

Well, I won't give you too many, but one common Indian remedy used quite often is root from the black sumac. They take this and wash it out and then they take the soft part of the roots and they dissolve it in water. And they use this for coated tongues and fever that may be inside of a person. For the coated tongue, they rinse this, their mouth with the solution from that black shumate. And that, in a way, it acts just almost like what we call peroxide that we use for different things.

(Uh-huh.)

It foams just like peroxide. And that's the most common one they have using. And another--

(Is that just for babies or is that for everybody?)

No, it can be used for adults, too. You know, adults and all.

LEAVES OF ELDERBERRY BUSH - SORES

And then another one that I know of is Elderberry bush. The leaves of it can be soaked into water. For instance, if you've got a sore or something or if you got sting by a wasp or something like that and it swells up. That draws the swelling out of a person. The leaves of the Elderberry bush. And that's common too, because I've seen it used off and on and it's also, there's also another leaf they call White Rabbit tobacco.

WHITE RABBIT TOBACCO FOR COLDS - SINUS

(Yeah, I've heard of that.)

Yeah. That's used for colds and things like that. And it's, seems like it's effective when you have coughs, you got deep hacking cough.

Well, that's effective for that.

(I've heard that it's good for sinus trouble, too, isn't it?)

Yeah. They say it is. And that's about the most common ones that I know of, can think of now.

(Uh-huh.)