence, enthusiasm, healthy ego and sense of self worth, over thinking, boldness, reminding folks of their true path

Sandalwood Key words: stillness, unity, being

How it smells: woody, sweet, slightly musky Energy: cool and moist

What it does: antidepressive, antifungal, anti-inflammatory, stops bleeding, calming, stimulates lymphatic flow,

Helps with: encouraging a meditative state, hot types of inflammation in the lungs, urinary tract, and intestines, burning diarrhea, irritable bowels with mucus, excessive yellow vaginal discharge, burning cystitis (bladder inflammation), painful coughs, sore throats, itchy skin, dry skin, eczema, psoriasis, agitated emotional states, headaches, insomnia, nervous exhaustion, over thinking, excessive worry, grounding, acceptance, integration

# SELF CARE IDEAS

## Abnormal Vaginal Discharge

### Self care ideas:

- If the discharge is white and clumpy, it may be Candida overgrowth or bacterial vaginosis, a recurring vaginal infection. Consider reducing or eliminating sugar from your diet for 2 weeks. If the symptoms persist or worsen, please see a trusted health care practitioner.
- If the discharge is excessive, yellow, white, green or foul odored you may have an infection. Try a tea tree suppository, which you can obtain at a local herbal shop or health food store. You can also make one!
- Wear cotton underwear and loose fitting pants/skirts to allow for free flow below the pelvis
- Try eating yogurt to balance out your healthy bacterial flora.

## Allergies

### Self care ideas:

- Diet will be a crucial part of self care for allergies. Consider reducing the amount of dairy, wheat, beer, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day.
- Massage the third eye and areas surrounding the nose with a few drops of eucalyptus oil mixed with ½ a teaspoon of almond oil, olive oil, or grapeseed oil
- Use a Neti Pot daily while you are experiencing allergy symptoms

## Amenorrhea, aka no period for at least six months

### Self care ideas:

- If you are anemic, you may need an Iron supplement or to include herbs in your diet that will build the iron in your body. See the previous section on getting your vitamins and minerals with herbs.
- Eat iron rich foods: beets, carrots, grapes, raisins, currants, figs, dates, spinach, chard, and other green veggies
- Try juices of pomegranate, cranberry, beets, and carrot
- Do abdominal self massage once/day.
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement blood, which reduces your overall body's level of stagnation and may improve how you feel.
- The lack of periods may be due to a deeper hormonal imbalance, so it is important to have a conversation about this with a trusted health care professional or trained herbalist.

### Anxiety

#### Self care ideas:

- Aromatherapy is highly recommended as a way to manage anxiety. See previous section for specific essential oils that you might gravitate toward. Consider using aromatherapy in a bath or as a soothing self massage
- Consider keeping a journal. When you are feeling anxious, take time to journal what you are feeling and what might have triggered your feelings. Building this self awareness may help you to recognize and approach differently those things that tend to trigger your anxiety. Sometimes writing out the anxious thoughts is a great way to see them from a different perspective.
- Drink almond milk to soothe anxiety
- Drink orange juice with 1 teaspoon of honey and a pinch of nutmeg to soothe anxiety
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement of blood, which reduces your overall body's level of stagnation and may improve how you feel.

### Asthma

#### Self care ideas:

- Diet may be a crucial part of self care for asthma. Consider reducing the amount of dairy, wheat, beer, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day.
- Give yourself a regular chest massage with essential oils, like peppermint, eucalyptus, and lavender to open the chest.
- Prepare a gan cao/licorice tea as soon as you feel an asthma attack coming on

### Back pain

#### Self care ideas:

- Stretch your back and the backs of your legs daily by sitting on the ground and leaning forward as far as you can. Do not overstretch, but lean forward to the point where you are at your "edge". Stay in that position for 2-5 minutes, breathing deeply
- Consider Epsom salt baths at least once per week
- If you have back pain with numbness and tingling down to your legs and feet, please seek the help of a health care provider.

