The Lost Book Of Herbal Remedies

The Healing Power of Plant Medicine

Nicole Apelian, Ph.D
&
Claude Davis

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Of Herbal

Remedies

The Healing Power of Plant Medicine

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Dedication (Nicole)

In memory of Xanama, Qgum, and Du, whose love,

joyful spirits, and ropes of connection live on in so many

Dedication (Claude)

In memory of my grandfather

Disclaimer Page

This book was created to provide information about natural medicines, cures and remedies that people have used in the past. This information is made available with the knowledge that the publisher, editor and authors do not offer any legal or otherwise medical advice. In the case you are ill you should always consult with your caring physician or another medical specialist.

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While the authors, editor and publisher have gone to great lengths to provide the most useful and accurate collection of healing plants and remedies in North America, there may still exist typographical and/or content er-rors.

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The Lost Book of Herbal Remedies

Introduction – About the Authors

We hope that this book will become a favorite reference for you and serve as a starting place on your health journey. This book is a general guide to herbal treatments as Dr. Nicole Apelian and Claude Davis practice them.

We encourage everyone to seek medical help whenever needed and avoid self-diagnosis.

Nicole Apelian, Ph.D.

Dr. Nicole Apelian is an herbalist, a mother, a survival skills instructor, an anthropologist, and a biologist. She graduated with a degree in Biol-ogy from McGill University in Canada and has her Master's degree in Ecology from the University of Oregon. She earned her Doctorate through Prescott College while working as an anthropologist and ethno-botanist in Botswana. She is also the author of "A Reference Guide to Surviving Nature: Outdoor Preparation and Remedies".

She has spent years living in nature with the San Bushmen of the Kala-hari Desert, one of the last indigenous peoples who still live as hunter-gatherers. Developing strong relationships within the tribe helped Ni-cole learn many of the remedies and skills she practices and teaches to-day.

An unexpected diagnosis of multiple sclerosis in 2000 led Nicole to ap-ply her research skills towards her own personal wellness. She focused on a healthy living strategy, including deep nature connection and grat-itude practices. Through changes in her lifestyle, recognizing profound mind-body linkages, and making and using her own remedies, Nicole went from bedridden to being fully alive and from surviving to thriving.

She believes that there are many more people suffering who need to find their own remedy. This became her life's mission and the main reason for writing this book. In it she poured over 28 years of plant knowledge and her first-hand experiences of making her own poultices, tinctures, decoctions, salves, infused oils, and other herbal remedies.

She has helped thousands of people treat themselves naturally by following her holistic wellness advice and by using herbal remedies.

In 2015 she was among the first women ever selected for the History Channel's hit TV show "Alone". Despite having MS, she went on to survive solo for 57 days straight in a remote area of Vancouver Island with little more than her hunting knife and the wild foods and medicines she found there.

Among the many herbs she used there for food and remedies, Usnea and Yarrow helped her completely heal a nasty wound she got while gutting a fish.

Dr. Nicole Apelian's knowledge was key to this book. Many of the plants, lichens, and mushrooms you'll find in it are ones that she's used with great results. The remedies you'll find in this book are not,

by any means, exhaustive. But she has selected some of the best for people who want to treat themselves naturally with what they can grow and harvest where they live.

These remedies are just part of a holistic philosophy of being self-reliant - of connecting your mind with your body and your body with nature. For more about Nicole please visit www.nicoleapelian.com.

Claude Davis

Claude Davis is a Wild West history expert and the chief editor at askaprepper.com. His main focus is to save the survival skills of our grandparents. He's also the author of the bestselling book, "The Lost Ways – Saving Our Forefathers' Skills".

While most people tend to be obsessed with everything "new"—with technology, smartphones, social media, and cars that drive themselves—he has always been intrigued by what he believes was a happier, wiser, healthier America: a country of more independent people, who took responsibility for themselves, who were proud of being American, and who dreamed of building a better world.

He thinks that progress has brought us so many good things, but in many ways, things used to be much better.

We are smarter—but we're not wiser. We own more stuff—but stuff we don't really need. And we live longer lives—but we're not healthier.

Consumerism has reached epic proportions, and people feel aggrieved if they don't own the latest gadget.

The truth is, we have never been more disconnected from life, from the world, from the soil, from the plants, and from our own souls.

Claude's goal with *The Lost Book of Herbal Remedies* was to save the most powerful remedies that we've lost to history, and to separate the true cures from the bogus ones that had no effect.

Acknowledgements

Nicole:

I would first and foremost like to thank my mentors from around the globe. They have taught me well, opened my eyes to the healing powers all around us, and shared their knowledge and wisdom freely. I hope I have done them justice here in these pages as I pass on all that they have taught me, especially for future generations.

Huge thanks to my San community in the Kalahari, and for the way they look at their land as a grocery store and as a pharmacy. They gave me new eyes from which to see our landscape here in North America. Thank you to my sons, Colton and Quinn, especially when I spent long hours writing, for understanding the deep need for this book to come into the world. A huge thanks to my co-author Claude Davis, and to Anne-Marie for her excellent formatting skills, oversight, and hard work.

A big debt of gratitude for the modern researchers around the world who are doing the all-important work of finally bringing forth the scientific evidence that these herbal remedies really do work. Just as important are the storytellers. Without them these oral traditions and remedies would have been lost. My hope is that this book will help keep these remedies alive and that more and more people will realize the power of nature connection, herbal medicine, and traditional wisdom.

Of course, my biggest gratitude is to the plants, lichens, and mushrooms that help us grow and heal. Without them, I wouldn’t be here walking amongst you today.

Guide

Bones:

(96-97), Red Clover (126-127), Sheep Sorrel (131-

132), Turkey Tail (275-276)

❖ **Breaks**: Comfrey (64-66), Solomon's Seal (200-

❖

202), Wild Teasel (146-148)

Tumors: Cabbage (54-55), Chaga (268-270),

Cleavers (171-172), Cranberry (235-236), Mullein

❖ **Osteoarthritis**: Cat's Claw (169-170), Comfrey

(114-115), Oregano (116-117), Quaking Aspen

(64-66), Dandelion (68-70), Diatomaceous Earth

(249), Red Root (198-199), Reishi (273-275), Self-

(292), Epsom Salts (292-293), Evening Primrose

heal (122), Sheep Sorrel (131-132), Turkey Tail

(75-77), Greater Burdock (83-85), Leeks (96-97),

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207), Wild Yam (208-209)

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Marshmallow (107-108), Peppermint (118-119),

Unicorn Root (204-205), White Mustard (144-

Plantain (119-121), Reishi (273-275), Self-heal

145), Wild Ginger (206-207), Wormwood (210-

(122), Slippery Elm (257-258), Wild Yam (208-

211)

209), Wormwood (210-211)

❖ **Gastritis & Gastroenteritis**: Black Cohosh

❖

(162), Black Crowberry (225), Burning Bush

Diabetic Ulcers: Bleach (288), Honey (294-295)

❖

(229), Calendula (55-56), Chamomile (59-60),

Diarrhea: Activated Charcoal (287), Agrimony

(44-45), Anise Hyssop (46-47), Bayberry and Wax

Chicory (62-63), Chives (63-64), Chokecherry

Myrtle (220-221), Bearberry (159-160), Bilberry

(232-233), Evening Primrose (75-77), Kudzu (183-

(221-223), Black Crowberry (225), Black Walnut

184), Lion's Mane (281-284), Marshmallow (107-

108), Mullein (114-115), Oregon Grape (247-248),

❖ **Intestinal Problems**: Cabbage (54-55), Calen-

Peppermint (118-119), Saw Palmetto (256), Self-

dula (55-56), Marshmallow (107-108), Pepper-
heal (122), Sheep Sorrel (131-132), St. John's Wort
mint (118-119), Sheep Sorrel (131-132), Thyme
(33-135), Water Plantain (284), Wild Strawberries
(140-141), Wormwood (210-211)
(207-208)

❖ **Intestinal Worms and Parasites**: Black Wal-

❖ **Heartburn:** Aloe Vera (45-46), American Bass-
nut (226-227), Black-Eyed Susan (49), Chicory
wood (215-216), Black Crowberry (225), Choke-
(62-63), Cottonwood (233-234), Diatomaceous
cherry (232-233), Fennel (77-78), Jerusalem Arti-
Earth (292), Elecampane (74-75), Feverfew (78-
choke (91-92), Juniper (244), Maidenhair Fern
79), Garlic (80-81), Lamb's Quarter (93-94), Male
(187), Salal (253-254), Saw Palmetto (256), Solo-
Fern (188), Mugwort (190-191), Mullein (114-115),
mon's Seal (200-202), Slippery Elm (257-258),
Plantain (119-121), Self-heal (122), Sheep Sorrel
Stone Root (203), Water Plantain (284), Worm-

(131-132), Thyme (140-141), White Pine (261-

wood (210-211)

262), Wormwood (210-211)

❖ **IBS (Irritable Bowel Syndrome)**: Aloe Vera

❖ **Leaky Gut**: Fireweed (178-179), Licorice Root

(45-46), Bilberry (221-223), Borage (51-52), Cat's

(102-103), Lion's Mane (270-271), Marshmallow

Claw (169-170), Chamomile (59-60), Dill (70-71),

(107-108), Plantain (119-121), Reishi (273-275),

Fireweed (178-179), Hardy Kiwi (238-239), Hops

Slippery Elm (257-258), Turkey Tail (275-276)

(88-89), Kudzu (183-184), Marshmallow (107-

❖ **Nausea and Vomiting:** Activated Charcoal

108), Peppermint (118-119), Plantain (119-121),

(287), Bee Balm (161), Bilberry (221-223), Blood-

Slippery Elm (257-258), Wild Yam (208-209),

root (164-165), Chives (63-64), Mallow (107-108),

Wormwood (210-211)

Peppermint (118-119), Reishi (273-275), Wild Gin-

❖ **Indigestion**: Agrimony (44-45), Anise Hyssop

ger (206-207)

(46-47), Black Cohosh (162), Burning Bush (229),

❖ **Peptic Ulcers**: Calendula (55-56), Chokecherry

Cayenne Pepper (289-290), Chamomile (59-60),

(232-233), Cranberry (235-236), Licorice Root

Chives (63-64), Dandelion (68-70), Evening Prim-

(102-103), Mallow (107-108), Marshmallow (107-

rose (75-77), Fennel (77-78), Greater Burdock

108), Meadowsweet (245-246), St. John's Wort

(83-85), Honey Locust (241-242), Hops (88-89),

(33-135)

Jerusalem Artichoke (91-92), Juniper (244),

❖ **Prebiotics**: Chicory (62-63), Dandelion (68-70),

Lemon Balm (98-99), Lemon Verbena (101-102),

Garlic (80-81), Greater Burdock (83-85), Jerusa-

Licorice Root (102-103), Marshmallow (107-108),

lem Artichoke (91-92), Leeks (96-97), Turkey Tail

Moringa (246-247), Oregon Grape (247-248),

(275-276)

Peppermint (118-119), Quaking Aspen (249), Red

❖ **Stomach Flu**: American Basswood (215-216), Alder (250-251), Rosemary (128-129), Sage (130-Bee Balm (161), California Buckwheat (167-168), 131), Saw Palmetto (256), Stone Root (203), Sweet Chokecherry (232-233), Garlic (80-81), Mallow Marjoram (137-138), Turkey Tail (275-276), White (107-108), Thyme (140-141), Water Plantain (284) Willow (263-264), Wild Ginger (206-207), Wild

❖ **Tapeworm Infection**: Hawthorn (239-241), Violets (142-143)

Male Fern (188), White Pine (261-262)

❖ **Inflammatory Bowel Disease (IBD):** Aloe

❖ **Ulcerative Colitis**: Chaga (268-270), Common Vera (45-46), Calendula (55-56), Lion's Mane Lungwort (105-106), Lion's Mane (270-271), (270-271), Lovage (104-105), Plantain (119-121), Lungwort Lichen (272-273) Marshmallow (107-Reishi (273-275), Slippery Elm (257-258), Sugar 108), Plantain (119-121), Reishi (273-275), Rose-Maple (258-259), Wormwood (210-211)

mary (128-129), Self-heal (122), Slippery Elm

❖ **Intestinal Colitis**: Bayberry and Wax Myrtle

(257-258), Wild Yam (208-209)

(220-221), Black Walnut (226-227), Calendula

(55-56), Fireweed (178-179), Marshmallow (107-

108), Peppermint (118-119), Self-heal (122)

Drug Addiction

❖ **Tics**: Pulsatilla (124-125)

❖ **Alcoholism**: Kudzu (183-184), Skullcap (132-

133)

Female Issues

❖ **Drug Withdrawal**: Parrot's Beak (193-194),

❖ **Amenorrhea (Absence of Menstruation)**:

Pulsatilla (124-125), Skullcap (133-135), St. John's

Burning Bush (229), Chicory (62-63), False Uni-

Wort (33-135)

corn Root (177-178), Motherwort (112-114), Par-

❖ **Nicotine Withdrawal**: Lobelia Inflata (164-

tridgeberry (194-195), Pulsatilla (124-125), Sweet

165), Osha (191-193), Skullcap (133-135), Valerian

Marjoram (137-138), Unicorn Root (204-205)

Root (141-142)

❖ **Breastfeeding**: Cabbage (54-55), Dill (70-71),

❖ **Opiate Withdrawal**: California Poppy (57-58),

Fennel (77-78), Spanish Moss (179-180), Sweet

St. John's Wort (33-135)

Marjoram (137-138), Water Plantain (299-300

❖ **Childbirth**: Ash (216-217), Bearberry (159-160),

Ears

Black Crowberry (225), Blue Cohosh (165-166),

❖

Burning Bush (229), Cattails (279-280), Par-

Earaches: Black-Eyed Susan (49), Mullein (114-

115), Pulsatilla (124-125)

tridgeberry (194-195), Pulsatilla (124-125), Span-

❖

ish Moss (179-180), White Sage (263), Yarrow

Ear Infections: Boric Acid (288-289), Garlic

(80-81), Mullein (114-115), Yarrow (150-151)

(150-151)

❖

❖ **Contraception**: Feverfew (78-79), Juniper

Hearing Loss: Pulsatilla (124-125)

❖

(244), Queen Anne’s Lace (129-130)

Inflammation of Ears: Pulsatilla (124-125)

❖

❖ **Dysmenorrhea**: See “Menstrual Cramps”

Swimmer’s Ear: Boric Acid (288-289)

❖ **Endometriosis**: Dandelion (68-70), Evening

Primrose (75-77), Flax (66-67), Garlic (80-81),

Eyes

Leeks (96-97), Oregon Grape (247-248), Yarrow

❖ **Cataracts**: Bilberry (221-223), Holy Basil (86-

(150-151)

88), Pulsatilla (124-125)

❖ **Fertility, improved**: Evening Primrose (75-77),

❖ **Conjunctivitis (Pinkeye) and Eye Infec-**

False Unicorn Root (177-178), Licorice Root (102-

tions: Agrimony (44-45), American Basswood

103), Rhodiola Rosea (176-177), Saw Palmetto

(215-216), Blue and Black Elderberry (227-229),

(256), Solomon's Seal (200-202), Sweet Marjo-

Boric Acid (288-289), Chamomile (59-60), Fennel

ram (137-138), Water Plantain (284)

(77-78), Goldenseal (179-181), Oxeye Daisy (117-

❖ **Hemorrhage, Vaginal with Childbirth**: Bear-

118), Pulsatilla (124-125), Usnea (277-278), Wooly

berry (159-160), Cattails (279-280), Male Fern

Lamb's Ear (149-150), Yarrow (150-151)

(188)

❖ **Eye Inflammation**: Blue and Black Elderberry

❖ **Hormone Regulation**: Blue Cohosh (165-166),

(227-229), Boric Acid (288-289), Calendula (55-

Cat's Claw (169-170), Devil's Club (236-237),

56), Cardinal Flower (169), Chamomile (59-60),

Evening Primrose (75-77), False Solomon's Seal

Chicory (62-63), Fennel (77-78), Holy Basil (86-

(176-177), False Unicorn Root (177-178), Fennel

88), Plantain (119-121), Usnea (277-278), Yarrow

(77-78), Flax (66-67), Kudzu (183-184), Milk This-

(150-151)

tle (96-97), Mugwort (190-191), Quaking Aspen

❖ **Glaucoma**: Bilberry (221-223), Holy Basil (86-

(249), Reishi (273-275), Rhodiola Rosea (176-

88), Pulsatilla (124-125)

177), Sage (130-131), Spanish Moss (179-180), St.

❖ **Macular Degeneration**: Bilberry (221-223),

John's Wort (33-135)

Borage (51-52), Cocoplum (254-255), Holy Basil

❖ **Labor: See "Childbirth"**

(86-88)

❖ **Menopause Symptoms**: Black Cohosh (162),

❖ **Night Blindness**: Bilberry (221-223), Cocoplum

Evening Primrose (75-77), False Unicorn Root

(254-255)

(177-178), Flax (66-67), Kudzu (183-184), Lemon

❖ **Sties**: Wooly Lamb's Ear (149-150)

Balm (98-99), Licorice Root (102-103), Pulsatilla

(124-125), Quaking Aspen (249), Red Clover (126-

(75-77), Reishi (273-275), Sweet Marjoram (137-

127), Sage (130-131), Saw Palmetto (256), Solo-

138), Unicorn Root (204-205)

mon’s Seal (200-202), St. John’s Wort (33-135),

❖ **Post-Partum Aid and Depression**: Bearberry

Sweet Marjoram (137-138), Unicorn Root (204-

(159-160), Cattails (279-280), Pulsatilla (124-125),

205), Watercress (282-283), White Willow (263-

St. John’s Wort (33-135)

264)

❖ **Pregnancy & Labor**: False Unicorn Root (177-

❖ **Menstrual Cramps**: Amaranthus Caudatus

178), Leeks (96-97), Red Raspberry (197), West-

(152), Bloodroot (164-165), Blue Cohosh (165-

ern Skunk Cabbage (285-286)

166), Calendula (55-56), Cattails (279-280), Chic-

❖ **Pre-Menstrual Syndrome (PMS):** Black Co-
ory (62-63), Dill (70-71), Fennel (77-78), Feverfew
hosh (162), Borage (51-52), Calendula (55-56),
(78-79), Goldenseal (179-181), Kudzu (183-184),
Evening Primrose (75-77), Fennel (77-78), Hops
Mugwort (190-191), Partridgeberry (194-195),
(88-89), Lemon Balm (98-99), Motherwort (112-
Peppermint (118-119), Pulsatilla (124-125), Sage
114), Licorice Root (102-103), Pulsatilla (124-125),
(130-131), Sassafras (254-255), Solomon's Seal
Red Raspberry (197), St. John's Wort (33-135),
(200-202), St. John's Wort (33-135), Stinging
Sweet Marjoram (137-138), Wild Ginger (206-
Nettle (135-136), Sweet Marjoram (137-138), Vale-
207), Wild Rose (238-239)
rian Root (141-142), Wild Rose (238-239), Yarrow

❖ **Sex Drive, Improved:** Black Cohosh (162),
(150-151)
False Unicorn Root (177-178), Spanish Moss (179-

❖ **Menstrual Cycle**: Amaranthus Caudatus (152),

180), Western Skunk Cabbage (285-286)

Angelica (154-156), Bee Balm (161), Black Cohosh

❖ **Urethra inflammation**: Bearberry (159-

(162), Black Crowberry (225), Bloodroot (164-

160), Couch Grass (67-68), Pipsissewa (195-196)

165), Blue Cohosh (165-166), Borage (51-52),

❖ **Vaginal Infections:** Amaranthus Caudatus

Burning Bush (229), Cat's Claw (169-170), Cattails

(152), Bearberry (159-160), Boric Acid (288-289),

(279-280), Chicory (62-63), Comfrey (64-66),

Cattails (279-280), False Unicorn Root (177-178),

False Solomon's Seal (176-177), False Unicorn

Goldenseal (179-181), Usnea (277-278), Western

Root (177-178), Fennel (77-78), Feverfew (78-79),

Red Cedar (259-261)

Goldenseal (179-181), Lemon Balm (98-99), Lov-

age (104-105), Mugwort (190-191), Partridgeberry

Glands

(194-195), Quaking Aspen (249), Red Raspberry

(197), Self-heal (122), Stinging Nettle (135-136),

❖ **Adrenal fatigue**: American Ginseng (153-154),

Sweet Marjoram (137-138), Unicorn Root (204-

Chaga (268-270), Devil's Club (236-237), Reishi

205), White Willow (263-264), Wild Ginger (206-

(273-275), Rhodiola Rosea (176-177)

207), Yarrow (150-151)

❖ **Endocrine Gland**: Milk Thistle (96-97), Spanish

❖ **Milk Suppression**: Black Walnut (226-227),

Moss (179-180)

California Poppy (57-58), Chickweed (61-62),

❖ **Enlarged Spleen**: Rhodiola Rosea (176-177),

Lemon Balm (98-99), Peppermint (118-119), Sage

Stinging Nettle (135-136)

(130-131), Yarrow (150-151)

❖ **Thyroid Function**: Lemon Balm (98-99), Rho-

❖ **Miscarriage, habitual**: Unicorn Root (204-

diola Rosea (176-177)

205)

❖ **Miscarriage, threatened**: False Unicorn Root

Hair

(177-178)

❖ **Hair Loss**: Evening Primrose (75-77), Horsetail

❖ **Morning Sickness**: False Unicorn Root (177-

(181-182), Rosemary (128-129), Sage (130-131),

178), Red Raspberry (197)

Saw Palmetto (256)

❖ **Pelvic Inflammation**: Echinacea (72-73), False

❖ **Lice**: Devil's Club (236-237), Lavender (94-96),

Unicorn Root (177-178), Red Raspberry (197)

Listerine (293), Meadow Rue (109), Quaking As-

❖ **Polycystic Ovarian Syndrome (PCOS):** Ash

pen (249), Red Alder (250-251), Sassafras (254-

(216-217), Black Cohosh (162), Evening Primrose

255), Thyme (140-141)

Heart and Circulatory System

❖ **Circulation, Increased/Vasodilator**: Angel-

ica (154-156), Boneset (50-51), Butterbur (166-

❖ **Anemia**: Dandelion (68-70), Greater Burdock

168), Cayenne Pepper (289-290), Garlic (80-81),

(83-85), Hardy Kiwi (238-239), Lamb’s Quarter

Greater Burdock (83-85), Kudzu (183-184),

(93-94), Leeks (96-97), Stinging Nettle (135-136)

Prickly Pear Cactus (121-122), Red Clover (126-

❖ **Angina**: Anise Hyssop (46-47), Hawthorn (239-

127), Reishi (273-275), Rosemary (128-129),

241)

Stinging Nettle (135-136), Turmeric (295-296)

❖ **Blood Pressure, High**: American Basswood

❖

(215-216), Black Walnut (226-227), Borage (51-

Clotting: Agrimony (44-45), Amaranthus Cauda-

tus (152), Bilberry (221-223), Cattails (279-280),

52), Cat’s Claw (169-170), Chives (63-64), Diato-

Cayenne Pepper (289-290), Common Lungwort

maceous Earth (292), Evening Primrose (75-77),

(105-105), Cranberry (235-236), Hardy Kiwi (238-

False Hellebore (174-175), Garlic (80-81), Hardy

239), Kudzu (183-184), Leeks (96-97), Lion’s

Kiwi (238-239), Hawthorn (239-241), Honey

Mane (270-271), Mugwort (190-191), Red Clover

(294-295), Kudzu (183-184), Lady’s Thumb (92),

(126-127), Red Root (198-199), Saw Palmetto

Lavender (94-96), Leeks (96-97), Lemon Balm

(256), Usnea (277-278), Wooly Lamb’s Ear (149-

(98-99), Mugwort (190-191), Red Raspberry (197),

150), Yarrow (150-151)

Red Root (198-199), St. John’s Wort (33-135),

❖

Sugar Maple (258-259), Sweet Marjoram (137-

Heart Attack: Bilberry (221-223), Black Walnut

(226-227), California Buckwheat (167-168),

138), Turkey Tail (275-276), Turmeric (295-296),

Chives (63-64), Cocoplum (280-281), Hardy Kiwi

Valerian Root (141-142), Water Plantain (284)

(238-239), Hawthorn (239-241), Lion's Mane

❖ **Blood Pressure, Low**: Blue Cohosh (165-166),

(281-284), Oregano (116-117), Turmeric (295-

Goldenrod (81-83), Goldenseal (179-181), Rose-

296),

mary (128-129), Turmeric (295-296),

❖

❖

Heart Disease: American Basswood (215-216),

Blood Purification: Chickweed (61-62), Devil’s

Black Walnut (226-227), Cat’s Claw (169-170),

Club (236-237), Feverfew (78-79), Meadow Rue

Cinnamon (291), Chives (63-64), Cranberry (235-

(109), Yarrow (150-151)

236), Epsom Salts (292-293), Hawthorn (239-

❖ **Blood Thinner**: Red Clover (126-127), Sweet

241), Hops (88-89), Juniper (244), Lady’s Thumb

Grass (137), Wild Violets (142-143), Turmeric

(92), Leeks (96-97), Lion’s Mane (270-271), Milk

(295-296),

Thistle (96-97), Prickly Pear Cactus (121-122), Red

❖ **Blood Coagulant**: Agrimony (44-45), Cattails

Clover (126-127), Red Mulberry (252), Sugar Ma-

(279-280), Cayenne Pepper (289-290), Common

ple (258-259)

Lungwort (105-106), Yarrow (150-151)

❖

❖

Irregular Heartbeat: American Basswood (215-

Cardiac Insufficiency: Stinging Nettle (135-

216), Hawthorn (239-241), Reishi (273-275)

136)

❖

❖

Myocardial Ischemia: Kudzu (183-184)

Cholesterol, Elevated: Amaranthus Caudatus

❖

(152), American Basswood (215-216), Black Wal-

Nosebleeds: Amaranthus Caudatus (152), Sting-

ing Nettle (135-136), Yarrow (150-151)

nut (226-227), Cascara Sagrada (229-231), Cinna-

❖

mon (291), Chives (63-64), Cocoplum (280-281),

Phlebitis: Heartleaf Arnica (156-157)

❖

Cranberry (235-236), Dandelion (68-70), Diato-

Pulse Rate, Lowering: False Hellebore (174-

175), Valerian Root (141-142)

maceous Earth (292), Evening Primrose (75-77),

❖

Flax (66-67), Garlic (80-81), Hardy Kiwi (238-

Tonic, Heart: American Basswood (215-216),

Bottle Gourd (53), Burning Bush (229), Cayenne

239), Hawthorn (239-241), Honey (294-295),

Pepper (289-290), Mormon Tea (111-112), Solo-

Leeks (96-97), Milk Thistle (96-97), Prickly Pear

mon’s Seal (200-202), Sugar Maple (258-259),

Cactus (121-122), Purslane (125-126), Red Clover

Wild Ginger (206-207), Wooly Lamb’s Ear (149-

(126-127), Red Mulberry (252), Reishi (273-275),

150)

Spanish Moss (179-180), Turkey Tail (275-276),

❖

Water Plantain (284), Wild Violets (142-143)

Varicose Veins: Bilberry (221-223), Chickweed

(61-62), Horse Chestnut (242-243), Maidenhair

Fern (187), Stone Root (203), Wild Violets (142-

Infectious Diseases

143)

❖ **Anti-fungal:** See Fungal Infections

❖ **Vasculitis**: Reishi (273-275)

❖ **Anti-virals**: Anise Hyssop (46-47), Black Wal-

❖ **Vasodilator: See Circulation, Increased**

nut (226-227), Blue and Black Elderberry (227-

❖ **Venous Insufficiency, Chronic:** Horse Chest-

229), Calendula (55-56), Cat's Claw (169-170),

nut (242-243), Salal (253-254)

Chaga (268-270), Echinacea (72-73), Goldenseal

(179-181), Leeks (96-97), Lemon Balm (98-99),

Immune System

Lemon Thyme (100), Licorice Root (102-103),

❖

Male Fern (188), Moringa (246-247), Oregano

Allergies: Borage (51-52), Butterbur (166-168),

Chaga (268-270), Chamomile (59-60), Echinacea

(116-117), Osha (191-193), Peppermint (118-119),

(72-73), Evening Primrose (75-77), Garlic (80-81),

Reishi (273-275), Sassafras (254-255), Self-heal

Goldenrod (81-83), Listerine (293), Lovage (104-

(122), St. John's Wort (33-135), Thyme (140-141),

105), Mormon Tea (111-112), Reishi (273-275),

Turkey Tail (275-276), Usnea (277-278), Western

Self-heal (122), Stinging Nettle (135-136), Yerba

Red Cedar (259-261), Wild Rose (238-239)

Santa (213-214)

❖ **Bacillus**: Chicory (62-63), Duckweed (281-282),

❖

Mugwort (190-191), Reishi (273-275)

Autoimmune Diseases: Bilberry (221-223),

Cat's Claw (169-170), Chives (63-64), Evening

❖ **Chickenpox:** Cleavers (171-172), Club Moss (172-

Primrose (75-77), Flax (66-67), Lion's Mane (270-

173), Chaparral (231-232), Calendula (55-56)

271), Plantain (119-121), Reishi (273-275), Sugar

❖ **Citrobacter**: Duckweed (281-282)

Maple (258-259), Turkey Tail (275-276)

❖ **Colds and Flu**: American Ginseng (153-154),

❖

Anise Hyssop (46-47), Angelica (154-156), Balsam

Celiac Disease: Lion’s Mane (270-271), Reishi

(273-275), Slippery Elm (257-258)

Poplar (218-220), Bayberry and Wax Myrtle (220-

❖

221), Bee Balm (161), Black Crowberry (225),

Guillain-Barre: Reishi (273-275)

❖

Black-Eyed Susan (49), Bloodroot (164-165), Blue

Hashimoto’s Thyroiditis: Reishi (273-275)

❖

and Black Elderberry (227-229), Boneset (50-51),

Lymph Nodes: Bleeding Heart (163-164), Calen-

dula (55-56), Wild Rose (238-239)

California Buckwheat (167-168), Cayenne Pepper

❖

(289-290), Chaga (268-270), Chokecherry (232-

Lupus: Flax (66-67), Reishi (273-275), Turkey

Tail (275-276)

233), Club Moss (172-173), Cranberry (235-236),

❖

Devil’s Club (236-237), Echinacea (72-73), Fever-

Multiple Sclerosis (MS): Evening Primrose

(75-77), Flax (66-67), Lion’s Mane (270-271),

few (78-79), Flax (66-67), Garlic (80-81), Golden-

Reishi (273-275), Turkey Tail (275-276)

rod (81-83), Goldenseal (179-181), Honey Locust

❖

(241-242), Horseradish (89-90), Meadowsweet

Stimulating the Immune System: Arrowleaf

Balsamroot (158-159), Ashwagandha (47-48),

(245-246), Lamb’s Quarter (93-94), Lavender

Black-Eyed Susan (49), Blue and Black Elderberry

(94-96), Licorice Root (102-103), Male Fern

(227-229), Calendula (55-56), Cat’s Claw (169-
(188), Mallow (107-108), Osha (191-193), Quaking
170), Cayenne Pepper (289-290), Chaga (268-
Aspen (249), Red Elderberry (251), Reishi (273-
270), Chives (63-64), Cocoplum (280-281), Dan-
275), Sassafras (254-255), Sheep Sorrel (131-132),
delion (68-70), Echinacea (72-73), Goldenseal
St. John’s Wort (33-135), Sweet Grass (137),Tur-
(179-181), Greater Burdock (83-85), Hardy Kiwi
key Tail (275-276), Usnea (277-278), Water Plan-
(238-239), Hawthorn (239-241), Lemon Thyme
tain (284), White Pine (261-262), White Sage
(100), Oregano (116-117), Sheep Sorrel (131-132),
(263), Wild Rose (238-239), Wild Violets (142-
Solomon’s Seal (200-202), Thyme (140-141), Wa-
143), Witch Hazel (266-267), Yarrow (150-151),
tercress (282-283)
Yerba Santa (213-214)
❖ **Cholera Prevention**: Potassium Permanganate
(293-294)

❖ **Dengue Fever/ Bone Break Fever**: Boneset

(50-51), Cat’s Claw (169-170)

❖ **Diphtheria**: Bloodroot (164-165), Cardinal

258), St. John’s Wort (33-135), Turkey Tail (275-

Flower (169)

276), Usnea (277-278)

❖ **E. coli**: Cascara Sagrada (229-231), Chicory (62-

❖ **Human Immunodeficiency virus (HIV):**

63), Juniper (244), Mugwort (190-191), Reishi

Black Walnut (226-227), Cinnamon (291), Lico-

(273-275), Usnea (277-278), Wormwood (210-

rice Root (102-103), Osha (191-193), Self-heal

211)

(122), Turkey Tail (275-276)

❖ **Epstein Barr Virus**: Cat’s Claw (169-170),

❖ **HPV**: Black Walnut (226-227), Cat’s Claw (169-

Echinacea (72-73), Garlic (80-81), Lemon Balm

170), Osha (191-193), Reishi (273-275), Turkey

(98-99), Oregano (116-117), St. John's Wort (33-

Tail (275-276), Usnea (277-278)

135), Turkey Tail (275-276), Usnea (277-278)

❖ **Infections (Viral, Bacterial and Parasitic):**

❖ **Fungal Infections (Thrush, Yeast, Athlete's**

Amaranthus Caudatus (152), Black Walnut (226-

Foot, Jock Itch): Anise Hyssop (46-47), Angel-

227), Boneset (50-51), Boric Acid (288-289), Cat-

ica (154-156), Arrowleaf Balsamroot (158-159),

tails (279-280), Comfrey (64-66), Cranberry (235-

Black Crowberry (225), Black Walnut (226-227),

236), Duckweed (281-282), Echinacea (72-73),

Boric Acid (288-289), Calendula (55-56), Cat's

Garlic (80-81), Goldenseal (179-181), Horseradish

Claw (169-170), Cattails (279-280), Cinnamon

(89-90), Leeks (96-97), Lemon Thyme (100),

(291), Chives (63-64), Club Moss (172-173),

Osha (191-193), Potassium Permanganate (293-

Drumstick Tree (220-221), Duckweed (281-282),

294), Self-heal (122), Sheep Sorrel (131-132), Tur-

Echinacea (72-73), Fireweed (178-179), Garlic

key Tail (275-276), Usnea (277-278), Western Red

(80-81), Goldenrod (81-83), Goldenseal (179-181),

Cedar (259-261), White Mustard (144-145), Wild

Greater Burdock (83-85), Horsetail (181-182),

Ginger (206-207), Wild Rose (238-239)

Jewelweed (185-186), Juniper (244), Lady's

❖ **Laryngitis**: American Basswood (215-216), Cali-

Thumb (92), Leeks (96-97), Lemon Balm (98-99),

fornia Buckwheat (167-168), Coltsfoot (173-174),

Lemon Thyme (100), Listerine (293), Mugwort

Fennel (77-78), Goldenrod (81-83), Lavender (94-

(190-191), Oregano (116-117), Oregon Grape (247-

96), Lungwort Lichen (272-273), Mormon Tea

248), Potassium Permanganate (293-294), Purs-

(111-112), Mullein (114-115)

lane (125-126), Reishi (273-275), Rosemary (128-

❖ **Lymphatic System**: Calendula (55-56), Cleavers

129), Usnea (277-278), Chicory (62-63), Western

(171-172), Greater Burdock (83-85), Red Root

Red Cedar (259-261), White Mustard (144-145),

(198-199), Watercress (282-283), Wild Violets

Wild Teasel (146-148), Wormwood (210-211), Yar-

(142-143)

row (150-151)

❖ **Lyme Disease**: Cat's Claw (169-170), Garlic (80-

❖ **Gonorrhea**: Balsam Fir (217-219), Bearberry

81), Reishi (273-275), Wild Teasel (146-148),

(159-160), Couch Grass (67-68), False Unicorn

Wormwood (210-211)

Root (177-178), Juniper (244) Mormon Tea (111-

❖ **Malaria**: Boneset (50-51), Burning Bush (229),

112), Pipsissewa (195-196), Saw Palmetto (256)

Chicory (62-63), Club Moss (172-173), Dogwood

❖ ***Haemophilus influenzae***: Cranberry (235-

(238), Hawthorn (239-241), Turkey Tail (275-

236)

276), Wormwood (210-211)

❖ ***Helicobacter pylori****:* Cascara Sagrada (229-

❖ **Measles**: Cleavers (171-172), Honey Locust (241-

231), Cranberry (235-236), Lion’s Mane (270-271)

242), Kudzu (183-184), Yarrow (150-151)

❖ **Herpes**: Anise Hyssop (46-47), Black Walnut

❖ **Mono/Mononucleosis**: Garlic (80-81), Mug-

(226-227), Calendula (55-56), Cat’s Claw (169-

wort (190-191), Red Root (198-199), Reishi (273-

170), Chaga (268-270), Chickweed (61-62),

275), Usnea (277-278)

Echinacea (72-73), Greater Burdock (83-85),

❖ **MRSA**: Oregon Grape (247-248), Usnea (277-

Honey (294-295), Lemon Balm (98-99), Oregon

278), Wooly Lamb’s Ear (149-150)

Grape (247-248), Red Root (198-199), Reishi

❖ **Mumps**: Male Fern (188)

(273-275), Self-heal (122), Slippery Elm (257-

❖ **Neisseria**: Duckweed (281-282)

❖ **Parasites and Worms**: Black Walnut (226-

❖ **Syphilis**: Bearberry (159-160), Mormon Tea (111-

227), Black-Eyed Susan (49), Cayenne Pepper

112), Red Alder (250-251)

(289-290), Chaparral (231-232), Chicory (62-63),

❖ **Tetanus**: Cardinal Flower (169), Chickweed (61-

Diatomaceous Earth (292), Feverfew (78-79),

62)

Garlic (80-81), Hawthorn (239-241), Male Fern

❖ **Tonsillitis**: Cardinal Flower (169), Cleavers (171-

(188), Oregano (116-117), Oregon Grape (247-

172), Greater Burdock (83-85), Lavender (94-96),

248), Sheep Sorrel (131-132), Thyme (140-141),

Red Root (198-199)

White Pine (261-262), Wormwood (210-211)

❖ **Typhoid**: Boneset (50-51)

❖ **Pseudomonas**: Chicory (62-63), Mugwort (190-

❖ **Venereal Diseases**: Chaparral (231-232),

191), Rosemary (128-129)

Chickweed (61-62), False Unicorn Root (177-178),

❖ **Roseola**: Chickweed (61-62)

Flax (66-67), Mormon Tea (111-112), Sweet Grass

❖ **Salmonella**: Chicory (62-63), Lungwort Lichen

(137)

(272-273), Reishi (273-275), Wormwood (210-

❖ **Yellow Fever**: Boneset (50-51)

211)

Kidneys

❖ **Shingles**: Chickweed (61-62), Echinacea (72-73),

❖ **Kidney Problems, Kidney Disease**: Agrimony

Lemon Balm (98-99), Oregano (116-117), St.

