

## **Meibao**

The best, fastest way to cure poison oak is putting your own urine on the rash...knocks it out in a day if you catch it early. Urine is sterile and an antiseptic...and works like a charm on itchy skin, rash, wounds, scratches, cuts. I get poison oak from my dogs all the time...they run through it and then jump up on me for hugs.

Posted On 07/08/2017

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## **dlhhayes**

Jewelweed is a natural antidote for poison ivy. and it grows real close to where poison ivy is. all you have to do is find it and rub it on it. I have a Bar of Home Made soap made out of Jewelweed that I use just for This.

Posted On 07/08/2017

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## **Epona777**

Jewelweed usually grows where it is moist and that is not necessarily where the poison ivy grows. Sorry. I have jewelweed in my yard and no poison ivy anywhere near it or on my acre and a half nor in any of my neighbors' yards. My yard has a spot that is wetter and a brook running through the back. Just what jewelweed likes.

Posted On 07/09/2017

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r.jan1951

As a young adult (many moons ago), I had several nasty bouts of poison ivy. Someone finally told me about homeopathic pills for poison ivy. Found 'em at the drug store, and tried 'em. They worked! It really cleared up my poison ivy in a very short time, and reduced the itching in the meantime. Hallelujah! There was also a preventive dose, which I'd try to remember to take during the growing season. After a while, it seemed I was much less apt to react to any accidental exposure, too, whether I'd remembered to take any preventive dose that year, or not.

These days, I'm seldom exposed to poison ivy, but I still have an old bottle on hand (they're still good), and I for sure wouldn't want to be withOUT those little pills. Believe you, me... A few years ago, though I do very little yard work any more, I did work on getting rid of some poison ivy that was climbing up the rear wall behind the duplex I now live in. Made sure I took preventive doses for a week first. I was very, VERY careful, used long-handled loppers, carefully bagged what I cut & uprooted, etc. Sorta figuratively held my breath there for a while afterward, but I had no ill effects.

I just looked up their website from the old bottle I have. They're made by Washington Homeopathic Products, and I see they're sold by the website [homeopathyworks.com](http://homeopathyworks.com). That site also sells Bach and Similasan, among other brands. You may be able to find these little pills elsewhere online, too? I don't know. I've always purchased mine in local drug stores that also carry homeopathic remedies. Couldn't see current dosing instructions on the site, so I don't know if they still promote the preventive dose, or not. The old bottle I have states for prevention, to take 2 pills (children, 1 pill) morning & evening for a week; then repeat in 30 days. I see the formulation is still the same: Rhus Tox 4x HPUS. The name is now "Be Gone Poison Ivy" (instead of Poison Ivy Pills). Didn't see anything for poison oak or sumac, though.

Posted On 07/08/2017

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## ksbentley

My go-to remedy for the past 15 years or so has been homeopathic Rhus Tox, found even in some conventional drug stores. I take it as soon as I'm aware of a spot and repeat several times through the day as necessary. The itching ceases within seconds, which lets me know it's poison ivy/oak and not an insect bite. When caught early enough, the rash won't blister and the skin heals quickly. Prior to learning about Rhus Tox, I had suffered annually and several bouts were so serious they required shots/taking steroids. The other benefit of homeopathic treatment is that it helps the body heal faster and build up an immunity. Now if I am unknowingly exposed (usually via my pets or gardening), my skin doesn't react as explosively and heals faster, requiring fewer doses.

Posted On 07/08/2017

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## j.ross

On the bright side, it seems to have been able to destroy or significantly fade some of the moles on my skin. I noticed this after accidentally getting a bad rash. I have subsequently applied it to a few other moles/dark spots intentionally with pretty good results - swelling and itching for a few days, then scabbing and eventually falling off. I am not recommending this to everyone however, and I do it carefully of course - with a disposable glove and a bandage to keep it from spreading.

