

| Medical Problem | Plant | First Aid |
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| Bruises | Jimson Weed | Crushed leaves bound on wound |
| Swellings | Jimson Weed | Crushed leaves bound on wound |
| Rattlesnake bite | Jimson Weed | Crushed leaves bound on wound |
| Tarantula bite | Jimson Weed | Crushed leaves bound on wound |
| Headache | Arroyo Willow | Chew roots |
| Toothache | Arroyo Willow | Chew roots |
| Your wife is having a baby | Sagebrush | Brew leaves as tea |
| Your wife is having a baby | California Sycamore | Ground-level bark brewed as a tea |
| Poison Oak | Mugwort | Tea antidote |
| Lice | Sagebrush | Rub plant on skin |
| Ant bites | Saltbush | Chew stems, place pulpy mash on swelling |
| Bee stings | Saltbush | Chew stems, place pulpy mash on swelling |
| Splinter | Monterey Pine | Hot resin to draw out pus |
| Boil | Monterey Pine | Hot resin to draw out pus |
| Wound | Coast Live Oak | Allow wet acorn flour to mold, apply as a poultice |
| Sore | Coast Live Oak | Allow wet acorn flour to mold, apply as a poultice |
| Stomach ache | Toyon | Drink tea made from bark and leaves |
| Prevent wound infection | Laurel Sumac | Boil bark of roots, apply as antiseptic dressing |
| Poor circulation | White Alder | Decoction of dried bark |
| Diarrhea | White Alder | Decoction of dried bark |
| Stomach ache | White Alder | Decoction of dried bark |
| Hemorrhages | White Alder | Decoction of dried bark |
| Fever | Box Elder | Drink bark made into tea |
| Fever | Arroyo Willow | Tea |
| Puzzling illness | California Lilac | Tea from leaves--diagnosis |
| Constipation | Coffee Berry | Dry bark |
| Lethargy | Coffee Berry | Bark steeped in cold water |
| Cold | Santa Cruz Island Pine | Boiled resin tea (Vitamin C) |
| Sore throat | Santa Cruz Island Pine | Chew resin as gum |
| Headache | California Bay | Wrap wet leaves around |

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| Pain relief | California Bay | Seeds and leaves |
| Flu | Sage | Tea |

Bibliography

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