(44-45), Bearberry (159-160), Birch (223-224),

John's Wort (33-135), Turkey Tail (275-276),

Chaga (268-270), Chokecherry (232-233), Club

Witch Hazel (277–278)

Moss (172-173), Common Lungwort (105-106),

❖ **Sore Throat**: Amaranthus Caudatus (152),

Goldenrod (81-83), Horsetail (181-182), Mormon

American Basswood (215-216), Angelica (154-

Tea (111-112), Queen Anne's Lace (129-130), Sas-

156), Arrowleaf Balsamroot (158-159), Balsam Fir

safras (254-255), Self-heal (122), Sheep Sorrel

(217-219), Bayberry and Wax Myrtle (220-221),

(131-132), Stone Root (203), Usnea (277-278),

Bee Balm (161), Black Walnut (226-227), Borage

Water Plantain (284), Wild Ginger (206-207)

(51-52), California Buckwheat (167-168), Carolina

❖ **Kidney Stones**: Bearberry (159-160), Birch

Geranium (58-59), Cayenne Pepper (289-290),

(223-224), Black Crowberry (225), Cleavers (171-

Cleavers (171-172), Comfrey (64-66), Common

172), Club Moss (172-173), Couch Grass (67-68),

Lungwort (105-106), Cottonwood (233-234),

Fennel (77-78), Goldenrod (81-83), Holy Basil

False Solomon’s Seal (176-177), False Unicorn

(86-88), Horsetail (181-182), Lovage (104-105),

Root (177-178), Fennel (77-78), Fireweed (178-

Milk Thistle (96-97), Pipsissewa (195-196), Queen

179), Flax (66-67), Garlic (80-81), Greater Bur-

Anne’s Lace (129-130), Stone Root (203), Water

dock (83-85), Heartleaf Arnica (156-157), Honey

Plantain (284), Watercress (282-283)

Locust (241-242), Horsetail (181-182), Lavender

❖ **Nephritis**: Bearberry (159-160)

(94-96), Licorice Root (102-103), Maidenhair

❖ **Strengthens Kidneys**: Bilberry (221-223), Cat's

Fern (187), Osha (191-193), Plantain (119-121),

Claw (169-170), Club Moss (172-173), Dandelion

Red Root (198-199), Sage (130-131), Self-heal

(68-70), Goldenrod (81-83), Greater Burdock (83-

(122), Slippery Elm (257-258), Stone Root (203),

85), Milk Thistle (96-97), Mormon Tea (111-112),

Sugar Maple (258-259), Sweet Grass (137), Thyme

Self-heal (122)

(140-141), White Mustard (144-145), White Pine

(261-262), Wild Strawberries (207-208), Wild Vi-

Liver, Gallbladder, and Spleen

olets (142-143), Wintergreen (209-210), Wooly

Lamb's Ear (149-150), Lungwort Lichen (272-273)

❖ **Detoxification of Liver**: Calendula (55-56),

❖ **Smallpox**: Honey Locust (241-242)

Chokecherry (232-233), Dandelion (68-70), Dock

❖ **Strep/Streptococcus**: Duckweed (281-282),

(71-72), Greater Burdock (83-85), Hops (88-89),

Mallow (107-108), Mugwort (190-191), Oregon

Lemon Balm (98-99), Milk Thistle (96-97), Mug-

Grape (247-248), Reishi (273-275), Usnea (277-

wort (190-191), Oregon Grape (247-248), Pipsis-

278)

sewa (195-196), Self-heal (122), St. John's Wort

(33-135), Stinging Nettle (135-136), Wild Rose

❖ **Premature Ejaculation**: Sage (130-131), Solo-

(238-239), Wooly Lamb's Ear (149-150)

mon's Seal (200-202)

❖ **Fatty Liver**: Chicory (62-63), Chokecherry (232-

❖ **Swollen Prostate and Prostate Cancer**: Cab-

233), Dandelion (68-70), Milk Thistle (96-97), Or-

bage (54-55), Cleavers (171-172), Couch Grass (67-

egon Grape (247-248), Water Plantain (284)

68), Flax (66-67), Leeks (96-97), Milk Thistle (96-

❖ **Gallbladder, Liver, Spleen Stimulation**:

97), Reishi (273-275), Saw Palmetto (256)

Cascara Sagrada (229-231), Chicory (62-63), Dan-

❖ **Sexual Potency**: Ash (216-217), Rhodiola Rosea

delion (68-70), Dock (71-72), Oregon Grape (247-

(176-177), Saw Palmetto (256)

248), Reishi (273-275), Stinging Nettle (135-136)

❖ **Sexual Development**: Spanish Moss (179-180)

❖ **Gallbladder Diseases**: Agrimony (44-45), Ca-

lendula (55-56), Cascara Sagrada (229-231), Chic-

Mouth, Oral and Dental

ory (62-63), Couch Grass (67-68), Oregon Grape

(247-248), Wild Rose (238-239)

Issues

❖ **Gallstones**: Cascara Sagrada (229-231), Dande-

❖ **Bleeding and Swollen Gums**: Aloe Vera (45-

lion (68-70), Maidenhair Fern (187), Milk Thistle

46), Bilberry (221-223), Borage (51-52), California

(96-97), Pipsissewa (195-196), Queen Anne’s Lace

Buckwheat (167-168), Cattails (279-280), Comfrey

(129-130)

(64-66), Fennel (77-78), Lamb’s Quarter (93-94),

❖ **Hepatitis B**: Carolina Geranium (58-59), Cat’s

Plantain (119-121), Thyme (140-141), Watercress

Claw (169-170), Self-heal (122), Water Plantain

(282-283)

(284)

❖ **Cavities**: Bloodroot (164-165), Calendula (55-56),

❖ **Hepatitis C**: Chaga (208-281), Licorice Root

Dock (71-72), Feverfew (78-79), Holy Basil (86-

(102-103), Self-heal (122)

88), Horsetail (181-182), Thyme (140-141)

❖ **Jaundice**: Ash (216-217), Chicory (62-63), Couch

❖ **Cold Sores**: Anise Hyssop (46-47), Balsam Fir

Grass (67-68), Dandelion (68-70), Duckweed

(217-219), Black Walnut (226-227), Calendula

(281-282), Garlic (80-81), Hops (88-89), Self-heal

(55-56), Devil’s Club (236-237), Echinacea (72-

(122), Wild Teasel (146-148)

73), Flax (66-67), Greater Burdock (83-85),

❖ **Liver Damage**: Dandelion (68-70), Evening

Lemon Balm (98-99), Red Root (198-199), Self-

Primrose (75-77), Milk Thistle (110-111)

heal (122), Slippery Elm (257-258), St. John's

❖ **Liver Problems**: Chicory (62-63), Dandelion

Wort (33-135), Turkey Tail (275-276), Usnea

(68-70), Evening Primrose (75-77), Peppermint

(277-278)

(118-119), Pipsissewa (195-196), Self-heal (122),

❖ **Gingivitis**: Bilberry (221-223), Bloodroot (164-

Water Plantain (284)

165), Calendula (55-56), Thyme (140-141), Wild

❖ **Torpid Liver**: Agrimony (44-45), Burning Bush

Ginger (206-207)

(229)

❖ **Halitosis**: Dill (70-71), Feverfew (78-79), Rose-

mary (128-129), Watercress (282-283), Yerba

Male Issues

Santa (213-214)

❖ **Mouthwash**: Aloe Vera (45-46), Calendula (55-

❖ **Erectile Dysfunction**: American Ginseng (153-

56), California Buckwheat (167-168), Rosemary

154), Ash (216-217), False Unicorn Root (177-178),

(128-129), Thyme (140-141), Watercress (282-

Saw Palmetto (256)

283), Wild Ginger (206-207), Yerba Santa (213-

❖ **Hormone Balance**: Ash (216-217), False Uni-

214)

corn Root (177-178), Flax (66-67), Sage (130-131)

❖ **Sore Mouth**: Amaranthus Caudatus (152), Ar-

❖ **Impotence**: Ash (216-217), False Unicorn Root

rowleaf Balsamroot (158-159), Feverfew (78-79),

(177-178), Saw Palmetto (256)

Watercress (282-283), Wooly Lamb's Ear (149-

❖ **Nocturnal Emissions**: False Unicorn Root

150), Yarrow (150-151)

(177-178), Sage (130-131)

❖ **Thrush**: Garlic (80-81), Goldenrod (81-83), Po-

282), Goldenrod (81-83), Heartleaf Arnica (156-

tassium Permanganate (293-294), Usnea (277-

157), Lemon Verbena (101-102), Lobelia Inflata

278)

(164-165), Lovage (104-105), Meadowsweet (245-

❖ **Toothache**: Arrowleaf Balsamroot (158-159),

246), Peppermint (118-119), Prickly Pear Cactus

Bleeding Heart (163-164), California Poppy (57-

(121-122), Quaking Aspen (249), Sassafras (254-

58), Cattails (279-280), Chaparral (231-232),

255), Slippery Elm (257-258), Solomon's Seal

Heartleaf Arnica (156-157), Lamb's Quarter (93-

(200-202), Unicorn Root (204-205), Western Red

94), Plantain (119-121), Red Root (198-199),

Cedar (259-261), Western Skunk Cabbage (285-

White Willow (263-264)

286), White Mustard (144-145), White Pine (261-

❖ **Toothbrushing**: Diatomaceous Earth (292),

262), White Willow (263-264), Wild Strawberries

Dogwood (238), Horsetail (181-182), Sassafras

(207-208), Wild Violets (142-143)

(254-255), Wild Strawberries (207-208)

❖ **Muscle Aches**: Anise Hyssop (46-47), Ash (216-

217), Balsam Fir (217-219), Chamomile (59-60),

Muscles, Joints and Tendons

Dogwood (238), Duckweed (281-282), False Hel-

lebore (174-175), Heartleaf Arnica (156-157), Hen-

❖ **Arthritis**: Balsam Poplar (218-220), Bayberry

bane (85-86), Lavender (94-96), Lobelia Inflata

and Wax Myrtle (220-221), Borage (51-52), Cab-

(164-165), Pipsissewa (195-196), Prickly Pear Cac-

bage (54-55), Cayenne Pepper (289-290), Chapar-

tus (121-122), Solomon's Seal (200-202), St.

ral (231-232), Chickweed (61-62), Cottonwood

John's Wort (33-135), Stinging Nettle (135-136),

(233-234), Couch Grass (67-68), Dandelion (68-

Sweet Marjoram (137-138), Unicorn Root (204-

70), Devil's Club (236-237), Drumstick Tree (220-

205), Western Skunk Cabbage (285-286), Winter-

221), Evening Primrose (75-77), False Solomon's

green (209-210), Witch Hazel (266-267), Yellow

Seal (176-177), Goldenrod (81-83), Heartleaf Ar-

Jessamine (211-212)

nica (156-157), Henbane (85-86), Horseradish

❖ **Muscle Spasms**: American Ginseng (153-154),

(89-90), Lady's Thumb (92), Lamb's Quarter (93-

Bayberry and Wax Myrtle (220-221), Bleeding

94), Leeks (96-97), Lemon, Meadowsweet (245-

Heart (163-164), Butterbur (166-168), Calendula

246), Verbena (89-90), Osha (191-193), Partridge-

(55-56), California Poppy (57-58), Chamomile

berry (194-195), Peppermint (118-119), Pipsissewa

(59-60), Couch Grass (67-68), Dill (70-71), Hen-

(195-196), Prickly Pear Cactus (121-122), Red Al-

bane (85-86), Hops (88-89), Lavender (94-96),

der (250-251), Reishi (273-275), Rosemary (128-

Lobelia Inflata (164-165), Mugwort (190-191),

129), Sassafras (254-255), Slippery Elm (257-

Mullein (114-115), Peppermint (118-119), Skullcap

258), Solomon's Seal (200-202), Spanish Moss

(133-135), Stinging Nettle (135-136), Stone Root
(179-180), St. John’s Wort (33-135), Stinging Net-
(203), Sweet Marjoram (137-138), Thorn Apple
tle (135-136), Turmeric (295-296), Watercress
(138-140), Thyme (140-141), Unicorn Root (204-
(282-283), Western Skunk Cabbage (285-286),
205), Western Skunk Cabbage (285-286), Wild
White Mustard (144-145), Wild Teasel (146-148),
Ginger (206-207), Wild Yam (208-209), Wooly
Wild Strawberries (207-208), Yellow Jessamine
Lamb’s Ear (149-150), Yerba Santa (213-214)
(211-212)

❖ **Muscle Sprains**: Bleeding Heart (163-164), Blue

❖ **Bursitis**: Lemon Verbena (101-102)
and Black Elderberry (227-229), Butterbur (166-

❖ **Carpal Tunnel**: Calendula (55-56), Cottonwood
168), Cardinal Flower (169), Cayenne Pepper
(233-234), Osha (191-193), Western Skunk Cab-
(289-290), Comfrey (64-66), Heartleaf Arnica
bage (285-286)

(156-157), Henbane (85-86), Stinging Nettle (135-

❖ **Joint Pain**: Angelica (154-156), Ashwagandha

136), Yarrow (150-151)

(47-48), Balsam Poplar (218-220), Bleeding Heart

❖ **Rheumatoid Arthritis and Rheumatism**:

(163-164), Cabbage (54-55), Cayenne Pepper

Ashwagandha (47-48), Balsam Poplar (218-220),

(289-290), Comfrey (64-66), Cottonwood (233-

Birch (223-224), Cat's Claw (169-170), Cayenne

234), Drumstick Tree (220-221), Duckweed (281-

Pepper (289-290), Chaparral (231-232),

Chickweed (61-62), Chives (63-64), Club Moss

❖ **Concentration**: American Ginseng (153-154),

(172-173), Couch Grass (67-68), Epsom Salts

Ashwagandha (47-48), Lion's Mane (270-271),

(292-293), Evening Primrose (75-77), False Helle-

Rhodiola Rosea (176-177), Rosemary (128-129)

bore (174-175), Feverfew (78-79), Greater Burdock ❖ **Concussions**: Lion’s Mane (270-271) (83-85), Heartleaf Arnica (156-157), Henbane (85-

❖ **Confusion**: Spanish Moss (179-180)

86), Horseradish (89-90), Lady’s Thumb (92),

❖ **Coordination**: Cranberry (235-236)

Leeks (96-97), Lemon Verbena (101-102), Osha

❖ **Creutzfeldt-Jakob Disease (CJD)/Prions**:

(191-193), Peppermint (118-119), Prickly Pear Cac-

Lungwort Lichen (272-273)

tus (121-122), Quaking Aspen (249), Reishi (273-

❖ **Dementia**: Bilberry (221-223), Bottle Gourd

275), Rosemary (128-129), Slippery Elm (257-

(53), Horsetail (181-182), Lemon Balm (98-99),

258), Spanish Moss (179-180), St. John’s Wort

Lion's Mane (281-284), Pulsatilla (124-125), Rose-

(33-135), Stinging Nettle (135-136), Unicorn Root

mary (128-129), Spanish Moss (179-180)

(204-205), White Mustard (144-145), White Pine

❖ **Depression**: American Ginseng (153-154),

(261-262), White Willow (263-264), Wild Straw-

Ashwagandha (47-48), Bottle Gourd (53), Drum-

berries (207-208), Wild Violets (142-143), Wild

stick Tree (220-221), Evening Primrose (75-77),

Yam (208-209), Yellow Jessamine (211-212),

Holy Basil (86-88), Lemon Balm (98-99), Lion's

Yerba Santa (213-214)

Mane (270-271), Lobelia Inflata (164-165), Moth-

❖ **Tendonitis**: Solomon's Seal (200-202), Stinging

erwort (112-114), Moringa (246-247), Pulsatilla

Nettle (135-136)

(124-125), Reishi (273-275), Rhodiola Rosea (176-

177), Skullcap (133-135), Spanish Moss (179-180),

Nervous System, Brain, and

St. John's Wort (33-135), Sugar Maple (258-259),

Turmeric (295-296), Valerian Root (141-142),

Head Issues

Wild Rose (238-239)

❖ **Alzheimer's Disease**: Ashwagandha (47-48),

❖ **Epilepsy, Seizures**: American Basswood (215-

Bilberry (221-223), Borage (51-52), Bottle Gourd

216), Black Crowberry (225), Cardinal Flower

(53), Cinnamon (291), Drumstick Tree (220-221),

(169), Hops (88-89), Lavender (94-96), Mugwort

Horsetail (181-182), Lemon Balm (98-99), Lion's

(190-191), Reishi (273-275), Skullcap (133-135),

Mane (270-271), Red Mulberry (252), Reishi (273-

Thyme (140-141), Valerian Root (141-142), West-

275), Turmeric (295-296), Skullcap (133-135)

ern Skunk Cabbage (285-286)

❖ **Anxiety**: Anise Hyssop (46-47), Angelica (154-

❖ **Headaches and Migraines**: Agrimony (44-45),

156), Ashwagandha (47-48), Black Cohosh (162),

Bottle Gourd (53), Butterbur (166-168), California

Bleeding Heart (163-164), California Poppy (57-

Buckwheat (167-168), Cottonwood (233-234),

58), Hops (88-89), Watercress (282-283), Laven-

Duckweed (281-282), Feverfew (78-79), Fireweed

der (94-96), Lemon Balm (98-99), Lemon Ver-

(178-179), Oregon Grape (247-248), Osha (191-

bena (101-102), Lion's Mane (270-271), Lobelia

193), Parrot’s Beak (193-194), Peppermint (118-

Inflata (164-165), Motherwort (112-114), Parrot’s

119), Pulsatilla (124-125), Quaking Aspen (249),

Beak (193-194), Partridgeberry (194-195), Pulsa-

Red Alder (250-251), Rosemary (128-129), Sassa-

tilla (124-125), Reishi (273-275), Rhodiola Rosea

fras (254-255), Skullcap (133-135), Sweet Marjo-

(176-177), Skullcap (133-135), St. John’s Wort (33-

ram (137-138), Watercress (282-283), White Wil-

135), Stone Root (203), Valerian Root (141-142),

low (263-264), Wintergreen (209-210), Yarrow

Yarrow (150-151)

(150-151), Yellow Jessamine (211-212)

❖ **Appetite Stimulation**: Bleeding Heart (163-

❖ **Hyperactivity**: Evening Primrose (75-77),

164), Burning Bush (229), Chives (63-64), Pep-

Lemon Balm (98-99), Pulsatilla (124-125)

permint (118-119), Unicorn Root (204-205),

❖ **Hypnotic**: Henbane (85-86), Pulsatilla (124-125)

Wormwood (210-211)

❖ **Insomnia**: Agrimony (44-45), American Bass-

wood (215-216), Black Cohosh (162), Chamomile

(59-60), Drumstick Tree (220-221), Hardy Kiwi

(238-239), Hops (88-89), Lemon Balm (98-99),

❖ **Schizophrenia**: California Poppy (57-58), Pulsa-

Lion's Mane (270-271), Motherwort (112-114),

tilla (124-125)

Moringa (246-247), Mugwort (190-191), Parrot's

❖ **Sciatica**: Cayenne Pepper (289-290), Pepper-

Beak (193-194), Partridgeberry (194-195), Pulsa-

mint (118-119), St. John's Wort (33-135), Stinging

tilla (124-125), Reishi (273-275), Skullcap (133-

Nettle (135-136), Wintergreen (209-210)

135), St. John's Wort (33-135), Valerian Root (141-

❖ **Sedatives**: American Basswood (215-216), Black

142), Wild Lettuce (145-146)

Cohosh (162), Bleeding Heart (163-164), Califor-

❖ **Memory Loss**: American Ginseng (153-154),

nia Poppy (57-58), Chicory (62-63), Hops (88-

Ashwagandha (47-48), Bottle Gourd (53), Cran-

89), Lavender (94-96), Parrot’s Beak (193-194),

berry (235-236), Lemon Balm (98-99), Lion's

Partridgeberry (194-195), Saw Palmetto (256),

Mane (281-284), Rhodiola Rosea (176-177), Rose-

Solomon’s Seal (200-202), Unicorn Root (204-

mary (128-129), Sage (130-131), Spanish Moss

205), Wild Lettuce (145-146), Yellow Jessamine

(179-180), Turmeric (295-296)

(211-212)

❖ **Myasthenia Gravis**: Reishi (273-275)

❖ **Seizures**: See Epilepsy

❖ **Multiple Sclerosis**, see Immune System

❖ **Stress**: American Ginseng (153-154), Ashwagan-

❖ **Nerve Pain**: American Basswood (215-216), An-

dha (47-48), Borage (51-52), Chaga (268-270),

gelica (154-156), Bleeding Heart (163-164), Cay-

Epsom Salts (292-293), Holy Basil (86-88), Lav-

enne Pepper (289-290), Chickweed (61-62), Even-

ender (94-96), Lemon Balm (98-99), Lemon Ver-

ing Primrose (75-77), Henbane (85-86), Lavender

bena (101-102), Lion’s Mane (270-271), Parrot’s

(94-96), Peppermint (118-119), St. John’s Wort

Beak (193-194), Reishi (273-275), Rhodiola Rosea

(33-135), Stinging Nettle (135-136)

(176-177), Skullcap (133-135), Stone Root (203),

❖ **Neuralgia**: Henbane (85-86), Peppermint (118-

Sugar Maple (258-259), Sweet Marjoram (137-

119), St. John’s Wort (33-135)

138)

❖ **Obsessive Compulsive Behaviour**: St. John’s

❖ **Stroke**: Bilberry (221-223), Cocoplum (280-281),

Wort (33-135), Valerian Root (141-142)

Lion’s Mane (270-271), Oregano (116-117), Moth-

❖ **Pain Relievers**: Aloe Vera (45-46), Black Crow-

erwort (112-114)

berry (225), Bleeding Heart (163-164), California

Buckwheat (167-168), Cattails (279-280), Chicory

Pancreas

(62-63), Comfrey (64-66), Cottonwood (233-234),
Devil’s Club (236-237), Feverfew (78-79),
❖ **Diabetes**: Aloe Vera (45-46), Amaranthus Cau-
Heartleaf Arnica (156-157), Henbane (85-86),
datus (152), American Ginseng (153-154), Bilberry
Holy Basil (86-88), Unicorn Root (204-205), Wild
(221-223), Bottle Gourd (53), Cabbage (54-55),
Lettuce (145-146), Wild Yam (208-209), Winter-
Cascara Sagrada (229-231), Cayenne Pepper (289-
green (209-210), Yarrow (150-151)
290), Cinnamon (291), Chicory (62-63), Drum-
❖
stick Tree (220-221), Elecampane (74-75), Even-
Panic Attacks: Pulsatilla (124-125), Reishi (273-
275), Valerian Root (141-142)
ing Primrose (75-77), Garlic (80-81), Goldenseal
❖
(179-181), Greater Burdock (83-85), Horse Chest-
Parkinson’s Disease: Ashwagandha (47-48),
Cinnamon (291), Flax (66-67), Lion’s Mane (270-

nut (242-243), Horsetail (181-182), Kudzu (183-

271), Red Mulberry (252), Skullcap (133-135),

184), Leeks (96-97), Lemon Balm (98-99), Lion's

Thorn Apple (138-140)

Mane (281-284), Milk Thistle (96-97), Pipsissewa

❖

(195-196), Plantain (119-121), Prickly Pear Cactus

Post-Traumatic Stress Disorder (PTSD):

California Poppy (57-58), Rhodiola Rosea (176-

(121-122), Purslane (125-126), Red Mulberry

177)

(252), Reishi (273-275), Self-heal (122), Sheep

❖

Sorrel (131-132), Spanish Moss (179-180), Sugar

Restlessness: Lemon Balm (98-99), Parrot’s

Beak (193-194), Reishi (273-275),

St.

Maple (258-259), Sweet Marjoram (137-138), Tur-

John’s Wort (33-135), Wild Lettuce (145-146)

key Tail (275-276), Water Plantain (284), Wild

Ginger (206-207)

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The Lost Book of Herbal Remedies

Respiratory Issues and Lungs

Grass (137), Usnea (277-278), White Mustard

(144-145), White Pine (261-262), Yarrow (150-

❖ **Asthma**: Angelica (154-156), Bloodroot (164-

151)

165), Butterbur (166-168), Chamomile (59-60),

❖

Coltsfoot (173-174), Comfrey (64-66), Common

Cough: American Basswood (215-216), Angelica

(154-156), Arrowleaf Balsamroot (158-159), Bal-

Lungwort (105-106), Cranberry (235-236),

sam Fir (217-219), Balsam Poplar (218-220), But-

Echinacea (72-73), Elecampane (74-75), Evening

terbur (166-168), California Buckwheat (167-168),

Primrose (75-77), Holy Basil (86-88), Hops (88-

Coltsfoot (173-174), Comfrey (64-66), Devil’s Club

89), Lavender (94-96), Lemon Thyme (100), Lo-

(236-237), False Solomon’s Seal (176-177), Flax
belia Inflata (164-165), Lungwort Lichen (272-
(66-67), Greater Burdock (83-85), Honey Locust
273), Marshmallow (107-108), Mormon Tea (111-
(241-242), Lavender (94-96), Licorice Root (102-
112), Mugwort (190-191), Mullein (114-115), Ore-
103), Mallow (107-108), Oxeye Daisy (117-118),
gano (116-117), Osha (191-193), Oxeye Daisy (117-
Quaking Aspen (249), Red Root (198-199), Salal
118), Purslane (125-126), Reishi (273-275), Salal
(253-254), Saw Palmetto (256), Slippery Elm
(253-254), Self-heal (122), Stinging Nettle (135-
(257-258), Sugar Maple (258-259), Sweet Grass
136), Thorn Apple (138-140), Western Skunk Cab-
(137), Thorn Apple (138-140), Thyme (140-141),
bage (285-286), Wild Rose (238-239), Yerba
White Pine (261-262), White Sage (263), Wild Vi-
Santa (213-214)
olets (142-143), Witch Hazel (266-267)

❖ **Bronchitis**: Anise Hyssop (46-47), Angelica

❖

(154-156), Balsam Fir (217-219), Balsam Poplar

Emphysema: Butterbur (166-168), Chaparral

(231-232), Coltsfoot (173-174), Ginger (211-212),

(218-220), Bloodroot (164-165), Boneset (50-51),

Mallow (107-108), Mormon Tea (111-112), Mullein

Cardinal Flower (169), Chamomile (59-

(114-115), St. John's Wort (33-135)

60), Chokecherry (232-233), Coltsfoot (173-174),

❖

Common Lungwort (105-106), Devil's Club (236-

Expectorant/Mucus – Arrowleaf Balsamroot

(158-159), Balsam Poplar (218-220), Bloodroot

237), Echinacea (72-73), Elecampane (74-75),

(164-165), Blue and Black Elderberry (227-229),

Garlic (80-81), Holy Basil (86-88), Horsetail (181-

Boneset (50-51), Cardinal Flower (169), Chaparral

182), Lavender (94-96), Lemon Verbena (101-

(231-232), Coltsfoot (173-174), Cottonwood (233-

102), Lobelia Inflata (164-165), Lungwort Lichen

234), Evening Primrose (75-77), Elecampane (74-
(272-273), Maidenhair Fern (187), Mallow (107-
75), Fennel (77-78), Horseradish (89-90), Lobelia
108), Marshmallow (107-108), Mormon Tea (111-
Inflata (164-165), Lovage (104-105), Lungwort Li-
112), Mullein (114-115), Osha (191-193), Pipsis-
chen (272-273), Maidenhair Fern (187), Marsh-
sewa (195-196), Red Root (198-199), Slippery Elm
mallow (107-108), Mullein (114-115), Osha (191-
(257-258), Sugar Maple (258-259), Sweet Grass
193), Plantain (119-121), Red Root (198-199), Saw
(137), Thyme (140-141), Usnea (277-278), West-
Palmetto (256), Solomon's Seal (200-202), St.
ern Skunk Cabbage (285-286), White Mustard
John's Wort (33-135), Sugar Maple (258-259),
(144-145), Wild Rose (238-239)
Thyme (140-141), Watercress (282-283), Western
❖ **Congestion**: Anise Hyssop (46-47), Arrowleaf
Skunk Cabbage (285-286), White Pine (261-262),
Balsamroot (158-159), Bee Balm (161), Bilberry

Wild Violets (142-143), Witch Hazel (266-267),

(221-223), Boneset (50-51), Chamomile (59-60),

Yerba Santa (213-214)

Club Moss (172-173), Coltsfoot (173-174), Comfrey

❖

(64-66), False Solomon’s Seal (176-177), Fireweed

Inflammation of Respiratory Tract: Balsam

Poplar (218-220), Chaparral (231-232), Club Moss

(178-179), Flax (66-67), Garlic (80-81), Goldenrod

(172-173), Goldenseal (179-181), Juniper (244),

(81-83), Horsetail (181-182), Lavender (94-96),

Lamb’s Quarter (93-94), Plantain (119-121), St.

Lemon Thyme (100), Lemon Verbena (101-102),

John’s Wort (33-135), Sweet Marjoram (137-138)

Lungwort Lichen (272-273), Maidenhair Fern

❖

(187), Marshmallow (107-108), Oxeye Daisy (117-

Pleurisy: Horseradish (89-90), Lobelia Inflata

(164-165), Marshmallow (107-108), Slippery Elm

118), Quaking Aspen (249), Reishi (273-275), St.

(257-258)

John’s Wort (33-135), Sweet Grass (137), Sweet

❖ **Pneumonia**: Bloodroot (164-165), Borage (51-

❖ **Acne**: Activated Charcoal (287), Angelica (154-

52), Cottonwood (233-234), False Hellebore (174-

156), Black Crowberry (225), Black Walnut (226-

175), Juniper (244) Lobelia Inflata (164-165),

227), Calendula (55-56), Chaparral (231-232),

Lungwort Lichen (272-273), White Mustard (144-

Chickweed (61-62), Chicory (62-63), Cleavers

145), Usnea (277-278)

(171-172), Evening Primrose (75-77), Fireweed

❖ **Tracheitis**: Mormon Tea (111-112), Mullein (114-

(178-179), Flax (66-67), Garlic (80-81), Greater

115)

Burdock (83-85), Juniper (244), Listerine (293),

❖ **Tuberculosis**: Arrowleaf Balsamroot (158-159),

Lovage (104-105), Milk Thistle (96-97), Moringa

Balsam Fir (217-219), Black-Eyed Susan (49),

(246-247), Oregon Grape (247-248), Plantain

Bloodroot (164-165), Devil's Club (236-237), Ele-

(119-121), Reishi (273-275) Solomon's Seal (200-

campane (74-75), Lungwort Lichen (272-273),

202), Sugar Maple (258-259), Thyme (140-141),

Mormon Tea (111-112), Mullein (114-115), Quaking

Wild Rose (238-239)

Aspen (249), Red Alder (250-251), Rhodiola

❖ **Bedsores**: Bleach (288), Hops (88-89)

Rosea (176-177), Salal (253-254), Slippery Elm

❖ **Boils**: American Basswood (215-216), Bottle

(257-258), Solomon's Seal (200-202), St. John's

Gourd (53), Cattails (279-280), Chickweed (61-

Wort (33-135), Usnea (277-278), Watercress

62), Chicory (62-63), Cleavers (171-172), Common

(282-283), Western Skunk Cabbage (285-286)

Lungwort (105-106), Devil's Club (236-237), False

❖ **Whooping Cough**: Arrowleaf Balsamroot (158-

Hellebore (174-175), Flax (66-67), Goldenrod (81-

159), Bloodroot (164-165), Butterbur (166-168),

83), Goldenseal (179-181), Greater Burdock (83-

Chamomile (59-60), Coltsfoot (173-174), Common

85), Hops (88-89), Lobelia Inflata (164-165), Male

Lungwort (105-106), Cottonwood (233-234), Ele-

Fern (188), Oregon Grape (247-248), Osha (191-

campane (74-75), Evening Primrose (75-77), Flax

193), Red Elderberry (251), Slippery Elm (257-

(66-67), Garlic (80-81), Honey Locust (241-242),

258), Thorn Apple (138-140), White Pine (261-

Lavender (94-96), Lungwort Lichen (272-273),

262), Western Red Cedar (259-261)

Oxeye Daisy (117-118), Pipsissewa (195-196), Red

❖ **Bruises**: Arrowleaf Balsamroot (158-159), Bal-

Root (198-199), Thorn Apple (138-140), Wild Vio-

sam Poplar (218-220), Bleeding Heart (163-164),

lets (142-143)

Cardinal Flower (169), Cattails (279-280), Chap-

arral (231-232), Comfrey (64-66), Evening Prim-

Skin

rose (75-77), Greater Burdock (83-85), Heartleaf

Arnica (156-157), Hops (88-89), Jewelweed (185-

❖ **Abrasions and Irritations**: Aloe Vera (45-46),

186), Mallow (107-108), Oxeye Daisy (117-118),

Balsam Fir (217-219), Black-Eyed Susan (49), Bot-

Slippery Elm (257-258), Solomon's Seal (200-

tle Gourd (53), Calendula (55-56), Cardinal

202), St. John's Wort (33-135), Water Plantain

Flower (169), Cattails (279-280), Chickweed (61-

(284), Western Skunk Cabbage (285-286), Wild

62), Dock (71-72), Feverfew (78-79), Goldenrod

Comfrey (205-206), Wild Violets (142-143), Yar-

(81-83), Goldenseal (179-181), Juniper (244),

row (150-151)

Lamb's Quarter (93-94), Lobelia Inflata (164-165), ❖ **Burns**: American Basswood (215-216), Anise Lovage (104-105), Marshmallow (107-108), Pep-Hyssop (46-47), Arrowleaf Balsamroot (158-159),

permint (118-119), Quaking Aspen (249),Red Eld-

Balsam Poplar (218-220), Birch (223-224), Calen-

erberry (251), Salal (253-254), Sassafras (254-

dula (55-56), Cattails (279-280), Chaparral (231-

255), Slippery Elm (257-258), Wild Rose (264-

232), Chokecherry (232-233), Cleavers (171-172),

266)Witch Hazel (266-267), Wild Violets (142-

Comfrey (64-66), Common Lungwort (105-106),

143)

Cottonwood (233-234), Devil's Club (236-237),

❖ **Abscesses**: Cattails (279-280), Cleavers (171-

Echinacea (72-73), Feverfew (78-79), Fireweed

172), Flax (66-67), Male Fern (188), Moringa

(178-179), Flax (66-67), Goldenrod (81-83),

(246-247), Potassium Permanganate (293-294),

Greater Burdock (83-85), Honey (294-295), Jew-

Red Elderberry (251), Yarrow (150-151)

elweed (185-186), Lamb's Quarter (93-94),

Mallow (107-108), Mugwort (190-191), Salal (253-

Nettle (135-136), Watercress (282-283), Wild Vio-

254), St. John's Wort (33-135), Stinging Nettle

lets (142-143)

(135-136), Thorn Apple (138-140), Western Skunk

❖ **Foreign Objects**: Marshmallow (107-108), Plan-

Cabbage (285-286), Wild Comfrey (205-206),

tain (119-121)

Wild Strawberries (207-208)

❖ **Frostbite**: Birch (223-224), Heartleaf Arnica

❖ **Carbuncles**: Flax (66-67), Male Fern (188),

(156-157)

Western Red Cedar (259-261)

❖ **Hemorrhoids and Piles**: Bilberry (221-223),

❖ **Chilblains**: Heartleaf Arnica (156-157), Horse-

Blue and Black Elderberry (227-229), Calendula

radish (89-90), Quaking Aspen (249), White Mus-

(55-56), Cascara Sagrada (229-231), Common

tard (144-145),

Lungwort (105-106), Evening Primrose (75-77),

❖ **Corns**: Dandelion (68-70), Garlic (80-81), White

Henbane (85-86), Horse Chestnut (242-243),

Willow (263-264)

Maidenhair Fern (187), Meadow Rue (109), Mul-

❖ **Cuts**: Balsam Fir (217-219), Balsam Poplar (218-

lein (114-115), Quaking Aspen (249), Red Root

220), Black-Eyed Susan (49), Calendula (55-56),

(198-199), Self-heal (122), Self-heal (122),Solo-

Cattails (279-280), Cayenne Pepper (289-290),

mon's Seal (200-202), Spanish Moss (179-180),

Cleavers (171-172), Common Lungwort (105-106),

St. John's Wort (33-135), Stinging Nettle (135-

Cottonwood (233-234), Dogwood (238), Golden-

136), Stone Root (203), Wild Violets (142-143),

rod (81-83), False Solomon's Seal (176-177),

Witch Hazel (266-267), Wooly Lamb's Ear (149-

Marshmallow (107-108), Mullein (114-115), Plan-

150), Yarrow (150-151)

tain (119-121), Slippery Elm (257-258), St. John's

❖ **Hidradenitis Suppurativa**: Fennel (77-78)

Wort (33-135), Yarrow (150-151), Wild Strawber-

❖ **Hives**: Chickweed (61-62), Club Moss (172-173),

ries (207-208)

Prickly Pear Cactus (121-122)

❖ **Dandruff**: Chaparral (231-232), Devil's Club

❖ **Impetigo**: Greater Burdock (83-85)

(236-237), Moringa (246-247), Usnea (277-278),

❖ **Infections**: Aloe Vera (45-46), American Bass-

Western Red Cedar (259-261)

wood (215-216), Anise Hyssop (46-47), Balsam Fir

❖ **Dermatitis**: Chickweed (61-62), Club Moss (172-

(217-219), Black-Eyed Susan (49), Borage (51-52),

173), Watercress (282-283), Lovage (104-105),

Bottle Gourd (53), Cabbage (54-55), Calendula

Wild Violets (142-143), Red Root (198-199)

(55-56), Cattails (279-280), Chamomile (59-60),

❖ **Diaper Rash**: Calendula (55-56), Cattails (279-

Chaparral (231-232), Comfrey (64-66), Couch

280)

Grass (67-68), Echinacea (72-73), Fireweed (178-

❖ **Eczema**: Aloe Vera (45-46), Arrowleaf Balsam-

179), Holy Basil (86-88), Hops (88-89), Horse-

root (158-159), Birch (223-224), Black Walnut

radish (89-90), Juniper (244), Marshmallow

(226-227), Bleach (288), Bloodroot (164-165), Ca-

(107-108), Mormon Tea (111-112), Meadowsweet

lendula (55-56), Chamomile (59-60), Chaparral

(245-246), Mullein (114-115), Osha (191-193), Red

(231-232), Chickweed (61-62), Cleavers (171-172),

Raspberry (197), St. John's Wort (33-135), White

Club Moss (172-173), Coltsfoot (173-174), Comfrey

Pine (261-262), Yarrow (150-151)

(64-66), Common Lungwort (105-106), Dandelion ❖ **Insect bites**: Activated Charcoal (287), Black (68-70), Evening Primrose (75-77), Fireweed

Crowberry (225), Cattails (279-280), Club Moss

(178-179), Flax (66-67), Greater Burdock (83-85),

(172-173), Echinacea (72-73), Greater Burdock

Hawthorn (239-241), Heartleaf Arnica (156-157),

(83-85), Jewelweed (185-186), Listerine (293),

Horsetail (181-182), Jewelweed (185-186), Lamb's

Oxeye Daisy (117-118), Plantain (119-121), Quak-

Quarter (93-94), Lavender (94-96), Licorice Root

ing Aspen (249), Red Alder (250-251), Salal (253-

(102-103), Milk Thistle (96-97), Oregon Grape

254), Self-heal (122), Stinging Nettle (135-136),

(247-248), Prickly Pear Cactus (121-122), Quaking

Western Skunk Cabbage (285-286), Wild Violets

Aspen (249), Red Alder (250-251), Red Clover

(142-143), Wooly Lamb's Ear (149-150)

(126-127), St. John's Wort (33-135), Stinging

❖ **Lip Chapping**: Balsam Fir (217-219), Calendula

(55-56), Cottonwood (233-234)

❖ **Mouth Ulcers**: Amaranthus Caudatus (152),

❖ **Shingles**: Chickweed (61-62), Echinacea (72-73),

Borage (51-52), Common Lungwort (105-106),

Garlic (80-81), Lemon Balm (98-99), St. John's

Goldenseal (179-181), Watercress (282-283)

Wort (33-135), Turkey Tail (275-276)

❖ **Pain Relief**: Aloe Vera (45-46), American Bass-

❖ **Staph Infections**: Cascara Sagrada (229-231),

wood (215-216), Balsam Fir (217-219), Black

Chaparral (231-232), Chicory (62-63), Duckweed

Crowberry (225), Cattails (279-280), Chicory (62-

(281-282), Juniper (244), Lemon Verbena (101-

63), Cottonwood (233-234), Heartleaf Arnica

102), Lungwort Lichen (272-273), Mallow (107-

(156-157), Wild Lettuce (145-146), Wintergreen

108), Mugwort (190-191), Oregano (116-117), Ore-

(209-210), Yerba Santa (213-214)

gon Grape (247-248), Reishi (273-275), Rosemary

❖ **Poison Ivy itchiness**: Anise Hyssop (46-47),

(128-129), Usnea (277-278)

Black Walnut (226-227), Lady's Thumb (92),

❖ **Sunburn**: Aloe Vera (45-46), American Bass-

Mugwort (190-191), Red Alder (250-251), Self-

wood (215-216), Calendula (55-56), Cleavers (171-

heal (122)

172), Club Moss (172-173), Cottonwood (233-234),

❖ **Psoriasis**: Aloe Vera (45-46), Black Walnut

Mullein (114-115), St. John's Wort (33-135), Sting-

(226-227), Calendula (55-56), Chaparral (231-

ing Nettle (135-136), Wild Strawberries (207-208)

232), Cleavers (171-172), Club Moss (172-173),

❖ **Ulcers, Skin**: Bilberry (221-223), Bloodroot

Comfrey (64-66), Dandelion (68-70), Evening

(164-165), Cabbage (54-55), Calendula (55-56),

Primrose (75-77), Fireweed (178-179), Flax (66-

Coltsfoot (173-174), Goldenseal (179-181), Honey

67), Greater Burdock (83-85), Hawthorn (239-

(294-295), Marshmallow (107-108), Mullein (114-

241), Honey (294-295), Lavender (94-96), Lister-

115), Red Raspberry (197), Self-heal (122), Sugar

ine (293), Lovage (104-105), Milk Thistle (96-97),

Maple (258-259), Wintergreen (209-210)

Oregon Grape (247-248), Prickly Pear Cactus

❖ **Warts**: Black Walnut (226-227), Bloodroot (164-

(121-122), Red Clover (126-127), Reishi (273-275),

165), Dandelion (68-70), Garlic (80-81), Ma-

Turkey Tail (275-276), Valerian Root (141-142)

yapple (189), Moringa (246-247), Mullein (114-

❖ **Rmeadowashes**: Balsam Poplar (218-220), Bee

115), Thyme (140-141), Western Red Cedar (259-

Balm (161), Black Crowberry (225), Calendula (55-
261), White Willow (263-264), Wild Lettuce (145-
56), Chaparral (231-232), Chickweed (61-62),
146)
Cleavers (171-172), Comfrey (64-66), Common

❖ **Wounds**: Agrimony (44-45), Aloe Vera (45-46),
Lungwort (105-106), Cottonwood (233-234), Fire-
Anise Hyssop (46-47), Arrowleaf Balsamroot
weed (178-179), Goldenseal (179-181), Greater
(158-159), Balsam Fir (217-219), Balsam Poplar
Burdock (83-85), Hawthorn (239-241), Holy Basil
(218-220), Black-Eyed Susan (49), Borage (51-
(86-88), Lady’s Thumb (92), Lamb’s Quarter (93-
52), Cabbage (54-55), Calendula (55-56), Califor-
94), Licorice Root (102-103), Listerine (293), Lov-
nia Buckwheat (167-168), Cattails (279-280),
age (104-105), Mugwort (190-191), Oxeye Daisy
Chaparral (231-232), Club Moss (172-173), Com-
(117-118), Plantain (119-121), Quaking Aspen
frey (64-66), Common Lungwort (105-106), Dan-

(249), Queen Anne’s Lace (129-130), Red Alder

delion (68-70), Dock (71-72),Dogwood (238),

(250-251), Sassafras (254-255), Self-heal (122),

Echinacea (72-73), Evening Primrose (75-77),

Western Skunk Cabbage (285-286)

False Hellebore (174-175), False Solomon’s Seal

❖ **Ringworm**: Arrowleaf Balsamroot (158-159),

(176-177), Fireweed (178-179), Goldenrod (81-83),

Black Walnut (226-227), Calendula (55-56), Chic-

Hawthorn (239-241), Heartleaf Arnica (156-157),

ory (62-63), Common Lungwort (105-106), Dan-

Honey (294-295), Hops (88-89), Horseradish

delion (68-70), Greater Burdock (83-85), Holy

(89-90), Horsetail (181-182), Juniper (244), Lis-

Basil (86-88), Oregano (116-117), Purslane (125-

terine (293), Meadow Rue (109), Mullein (114-

126), Red Mulberry (252), Western Red Cedar

115), Oregon Grape (247-248), Osha (191-193),

(259-261), Usnea (277-278)

Oxeye Daisy (117-118), Plantain (119-121), Potas-

sium Permanganate (293-294), Quaking Aspen
(249), Red Elderberry (251), Red Raspberry (197),

Red Root (198-199), Sage (130-131), Salal (253-
(273-275), Saw Palmetto (256), Sheep Sorrel (131-
254), Sassafras (254-255), Self-heal (122), Slip-
132), Slippery Elm (257-258), Usnea (277-278)
pery Elm (257-258), St. John's Wort (33-135),
Stinging Nettle (135-136), Stone Root (203),

Whole Body

Thorn Apple (138-140), Turmeric (295-296), Us-
nea (277-278), Western Skunk Cabbage (285-

❖ **Adaptogens**: American Ginseng (153-154), Cat's
286), White Mustard (144-145), White Pine (261-
Claw (169-170) Chaga (268-270), Devil's Club
262), Wild Strawberries (207-208), Wild Teasel
(236-237), Reishi (273-275), Rhodiola Rosea (176-
(146-148), Witch Hazel (266-267), Wooly Lamb's
177)

Ear (149-150)

❖ **Altitude Sickness**: Osha (191-193), Reishi (273-

275), Wild Ginger (206-207)

❖ **Anti-Oxidant**: American Ginseng (153-154), Bil-

Poisons

berry (221-223), Black Crowberry (225), Borage

❖ **Inducing Vomiting**: Activated Charcoal (287),

(51-52), Bottle Gourd (53), Cat's Claw (169-170),

Lobelia Inflata (164-165), Unicorn Root (204-205)

Cattails (279-280), Cinnamon (291), Chaga (268-

❖ **Mushrooms**: Activated Charcoal (287), Milk

270), Chaparral (231-232), Cocoplum (280-281),

Thistle (110-111)

Common Lungwort (105-106), Cottonwood (233-

❖ **Poison Ingestion**: Activated Charcoal (287), Lo-

234), Cranberry (235-236), Dandelion (68-70),

belia Inflata (164-165), Unicorn Root (204-205),

Flax (66-67), Goldenrod (81-83), Hardy Kiwi

White Mustard (144-145)

(238-239), Hawthorn (239-241), Horsetail (181-

182), Juniper (244), Leeks (96-97), Lemon Balm

(98-99), Lion's Mane (281-284), Lungwort Lichen

Urinary Tract

(272-273), Maidenhair Fern (187), Milk Thistle

❖ **Cystitis**: Bearberry (159-160), Birch (223-224),

(96-97), Moringa (246-247), Oregano (116-117),

Chaparral (231-232), Common Lungwort (105-

Plantain (119-121), Purslane (125-126), Reishi

106), Couch Grass (67-68), Feverfew (78-

(273-275), Rosemary (128-129), Salal (253-254),

79), Henbane (85-86), Juniper (244), Lavender

Skullcap (133-135), Sugar Maple (258-259),

(94-96), Marshmallow (107-108), Plantain (119-

Thyme (140-141), Turkey Tail (275-276), Turmeric

121), Red Mulberry (252), Slippery Elm (257-258),

(295-296), Western Red Cedar (259-261), Wild

Water Plantain (284), Wild Rose (264-266)

Ginger (206-207), Wild Rose (238-239), Wild Vi-

❖ **Irritable Bladder**: Henbane (85-86), Hops (88-

olets (142-143)

89), Juniper (244), Salal (253-254)

❖ **Detoxification**: Activated Charcoal (287), Amer-

❖ **Obstructions**: Cleavers (171-172), Meadow Rue

ican Ginseng (153-154), Bilberry (221-223), Calen-

(109)

dula (55-56), Cat’s Claw (169-170), Chickweed

❖ **Urinary Tract Infections**: Bearberry (159-

(61-62), Chives (63-64), Chokecherry (232-233),

160), Bilberry (221-223), Cattails (279-280),

Cleavers (171-172), Common Lungwort (105-106),

Chaparral (231-232), Cleavers (171-172), Club

Dandelion (68-70), Diatomaceous Earth (292),

Moss (172-173), Common Lungwort (105-106),

Dock (71-72), Duckweed (281-282), Epsom Salts

Couch Grass (67-68), Cranberry (235-236), Dan-

(292-293), Fennel (77-78), Goldenseal (179-181),

delion (68-70), Duckweed (281-282), Echinacea

Greater Burdock (83-85), Holy Basil (86-88),

(72-73), Fennel (77-78), Goldenrod (81-83), Gold-

Leeks (96-97), Meadow Rue (109), Mugwort (190-

enseal (179-181), Horseradish (89-90),Horsetail

191), Osha (191-193), Oxeye Daisy (117-118), Sheep

(181-182)Juniper (244), Lavender (94-96), Leeks

Sorrel (131-132), Solomon’s Seal (200-202), St.