Posted On 07/08/2017

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## thethirdofmay

These home remedies will help but not cure. To stop the inflammation in its tracks you have to remove all of the oil from the skin. Just use a professional heavy duty cleaner that mechanics use in their garages / workshops to degrease and remove oil. In the uk the brand is swarfega. Just work the swarfega (it's a slimy gel) all over the area really well with no water. Allow it to degrease and strip out all the oil. Pretty much instant relief. Hope this helps someone somewhere. It can be painful and the rash lasts for days otherwise.

Posted On 07/08/2017

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## **CourageousLion**

I know that I don't really want to expose myself to the toxic contents of de-greasing liquids, at least not for any amount of time. I use "Mean Green" here in the US if I think I've been affected. It is available from many stores. I buy mine at "Dollar General". I have even used it after the rash has started and it clears up rather rapidly after doing so. It also stops the itching quickly as well. If I think I've been exposed I wash with it in the shower and then wash it off well with regular soap. It has worked miracles for me and it isn't expensive in the least bit.

Posted On 07/08/2017

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## **ellen725**

The best remedy to rid yourself of poison ivy is COCONUT OIL! BELIEVE me! Put it on at least 2X per day and there will be NO itch and it will heal and NOT spread!!!!

Posted On 07/08/2017

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## **Krofter**

Thankfully, I'm immune to poison ivy but if I even get near poison oak I start to itch:) I was in Southwest Oregon some years back when a lightning-caused forest fire burned 500,000 acres, much of which contained poison oak. The smoke nearly choked me. Had to leave. Due to the record heat and dry lightning, there have been 3 or 4 forest fires in the region where I live this year, but the smoke is harmless to me - no poison oak around here.

Posted On 07/08/2017

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## **blue7owl**

In 1999 I read a suggestion from a chemist or pharmacist who was trying to help his child with P.I. He said Epsom salts neutralize the urushiol, so I tried it (made a paste that I had to be innovative to keep wet) and it worked!

Posted On 07/08/2017

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## **LHamelton**

My doctor told me to use regular Dawn dishwashing liquid. The blue stuff. I got into it bad once by wearing a pair of gloves that I have previously worn to pull poison ivy. I had forgotten about this and while I was waiting for my son to fix the chipper, I touched my face and neck. I went to the doctor and got a steroid. The interesting thing is all the other places on my body which had been exposed in years past also began to flare up. I pull up PI when I need to, but I always toss the gloves after.

Posted On 07/08/2017

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## **sussmuss**

I am severely allergic..... tried everything nothing worked..... until I found stuff from the drug store called ivy dry..... it works!!! also the technu to remove the residue works but not on the itch or severity once it binds to your cells..... the ivy dry works better than anything else short of a trip to the derm for steroids.

These plants are evil for sure don't know how god could have created them..... horrible suffering they cause that lasts for ever!

Posted On 07/08/2017

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## Ib1921

A few years ago a funny friend quipped: Poison Ivy is a result of the fall! (:)). And though I have heard it is good food for the wild birds, my attitude is NIMBY. Or front yard. I am terribly allergic, and have honed my vision to spot it from feet away. I never let it take hold in my yard. My best strategy has been to wear gloves, take a couple paper towels and wrap them around the small plants, pull up, and put in the trash. If the ground is really dry, pour some water on the roots first to loosen. Prevention is truly the best strategy for me, however if I get it, I rub the spot with Tecnu's product, and rub it vigorously under as hot water as I can stand for a minute or so. It seems to deaden the itch for several hours. The wash cloth sounds good, but I would use a throwaway one if used. No sense putting it anywhere near the washing machine!! The worse case I got in the past 40 years was handling bulbs in the winter...dry dirt and I never suspected. There is a strong antihistamine called Hydroxyzine HCL 10 mg tablets that you can get a prescription for if you have a bad case, and I think there is a liquid form for children, but be prepared to be sleepy while taking. It completely knocks me out, but better to go to bed and sleep all day than the agony of a really bad case. It dries up the blisters so fast. I keep it on hand just in case. Lastly, when my husband and I worked outdoors on jobs, we always had a can of lysol in the truck, and if we suspected our tools or feet might have come in contact with poison ivy, we would spray them and our boots with the lysol. And the floorboard mats, etc. Also a quick clean up for us too as a last resort. Something in the lysol messes with the structure of the oil and was always effective.