### Body pain

#### Self care ideas:

- Diet may be a crucial part of self care for generalized body pain. Consider reducing the amount of dairy, wheat, beer, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day.
- Consider Epsom salt baths at least once per week
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement of blood, which reduces your overall body's level of stagnation and may improve how you feel.

### Chronic Fatigue

#### Self care ideas:

- Give yourself a regular chest massage with essential oils, like peppermint, eucalyptus, and lavender to open the chest.
- Diet may be a crucial part of self care for chronic fatigue. Consider reducing the amount of dairy, wheat, beer, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day.

- Support your blood by eating blood building herbs and foods: beets, kale, greens, carrot juice, grape juice, and pomegranate juice
- Avoid iced drinks and raw food
- Drink ginger tea on a regular basis

#### Coughs

##### Self care ideas:

- Give yourself a chest massage with essential oils, like peppermint, eucalyptus, and lavender to open the chest.
- Chop up a clove of garlic, boil it in almond milk. Add ¼ teaspoon of turmeric and drink this. It will taste like garlic soup but it should soothe and heal most types of cough.
- Make a tea from ½ teaspoon ginger powder plus a pinch of clove and a pinch of cinnamon powder in a cup of hot water. Drink 2 times per day. If the cough does not resolve in a few days, please seek the help of a trusted health care practitioner or trained herbalist.

#### Colds

##### Self care ideas:

- If you have predominant chills and body aches, try to break a sweat. Cover up under blankets and drink hot ginger tea or take a hot bath.
- If you have fever, chills, and a sore or scratchy throat, try drinking peppermint tea.
- For prevention of colds, use Echinacea and nettle teas on a daily basis
- Give yourself a chest massage with essential oils, like peppermint, eucalyptus, and lavender to open the chest and nasal passages.

#### Constipation

##### Self care ideas:

- Drink at least 64 ounces of water per day.
- Give yourself an abdominal massage daily.
- Try using a ginger compress if your abdomen feels cold, bloated, or distended.
- Kitchen medicine: eat raisins, prunes, and peaches. Drink pineapple juice.
- Supplement your diet with flax seeds: at night, boil 1 tablespoon of flaxseed in a cup of water for 2-3 minutes. Drink the whole thing, flax-seeds and all.
- Consider allowing the movement of blood, which reduces your overall body's level of stagnation and may improve how you feel. Time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate.

#### Cramps

##### Self care ideas:

- Use a warm ginger compress
- Take a sock and fill it with rice. Tie it and put it in the microwave for 90 seconds and then put it over the sore area.
- Give yourself an abdominal massage or do some acupressure on the areas that are tender. Hold your index finger in the sore place for 10-20 seconds, taking deep breaths. This will encourage your muscles to relax and expand.
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement of blood, which reduces your overall body's level of stagnation and may improve how you feel.
- For a week before your period, take 1 tablespoon of aloe vera gel 3 times per day



#### Depression

##### Self care ideas:

- Supplements to incorporate intentionally into your routine: Vitamin D, B12, Iron, Vitamin E
- Give yourself a regular chest massage with essential oils, like peppermint, eucalyptus, and lavender to open the chest.
- Diet may be a crucial part of self care for depression. Consider reducing the amount of dairy, wheat, beer, caffeine, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day.
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement of blood, which reduces your overall body's level of stagnation and may improve how you feel.

#### Diarrhea

##### Self care ideas:

- Diet may be a crucial part of self care for diarrhea. Consider reducing the amount of dairy, wheat, beer, caffeine, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day. Be sure to avoid dehydration when experiencing diarrhea.
- Consider eating cooked rice with yogurt to balance the healthy bacteria in the body.
- Cook 1-2 apples until they are mushy, add cardamom and nutmeg, about a pinch of each. Eat the mixture slowly.
- You can do the same thing with bananas if you do not have apples.

