

## How to Treat Bee Stings: Home Remedy



## How to Treat Bee Stings: Home Remedy in Your Yard or Garden-



Does this weed look familiar to you?

It's called plantain and it grows everywhere. This photograph was taken next to a local hiking trail. I found one a few days ago in the corner of my lawn. There are a lot of them in a drainage area near my house.



Have you heard of using plantain for bee stings?

Plantain is said to pull toxins and irritants from the skin. There are stories of plantain drawing poison out after snake bites. I've heard of plantain reversing the tell-tale red line of an infection from a dirty fish hook. [Here](#) is one captivating account of its use on bee stings.

**How to Treat Bee Stings: Home Remedy eases pain and swelling fast. This is my story:**



Pinky finger swollen and red from bee sting

I finally had a chance to test plantain myself after getting stung by a bee over the 4th of July weekend. It hurt as bad as I remember from being stung as a child. My entire finger was red and swollen before I even got in the house. It was painful.



Plantain Poultice

I ran the sting under cold water, applied ice, looked for a stinger that wasn't there, and then remembered what I knew about plantain. I washed plantain I found near the house and desperately chewed the still wet leaf to make a "poultice". Secured with a bandage, the poultice worked quickly. The pain left faster than expected. Within a few hours there was no evidence of the sting at all.



Unbelievably, I was stung again last weekend, but having just noticed the "weed" in my lawn, I ran straight to it. The pain left in

less than a minute and my finger never even turned red!

**How to Treat Bee Stings: Home Remedy that is proven fast and effective.**

Plantain. Look for this weed when you're outside so you're prepared if the need arises.

Wondering what other weeds in your garden might be beneficial? [This](#) link lists five healthy backyard weeds.

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Marcy Vogler is a lifestyle makeover coach, personal trainer, and mother of three. Marcy is passionate about helping women make over their lives from the inside out. To learn more about the courses Marcy offers, check out our partner website at [www.thegoodlife4u.club](http://www.thegoodlife4u.club). For daily inspiration, join Marcy's [Facebook Group: Love Your Day, Love Your Life](#).

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