Posted On 07/08/2017

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## grulla

@"Ib1921", "... however if I get it, I rub the spot with Tecnu's product, and rub it vigorously under as hot water as I can stand for a minute or so." You're on the right path with that hot water. I have posted a couple times in the past that when I get a poison ivy rash on a body part that can be placed under a water faucet, then I simply turn on that water faucet and soak the rash with increasingly warm to hot water, VERY SLOWLY, and as much hot water heat as I can possibly bare. At some point of SLOWLY increasing the hot water, I will feel the pores of my skin finally open up with a great sense of relief. Then I put some safe, natural, ointment over that relieved poison ivy rash.

Posted On 07/08/2017

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## **MMorningstar1**

Great article and information. Surprised the article did not mention clay. I have over 16 years of excellent experience using calcium bentonite clay to deal with skin irritations like poison ivy. It is also great for any insect bite or sting. It has been used for thousands of years by every indigenous culture in the world. Great for beauty and health. Also very beneficial for internal issues. When you do the research you will be doing an article on clay.

Posted On 08/01/2017

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## **Ale2077**

Usually have it all year long working as a tree arborist. What did I do before I found about jewelweed. Well I itched a lot

Posted On 07/11/2017

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## fritzh

I never had a reaction to poison ivy until I undertook the task of digging up the poison ivy which had taken root in an area of my yard. Having been exposed to it in the past and not getting the rash, I thought I was immune and did not use protection such as gloves or long sleeves. It took a few days but the rash I broke out in seemed to me to be on the magnitude of a biblical scourge....with it covering most of my arms the right side of my chest and belly and other assorted places. Contemplating my misery, I did some research for answers as to why I was so afflicted.

What I learned was once you have the rash, you can ease the pain & itching but the rash must run its course. This is because the urushiol oil will, after about 30 minutes penetrate to a deeper levels of the skin where it chemically combines with a protein in the skin and in essence becomes part of the skin. Your immune system reacts to the new protein and so is actually actually attacking areas of your skin.....it must grow out. My rash lasted over a month during this process.

Along with salves and such discussed above by other commentators, the intense itching can be eliminated for about 6 to 8 hours as follows: Run your shower on an unaffected area of your body and adjust the shower water temperature to the maximum your normal skin can tolerate. Next, run the shower on the affected areas. You will feel an almost unbearably intense building of the itch and burn to the point of a peak at which point it will subside (the only thing I can compare it to is an orgasm, albeit an unpleasant one). The best explanation I've read for why this works is that since the rash is an allergic reaction in and to your affected skin, the heat of the water stimulates a massive release of histamine into the area from your surrounding tissues and depletes the histamine in the area...for about 6 hours until the histamine builds back up again and the itch returns. Try it if you already have the rash.

Posted On 07/10/2017

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## Juliatorcellini

I get systemic poison ivy...last weekend I picked up a turkey poult that had been in poison ivy. After putting it back with its mother I washed thoroughly with jewel weed soap. The next day I was COVERED in early stage poison ivy...not uncommon for me. A swim in the ocean for an hour knocked it out within 24 hours. Well worth the long drive and the beach parking fees!! Fresh water, chlorinated water, apple cider vinegar baths and epsom salt baths have not done this for me.

Posted On 07/09/2017

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## **ffrances2000**

Taking stinging nettle supplements orally are AMAZINGLY effective for lowering the inflammation and itching.

Posted On 07/08/2017

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## **restoreyou**

Another thing to watch for is the poison ivy vine that grows and winds around trees. Another rhyme to help you remember: " hairy rope, don't be a dope!"

Posted On 07/08/2017

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## **Kitera**

Thank you so much for the timely article and the remedies. I have always walked around my place in shorts and sandals and never got poison ivy. Last year I got it so bad I was unable to do anything for 2 week except experience agony. I did scratch it thinking it was bug bites. After two weeks went to a doctor who prescribed prednisone. He suggested I would be better off waiting for it to go away than taking the steroid - which I did but it was another week of agony. If you are in an area with poison ivy make sure you can identify giant hogweed - which can give you the same kind of blisters and is even worse than poison ivy.