(96-97), Lovage (104-105), Maidenhair Fern

John’s Wort (33-135), Stinging Nettle (135-136),

(187), Mallow (107-108), Marshmallow (107-108),

Wild Violets (142-143)

Oregon Grape (247-248),Plantain (119-121), Pul-

❖ **Diuretics**: Amaranthus Caudatus (152), Ash

satilla (124-125), Red Mulberry (252), Reishi

(216-217), Bayberry and Wax Myrtle (220-221),

Bearberry (159-160), Birch (223-224), Black Wal-

170), Cinnamon (291), Chaga (268-270), Chicory

nut (226-227), Bleeding Heart (163-164), Califor-

(62-63), Chives (63-64), Cleavers (171-172), Colts-

nia Poppy (57-58), Cascara Sagrada (229-231),

foot (173-174), Comfrey (64-66), Common Lung-

Chicory (62-63), Chives (63-64), Cleavers (171-
wort (105-106), Dandelion (68-70), Drumstick
172), Common Lungwort (105-106), Couch Grass
Tree (220-221), Epsom Salts (292-293), Fireweed
(67-68), Dandelion (68-70), Fennel (77-78),
(178-179), Goldenrod (81-83), Hawthorn (239-
Greater Burdock (83-85), Hardy Kiwi (238-
241), Heartleaf Arnica (156-157), Holy Basil (86-
239), Henbane (85-86), Horseradish (89-90),
88), Honey (294-295), Hops (88-89), Horsetail
Horsetail (181-182), Jerusalem Artichoke (91-92),
(181-182), Lemon Balm (98-99), Lion’s Mane
Juniper (244), Lady’s Thumb (92), Lavender (94-
(270-271), Lovage (104-105), Lungwort Lichen
96), Mormon Tea (111-112), Mullein (114-115), Ox-
(272-273), Mallow (107-108), Marshmallow (107-
eye Daisy (117-118), Pipsissewa (195-196), Plan-
108), Mullein (114-115), Osha (191-193), Oxeye
tain (119-121), Red Elderberry (251), Reishi (273-
Daisy (117-118), Pipsissewa (195-196), Plantain

275), Salal (253-254), Sassafras (254-255), Saw

(119-121), Prickly Pear Cactus (121-122), Queen

Palmetto (256), Sheep Sorrel (131-132), Solomon's

Anne's Lace (129-130), Reishi (273-275), Rose-

Seal (200-202), St. John's Wort (33-135), Sugar

mary (128-129), Sassafras (254-255), Self-heal

Maple (258-259), Unicorn Root (204-205), Water

(122), Sheep Sorrel (131-132), Stinging Nettle

Plantain (284), Watercress (282-283), White

(135-136), Stone Root (203), Thorn Apple (138-

Mustard (144-145), Wild Ginger (206-207), Wild

140), Thyme (140-141), Turkey Tail (275-276),

Rose (238-239), Wild Teasel (146-148), Wild

Turmeric (295-296), Usnea (277-278), Wild Gin-

Strawberries (207-208), Wooly Lamb's Ear (149-

ger (206-207), Wild Rose (238-239), Wild Violets

150)

(142-143), Wild Yam (208-209), Wintergreen

❖ **Edema**, Dropsy: Birch (223-224), Burning Bush

(209-210), Witch Hazel (266-267)

(229), Horsetail (181-182), Juniper (244),

❖ **Smoking, Quitting**: Lobelia Inflata (164-165),

Moringa (246-247), Pipsissewa (195-196), Sassa-

Osha (191-193), Parrot’s Beak (193-194), Pipsis-

fras (254-255), Stone Root (203), Watercress

sewa (195-196), Skullcap (133-135), St. John’s

(282-283), Water Plantain (284)

Wort (33-135), Valerian Root (141-142)

❖ **Fatigue**: American Ginseng (153-154), Cat’s Claw

❖ **Physical Endurance, Increase**: Ashwagandha

(169-170), Chaga (268-270), Devil’s Club (236-

(47-48), Chaga (268-270), Juniper (244), Rhodi-

237), Lion's Mane (281-284), Moringa (246-247),

ola Rosea (176-177)

Mugwort (190-191), Prickly Pear Cactus (121-122),

❖ **Stimulates Metabolism**: Bleeding Heart (163-

Reishi (273-275), Rhodiola Rosea (176-177), Span-

164), Oregano (116-117)

ish Moss (179-180), St. John’s Wort (33-135),

❖ **Weight Gain**: Cocoplum (280-281), Saw Pal-

Stinging Nettle (135-136), Turkey Tail (275-276)

metto (256)

❖ **Gout**: Bearberry (159-160), Couch Grass (67-68),

Duckweed (281-282), Goldenrod (81-83), Hen-

Emergency Care

bane (85-86), Juniper (244), Lamb's Quarter (93-

94), Leeks (96-97), Peppermint (118-119), Pipsis-

❖ **Bleeding, external**: Agrimony (44-45), Ama-

sewa (195-196), Queen Anne's Lace (129-130),

ranthus Caudatus (152), Cattails (279-280), Cay-

Slippery Elm (257-258), St. John's Wort (33-135),

enne Pepper (289-290), Cleavers (171-172), Duck-

Stinging Nettle (135-136), Watercress (282-283),

weed (281-282), Goldenseal (179-181), Red Elder-

Wild Strawberries (207-208)

berry (251), Water Plantain (284), Western Red

❖ **Inflammation/Anti-inflammatory**: Agri-

Cedar (259-261), Witch Hazel (266-267), Yarrow

mony (44-45), Bilberry (221-223), Birch (223-

(150-151)

224), Black Crowberry (225), Bleach (288), Bottle

❖ **Fevers**: Ash (216-217), Bee Balm (161), Bayberry

Gourd (53), Butterbur (166-168), Cabbage (54-

and Wax Myrtle (220-221), Boneset (50-51), Cay-

55), Cascara Sagrada (229-231), Cat's Claw (169-

enne Pepper (289-290), Chaparral (231-232),

Cleavers (171-172), Cottonwood (233-234), Devil's

(294-295), Horseradish (89-90), Horsetail (181-

Club (236-237), Dogwood (238), Feverfew (78-

182), Juniper (244), Lavender (94-96), Leeks (96-

79), Garlic (80-81), Hawthorn (239-241), Horse-

97), Lemon Balm (98-99), Lemon Thyme (100),

radish (89-90), False Hellebore (174-175), Lamb's

Lungwort Lichen (272-273), Maidenhair Fern

Quarter (93-94), Male Fern (188), Meadow Rue

(187), Male Fern (188), Mallow (107-108), Mead-

(109), Mormon Tea (111-112), Oregon Grape (247-

owsweet (245-246), Mugwort (190-191), Oregano

248), Osha (191-193), Pipsissewa (195-196), Quak-
(116-117), Osha (191-193), Plantain (119-121), Pep-
ing Aspen (249), Red Alder (250-251), Red Elder-
permint (118-119), Pipsissewa (195-196), Reishi
berry (251), Red Root (198-199), Sweet Grass
(273-275), Rosemary (128-129), Sage (130-131),
(137), Water Plantain (284), White Willow (263-
Slippery Elm (257-258), Sugar Maple (258-259),
264), Wild Rose (238-239), Wooly Lamb's Ear
Stone Root (203), Turkey Tail (275-276), Usnea
(149-150), Yarrow (150-151), Yellow Jessamine
(277-278), Wild Ginger (206-207), Wild Rose
(211-212), Yerba Santa (213-214)
(238-239), Wild Strawberries (207-208), White

❖ **Internal Bleeding**: Cattails (279-280), Golden-
Mustard (144-145), White Sage (263), White Pine
seal (179-181), Lungwort Lichen (272-273), Male
(261-262), Wooly Lamb's Ear (149-150), Worm-
Fern (188), Self-heal (122), Wooly Lamb's Ear
wood (210-211), Yarrow (150-151)

(149-150), Yarrow (150-151)

❖ **Lowering Blood Sugar:** Aloe Vera (45-46),

❖ **Snake Bites**: Activated Charcoal (287), Black-

Amaranthus Caudatus (152), American Ginseng

Eyed Susan (49), Black Walnut (226-227),

(153-154), Bottle Gourd (53), Cabbage (54-55),

Echinacea (72-73), Mullein (114-115), Plantain

Cayenne Pepper (289-290), Cinnamon (291),

(119-121), Prickly Pear Cactus (121-122)

Chaga (268-270), Dandelion (68-70), Devil's Club

❖ **Spider Bites**: Activated Charcoal (287), Black

(236-237), Garlic (80-81), Greater Burdock (83-

Walnut (226-227), Echinacea (72-73), Plantain

85), Goldenseal (179-181), Horsetail (181-182),

(119-121)

Horse Chestnut (242-243), Jerusalem Artichoke

(91-92), Leeks (96-97), Lemon Balm (98-99),

Other

Lion's Mane (270-271), Moringa (246-247), Ore-

gon Grape (247-248), Red Mulberry (252), Reishi

❖ **Antibiotic/ Antibacterial properties:** Agri-

(273-275), Sugar Maple (258-259), Turkey Tail

mony (44-45), Comfrey (64-66), Balsam Fir (217-

(275-276)

219), Bilberry (221-223), Black Crowberry (225),

❖ **Restless Legs Syndrome:** Reishi (273-275),

Bloodroot (164-165), Bottle Gourd (53), Calendula

Valerian Root (141-142), Skullcap (133-135)

(55-56), Cascara Sagrada (229-231), Cat's Claw

(169-170), Cinnamon (291), Chaparral (231-232),

❖ **Scabies, Crabs, Mites:** Meadow Rue (109),

Chicory (62-63), Chives (63-64), Cleavers (171-

Quaking Aspen (249), Red Alder (250-251),

172), Common Lungwort (105-106), Cottonwood

Thyme (140-141)

(233-234), Cranberry (235-236), Duckweed (281-

❖ **Ticks:** Epsom Salts (292-293), Listerine (293)

282), Echinacea (72-73), Garlic (80-81), Golden-

❖ **Water Purification:** Bleach (288), Moringa

rod (81-83), Goldenseal (179-181), Greater Bur-

(246-247), Potassium Permanganate (293-294)

dock (83-85), Heartleaf Arnica (156-157), Honey

Introduction

When compared to the timeline of human history, alternative and many of their products have serious modern medicine hasn’t been around that long. Medi-side effects. This isn’t to say that modern-day medicine

cine has a much longer history than the modern phar-

and herbal medicine can’t coexist. They can. But many

maceutical industry. Humankind has used medicines new medicines can be easily replaced by herbs at a for thousands of years. But the medicines used before fraction of the cost and risk – to both our wallets and our modern knowledge of science were natural medi-our bodies.

cines, making use of the medicinal qualities of what na-

In a post-apocalyptic world, these herbal medicines

ture provides for us.

may be the only thing available to us. If modern man-

The herbal medicines that have always existed still ufacturing and distribution methods become unavail-work today, just as they have throughout history. What able, we will have to rely on what can be grown locally.

was once our sole medicine still exists, even though the Many of those who have knowledge of herbal medicine number of people who have knowledge of these natural are already growing and tending the necessary plants remedies has dwindled. It is our hope that this book and have learned how to turn those plants into usable will help you relearn and pass on this lost knowledge.

medicines.

Herbal medicine is often scoffed at by the pharmaceu-

One of the advantages of growing and using your own

tical industry and yet it is the grandparent of much of herbs, as opposed to buying herbal supplements at the that same modern medicine. Many of today's pharma-local health food store, is that you know how fresh they

ceuticals try to replicate what nature provides. Most of are and how they've been grown. The sooner you can what we call "medicines" are artificial creations that prepare and store your herbs for use, often the more have been slightly chemically altered from nature. This potent they are. At the same time, you will know ex-is necessary, as patent laws don't permit filing a patent actly what is in any herbal mixture that you create, giv-on something that exists naturally. Thus, the large ing you the peace of mind that there are no additives pharmaceutical labs have to come up with a suitable or fillers, and only the herbs you want and need.

How to Harvest Herbs

All herbal medicines start as living beings. They are

When looking at pictures for plant identification, be

not always what most people traditionally think of as

sure to look at pictures that depict plants in the vari-

herbs. Medicines come from trees, flowers, roots,

ous stages of their life cycle. A good plant identifica-

mushrooms, lichens, and more. While those who are

tion guide for your area is essential.

interested in herbal medicines tend to grow an herb

Many people know flower identification; but when the garden, some are harvested from plants that grow in plants are not in flower, they can’t identify them. Con- the wild. It is a useful skill to learn how to identify sidering how short the flowering season is for most medicine in the wild.

plants, that severely limits the amount of time for har-

If you are harvesting leaves you will usually cut off

vest.

small branches, making it easier to dry them. For

Before even thinking about harvesting herbs, it is nec-

flowers, wait until they develop fully and harvest them

essary to understand how the herb will be used; spe-

as soon as possible after they have fully opened. If you

cifically, what part of the plant will be used for medic-

are harvesting only the seeds, you’ll need to wait until

inal purposes. Never assume that the whole plant car-

the seeds mature and the seed pod dries on the stem

ries the same chemical compounds. Often, only the

before harvesting. We give harvesting instructions for

leaves or the flower will provide what you need; but in

almost every herb in this book.

some cases, it will be the bark of a tree or a piece of

If you are cutting part of a stem, such as harvesting

root that you will need to harvest.

stinging nettle, be sure to leave at least a few inches of

It is best to harvest herbs early in the day, after the

leafy stem, with at least two sets of leaves on it, so that

dew has gone, but before the hot sun can dry out the

the plant doesn’t die. Always cut right above the point

essential oils. Whenever possible, avoid harvesting

where the leaves are. With many plants, like basil, you

the whole plant, unless it is a plant that needs to be

can cut the plant down to a third its original size with-

collected whole.

out killing it. Always reseed, replant, and tend the wild

when possible. Harvest ethically and with great care.

How to Dry Herbs

Traditionally, herbs are air-dried without the use of

any additional heat source. Bundle them together by

tying the stems with string or a rubber band and hang

in a warm, dry place. It is usually easiest to hang them

upside-down by the bundled stems to dry.

Drying racks may be used for individuals who are dry-

ing a lot of herbs or doing so regularly. But you can

accomplish the same thing by hanging them from a

coat hanger, a nail in the wall or on a curtain rod over

the window. I often spread flowers or leaves on a

cookie sheet or pizza pan and let them dry.

use the lowest possible temperature. I have used this

method successfully many times. If using a dehydra-

If you are collecting the seeds, tie a paper bag over the

tor, it is very important to keep a close eye on your

bundled stems and hang them. The bag will catch the

herbs so that you don’t leave them to dry too long.

seeds as the seed pods dry and they fall out.

Once dried, remove the leaves from the stems. In the

Drying in this manner can take as long as three weeks

case of smaller leaves, you can strip them from the

(though is often accomplished much faster) depend-

stem by lightly pinching the stem between your thumb

ing on the plant and its moisture content.

and forefinger and running it down the stem, from top

If you are drying something that dries extremely

to bottom.

slowly, like rosemary, it is easier to strip the leaves off

However, in the case of larger leaves with thicker

of the stems and spread them on a drying rack, as the

stems, you will need to cut or pinch them off individ-
coating of the leaves will hold in the moisture. They
ually, cutting the stems as near the leaf as possible.
need to be fully dry before storing.
Store your dried herbs in sealed glass jars until you are
It is possible to dry herbs with a dehydrator if you have
ready to use them.
one of the better ones that has temperature control.
Ideally, it should have a fan to circulate the warm air,
allowing the entire batch to dry evenly. To avoid sing-
ing or burning the herbs you are drying, you'll need to

The Lost Book of Herbal Remedies

Encapsulating Powdered Herbs

If you go to the health food store to buy herbs, you'll **Capsule Filling Machines** often find them offered in powdered form, encapsulated. This is a convenient way to store and use herbs, For a slightly more efficient operation, you can buy a especially if you are using them with people who are simple capsule-filling machine. These are available in unaccustomed to taking herbal remedies.

50 or 100 capsule sizes and must be bought to match

the size capsules you are using. The machine consists

There are two ways of encapsulating your herbs, but to of several plates, which have holes to hold the capsule start you need to turn the herbs into powder. This is halves and a base.

most easily done by grinding them in a food processor

or electric coffee mill. If you want to go for a more tra-

Separate the capsules, putting the two parts into sepa-

ditional method or are trying to encapsulate them dur-

rate bowls. The thinner, longer part goes into the base

ing a time when there is no electrical power, use a mor-

plate on the machine. There is a funnel-like device

used to fill this plate. Simply place the funnel over the

tar and pestle.

base plate and pour a quantity of the capsule halves

If you are going to make any sort of herbal mix, you'll onto it. Shake the machine, until the capsule halves fall need a scale to measure out your various herbs. Be sure into the holes in the plate, ready to be filled. The same to mix the powdered herbs well, so that your capsules basic operation is done with the top plate.

all have the same herbal concentration.

The part of the capsules that is in the bottom plate is

Capsules come in three sizes; "0," "00" and "000."

the part being filled. Pour a quan-

They can be filled by hand or with

tity of the powdered herbs

the aid of a simple filling ma-

onto this plate and move it

chine.

around with the supplied

The

least

expensive

scraper, allowing it to fill the

method is to fill them by

capsules. Once filled, remove any

hand. To start, put the

extra powder by scraping it off.

powder in an oversized bowl.

To close the now-filled capsules, place

Open the capsules individually by

the top plate over the bottom one. The

hand, and scoop up the powder in both

machine will have aligning pins to

sides of the capsule, trying to get them reasonably

ensure that the two halves of the

full. Then push the sides of the capsule together. The capsules are aligned. Then push down on the plates, powder will compress as the capsule slides closed.

several times, seating the capsules. Remove your fin-

This is a very boring and time-consuming operation, ished capsules and put them in a jar for storage.

although effective. You might want some company or

some assistance while doing this task.

Herbal Water Infusions: Cold and Hot Methods

Tea and coffee are both infusions; usually hot infu-

The typical means of hot infusing herbs is to make a tea

sions. Cold versions of these drinks are often still in-

out of it. Herbal teas can be made from individual

fused hot, and then chilled in the refrigerator or with herbs, but it is more common to use a mixture of herbs ice; however it is possible to make cold infused coffee that work well to treat the condition you are seeking to and tea; the process is just slower. This cold-infusion heal.

process takes time.

The advantage of hot infusion over cold is that it often

The properties of the herbs are simply extracted from extracts more of the essential ingredients from the the leaves or beans into the water. This same process plant tissue. The heat breaks down cell walls, creating can be used with just about any herb.

a stronger infusion. On the other hand, a hot infusion

may also extract ingredients that are not desirable, Leave the cold infusion for at least 48 hours to fully ex-such as those that give the infusion a bitter flavor. In tract the beneficial compounds from the herbs.

that case, a cold infusion may be better. Mucilaginous

herbs tend to extract better cold, leaving the mucilage

intact. Some common herbs we do cold infusions with

are lemon balm, marshmallow, slippery elm, and com-

frey.

Sun tea is probably the most common “cold” infusion

made. Leave the herbs loose (and strain later) or put

the crushed leaves in a cheesecloth or muslin bag (you

can find these sold as reusable tea bags) and tie it to

the top of your jar or cup. For tea, most people simply

use 1 to 2 teaspoons of dried herb to 8 ounces (250ml)

of water. Moisten dried herbs before putting them in

the cold infusion – this is not necessary for fresh herbs.

Teas

Herbal tea is a very common way that herbs are used Teas can be made from either fresh or dried herbs, pro-for medicinal purposes. As mentioned above, an herbal ducing different results. Each particular herb will react tea is a “hot infusion,” which works extremely well to differently whether it is dry or fresh, so you will want extract the beneficial components from many herbs. to know what is recommended for that herb or for that Hot infusions can be made in a matter of minutes, un-herbal mixture.

like cold infusions, which take longer.

Decoctions

A decoction is a concentrated form of a hot infusion or three days, keep it in a tightly sealed container or freeze tea. This can be an extremely useful method for herbs them (ice cube trays work well). You may also add two that don’t give up their beneficial chemicals easily or tablespoons of alcohol

(like vodka, rum, or brandy) per for woody parts or roots. It is also a great way of creat-cup (8oz) for better preservation.

ing a more concentrated form of an herbal supplement,

1. Crush, chop or grind the herbs, as appropriate,

and for use with children, animals, or anyone else who

into small pieces and place them in the cold wa-

it is unlikely to drink enough of a hot infusion to do

them any good.

ter in your cooking pot.

2. Allow the herbs to cold soak for a few hours.

To make a decoction, start with cold distilled or puri-

3. Cover the pot and bring to a slow boil. Once the

fied water. Cold water is important, to help ensure you

water is boiling, reduce the heat to a simmer.

extract the maximum amount of beneficial nutrients

4. Keep simmering until the volume of liquid has

from the herbs. It is best to make your decoction in an

been reduced to ½ of what you started with

earthenware, glass, or glazed ceramic cooking pot, so

(about 15-20 minutes).

that you don’t end up with the metal pots reacting to

the astringent herbs, affecting the final flavor.

5. Strain (cheesecloth works well). Once cooled,

squeeze the herbs left behind, to ensure that

Use a ratio of 1 oz.(28g) of dried herbs per 16 ounces

you have removed all the liquid from them.

(500ml) of water. Decoctions are normally made in a

6. Pour the decoction into a jar with a lid for stor-

quantity that can be used within a couple of days, as

age. Use within 48 hours or freeze.

they don’t keep well in the refrigerator for more than

three days. If you do need to keep one for more than

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Decoctions contain four times more medicine than a concentration. Adults should only take 1 TB of a double tea. Adults in good health can take up to 1 cup of a de-decoction and children up to ½ tsp for most herbs.

coction, three times per day, depending on the herb. Double decoctions are especially useful when decoct-Children’s dosages should be cut, based upon their ing shredded bark and dried roots, where the useful weight.

compounds come out of the herbs slowly. When work-

Double Decoctions: Double Decoctions are the ing with these herbs, allow them to soak for 12 hours in same as decoctions, with the exception that they are cold water before bringing it to a boil and simmering.

simmered until the final volume equals ¼ of the origi-

nal volume of liquid, increasing your final medicinal

Oil Infusions

The hot and cold infusion methods outlined below are 3. Store your jar for 6 to 8 weeks. Make sure you don't used to infuse herbs into oil. For cold extractions in oil,

go longer than 8 to 10 weeks or your oil may go ran-

cold actually means at room temperature. This method

cid (cottonwood buds are an exception to this). I

takes time. It takes 6 to 8 weeks to infuse herbs into a

often kickstart certain herbs with a little heat by

carrier oil using only time. The "hot" method is actually

placing my glass jars in a water bath on low (see

a "warm" method of extracting herbs into a carrier oil.

warm infusions below) for a day or two and then

Some herbs need the heat to extract and this method

storing for 6 to 8 weeks.

also shortens the amount of time needed if you need 4. After 6 to 8 weeks strain out the herbs using the remedy sooner. Be careful not to boil or overheat

cheesecloth or a tincture press. Squeeze the

the oil, as this alters the chemical compounds of the

herbal properties you are extracting.

cheesecloth to get all of the herbal oil out. Pour into

a clean, sterile bottle or jar. This oil can be used di-

Carrier Oils and “Cold” & “Hot” Infusions:

rectly for medicine or for making salves. Lasts

To cold-infuse oil use only dried herbs to start (with a

about 1 to 2 years.

few exceptions), as moisture can make your oil turn **“Hot” Oil Infusion:** To infuse oils using heat use rancid or mold. Many carrier oils will work. I prefer a crock pot that has a "warm" or very low setting or use organic olive oil as it is temperature stable, well-priced, a water bath on low on the stovetop. This works well and works well for salve-making. It is important to for infusing several oils at once.

purchase organic oils from somewhere with strict la-

beling laws (like California). Other good carrier oils are

sweet almond oil, coconut oil (although it changes con-

sistency with temperature), jojoba oil, baobab oil, ta-

manu oil, castor oil, grapeseed oil, argan oil, avocado

oil, apricot kernel oil, emu oil, and many more. Ren-

dered fat or tallow, like bear fat, can also be used.

“Cold” Oil Infusion:

1. Tear or crush the dried herbs then lightly pack into

a clean, sterilized glass jar. Fill a glass jar 1/3rd full

with dried herb (for some herbs, like cottonwood

buds, I fill it well over half-full).

2. Pour your high-quality organic olive oil (or other

Photo taken by Nicole Apelian

natural plant oil) over the herbs. Fill to within ½

inch (1.25 cm) of the top with your carrier oil. Mix

well, removing all air bubbles. Cap and label with 1. Tear or crush the dried herbs then lightly pack into herb and date.

a clean, sterilized glass jar. Fill a glass jar 1/3rd full

with dried herb (for some herbs, like cottonwood

sure the water in your water bath/crock pot stays

buds or *Usnea*, I fill it over half-full).

full. If you are using fresh herbs leave the caps off

2. Pour your high-quality organic olive oil (or other

the jars letting the moisture evaporate out and

natural plant oil) over the herbs. Fill to within ½

make sure no water gets in from your water bath.

inch (1.25 cm) of the top with your carrier oil. Mix 5. Once cooled, strain herbs using cheesecloth or a well, removing all air bubbles. Cap and label with

tincture press. Pour into a clean, sterile bottle or

herb and date.

jar. This oil can be used directly for medicine or for

3. Place your glass jars in the crock pot and cook on

making salves. Lasts about 1 to 2 years.

low for 4 to 7 days, depending on the herb, making

Salve-making

Salves are a useful way of applying herbs to the skin. **To make a simple salve out of your infused** They are useful for treating burns, rashes, skin irrita-oil and beeswax:

tions, bites, wounds, eczema, sore muscles, arthritis, 1. Measure and pour your infused oil(s) into the top nerve pain, and more. Turning herbal oil infusions into

part of a double boiler.

salves provides a good way to apply herbs and to take 2. Add beeswax and melt. I usually use a 1 part bees-them with you when not at home.

wax to 4 parts infused oil mixture and common us-

In order to make a salve, you have to already have

age is 1/4 cup to 1/5 cup per cup of oil. For 8 oz

turned the herbs into an infused oil (see above). You

(250ml) of oil I use 2 oz (48g) of beeswax.

may also use the “fast method” below:

3. Mix together thoroughly until the beeswax has

melted.

4. Add 15 to 20 drops or more of each of your essential

oils for every 8 oz (250ml) of infused oil. Vitamin E

can be added to help rancidity (1/2 tsp for 16 oz

(250ml) oil). Add essential oils just before pouring.

5. Before you pour into your containers (jars/tins) to

set you may add just a few drops to your container

to test the consistency. If it’s too hard add more oil

and if it’s too soft add more beeswax. Then complete pouring, label, and date.

Photo taken by Nicole Apelian

Photo taken by Nicole Apelian

The quickest method for making herbal salves combines the infusion and salve-mixing steps into one. It uses a lot of dried herb. Combine your herbs and enough oil to cover the herbs in the top of a double-boiler being sure there is water in the bottom half of your double boiler. Simmer for a few hours (don't overheat – about 100 degrees). Stir, cool slightly, and strain through cheesecloth. Pour back into your double-boiler and add melted beeswax (about 1/4 cup to 1/5 cup per cup of oil) to the oil. Then add 15 to 20 drops or more of each of your essential oils for every 8 oz of oil. Vitamin E can be added to help rancidity. Mix well, pour into containers, and let set.

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Tinctures/Extracts

Tinctures are medicinal extracts of any herb or herbal

(amount of the herb used depends on the surface

concoction in an alcohol, vinegar, or glycerin base. Be-

area and extractability of the herb). You can also

cause alcohol is a universal solvent, it is usually able to

use fresh herbs – use 2x the amount of dried herbs.

extract the essential oils from herbs, as well as extract 2. Fill the jar with the alcohol, leaving ½ inch (1.25

most of the other chemical compounds that water is

cm) of headspace. Stir well.

able to extract (note that some herbs need a double-

3. Close the lid on the jar, label and date, and store in

extraction in water and alcohol to access all of the me-

a cool, dry place. Tinctures can take anywhere from

dicinal compounds).

4 weeks up to 6 months to fully extract, depending

But alcoholic tinctures have another, much more im-

on the herbs you are using. 2 months works well for

portant attribute. They absorb into the body faster

most herbs. Shake the jar once a day if possible.

than any other means of using herbal medicines. This 4. Once your tincture is complete, usually around 8

is due to the alcohol base, which starts absorbing

weeks, strain out the herbs and rebottle the fin-

through the stomach wall and even through the mouth

ished product. The alcohol renders it very shelf-

upon taking the tincture. Rather than being digested,

stable and tinctures can last up to 7 years. Many

like other things that are eaten and drunk, the herbs

people put tinc-

are absorbed right into the bloodstream.

tures in dropper

Another benefit of tinctures is that they last virtually

bottles for ease of

forever, as long as they are stored in a well-sealed con-

use,

but

any

tainer. The alcohol is uniformly fatal to any microor-

small glass bot-

ganisms might that come into contact with it, so there

tle will work. ½

is no possibility of the tincture decomposing. The big-

to 1 teaspoon is

gest risk is evaporation.

a normal dose

To make a tincture you will need some sort of consum-

for adults. For

able alcohol that is at least 80 proof (40% alcohol).

children dosage

Vodka is the preferred alcohol to use, because it has no

is about 1/4 to

flavor, but rum, gin, brandy, and whiskey will work as

1/3 of the adult

well. You can also use apple cider vinegar or food grade

dose, depend-

vegetable glycerin, although these often don't work as

ing on weight.

well for many herbs and they don’t last as long.

1. Fill a glass jar 1/3 to 1/2 full of the dried herbs you

are using for your tincture, but don’t pack it down

Double Extractions

A double extraction is a combination of a tincture and For this tincture, alcohol and water are required. There a decoction, often used for mushrooms and lichens. In are two methods. Both are below and different herbal-recent years, the medicinal value of various types of ists prefer different methods. Final alcohol percentage mushrooms has been researched heavily. If only a wa-should be 25% to 30% or higher. The recipes below give

ter-based decoction is used with Reishi Mushroom, for you that percentage but you may also start with a example, it extracts the beneficial polysaccharides (in-higher proof alcohol. If you see cloudiness in your final

cluding the beta-glucans) and the glycoproteins but product that is OK - it is just the polysaccharides com-not the triterpenes (like ganoderic acid in Reishi), as ing out of solution. Simply shake before use.

they are not soluble in water. Both water and alcohol

are needed to extract all of the medicinal compounds.

Method #1: Starting with the alcohol ex-

Method #2 Starting with the water extrac-

traction

tion

Feel free to scale down this recipe. You'll need: 8

I like to use a small crockpot for this recipe. You may

ounces (224g) or more of dried mushroom or lichen,

also place the herbs and water into a jar, which is then

24 ounces (750ml) of 80 to 100 proof alcohol (40 to

covered and placed into a crockpot of water on low or

50 % alcohol), 16 ounces (500ml) distilled water.

a pot of water on low on the stove. Feel free to scale

1. Fill a quart-sized (1 liter) canning jar half-full with down this recipe. You'll need: 8 ounces (230g) or more diced dried mushrooms, then fill it to about ½ inch of dried mushroom or lichen, 24 ounces(710ml) of 80

(1.25 cm) of the top with alcohol. Stir and cap it, to 100 proof alcohol, 16 ounces (500ml) distilled wa-shaking it every day for 2 months. Then strain out ter.

the alcohol and set it aside.

1. Cut up the herbs into very small pieces. Place the

2. Make the decoction. Put 16 ounces (500ml) of wa-

distilled water and the dried herbs into the crock-

ter into a ceramic or glass pot with a lid and put the

pot and stir well. Cover and cook on the lowest pos-

mushrooms into it. Cover and simmer the mixture

sible setting for 3 days. It will cook down to about

until half of the water has boiled off. This will take

8 oz (250ml) of medicinal decoction (water).

a few hours. If the water level drops too quickly, 2. Allow the herb and water mixture to cool and pour add more so that you can continue simmering your

it into a large glass jar. Add the alcohol while the

mushrooms. The end result should be 8 ounces

mixture is still quite warm, but not hot. Make sure

the jar is large enough that you are adding 24

(250ml) of your decoction.

ounces (710ml) of alcohol or split everything evenly

3. Allow the water to cool, and then strain out the

between 2 jars.

mushrooms. Mix the water and alcohol (you should 3. Cap the jar tightly, label and date the jar and allow have about 24 oz (710ml) of alcohol tincture) to-it to macerate for 6 to 8 weeks, shaking the jar

gether to create the finished double-extraction. It

daily.

has a high enough alcohol content (30%) that it 4. Strain out the herb (cheesecloth works well for should be shelf-stable for many years, as long as it

this) or carefully decant the tincture off. Store it in

is stored in a sealed container.

tightly capped glass jar. Label and date.

Distillation

Distillation is a process used for extracting essential • **Water and steam distillation** – The only differ-oils from herbs or other plants. Not all plants provide

ence in the equipment for this and water distilla-

essential oils; but for those that do, this is one of the

tion is the insertion of a rack inside the still, which

surer methods of extracting the essential oil.

holds the herbs up out of the water and only allows

Distillation is something that should only be under-

the steam to have contact with it. This method pro-

taken by someone who wants to make a lot of essential

duces essential oils much more quickly than water

oils, due to the equipment investment and the amount

distillation.

of plant matter you need. The amount of essential oil • **Direct Steam Distillation** – A different sort of that is distilled out of plants is very small and it takes a

still is needed for this method, so that the steam

pretty good size still to get enough oil to make the effort

can be created in a separate chamber. The steam is

worthwhile. You may want to simply purchase organic

then injected into the retort/still that is holding the

essential oils from a reputable source to have on hand.

herbs, below a rack holding the herbs. This allows

There are three basic types of distillation, requiring mi-

a lower temperature to be used, reducing the po-

nor differences in the still:

tential for heat damage to the essential oil. This is

❖ **Water distillation** – The herbs are immersed in

the most common method used commercially, es-

water and the water is boiled. This works best for

pecially for essential oils like rosemary and laven-

herbs that don’t break down easily.

der.

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Much expertise is needed for distillation as the amount are specific to the still and the herb from which you are of plant material, distillation times, and temperatures trying to extract the essential oil.

Medicinal Syrups

Herbal syrups are a great way of getting children to To make any medicinal syrup, start out by making a take herbal medicines and supplements. Made with decoction. You want to end up with a known amount raw honey, they store extremely well, taste good, and of decoction, so that you'll know how much honey to can also soothe a sore throat. Making a medicinal add. This is easy, as you will need to strain out the honey syrup for treating colds, sore throats, or the flu herbs before adding the honey. When you do this, will

have the added benefit that the raw honey brings. measure using a Pyrex glass measuring cup.

Before starting, decide how sweet you want your syrup. Typically, these syrups will last about six months in the Some people like a sweeter syrup, using a 1:1 ratio of refrigerator if you use a 1:2 ratio. You can also extend honey to decoction, while others use a 1:2 ratio, using the life by adding a tincture to the mixture, as the alco-less honey. The 1:1 ratio will store longer, as honey hol in the tincture will act as a preservative, or by add-doesn’t spoil easily. You can add glycerin in place of ing glycerin.

some of the honey to extend shelf-life.

Poultices

Poultices may be one of the oldest ways in which

purpose. The idea is to have the leaves broken, so that

herbal medicines are used. They provide an excellent

the sap of the plant can come out, contacting the skin.

way of applying healing herbs directly to the afflicted

Chewing also works but make sure the herbs are safe

area. Usually used for first-aid field situations, such as

to chew.

dealing with burns, bee stings, cuts, and infections,

they are also useful for deeper problems, like joint

problems and bruises. They can even be applied to the

chest to aid with congestion.

Normally, poultices are made of fresh herbs, picked on the spot. This means that they are at their most potent, able to provide the maximum possible benefit. They are also able to help draw out splinters, bee stingers, and other infection-causing foreign matter that has embedded itself into the skin.

One of the great things about poultices is that they are made on the spot to deal with a specific need. There is little preparation and they are not stored. Rather, they

A generous quantity of the poultice is applied to the

are often made of whatever herbs are readily available

afflicted area of the skin and bound in place with a

at the time. Of course, that requires the ability to rec-

bandage. Gauze is normally used for this, but an elas-

ognize those herbs growing in the wild so that they can

tic bandage or a large leaf are other options. The poul-

be harvested and put to use immediately.

tice must be kept damp to work, so it is usually

changed out a couple of times per day.

How to Make a Poultice: To make a poultice, se-

Poultices can be made from dried herbs as well. In

lect the necessary fresh herbs and tear or cut them

that case, the crushed or chopped herbs are soaked in

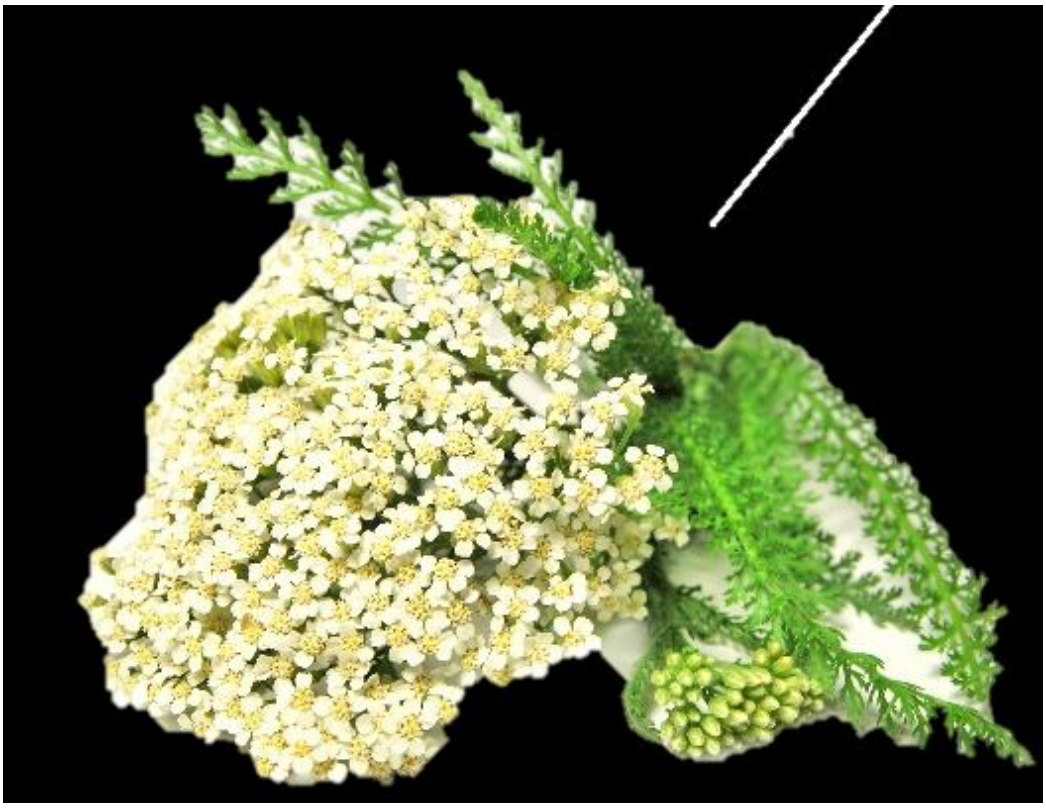
finely. If you don’t have the ability to cut them, crush-

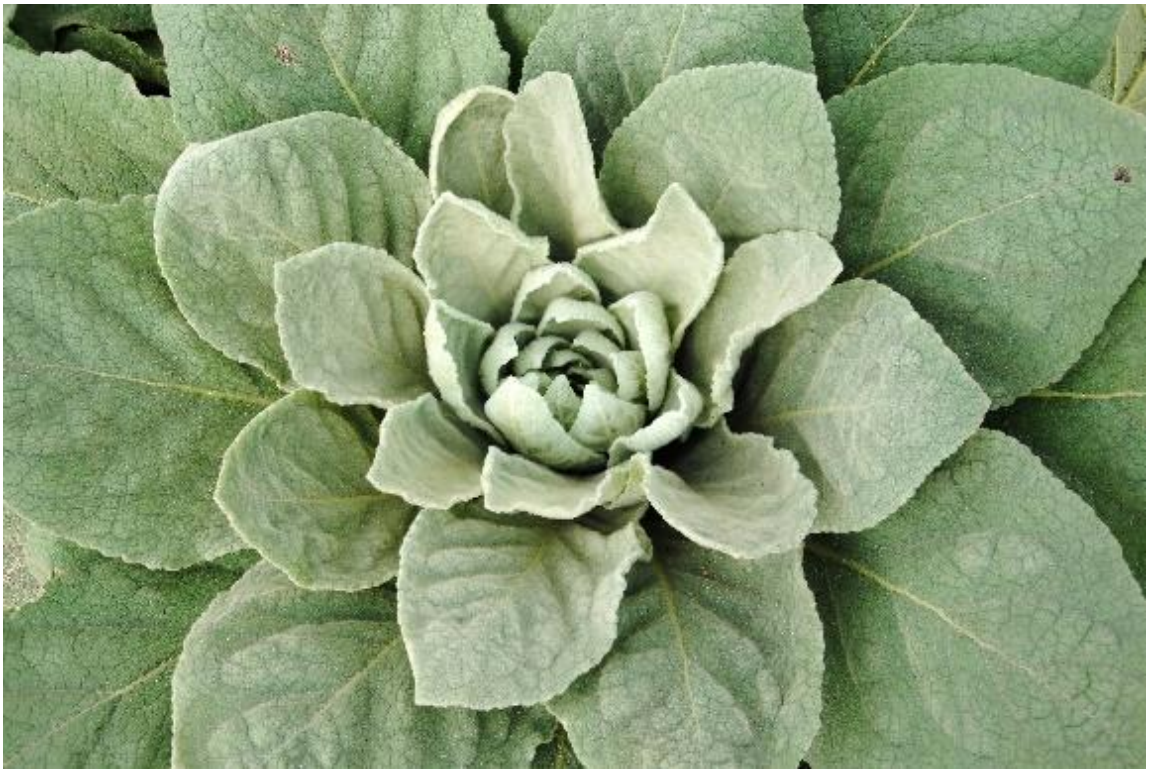
warm water, softening them so that they won’t irritate

ing them between the fingers will work too. Doctors

the skin and to draw out their medicine.

carried a mortar and pestle in ancient times for this





A little fine-tuning can be applied by using either hot properties of the herbs to the cells needing it more or cold water with it. A hot poultice (not hot enough quickly. Using cold water, on the other hand, reduces to burn) helps to increase the circulation in the area circulation, while also reducing swelling.

where it is applied. This can help get the medicinal

How to Make a Field Poultice

Poultices have been used as field bandages and dress-contract your skin and, in doing so, will help close the ings for countless generations. In wartime, poultices wound.

