

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Plantain Oil

by K Weston

I use Plantain Oil for bites and stings that have been discussed but I also use it for shingles. Many, many people have contacted me for the oil when they have had an outbreak. They tell me it is the only relief they have found for the discomfort.

I put the Plantain leaves in a glass jar, cover the leaves with extra virgin olive oil, and let it set in the sun for several days. Make sure you don't put a solid lid on the jar. I use cheese cloth so there is no condensation collecting in the jar (moisture spoils it).

I strain the oil off before putting it in smaller containers.



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