Posted On 07/08/2017

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## **forbiddenhealing**

I've used a paste made of Vit C w a little water..rub it in...seems to work on any skin irritation..maybe not all poison ivy, since I contact a number of different plants...Have also had blistering at times and treated them w green papaya sap or Adolf's Meat Tenderizer in paste which destroy offending proteins.

Posted On 07/08/2017

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## **dauidle**

My wife is extremely allergic to it. The worse case was digging in a flower bed and came in contact with some dormant roots.

Posted On 07/08/2017

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## **r.jan1951**

Hi, Davidle. You might try the homeopathic pills for poison ivy that I (and another poster, too) wrote about here. If your wife can take the preventive doses, she may well eventually stop getting it. It also really helps to clear it up if you have it. I suffered for years before I found out about it. If you look up my previous post, it'll give details about it. Hope that helps!

Posted On 07/08/2017

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## **dtompkins4aol.com**

I have found that using a blow dryer on the rash is a very effective way to reduce the itch. It is uncomfortable to do but takes away the itch for a period of time. Repeat as needed. I am very sensitive to poison ivy and nothing else has been as effective in relieving the itch. Believe me, I have tried many other things.

Posted On 07/08/2017

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## CourageousLion

Have you tried washing down the infected area with a de-greasing liquid such as "Mean Green"? If not, try that next time.

Posted On 07/08/2017

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## josephunger

Have had a lifetime of extreme sensitivity and many such patients. One of my early physiology professors researched Rhus irritations. I have used ALL of the mainstream remedies with marginal results. THE BEST of all is Zanfel! A suffering patient alerted me to this stuff that was formulated in my neighborhood. I should have immediately bought stock! They claim itching gone in 10 seconds and this stuff delivers! This company formulated a type of detergent that dissolves the Urushiol making it removable by soap and water. The oil of the Rhus is so viscus that regular soaps cannot remove and residuals can continue to irritate.

Many of us olders who had to keep their own cars running to get to work, learned that thick grease was not easily washed off fingernails, cracks and grooved in the hands leaving blackened areas. The old mechanic's trick is to take a bit of vegetable oil and thoroughly work into your greasy hands, mixing and thinning the thicker grease. Then soaps are effective. Same principle for ear wax. Sweet oil (aka olive oil) dissolves and normal washing removes. I hope this helps someone!

Posted On 04/27/2024

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## Levi

The homeopathic remedy Rhus Tox is effective (like cures like)

Posted On 04/27/2024

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**billstri**

I definitely agree. But most any oil will greatly dilute the ivy oil which might spread the infection, but at the same time make it way less severe and way less damaging to the skin, potentially avoiding blistering. Vegetable oil, even sunscreen if it is oil based will work as oil. Then wipe it on something to get rid of the excess oil and ideally wash with soap and water. But I don't carry soap when I go hiking and soap and water for washing may be hours and hours away. But I do carry a tiny bottle of sunscreen. As to clean dirty metal lubricating oil off my hands or clothes, my favorite used to be suntan oil to dilute the dirty oil followed wiping on a paper towel and then washing in soap and water.

I have definitely touched poison ivy and have gotten it on my clothes, but never had a reaction to it. But I did shower later in the day after exposure. Other times, I am sure I walked through it without realizing it, but no later reaction to it. I avoid it if I see it on the trails. Later in the year, the leaves get black specs on them.

Posted On 04/27/2024

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## Guillermou

Homeopathy and Natural remedies for Poison Ivy, Poison Oak, Sumac.

[www.omhomeopathy.com/post/homeopathy-and-natural-remedies-for-poison-i..](http://www.omhomeopathy.com/post/homeopathy-and-natural-remedies-for-poison-i..) (2022).----- From

Rash to Relief: Poison Ivy Prevention and Treatment- [castleremedies.com/blogs/castle-remedies-](http://castleremedies.com/blogs/castle-remedies-)

[blog/poison-ivy-prevention-an..](http://blog/poison-ivy-prevention-an..) (2022).--- Home Treatment Overview Outdoor Joe's (Rhus Tox)

Treatment Overview Outdoor Joe's & Zanafel: a better way to protect against, and recover from, poison ivy! Outdoor Joe's: Protection Before Contact  
Image of a bottle of Outdoor Joe's Poison Ivy Pro While everyone is at risk for coming into contact with poison ivy, there are some individuals at a greater risk for exposure.