This

helped manage many serious traumatic wounds and plant has the

prevented as well as treated infection.

added benefit of

I have used poultices on both others and myself many being used as,

times in the field. My most common go-to poultice

well, toilet paper

herbs are Plantain, Yarrow, Mullein, and *Usnea*. I al-

if you ever run

ways carry dried Yarrow and Plantain with me in the

out. It’s very soft.

winter when these plants are not readily available.

Another

plant

These herbs are all in this book, so rest assured you’ll

you

can

use

have no problem identifying them. You can use these

alone or mix into

as single-herb poultices or mix them together.

your field poul-

One of my favorites is a plant growing in many back

tice is Yarrow. *Plantain Leaf*

yards and probably yours as well: Plantain (*Plantago*

Yarrow is a very

spp.).

strong anti-bacterial and is also a blood coagulant and

thus helps stop bleeding.

Plantain has a powerful antibacterial effect. It also

contains allantoin, which is a phytochemical (a chem-

Usnea Lichen is my other fantastic go-to for applying

ical found in plants) that speeds up wound healing

to a wound. It is very absorbent and has anti-micro-

and stimulates the growth of new skin cells. Plantain

bial, anti-bacterial, anti-viral and anti-fungal proper-

stops bleeding and helps relieve pain and itching. We

ties. It is ready to go as is!

use it for immediate relief for bites and stings.

A strong herbal field poultice:

Another common poultice herb is the plant known as

1. Gather plantain, mullein, and yarrow in equal

“The Cowboy’s Toilet Paper”: Mullein. Mullein works

quantities.

in two different ways to enhance the effects of the

2. Grind the leaves together until you get a paste-like

plantain already in the poultice.

mixture. Add clean water if needed.

Mullein is an analgesic and thus lessens the pain, and

3. Apply it to your wound or cut.

it works as an astringent as well. That means it will

4. Leave it on for one to two hours; then reapply as

needed.

5. Keep the paste in place by using a non-toxic plant

that has big leaves and high flexibility

or normal bandages if

you have some around.

Burdock leaves are per-

fect for this if you don’t

have normal band-

ages.

Yarrow Leaves and Flowers

Mullein leaves

How I Manage Multiple Sclerosis (Nicole Apelian)

I do a lot to manage Multiple Sclerosis. This page is up) I rely on my healing trinity of Elderberry Tincture, also available (with products links for your conven-Usnea Spray, and First Aid Salve. You can make all of

ience) at www.nicoleapelian.com. I believe that a lot of them using the information in this book.

this information can be extrapolated for other autoim-

mune conditions as well.

The 3 tinctures that I take daily for MS are:

The first thing I did was get an IGG food sensitivity test ❖ Lion's Mane Mushroom Tincture. Lion's Mane is to see how I needed to alter my diet for optimum

known to boost mental functioning and stimulate

health. I don't eat gluten. I also stick to a low sugar diet

Nerve Growth Factor (NGF). Studies show great

with few processed foods. I alternate an anti-inflam-

potential for myelination and regeneration of

matory diet with a ketogenic diet and practice inter-

nerves.

mittent fasting. This works well for me. For some, a

modified paleo diet is ideal. I find that adding freshly ❖ Reishi Mushroom Tincture. I make this tincture as ground flax seeds into my diet is helpful. I have proa double-extraction. I take this daily as Reishi

gressive Multiple Sclerosis (though it is not currently

mushrooms are adaptogens, which help us deal

progressing!). Diet is really important in managing MS

with the negative effects of stress, address issues

and health in general.

such as increased inflammation, depleted energy

levels, damaged blood vessels, and various types of

Here are some of the things I incorporate into my MS

hormonal imbalances. Reishi has been shown to

management in addition to diet:

have neuroprotective effects and, because many

autoimmune illnesses are inflammatory in nature,

I give gratitude daily and I try to stay in the present

I also take it for its anti-inflammatory properties.

moment the best I can. (This is very important! The

mind-body connection is huge.)

❖ Turkey Tail Mushroom Dual-extracted Tincture. I

always make all of my products with locally

I spend time in nature daily. Nature connection is a big

sourced and/or organic ingredients. It works well

piece of total health for me.

for leaky gut, as turkey tail has prebiotics that helps

balance the digestive system and helps with *Can-*

I spend time away from media and carry a personal

dida overgrowth. It is also been shown to be a great

anti-EMF device and have another one for my home.

cancer preventative, an anti-inflammatory, and

more.

I take these specific vitamins and herbal remedies:

I keep leaky gut at bay. Plantain tincture works well for

❖ High-dose Biotin & Alpha-Lipoic Acid. Personally, me for this as does Turkey Tail and probiotics. I do I take 100mg Biotin three times every day (300mg make a Leaky Gut Tincture, which can be found in my a day total) for progressive MS.

apothecary, and drink organic bone broth for my gut.

❖ 4000 units Vitamin D drops

❖ Omega 3s (and incorporate these into my diet)

I keep internal inflammation down with my Reishi

❖ Multi--Vitamin + Ca/Mg blend

Mushroom Tincture and Turmeric.

❖ Tru Niagen (nicotinamide riboside)

Wishing you the best on your journey to health.

❖ Probiotics

❖ Vitamin B12 if my levels get low

For more information and links to everything I dis-

cuss above please see www.nicoleapelian.com

For preventing general illness (which causes the

dreaded immune response that then causes MS to flare

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Backyard Plants

Agrimony,

Agrimonia eupatoria

Agrimony, also called sticklewort, cocklebur, or church steeples, is native to Europe and is now found across

North America. It is a pretty plant with spikes of tiny

yellow flowers. It is in the Rosaceae (Rose) Family.

Identification: This dark green perennial has a

rough stem. It is covered with soft hairs that help it

spread its seeds. It grows to a height of 2 feet (0.6me-

ters).

The leaves are ser-

Anti-inflammatory, Wound and Skin Care:

rated and pinnate. Agrimony is effective for wound care. It stops excessive
They are large (7 bleeding by promoting the formation of clots. It con-
inches) (17.5 cm) at tains tannins and is an astringent. It also has antibac-the
base and get terial and anti-inflammatory properties. Agrimony tea

smaller at the top of can be used as a wash for wounds and all types of skin
the stem. Its roots diseases or the fresh leaves can be pounded and ap-are
deep woody rhi-

plied directly to a wound as a poultice.

zomes.

Digestive Problems and Diarrhea: Agrimony

The short-stemmed Tea is used for digestive problems. The tea acts as a

flowers have a sweet, tonic to the digestive system and heals underlying
apricot-like scent. They bloom from June to Septem-problems.

ber on long terminal spikes. Each flower is a cup with

rows of hook-shaped bristles on the upper edge. Flow-

Migraines: An herbal poultice made from fresh ag-

ers have five sepals and five yellow, rounded petals, rimony leaves and applied to the head is a good topical each with 5 to 20 stamens.

treatment for migraines. Use it at night as it may also

induce deep sleep.

The fruit has hooked bristles called cockleburs that at-

tach to animals, thus spreading the seeds.

Edible Use: The leaves are used for tea, and the fresh

flowers are often added to home-brewed beer or wine

Prof. Dr. Otto Wilhelm

to enhance flavor.

Thomé Flora, 1885, CC.

Medicinal Use: Both the leaves and seeds are used

3.0

in medicinal preparations. It is astringent, anti-inflam-

matory, and antibacterial.

To Induce Sleep: While lying in bed, place a few of

this plant’s leaves under your head to induce sleep.

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Conjunctivitis and Eye Infections: For appli-

taking anti-coagulant therapy or taking blood-pressure

cation as an eye wash, mix equal parts of Agrimony Tea medications. Avoid using agrimony if pregnant or with boiled and cooled water.

nursing.

Harvesting: Harvest agrimony in the late spring to **Recipes: Agrimony Tea.** 1 to 2 teaspoons of pow-early summer when the herb is in full bloom. Pick the dered agrimony leaves or 3 teaspoons of crushed fresh leaves,

flowers, and stems. Use the herbs fresh or dry leaves, 1 cup boiling water, raw honey, to taste, if de-them for later use.

sired. Steep the agrimony leaves in boiling water for 5

to 10 minutes. Cool and strain. Take one cup, three

Warning: Some people develop an allergic rash with times daily.

sun exposure while using agrimony. Do not use if

Aloe Vera

Aloe Vera is edible and is incredibly effective for many

afflictions. It's not native to North America, but it's

been naturalized in many places. I find it readily in the

southwest where the weather is warm and it is easy to

grow in pots around the house. It is in the *Aspho-*

delaceae (Aloe) Family.

Identification: Aloe Vera plants have succulent

leaves that grow to 2 to 3 feet (0.6 meters to 0.9 me-

ters) tall.

The plant is stemless or has very short

stems.

Aloe Vera leaves are thick,

fleshy, and filled with **How to Use Aloe Vera:** For external use, split the gelatinous

sap.

The leaf long ways with a knife and scrape the gel from the

leaves grow in clumps, leaf’s interior. I most often use it as a soothing salve and are green to directly on the skin. For internal use, try 1 to 3 ounces grey-green and (28-85g) of the gel added to juice, since the gel can be

may

have

white unpleasant and bitter when taken alone.

flecks on the leaf sur-

faces. The leaf margins are **Heartburn Relief and Irritable Bowel**

serrated with small white **Syndrome:** Consuming 1 to 3 ounces (28g to 85g) of teeth. Flowers appear in the sum-aloe vera gel with each meal reduces the severity of acid

mer on a tall spike growing from the center of the reflux and the associated heartburn. It also helps the plant. Flowers range in color from white and yellow to cramping, abdominal pain, flatulence, and bloating orange and red.

caused by irritable bowel syndrome. However, there

are some safety concerns and it may cause irritation,

Edible Use: Eat aloe vera leaves raw or cooked. The so use internally with care for these conditions.

outer green skin can also be eaten, but is bitter and

tough. Removing the skin with a sharp knife leaves the **Bleeding or Swollen Gums:** Aloe Vera extract meat and gel inside the plant; both are edible.

makes a safe and effective mouthwash that reduces

swelling, soothes, and provides relief from bleeding or

Aloe is good poached or otherwise gently cooked. Fully swollen gums. Try adding the gel to the final rinse wa-cooked, it loses its slimy texture. Some people enjoy ter and swishing it around, holding it in the mouth for raw aloe as juice or by putting a chunk in their water.

a minute, then spitting it out.

Medicinal Use: Aloe Vera gel, the gelatinous sub-

Lowering Blood Sugar in Diabetics: If you

stance inside the leaf, is used as a relief for sunburn, suffer from type 2 diabetes, you can regulate your wounds, and other minor skin irritations. It also has blood sugar levels by simply ingesting two tablespoons internal uses.

of Aloe Vera juice or pulp extract daily.

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Laxative: Aloe Vera gel relieves constipation but It also keeps skin clear and hydrated. Excellent as a should be used sparingly.

moisturizer and pain reliever.

Skin Care, Sunburn, Eczema: Aloe gel is sooth-

Warning: Long term internal use of Aloe Vera is not

ing on the skin and an excellent remedy for sunburn, recommended due to the latex found in Aloe Vera. Do skin abrasions, eczema, and other mild skin irritations. not use internally while pregnant. Do not use if you have hemorrhoids or kidney issues.

Anise Hyssop,

flowers and apply them directly on the affected area.

Cover with a clean cloth. Anise hyssop leaves have

Agastache foeniculum

anti-bacterial and anti-viral properties.

Facilitates Digestion: Drinking Anise Hyssop Tea

Anise Hyssop is also known as blue giant hyssop, lav-

with meals eases digestion and prevents excessive gas

ender giant hyssop, elk mint, and licorice mint. It and bloating.

belongs to the Lamiaceae (Mint) Family. It is native to **Diarrhea:** Anise hyssop tea is helpful in relieving di-northern and central North America.

arrhea. The tea works best if continued throughout the

Identification:

day even after the diarrhea has been successfully elim-

Anise hyssop grows

inated. Continuing to sip occasionally prevents the re-

from 2 to 5 feet (0.6 to

turn of diarrhea.

1.5m) tall, with bright

Sore Muscles and Anxiety: Try gathering 3 to 4

green leaves that are

notched at the edge

tablespoons of anise hyssop leaves in a square of

and covered with fine

cheesecloth and hang it from the faucet while drawing

white hairs on the un-

a bath. The scent released as the water flows calms the

derside. New growth

spirit. When the bath is ready, drop the herbs into the

has a purple tint. The

bathwater and soak your sore muscles in the bath.

plant has an aroma

Colds, Flu, Bronchial Congestion: Anise hys-

suggestive of mint

sop tea helps expel mucus from the lungs, making it a

and anise. The herb is

good choice for treating colds, flu, and congestion.

partially woody with

branched and usually

Herpes: Try Anise Hyssop Essential Oil externally as

hairless stems. The fi-

an antiviral treatment for Herpes Simplex I and II and

brous roots are also

drink the tea to treat the virus internally.

branching. Clusters

Poison Ivy: Wash the skin in Anise Hyssop Infusion

of small lilac-blue

to help relieve the itchiness of poison ivy.

flowers appear on elongated flower spikes from July

through September.

Edible Use: Anise hyssop can be used as a sweetener

and to make tea. It can be used as a flavoring or sea-

soning. The leaves and flowers can be eaten fresh,

cooked, or dried.

Medicinal Use. Heart Healthy, Angina

Pain: An infusion of anise hyssop is a tonic for the

heart and a quick remedy for angina pain.

Sores, Wounds, and Burns: For skin infections, wounds, and burned skin, use a poultice of anise hyssop leaves. Soak dried leaves or bruise fresh leaves and

Saiberiac, Attribution 2.0 Generic (CC BY 2.0) 46

Athlete's Foot, Fungal Skin Infections, your liking. Add one teaspoon of dried leaves and flow-Yeast Overgrowth: Soak the foot or infected area ers or one tablespoon of fresh leaves and flowers.

in a bath with a strong infusion of Anise Hyssop. Soak Add them to the boiling water and cover tightly. Allow daily until the infection is cured.

the leaves to steep for 15 minutes.

Recipes: Anise Hyssop Tea or Infusion. Strain the tea through a fine sieve. Add raw honey to You'll need one cup of boiling water and raw honey to sweeten, if desired.

Ashwagandha,

anxiety, anti-depressant, and anti-inflammatory prop-

erties. Roots and leaves of the ashwagandha plant are

Withania somnifera

used for their medicinal properties.

Root extracts in powdered or capsule forms are effec-

Ashwagandha, *Withania somnifera*, is a member of tive as are leaf extracts and tinctures. Powders can be the nightshade family. It is sometimes called Winter added to food or drinks thought they have a strong Cherry or Indian Ginseng, due to its importance in taste. Ashwagandha tea made from the leaves is also Ayurvedic medicine. Ashwagandha is considered a reused. Adding a little honey improves the flavor.

juvenating adaptogenic herb, useful for treating many

debilitating conditions.

Expect it to take two weeks or more to begin to notice

the benefits of ashwagandha. Long-term use has not

Identification: Ashwagandha is native to India but been studied and may not be safe, but many patients can be grown in herb gardens across the United States. do well taking the herb long-term.

It is a perennial in warm climates with no frost. Ashwa-

gandha likes sandy or rocky soil, full or partial sun-

“Adrenal Fatigue” (= HPA Axis Dysregula-

light, and moderately dry conditions.

tion – HPA-D): Ashwagandha supports adrenal

function and overcoming “adrenal fatigue”, though

The bush grows to a

this term is really a summary of stress response symp-

height of 2 to 3 or

toms that are often caused by a hypothalamic–pitui-

more feet (0.6m-

tary–adrenal (HPA) axis dysfunction. Essentially,

0.9m), with dull

HPA-D is our stress response system and a more accu-

green leaves. Light

rate term for adrenal fatigue. Ashwagandha helps bal-

green, bell-shaped

ance this.

flowers appear in

midsummer and or-

Combats Stress, Fight or Flight, Anxiety,

ange to red berries in

and Depression: Ashwagandha has long been used

the fall. Branches

to relieve anxiety, improve mental health, concentra-

grow radially from a

tion, vitality, and overall improve the quality of life. It

center stem.

also acts as a mood stabilizer and relieves symptoms of

Edible Use: The depression. It provides benefits similar to anti-anxiety plant is not generally and anti-depressant drugs without drowsiness, insom-Photo By Hari Prasad Nadig, CC BY 2.0

eaten, but its seeds are nia, or other side effects.

used in the production of vegetarian cheeses. The **Reduces Cortisol Levels:** Cortisol is a stress hor-leaves are used to make Ashwagandha Tea.

mone implicated in controlling blood sugar levels and

Other Uses: The fruits are rich in saponins are can fat storage in the abdomen. Studies show that ashwa-be used as a substitute for soap. The leaves repel in-

gandha helps significantly reduce cortisol levels in

sects.

chronically stressed adults.

Medicinal Uses:

Balances Blood Glucose Levels:

Ashwagandha is an adaptogenic

Ashwagandha

herb that has been in use for thousands of years. It is is particularly beneficial to diabetic patients in reduc-highly valued for its ability to strengthen the immune ing blood glucose levels. It may help improve insulin system, balance hormone levels, and for its anti-sensitivity and reduce inflammation.

strength in athletes engaging in resistance training and strenuous exercise when taken for 8-weeks or longer.

Anti-inflammatory: Joint Pain and Arthri-

tis: Patients taking ashwagandha for eight weeks or longer experience improvement in joint function and a reduction in joint pain related to rheumatoid arthritis.

Sexual Function and Fertility: Ashwagandha helps improve sexual function. It boosts testosterone levels and improves male fertility. When used for a period of 3 months, ashwagandha increases sperm count, sperm volume, and sperm motility. In women, it improves arousal, lubrication, and orgasm.

Cancer: Research shows that ashwagandha has anti-

Immune Function: Ashwagandha helps regulate

tumor effects. It reduces cancerous tumors by prevent-

immune function by reducing the body's stress hor-

ing cell growth and killing cancerous cells. Ashwagan-

mones, reducing inflammation, increasing the white

dha is useful in treating breast, lung, stomach, ovarian, blood cell count, and increasing immunoglobulin pro-and colon cancer cells. These benefits are due to its an-

duction.

tioxidant abilities and their effects in helping the im-

mune system.

In addition to reducing the growth of cancer cells, it

can also help the body deal with the side effects of con-

ventional anti-cancer drugs in boosting immunity and

improving the quality of life. Ashwagandha stimulates

the production of white blood cells and helps cancer

patients fight infections.

Memory and Brain Cell Degeneration: Re-

search suggests that ashwagandha protects the brain

from the damaging effects of emotional, physical, and

chemical stress. It protects the brain from cell degen-

eration, which may help in treating neurodegenerative

diseases like Alzheimer’s and Parkinson’s Disease.

Harvesting: Pick berries in the fall when red and

fully ripe, then dry them for planting in the spring. For

Ashwagandha contains naturally occurring steroids medicinal use, dig up the roots in the fall and clean and antioxidants that protect the brain and improve thoroughly. Slice, dry, and powder for future use.

cognitive function. Patients notice an improvement in Leaves are used fresh or can be dried to use in tea.

attention, processing speed, and mental acuity.

Warning: The herb is generally believed to be safe

Stamina, Endurance, and Muscle Perfor-

and has an extensive history of use. However, there are

mance: Studies suggest that ashwagandha boosts en-

no long-term studies on the safety and long-term use

durance and reduces muscle pain. It calms stress, en-

may make it more likely that side effects will be expe-

ergizes the brain, and enhances cardiorespiratory en-

rienced. Consult your doctor and watch for side-effects

durance in athletes. It increases muscle mass and when using ashwagandha over the long term.

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Black-Eyed Susan,

Poultice for Snake Bites: A poultice of black-

eyed Susan is said to treat snakebites. Moisten the

Rudbeckia hirta

hopped leaves or ground root and place over the af-

fected area as a poultice. Wrap with a cloth and keep it

Black-eyed Susan is a member of the Aster/Sunflower on the wound until the swelling is reduced.

Family, and is found throughout eastern and central **Skin Irritations:** Black-eyed Susan root infusions North America. It is also called brown-eyed Susan,

hairy coneflower, gloriosa daisy brown betty, yellow are soothing on irritated skin including sores, cuts, daisy, yellow ox-eye daisy coneflower, poor-land daisy, scrapes, and swelling. Use a warm root infusion to and golden Jerusalem. It prefers full sun and moist to wash the irritated skin.

moderately-dry soil.

Earaches: If you have fresh roots, use the sap or

Identification: Black-eyed Susan is usually an an-

juice as drops to treat earaches. One or two drops in

nual; but sometimes a perennial, growing up to 3 feet the affected ear treat the infection and relieves pain.

(0.9m) tall and up to 1 ½ feet (0.5m) wide.

Place the drops in the ear morning and night until the

infection is completely cleared up.

The leaves are alternate, 4 to 7 inches (10 cm to 20 cm)

long, and covered by coarse hair. The branched stems **Stimulates the Immune System:** Like Echina-grow from a single taproot.

cea, Black-eyed Susan roots have immune-stimulant

activity and boost the immune system to treat colds,

flu, and other minor illness. Those with autoimmune issues should be careful using this herb internally due to its immune-stimulating properties.

Tuberculosis: Black-eyed Susan contains compounds that act against the bacterium that causes tuberculosis.

Harvesting: To harvest the taproot, wait until the plant has produced seeds, then dig the plant up by the root. Black-eyed Susan has one central taproot with hairs, but no other rhizomes. Dig deeply to get the entire root. Use it fresh in season and also dry some root for future use.

There is no rhizome and reproduction is by seed only.

Be on the lookout for these flowers during late summer **Warning:** Black-eyed Susan plants are toxic to cats and early autumn. They are about 4 inches (10 cm) in and are reported to be poisonous to cattle, sheep, and diameter, with a brownish black dome in the middle, pigs. The seeds are poisonous. Those with autoimmune circled by yellow petals.

conditions should be careful with internal use of this herb due to its immune-stimulating properties.

Medicinal Use: Black-eyed Susan is a traditional herb used for colds, flu, infection, swelling, and snake

bite. The roots and sometimes the leaves are used to boost immunity and fight colds, flu, and infections.

Colds and Flu: A root infusion treats colds and the flu. Common usage is to drink the root infusion daily until all symptoms are gone.

Parasites: The Chippewa people have traditionally used Black-eyed Susan Root Tea to treat worms in children.

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Boneset,

Eupatorium perfoliatum

This herb supposedly got the name boneset due to its use treating dengue fever, also known as break-bone fever. It is excellent for treating fevers and is a great choice for chest colds and flu. The herb is a perennial native to North America. It is a member of the Aster/Sunflower family. It is also known as feverwort.

Identification: Boneset has erect, hairy stems that

grow 2 to 4 feet (0.6m to 1.2m) high and branch at the

Boneset flowers and leaves, Jomegat, CC by SA 3.0

top. The leaves are large, opposite, and united at the

base. They are lance-shaped, finely toothed and have **Colds, Flu, Bronchitis, Congestion and Ex-prominent veins. Leaves are 4 to 8 inches (10 cm to 20 cess Mucus: Boneset is an excellent choice for the cm) long with the lower ones larger than the upper treatment of the common cold, flu, and respiratory inones. The blades are rough on the top and downy, res-**

fections. It discourages the production of mucus, loos-

inous, and dotted on the underside.

ens phlegm and helps eliminate it from the body, fights

off both viral and bacterial infections, and encourages

The leaves of boneset are easily distinguished. They are sweating, which helps reduce the associated fever.

either perforated by the stem or connate; two opposite

leaves joined at the base.

People given boneset early in the disease process have

milder symptoms and get well faster. A tincture is the

The numerous large flower heads of boneset are termi-

easiest form to use.

nal and slightly convex, with 10 to 20 white florets, and

have bristly hairs arranged in a single row.

Dengue Fever, AKA Break Bone Fever: Den-

gue fever thrives in tropical environments, and while it

The fragrance is slightly aromatic, while the taste is as-

is not yet a problem here in the United States, it is

tringent and strongly bitter. Flowering from July to probably only a matter of time before it arrives.

September, this plant's size, hairiness and other as-

pects can vary greatly.

Boneset is the herb of choice for fighting dengue, a

painful mosquito-borne disease that results in high fe-

vers and terrible muscle and bone pain. It reduces the

fevers and fights the underlying causes of the disease.

It also gives the patient some relief from the "bone-

breaking" pain.

Malaria: Native Americans have commonly used

boneset to treat malaria. It promotes sweating, which

helps relieve the fever associated with malaria and

lessens the severity of the disease.

Yellow Fever and Typhoid: Boneset is helpful in

the treatment of yellow fever and typhoid, although it

is not as effective as it is for treating dengue fever and

malaria. Its main use here is its ability to reduce the

Medicinal Use: The flowers and leaves are used. accompanying fevers.

Best to let dry rather than use fresh due to some degree

of toxicity. The major medicinal properties of boneset Harvesting: Harvest the leaves and flowering stems include use as an antispasmodic, sweat inducer, bile-of boneset during the summer, just before the buds

producer, emetic, fever-reducer, laxative, purgative, have opened. Dry them for later use. Seeds of boneset stimulant, and as a vasodilator.

ripen about a month after flowering and are collected

when the heads are dry, split, and the fluffy seed begins Ingredients: 1-ounce dried boneset leaf, 1-quart (1

to float away. If seeds are collected earlier, dry the seed Liter) boiling water, 1-quart (1 Liter) jar with a tight-heads for 1 to 2 weeks in open paper bags.

fitting lid.

Warning: Do not use boneset for pregnant or nurs-

Instructions: Put the dried boneset leaves into the

ing mothers or for young children. Not for long-term jar and pour the boiling water over it to fill the jar.

use.

Tightly cap the jar and shake it gently to distribute the

Recipes: Boneset Infusion.

herb.

Take Boneset Infu-

sion hot to relieve fevers and treat colds, flu, and simi-

Let the infusion steep for 4 hours. Strain through a cof-

lar diseases. Use it cold as a tonic or tincture.

fee filter or a fine sieve. Warm it before drinking. It is

very bitter, but warming it helps.

Borage,

a pot-herb. The leaves have a salty flavor similar to a

cucumber. It is best to use the leaves while young. The

Borago officinalis

more mature raw leaves are very hairy, which some

people find unpleasant.

Common Borage is an annual frequently found in gar-

The flowers are nice used raw as a decorative garnish

dens. Bees are attracted to the flowers and make an ex-

for salads and drinks. They make a refreshing drink

cellent honey from the nectar.

when the leaves are brewed as a tea.

Identification: The entire borage plant is covered Dried stems are often used as a flavoring. The seeds are with stiff white hairs. The stems are round, branched, a healthy source of gamma-linolenic acid (GLA), a ben-hollow, and succulent. The plant grows to about 1 1/2 eficial Omega-6 fatty acid, but it is difficult to collect feet tall. Its deep green leaves are alternate, wrinkled, enough for regular use.

oval and pointed. Each is about 3 inches long and Medicinal Use. Regulates Hormones, PMS

about 1 1/2 inches across. The lower leaves have tiny and Menstrual Issues: Borage treats hormonal hairs on the upper surface and on the veins on the imbalances and regulates metabolism. Eating borage lower side. Leaf margins are wavy, but entire.

with meals regularly helps keep your metabolism run-

ning smoothly.

Borage reduces symptoms of premenstrual syndrome

(PMS), menopause, and regulates the menstrual cycle.

Stress and HPA-Dysfunction ("Adrenal Fa-

tigue"): Borage is a calming herb and is taken to re-

lieve stress. It also helps balance cortisol levels in the

body, this aiding the stress response and HPA-Dys-

function (often called Adrenal Fatigue).

Anti-Oxidant Properties: Anti-oxidants in bor-

age helps destroy free radicals in the body, protecting

Photo By Hans Bernhard (Schnobby), CC BY 3.0

it against aging and cancers caused by free radicals.

The flowers are a vivid blue and star-shaped, with

prominent black anthers. The anthers form a cone in Digestive Problems and Irritable Bowel the center that is referred to as a beauty spot. The flow-Syndrome: Borage has a soothing effect on the

ers start pink and turn blue, hanging in clusters.

stomach muscles and is a good treatment for irritable

bowel syndrome.

The flowers produce four brown-black nutlets.

It reduces inflammation in the intestinal tract and

Edible Use: The leaves, flowers, dried stems, and treats gastritis and other digestive problems. It pro-seeds are all edible and nutritious. You can eat the motes digestion and stabilizes the stomach. Borage leaves raw or cooked. I use them in salads or cooked as also has a mild laxative effect.

Pneumonia: Borage Leaf and Flower Tea or Tinc-

ture reduces the symptoms of pneumonia, relieves

congestion, and helps the body get rid of excess mucus.

However, there are better herbs for these symptoms.

Mouth Ulcers and Sore Throats: Use borage as

a mouthwash or gargle to kill bacteria in the mouth and

throat. It prevents and treats sore throats and mouth

sores.

Urinary Tract and Kidney Infections, Diu-

retic Properties: Borage acts as a diuretic, remov-

ing excess water and toxins from the body. It also

works to improve bladder function. Borage flushes the *Photo By David Wright, Geograph project, CC BY 2.0*

bladder, removing bacteria and relieving bladder in-

bites. It clears up skin inflammations and the unpleas-

fections. Borage also relieves kidney inflammations ant symptoms of skin rashes.

and restores health of the kidneys. However, I prefer **Treating Bleeding Gums:** other herbs to treat these, such as Usnea, Oregon

Borage fights the in-

Grape and Uva Ursi.

fections that cause bleeding gums. Borage helps kill the

mouth pathogens and restores health to the gums and

Protects the Brain: The GLA in borage seed oil mouth.

improves the brains protection against neuro-degener-

Macular Degeneration:

ation. It protects the brain against synaptic failure in

One cause of macular

Alzheimer’s disease and improves resistance to the dis-

degeneration is a lack of fatty acids. Borage seeds con-

ease.

tain up to 30% GLA, a beneficial fatty acid for treating

and preventing macular degeneration.

Lowers Blood Pressure: Eat borage or drink the **Improves Milk Production for Nursing** juice daily to treat high blood pressure. The GLA content helps to significantly lower blood pressure. Recent **Mothers:** Borage tea is used to improve milk produc-studies have confirmed the benefits of Borage for treat-

tion in nursing mothers.

ing hypertension.

Treat Hangovers: Borage Tea made from a combi-

Allergies: The anti-oxidants in borage help subdue nation of dried leaves and flowers is an effective treat-allergies, reduce inflammation, and suppress the aller-

ment for hangover.

gic response.

Harvesting: Harvest borage leaves in the late spring

Reduces Fevers: Borage stimulates the sweat and early summer before the plant flowers. Use the glands to produce sweat and cool the body. This prop-

leaves fresh or dry them for use throughout the year.

erty is beneficial for treating fevers in colds, and res-

Dried leaves lose their medicinal properties over time,

piratory illnesses.

so dry a new batch each year. Harvest flowers in the

morning in the summer.

Arthritis and Gout: Borage is useful for treating

inflammation, reducing swelling, and thereby reduc-

Warning: Borage leaves contain a small amount of

ing pain. It is effective for reducing inflammation pyrrolizidine alkaloids and other compounds that are caused by arthritis and gout.

toxic to the liver.

Skin Infections, Wounds, and Rashes: The The levels are low and are not a problem for healthy anti-inflammatory and anti-bacterial properties of people, but people with liver disease should not use borage help keep your skin clear. It is useful in treating borage in any form. Pregnant women should avoid us-wounds and fighting infections or rashes. Use borage ing borage. In some people, borage causes skin derma-tea as a skin wash or use borage as a poultice to treat titis. Persons with schizophrenia or epilepsy should wounds. A poultice of borage leaves also reduces itch-avoid using borage.

ing and inflammation from rashes or stings and insect

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Bottle Gourd,

Medicinal Use: This plant is mainly used for blood

sugar control in diabetics, but I know of healers who

Lagenaria siceraria

use it as a heart tonic and as a sedative. It is anti-in-

flammatory, antioxidant, anti-bacterial, pain relieving,

Also known as calabash, white-flowered gourd, and and a tonic for the internal organs.

long melon, the bottle gourd is often cultivated for its **Diabetes:** Bottle gourd helps to lower blood sugar fruit. When harvested young, the fruit is used as a vegetable. When mature, it is dried, and it can be scraped readings in diabetics when taken regularly. Eat a piece and used as a bottle, container, or pipe. Bottle gourd is of bottle gourd at each meal for blood sugar control.

in the cucumber family. It is hard to find in the wild, One or two large bites of the gourd are enough to pro-but easy to cultivate.

vide the desired benefit.

Identification: This annual vine grows to be 15 feet

(4.5m) long or more. The fruit has a smooth light-

green skin and white flesh. It grows in a variety of

shapes and sizes. It has long densely packed hairs on

the stems.

These hairs are tipped with glands that produce a

sticky sap. The leaves grow on long stalks and are oval

to heart-shaped. Leaves can be unlobed or have 3 to 5

irregular shallow lobes. The flowers are white, growing

alone or in pairs. They open at night during the sum-

mer and close again in the morning.

Edible Use: Although it is safe to eat in moderate

Bottle Gourd, GNU Free Documentation License

amounts, be aware that young gourds can be bitter. If **Headaches:** A poultice made by crushing the leaves you think the plant has grown too old or tastes too bit-and applying it to the head over the painful area is use-

ter, throw it away because it might have a buildup of ful for relieving the pain of headaches.

toxins or it may have spoiled. Otherwise, the fruit can

be steamed, boiled, fried, used in soups and stir-fries. **Boils, Skin Infections, and Irritations:** Bot-Young shoots and leaves are cooked as a pot herb.

tle gourd has anti-bacterial and anti-inflammatory ef-

fects. For these external uses, make poultice from the

boiled seeds of the gourd for skin irritations and infec-

tions.

Cover the poultice with a clean cloth and leave in place

as long as possible to reduce swelling and prevent the

spread of the infection.

Memory Loss, Depression and Senility:

Studies have been done demonstrating bottle gourd for

mild depression and memory improvement, including

patients with Alzheimer’s Disease and age-related se-

nility.

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Cabbage,

is even more effective for treating intestinal problems

of all kinds.

Brassica oleracea

Diabetes: Sauerkraut juice, mixed with a little lemon

juice, helps people control their diabetes and stabilize

The common cabbage is familiar to gardeners across their blood sugars. The sauerkraut juice stimulates the the country, but many don’t realize how

valuable it is digestion and pancreas.

as a medicinal plant. The plant is a biennial or peren-

nial, forming a round head that can reach up to 8 feet **Constipation:** Cabbage, cabbage juice, and sauer-

(2.4m) when fully mature. Most cabbages are har-

kraut juice all have laxative properties.

vested long before they reach such a size. It is in the **Treating Cancer:** For treating cancer, especially Brassicaceae (Mustard) Family.

cancers of the stomach, intestines, pancreas, and pros-

Identification: The leaves are gray with a thick

tate, drink cabbage juice or sauerkraut

stem. Yellow flowers with four petals appear in the

juice twice daily. Finely chopped cab-

spring. The leaves form a head during the late

bage should also be eaten as toler-

summer of the first year. Cabbage can

ated. Both cabbage juice and sauer-

also be reddish-purple, green, or

kraut juice have many different ben-

white. All varieties have the health-

eficial compounds that fight cancer

giving benefits detailed below.

and help heal the body.

Edible Use: The cabbage is a com-

Recipes: Sauerkraut. Equip-

mon vegetable, especially in the

ment: Large glass jar or crock. I pre-

winter because it keeps well in the

fer using a fermentation crock, but a

root cellar. It is eaten raw and

glass jar will work, a fermentation

cooked.

weight or a plate that fits in the con-

tainer, a large bowl or tub for mixing, a

Medicinal Use. Mastitis and Painful

plate or tray. Ingredients for 1 gallon (4 liters) of Sau-

Breasts in Nursing Mothers: This is my num-

erkraut: 1 large head of cabbage, shredded fine, a few

ber one use for cabbage leaves. For painfully engorged large leaves from the outside of the cabbage, 3 table-breasts and mastitis, use a poultice made from cabbage spoons pickling salt and 1 tablespoon caraway seeds, leaves. Cut out the vein from the cabbage leaf and optional.

crush or pound the leaf with a hammer. You'll want

your leaf intact but badly bruised to access the healing Shred the cabbage finely and add 2 TBS of salt. Let the sulfur compounds and the juice. Apply the bruised leaf cabbage stand for about 10 minutes to draw out juices.

to the breast or line the bra cup with the leaf. Repeat as Knead the cabbage for 10 minutes or more to bruise it needed until the infection clears.

and release more juices.

Treatment for Wounds, Leg Ulcers, Joint

Pain, Arthritis, Skin Cancers: Cabbage leaves

work well to clean wounds and prevent infection. They

are also useful in reducing swelling in painful joints

and treating skin tumors.

Chop the leaves and crush them to release the health-

giving juices and heat them in a very small amount of

water. Apply the leaves as a poultice over the affected

area. The cabbage detoxifies the skin and underlying

tissue, prevents bacterial growth, and reduces inflam-

mation.

Intestinal Problems: Cabbage is useful for treat-

ing intestinal problems due to its sulfurous com-

pounds. Fermented cabbage in the form of sauerkraut

Cabbage, By Taken byfir0002, GFDL 1.2

Add the remaining salt and the caraway seeds. Pack the overnight and check it the next day to make sure that cabbage into a large glass jar or crock and add the all the cabbage is submerged in liquid and skim off any juices. Cover the top of the shredded cabbage with the scum that forms.

whole cabbage leaves. Add a weight to the top of the Continue checking the sauerkraut every other day for cabbage to keep it beneath the liquid.

4 weeks. Transfer the sauerkraut to the refrigerator

Fermenting crocks use fermenting weights, but a clean and use within 6 months. Sauerkraut can be canned for plate or another dish can be used. Cover the container longer storage. However, I believe this destroys some with its lid. Place the container in a cool spot on a tray of the beneficial enzymes as well as the live culture. I or plate to catch any spills. Leave the cabbage recommend using the sauerkraut with live culture.

Calendula,

Calendula officinalis

Calendula or Pot Marigold is a perennial plant in the

Aster/Daisy family that is often grown as an annual. It

is not originally native to North America but is widely

cultivated in flower gardens, self-seeds, and is easy to

grow.

Identification: Calendula usually grows 12 to 24

inches (30 cm to 60 cm) tall with branched sprawling

Calendula, Betty Cai, CC by SA 4.0

or erect stems. The leaves are oblong and lance-like, Place the bruised leaves directly on the skin. The leaves approximately 2 to 7 inches (5 cm to 18 cm) long, and soothe inflamed skin and help it heal. I use the flowers hairy on both sides. The margins can be smooth, wavy, to make a healing salve for skin irritations. The leaves or even weakly toothed.

and flowers have anti-bacterial, anti-fungal, anti-mi-

The flowers are yellow or orange with a 2 to 3-inch (5 crobial, and anti-viral effects as well being an im-cm to 7.5 cm) flower head with two rows of hairy munostimulant. To treat skin infections, including bracts. Flowers

appear year-round in warmer climates. ringworm, athlete's foot, thrush, diaper rash, and cra-Some flowers have multiple rows of ray florets while dle cap, I use Calendula Oil or Salve applied to the af-others have only one. High resin varieties and multi-

fected area several times a day. Note that Calendula is

row flowers are said to be better for medicine. The fruit a tonic anti-fungal, weaker than many. I prefer to use is a small curved achene.

a stronger anti-fungal such as black walnut hull pow-

Edible Use:

der, Oregano Oil, or Usnea to treat the primary infec-

Calendula flowers are edible raw in sal-

tion and save calendula as a preventative or for chronic

ads or dried and used as a seasoning. They can be used situations.

as a saffron substitute for color but not taste. Tea is

made from the petals. The leaves are edible, but are bit-

Anti-aging and Collagen Production: Calen-

ter and unpalatable.

dula stimulates the immune system, induces collagen

Medicinal Use:

production and inhibits collagen degradation. I make

Calendula can be used as a tea, in-

an anti-aging blend with Calendula and Cottonwood

fused oil, salve, compress, or poultice.

Buds infused in organic almond oil and use it on my

Skin Diseases, Cuts, Rashes, Wounds, face and neck every day in place of a commercial face **Burns, Cold Sores, Herpes, Chicken Pox,** cream.

and Irritations: Calendula leaves and flowers are **Soothes Muscle Spasms:** Calendula relaxes soothing to the skin, and I use them to treat all kinds muscles and can prevent spasms. Calendula tea treats of skin problems like acne, sunburn, and rashes, in-abdominal cramping caused by constipation and men-

cluding diaper rash. The leaves make a healing poultice strual cramping.

for minor cuts, scratches, bites, and skin irritations.

It is also effective in relieving body aches and pains due the body and helps cleanse the liver and gallbladder.

to muscle spasms.

The detoxification properties also have a positive effect

Helps Heal Ulcers, Wounds, and Hemor-

on the skin and help clear up chronic skin problems

such as eczema and acne caused by the body’s efforts

rhoids: Slow healing wounds such as ulcers and to rid itself of toxins. For detoxification, try an internal hemorrhoids are soothed by the application of calen-Calendula Extract.

dula as an ointment, gel, or salve. It speeds up healing

and wound closure while improving skin firmness and **Harvesting:** To promote flowering, pick the flowers hydration. Calendula increases the blood and oxygen every two days. Dry them on screens or hang them in a availability in the infected area, which encourages well-ventilated warm area.

rapid healing. It is antimicrobial and antibacterial.