#### Headaches

##### Self care ideas:

- Diet may be a crucial part of self care for headaches. Consider reducing the amount of dairy, wheat, beer, caffeine, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day in case the headaches are due to dehydration.
- If you do have a headache due to dehydration, mix 1 tablespoon sugar, ¼ tablespoon salt, and ten drops of lime juice into a pint of water. The headache should go away soon after the body is rehydrated.
- Give yourself a massage of the neck and back of the head with peppermint essential oil and lavender or your favorite oil
- Before you go to sleep at night, give yourself a foot rub with sesame oil, and consider giving your scalp a massage, too.
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement of blood, which reduces your overall body's level of stagnation and may improve how you feel.

#### Insomnia

##### Self care ideas:

- Diet may be a crucial part of self care for insomnia. Consider reducing the amount of dairy, wheat, beer, caffeine, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day. Try to eat no later than 8 pm or 2 hours before you go to bed. Undigested food may keep you awake.
- Turn off your TV and computer screen one hour before you go to bed. Try not to look at your cell phone at least 30 minutes to one hour before you go to bed.
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement of blood, which reduces your overall body's level of stagnation and may improve how you feel.

#### Joint pain

- Diet may be a crucial part of self care for joint pain. Consider reducing the amount of dairy, wheat, beer, caffeine, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day.
- Warm baths or heat can also really help. Check out the tools section of this zine for information about how to make your own

#### Nausea

##### Self care ideas:

- Diet may be a crucial part of self care for nausea. Consider reducing the amount of dairy, wheat, beer, caffeine, and spicy food that you consume. Consider increasing your water intake to at least 64 ounces per day.
- The smell of peppermint aromatherapy is great for nausea. Put a drop under your nose and take some deep breaths
- Ginger is also helpful.. You can get it at the supermarket and cut it up. you can suck on a raw piece or put it in some hot water and make tea

#### Sore throat

##### Self care ideas:

- Try gargling with lemon and salt water.
- Try gargling with salt and tumeric
- Avoid dairy and cold water or cold foods.

#### Stress

##### Self care ideas:

- Consider using the aromatherapy ideas listed in the previous section along with any of the following: yoga, meditation, daily exercise, journaling, counseling, dancing, making art
- Supplements to incorporate intentionally into your routine: Vitamin D, B12, Iron, Vitamin E
- Consider allowing yourself time for movement, however that looks like for you. Even 10-30 minutes per day of intentionally elevating your heart rate will allow the movement and blood, which reduces your overall body's level of stagnation and may improve how you feel.

#### Urinary burning and stabbing pain

##### Self care ideas:

- Drink at least 96 ounces of water per day.
- If you think you have a urinary tract infection, consider obtaining sugar free cranberry juice diluted in water or cranberry pills. Take the cranberry and herbs below until your symptoms are gone. If you develop a fever, back pain, abdominal pain, or if the symptoms persist after 2-3 days of using cranberry and herbs please see a trusted health care professional or someone who is a trained herbalist who can supply you with stronger herbs and monitor your care on a regular basis.
- Kitchen medicine: Drink a tea made of fennel, coriander, and cumin to reduce pain.
- A hot water bottle or heat will help. Take a sock and fill it with rice. Tie it and put it in the microwave for 90 seconds and then put it over the sore area.

#### Vomiting

##### Self care ideas:

- consider chewing 1-2 cardamom seeds to settle the nausea and vomiting
- mix 1 teaspoon of ginger juice with 1 teaspoon of onion juice and drink this to settle the nausea and vomiting

## MAKE YOUR OWN TOOLS TO HEAL

### HOW TO MAKE A HOMEMADE TEA TREE OIL SUPPOSITORY:

Suppositories can be a great self care tool for treating vaginal and anal infections or hemorrhoids.