Everyone should take precautions to avoid contact with this dangerous plant, especially gardeners, hikers, and others often outdoors with higher risks of exposure. When it comes to poison ivy prevention, it isn't enough to simply watch your step. Poisonous plants easily strike by a few distracted seconds of contact. A better way to protect yourself and your loved ones is with the use of Outdoor Joe's Poison Ivy Pro (Rhus Toxicodendron oral solution). With the inclusion of Outdoor Joe's into your regimen, you will be able to still enjoy the great outdoors without the constant worry of accidentally touching poison ivy.

One of the best things about Rhus Toxicodendron is that it can be used by those who already have contracted the painful rash, as well as those looking to aid in preventing it in the first place. What is Outdoor Joe's Poison Ivy Pro Made of? Rhus Toxicodendron is the primary ingredient found in Outdoor Joe's Poison Ivy Pro. Outdoor Joe's (formerly Rhus Tox) is a homeopathic liquid poison ivy treatment helpful in reducing sensitivity regarding poison ivy, poison sumac, and poison oak rashes and reactions. [www.outdoorjoes.com/poison-ivy-treatment](http://www.outdoorjoes.com/poison-ivy-treatment)

Posted On 04/27/2024

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## thenaturalgirl

As a former poison ivy major league sufferer (head to toe), I will tell you what I did prior to reversing my allergy by correcting it using NAET Allergy elimination technique. I used to collect jewelweed to have on hand during the summer. Jewelweed usually grows in close proximity to poison ivy. I used the stem and its juices to put on the area as soon as you recognize it starting. If I didn't have Jewelweed, I would use Technu. This isn't natural but it does work. If, by chance, I didn't catch in time and it would start itching, I would use Quercetin and Vit C every four hours to help control the itch. Also, I would keep drinkable aloe in my refrigerator would put right on the rash and it would take away the itch immediately. Since doing the allergy elimination technique, I do not get poison ivy any longer that has worked best!

Posted On 04/27/2024

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## RJC2001

Thanks for your suggestions! With all my allergies and allergy meds (mostly the antihistamine Zyrtec), I am wondering if that has prevented me from having a reaction to it. I am a big fan of Quercetin and that may be helping me as well. I eliminated all the poison ivy from my yard a few years back. I only covered my hands but never had a problem. I am amazed by the number of people that burn poison ivy to get rid of it, and burn themselves by adding gasoline to it!

Posted On 04/27/2024

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## LeahLee

There are several homeopathic remedies that are very helpful in the treatment of poison Ivy. Rhus toxicodendron (which is the homeopathic form of Poison Ivy), Anacardium orientale, & Croton tiglium are just a few. Do a search for homeopathy & Poison Ivy.....there's a lot of info readily available.

Posted On 04/27/2024

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## josephunger

Ledum is also often effective.

Posted On 04/27/2024

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## Almond

We did get into poison ivy fairly frequently as children. Like many things, some individuals are much more sensitive than others. I have had people show me how to pick poison ivy and watched them eat it raw, but I would not be so lucky. As a child, we were told to put some Caladryl on it and let 'tincture of time' do its work. I also found that liquid "green soap" helped a lot. There are over-the-counter remedies made specifically for poison ivy. Of course, they work best if used asap after exposure. I had one playmate whose was born dumb and never got much smarter. I told her not to eat the poison ivy berries, but she did anyway. Me, being a young child myself, got blamed for letting her eat them. She had a miserable time of it. I assume the berries must at least be palatable if she ate enough to get very sick. Yes, there is a moral to this story... "Do not eat any food you cannot positively identify." That should also go for the ingredients listed in processed foods!