Warning: Some people are allergic to calendula. Do

Stomach and Intestinal Diseases: Calendula not use it if you are allergic to marigold, ragweed, dai-works to heal a variety of gastro-intestinal problems sies, chrysanthemums, chamomile, echinacea and including intestinal colitis, GERD, esophageal irrita-other plants in the Aster/Daisy family. If you are not

tion, peptic ulcers, and inflammatory bowel disease. It sure, start with a small test patch on the skin and in-soothes the inflammation from infections and irrita-

crease use gradually if you have no reactions. Do not

tions while helping heal the underlying problems.

use calendula internally if you are pregnant or breast-

feeding, since safety is unknown. Do not take calendula

Immune System and Lymphatic System: internally if you are taking prescription medications Calendula stimulates the functioning of the immune without the advice of your doctor.

system and the lymphatic system, including swollen

lymph nodes and tonsillitis, and helps to prevent infec-

Recipes: Soothing Calendula Salve (Fast

tions.

Method). Ingredients: half a cup of organic olive oil,

Additionally, the astringent and antiseptic properties 1/3 cup solid organic coconut oil, 3 tablespoons dried help the body fight off infections and viruses. Calen-calendula flowers, 1 1/2 tablespoons dried chamomile

dula also reduces congestion and swelling in the lymph flowers, 1 to 2 ounces (28g to 56g) beeswax. In a double glands.

boiler, melt the olive oil and the coconut oil together.

Menstruation and PMS:

Add the flower petals and allow the mixture to steep

Calendula Tea is an ef-

for 2 to 3 hours making sure it does not get too hot.

fective aid in easing the painful side effects of menstru-

Strain out the flower petals. Return the pan to the heat

ation. It helps induce the menses, relieves painful and add the beeswax, stirring. Once the wax melts pour cramping, relaxes the muscles, and improves blood into your containers (adjust amount of beeswax to get flow. Some people claim that it also helps with hot the consistency you want). Allow the salve to cool com-flashes.

pletely before use.

Improves Oral Health: Calendula has powerful **Calendula Extract:** Take 1-pint (500ml) loosely antibacterial and antimicrobial properties and treats packed calendula flowers and 1-pint (500ml) 80 proof gingivitis, plaque, oral

cavities and many other oral vodka or other drinking alcohol of 80 proof or higher.

health issues.

Place the flowers in a pint (500ml) jar with a tight fit-

Inhibits Cancer: Calendula has anti-inflammatory ting lid.

properties which aid the body in fighting cancer, as Fill the jar with alcohol so that the flowers are com-well as irritations caused by cancer treatments. It acti-

pletely covered.

vates the lymphatic system against the cancer and

helps kill off the cancer cells. It also effectively soothes Allow the extract to steep in a cool, dark place for 4 to the skin after radiation treatments.

6 weeks. Shake daily. Strain out the flowers and store

the extract tightly covered in a cool, dark place. Use

Liver, Gallbladder, and Whole-Body De-

within 3 years.

toxification: Calendula helps remove toxins from

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California Poppy,

Eschscholzia californica

The California poppy has sedative and healing effects

but is not psychoactive or narcotic like some poppy

species.

The California poppy is a species of flowering plant in

the Papaveraceae (Poppy) Family, It is native to West-

ern North America. It occurs across a variety of habi-

tats including coastal, foothill, valley, and desert re-

California poppy, Wikipedia Commons

gions, at elevations below 7000 feet (2133m). It is also

known as Golden Poppy and Cup of Gold due to its and is sedative. It is non-addictive and can help with golden color.

opiate withdrawal. It most likely works with GABA re-

ceptors. The entire plant is used medicinally, with the

Identification: The California poppy is a flowering root being the most potent part.

annual or deep-rooted perennial. It is 1/2 to 2 feet **Sedative Properties and Antispasmodic:** (0.6m) tall, and its foliage is blue-green in color. Its

leaves are compound, with three finely divided lobes, California poppy is a mild sedative that also works well and are nearly smooth with no hair.

for incontinence, especially for children. It aids in

treating sleep deprivation, anxiety, and nervous ten-

California poppy produces upright flowers on branch-

sion. The sap is somewhat narcotic and works well for

ing stems with four bright orange to yellow petals. The alleviating toothaches. Unlike opium poppy, it does flowers often have distinct, darker orange centers.

not depress the nervous system and it's much milder

in action. Take it at bedtime since it induces sleep. It is

also an antispasmodic.

California poppy flower, Wikipedia Commons

Normalizes Psychological Function, PTSD,

and Anxiety: California poppy seems to normalize

the thinking patterns of people with psychological is-

sues, and is mild enough to use for children. It does not

have a narcotic effect, but helps calm the spirit and

helps people regain normal function. It works well for

anxiety disorders and PTSD.

Suppresses the Milk in Nursing Mothers:

When lactation is not desired, apply California Poppy

Tea made from the roots as a wash on the breasts to

suppress the flow of milk. It helps the milk dry up

The seed capsules of California poppy are cylindrically quickly.

shaped and burst open from the base when ripe. These

capsules open explosively to aid in seed dispersal, **Harvesting:** Harvest the entire plant when it is flow-ejecting the small seeds up to 6 feet (1.83m) from the ering from June to September and dry for use in tinc-parent plant. Its tiny round seeds are usually gray to tures and infusions.

gray-brown in color when mature.

Warning: Do not drive or operate heavy machinery,

Edible Use: Its leaves are edible if cooked. Caution as it is a sedative.

is advised because other plants in the family are poi-

Recipes. California Poppy Infusion: 1 to 2

sonous.

teaspoons of dried California poppy plant or root, 1 cup

Medicinal Use: The California poppy is a diuretic, boiling water. Make a strong tea by infusing the dried relaxes spasms, relieves pain, promotes perspiration, herb in boiling water for 10 minutes and allowing it to 57

cool. Drink one cup of the infusion at night before go-

Place the chopped fresh herbs or dried plant into a pint

ing to bed. It induces sleepiness.

(500ml) jar with a tight-fitting lid, filling the jar 3/4

California Poppy Tincture:

full. Cover the herbs with alcohol, filling the jar. Store

1-pint (500 ml) of the jar in a cool, dark place such as a cupboard. Shake 80 proof vodka or other alcohol, or substitute apple-the jar daily for 4 to 6 weeks. Strain the herbs out of the

cider vinegar, dried or fresh California poppy plant. liquid, cover it tightly and use within seven years.

Carolina Geranium,

The tea is often consumed with milk and cinnamon to

improve the flavor.

Geranium carolinianum **Medicinal Use:** The astringent tannic root is the part most often used medicinally, though leaves are

Geranium carolinianum, known as Carolina Gera-

also used.

nium, Carolina Cranesbill, Crane's Bill Geranium, and

Wild Geranium, is native across the US, Canada, and

Mexico.

This plant is often found in areas with poor soil, clay,

and limestone. I often see it near roadsides, abandoned

fields, and farmland.

Identification: The Carolina geranium is a winter

annual or biennial herb. It is low-growing, usually un-

der 12 inches tall. It has earned the name cranesbill be-

cause of the beak-like appearance of the fruit. Its pal-

mate leaves have 5 to 7 toothed lobes, with each lobe

divided again.

Leaves are 1 to 2.5 inches (2.5 cm to 6 cm) wide, gray-

ish-green and covered in fine hair. Each leaf usually

has five segments, edged with deep teeth. Its pinkish-

Stops Bleeding, Dries out Tissue: The entire

red stems grow erect and are covered in hairs.

plant is astringent and high in tannins, which causes

White, pink, or lavender flowers appear in small clus-

the contraction of tissues and helps stop bleeding. Use

ters on stalks growing off the main stems in April the root or leaves as a poultice on moist wounds and through July. Each flower has five sepals and five for drying out tissues.

notched petals.

As a styptic (to stop bleeding), clean the root or leaves

One-half inch long fruits, with a longer style, ripen in and apply to the wound. Hold the compress tightly for the fall. Ripe seeds are covered in pits/depressions.

a few minutes until bleeding stops, and then bind the

poultice with gauze or a clean cloth.

The plant has a taproot system that grows close to the

surface.

The plant is excellent for use in skin salves to promote

skin healing.

Edible Use: Carolina Geranium is edible raw,

cooked, or as a tea. The roots are best boiled for 10 **Diarrhea and Stomach Upset:** Tea made from minutes to soften. The cooking water can be used as a the root is ideal for treating stomach upsets and diar-tea to relieve stomach upsets.

rhea.

The leaves are astringent and have a strong bitter fla-

Canker Sores: Wash the canker sore with Carolina

vor caused by their high tannin level. Using them Geranium Tea or cover it with a root poultice. The as-young helps relieve some of the bitterness, or change tringent root is drying and reduces canker sores the water out once when you cook them.

quickly.

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Treats Sore Throats: The root is soothing for sore throats. It may have anti-viral properties as well.

Hepatitis B: Tinctured Carolina Geranium root has been shown to have the anti-Hepatitis B (HBV) compounds geraniin and hyperin.

Harvesting: Harvest young leaves and use them fresh or dry them for future use. Dig up roots in the late fall when they are plump with stored starch, or if necessary, in the early spring. Clean the roots, slice them thinly and dry for future use or use them fresh.

Recipes: Carolina Geranium Leaf Tea.

2 Tablespoons dried leaves and stems, 2 cups boiling Cheese cloth or fine mesh strainer, glass bowl for water. Pour the boiling water over the dried leaves and straining.

allow the tea to steep, off the heat, for 10 minutes or Sterilize all jars, utensils, and bowls with boiling water.

more. Strain and enjoy.

Pack the jar with herbs: ¾ full for fresh root or ½ full

Carolina Geranium Root Tea: The roots make for dried herbs, fill the jar with alcohol, making sure all the most effective medicinal tea. Bring 2 cups of water herbs are covered. Cover tightly with lid.

to a boil and add 2 tablespoons of chopped, dried root. Store the jar in a cool, dark place. Shake the jar daily Reduce the heat and simmer the tea for 10 to 15 for 6-8 weeks. Strain out the root and all sediment.

minutes. Remove from the heat and steep for another When clean, pour into amber bottles and seal tightly.

10 minutes. Take up to 3 cups daily.

Label and date the containers

Carolina Geranium Tincture: Sterilized glass Store the bottles in a cool, dark location for up to 10

jar with tight fitting lid, ¾ jar cleaned, chopped fresh years.

root or ½ jar dried root, 80 proof vodka or other alco-

hol to fill jar.

Chamomile,

Chamomile has a faintly fruity scent. Chamomile

grows wild and it is also easy to cultivate in the garden.

Matricaria chamomilla It thrives in open, sunny locations with well-drained soil. It does not tolerate excessive heat or dry conditions.

Chamomile is a commonly used useful herb. It is a

calming plant, and has sedative properties. It is in As-

Matricaria chamomilla is German chamomile. Eng-

ter/Daisy family.

lish chamomile has similar medicinal uses. The two

plants can be distinguished by their leaves. German

Identification: Chamomile has daisy-like flowers chamomile leaves are very thin and hairy while those with a hollow, cone-shaped receptacle. Its yellow cone of the English Chamomile are larger and thicker. The surrounded by 10 to 20 downward-curving white pet-leaves of the German chamomile are also bipinnate;

als. You can distinguish the plant from similar

each blade can be divided again into

flowers by the pattern in which the flowers

smaller leaf sections. German

grow, each flower on an independ-

chamomile stems are some-

ent stem.

what feathery while English

The most common way of
Chamomile is hairless. De-
identifying chamomile is by
pending on the growing con-
plucking a small amount of
ditions chamomile can grow
the blossom and crushing it
to between 2 feet (0.6m) and
in between your fingers.
3 feet (0.9m) tall.

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Edible Use: I collect both flowers and leaves for me-

allergenic properties. Dilute the essential oil in a car-

dicinal use, but the flowers make the best tea. The flow-

rier oil to use directly on the skin or inhale it.

ers have an apple-like flavor, and the leaves have a **Harvesting:** It is best to harvest chamomile during grassy flavor. You can make a nice liqueur with dried its peak blooming period. I prefer to pick chamomile in chamomile flowers and vodka.

Medicinal Use: Chamomile is most often taken as

a tea but it may also be taken as a tincture or as a dried

encapsulated herb.

Digestive Issues: Chamomile relaxes the muscles,

including the digestive muscles. This makes it a good

treatment for abdominal pain, indigestion, gastritis

and bloating. It is also used it for Crohn's disease and

irritable bowel syndrome.

Colic: Chamomile is known to be safe for use with ba-

bies. Adding a cup of tea to the baby's bath at night

soothes colic and helps with sleep.

Muscle Aches: The antispasmodic action of cham-

omile relieves muscle tension. It soothes aching mus-

cles and body aches.

Insomnia: Chamomile is soothing and sedative. One

German chamomile, Alvesgaspar - Own work, CC by SA 3.0

cup of chamomile tea, taken at bedtime or during the the late morning, after the dew has evaporated and be-night, helps with sleep. If more help is

needed, use a fore the real heat of the day. Select flowers that are fully tincture.

open and pinch or clip the flower head off at the top of

Eyewash, Conjunctivitis, and Pinkeye: For the stalk. Dry for future use.

eye problems, try an eyewash made by dissolving 5 to **Warning:** While it is uncommon, some people have 10 drops of Chamomile tincture in some boiled and an allergic reaction to chamomile. People with allergies cooled water or by making a strong chamomile tea.

to the Asteraceae family, including ragweed and chry-

This mixture relieves eyestrain and treats infections. I santhemums, should not take chamomile.

often pair it with other herbs like Yarrow and Usnea.

Asthma, Bronchitis, Whooping Cough, and Recipes: Chamomile Tea. Ingredients: 1 to 2 tea-Congestion: Use a steam treatment for congestion. spoons of dried chamomile flowers or leaves and 1 cup Add two teaspoons of chamomile flower petals to a pot boiling water. Pour 1 cup of boiling water over the of boiling water. Inhale the steam until the phlegm is chamomile flowers or leaves. Let the herb steep for 5

released. Or add 2 to 3 drops of Chamomile Essential to 10 minutes. Strain.

Oil to a vaporizer and use overnight.

Chamomile Liqueur: Ingredients: 1 pint (500 ml)

Allergies and Eczema: For allergic conditions, of 80 proof vodka, 1 cup chamomile flowers, 2 table-including itchy skin and eczema, try Chamomile Es-

spoons raw honey or to taste and zest of one lemon.

sential Oil. The steam distillation process alters the Combine all ingredients in a tightly covered jar and al-chemical properties of the remedy, giving it anti-

low the mixture to steep for two to four weeks. Strain.

Chickweed,

Stellaria media

Chickweed is an annual plant in the Caryophyllaceae (Pink) Family. This herb is naturalized to many parts of North America. It is sometimes referred to as common chickweed to distinguish it from other plants with the same name. It is also referred to as winterweed, maruns, starweed, and chickenwort among others. It is commonly grown as feed for chickens.

Identification: Common chickweed grows from 2 to 20 inches (5 cm to 50 cm) in height. Its intertwined manner of growing usually covers large areas. Its flowers are white and shaped similarly to a star. The oval shaped. They are produced at the tip of the stem. The sepals are green in color.

Nerve Pain: Chickweed applied as a poultice or leaves have cup-like tips with smooth and slightly salve helps relieve the pain and tingling caused by sur-feathered edges. Its flowers are small, white, and star-face nerves misfiring.

Constipation and Digestive Problems:

Edible Use:

Chickweed tea treats constipation. Be careful not to

The leaves, stem, and flowers are edible overdo it with the decoction; it has a strong purgative raw or cooked.

action.

Medicinal Use. Arthritis: A tea or tincture from Chickweed also has analgesic properties that act on the this herb is used as a remedy for arthritis. It relieves digestive system to relieve pain, but it does not treat the inflammation and pain of rheumatoid arthritis. the underlying causes.

Also try adding a strong tea to a warm bath and soaking

to relieve pain, especially on the knees and feet.

Skin Irritations, Dermatitis, Eczema,

Hives, Shingles, and Varicose Veins:

Roseola and Other Rashes:

A salve

Children and adults or poultice made from chickweed works well for skin

suffering from roseola are plagued by an itchy rash. irritations, especially on itches and rashes. It is also Use a poultice of moistened crushed chickweed leaves useful for varicose veins, hives, dermatitis, and ec-applied to the rash for relief of pain and itching. Add-

zema. You can add the decoction to your bath if the af-

ing a strong tea to the bathwater also helps.

fected area is larger.

Detoxification, Blood Purification, Teta-

nus, Boils, Herpes, and Venereal Diseases:

Chickweed is an excellent detoxification agent and blood purifier. It draws poisons out of the body in cases of blood poisoning, tetanus, or from poisons entering the bloodstream through a wound.

For these purposes make a poultice from equal parts chickweed, ginger root, and raw honey. Blend the mix-ture to a smooth paste and apply it directly to the wound and the surrounding area.

Cover the poultice and replace it every six hours. Also

Common Chickweed, Kaldari, CC0

take chickweed powder or tea to treat the problem from the inside out. This same protocol works for the treatment of boils, herpes sores, and other venereal

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diseases. Take both internal and external remedies for **Recipes. Chickweed Decoction:** Use fresh best results.

chickweed whenever possible to make this herbal de-

Harvesting: Harvest this herb early in the morning coction. It is an excellent internal cleanser and makes or late in the evening. Snip off the upper branches. Use a good wash and external agent. You need 1 cup freshly them fresh or dry them for future use.

picked chickweed leaves and 1 pint (500 ml) of water.

Bring the water to a boil and add the chickweed leaves.

Warning: Some people are allergic to chickweed. Reduce the heat to low and simmer the leaves for 15

The herb is considered safe, but should not be used by minutes. Cool the decoction and use it internally or ex-nursing women or pregnant women without the ap-

ternally. The internal dose is 1 to 2 ounces (30 to

proval from a healthcare professional.

60ml).

Chicory,

flowers bloom from July thru October. Petals grow in

two rows with toothed ends. The blooms are open in

Cichorium intybus

the morning but close during the heat of the day. Its

root is a thick, fleshy bitter taproot.

Common chicory is an annual or biannual plant in the **Edible Use:** The leaves have a bitter taste, which can Aster/Daisy Family. It originated from Eurasia and is be reduced by boiling and draining. I prefer young found throughout North America, where it is known as leaves boiled, then sautéed with garlic and butter. The an invasive species in several places. Common chicory most famous use of chicory is as a coffee additive or is also called blue daisy, blue dandelion, blue sailors, substitute. Roast the roots and grind them. Roots may blue weed, coffeeweed, cornflower, succory, wild bach-be eaten raw or cooked.

elor’s buttons, wild endive, and horseweed.

Medicinal Use: Chicory roots and seeds help elim-

inate intestinal worms and parasites, are antibacterial,

antifungal, and hepatoprotective. Roots are being

studied for use in cancer. The flowers and leaves are

also used medicinally. It is a mild diuretic.

Sedative and Analgesic: The milky juice from the

fresh root of chicory is similar to the milky sap of Wild

Lettuce (*Lactuca* spp.), also in this book. They contain

lactucin and lactucopicrin, which are sedative and an-

algesic (pain-killing). They are sesquiterpene lactones,

so it is recom-

It is sometimes confused with Curly Endive (*Cicho-*

mended to use

rium endivia), a closely related plant often called chic-

the latex as is or,

ory.

if you want a liq-

uid form, to dry

Identification: Chicory is easy to identify by its them and then purple flowers when in bloom. Its stems are rigid with extract the medi-hairy lower stems. Its alternate lobed leaves are cine in high proof coarsely toothed and similar to dandelion leaves in ap-alcohol or oil ver-

pearance. The lower leaves are covered with hairs and sus in water.

grow up to 8 inches (20 cm) in length. The stems and Pain-relief

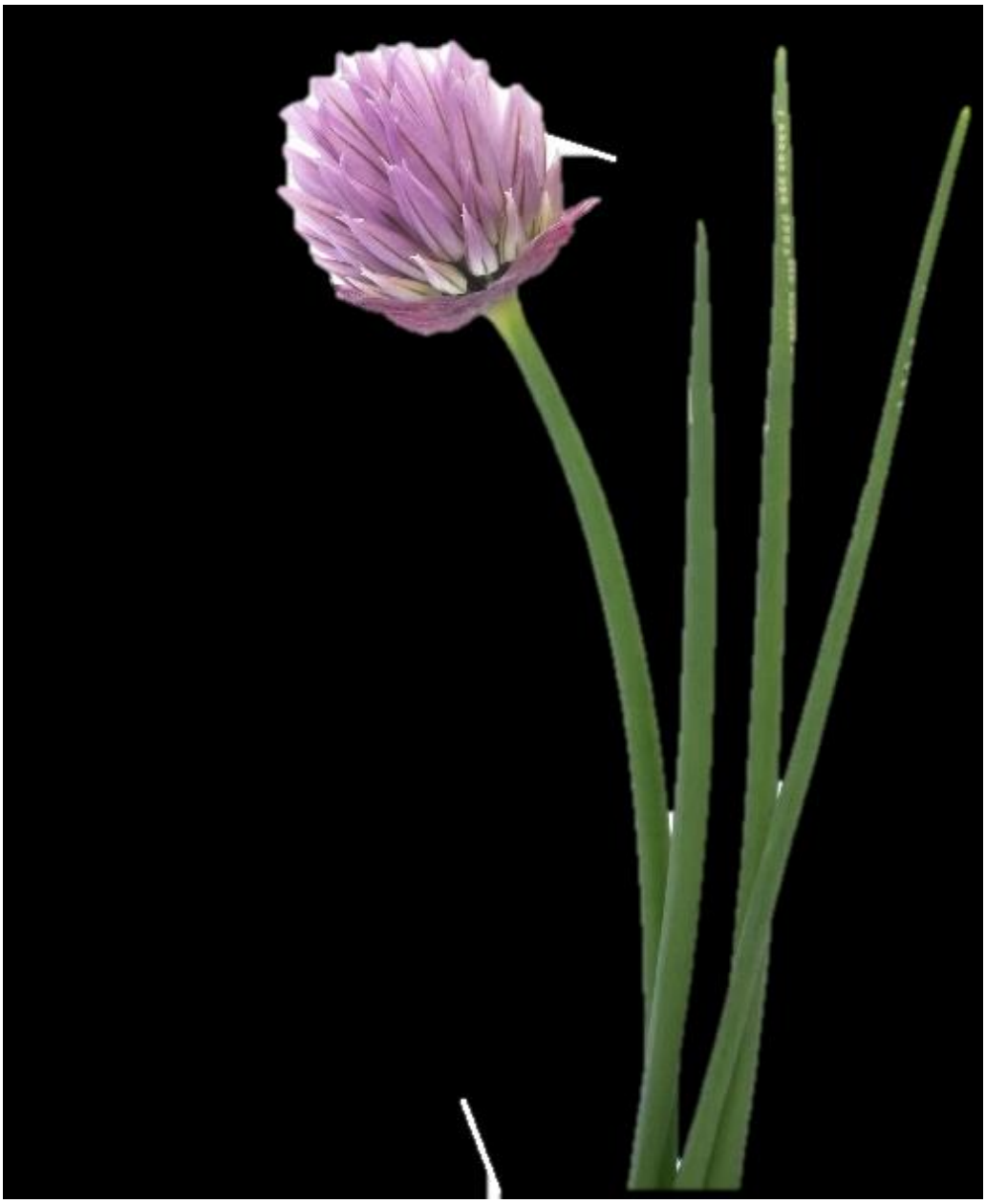
is

leaves both exude a milky latex when cut.

similar to ibu- *By Alvesgaspar, CC by 2.5*

The plant grows 1 to 3 feet (0.3m to 0.9m) tall and has profen.

numerous flower heads, each around 1 to 1 1/2 inches **Antibacterial and Anti-Fungal (*Candida*):** (2.5 cm to 3.75 cm) wide, appearing in clusters of two Chicory seed and root extracts are antibacterial and or three. Light blue-purple (and rarely pink or white) anti-fungal. Seeds work against *Staphylococcus*, 62



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Pseudomonas, *E. coli*, and *Candida*. Roots work to kill chicory infusion used as a wash nourishes the skin and *Staphylococcus*, *Bacillus*, *Salmonella*, *E. coli*, and *Mi-gives it a more radiant and youthful appearance. It can*

crococcus as well as athlete's foot, ringworm, and jock be used as a face and body wash daily.

itch. It can be taken internally and externally.

Harvesting: *Only harvest plants that have not been*

Anti-Parasitic and Malaria: *Chicory root alco-*

exposed to car fumes and chemical spray along road-

holic extractions eliminate intestinal worms and the sides.

protozoan responsible for cerebral malaria (Plasmo-

Leaves and flowers are easily picked throughout the

dium falciparum). The roots contain lactucin and lac-

season. Harvest the roots in the late autumn. Loosen

tucopicrin, both anti-malarials.

the soil around the base of each plant, grab the plant at

Liver and Gallbladder Disorders: *The leaves, the base, and pull up as much of the tap root as possi-seeds, and roots of chicory are used to treat liver disor-*

ble. Clean and use them fresh or cut and dry them for

ders. They are hepatoprotective. They promote the se-

future use.

cretion of bile, treat jaundice, and treat enlargement of ***Warning:*** *Chicory can cause contact dermatitis in the spleen. They help fatty liver and to detox the liver.*

some people. It also causes skin irritations and rashes

Diabetes: *Chicory leaf tincture, leaf powder, or a in some people if taken internally. Avoid chicory dur-whole-plant alcoholic extraction helps regulate insulin ing pregnancy; it can stimulate menstruation. Chicory levels, stimulate insulin secretion, and lower blood glucan interfere with beta-blocker drugs for the heart.*

cose levels.

Recipes. Chicory Coffee: *Clean the roots and*

Digestive Problems and Ulcers: *Chicory coffee chop them into small pieces. Lay them out on a cookie or tea made from the roots helps treat digestive prob-sheet to roast. Roast them in a very slow oven or over*

lems and ulcers.

a fire. When the roots are completely roasted and dried

throughout, grind them into a powder. Store the pow-

Skin Eruptions, Swellings, and Inflamma*-*

der sealed in a cool, dry place. Brew like you would cof-

tions: *For external use, wash blemishes with a chic-*

fee.

ory leaf infusion or apply crushed leaves as a poultice

to areas of inflammation. Many people report that

Chives,

emergence of the flower. Chives have grass-like leaves,

which are shorter than the stems. The leaves are also

Allium schoenoprasum

tubular or round in cross-section and are hollow,

which distinguishes it from garlic chives, Allium tu-

berosum.

Allium schoenoprasum belongs to the

Amaryllidaceae (Amaryllis) Family.

Chives usually flower in April to May in

It is a close relative of garlics, shal-

southern regions and in June in northern

lots, and leeks. These herbs are often

regions. Its flowers are usually pale purple

cultivated in home gardens, but also

and grow in a dense inflorescence of 10 to 30

occur wild in many areas. They are wide-

flowers that is ½ to 1 inch (1.25 cm to 2.5 cm)

spread across North America, Europe, and

wide. Before opening, the inflorescence is typ-

Asia. They are mostly used as a culinary herb.

ically surrounded by a papery bract. Fruits are

small, 3-sectioned capsules. The seeds mature

Identification: *Chives are bulb-forming*

in the summer.

plants that grow from 12 to 20 inches (30 cm to 50

cm) tall. Their slender bulbs are about an inch (2.5

Edible Use: *The leaves, roots, and flowers are*

cm) long and nearly 1/2 inch (1.25 cm) across. They

all edible. Leaves have a mild onion flavor.

grow from roots in dense clusters. The stems are

Medicinal Use: *Chives have similar medical*

tubular and hollow and grow up to 20 inches (50

properties to those of garlic but are weaker overall.

cm) long and about an inch across. The

For this reason, it is used to a limited extent as a

stems have a softer texture before the

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medicinal herb. Chives are also a mild stimulant, and have antiseptic and diuretic properties.

Digestion: *Chives contain sulfide compounds, anti-bacterial compounds, and antifungal compounds that are effective in easing digestion and an upset stomach. They also stimulate the appetite.*

Lowers Blood Pressure, Cholesterol, and Promotes Heart Health: *Like other plants in the onion family, chives contain allicin, which helps reduce the levels of bad cholesterol in the body and improves the circulatory system and heart health. Regular consumption of chives reduces arterial plaques, relaxes the blood vessels, lowers high blood pressure, and de-*

Anti-inflammatory: *Chives have mild anti-in-*

creases the risk of heart attacks and strokes.

flammatory properties and are a good addition to the diet for people with diseases that involve inflammation, such as arthritis, autoimmune conditions, and inflammatory skin conditions.

Boosts the Immune System: *Chives contain a*

wide range of vitamins and minerals, including vita-

min C, which helps boost the immune system and

stimulates the production of white blood cells.

Harvesting: *Chives can be harvested as soon as they*

are big enough to clip and use. Snip off the leaves at the

base. The plant will continue to grow and can be har-

vested 3 to 4 times a year when young (the first year)

and even monthly as they mature. Store them fresh in

Detoxing the Body and Diuretic: *The mild di-*

the refrigerator or dry them for future use.

uretic properties of chives help flush toxins from the

body and encourage urination.

Comfrey,

Symphytum officinale

Comfrey, is a member of the borage family. The herb is

easily grown in your home garden and grows like a

weed in many areas. It is also known as knit bone,

boneset and slippery root.

Identification: *Comfrey is a vigorous perennial*

herb with long lance-like leaves, each 12 to 18 inches

(30 cm to 45 cm) long. The hairy leaves grow from a

central crown on the ends of short stems. The plant they age. The thick, tuberous roots have a thin black reaches 2 to 5 feet (0.6m to 1.5m) in height and spreads skin.

to over 3 feet (0.9m) in diameter. It can be propagated ***Edible Use:*** *Comfrey leaves and roots are not edible from cuttings but is not invasive once planted. Comfrey because they contain small amounts of toxins that flowers begin as a blue to purple bell, fading to pink as*

should not be consumed. The leaves can be used to ***Stomach Upsets, Ulcers of the Stomach*** *make a medicinal tea or gargle.*

and Lungs: *Comfrey is used to treat internal ulcers*

Medicinal Use: *This herb is a valuable remedy that and the bleeding they cause. The comfrey stops the accelerates healing of the skin and wounds. A com-bleeding and helps the wounded tissue heal. You can*

press of the roots or leaves can be applied directly to drink the tea or use the decoction.

the skin or made into a salve. It inhibits the growth of ***Harvesting:*** *Comfrey leaves are best harvested in bacteria, helping to prevent infections, and minimizes the spring or early summer, before the plant blooms.*

scarring. It is mucilaginous and contains the com-

They can be harvested in several cuttings and dried for

pound allantoin, which boosts cell growth and repair. later use. The roots can be dug at any time as needed.

It also is an excellent anti-inflammatory and relieves Leave behind part of the roots to encourage continued pain, inflammation, and swelling in joints and mus-growth and an additional crop the next year.

cles. Comfrey tea is best used to alleviate stomach

problems, heavy menstrual bleeding, bloody urine, ***Warning:*** *Harmful toxins in comfrey are believed to breathing problems, cancer, and chest pain. Be careful cause liver damage, lung damage, or cancer when used with internal use (see Warning section). It can also be in highly concentrated doses. For this reason, many gargled to treat gum disease or sore throat.*

healers do not recommend internal use of comfrey.

However, small doses have been used safely in herbal

Sprains, Bruises and Breaks: *Comfrey Salve or medicines for hundreds of years with no reported ill ef-comfrey compresses are one of the best remedies for fects. Use internally with caution or under care.*

sprains, strains, bruised muscles and joints, and frac-

tured bones. The herb speeds up healing while increas-

Comfrey should not be used by pregnant or breast-

ing mobility and relieving the pain and swelling. Apply feeding women.

the salvet or a poultice made from crushed comfrey

root up to four times a day. Make sure that a broken

bone is set before applying comfrey.

Back Pain: *Use comfrey root salve to treat back*

pain. Applied three times a day, it relieves bone and

joint pains.

Osteoarthritis: *Likewise, external Comfrey Salve is*

beneficial for knee and joint pain due to osteoarthritis.

Coughs, Congestion, and Asthma: *Comfrey*

Tea treats coughs, congestion, and asthma. The herb Both oral use and skin application could be hazardous reduces the inflammation and soothes the irritation.

and could cause birth defects. Do not use comfrey if

Minor Skin Injuries, Burns, Rashes, Ec-

you have liver disease or any liver problems. Comfrey

zema, Psoriasis and Wounds: *One of the best heals wounds very quickly. As such, it is recommended uses for comfrey is in healing minor injuries to the that bone fractures and bone breaks are properly set skin. Rashes, eczema, burns, and skin wounds heal before using it. This also applies for puncture wounds, quickly when the herb is used. I prefer to use the root as its rapid healing can seal in the bacterial infection.*

for this purpose, but leaves can also be used. Apply ***Recipes. Comfrey Salve.:*** *You'll need: Comfrey Comfrey Salve three times a day or use bruised leaves root and/or leaves to fill a pint (500ml) jar, 1 cup Or-or crushed root to make a poultice for the damaged ganic Olive Oil and 1/4 cup of beeswax, or more.*

skin. I also use Comfrey Tea or Comfrey Root Decoc-

tion as a wash for the area, especially for rashes, acne, Allow the comfrey leaves and root to dry, removing ex-eczema, and psoriasis. Do not use for deep wounds or cess moisture. This can be done in a low oven, dehy-puncture wounds as it heals them too quickly, blocking drator, or by leaving them out in a warm place for a few in infection.

days. Turn the oven on to its lowest setting.

Place the dried leaves and chopped root pieces into a beeswax). Test the consistency of the oil by dipping a pint (500ml) jar. Add 1 cup of olive oil and place the small amount onto waxed paper or aluminum foil and open jar in the oven. Allow the oil to warm and infuse place in the freezer for five minutes. If the oil is thick for 90 minutes. Remove the jar from the oven and enough, pour the mixture into a jar or wide mouth con-cover with a cloth to cool. When cool, place the lid on tainer. If not add a little more beeswax and test again.

the jar and allow it to steep for 2 to 3 weeks in a cool, Continue until desired consistency is reached. If the dark place. Strain the oil, removing the leaves and mixture is too thick you can warm it again and stir in a roots.

little more oil. Note: use an old non-aluminum pot to

Combine the oil and the beeswax in a pot and warm heat the oil and wax. It is difficult to clean. I have a gently until the beeswax is melted (4:1 ratio of oil to small pot that I use only for this purpose.

Common Flax,

from its base. Flax fruit is a round, dry, 5-lobed capsule

that is 1/4 -1/2 (0.75 cm to 1.25 cm) inch in diameter.

Linum usitatissimum

Edible Use: *The sprouts and seeds can be eaten raw*

or cooked. Careful eating the sprouts raw as they can

Also known as Linseed, this is a useful plant for making stop up the bowel. Chew seeds well to access their nu-medicine, oil, and fabric. Many people take it as a nu-

trition, as they don't digest well whole.

tritional supplement. It is in the Linaceae (Flax) Fam-

Medicinal Use. As a Nutritional Supple-

ily.

ment: *Flax seed is rich in dietary fiber, protein,*

Identification: *Common Flax is an annual. While omega-3 fatty acids, and other nutrients. I grind flax rarely found growing wild, it is usually easy to find a and chia seeds fresh and eat them daily for health. I cultivated crop or to grow yourself. The mature plant find that the fresh seeds are better as oil goes rancid is 3 to 4 feet (0.9m to 1.2m) tall. A loose cluster of blue-quite quickly.*

purple stalked flowers grows at the tips of the branch-

ing stems. Each ¾ to 1 inch (2 cm to 2.5 cm) wide ***Cholesterol Control:*** *Ingesting crushed flaxseeds flower has 5 ovate petals surrounded by 5 erect, blue-on a daily basis is a good way to lower your cholesterol*

tipped stamens with a green ovary. The 5 sepals have a and LDL.

lance-shape. Flax has simple, alternate, erect green ***Autoimmune Issues:*** *Flax seeds are high in leaves that are 1/2 to 1 1/2 inches (1.25 cm to 3.75 cm) omega 3 fatty acids, alpha-linolenic acid (ALA), and long and very narrow. They are stalkless and have lignans. These compounds help regulate immune re-smooth margins. Its stems are mostly unbranched and sponse, suppress inflammation, have neuroprotective erect, and has multiple round, smooth stems growing effects, act as antioxidants, and modulate hormonal influences in autoimmune conditions.*

Respiratory Problems: *Flax seed oil helps with*

respiratory problems, including ARDS (acute respira-

tory distress syndrome). Its anti-inflammatory effects

help coughs, sore throat, and congestion.

Constipation: *For constipation, try two teaspoons of ground flax seed every morning, taken with a full glass of water.*

Skin, Boils, Abscesses, Herpes, Acne, Burns: *A warm poultice of flax seed oil on a cotton ball or applied directly helps heal these common skin problems. Flax is an excellent anti-inflammatory both internally and externally. For boils, add Lobelia inflata*

root to flax seed oil and apply it directly to the boil or ***Balancing Hormones:*** *Flax seed contains use as a poultice.*

lignans, a type of phytoestrogen. This helps balance fe-

male hormones, especially in post-menopausal

women, and helps with symptoms of menopause.

Cancer: *Flax seed and flax seed oil work as a comple-*

mentary treatment as well as for the prevention of

breast cancer and prostate cancer, where they seem to

reduce PSA (prostate specific antigen) levels. Flax

seeds help decrease breast cancer risk, lower the risk of metastasizing, and help to kill cancer cells in post-menopausal women. Consult with your oncologist.

Harvesting: *Flax seed is harvested in the same manner as wheat. Harvest when the plant and fruits are dry and the seedpods begin to split. Shake over a sheet and sift. You may have to crush the seedpods to access the seeds.*

Warning and Recommendations: *Ground*

Flax Fruit Capsules, D. Gordon E. Robertson - Own work, CC by SA 3.0

and powdered flax seed go rancid very quickly. I keep my flax seed whole until I need them, then grind or crush only the needed amount. Drink plenty of water with flax seeds.

Couch Grass,

Identification: *The crawling tubular root is elon-gated while the leaves are slender. Each short stem*

Agropyron (Elymus)

produces five to seven leaves and possibly a flower

spike at the terminal. Each flower spike is composed of

repens

oval-shaped spikelets less than an inch (2.5 cm) long.

The flowers appear in late June through August. The

Couch Grass is often considered a simple weed and a seed heads look like a stalk of grain. The roots are elon-nuisance; however, it has a list of medicinal properties gated, thin, tubular and whitish in color with yellow that can't be ignored. It is also called dog grass, ends. Couch grass grows aggressively and is capable of witchgrass, quack grass, and twitch grass. It can grow crowding out agricultural crops and is often found on up to 3 feet (0.9m) tall and is part of the Poaceae cultivated land. It likes loose and sandy soils and will (Grass) Family.

die out as the soil becomes compacted.

Edible Use: *The grain has food value as fodder for*

animals, and I am told that the root is sometimes eaten

when food is scarce. I've never tried it. The roots can

also be ground and roasted to make a coffee substitute.

Medicinal Use: *Use the rhizomes of this plant to*

make a tincture, infusion, or decoction.

Urinary Tract Problems, Kidney Stones,

Cystitis, Gallbladder Diseases: *Couch grass is*

effective at treating urinary tract problems including

inflammations, infections, and slow and painful urina-

tion caused by muscle spasms of the bladder and ure-

thra. It soothes the mucous membranes and relieves

the pain. It is a diuretic that increases the production ***Jaundice:*** *The anti-inflammatory properties and di-of urine. It also works to dissolve kidney stones and uretic properties, combined with the benefits to the gravel and treat cystitis and diseases of the gallbladder. urinary tract and gallbladder, make couch grass a good Try using couch grass in combination with Usnea and choice for treating jaundice. It helps the body eliminate bearberry to treat urinary tract infections.*

toxins and allows it to heal.

Swollen Prostate: *The herb is effective for treat-*

Recipes. Couch Grass Decoction: *Ingredients:*

ment of swollen prostate glands, especially from gon-

orrhea. It is often combined with saw palmetto for this 4 ounces (113g) couch grass roots, chopped and 1-quart use.

(1 Liter) water. Bring the water and the roots to a boil

and reduce the heat to a simmer. Simmer the roots, un-

Gout: *Try couch grass decoction for treating gout.*

covered, until the liquid is reduced by half, leaving ap-

Rheumatoid Arthritis:

proximately 2 cups of liquid. Store in the refrigerator

The diuretic properties, for 3 days or freeze for longer periods.

anti-inflammatory properties, and analgesic proper-

ties of couch grass make it effective in treating rheu-

matoid arthritis.

Dandelion,

dandelion wine. Leaves and roots are used to flavor

herbal beers and soft drinks.

Taraxacum officinale

Medicinal Use: *The entire dandelion plant is used*

medicinally. The bitter roots are good for gastrointes-

Most children relish the opportunity to blow a puff of tinal and liver problems, while the leaves have a pow-dandelion seeds into the wind. This

wonderful plant is erful diuretic effect. The plant makes a great general commonly regarded as a weed and can be found grow-tonic and benefits the entire body. It is high in vita-

ing in sidewalk cracks and across untended roadsides mins, minerals, and antioxidants. I use dandelion tea and lawns. There are some look-alike flowers, so be and tincture for internal use.

sure of your identification before harvesting the plant. ***Digestion Problems, Liver and Gallbladder*** *It is in the Aster/Daisy Family.*

Function: *Dandelion root is used to aid digestion*

Identification: *Dandelion is a perennial herba-*

and benefits the kidneys, gallbladder, and liver. It

ceous plant native to North America. It grows from a stimulates bile production, helping with the digestion tap-root that reaches deep into the soil. The plant of fats and toxin removal. Use it to treat jaundice and grows up to a foot in height and flowers from April to raise energy levels after infections. It removes toxins June. It produces a yellow flower head consisting of from the body and restores the electrolyte balance, florets. Leaves grow from the base of the plant in an which improves liver health and function.

elongated shape with highly jagged edges. The edges

are said to resemble a lion's tooth, giving the plant its I do a 2-week liver cleanse with my homemade Liver name.