What you will need: tea tree essential oil, coconut oil, plastic wrap

Method One: Tea tree Oil has anti-fungal properties. It can be used in a homemade suppository in two different ways. The first way is to combine it with coconut oil (the coconut oil becomes a solid when frozen). Place the combination of coconut and tea tree oil in plastic wrap. Then, using the plastic wrap, mold the mixture into the size and shape of over the counter suppositories. Store this in the freezer until ready to use.

Method Two: The second method of applying tea tree oil in a suppository form uses a tampon. Soak a chemical-free, unbleached tampon in a water and tea tree oil solution. It is recommended to apply lubricant to the tampon first so that it does not absorb so much of the solution that you are unable to insert it. Do this two times a day, once in the morning and once at night. Leave the tampon in for at least one hour.

### HOW TO MAKE A COMPRESS WITH GINGER-IT'S GOOD FOR ACHES AND PAINS IN THE BODY

Materials needed:

- 1 gallon filtered water
- Large pot
- 2-6 inches ginger root.
- 3 towels

Instructions:

- Boil water in a large pot. Reduce heat to simmer
- Grate or chop the ginger into slices.
- Add ginger to simmering water. Simmer for 5 minutes. Turn burner to low, and remove the ginger.
- Place one towel over the area of your body that you are treating, such as the abdomen or lower back to treat your kidneys or back pain. Dip the second towel into the ginger-water and wring out. Place the ginger towel over the first towel. Cover with the third towel to retain heat.
- Change the ginger towel when it cools down and repeat until your skin feels warm and looks glowy.
- Save the ginger water. As long as you don't boil it, you can reuse it throughout the week for additional ginger compresses.

**HOW TO MAKE A QUICK HEATING PAD**— this also good for joints and tons of stuff that need moist heat like cramps

Get an old clean sock

Fill it with any kind of rice

You can add lavender herbs (if you have them) or you can skip this step

Put it in the microwave when your joints hurt, you have cramps or anything hurts that needs heat



## HEALING IN ACTION TERMS AND DEFINITIONS

**SELF-CARE:** Self Care means taking care of your body, your mind and your spirit in a regular way. It means checking in with yourself to see how you are doing with your job, your relationships, your health and your overall wellbeing. Self care is important because we are taught that we don't know how to take care of ourselves or our bodies. Some of us are taught that we don't know what is best for us or are told that we are "our own worst enemy". Self care is thinking about how we feel about things, how we think we can take care of ourselves, and what we need to feel rested, cared for and as whole as possible. We practice this by sharing opportunities to feel heard, by taking our time with projects, and by honoring the hard work we do every day just by being alive. We know that things are complicated and that people do the best they can. Blame makes people feel like they don't know how to take care of themselves.

**HARM REDUCTION:** means that we can always do something safer and doesn't judge any behavior or activity. For example, we don't judge people for being involved in the sex trade, using drugs or even something small like eating a lot of fast food. Instead, harm reductionists try to think of ways we can be in control of our choices and make the best decisions we can in every situation.

**HEALING JUSTICE:** means that we find ways to heal and bounce back from things that harmed or harm us (and our families and communities), like violence. It means that we work together to find ways to stop cycles of violence coming from the state or systems of power. Healing justice uses tools that have been around for generations in our cultures to heal bodies, hearts, and minds, without leaving a part or parts of us and our communities behind. Healing justice helps us remember that oppression is big and we deserve to take care of ourselves and our people the best way we know how.

**HERBALISM:** also known as botanical medicine, it is a type of medicine that involves using plants and plant extracts to treat diseases and their symptoms. There is a long standing tradition of using herbs for healing in indigenous cultures around the world.

**RESILIENCE**— anything you do to heal so you can bounce back

**RESISTANCE**— anything you do to fight back

**SELF DETERMINATION:** the belief that we all have the ability and power to decide what happens to our own body. It means that we get to decide what is best for our lives.

**AROMATHERAPY:** using scent or smell to change how you feel in your body. Our nose has the best memory of all our senses so certain smells affect us really deeply.