Posted On 04/27/2024

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## bowgirl

I have discovered that applying vasoline to hands and wrists before weeding in areas where there has been poison in the past, results in a rash less often. If contact is made I do stop weeding and wash immediately. I get it very mildly. Poison ivy is one of the few uses I have for round up. I have a deli container with the bottom cut out I slip over the leaves. Never more than a couple as I look for it frequently on my and my neighbors properties. Place the sleeve of death over the Ivy and spritz the leaves.

Posted On 04/27/2024

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## wonderfu2

One year I decided to get a head start on poison ivy and prepared prophylactically by taking homeopathic Rhus Tox. Worked like a charm. NO poison ivy. Find yourself a good homeopath or take an introductory course. The stuff is amazing.

Posted On 04/27/2024

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## drmom1208

Hyland's poison ivy/oak homeopathic remedy works great! I always have some on hand.

Posted On 04/27/2024

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## DanoS1

I always have Tecnu wash and wipes handy. Also works great for skunked dogs (or people) because it dissolves the oils of skunks, poison ivy, poison oak, poison sumac. If you live in an area with any of these threats, you really should have Tecnu handy. I've found it works better than anything else and I have tried pretty much everything recommended, except for steroids and such.

Posted On 04/27/2024

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## tsw1460

I get it terrible! What works for me I pick Plantain, crush the leaves and put on the poison ivy, it so relieves the itching. I will also make a lotion with the leaves of Plantain.

Posted On 04/27/2024

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## **lpioch**

When I was a youth, I had serious exposure to Poison ivy - most likely cleaning out a fireplace that burned logs covered in p.i. Now? Any small exposure causes not only a primary reaction, which actually hurts "all the way to the bone", but also had secondary and sometimes tertiary flare-ups in places unrelated to the exposure site. I'm a hawk at identifying p.i. now, but I'm downloading this because sometimes it just isn't obvious!

Posted On 04/27/2024

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## **memeknight1**

If the rash is getting to the point of blisters, get an aspirin and dissolve it on the area.

Posted On 04/27/2024

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## **pammyc**

Tip from my mom many years ago. If you've been exposed to poison ivy, wash with Fels Naphea soap. It's a large yellow bar, located in the laundry section at the store. It works for my husband all the time!

Posted On 04/27/2024

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## thealmondblossom

I recently had a marvelous day planting edibles near the creek before the poison ivy had leafed out. Even though I've had poison ivy before and always wash up with soap, this time, I was working awhile before I had time to wash up. It the worst bout of poison ivy ever. To make this short to avoid the hospital I took Benadryl which helped my swelling ease off so I didn't have to go to the hospital and used bentonite clay on my rash which really was very soothing. In the midst of this, two products were recd by others that have been amazing as I continue my creekside gardening: Homeopathic ORALIVY from Amazon for \$13-\$16 that I was told some foresters use preventatively and after exposure/rash.

Also there's a soap called TECNU that can neutralize the oils. I'm not sure about the "naturalness" and safety of that one. As a side note, years ago my kids heard from my husband's employee that "when I was a kid my brother told me if I ate a little poison ivy I would never get poison ivy and I've never had it", Well, unbeknownst to me three of my four boys ate it (how much?

A whole leaf —is that a little bit?! What did it taste like? Good-like broccoli!) When they all looked puffy - faced (no discomfort and no rash) the next morning I inquired and son number one proudly explained why everyone but him had a swollen face. That swolleness lasted a day and within a few weeks we were all painting a fence that was surrounded by poison ivy the only person that got poison ivy? Son number one.

Posted On 04/27/2024

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## ohe0518

. Exposed so many times and nothing worked (I've tried a lot of methods) Been in hospital, ate my flesh to the bone on my shin, and so on, looks nasty using rags to catch all the oozing. My Chiro is brilliant. He said my body was too alkaline so had me start taking a standard process product called cal-amo. When on it, I only get a rash, no blisters, oozing, bleeding. It's a game changer. Hope this info helps others who struggle.