Tonic – a Dandelion Root and Milk Thistle seed tinc-

ture blend – every 6 months for general health. It also

Edible Use: *The entire plant is edible and nutri-*

helps prevent gallstones. Dandelion contains inulin, a

tious. The young leaves are best for greens, since the carbohydrate that

leaves grow more bitter with age. Young leaves can be helps

maintain

cooked or eaten raw. Dandelion root is sometimes healthy gut flora dried and roasted for use as a coffee substitute. The and helps to regu-roots can also be cooked and eaten. They are bitter, late blood sugar with a taste similar to a turnip. Dandelion flowers levels. The plant make a nice salad garnish or can be battered and fried. is rich in fiber, Unopened flower buds are prepared into pickles simi-which adds bulk

lar to capers. Flowers can also be boiled and served to the stool, re-with butter. Dandelion leaves and roots make a pleas-

ducing

the

ant, but bitter tea. Flowers are fermented to make

Dandelion FlowerGreg Hume, CC BY-SA 3.0

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chances of constipation, diarrhea, and digestive issues. ***Controls Blood Sugar:*** *Dandelion has several ef-Liver Protection and Healing: Vitamins and fects that are beneficial to diabetics. Dandelion juice antioxidants in dandelion protect the liver and keep it stimulates the production of insulin in the pancreas, healthy. It helps protect the liver from toxins and treats which helps regulate blood sugar levels and prevent liver hemorrhages. Dandelion tea is used to treat*

dangers blood sugar swings. The plant is a natural di-

non-alcoholic fatty liver disease. My Liver Tonic

uretic which helps remove excess sugars from the

Blend (Dandelion Root and Milk Thistle Seed

body. It also helps control lipid levels.

extract) reversed a patient's liver disease to

Urinary Tract Disorders: *The diuretic*

the point that she no longer needs a liver

nature of dandelion helps eliminate

transplant. This blend is also good for cir-

toxins from the kidneys and urinary

rhosis and hepatitis.

tract. The herb also acts as a disinfect-

Diuretic and Detoxifying the Body:

ant, inhibiting bacterial growth in the

Dandelion leaves are a powerful diuretic and

urinary system.

blood purifier. They stimulate the liver and

Prevents and Treats Cancer: *Dan-*

gallbladder while eliminating toxins

delion extracts are high in antioxidants,

through the production and excretion of

which reduce free radicals in the body and the

urine. They also help flush the kidneys.

risk of cancer. Its role in removing toxins from the

Even though dandelion is a diuretic it helps

body is also helpful. Researchers have shown that Dan-

replace lost potassium and other minerals that are lost delion Root coupled with Burdock Root have potential when water and salts are expelled.

in treating cancer.

Skin Wounds, Corns, and Warts: *Fresh dan-*

Prevents Iron Deficiency Anemia: *Dandeli-*

delion juice applied to the skin helps wounds heal and ons have high levels of iron, vitamins, and other min-fights the bacteria and fungi that would otherwise erals. Iron is an important part of the hemoglobin in cause infections. Dandelion sap, sometimes called blood and essential for healthy red blood cell for-dandelion milk, is useful to treat itches, ringworm, ec-

mation. Using dandelion and eating the greens helps

zema, warts, and corns. Apply dandelion sap directly keep iron levels high.

to the affected skin. Dandelion tea can be used as a

wash on the skin to help healing. Dandelion sap is also ***Treating Hypertension:*** *As a diuretic, dandelion useful in treating acne. It inhibits the formation of acne juice helps eliminate excess sodium from the body and blemishes and reduces scarring. Some people are aller-bring down blood pressure. It also helps reduce choles-*

gic to dandelion sap, so watch for signs of dermatitis terol ratios and raises the "good" HDL levels.

on first use.

Boosts the Immune System: *Dandelion boosts*

the immune system and helps fight off microbial and

Dandelion Seeds, Greg Hume CC BY-SA 3.0

fungal agents.

Mastitis and Lactation: *Dandelion has tradition-*

ally been used to enhance milk production and for

treatment of mastitis. Check in with your doctor for

this use.

Fights Inflammation and Arthritis: *Dande-*

lion contains antioxidants, phytonutrients and essen-

tial fatty acids that reduce inflammation in the body.

This relieves swelling and related pain in the body. In-

flammation is the root cause of many diseases, such as

Osteoporosis and Bone Health: *The calcium arthritis. Taraxasterol, found in dandelion roots, has and vitamin K found in dandelion can protect bones shown great promise for Osteoarthritis.*

from osteoporosis and arthritis. It helps stabilize bone

density and strengthen the bone.

Harvesting: *I prefer to gather dandelion leaves in*

the spring when they are young and less bitter. I dry

them for later medicinal use. Often, they grow in lawns dandelion if you are allergic to plants from the same or parks that have been sprayed so be careful where family, or similar plants such as ragweed, chrysanthe-you harvest them.

mum, marigold, yarrow, or daisy. Do not take dande-

For roots, I prefer the roots of plants that are 2-years lion if you are pregnant and consult your doctor if old or older. The roots are larger and more medicinally nursing.

potent. Grab the plant at the base and pull the entire Consult your doctor before taking if you are taking pre-plant up. The root is a deep taproot and will require scription medicines. Some people have reported der-some force.

matitis as a result of touching the plant or using the

You can also dig around the plant at a modest distance sap. Do not use dandelion if you are allergic.

to help remove the entire root. As many gardeners ***Recipes: Dandelion Tea.*** *Ingredients: 1/2 to 2*

know, leaving just a bit of the root will allow the plant teaspoons of roasted dandelion root, in small pieces to regrow.

and 1 cup of boiling water. Pour boiling water over

So, if you want more dandelions simply leave part of roasted or dried dandelion root and allow it to steep for the root intact. Plants dug in the autumn have more 20 minutes. Strain the tea and drink.

medicinal properties and higher levels of inulin.

Do not add sweeteners, as they reduce the herb's effec-

Warning: *Dandelion is generally considered safe, tiveness. Milk may be used to taste, if desired.*

although some people may be allergic to it. Do not take Drink 3 cups per day for general medicinal use.

Dill,

The seeds are small, up to 1/5 of an inch (0.625 cm)

long with a ridged surface.

Anethum graveolens

Edible Use: *Dill is widely enjoyed as an herb, espe-*

Dill is a familiar aromatic herb cultivated in herb gar-

cially with fish and in pickles. The leaves, seeds, and

dens across the country. It is in the Apiaceae /Umbel-

stems are edible.

liferae (Celery/Carrot) Family.

Medicinal Use. Colic: *Colicky babies respond well*

Identification: *Dill grows to 30 inches (75 cm) tall to a dill infusion. The dill soothes the stomach and with a slender, hollow, and erect stem and feathery calms the baby. This is a popular colic remedy because leaves. Leaves are finely divided and delicate in ap-it is easily attained, effective, and known to be safe for*

pearance, and are 4 to 8 inches (10 cm to 20 cm) long. children.

They are similar to fennel in appearance.

Digestive Issues, Irritable Bowel Syn-

Numerous tiny yellow or white flowers appear on um-

drome, Menstrual Cramps, and Muscle

brellas that are 3/4 to 3 1/2 inches (1.875 cm to 8.75 ***Spasms:*** *Dill Leaf Infusion relieves cramping and cm) in diameter as soon as the weather turns hot.*

muscle spasms including those in the digestive tract. It

relieves the symptoms of painful spasms without treat-

ing the underlying cause. Use it to give immediate re-

lief while looking for the cause of the problem. A Dill

Seed Infusion or Dill Tincture may also be used.

Stimulates Milk Flow: *Dill Infusion helps nurs-*

ing mothers increase their milk flow. It has a beneficial

calming effect on both mother and child.

Halitosis: *Temporary bad breath is easily solved by*

chewing on dill leaves or seeds, but the problem can be

completely alleviated by chewing the seeds daily. Over

the long term the seeds attack the causes of the prob-

lem causing a permanent solution.

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Flatulence: *For abdominal flatulence, take Dill Seed Let it steep until cool enough to drink, then strain out Infusion before each meal.*

the leaves.

Harvesting: *Harvest leaves throughout the summer* ***Dill Seed Infusion:*** *You need 1 to 2 tablespoons until the flowers appear in late summer. Gather leaves dill seeds and 1 cup water. Bring the seeds and water to in the late morning after the dew has dried and use a boil, turn off them fresh, freeze them, or dry them for later use. I col-the heat and*

lect the seed heads once the flowers are fully open, if cover the pot.

needed, or I allow them to completely ripen for seed Allow the infu-

collection. The brown seeds are collected and dried for sion to steep

storage.

for 15 minutes.

Cool

and

Warning: *Consumption of dill can cause sensitivity strain out the to the sun in some people. People sometimes have a seeds. Take*

rash appear after exposure to sunlight.

one cup before

Recipes. Dill Leaf Infusion: *Ingredients: 1 Ta-*

each meal for

blespoon chopped dill leaves and 1 cup boiling water. digestive

is-

Pour the boiling water over the dill leaves and cover the sues.

cup.

Dock (Curly/Yellow),

and wavy. Small veins curve out toward the edge of the

leaf and then turn back towards the central vein.

Rumex crispus

Leaves farther up the plant may vary in size and ap-

pearance. On older leaves the central vein is sometimes

tinged with red.

Docks and Sorrels, genus Rumex, is a group of over

200 different varieties in the Polygonaceae (Buck-

The flower stalk is approximately 3 feet (0.9m) in

wheat) Family. Here I am referring specifically to Ru-

height with clustered flowers and seeds. Tiny green

mex crispus and its medicinal use, but broad-leaved flowers grow in dense heads on the flower stalk during dock, Rumex ob-the second year.

stusifolius,

is The 3-sided seeds are brown, shiny, and covered by a

used in a similar papery sheath that looks like heart-shaped wings. The

manner.

Curly root is a long yellow, forking taproot that regenerates

Dock is a bien-

the plant each year.

nial herb that

grows across the ***Edible Use:*** *Curly dock has a lemony flavor and its globe. The plant leaves are used as a cooked vegetable. Young leaves can is also called yel-1Curly Dock Weed, By Olivier Pichard [CC BY-SA 3.0]*

low dock, sour

dock,

narrow-

leaved dock, and

curled dock.

Curly Dock Weed, John Tann, [CC BY-SA 2.0]

Identification: *Flower stalks grow from the base*

(similar to a rosette) with smooth, leathery, fleshy

leaves growing in a large cluster at the apex. Leaves are

wavy or curly on the edges and have a coarse texture.

These leaves can grow up to 2 feet (0.6m) long and are

only 3 inches (7.5 cm) wide, making them long, narrow

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be eaten raw (old ones can too but they don't taste as ***Liver, Gall Bladder and Detox:*** *Curly dock root good). Leaves contain varying amounts of oxalic acid is a bitter tonic for the gall bladder and liver. It in-and tannin. The seeds can be pounded into a flour. The creases bile production, which helps the body with de-root is generally not eaten but it is used for medicine. toxification. It is helpful for any condition that can* ***Medicinal Use:*** *Curly dock is a purifying and benefit from purifying and cleansing the body from cleansing herb. All parts of the plant can be used, but toxins. It is often combined with Greater Burdock to the roots have the strongest healing properties.*

create a stronger detoxifying effect.

I often crush dock leaves to put on stinging nettle ***Harvesting:*** *Harvest the root early in autumn and stings. My grandmother showed me this trick when*

I dry it for later use. Dig up the entire plant and root if was a child visiting her in England and I've been using possible and wash the root lightly. Cut before drying.

it ever since. They tend to grow near each other, which Harvest leaves from spring through summer as is very useful.

needed. Look for leaves that are fresh and curled.

Avoid leaves that are brown or full of bug holes. Also

Constipation and Diarrhea: *Curly dock is a gen-*

avoid areas that are near highways or that have been

tle and safe laxative for the treatment of mild constipa-

sprayed with pesticides.

tion. It can also cause or relieve diarrhea, depending

on the dosage and other factors such as harvest time ***Recipes. Curly Dock Tincture:*** *You need fresh and soil conditions.*

curly dock root, grated, 80-proof vodka or other drink-

ing alcohol and a glass jar with tight-fitting lid. Place

Skin Problems: *Curly dock weed is useful exter-*

the grated root in a clean glass jar. Fill the jar, covering

nally to treat a wide variety of skin problems due to its the root completely, with 80-proof alcohol.

cleansing properties.

Allow the tincture to steep for 6 to 8 weeks, shaking

Taken internally, it is a tonic. Its dried or pounded root gently every day. Strain out the root pieces and place can be used as a poultice, salve, or powder applied to the tincture in a clean glass jar. Store in a cool, dark sores, wounds, or other skin problems.

place for up to 7 years.

Echinacea angustifolia

widespread and easy to cultivate in the garden. Echina-

cea grows wild in open rocky prairies and plains.

and E. purpurea, Purple Identification: *Purple coneflower is a perennial herb that is 6 to 24 inches (15 cm to 60 cm) tall with a*

Coneflower

woody, often branching taproot. This plant has one to

several rough-hairy stems that are mostly unbranched.

The leaves are alternate, simple, and narrowly lance-

shaped. The stem leaves are widely spaced and at-

tached alternately to the lower half of the stem. Edges

of leaves are toothless and have three distinct veins

along its length. Stem and leaves are rough and hairy

to touch. Its stems may be purple or green tinged.

Echinacea Flowers look like lavender sunflowers. Its

flowerheads are 1 ½ to 3 inches (3.75 cm to 7.5 cm)

wide and are at the ends of long stalks. They bloom in

summer. The disk flowers are 5-lobed, brownish-pur-

ple in color, and are situated among stiff bracts with

Close up of flower disc, Photo by Bernie, CC by SA 3.0

yellow pollen. Its fruits are small, dark, 4- angled

Echinacea is commonly called Purple Coneflower. It is achenes.

a pretty, purple sunflower-like flowering plant that has ***Medicinal Use:*** *This herb has a modulating effect strong medicine. It is native to North America and be-on the body's natural immune system, encouraging it*

longs to the Asteraceae (Daisy) Family. It is

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For Infections, Burns, Wounds and as an Anti-Fungal: *Echinacea is an antibiotic, antifungal antiviral, and it stimulates the immune system. It is helpful to relieve infections of all kinds. It is used both externally and internally.*

Snakebite, Insect and Spider Bites, and Stings: *Echinacea is used to treat spider bites and insect stings. It does a good job of neutralizing the poison and reducing the pain. It is said to be useful for snake-*

bites, as it is a strong anti-inflammatory.

Harvesting: *Harvest the roots in autumn when the plant has died back. Dig up the entire plant, watching for branched roots. Scrub the dirt from the root and dry it for later use.*

to operate more efficiently. It raises the body's resistance to bacterial and viral infections by stimulating the immune system. It also has anti-inflammatory and pain-relieving functions.

Do not use internally if you have an autoimmune condition. Most people seem aware that Echinacea is an herb for preventing and healing colds and the flu, but these plants can do a lot more. The root and leaves are used medicinally.

Urinary Tract Infections: *The anti-microbial and anti-inflammatory effects of Echinacea make it an ideal choice for the treatment of urinary tract infections. It is a standard UTI treatment and is often combined with goldenseal root. Do not take either of these herbs if you have an autoimmune condition.*

Warning: *Do not use internally long-tem as it may*

Colds and the Flu: *Echinacea is known to reduce cause digestive upset. People with autoimmune condi-the impact of the common cold and the flu. People who tions should not use Echinacea internally as it is an im-begin taking Echinacea extract or tea immediately mune-system booster and may lead to a flare-up.*

upon feeling sick heal much more quickly than those ***Recipes.*** *Echinacea Tincture: 1-pint (500ml) of who do not.*

vodka or rum, at least 80 proof, 1 cup of loosely packed

In general, people who take Echinacea get well up to 4 Echinacea leaf and root, chopped fine, 1-pint(500ml) days faster than those who don't (note that the same glass jar with a tight-fitting lid.

holds true for blue elderberry). For best results, they Put the loosely packed Echinacea leaf and finely should begin taking Echinacea as soon as they notice chopped root into the jar. Fill with 80 proof vodka or symptoms, taking a double dose three times on the first rum and tightly fasten the lid. Keep the herb covered day and then take three regular doses each day during and shake the jar daily for 2 months. Add more alcohol the illness.

when needed to keep the jar full. Strain the herbs. Keep

Allergies and Respiratory Diseases: *Echina-*

the extract covered in a cool, dark place.

cea helps to relieve allergies by stimulating and balanc-

ing the immune system. It is especially helpful in re-

lieving asthma attacks. While it doesn't cure asthma, it

reduces the severity of the attack and helps the patient

get over attacks. It is also useful for treating bronchitis.

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Elecampane,

and bitter tastes, but it also has a sweet flavor due to its high polysaccharide content (inulin). Inulin, not to be

Inula helenium

confused with insulin, is a prebiotic that is used to feed

and support healthy gut bacteria.

Elecampane, a member of the sunflower family Aster-

Medicinal Use: *The elecampane root is the part*

aceae, is also commonly known as horse-heal, horse-

most often used medicinally. Asian traditions also use

elder, wild sunflower, starwort and elfdock. According the flowers, but I have had best results with the roots.

to legend, the plant sprung up where the tears fell from Elecampane root is useful fresh and dried. It can be in-Helen of Troy. The plant was considered sacred to the fused into honey, extracted in alcohol, made into cough Celts and was thought to be associated with the fairy syrup, or made into a tea.

folk.

In most cases, it is best to start with a small dose and

slowly increase it until the best results are obtained

without nausea or overly drying effects.

Elecampane contains alantolactone and isoalantolac-

tone, which is antibacterial, antifungal, and acts as a

vermifuge (against parasites). These compounds also

demonstrate anti-cancer activity, helping with apopto-

sis (programmed cell death).

Asthma, Bronchitis, Mucus, Whooping

Cough, Influenza, and Tuberculosis: *Ele-*

campane root is

useful as an ex-

pectorant

and

Elecampane is found in moist soil and shady places. It cough preventa-

is cultivated in North America and is naturalized in the tive in asthma, eastern United States growing in pastures, along road-bronchitis,

sides, and at the base of eastern and southern facing whooping cough,

slopes.

and tuberculosis.

It lessens the

Identification: *Elecampane is an upright herb that need to cough by grows up to 6 feet (2m) in height. The large rough loosening*

leaves are toothed and can be egg-shaped, elliptical, or phlegm and mak-

lance-shaped. Lower leaves have a stalk, while the up-

ing the cough

per ones grow directly on the stem. Each leaf is up to productive. It is 12 to 20 inches long (15cm-30cm) and 5 inches (12cm) beneficial for any

wide. The upper side of the leaf is hairy and green, respiratory ill-while the underside is whitish and velvety.

ness with excess mucus discharge. Not recommended

Flower heads are up to 3 inches (7 cm) in diameter and for dry coughs. It soothes bronchial tube linings, re-contain 50 to 100 yellow ray flowers and 100 to 250 duces swelling and irritation of the respiratory tract, yellow disc flowers. Elecampane blooms from June to cleanses the lungs, and fights harmful organisms in the August. The flowers are large, bright yellow, and re-respiratory tract. For acute coughs, use small, frequent

semble a double sunflower. The brown aromatic root doses. It is also useful to support lung health in asthma branches below ground. It is large, thick, mucilagi-patients (as is mullein).

nous, and bitter with a camphoraceous odor and a flo-

Stimulates Digestion and Appetite: *While el-*

ral background scent.

ecampane is mostly valued for its effects on the respir-

Edible Use: *The root has been used in the making of atory system, it is also valuable for treating digestive absinthe and as a condiment. It stimulates pungent system problems. It is warming, draining, and bitter.*

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Use elecampane for poor digestion, poor absorption, leave the remaining roots so the plant can continue poor appetite, mucus in the digestive system, excess growing.

gas, and lethargy or sluggishness of the digestive sys-

Warning: *Large doses of elecampane can cause nau-*

tem.

sea, vomiting, and diarrhea.

Elecampane strengthens digestion and improves ab-

sorption which is beneficial in malnourished or under-

Avoid use of elecampane during pregnancy since it can

nourished patients. It also treats nausea and diarrhea.

cause contractions and is a uterine stimulant.

Skin rashes have been reported in sensitive people.

Type 2 Diabetes: *The high inulin content in ele-*

Persons with known allergies to plants in the Aster

campane is helpful for patients with high blood sugar family should avoid using elecampane.

and for type 2 diabetes patients. Inulin slows down

sugar metabolism, reduces blood glucose spikes and Elecampane can lower blood sugar and could interfere decreases insulin resistance. It may also reduce inflam-with blood sugar control in diabetics.

mation associated with diabetes.

There are indications that elecampane may interfere

Intestinal Parasites: *Elecampane is a vermifuge with blood pressure control in some patients. Monitor that eliminates intestinal parasites from the body, in-blood*

pressure

cluding hookworm, roundworm, threadworm, and carefully while

whipworm.

using

elecam-

pane.

Cancer: *Elecampane contains alantolactone and iso-*

alantolactone, which have been shown to help with Do not use ele-
programmed cell death (apoptosis) for certain cancers. campane within

2 weeks before

Harvesting: *Harvest fresh elecampane root in the or after a sched-*

fall after the plant has produced seed, or in the early uled surgery.

spring before leaves appear. I prefer roots that are two

to three years old. Older roots are too woody, and It may cause younger
roots lack their full medicinal potential. It is drowsiness – no

best to dig up some of the larger horizontal roots and not use with

sedatives.

Evening Primrose,

Oenothera biennis

Evening primrose is also known as evening star and

sun drop. Evening primrose gets its name because its

flowers usually open at dusk, after the sun is no longer

on them. It grows in eastern and central North Amer-

ica and has naturalized to Europe. It is in the Ona-

graceae (Evening Primrose) Family.

Identification: *Oenothera biennis is a biennial*

plant. In its first year, the leaves can grow up to 10

inches (25 cm) long. Leaves are lance-shaped, toothed,

and form a rosette. In its second year, the flower stem The leaves are reminiscent of willow leaves. This erect has alternate, spirally-arranged leaves on a hairy, flower stem sometimes branches near the top of the rough flower stem that is often tinged with purple.

plant and grows from 3 to 6 feet (0.9m to 1.8m) tall. It

flowers from June to October.

The bright yellow flowers are partially to fully closed balancing the hormones, it prevents further hair loss during the heat of the day. Flowers have four petals and, in some people, helps hair grow back. It is best and are 1 to 2 inches (2.5 cm to 5 cm) across. They grow used both internally and externally (rub on the scalp in a many-flowered terminal panicle. The fragrant daily along with diluted rosemary essential oil).

flowers last only 1 to 2 days. Seedpods are long and ***Skin Diseases, Eczema, Psoriasis, Acne:*** *narrow.*

Evening primrose oil works well for people with skin problems such as acne, eczema, dermatitis, and psoriasis. It balances the hormonal causes of these diseases, reduces inflammation, and promotes healing while reducing symptoms such as itching, redness, and swelling.

Arthritis and Osteoporosis: *Evening primrose oil is a good supplement for people with rheumatoid arthritis and osteoporosis. It is anti-inflammatory and reduces pain and stiffness. It also balances the hormones that cause bone loss in osteoporosis. It also seems to help with calcium absorption and is best combined with fish oil.*

Gastro-Intestinal Disorders: *The bark and*

Edible Use: *All parts of evening primrose are edible, leaves are astringent and healing. They are effective in treating gastro-intestinal disorders caused by muscle*

including the flowers, leaves, stalks, oil, root, and spasms of the stomach or intestines. They calm the seedpods. Roots can be eaten either cooked or boiled. spasms and allow better digestion.

Its flowers and flower buds are good raw in salads.

Young seedpods can be cooked or steamed. Second ***Whooping Cough:*** *Evening primrose is an expec-year stems can be peeled and eaten fresh. Its seeds are torant. A syrup made from the flowers helps treat edible and oily. Leaves aren't usually eaten due to their whooping cough symptoms and is easier than a tinc-texture but they can be if boiled a few times.*

ture or tea to get young children to swallow. Boil the

Medicinal Use:

flowers in a small amount of water, strain, and sweeten

Evening primrose oil comes from with raw honey.

the seeds of the evening primrose, which contain

gamma linolenic acid (GLA) - an omega 6 fatty acid ***Asthma and Allergies:*** *Use leaf and bark tea to also found in borage. Flowers, roots, bark, and leaves treat asthma. The tea relieves bronchial spasms and are also used medicinally.*

opens the airways. It does not cure the asthma, only

Balancing Women's Hormones, PCOS, *treats the symptoms. It seems to work best for asthma with allergic causes.*

PMS, and Menopause: *Evening primrose oil*

helps balance hormones in women. It naturally treats ***Blood Pressure and Cholesterol:*** *Regular con-symptoms of PMS, including breast tenderness, water sumption of evening primrose oil helps reduce blood retention and bloating, acne, irritability, depression, cholesterol levels and lowers blood pressure.*

moodiness, and headaches.

Best results are achieved by long-term use; it is not in-

It is also useful in the treatment of polycystic ovarian tended for acute situations.

syndrome (PCOS), helping with fertility and in nor-

Diabetic Neuropathy: *Evening primrose oil helps*

malizing the menstrual cycle. It helps ease the symp-

treat nerve pain specifically due to diabetes.

toms of menopause as well, like hot flashes, moodi-

ness, and sleep disturbance.

Harvesting, Preparation, and Storage: *The*

Hair Loss in Men and Women:

seeds of evening primrose ripen from August to Octo-

Evening prim-

ber. Collect them when ripe and press for oil before

rose attacks the hormonal causes of male pattern bald-

they dry out. Flowers must be picked in full bloom.

ness and androgenetic alopecia in women. By

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Gather the leaves and stem "bark" when the flowering seeds until the oil is released, this may take some time.

stems have grown up. Strip the “bark” of evening prim-

Place the seed paste into a seed bag or use a coffee filter

rose and dry for later use; the leaves are also harvested and tighten it to release even more oil into the bowl.

and dried at that time. Dig the roots in the second year When you have gathered as much oil as possible, filter when they are larger and more potent.

it through a fresh filter to remove any remaining seed

Recipes. How to Make Cold-Pressed Even-

remnants. The standard dosage for internal use is 1

gram of oil daily, broken into 2 to 3 doses.

ing Primrose Seed Oil: *Grind fresh seeds. You*

can use a flourmill, sausage grinder, auger type juicer, ***Strong Evening Primrose Tea. (****1-ounce bark coffee grinder, or blender to grind the seeds into a and leaves, crushed or chopped into small pieces, 1-paste. It may take several passes through the grinder pint (500 ml) of water). Bring the water and herbs to a to get a fine grind. Add a tiny amount of water only if boil and reduce the heat to a low simmer. Simmer the necessary, to facilitate grinding. Roll the ground seeds herbs for 10 minutes. Allow the tea to cool and strain into a ball and knead them by hand to release the oil, out the herbs. Keep the tea refrigerated until needed catching it in a small bowl. Knead and squeeze the and use within three days.*

Fennel,

Foeniculum vulgare

Fennel is a commonly used vegetable in the

Apiaceae /Umbelliferae (Celery/Carrot/Parsley) Fam-

ily. It has a licorice flavor and is very fragrant. It is

found across the United States and Canada. I grow it in

my garden, but am also able to find it along roadsides,

riverbanks, and pasture lands.

cm) in diameter. The umbels are terminal and com-

pound, with each section containing 20 to 50 tiny yel-

low flowers. The fruit is a small seed, approximately

1/5 to 1/3 inch-long (0.6 cm to 0.9 cm) with grooves

along its length.

Edible Use: *The stems, leaves, and seeds are edible.*

I prefer to roast the bulbs and use the seeds for season-

ing.

Medicinal Use: *The seeds and root are used to pre-*

pare remedies, but eating the plant is also healthy.

Identification: *Fennel is a flowering perennial herb* ***Digestive Problems:*** *An infusion made from the with yellow flowers. It looks a lot like dill, except for seeds is effective in the treatment of digestive prob-the bulb. The leaves are feathery, and finer than dill lems. Take it after meals for the treatment of indiges-leaves. The stems are erect, smooth and green and tion, heartburn, and flatulence.*

grow to a height of eight feet (2.4m).

It is also effective for constipation and stomach pains.

The leaves are finely dissected with threadlike seg-

In addition to using the infusion, if you have digestive

ments. Most, but not all varieties form a stem-bulb that problems add fennel seeds to your cooking.

sits on the ground or is lifted by a segment of stem. Leaf ***Nursing Mothers and Colic:*** *For the treatment branches fan out from the stem, forming the bulb. of colic, have the mother drink Fennel Infusion. It not Flowers appear on umbels, 2 to 6 inches (5 cm to 15*

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only relieves the baby's colic, but it also increases the ***Harvesting:*** *Harvest fennel seeds in autumn when milk flow. Non-nursing babies can take a spoonful of they are fully mature. Dry them and store in an air-the infusion to relieve the symptoms.*

tight container in a cool, dark place.

Sore Throats, Laryngitis, Gum Problems: *I* ***Warning:*** *Rarely people have had problems with also use Fennel Infusion as a treatment for sore photo-*

dermatitis while taking fennel seed. Fennel has throats. Gargle with the infusion to treat the infection hormonal effects and should not be consumed by preg-and pain. This treatment is also effective for sore gums. nant women.

Urinary Tract Problems, Kidney Stones:

For urinary tract infections, kidney stones, and other

urinary tract problems, use a decoction of the fennel

root.

Menstrual Problems and Premenstrual

Tension: *Fennel has the ability to regulate the men-*

strual cycle and the hormones affecting it. I prescribe

Fennel Seed Tea for a variety of menstrual problems

including cramping, PMS, pain fluid retention and

other menstrual symptoms. Fennel contains estrogen-

like chemicals that work to restore the hormonal bal-

ance

Detoxifying, Diuretic: *Fennel is a strong diuretic* ***Recipes. Fennel Infusion:*** *You need 1 teaspoon and detoxifier. It cleans toxins from the body and crushed fennel seeds and 1 cup boiling water. Pour the flushes them out through the urinary tract. Drink Fen-boiling water over the fennel seeds and allow the infu-*

nel Seed Tea up to three times daily to detoxify the sion to steep, covered, for 10 to 15 minutes. Drink 3

body and remove excess fluids.

cups daily. Take after meals for digestive issues.

Eyesight, Eyewash, Conjunctivitis, Eye In-

Fennel Root Decoction: *To make the decoction*

flammations: *To strengthen eyesight, eat fennel get 2 ounces (56g) chopped fennel root, fresh and 1-with your meals.*

quart (1 Liter) water. Bring the fennel root and water

to a boil and turn the heat down to a simmer. Simmer

For inflammations and eye infections, use Fennel Seed the decoction for 1 hour. Turn off the heat and strain Tea as an eyewash. It treats conjunctivitis, infections out the root. Store the decoction in the refrigerator for and reduces inflammations of the eye.

up to 1 week.

Feverfew,

Tanacetum parthenium

Feverfew is an herb that is widely used for migraines.

It grows along roadsides, in rocky and disturbed soil,

and is cultivated in some home herb and ornamental

gardens. Also known as Chrysanthemum parthenium,

wild chamomile, and bachelor's buttons. It is a mem-

ber of the Aster/Daisy Family.

Identification: *Feverfew grows into a bushy shape*

approximately 1 to 3 feet (0.3m to 0.9m) tall. It has

round, leafy stems that grow from a taproot. The leaves

Flower of Feverfew 1Feverfew by Vision, CC 2.5

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are yellow-green and pinnately divided into slightly or tincture may also be used as a treatment for tension rounded divisions. The upper leaves are more lobed headaches.

and toothed than lower leaves. Leaves have a distinc-

Fevers, Cold and Flu Pain (and Colic): *Fever-*

tive bitter aroma and taste. Flowers bloom in summer. few gets its name from its traditional use treating fe-The flowers look like small daisies with a large yellow vers. Hot Feverfew Tea helps break a fever and treats disk and short white rays. The center disk is flat, unlike the aches and pains associated with cold and flu. It is chamomiles, which have conical central disks.

anti-inflammatory and analgesic. For colic in babies

and young children, try just a few drops of a cold infusion.

Menstrual Cramps and to Regulate the Menses: *Feverfew is both a uterine stimulant and a pain reliever and is particularly good at relieving painful menstrual cramping and in bringing on menses. Feverfew shouldn't be used if you are pregnant, as it can stimulate uterine contraction and directly affect the baby.*

Harvesting: *Harvest feverfew leaves and flowers shortly after the flowers appear in early summer. Dry a supply for future use. You can also powder the dried leaves and encapsulate them.*

Edible Use: *Feverfew leaves are edible but are very bitter.*

Medicinal Use: *The leaves and flowers are used medicinally. Typical doses are 2 to 3 leaves per day, with a proportionally reduced dose for children over the age of three.*

Migraines and Tension Headaches: *Taking*

feverfew regularly works well as a preventative for mi-

graine headaches, as does butterbur. It must be taken

regularly to work.

Feverfew may work in a few ways: as an anti-inflam-

matory, by inhibiting smooth muscle contraction, as

an analgesic, and by inhibiting blood platelet aggrega-

Warning: *Some people have an allergic reaction to*

tion. It may also help via other mechanisms still being feverfew and dermatitis can also occur with skin con-studied.

tact. Chewing the leaves can cause mouth sores in

some people. If you are allergic to ragweed, marigold,

Use the flowers and leaves fresh or dried. To prevent or chrysanthemum, you may also react to feverfew.

migraines, chew 1 to 4 leaves per day, or drink 1 cup of

Feverfew Leaf Tea daily, or use a daily tincture.

Do not use during pregnancy as it causes contractions.

Do not use on people who have blood coagulation

For people with migraines simply keep dried leaves or problems.

a feverfew tincture on hand with you.

Recipes. Feverfew Tea*: Steep 1 heaping teaspoon*

If mouth sores develop from chewing leaves regularly, of feverfew leaves and flowerheads in 1 cup of hot wa-switch to a powdered or tinctured form. The tea, leaf, ter. Allow the infusion to cool to lukewarm, then drink it or apply as directed.

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Garlic, Allium sativum

Garlic has strong medicinal value, and it tastes great.

Most people would benefit greatly by eating more gar-

lic, no matter how good or bad their health. I use garlic

for nearly everything.

Most of the garlic that I use now is cultivated. It is

found in nearly every herb garden and kitchen garden

across the country and is easily found at supermarkets.

Don't fall for prepared garlic, however. Chop it fresh

and make your own garlic products for maximum ***Taking Garlic as Medicine:*** *In general, use gar-health.*

lic in any way that best suits you. People who don't like

Identification: *The garlic plant grows to about 2 the strong flavor can put it into capsules, but I like us-feet (0.6 meters) tall. It is a bulbous herb with four to ing it fresh and chopped fine or crushed to release the twelve long, flat, sword-shaped leaves growing from an beneficial sulfurous compounds.*

underground stem. The bulbs are rounded and contain You can also take it as a tincture. For people who like approximately 15 smaller cloves. Each clove and the garlic, try chewing one whole raw clove at each meal or bulb is covered by a thin white or pinkish papery coat. drinking garlic juice daily.

Flowers appear in a cluster at the top of a 10-inch (25

cm) flower stalk. Flower stalks grow from a common ***Treating Viral, Bacterial, and Parasitic In-point on each plant. The flowers are green-white or fections: Garlic is a potent antibiotic, antifungal, and pinkish with six sepals and petals. Propagation is pri-anti-parasitic plant. Use garlic to treat infections of all***

marily by bulbs. Seeds are rarely produced.

kinds, including colds, flu, sore throats, bronchitis,

stomach flu, and intestinal worms.

Edible Use: The bulbs are the only part of the garlic

eaten and are usually used for seasoning or as a condi-

Thrush, Yeast, and Fungal Infections: Use

ment.

garlic preparations topically to treat thrush infections

and other types of yeast or fungal infections. Spread a

paste of garlic on the affected area several times a day

and eat garlic regularly to clear the infection internally.

Digestive Problems: Garlic improves digestion

and is useful to relieve excessive gas, bloating, and

other digestive upsets.

Lowers Blood Sugars in Diabetics: Garlic

helps lower blood sugar in diabetics by improving the

function of the pancreas and increasing the secretion

Medicinal Use: For internal use, I usually recom-

of insulin.

mend that people simply eat more garlic in their foods. This helps the body regulate blood sugar levels and al-For best results, garlic should be chopped fine and al-

leviates the problems associated with high blood sugar.

lowed to rest for 10 minutes or so before cooking. Eat-

To be effective, garlic needs to be eaten at every meal

ing it raw is even better.

in significant quantities. Adding a couple of cloves of

Chopping, and allowing time for the sulfurous com-

pickled garlic to the meal is usually enough to get the

pounds to develop in the garlic, will make it more po-

full benefits.

tent. Some people complain of a strong garlic smell in

the sweat when consuming garlic. This is a natural re-

Bronchitis, Whooping Cough, Congestion

sponse and indicates that the body is using the benefi-

of All Causes: Garlic has a strong decongestant ef-

cial components. To alleviate this complaint, eat fresh fect and expectorant action. It is useful for maladies parsley with the garlic.

where phlegm or mucous is a problem. Garlic also

reduces fevers and kills off the underlying infection. It before continuing. Place the garlic into a pot and cover is also useful for bronchial asthma where the breathing with water. Heat the water gently to a simmer, then passages have swollen making breathing difficult.

turn off the heat. Allow the garlic and water to steep

Elevated Blood Cholesterol Levels and overnight. Use 2 to 4 ml of this infusion, 3 times a day with meals. Keep the Infusion in the refrigerator for up

Blood Pressure: Garlic effectively lowers blood to three days or in the freezer for up to a month.

cholesterol levels and blood pressure when consumed

regularly.

Garlic Tincture: Chop 1 cup of garlic cloves fine

and allow to rest for 10 to 15 minutes. Place the garlic

Corns, Warts, and Acne: For corns, warts, and cloves in a pint (500ml) jar with a tight-fitting lid.

acne, rub a paste made from fresh mashed garlic on the Cover the chopped garlic with apple cider vinegar, affected spot. Garlic actually softens and soothes the preferably with the mother (live vinegar). Allow the jar skin and kills the viral or bacterial infection causing the to steep for 4 to 6 weeks, shaking it several times a problem.

week. Take 1 tablespoon of garlic tincture with each

Recipes: Garlic Infusion. Chop or grind garlic meal.

cloves and allow them to rest for 10 to 15 minutes

Goldenrod, Solidago spp. that are usually toothed. They can also be smooth or hairy.

Goldenrods comprise about 100 species or more that The leaves at the base of the plant are longer, shorten-grow throughout North America in open areas like ing as they climb the plant, with no leaf stem and 3 dis- meadows, prairies, and savannas. I primarily use Soli-

tinct parallel veins. The shape can vary from species to

dago canadensis, which is the most common golden-

species. The stems are unbranched, until the plant

rod in North America. It is in the Aster/Daisy Family flowers. Flower heads are composed of yellow ray flo-and is also known as goldruthe, woundwort, and soli-

rets arranged around disc florets. Each flower head

dago. Goldenrods take the blame for a lot of allergies, may contain a few florets per head or up to 30, depend-but most of it is undeserved. There are people allergic ing on the species. The flower head is usually 1/2 inch to goldenrod and they should not use the plant. How-

(1.25 cm) or less in diameter, although some varieties

ever, most of the allergies are caused by ragweed and are larger. The inflorescence is usually a raceme or a other similar flowering plants. Goldenrod are

panicle. Plant size varies by species, usually grow-

pollinated by bees and do not release pollen into

ing 2 to 5 feet (0.6 meters to 1.5meters)

the air like the ragweeds.

tall. Some varieties spread aggressively

Furthermore, Golden-

by runners, while others grow in

rod can be used against

clumps that expand outward each

allergies caused by rag-

year.

weed.

Toxic Look-Alikes: Goldenrod

Identification: I often

has many look-alikes and some of

find goldenrod in open ar-

them are deadly. Groundsel, life root,

eas and along trailsides. I

staggerweed, and ragwort are regional

identify it by its unique

names for deadly look-alike plants in

aroma, taste, and its visual properties –

the Senecio genus. Ragwort and

like its height and its large sprays of yel-

groundsels usually have fewer and

low flower clusters. Crushing a goldenrod

smaller flower heads and bloom earlier in

leaf releases a salty, balsam-like fragrance.

the season.

Any goldenrod species can be used medicinally; how-

These are not hard rules, however, so it can be difficult

ever, it is necessary to differentiate the plant from sim-

to identify the plants and distinguish them from other

ilar toxic plants, including ragwort and groundsel. If local varieties. You should be very sure of your plant you are unsure of your identification, use a local field identification before harvesting.

guide. Goldenrod plants have alternate, simple leaves

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Edible Use: Goldenrod flowers are edible and can runny eyes and noses, and the sneezes that are trig-be eaten lightly fried or in a salad. It is also used as a gered by summer and fall allergies.

flavoring for alcoholic beverages such as cordials and It is an antiseptic and an expectorant and contains mead, and in fermented homemade soda. Leaves can quercetin and rutin, which are natural antihistamines.

be cooked and eaten like spinach.

It also treats sore throats. Goldenrod can also be taken

as a tea when needed. For treating a sore throat, try

combining it with sage.

Once cooled a bit, the tea can be used as a gargle for

laryngitis and pharyngitis (sore throats). Goldenrod

helps the body get rid of respiratory congestion caused

by allergies, sinus infections, colds and the flu. It works

much like Yerba Santa to dry bronchial and respiratory

secretions and to expel existing mucous.

Diarrhea: Goldenrod stimulates the digestive sys-

tems while calming internal inflammation and irrita-

tion that causes diarrhea. It is anti-inflammatory and

Medicinal Use: I use the leaves and flowers in my anti-microbial, so it attacks the symptoms and causes.

medicinal preparations; however, the roots are also

used. I use goldenrod to made medicinal tea and tinc-

Boosts the Cardiovascular System: Golden-

tures. For children, it can be infused into raw honey or rod is a good source of rutin, a powerful antioxidant made into a syrup.

that improves the cardiovascular and cerebrovascular

system. It supports circulation and increases capillary

Urinary Tract and Kidneys: Goldenrod has as-

strength. Peoples with this need drink Goldenrod Tea

tringent and antiseptic properties, that are useful in daily, as long as they do not have problems with blood treating urinary tract infections and bladder infec-pressure.

tions. It is also effective in restoring balance to the kid-

neys and in prevention of kidney stones. It is a good Yeast Infections and Anti-Fungal: Golden-choice for chronic conditions and long-term use, rod's antifungal properties make it effective against though care should be taken as it is a diuretic. Other yeast infections such as Candida. Drink the tea or take treatments might be more useful for acute UTI and the decoction daily and use powdered goldenrod, as kidney infections.

needed, for external infections. A gargle can be used for

oral thrush (Usnea also works well for thrush).

Skin, Wounds, and Stopping Bleeding:

Goldenrod is an herb of choice to treat and help heal Joint Pain: This herb is anti-inflammatory, and skin wounds, burns, open sores, cuts, boils and other works well to reduce pain and swelling, especially in skin irritations. The herb acts as an anti-inflammatory, the joints. It is useful to treat gout, arthritis, and other antibacterial, and antifungal. It helps wounds heal

quickly and soothes the irritation. I use goldenrod de-

coction as a wash, make a poultice, or sometimes use

the powdered dried leaves directly on skin wounds. Its

common name of "woundwort" came from its ability to

stop bleeding when applied to a wound (its dried, pow-

dered form works best as a styptic). You can also use

goldenrod to make an ointment or salve. Roots were

traditionally used for burns.

Colds, Allergies, and Bronchial Conges-

tion: Goldenrod Tincture is a good choice for treating

the symptoms of seasonal allergies and colds. It calms

joint pains. Take internally and topically apply a poul-

Be sure of your plant identification. There are poison-

tice or wash directly to the affected joints.

ous look-alikes. Goldenrod can increase blood pres-

Harvesting:

sure in some people.

Harvest healthy leaves and flowers that

are free of powdery mildew or other diseases. Pick the Recipes. Goldenrod Tea: You will need 2 cups of leaves throughout the spring and summer and harvest boiling water and 1 Tablespoon of fresh goldenrod or 2

flowers in the late summer or early autumn, just as the teaspoons of dried goldenrod. Bring the water to a boil flowers open. Leave some flowers on the plant to pro-and pour over the goldenrod. Allow the herbs to infuse

duce seeds and guarantee a crop the next year. Roots for 15 minutes. Strain and serve. Use up to three times are harvested in early spring or autumn. Hang the a day. This tea is slightly bitter. Adding an equal plants to dry or use a dehydrator on the lowest setting amount of mint to the herbs improves the flavor.

to dry them for long-term storage.