Posted On 04/27/2024

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## nesanel

I know a nutritionist who says he's not too afraid of poison ivy, as a good immune system helps! Another reason not to spray poisonous chemicals, is that if the poison ivy is growing along a tree (as some types do - as a vine, as in the video), if you spray the poison ivy, it will very likely kill the tree. I know such a story. Rather, simply snip it with a pruner, it will die out.

Posted On 04/28/2024

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## KJVgal

Colloidal silver sprayed on poison ivy asap (after washing) works wonderfully. Spray it on and allow to air dry after each shower and then as needed. Itch is totally gone in seconds!

Posted On 04/27/2024

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## rel6213

A very very hot bath or shower will reduce the itching for many hours afterwards. Iodine or lavender essential oil on the rash is very helpful. Castor oil is also very helpful. Best solution is to reduce your toxic load overall; poison ivy is just one more allergic reaction.

Posted On 04/27/2024

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## Levi

The article did not mention herbal remedies that absolutely work to relieve the itch and heal the skin. The tried and true combination is jewel weed, St. John's wort, witch hazel and sweet fern. Anyone of these alone would help, but the combination is synergistic. To make a spray that is half decoction and half tincture, first make a tincture of equal parts of the herbs, aerial parts for the SJW and jewel weed, and leaves and small twigs of the witch hazel and sweet fern. Macerate these in 100 proof vodka (50% alcohol) or 80 proof brandy (40% alcohol) for two weeks.

When this is done make a strong decoction of all four herbs (simmer in a quart of water for at least 20 minutes or longer, adding more water if needed). When cool combine with the tincture and fill a spray bottle with the mixture. The remainder will keep in the refrigerator for at least a month. For each part I use a cup of the plant material to a quart of liquid. The higher proof alcohol extracts faster. Magical for relieving the itch.

Posted On 04/27/2024

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## prairiedoc

I find the very best way to remove the urushiol oil from the skin is to use Goop, an automotive hand degreaser. The reason this works so well is that the urushiol oil is more like removing axle grease from your skin, as opposed to simply washing off a light oil. It needs to either be dissolved or scrubbed off and goop works great for this! Even after having been in poison ivy earlier and the skin beginning to react, Goop does a great job in removing any vestiges of the blasted Euro's all oil. Try it you'll like it!

Posted On 04/27/2024

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## grulla

If you can place a poison ivy affected part of your body, such as your forearm, under a water faucet, then GRADUALLY increase the hot water heat VERY SLOWLY and eventually you will experience the skin pores opening up with a sensation of relief. It worked well for me, but again, do it slowly and gradually.

Posted On 04/27/2024

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## Beengh47

I've often used a hair dryer for relief of the itch. It feels horrible while blowing the heat on the rash, but the itch is totally gone for about four hours.

Posted On 04/27/2024

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## fritzh

The hot water method works. It seems to deplete histamine in the area and will give you several hours of itch relief. I discovered the method after removing it from my garden area at my wife's request as she's very allergic to it. I'd been around it before but never experienced the rash reaction and thought I was one of those immune to it so I dug it all up without much skin protection. The end result was a nasty, nasty rash, I'd classify it as a scourge, covering a significant portion of my upper body that itched & oozed beyond belief. I discovered the hot water method by accident while showering, noting that the rash areas were very sensitive to anything warmer than luke warm water.

I like hot showers and pressed the issue by putting the rash areas under the hot shower water. To calibrate the heat I make the shower as hot as hot as I can stand it on unaffected skin and then let it hit the rash as the heat signal you'll be feeling from the rash area is not a reliable indicator of the actual shower temperature. It's extremely uncomfortable and in about one minute it will build to a painful crescendo & climax of itch/pain and then quickly subside. The method leaves me totally itch-free for about 6 hours...I think the painful climax is the result of compressing 6 hours of itch into one minute.

I read that it's the massive histamine release that causes the crescendo of itch/pain and the subsequent depletion of histamine in affected skin areas that gives the hours of relief. I've had poison ivy twice and my experience is the rash will continue until the skin grows out (I believe the urushiol chemically bonds with a skin protein creating a novel skin protein and so you're then allergic to your own chemically altered skin which needs to grow out and shed)...for me it's about 3-4 weeks.

Posted On 04/27/2024

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