Goldenrod Decoction: Ingredients: 1-ounce

Warning: Goldenrod is a diuretic and can be overly goldenrod herb (leaves or flowers), 1-pint (500ml) of drying when used long-term as a daily beverage or tea. water. Place the herbs in a non-reactive pot with the Do not use goldenrod during pregnancy or when nurs-water over medium heat. Bring the mixture to a boil.

ing. Consult your doctor if you have a chronic kidney Turn the temperature down to a low simmer for 20

disorder. Do not use goldenrod if you are allergic to any minutes. Cool the decoction and strain out the herbs.

members of the Asteraceae family.

Store in the refrigerator for up to 3 days. Use 1 to 2 tea-

spoons per dose, 3 times a day.

Greater Burdock,

rich in nitrogen. Its preferred habitat is in disturbed

areas.

Arctium lappa

Edible Use: The leaves, stems, seeds, and roots are

all edible. Young first-year roots and leaves are good

Arctium lappa belongs to Asteraceae (Daisy) Family. raw in salads, but they become too fibrous as they ma-It is commonly known as greater burdock, edible bur-

ture and need to be cooked before eating.

dock, lappa, beggar's buttons, thorny burr, or happy The leaves and stalks are also good either raw or major. It is a Eurasian species and is cultivated in gar-cooked. I prefer to remove the outer rind before cook-

dens for its root, which is used as a vegetable. This ing or eating. The sprouted seeds are also eaten.

plant has become an invasive weed in many places in

North America. It is a giant weed with much medicinal Medicinal Use: Greater Burdock is antibacterial potential.

and antifungal, helps with digestion and gas, is a diu-

Identification:

retic, and regulates blood sugar. It is a powerful

Greater burdock is a biennial plant.

It is tall, and can reach 10 feet (3meters). Its stems are branched, rough and usually sparsely hairy. It flowers from July to September. The fleshy tap-root of this plant can grow up to 3 feet (0.9 meters) deep. Greater Burdock forms a 1.5-inch-wide (3.75 cm) single flower-like flat cluster of small purple flowers surrounded by a rosette of bracts. Leaves of greater burdock are alternate and stalked. They are triangular–broadly oval, usually cordate, and have undulating margins. They have a white-grey-cottony underside and first year growth is in rosettes.

The fruit is flattish, gently curved and is grey-brown in color. It has dark-spotted achene with short yellow hooked hairs on tip. Greater burdock is found almost everywhere, especially in areas soils that are usually

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detoxifier. The dried root is most often used for medi-

taking daily supplements of greater burdock powder or

cine, but the leaves and fruit can also be used.

eating greater burdock as a vegetable.

Detoxing and Liver Cleanser: Its root is partic-

Skin Diseases: Greater burdock is a very soothing

ularly good at helping to eliminate heavy metals and herb for the skin. It has mucilaginous properties that other resilient toxins from the body.

enhance its ability to cure skin diseases such as herpes,

It helps with conditions caused by an overload of tox-

eczema, psoriasis, acne, impetigo, ringworm, boils, in-

ins, such as sore throat and other infections, boils, sect bites, burns, and bruises. Use greater burdock tea rashes, and other skin problems.

as a wash and take it internally to clear the body of the

toxins that are causing the skin problems. For bruises,

burns, and sores, crush the seeds and use as a poultice

on the affected skin.

Diabetes: Greater burdock root helps improve di-

gestion and lower blood sugar in diabetics. For this use

the fresh root is best, but 1 to 2 grams of dried pow-

dered root can also be taken 3 times daily.

Strengthens the Immune System and Pro-

tects the Organs: This herb strengthens the im-

mune system and the lymphatic system, which helps

rid the body of toxins and ward off diseases. It also

cleans the blood. It cleand and protects the spleen and

helps it remove dangerous pathogens from the body. It

Burdock flowers, Pethan, GNUFL 1.2

improves blood quality, liver health, blood circulation,

Cancer Treatment: Greater burdock is known to and fights inflammation.

kill cancer cells. It flushes away toxins from the body, Stimulates

increases blood circulation to normal cells, protects the the Kidneys, organs, and improves the health of the whole body. It

is used to treat breast cancers, colon cancer, and even Relieves

the deadly pancreatic cancer with good results.

Fluid Reten-

tion:

Greater

I feel confident that it would be effective against other burdock stimu-

cancers as well. In treating cancer, the greatest success lates the kidneys, seems to come when herbs are used in combination to helping get rid of

kill the cancer cells and support the body.

excess fluids in

Try using greater burdock in combination with sheep the body. This re-

sorrel and slippery elm to kill the cancer and detox the duces swellings, body during treatment. Remember to also eat a highly increases urine

nutritious diet with a high concentration of vegetables output,

and

and fruits and limited meats and fats.

flushes waste and

toxins from the

Turkey Tail and Reishi Mushrooms are other cancer body.

go-tos for me. Dosage: Mix 1/4 cup of Anti-Cancer De-

Burdock leaf in hand, Nwbeeson, CC by SA

coction with 1/4 cup of distilled water. Drink 3 times a Greater Burdock 4.0

day: 2 hours before breakfast, 2 hours after lunch and Tea is a natural before bedtime on an empty stomach. Wait at least 2 diuretic.

hours after taking the decoction before eating again.

Osteoarthritis and Degenerative Joint Dis-

Anemia: Greater burdock has a high concentration ease: The anti-inflammatory properties of greater of bioavailable iron. People with iron deficiency ane-burdock are powerful enough to reduce the inflamma-

mia are able to increase their iron levels rapidly by tion of osteoarthritis. Patients show remarkable 84

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improvement when they consume three cups of hooked hairs that can latch onto the mucus mem-Greater Burdock Root Tea daily.

branes if inhaled.

Improvement is slow and steady, taking about two Recipes. Anti-Cancer Decoction: To make 1-months to achieve maximum benefits.

gallon (4 liters) you need 1-ounce greater burdock root,

Sore Throats and Tonsillitis: For acute tonsil-

powdered, 3/4 ounces (21g) sheep sorrel, powdered,

litis and other sore throats, try Greater Burdock Tea. It 1/4 ounces (7g) slippery elm bark, powdered and 1-gal-relieves pain, inflammation,

coughing, and speeds lon (4 liters) distilled water. Equipment: 8-pint (4 Li-
healing. The greater burdock also acts as an antibacte-

ters) canning jars and lids, sterile, large pot, capable of

rial to kill the harmful bacteria and cure the infection. holding 1 gallon (4 liters) or more, with a tight-fitting lid and boiling water canner.

Bring the greater burdock, sheep sorrel, and slippery

elm bark to a boil in 1 gallon (4 liters) of distilled water,

tightly covered. Boil the herbs, tightly covered, for 10

minutes, then turn off the heat and stir the mixture.

Cover tightly and let the decoction steep for 12 hours,

stirring again after 6 hours. After 12 hours, bring it

back to a boil and pour it through a fine mesh strainer

or a coffee filter. Pour the decoction into pint (500ml)

jars while still hot, leaving ½ inch (1.25 cm) headroom.

Cap the jars. Process the jars in a boiling water bath for

10 minutes.

The decoction will keep for 1 year in sealed jars. Store

Harvesting: The root must be harvested before it in the refrigerator after opening. Dosage: Mix 1/4 cup withers at the end of the first year. The best time is af-of the decoction with 1/4 cup of distilled water. Drink

ter it seeds until late autumn when the roots become 3 times a day: 2 hours before breakfast, 2 hours after very fibrous. Immature flower stalks are harvested in lunch and before bedtime on an empty stomach. Wait late

spring before the flowers appear. Care must be at least 2 hours after taking the decoction before eating taken when harvesting the seeds. They have tiny, again.

Henbane,

Hyoscyamus niger

Henbane is poisonous, so it is advised that you use it

with caution. Although native to Europe, it has been

cultivated in North America for many years. It's a

beautiful plant with a foul smell, and a member of the

Solanaceae (Nightshade) family.

Identification: Hyoscyamus niger grows from 1 to

3 feet (0.9 meters) tall. A mature henbane plant has

leafy, thick, hairy, widely-branched, erect stems. It is

an annual and biannual and the biannual growth is

used for medicine. Its foul-smelling lobed alternate

Henbane, photo by K.B. Simoglou - Own work, CC BY-SA 4.0,

leaves are grayish-green or yellowish-green in color to 6 inches (15 cm) wide and 8 inches (20 cm) long. The and have white veins. They spread out like a rosette 5-petaled flowers are a funnel shape and are brownish- and are coarsely toothed, large, and wide, growing up yellow in color with dark purple veins. Flowers have a 85

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long-spiked inflorescence arrangement in upper leaves with young flowers at the pointed end. Flowers are up to 2 inches (5 cm) across. It flowers from June thru September. The 5-lobed, urn-shaped fruit is 1 inch (2.5 cm). Each fruit is packed with hundreds of tiny black seeds. The roots of henbane are whitish in color. The

main taproot is stout and branched. Henbane does not

tolerate waterlogged soils. It likes pastures along

fencerows and roadsides.

Medicinal Use: Because the plant is poisonous, it is

important that all medicines be made precisely and the

strength carefully regulated. I prefer to use this plant

externally, where there is no danger.

The plant has strong pain-relieving qualities, and is

used externally for muscle pains caused by strain or

sprain. It has some good applications internally, but I effectively treated with a poultice made from fresh do not recommend using it internally without the close henbane leaves. Crush the leaves and place them di-supervision of a medical professional. The above rectly over the painful area.

ground parts are used for medicine.

Hemorrhoids: Try a poultice of crushed henbane

Internal Use: The plant is used to relieve irritable leaves to reduce the swelling and pain of external hem-bladders and the pain of cystitis. It is a mild diuretic, orrhoids.

hypnotic, and anti-spasmodic. The hypnotic action is Harvesting: Collect the leaves, stems and flowers the same as belladonna, but with milder effects. Use from the biennial plants when in full flower at the start with great care or find an alternative! Use can be fatal. of summer.

Gout, Neuralgia, and Arthritis Pains: Exter-

Warning: Henbane is poisonous. Use with great

nal pain from gout, neuralgia, and arthritis are care and do not use internally.

Holy Basil,

whorls at the base of reddish or brownish-purple

stems. Tiny purple flowers grow on an elongated ra-

Ocimum tenuiflorum /

ceme above the leaves. The flower stems are red and

hairy.

Ocimum sanctum

Edible Use: Holy basil is edible and can be used as

Holy Basil, also known as Tulsi, is a variety of basil in an herb, however its flavor is more bitter than other the Lamiaceae (Mint) family. It is a perennial plant of-basils. It is often chewed or used in herbal teas. The

ten cultivated for religious and medicinal use. It is not dried and ground leaves can be used as a flavoring and the same variety as Thai holy basil or Thai basil.

stored for later use.

Holy basil is different from the sweet basil used as a Medicinal Use: Holy basil has many medicinal cooking herb. Sweet basil also has medicinal proper-uses, both internally and externally. It is loaded with

ties but is a different variety of the plant.

vitamins and antioxidants. In addition to treating

many diseases, it can prevent disease through its im-

Identification: Holy basil grows erect in shrub mune system benefits.

form up to 1 to 2 feet (0.3m-0.6m). The ovate leaves

are green or purple, petioled, and up to 2 inches (5cm) Holy basil can be taken as a tea, eaten as a vegetable or long. The margin is usually, but not always, toothed. flavoring, or taken as a supplement. Dried and crushed The anise scented leaves are strongly aromatic and holy basil is often placed in capsules for daily supple-have a spicy, slightly bitter flavor. They grow in close ment use. For preventative use, take 300 to 2,000 mg 86

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of dried holy basil daily. For treatment use, take 600 to and raises the beneficial HDL-cholesterol. Users re-1,800 mg two to three times daily.

port a reduction in total cholesterol in the circulatory

Inflammation:

system, kidney, and liver.

Holy basil is a powerful anti-in-

flammatory when taken internally or when rubbed on In addition, these vitamins and antioxidants reduce the skin for swellings and inflammation. Used regu-the oxidative stress in the body. Holy basil soothes the

larly it leaves the skin soft and treats skin irritations nerves, reduces inflammation, and lowers blood pres-and acne.

sure.

Cancer: Holy basil has anticancer potential, accord-

ing to recent studies. It inhibits the growth of cancers,

including oral cancer, and aids in cell death of cancer-

ous cells.

Type 2 Diabetes: Holy basil works to reduce blood

sugar in patients with prediabetes or type 2 diabetes. It

helps with weight gain, reduces excess insulin in the

blood, decreases insulin resistance, and helps keep

blood sugar levels stable over the long term.

Dental Use: Holy basil, used correctly, protects the

teeth and kills the bacteria responsible for cavities,

Skin Rashes, Ringworm: Rubbed against the plaque, tartar, and bad breath. It also promotes skin, holy basil relieves irritations, soothes rashes, and healthy gums. Use holy basil for dental care in moder-provides anti-bacterial, anti-fungal, and antibiotic ation. Avoid chewing the leaves and do not keep it in properties. It treats ringworm, poison oak, and other the mouth for long periods. Prolonged contact can skin conditions.

damage the teeth.

Holy basil can be brewed in water, then added to your Detoxifier, Diuretic, and Reduces Risk of bath water or used as a face wash. A poultice of mashed Kidney Stones: As a detoxifier and mild diuretic, holy basil leaves, applied directly to infected wounds, holy basil reduces the levels of uric acid in the body.

is effective in relieving infections and healing wounds. Uric acid is mainly responsible for the growth of kidney Consuming holy basil as an herb or supplement helps stones. Other components of holy basil help dissolve prevent skin problems.

the stones, while it also helps relieve the pain from kid-

Infections: Essential oils and phytonutrients in holy ney stones as they pass. Holy basil increases urination, basil have excellent antibiotic, anti-fungal, and anti-flushing toxins from the body and cleansing the kid-

bacterial properties.

neys. It helps protect the health of the kidneys and the

liver.

Respiratory Disorders: Bronchitis, Asth-

ma: Holy basil relieves congestion in the lungs caused

by chronic or acute bronchitis. Additionally, it helps

open breathing passages and allows for easier breath-

ing. These benefits to the respiratory system are in-

creased by the presence of healing oils and vitamins in

the holy basil essential oil. These healing benefits ex-

tend to all damage in the lungs, including damage

caused by smoking, environmental factors, or illness.

Stress and Heart Disease: Holy basil contains

vitamins and antioxidants that protect the heart from

the harmful effects of free radicals. One of these anti-oxidants, eugenol, is beneficial in reducing blood cholesterol levels. It lowers damaging LDL-cholesterol

Pain Reliever: Holy basil has pain relieving properties that work well for headaches and minor pains. It

helps relieve migraines, sinus headaches, and kidney

pain.

Anti-Depressant Effects: Holy basil has known

anti-depressant and anti-anxiety properties. It helps

users feel less anxious and more relaxed in social situ-

ations. Holy basil also relieves stress from physical,

mental, and emotional sources.

Eye Inflammations, Cataracts, Macular De-

generation, Glaucoma, Vision: Problems:

Taken internally and regularly as a tea or as a supple-

ment, holy basil helps prevent eye problems such as

cataracts, macular degeneration, glaucoma, vision

problems, and ophthalmia. Boils, conjunctivitis, and holy. Basil will keep for several days in the refrigerator other eye inflammations or infections are treated by or it can be dried for future use.

soaking holy basil in boiled water, then using the water Recipes. Holy Basil Tea: 2 to 3 teaspoons of to wash the eye. Holy basil contains high amounts of dried holy basil leaves, 1 cup boiling water. Pour boil-vitamins A and C, along with high antioxidant content ing water over dried holy basil leaves and allow the and essential oils that are especially beneficial for the mixture to steep for five to six minutes. Strain and en-eyes.

joy.

Stomach and Digestive System: Holy basil is Warning: Holy basil is considered safe for eating beneficial to the stomach and digestive system by nat-and medicinal uses. It should be avoided during preg-

urally decreasing stomach acid and increasing mucus nancy, when trying to become pregnant, or when secretion. This naturally helps decrease number the ef-breast-feeding because the effects on the child are un-

fects of peptic ulcers. Eat the whole plant for relief from known.

peptic ulcers, diarrhea, nausea, or vomiting.

Holy basil can lower blood sugar levels and should be

Harvesting: Harvest holy basil from a source grown used with care when taking insulin or anti-diabetes away from pollutants, pesticides, and herbicides. Look drugs. People with hypothyroidism should not use holy for vibrant green leaves without any holes or dark basil. It may lower thyroxine levels and worsen the spots. Harvest the young leaves and stems from the top condition. Holy basil can interfere with blood clotting.

of the plant or cut the stems at ground level. Fresh Stop using holy basil at least 2 weeks before a scheduled surgery.

Hops, Humulus lupulus

are on separate plants. Male flowers grow in 3 to 5

inches (7.5 cm to 12.5 cm) panicles. The female flower

Wild hops belong to the Cannabaceae (Hemp) Family. (seed cone) resembles a small pine cone. Flowers are Hops are native to Europe, western Asia, and North 1½ to 3 inches (3.75 to 7.5 cm) long with overlapping, America. Hops are a bine plant (versus a vine). They yellowish-green bracts with a small fruit (achene) at have a branching stem with stiff hairs that face down-the base. The flowers have a sweet smell.

ward and provide stability. These allow the plant to Edible Use: The female flowers (seed cones or stro-climb. Hops grow from 15 to 25 feet (4.5 meters to 7.6 biles) are used for tea and for brewing beer. Young meters) high.

leaves and shoots are sometimes used cooked or eaten

Identification: Hops have green, opposite, lobed raw.

leaves. Leaves have 3 to 5 lobes with finely toothed Extracts ad oils from hops are used as a flavoring in edges and pointed tips. Male and female hops flowers

non-alcoholic beverages and sweets.

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Bruises, Boils, and Inflammation: A poultice made of crushed hops helps heal bruises, boils, inflamed tissue, and arthritic joints.

Asthma, PMS, and Muscle Spasms: Hops are an antispasmodic and relieve menstrual cramping, muscle spasms, and bronchial spasms from asthma. It also has phytoestrogenic properties, similar to soy.

Harvesting: Time of harvest varies with the climate.

Only the female seed cones are harvested and used in

brewing, and both the pollinated and unpollinated hop

flowers (strobili) are harvested.

Recipes: Valerian and Hops Infusion: 1-quart (1 Li-

ter) of water, 1 heaping tablespoon of fresh hops, 1

heaping tablespoon of chopped valerian root, raw

honey or maple syrup, if desired. Bring a quart (1 Liter)

of water to a boil and add the herbs. Cover the pot and

Hops, CCO Creative Commons, own work by moritz320

turn down the heat to a very low simmer. Simmer the

Medicinal Use: Hops flowers are a sedative and infusion for 5 minutes, then turn the heat off.

stomachic, so they promote sleep and digestion. When

used as a sedative, use fresh hops. For other medicinal

uses, you may use dried hops.

Anxiety, Insomnia, and a Sedative: Fresh

hops are a strong sedative. For insomnia and anxiety,

try a combination of hops and valerian root at bedtime.

Use dried hops for the anti-anxiety effects without the

strong sedative effects.

Digestion: Hops are a very effective bitter. It is an

excellent digestive.

IBS and Irritable Bladder: Hops treat the symp-

Hops field, Wikipedia Commons

toms of Irritable Bowel Syndrome and irritable blad-

der. The bitter properties and the sedative qualities re-

Leave the pot covered and allow the herbs to steep for

duce spasms of both the bladder and the bowel, reliev-

another 45 minutes. Sweeten the infusion with raw

ing the symptoms temporarily without affecting the honey or pure maple syrup, if desired. Drink 1 to 1 ½

underlying cause.

cups of the infusion at bedtime.

Horseradish,

Armoracia rusticana

Horseradish is a perennial plant that belongs to Bras-

sicaceae (Mustard) Family. It is a root vegetable that is

used as a spice or condiment. It is native to the South-

eastern Europe and Western Asia and has naturalized

to North America. It is also known as Red Cole. My

Horseradish root, Anna reg, CC by SA 3.0

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favorite edible use for horseradish is as a condiment on meat. It is also one of the many ingredients which I use throughout the wintertime.

Identification: Horseradish is a perennial fast-growing plant that grows from 2 to 3 feet (0.6 m to 0.9 meters). Its flowering season is from May to June. It is self-fertile. The roots are thick and fleshy, a medium brown color on the outside, and smooth to corky on the outside. Roots are pure white on the inside and have a

spicy flavor. The flowers of this plant are hermaphro-

ditic (both male and female organs).

Edible Use: The root, leaves, and seeds are all edi-

ble, but the root is most often used.

Medicinal Use: The roots of this plant are antisep-

tic, digestive, diuretic, stimulant, laxative, rubefacient,

Horseradish plant, Pethan, CC by SA 3.0

and expectorant. It is a very powerful stimulant herb digging, mow or cut the dried tops to the ground if still that controls bacterial infections, and it can be used green. Roots are best harvested using a single-row po-both internally and externally.

tato digger. Freshly dug roots release valuable volatile

oils and begin to lose potency. To avoid this, store them

Colds, Flu, Fevers, and Respiratory Infec-

in a box of moist sand in a cool place. Keep the soil

tions: Horseradish infusion is of great value in the moist. Grate it fresh, as needed. Once grated, use it im-treatment of respiratory problems, colds, flu, and fe-

mediately.

vers. It is an expectorant, anti-bacterial, a weak diu-

retic, rids the body of excess mucus and fluids, and Warning: People who have stomach ulcers or thy-treats the underlying infection. It is also a key ingredi-

roid problems should not use this plant internally.

ent in my Fire Cider Recipe.

Caution should be used when applying horseradish to

the skin. It can cause skin irritation and blistering.

Urinary Tract Infections: The diuretic and anti-

bacterial properties work well against urinary tract in-

Fire Cider or Horseradish Vinegar – alter to

fections. Horseradish flushes the bacteria and toxins your taste buds: Ingredients: ½ cup Grated Horserad-out of the body.

ish, ½ cup Grated Ginger, ¼ cup Minced Onions, ¼

cup Minced Garlic, 1 Chopped Lemon (rind on), 1 Tbs

Arthritis, Pleurisy, Chilblains: For arthritis, Black Pepper-

chilblains, and pleurisy, apply a poultice made from corns, ¼ tsp freshly grated horseradish roots or rub the chest with Cayenne Pep-Horseradish Massage Oil, when available.

per and/or 2

The herb brings blood to the skin surface and increases Jalapeno Pep-

blood circulation in the affected area. It warms the pers (depends skin, decreases inflammation, and promotes healing.

on your spice

level), 1 Tbs

Infected Wounds: The anti-microbial agents Turmeric Pow-

found in horseradish are beneficial in treating infected der, Raw honey

wounds. It acts as an antibiotic against bacteria and to taste.

pathogenic fungi. Horseradish Vinegar works well for

infected wounds.

Put all of these

into a large quart (liter) glass jar. Fill with organic raw

Harvesting: Harvesting starts in November once apple cider vinegar. Let sit for 4 to 6 weeks, strain and the tops are frozen back. Harvesting can be continued store. Use within the year. I take it throughout the win-through the winter when soils are not frozen. Before ter for wellness, usually about an ounce at a time.

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Jerusalem Artichoke,

resembles ginger root. However, the color can vary

from white to pale brown, or even red or purple.

Helianthus tuberosus

Edible Use: The cooked root tuber is eaten as a veg-

etable and tastes similar to an artichoke, hence the

Also called sunroot, sunchoke, and earth apple, the Je-

name. I use the tubers as a substitute for potatoes; they

rusalem artichoke is a species of sunflower found in have a sweeter, nuttier flavor.

Eastern North America. It is easy to cultivate in the They can be eaten raw, made into flour, pickled, or garden. It is in the Aster/Daisy Family.

cooked. For some people, Jerusalem artichokes cause

flatulence and gastric pain, so watch for gastric prob-

lems when Jerusalem artichokes are first introduced to

the diet.

Medicinal Use: Jerusalem artichoke's medicinal

action is due to its high concentration of inulin. It is

one of the best sources of this valuable component

available. To use Jerusalem artichoke for medicinal

purposes, simply include it as a vegetable in the daily

diet.

Diabetes: Fresh

Jerusalem

arti-

chokes are approxi-

mately 76% inulin

(not to be confused

Jerusalem Artichoke, Paul Fenwick, CC SA 3.0

with insulin), which

Identification: Jerusalem artichoke grows up to 10 helps regulate blood feet (3 meters) tall. Rough, hairy leaves can be found sugar levels in dia- opposing each other on the upper part of the stem, betics. During stor- while lower leaves are alternate. The lower leaves are age, the inulin is larger, up to a foot long. Higher leaves are smaller and converted to fruc- narrow. Yellow flowers are a composite of 60 or more-

tose, giving the tu-

disc florets in the flower head, surrounded by 10 to 20 ber a sweet taste.

ray florets. Small sunflower seeds grow on the disc. The Tubers grown in flower head grows up to 4 inches (10 cm) in diameter. warm weather have

The edible tubers are elongated, up to 4 inches (10 cm) higher insulin levels long and 2 inches (5 cm) in diameter. Their appearance than those in colder regions, but all can

be used to help con- Jerusalem Artichoke Flowers, Paul Fen-

trol blood sugar in wick, CC by SA 3.0

diabetes.

Digestive Problems: Jerusalem artichokes are

useful as a prebiotic fiber to help increase beneficial

gut flora. They also stimulate stomach secretions that

help control indigestion, dyspepsia, and slow diges-

tion. However, Jerusalem artichokes do cause gas and

intestinal pain in some people.

Enhances the Immune System: Jerusalem ar-

tichokes have immune-enhancing properties. They in-

crease the body's defense mechanisms against viruses

and bacteria, and they help increase the deployment of will sprout in the spring. The tubers bruise easily and white blood cells to areas of infection.

lose moisture quickly, so I usually prefer to leave them

Harvesting:

in the ground and harvest them when needed.

Dig up the roots in autumn or leave

them in the ground over the winter to harvest in the Warning: Jerusalem Artichokes can cause digestive spring. Store them in high humidity to prevent them distress and excessive gas in some people.

from wilting and softening. Tubers left in the ground

Lady's Thumb,

flowers

are

densely packed

Polygonum persicaria or in 1-inch (2.5 cm)

spiked terminal

Persicaria maculosa

clusters.

They

spike open, while

Lady’s thumb, also known as smartweed, heart’s ease, those of the pale

spotted knotweed, or redshank, is a broadleaf weed look-alike smart-that is often found growing in large clumps. It grows in weed

remain

disturbed wet soil across North America. It is in the closed

(pale

Polygonaceae (Buckwheat/Knotweed) Family.

smartweed also

lacks the purple

leaf

smudge).

Each bloom is ap- Stem of Lady's Thumb, Martin Olsson, CC by

proximately 1/8 SA 3.0

inch (0.35 cm) across with five petals. Fruits are brown

to black and glossy. They have three sides and are egg-

shaped. Each fruit contains one tiny seed.

Edible Use: The leaves and young shoots can be

eaten raw or cooked. Gather young leaves and sprouts

in the spring to mid-summer. As they mature, they be-

come more peppery and less palatable. The seeds are

also edible, but they are rather small and require a lot

of work to harvest enough to make a serving.

Medicinal Use: Use as a tea, decoction, or by ap-

plying the leaves directly to the skin.

Stomach Pains: For stomach pain and digestive

upset, drink a leaf tea.

Polygonum persicaria by Bouba at French Wikipedia, photo by

Skin Ailments: Lady's thumb is a rubefacient, and

Bouba, CC-BY-SA-3.0-migrated

thus increases blood circulation at the skin's surface,

Identification:

supporting healing. It is also an astringent. Use for poi-

Lady's thumb grows from 1 to 3 feet son ivy, poison oak, skin rashes, and other skin ail-tall (0.3 meters to 0.9 meters) and is an erect plant. ments. Rub the crushed leaves on the skin or put a The 2 to 6-inch-long (5 cm to 17.5 cm) leaves are alter-poultice on the surface of the skin.

nate, narrow, and lance-shaped with wavy edges. They

usually, but not always, have a dark green to purple Arthritis: For arthritic pain, soak in a tub of warm spot in the middle. Leaves may be hairless or covered water containing a decoction of lady's thumb. The de-sparsely with small stiff hairs. Leaf nodes are sur-

coction can also be mixed with flour to form a wet poul-

rounded by a thin papery membrane that wraps tice to help relieve painful joints.

around the stem. The small, dark pink, (rarely white)

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Lamb's Quarter,

and

minerals

like

calcium,

Goosefoot,

iron, and phos-

phorus. It has

Chenopodium album

been used as a

vegetable

to

Lamb's Quarter is also called chualar, pigweed, and treat scurvy and also goosefoot from the shape of its leaves. Lamb's other

nutri-

quarter likes moist areas and grows near streams, riv-

tional diseases.

ers, in open meadows, and wet forest clearings. It is Soothing found throughout the world. It is a member of the Am-Burns: *Use a*

aranthaceae (Amaranth) Family.

poultice made

Identification: *Lamb's quarter looks like a dusty of the leaves to weed from a distance. The alternate toothed leaves are soothe burns.*

light green on top and whitish on the bottom. They are Bruise

the

somewhat diamond-shaped or shaped like a goosefoot. leaves and place

them on the Goosefoot, Photo by Rasbak, CC by SA 3.0

The leaf surface is waxy and rain and dew rolls right off burned area. Apply a clean cloth over them and leave the leaves. Each leaf grows up to 4 inches (10 cm) long in place for a few hours.

and the entire plant is usually 2 to 4 feet (0.6 to 1.3m)

tall. Lamb's quarter produces tiny green flower clusters ***Skin Irritations, Eczema, Bites, Itching and*** *on top of spikes in summer. The flowers are densely* ***Swelling:*** *A poultice made from simmered, fresh packed together along the main stem and upper lamb's quarter leaves can be applied to treat minor branches.*

skin irritations, itching, rashes, and swelling. It

soothes the skin, reduces inflammation

Each flower has five green sepals with

(it is an anti-inflammatory), and helps

no petals. Its seeds are small, round, and

the skin heal. If fresh herbs are not avail-

flattened. Branches are angular, somewhat

able, use a compress made with Lamb's

ridged, and striped with pink, purple, or yel-

Quarters Decoction. For internal inflamma-

low. The stems are ribbed and are usually

tion, lightly steam the leaves and eat them as a

stained with purple or red.

vegetable.

Edible and Other Use: *In the USA this plant*

Digestive Issues and as a Mild Lax*-*

is considered a weed; however, in some

ative:

places, it is grown as a food crop. The

Its leaves are loaded with fiber.

young shoots, leaves, flowers, and seeds

This fiber makes it very effective in

are all edible and can be used like spin-

preventing and treating constipa-

ach. Lamb's Quarter appears on my plate

tion. Cooked leaves loosen the stools and in-

quite often. I find it a delicious and nutri-

crease bowel movements.

tious addition to my salads and even grow it in

Taken internally, lamb's quarter relieves

my garden.

stomachaches and digestive complaints,

It has a strong, slightly sweet flavor. The plant

including colic. You can eat the cooked

does contain oxalic acid so smaller quantities are rec-

leaves and stems while eating beans to relieve

ommended when eaten raw. The seeds of this herb the gas caused by them. Even easier, cook the leaves should be cooked or soaked in water before use. The and stems in the pot with the beans.

soaked seeds can also be ground into a powder to use ***Relieves Pain from Arthritis and Gout:*** *Ap-as a flour. Lamb's quarter roots can be crushed to make ply a poultice made from fresh, simmered lamb's quar-a mild soap substitute as it contains saponins.*

ter leaves directly on the skin above the inflammation

Medicinal Use: *The plant is very nutritious and and pain to treat arthritis and gout. When fresh leaves contains a rich source of vitamins A, B-2, C, and Niacin*

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are not available, use Lamb's Quarters Decoction on bring down fevers, and acts as an expectorant to help the skin as a wash or in a compress.

the body get rid of excess mucous. It also has anti-asth-

Dental

matic properties and contains Vitamin C.

Health

and

Harvesting: *Break off or prune the top two inches*

Tooth Decay:

(5 cm) of shoots. The tops are more tender and less bit-

Use a Lamb's

ter. Choose plants from secluded places, away from

Quarter Decoc-

roadways, industrial areas, and waste sites where they

tion to treat tooth

may pick up high levels of nitrates and other toxins.

decay and bad

Wash the leaves before use.

breath. Apply a

Warning: *Lamb's quarter is an edible plant that has*

drop or two of the

very little risk when used in moderate amounts. How-

decoction

di-

ever, the plant does contain saponins in small quanti-

rectly onto the

ties. Saponins are broken down by the cooking process.

tooth or rinse the

Like many green, leafy vegetables, it also contains ox-

mouth with the

alate crystals, which are not recommended in large

liquid. It calms

amounts for people susceptible to kidney stones.

inflammation

and pain. You

Recipes. Lamb's Quarter Decoction*: Shred*

can also chew on

fresh lamb's quarter leaves into small pieces and pack

the raw leaves.

Young goosefoot, 6th Happiness, CC by SA 3.0

into a cup to measure. Place the leaves in a pot and add

an equal measure of water. Bring to a boil and simmer

Colds, Flu and General Illness: *Serve lamb's for 10 minutes. Once the herbs are wilted, add more quarters as a vegetable when people have a cold or flu water only if needed to cover the herbs. Cool the decoc-with respiratory problems. It functions as a mild anal-*

tion and strain out the leaves. Keep in the refrigerator

gesic to relieve body aches, induces perspiration to for up to 3 days. (The leaves can be eaten if desired).

Lavender,

Lavandula angustifolia

Common lavender belongs to the Lamiaceae (Mint)

Family. It is also known as garden lavender, common

lavender, narrow-leaved lavender, true lavender, or

English lavender.

Identification: *Common lavender grows 1 to 3 feet*

(0.3m to 0.9meters) high in gardens. It has an irregu-

lar, erect, bluntly-quadrangular and multi-branched

stem that is covered with a yellowish-grey bark, which

comes off in flakes. It is covered with fine hairs.

one another. The flowers of lavender are very shortly

stalked. The calyx of lavender is tubular and ribbed,

The leaves of lavender are opposite, entire, and linear. purple-grey in color, 5-toothed (one tooth is longer When young, they are white with dense hairs on both than the others) and hairy. The shining oil glands surfaces. When full grown, leaves are 1 1/2 inch-long amongst the hairs are visible through a lens. Most of (3.75 cm) and green, with scattered hairs on the upper the oil yielded by the flowers is contained in the glands leaf surface. The flowers grow in terminating, blunt on the calyx. The two-lipped corolla is a beautiful blu-spikes from young shoots on long stems. The spikes are ish-violet color. It mostly lives and prefers dry grassy composed of whorls of flowers, each having 6 to 10 slopes amongst rocks, in exposed, usually parched, hot flowers, and the lower whorls are more distant from rocky situations often on calcareous soils. While not 94

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native to North America, it cultivates easily and completely. Give it an hour to soak in and do its magic.

spreads wild in many warm, dry areas.

Then wash away the oil and use your nit comb. From

Edible Use:

this point forward, add a drop or two of lavender oil to

Several parts of lavender are edible in-

your shampoo or rinse water to keep lice away. Laven-

cluding the leaves, flowering tips, and petals. They can der oil is also an excellent, good-smelling insect repel-be used as a condiment in salads and make a nice tea. lent.

Fresh lavender flowers can be added to ice creams,

jams, and vinegars as a flavoring. Oil from the flowers ***Respiratory Problems:*** *Lavender essential oil is is also used as a food flavoring.*

an excellent treatment for respiratory problems of all

Medicinal Use:

kinds. This can include simple, everyday problems like

Medicinal uses are anti-anxiety, colds, the flu, sore throats, coughs, and sinus conges-antiseptic, antispasmodic, bile-producing, diuretic, tion. It can also be used for more difficult and chronic nervine, reduces gas, sedative, and stimulant.

respiratory issues like asthma, laryngitis, bronchitis,

Aromatherapy: *Lavender is an important relaxing whooping cough, and tonsillitis.*

herb, having a soothing and relaxing effect upon the Apply it topically to the skin on the chest, neck, and nervous system. In most cases, all that is required is to under the nose where it will be easily breathed; or add breathe in the it to a vaporizer or a pot of steaming water. The nicely

aroma from the scented steam opens the air passages and loosens

oil. This relaxes phlegm while it kills the germs that cause the infection.

the body, relieves

stress, calms the ***Urinary Tract Infections, Cystitis and Re-***

nervous system, ***tained Fluids:*** *The diuretic effects of lavender help and eases head-it to flush the body from excess fluids and toxins and*

aches. The same relieve swellings that may be present. As the fluid is re-effects

can be moved, the oil also exerts an antibiotic influence,

achieved by add-

which kills any underlying infection, and it removes

ing whole fresh or toxins that may also be causing problems.

dried flowers to ***Lowering Blood Pressure:*** *Removing excess flu-*

the bathwater or

placing the flowers ids help lower the blood pressure and reduce swellings of all kinds, and the relaxing effects of the lavender

under the pillow-

case at bedtime. I help get rid of stresses that may be contributing to the add it to my First problem.

Aid Salve so that ***Harvesting:*** *I usually go out looking for Lavender the aroma is calm-when the weather is dry and there is no wind. The*

ing to anyone injured who is using the salve.

morning and evening are particularly favorable to

Aches and Pains: *Its relaxing effects extend to the gathering flowers because many of the oils are dissipated during the heat of the day. Cut lavender stems*

muscular system as well. A massage with lavender oil

can calm throbbing muscles, relieve arthritis pain, ease are cut at the base of the plant.

and help heal sprains and strains, and relieve back-

Recipes. Lavender Tea: *To make lavender tea,*

aches and lumbago pain. The oil also contains analge-

start with one teasapoon of dried lavender flowers or

sic compounds that help ease the pain from muscle re-

one tablespoon of fresh lavender flowers. Place in a tea

lated stress and injuries.

pot and cover with one cup of boiling water. Cover the

Kills Lice and Their Nits and Insect Repel*-*

tea pot to keep it warm and allow the tea steep for 10

to 15 minutes to absorb the medicinal qualities. Strain

lent: *The essential oil of lavender nourishes the hair, it, and drink warm several times daily.*

gives it a nice shine, and makes it smell wonderful. It

also helps keep the hair free from lice.

Lavender Tincture: *Ingredients: 1½ cups of*

Use the essential oil, diluted with a carrier oil such as chopped lavender flowers, stems, and leaves, 1-pint coconut oil or olive oil, to coat the scalp and hair (500 ml)100 proof vodka or brandy. Place the lavender 95

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in a glass jar and cover with vodka. Seal the jar tightly water. Cut a small hole in the bottom side of the tub for and place it in a cool dark place to brew. Allow the tinc-the copper tubing to exit the tub. Seal the exit hole with

ture to steep for 4 to 6 weeks, shaking the jar daily. a stopper or silicone sealer. The tubing now runs down Strain the tincture through a coffee filter. Store it in a from the pressure cooker, into the cooling tub, out of cool, dark place for up to 3 years.

the tub into your collection vessel. Place the chopped

Lavender Oil Distillation:

flowers, stems, and leaves into the pressure cooker.

Distillation equip-

Add water as needed to cover the herbs and fill the

ment: a still OR small pressure cooker, glass tubing, pressure cooker to a level of 2 to 3 inches (5 cm to 7.5

tinned copper tubing, flexible hose, tub of cold water, cm). Heat the pressure cooker gently and watch for the collection vessel, thermometer. You'll need lavender oil to begin collecting in the collection vessel.

flowers, stems, and leaves chopped fine or ground, wa-

ter to cover the herbs. If you have a commercially avail-

The oil will begin to distill near the boiling point of the

able still, follow the instructions for steam distillation water, but before the water boils. Watch for oil produc-of essential oil. Otherwise, proceed with my directions tion. Monitor the still to make sure it does not boil dry.

to use a pressure cooker for steam distillation. Build a Collect the distillate until it becomes clear or until most cooling coil out of tin-plated copper tubing. Wrap the of the water has distilled. The cloudy oil and water mix-tubing around a can or other cylinder to shape it for ture indicate oil in the distillate. Once the distillate is cooling the oil. Use a small piece of flexible hose to con-clear, it contains only water, and the distillation is fin-

nect the copper tubing to the pressure cooker relief ished. Transfer the distilled oil to a dark glass bottle valve.

with a tight lid for storage. Lavender Essential Oil is

much gentler than most other essential oils and can be

The steam will rise through the valve and flow into the safely applied directly to the skin as an antiseptic to copper tubing to cool. Bend the copper tubing as help heal wounds and burns.

needed to place the coil into a pan or a tub of cold

Leeks, Allium porrum

Leeks belong to the Alliaceae (Onion) Family. They are

eaten as a vegetable and are quite tasty roasted or in

soups. The flavor is mild compared to most members

of the onion family.

Identification: *Leeks grow from a compressed*

stem with leaves wrapped in overlapping layers and

fanning out at the top. Commercial leeks are white at

the base, caused by cultivation methods of piling soil at

the base of the stem.

Wild leeks will not exhibit this blanching. Shallow, fi-

brous roots grow from the stem plate, and the plant

Leek Flower Heads, Photo by Derek Ramsey (Ram-Man) - Own work,

grows upward reaching approximately 3 feet (0.9me-

CC by SA 2.5

ters). If left in the ground, it produces a large umbel of ***Medicinal Use. Heart Disease, High Blood*** *flowers in the second year. The flowers produce*

small ***Pressure, Lowering Cholesterol:*** *black, irregular seeds. The flower appears from July to*

Leeks are

August and has both male and female parts. It is toler-

beneficial to the heart and circulatory system in a num-

ant to frost.

ber of ways. They contain enzymes that help reduce the

harmful cholesterols in the body while increasing the

Edible Use: *The leek is used extensively around the beneficial HDL cholesterols.*

world as a vegetable and as a flavoring. It contains vit-

They also relax the blood vessels, arteries, and veins,

amins, antioxidants, and minerals and is low in calo-

reducing the blood pressure and they reduce the for-

ries and high in fiber.

mation of clots and help break down existing clots. In

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Eat an extra portion of leeks with meals when fighting infections. For external infections, chop the leeks finely and use them as a poultice on infected tissue.

Prevents Cancer: *Plants in the Alliaceae family have multiple cancer-fighting properties, and leeks are included. Eating leeks on a regular basis reduces the chances of prostate and colon cancers. People who eat a lot of leeks also have fewer ovarian cancers.*

Eat Leeks During Pregnancy: *Leeks contain*

high levels of folate, which is beneficial for the devel-

oping fetus and prevents several different birth defects

of the brain and spinal cord.

Anemia: *Leeks are also high in iron and therefore*

beneficial for treating iron deficiency anemia. They

also contain significant levels of vitamin C, which helps

iron absorption in the body.

Gout, Arthritis, and Urinary Tract Inflam-

mation: *Arthritis, gout, and urinary tract problems*

benefit from the anti-inflammatory and antiseptic

properties of leeks to treat these diseases.

these ways, they reduce the chances of developing cor-

High doses of leeks are best, so I recommend eating

onary heart disease, peripheral vascular diseases, and several servings daily or drinking the juice of the vege-strokes.

table.

Consuming leeks on a regular basis conveys these ben-

Regular Bowel Movements: *The high concen-*

eficial properties.

trations of both soluble and insoluble dietary fiber in

Stabilize Blood Sugar Levels: *Leeks help the leeks help the function of the intestinal tract. They fa-body maintain a steady blood sugar level by helping the cilitate digestion and reduce bloating and associated body metabolize sugars. Leeks also contain nutrients pain.*

that benefit blood sugar levels. Diabetics and pre-dia-

Whole Body Cleanse: *Drinking leek juice regu-*

betics should eat leeks regularly as part of their healthy larly helps cleanse the body of toxins and waste prod-diet.

ucts.

Anti-Bacterial, Anti-Viral, and Anti-Fungal Harvesting: *Harvest when the stalks are about an* ***Properties:*** *Eating leeks regularly and often during inch (2.5 cm) wide, usually in late summer. In some ar-infections helps your body fight these infections and eas they over-winter and can be harvested in early eliminate them from the body.*

spring or even year-round.

Leeks have anti-microbial properties similar to those ***Warning:*** *Leeks contain oxalates, which may crys-of garlic and onions that help the body fight internal talize in the body to cause kidney stones and gravel in and external infections.*

the gallbladder.

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Lemon Balm,

Melissa officinalis

Lemon Balm is a perennial member of the Lamiaceae

(Mint) Family with valuable healing properties. Some-

times called common balm or balm mint, it is natural-

ized in North America. I love the lemony scent that is

released when I walk through a patch of lemon balm.

Identification: *Lemon balm is a mint with shiny*

bright green leaves and a lemony scent. It may grow to

3 feet (0.9m) in height and is easy to cultivate in the

garden. Its appearance is similar to mint or catnip, but think more clearly. It increases mental alertness and the lemon scent is intense when leaves are disturbed or promotes a positive attitude.

crushed. The leaves are small heart shapes with scal-

Anti-Viral Effects: Herpes, Cold Sores, and

loped edges and a slightly crinkled surface. Small flow-

Shingles: *Lemon balm is known as an anti-viral and*

ers are usually white to yellow but can be pink or pur-

is effective against herpes and cold sores when applied

ple.

directly to the skin. It acts against the herpes simplex

Edible Use: *The leaves are edible and often used to virus and when used regularly, people report fewer make tea and as a flavoring ingredient. It makes a de-outbreaks and fast healing of existing lesions. It also*

licious tea for medicinal or culinary use and is en-

gives relief of symptoms like itching and burning. Try

hanced by the use of raw honey to sweeten it.

lemon balm essential oil or lemon balm ointment on

herpes and cold sores. Apply several times daily or as

Medicinal Use: *Lemon balm leaves are often used needed. For shingles take a tincture internally as well as a tea, extract, tincture, oil, or ointment.*

as apply topically to the affected area.

Relieves Anxiety and Insomnia: *Lemon balm* ***PMS Symptoms:*** *Lemon balm reduces symptoms acts to reduce anx-of PMS, including cramping, anxiety, and headaches.*

iety and helps peo-

It works well for PMS in teenage and adult women. It

ple

get

better is an anti-spasmodic.

sleep. It calms the

body

and

im-

Protects the Heart: *Lemon balm, used regularly,*

proves mood and lowers triglycerides and improves cholesterol synthe-

intellectual perfor-

sis. It controls heart palpitations and lowers blood

mance in children pressure while protecting the heart. It controls the and adults without electrical pulses that drive heart palpitations, tachycar-negative

effects. dia, and arrhythmias.

For reducing the ***Protects the Liver:*** *Lemon balm protects the liver effects of sleep dis-from some of the negative effects of the American diet.*

orders, especially It supports the liver's production of antioxidants and during

meno-

helps detox the liver.

pause, try a combi-

Lemon Balm Flowers, Gideon Pisanty, CC nation of lemon ***Antibacterial and Antifungal:*** *Lemon Balm oil BY 3.0*

balm and valerian. has a high level of antibacterial and antifungal activity.

Lemon balm helps stop the constant flow of anxious It is particularly active against Candida yeast infec-thoughts. It also helps with ADHD and mild depres-

tions. Use lemon balm oil, tincture or extract twice a

sion.

day.

Mind Calming and Clear Thinking: *Lemon* ***Diabetes:*** *Lemon balm oil, tincture and extract are balm seems to calm the mind and allows people to effective in preventing and treating diabetes. It helps 98*

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control blood sugar levels and protects the body drying on screens, in a dehydrator, or hand them in against the oxidative stress caused by diabetes.

bunches to dry. I like to harvest just before the plant

Anti-Inflammatory and Antioxidant:

flowers (early to late summer).

Lemon

balm oil acts as an anti-inflammatory and antioxidant.

It reduces inflammation in the body, protecting against disease and reducing pain.

Fights Cancer: *Lemon balm has been shown to kill some cancer cell lines, including breast cancer, colo-rectal cancer, and aggressive brain cancers. Lemon balm supports the body in fighting the cancer cells.*

Regulates the Thyroid: *Hyperthyroidism, or an over-active thyroid benefits from the regular consump-tion of lemon balm. People with Grave's disease or other over-active thyroid problems find that the oil, tincture or extract helps regulate thyroid-binding problems.*

Warning: *Lemon balm is considered safe for most*

Aids in Digestion: *Lemon balm extract has a pro-people, but should not be used by people on thyroid tective effect on the gastrointestinal system and pre-medication or with underactive thyroids (Hypothy-vents gastric ulcers. It aids digestion and is useful in roidism). treating constipation as well as colic.*

Consult a medical profession before using lemon balm

Alzheimer's Disease and Dementia: *Lemon regularly if you are pregnant or nursing. Possible side balm extract is believed to reduce damage from plaque effects include headache, nausea, bloating, gas, indi-forming proteins in Alzheimer's disease. Regular ad-*

gestion, dizziness, and allergic reactions. Consult a

ministration of lemon balm extract increases cognitive doctor if you are taking other medications or planning function over time and reduces agitation in Alz-surgical treatments.

heimer's patients.

Recipes. Lemon Balm Tea: *You will need: 1 ta-*

The therapy is not a cure, but is observed to slow pro-

blespoon fresh lemon balm leaves or 1t dried and 1 cup

gression and help promote mild improvements. As an boiling water. Tear the leaves into small pieces and put anti-oxidant it may help protect the brain from neuro-into a tea ball, or filter the leaves after brewing.

degeneration and oxidative damage.

Pour boiling water over the tea leaves or ball and allow

Lemon Balm also improves memory and problem solv-

to infuse for 5 minutes. Keep the pot or cup covered

ing in people of all ages and health levels including Alz-

while brewing and drinking to retain the beneficial ar-

heimer's patients.

omatics.

Heals Skin and Reduces Signs of Aging*: Peo-*

Lemon Balm Extract/Tincture: *Ingredients: 1-*

ple who use lemon balm on their skin report that it re-

pint (500ml) jar with a tight-fitting lid, 80 proof or

duces wrinkles and fine lines giving the skin a more higher vodka or another alcoholic beverage. Wash and youthful appearance. It is particularly beneficial in dry the leaves and crush them lightly.

supporting the skin against minor blemishes and infec-

Fill the jar 3/4 full with leaves and pour the vodka, fill-

tions.

ing the jar completely. Cap and store in a cool, dark

Harvesting: *Left alone, lemon balm may take over place, shaking periodically. After 4 to 6 weeks, strain the garden. Several bouts of pruning keep the plant in and label.*

check. Clip off stems or remove individual leaves for

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Lemon Thyme,

Thymus citriodorus

Lemon thyme is also called citrus thyme. It is easy to recognize lemon thyme by its aroma and flavor, which are both very much like lemon. Even better than the smell are the relaxing benefits and medicinal value of the herb. It is in the Lamiaceae (Mint) Family.

Identification: *Lemon thyme is an evergreen per-*

ennial that grows as a mat on the ground. It grows to a

height of 4 inches (10 cm) and spreads to over a foot

away. Its appearance and growth habit is close to that

of English thyme.

Lemon Thyme, Forest & Kim Starr, CC by SA 3.0

The leaves are shiny-green with a pale-yellow border ***Viral, Bacterial, and Fungal Infections:*** *The around the margins. Some plants have more lemon-*
anti-microbial properties of lemon thyme make it ef-

yellow leaves or green leaves with pale yellow fective in the fight against most bacterial, fungal, and splotches. The plant produces flowers in mid to late viral diseases.

Respiratory Problems, Asthma, and Re-

leasing Congestion: *Lemon thyme contains many*

different beneficial compounds for general health and

for respiratory health. It is an anti-microbial and a de-

congestant.

It opens the airways to help asthmatics breathe better

and to allow phlegm and other mucous to be released

from the body.

Aromatherapy for Asthma: *Asthmatics find re-*

lief by placing a small pillow filled with dried lemon

thyme under their regular pillow. Sleeping on this pil-

low releases the oils that open the airways and induce

Lemon Thyme flowers, Kor!An (Андрей Корзун), CC by SA 3.0

better sleep.

summer. Flowers may vary from pink to lavender and

attract butterflies and bees.

Warning: *Lemon thyme causes allergic reactions in*

Edible Use:

highly allergic people. Do not give lemon thyme tea

Lemon thyme is used widely in cooking during pregnancy or while nursing.

to flavor chicken, fish, and vegetable dishes and to

make a relaxing tea.

Lemon Thyme Tea: *You'll need 1/2 teaspoon of*

Medicinal Use: Immune Function:

dried lemon thyme or 1 teaspoon of fresh lemon thyme

Lemon leaves, 1 cup boiling water and honey, optional. Pour

Thyme Tea is a relaxing drink that is effective in the the boiling water over the lemon thyme leaves and al-treatment of infections and boosting the immune sys-

low the tea to steep for 5 to 10 minutes.

tem. It makes a good tonic for regular use.

Strain the tea and drink warm. Add honey as desired

for sweetening. Drink two to three cups daily.

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Lemon Verbena,

Aloysia triphylla

Oh, how I love lemon verbena. I love to crush a stalk in

my hand and breathe in the fragrance and flavor. It im-

mediately lifts my mood and soothes away the stresses

of the day. The herb is highly aromatic with an herba-

ceous lemony scent. It is in the Verbenaceae (Verbena)

Family. It is not native but is easily cultivated in the

garden.

Identification*: Lemon verbena is readily identified*

by its scent and the plant growth. It grows to a height

of 6 to 15 feet (1.8m to 4.5m) in good soil. It has thin,

pointed leaves that are about 3 to 4 inches (7.5 cm to

10 cm) in length. The leaves are shiny and coarse to the

touch. The flowers are light purple and grouped on the bacteria. For this purpose, use Lemon Verbena Leaf stems. They appear throughout the summer.

Tincture made with 80 proof alcohol, applied to the

Edible Use: *Lemon verbena leaves are useful as a skin. When the extraction is not available, a poultice of flavoring or as an addition to salads. It has a mild freshly crushed lemon verbena is applied (note that lemon flavor.*

Usnea also works well on Staphylococcus).

Medicinal Use: *Use lemon verbena leaves and* ***Arthritis, Bursitis, and Joint Pain:*** *Peoples flowers internally in the form of an herbal tea and ex-with joint pain find significant relief from taking lemon*

ternally as a poultice, oil, or wash.

verbena tea. It takes time for the effects to build, but

over a period of two to three months of taking the tea

Bronchial Congestion: *Use a tea made from twice daily, people report that joint pain is gradually lemon verbena to treat bronchial and nasal congestion. reduced and significant improvement is gained.*

It loosens phlegm,

acts as an expecto-

Digestive Issues: *Try Lemon Verbena Tea for di-*

rant, and calms gestive problems as it has a soothing effect on the di-

the system. Do not gestive system. It relieves indigestion and calms the use lemon verbena stomach and intestinal spasms to relieve cramping and

tea before driving bloating. Try drinking a cup of tea after meals.

or operating heavy ***Calms Anxiety:*** *For severe anxiety, try Lemon Ver-machinery as it bena Tea. It soothes the nervous system, relieves has a mild sedative stress, and lifts the mood.*

effect.

Harvesting:

Staph

Infec*-*

Lemon verbena likes rich soil and

plenty of sunlight. I collect the leaves throughout the

tions of the *year, but I prefer to pick as many as possible before the* ***Skin:*** *Staph in-herb blooms. Extra leaves are dried for future use and*

fections can be-

are equally beneficial in dried form.

come

serious

quickly if left un-

***Recipes. Lemon Verbena Tea**: 1/4 cup lemon*

treated. It pre-

verbena leaves, fresh and crushed, 2 cups boiling wa-

Lemon Verbena, H. Zell, CC by SA 3.0

vents the infection ter. Pour the boiling water over the herb and allow it to from spreading and kills the existing

steep for 5 to 8 minutes. Strain and Drink 1 cup.

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Lemon Verbena Tincture: *Take fresh Lemon Pour the vodka over the leaves and fill the jar, making Verbena leaves and flowers, chopped, 80 proof vodka sure all the leaves are covered. Cap the jar tightly and or other drinking alcohol and a jar with a tight-fitting place it in a cool, dark place, such as a cupboard. Let lid. Add the lemon verbena to the jar, packing it about the tincture steep for 6 to 8 weeks, shaking the jar three quarters full.*

daily. Pour the alcohol through a fine mesh sieve or a

coffee filter to remove all the herb. Store the tincture in

a cool, dark cupboard for up to 7 years.

Licorice Root,

compounds are antibacterial, antiviral, anti-inflamma-

tory, and include natural steroid compounds.

Glycyrrhiza glabra

Glycyrrhizin, one of the components of licorice root,

can cause side-effects if overused or taken in large

Licorice root is an adaptogenic herb that thrives in doses. Be aware of all side-effects and interactions be-USDA growing zones 6 through 11. It is well known for fore using licorice root.

its strong candy flavor but is a valuable medicinal herb You can also get deglycyrrhizinated licorice (DGL), for treating many illnesses.

which has the glycyrrhizin removed, thus preventing

its side effects.

Leaky Gut Syndrome and Inflammation:

Leaky gut, or intestinal permeability, is an inflamma-

tory disease of the intestinal tract. Licorice root

soothes the intestines and reduces inflammation in the

gut and throughout the body.

Peptic Ulcers: *Licorice root is effective against the*

Helicobacter pylori bacteria that cause peptic ulcers.

The root kills the bacteria and helps heal the ulcers in

most people.

Heartburn, Stomach Problems, and Acid

Reflux: *Licorice root has shown to be effective*

against indigestion heartburn, acid reflux, indigestion,

stomach pain, and nausea.

Photo By Gardenology.org, CC by SA 3.0

Glycyrrhiza glabra and Glycyrrhiza uralensis are me-

Fertility Problems, PMS, and Menopause

dicinally similar, but here we are referring to Glycyr-

Symptoms: *Licorice root has an estrogen-like effect*

rhiza glabra. It is a member of the legume/pea family in women, due to the compound glabrene, which is a (Fabaceae).

phytoestrogen. It has been shown to help menstrual

and fertility problems. When used as a hormone re-

Identification: *Glycyrrhiza glabra grows to approx-*

placement therapy, it reduces hot flashes and other

imately 3 feet tall (0.9m). Its pinnate leaves are 3 to 6 symptoms of menopause due to the compounds liqui-inches long (7.5 – 15cm) with 9 to 17 leaflets each. The ritigenin and glabrene.

purple to pale blue flowers are about 1/2 inch long

(1.25cm), growing in a loose inflorescence. In the fall ***Cancer:*** *Licorice root may aid in the treatment of the plant produces fruit in the form of an oblong*

pod, prostate and breast cancers. Research is still in pro-each of which contains several seeds. The root pro-

gress on the use of licorice in cancer treatment, but the

duces runners growing close to the surface.

early results are promising.

Medicinal Use: *The roots and leaves contain many* ***Hepatitis C:*** *Glycyrrhizin is an anti-viral and anti-types of compounds that are medically active: couma-*

inflammatory. It may act against the virus causing hep-

rins, triterpenoids, glabrene, and polyphenols. These atitis C and helps reduce long-term liver damage from the disease. Herbalists use glycyrrhizin to treat chronic

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hepatitis C that does not respond to traditional treat-

enough for harvest. Harvest the leaves throughout the

ments.

spring through fall. Wait until the licorice roots are 3

Immune System, Antiviral, Antioxidant:

to 4 years old before harvest. Young roots are too small

to be of use.

Licorice has proven antiviral, antibacterial, and anti-

oxidant effects, boosting the work of the immune sys-

Recipes. Liquid Extract: *Licorice extract is a*

tem. As an antiviral, it helps prevent diseases such as common form of licorice, it is used as a sweetener in hepatitis C, HIV, and Influenza.

candies and some beverages.

Limit your use of licorice extract to 30 mg/ml of glycyr-

rhizic acid. Higher doses can cause side-effects.

Licorice Root Powder: *Licorice root powder is*

useful as is for treating skin problems or for use in cap-

sules as an oral supplement. Combine it with a gel or

lotion base to make a topical ointment or lotion for

treating skin problems.

Licorice Leaf Tea: *Use dried and crushed licorice*

leaves as a tea to promote health of the digestive and

respiratory tract. Use 1 teaspoon of crushed leaves per

1 cup of boiling water.

DGL Licorice: *DGL licorice is a commercial form of*

The Common Cold, Cough, and Sore *licorice with the glycyrrhizin removed. It is considered* ***Throats:*** *In addition to its antiviral and anti-bacte-a safer form of licorice root and is particularly recom-*

rial benefits, licorice root also acts as an expectorant, mended for long term use. DGL is available commer-loosening and expelling mucus from the throat and cially.

lungs.

Warning: *Long-term use of licorice root or high*

It is soothing and anti-inflammatory, which helps re-

doses can have serious side effects. Most of the side ef-

lieve the symptoms of sore throats. Use licorice root or fects are due to the presence of glycyrrhizin, so using leaves in tea, syrups, or to make cough drops for use DGL licorice reduces the risks.

against sore throats. It can also be used as a gargle.

Watch for these symptoms: low levels of potassium in

Respiratory Issues: *Licorice is useful in treating the body, hypokalemia, muscle weakness, fluid reten-respiratory problems. It helps the body produce and tion and swelling, metabolism abnormalities, high expel mucus, which keeps the respiratory system clean blood pressure, heart rhythm irregularities, erectile and functioning properly. Used for COPD as well.*

dysfunction, potential drug interactions.

Treats Eczema, Skin Rashes: *Licorice acts as a Pregnant or breastfeeding women should avoid lico-hydrocortisone to alleviate eczema, cellulitis, and fol-*

rice in all forms. Patients who are prone to hyperten-

liculitis. Its anti-inflammatory benefits also help re-

sion should also avoid licorice root.

duce swelling and irritation in skin conditions. Use lic-

orice topically in a cleansing tea or in lotions or gels to Also avoid use of licorice root if you have heart, liver, relieve itching, redness, scaling, and

inflammation or kidney problems. Stop taking licorice root at least caused by eczema or other skin problems.

two weeks before surgery.

Harvesting: *Licorice is a perennial deciduous plant*

that requires three to four years to grow roots mature

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Lovage,

problems such as colitis, inflammatory bowel disease,

and other diseases caused by inflammation.

Levisticum officinale

Painful Joints: *Painful joints from any cause, espe-*

cially gout and arthritis, respond to treatment with lov-

Lovage is native to Southern Europe, is easy to culti-

age root both internally and externally. It reduces in-

vate in the garden, and has naturalized in Eastern flammation and lets the joints heal.

North America. It has a celery-like taste and is in the ***Respiratory Problems:*** *Lovage roots and leaves Apiaceae/ Umbelliferae (Celery/ Parsley /Carrot)*

Family.

help increase airflow and oxygen to the body. It loosens

phlegm in the lungs and calms irritation.

Identification*: Lovage grows to a height of 6 feet*

Anti-Histamine*: Lovage is a natural anti-*

(1.8m). The plant is erect and its stems and leaves

are hairless with a celery scent. Stems are thick

histamine that helps fight al-

and celery-like with additional flat lobed

lergy symptoms. Quercetin,

pinnate leaves. Yellow to greenish-yellow

found in lovage, stops the release

flowers, approximately 1 inch (2.5 cm) in

of histamines and soothes the irri-

diameter, bloom in late spring. Flowers

tations caused by the allergy. Use

grow in umbels 4 to 6 inches (10 cm to

Lovage Tea internally and apply a de-

15 cm) in diameter. Fruit matures in

coction or oil for external relief of skin

autumn, forming a 2-part seed.

rashes or irritations.

Edible Use:

Prevents Kidney Stones and

Lovage is edible

and a good addition wherever you

Helps UTIs: *For patients who have a history*

would normally use celery. The taste is stronger than of kidney stones or urinary tract infections, try Lovage celery. The leaves can be used as a salad green or Root Tea or Tincture. It acts as a diuretic and increases brewed into a tea. The seeds are used as a flavoring the flow of urine without electrolyte loss. This flushing spice. Lovage is nutritionally healthy, adding B-com-action helps prevent kidney stones from building in the

plex vitamins and vitamin C to the diet.

kidneys.

Medicinal Use: *Lovage root and leaves are effec-*

Supports a Healthy Menstrual Cycle:

tively used in teas, decoctions, infusions, and tinctures. Women can take Lovage Tea a day or two before their Leaves and roots can be added to bath water and foot menstrual flow begins. It relieves cramping and bloat-soaks. All parts of the plant are medicinally active.

ing due to menstruation.

Soothes the Digestive Tract: *Lovage seeds are* ***Harvesting****: Harvest leaves before the plant flowers effective in treating digestive problems and relieving and use fresh or dry them for future use. Roots are har-intestinal gas. Simply chew the seeds for a quick rem-*

vested from plants that are 3 years old or older. Dig up

edy for digestive upsets, bloating, and gas.

the roots in au-

tumn or early

Skin Conditions and Inflammations, Der*-*

spring.

matitis, Acne, Psoriasis, Rashes: *I prefer lov-*

Recipes*.* ***Lov****-*

age root preparations for skin inflammations. The root

pieces can be added to bathwater for a long soak or ***age Tea****: You'll simmered in water to make a decoction for application need one tea-to the affected areas. Lovage Leaf Oil Extract is also ef-*

spoon of dried

fective for applications to infections, wounds, and lovage or 1 table-treating inflamed skin.

spoon of fresh

lovage leaves and

Reduces Inflammation and Irritation in *1 cup of boiling*

the Body: *Lovage is soothing throughout the body. water. Pour the It reduces irritation and inflammation that causes boiling*

water

over the lovage

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and cover it to keep it warm. Let the tea steep for 10 to Place fresh or dried lovage in a glass jar and cover with 15 minutes to absorb the medicinal qualities. Strain it, vodka. Seal the jar tightly and place it in a cool dark and drink warm several times daily.

place to brew. Allow the tincture to steep for 4 to 6

Lovage

weeks, shaking the jar daily. Strain. Label and store it

Tincture*: 1½ cups of chopped lovage root in a cool, dark place for up to 5 years.*

and leaves, 1 pint (500 ml) 80 proof vodka or brandy.

Lungwort (Common)

treating diarrhea and other digestive problems such as

stomach pain, bloating, and indigestion.

Plant,

Diuretic and Detoxify: *Lungwort is a mild diu-*

retic, and thus helps bloating and relieving the body of

Pulmonaria officinalis

excess fluids. This is also beneficial for helping remove

toxins from the body.

Common Lungwort is a beautiful little plant that grows

as a groundcover in partial shade on the forest floor, ***General Tonic for Health and Anti-Aging****: reaching about a foot in height. It has several different Lungwort is rich in antioxidants and other compounds names,*

including Bethlehem Sage, Jerusalem Cowslip, that are beneficial for health, slow down the aging pro-and Pulmonaire. Native to Europe it is easy to cultivate

in the garden. It is in the Borage Family. It is different

than Lungwort Lichen, also in this book. The leaves

look slightly like a diseased lung, giving it the name

lungwort and indicating its use in treating lung dis-

eases.

Identification*: The bright green leaves come to a*

point at one end. The leaf top is hairy and rough and

leaves are covered with whitish or gray spots. Small

bunches of flowers appear in spring. Each flower has 5

pinkish-blue or purple petals. Seeds ripen in late May

or June.

Edible Use*: The leaves of lungwort are edible both*

raw and cooked. They have a mucilaginous and hairy

texture that makes them less appealing when un-

cooked.

Medicinal

Use*:*

Bronchitis,

Asthma,

Whooping Cough: *Lungwort is effective in treat-*

Lungwort with flowers, TeunSpaans, CC by SA 3.0

ing breathing problems such as chronic bronchitis, cess, and protect the body from free radical damage. It asthma, and whopping cough. The leaves are soothing is also an excellent astringent.

and expectorant. Their mucilaginous properties make

them useful in treating sore throats. Lungwort relieves ***Wounds, Cuts, Hemorrhoids, and Skin*** *bronchial inflammations of the airways and helps the* ***Diseases:*** *Lungwort helps the skin heal from cuts body expel mucus. I like tea made from the leaves and and wounds and contributes to skin health. Apply it di-flowers for this purpose. A recipe for Lungwort Tea is rectly to the skin as a wash, compress, or poultice as below. Alternatively, grind the dried flowers and leaves needed for various skin conditions including burns, ec-into a powder to use in capsule form or use a Lungwort zema, rashes, boils and ulcers, and to reduce and heal Tincture.*

hemorrhoids. It is anti-inflammatory, anti-bacterial,

Diarrhea and Digestive Complaints

and astringent.

: The mu-

cilaginous properties make the leaves effective in ***Urinary Tract Infections, Cystitis, Kidney Problems:*** *Because of its diuretic properties and*

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antibacterial properties, Lungwort is beneficial in can cause a skin rash in some people. Do not use Lung-helping the body rid itself of excess fluids and aids the wort if you experience a rash or any adverse reaction.

kidneys and urinary tract in the process. It treats uri-

Recipes. ***Lungwort Tea****: 1 Tablespoon lungwort*

nary tract infections like cystitis (bladder infection),

and helps expel toxins from the body.

leaves and flowers, 1

cup boiling water,

Stops Bleeding: *Taken internally as a powder or Raw honey, as desired tea, lungwort is useful in reducing internal bleeding for sweetness. Pour and excess menstrual bleeding. It can be applied di-the boiling water over*

rectly to external wounds as a powder or whole leaf to the leaves and flowers bind a wound and stimulate clotting.

and allow it to steep

Ringworm:

for 15 minutes. Strain

A Lungwort Decoction applied several the tea and drink up

times a day directly onto the skin will help with ring-

to three cups daily.

worm.

Raw honey helps alle-

Harvesting*: Harvest the flowers and leaves in the viate the bitter flavor spring when the flowers first appear. Cut off the entire for some people.*

stem with leaves and flowers attached and tie them in ***Lungwort Decoction for Wounds****: 2 Table-bunches for hanging and drying.*

spoons chopped, dried lungwort leaves and 1 cup boil-

Warning*: Be cautious taking Lungwort if you are ing water. Make a strong tea, infusing the leaves in the pregnant or breastfeeding. The plant has no known boiling water for 20 minutes or until cool. Strain the side effects, but caution is always warranted. Lungwort decoction and use it to wash the skin and affected areas or apply it to a cloth and use as a compress.*

Mallow,

compressed disks or a cheese wheel, leading to the

nickname "cheese flower." Ripe seeds are about ¼

Malva sylvestris

inch (0.625 cm) in diameter and are brownish-green to

brown in color.

Mallow, also called high mallow, wood mallow, tree ***Edible Use:*** *All parts are edible raw or cooked and mallow, or cheeseweed, is a spreading herb that can be are mucilagenous. Leaves cook up much like okra.*

biennial. It is native to Europe and Asia but is natural-

Cooked mallow roots can be beaten and used like egg

ized throughout most of North America. This is a dif-

whites in a meringue.

ferent plant than Marshmallow, also in this book. It is

in the Malvaceae (Mallow) Family and looks similar to

Hibiscus.

Identification: *This plant grows from 3 to 10 feet*

(3m) high. Its branches are bare or covered with fine

soft hairs. They have palmately lobed leaves that are

dark green in color with long petioles. Leaves are 1 ½

to 2 inches (3.5 cm to 5 cm) across and are creased with

3 to 9 shallow lobes. Leaves on the stem are alternate.

The leaves have a course feel but release mucilage

when crushed. Purple-pink flowers bloom between

May and August. Flowers grow in axillary clusters of 2

to 4 and form

Medicinal Use: *Mallow roots, leaves, seeds, and*

along the main stem. They are about 2 inches (5 cm) in flowers are all used medicinally. The mucilage is very diameter with 5 dark, veined, notched petals. Flowers soothing and it is a good anti-inflammatory.

at the base of the stem open first. The fruit looks like

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Soothes Irritated Mucous Membranes: *Mal-*

for UTIs and

low Tea is helpful for cases of irritated mucous mem-

other infections.

branes. It soothes the lining of the respiratory tract and Mallow relieves other mucus membranes for symptom relief of colds, the swelling and

coughs, bronchitis, emphysema, and asthma. It is also irritation of the

anti-inflammatory.

urinary tract and

helps

promote

Burns, Bruising, Swelling and Other Topi-

healing.

cal Use: *Mallow soothes inflamed tissue and works*

well for burns, ***Teething:***

dermatitis,

and Mallow Root Tea

any type of swell-

is safe for use Nutlets or seeds, Qniemiec, CC by SA 3.0

ing. It can be with children and

added to a bath or is a good antidote for teething pain and inflammation.

used on the skin.

Rub the tea onto the gums as often as needed.

Anti-bacterial Nausea, Stomach and Digestive Upsets:

and Urinary *Mallow Leaf or Root Tea relieves nausea. It works well* ***Tract***

Infec-

for stomach flu, ulcers, and other stomach upsets,

tions: *Leaf and soothing inflammation and promoting normal bowel flower tincture is function.*

antibacterial ***Recipes: Mallow Root Tea****. 1 tablespoon of*

against Staphylo-

shredded or powdered mallow root, 1-pint (500 ml) of

coccus, Strepto-

water. Bring the root and water to a boil and simmer

coccus, and Enter-

for 5 to 10 minutes. Allow it to cool to drinking temper-

High Mallow, KENPEI, CC by SA 3.0

ococcus. Best ature and strain out the root. Drink 1 cup, warm or used in conjunction with stronger antibacterial herbs cold.

Marshmallow,

on both sides. The plant has many branchless stems

covered in soft white hairs. The stems have saw-

Althaea officinalis

toothed projections. The flowers are somewhat trum-

pet-shaped, about 2 to 3 inches (5 cm to 7.5 cm) across

The common marshmallow plant is grown commer-

and roughly 3 inches (7.5 cm) deep. The flowers pro-

cially for medicinal use, but it can be found in many duce seedpods that ripen in August to October, pop-places in the US growing wild. The roots were used to ping open to release small, flat black seeds.

make the original marshmallow candy, unlike today's

supermarket version, which are pure sugar. The plant

grows in cool, moist places such as the grassy banks of

lakes and streams and on the edges of marshes. I have

seen it growing wild in many eastern and mid-western

states. I grow it in my garden. It is in the Malvaceae

(Mallow) Family.

***Identification**: Marshmallow is a green perennial*

with large white flowers that bloom from July to Sep-

tember. The plants grow to be from 4 to 6 feet (1.2m to

1.8m) tall and form clumps about 2 1/2 feet (0.8m) in

diameter. The leaves vary in shape. Some are spear-

head-shaped while others have three or five lobes or

may be toothed. They are covered in a fine, velvety fuzz

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Edible Use: *The leaves, flowers, root, and seeds are* ***Skin Irritations, Inflammations, and*** *all edible. The roots contain a mucilage, which is sweet* ***Swellings:*** *For skin irritations, try an ointment or in flavor. Slice and boil the roots for 20 minutes, then cream prepared from marshmallow root and slippery remove from the liquid. Boil the remaining liquid again elm (see recipe below), or make a poultice from the with sugar to taste and whip to make old-fashioned dried and ground root of marshmallow. Simply add a marshmallow candies.*

little water to make a paste from the powdered root

and water, then apply it to the irritation. Both are equally effective, but the ointment seems to be easier to use and there is no need to worry about it falling off.

Skin Ulcers, Injuries, and Removing For-eign Objects: *Marshmallow Root and Slippery Elm Ointment is highly effective in healing skin injuries of all kinds. It also helps in the extraction and healing of foreign objects below the skin such as splinters, and particles imbedded in scrapes and cuts.*

Medicinal Use*: The roots, leaves, and flowers are used for medicinal treatments. They are especially val-uable for treating problems with the mucous mem-branes.*

Acid Indigestion*,* ***Peptic Ulcers, Leaky Gut, and Digestive Issues:*** *I use the root of the marsh-*

Marshmallow roots, by Victor M. Vicente Selvas, CCO

mallow plant to treat stomach problems caused by ex-cess stomach acid and for Leaky Gut. It is effective in ***Urinary Tract Infections and Cystitis:*** *Uri-neutralizing the acid and relieving symptoms. The root nary tract infections and cystitis respond well to a de-has a moderate laxative effect, which makes it useful in coction of Marshmallow*

root. It soothes irritated tis-treating intestinal problems such as colitis, ileitis, irri-

sues and relaxes them, which helps with the pain and

table bowel syndrome, and diverticulitis. I also use it allows the decoction to work on the infection.

as an ingredient in my Leaky Gut Blend as it forms a ***Recipes: Marshmallow Root and Slippery*** *protective layer around perforations in the gut.*

Elm Ointment: *Ingredients: 100 g finely ground*

Dry

Coughs,

Bronchitis,

Bronchial *marshmallow root, 50 g lanolin, 50 g beeswax, 300 g*

Asthma, Congestion, and Pleurisy: *Because soft paraffin wax, 100 g finely ground slippery elm marshmallow is so good at treating the membranes, it bark. Heat the marshmallow root, lanolin, beeswax, makes a good antidote for respiratory problems. It re-and paraffin together in a double boiler or in a slow*

lieves the swelling and irritation of the mucous mem-

oven using the lowest setting. When cool enough to

brane and calms the respiratory system. It is not an ex-

handle, but not yet set, stir in the slippery elm bark and

pectorant.

pour it into a suitable container.

Teething Pain: *Young children can be given a piece *You can also make this ointment without the slippery of peeled fresh roots to chew on. The chewing stick re-elm bark. However, the bark acts as a supplemental*

lieves teething pain and has a mildly sweet taste. medicine and as a preservative to help the ointment Watch closely and replace it before it gets so chewed keep longer.

that it could become a choking hazard.

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Meadow Rue,

Thalictrum occidentale

Meadow Rue, Thalictrum occidentale, is a perennial flowering plant. The herb is in the Ranunculaceae (Buttercup) Family. Despite its name meadow rue, Thalictrum is unrelated to the Rue Family, Rutaceae. Meadow rue is native to the western US, growing from Alaska and western Canada to California, Wyoming, and Colorado. It grows in moist and shady habitats such as meadows and forest understory.

Identification*: Meadow rue grows to about 3 feet*

(0.9m) tall. The leaves of this herb are green in color, Female Flowers, photo by nordique, CC by SA 2.0

bipinnately compound and alternate. Leaves are di-

Reducing Fevers: *Use a decoction from the roots*

vided into segments, often with three lobes, and grow or an infusion of the leaves to suppress fevers.

on long petioles. The inflorescence is an upright or

bent panicle of flowers, with male and female flowers ***Cleans and Purifies the Body:*** *Meadow rue is a growing on separate plants. The male flower is green-general tonic that purifies the blood and cleanses the*

ish white or purple, grows no petals, but instead has body.

numerous dangling purple stamens. The female flower

grows a cluster of up to 14 immature fruits with purple ***Sores, Skin Infections, Piles:*** *A poultice of styles.*

meadow rue can be used to heal sores and skin infec-

tions. Crush and mash the root and leaves with a small

Edible Use: *The only edible parts of meadow rue are amount of water for moisture. Apply the macerated the roots and young leaves. These roots have a bitter herb to the area and cover it with a clean cloth to hold flavor and are rarely eaten. Instead they are used as it in position.*

Kill Lice and Other Vermin: *Wash the hair and*

other body areas infected with lice, crabs, or other ver-

min with freshly made and warm Meadow Rue Decoc-

tion. Leave it on the skin for 30 minutes, then rinse it

well. It should totally eradicate the problem. Follow up

with a nit comb after killing lice.

Harvesting: *Meadow rue can be harvested year-*

round. Uproot the plant then pluck off the young leaves

and the roots. Wash the roots and the leaves and then

dry them in a well-shaded place away from direct sun-

light.

Meadow Rue Decoction: *You'll need 1-ounce*

meadow rue roots and 1-pint (500ml) water. Crush or

Meadow Rue, By Walter Siegmund, CC by SA 3.0

remedies to treat different ailments. Young leaves of chop finely 1 ounce of meadow rue roots. Boil the root meadow rue can be cooked and consumed as spinach.

for 15 minutes or more to release the medicinal quali-

ties into the water. Cool the decoction and strain it to

Medicinal Use: Urinary Problems. *A root de-*

remove the root fibers.

coction of meadow rue treats urinary problems.

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Milk Thistle,

Silybum marianum

Milk thistle is known by many names, including

blessed milk thistle, blessed thistle, cardus marianus,

Mary thistle, Saint Mary's thistle, variegated thistle,

Mediterranean milk thistle, and Scotch thistle. It

grows in many places in North America and through-

out the world. It prefers a warmer climate. It is in the

Asteraceae /Compositae (Aster/Daisy) Family.

Identification: *Milk thistle is an annual or biennial*

plant and grows from 2 to 6 feet (0.6 to 1.8meters) tall.

Photo by Fir0002/Flagstaffotos, GNU FDL 1.2,

The shiny green leaves are oblong or lance-like and can regeneration in hepatitis, cirrhosis, fatty liver syn-be either lobed or pinnate with distinctive white mar-

drome, and jaundice.

bling. They are hairless with spiny margins and white

veins. The stem is grooved and hollow in larger plants. ***Prevents Gallstones and Kidney Stones:*** *Reddish-purple flowers appear from June to August. Milk thistle seeds support the endocrine and gastroin-They are 1 to 5 inches (2.5 cm to 12.5 cm) across.*

testinal systems and helps clean the blood. It works

closely with the liver and other digestive organs to pu-

Edible Use: *Eat milk thistle roots raw, boiled, par-*

rify the body and reduce the risk of gallstones and kid-

boiled, or roasted. The young shoots are harvested in ney stones.

the spring and boiled like spinach. Some people peel

the bitter stems and soak them overnight before cook-

Helps Lower High Cholesterol: *Milk thistle is*

ing them. Best to trim the leaves and stems to remove a powerful anti-inflammatory with heart-healthy ben-the spines before cooking or eating. You can eat the efits, including lowering high cholesterol by cleaning spiny bracts on the flower-head like a globe artichoke. the blood, decreasing inflammation, and preventing Boil or steam them until tender. Milk Thistle is high

oxidative stress damage within the arteries. Milk this-

in potassium nitrate and is not suitable

tle is effective in lowering total cholesterol, LDL

for cattle or sheep.

cholesterol, and triglyceride levels in people with

diabetes and heart disease.

Medicinal Use: *Both the*

leaves and the seeds are used

Prevent or Control Diabe-

medicinally. The seeds can be

tes: *Milk thistle helps control the*

eaten raw, and both the leaves

blood sugar and decreases blood

and seeds can be used as a tinc-

sugar levels in insulin-resistant pa-

ture, extract, or tea. You can

tients. For best results, use it regularly.

grind the milk thistle seeds

The improved blood sugar control is due

into a powder and put it into cap-

to the improved health of the liver and its

sules for people who find the flavor disagreeable or function in releasing insulin and other hormones into need an easy way to take it. I make a tincture of milk the bloodstream.

thistle seeds and dandelion root for the liver. Si-

Antidote for the Ingestion of Poisonous

lymarin, the most actively medicinal compound in ***Mushrooms:*** *Milk thistle seed's ability to protect milk thistle, is only found in the seeds.*

the liver is so strong that it is even able to treat people

Supports and Detoxifies the Liver: *Milk this-*

poisoned by Amanita mushrooms, which destroy the

tle seeds are excellent at decreasing or even reversing liver. In fact, it is often the only treatment option for liver damage caused by disease, environmental pollu-these patients and is given intravenously. Always be

tions, chemotherapy, poisons, and drug or alcohol careful when harvesting and eating mushrooms. If you abuse. Milk thistle dramatically improves liver believe you've ingested poisonous mushrooms, seek medical help immediately.

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Estrogen-Like Effects: *Milk thistle leaves have* ***Recipes. Milk Thistle Tea:*** *Crush or grind 1 tea-some estrogen-like effects that stimulate menstruation spoon of milk thistle seeds. Add one cup of boiling wa-and increase the flow of milk in breast-feeding moth-*

ter and allow the tea to steep until lukewarm.

ers.

Milk Thistle Extract: *Take 3/4 cup milk thistle*

Cancer Treatment: *Milk thistle seeds are some-*

seeds, 1 cup vodka or other alcohol, 80 proof or higher.

times used as a treatment for prostate, liver, and skin Grind, crush or

cancer, as silymarin has anticarcinogenic effects and blend ¾ cups protects the liver and kidneys during chemotherapy.

of milk thistle

Acne:

seeds. Place the

Milk thistle is high in anti-oxidants, anti-in-

crushed seeds

flammatories, and flavonoids that reduce the inflam-

into a sterile

mation of acne.

pint-sized

Harvesting: *Always wear protective clothing and (500ml)*

jar

heavy gloves when harvesting milk thistle, as it is very with a tight-fit-

irritating to the skin. Cut off young flower heads with ting lid. Pour 1

scissors and young leaves from the stalk. Harvest milk cup of vodka

thistle seeds by cutting off the seed-heads and placing over the seed,

them in a paper bag in a cool, dry spot. After the seeds more if needed

dry, remove them from the seed head, one at a time, to cover the

and brush away the debris. The cleaned seeds store seeds. Stir well to mix the ingredients. Cap the jar best in a container with a tight lid.

tightly and place it in a cool, dark place for 6 to 8 weeks,

shaking the jar daily. Add more alcohol, if needed, to

Warning: *Pregnant women should not use milk this-*

keep the seeds covered with liquid. Strain the mixture

tle. Women with estrogen-related conditions such as and reserve the liquid. Discard the seed. Store your ex-endometriosis, fibroids, and cancers of the ovaries, tract tightly covered in a cool, dark place.

breast, or uterus should not use milk thistle. Do not use

milk thistle if you are allergic to the Asteraceae/Com-

To Use Milk Thistle Extract: *This is a highly*

positae plant family.

concentrated extract. Use three drops of Milk Thistle

Extract up to three times daily. If this dosage is well

tolerated, you can gradually increase the dose.

Mormon Tea,

Ephedra nevadensis

Ephedra nevadensis belongs to the Ephedraceae Fam-

ily. It is also known as Mormon Tea, Brigham Tea, De-

sert Tea and Nevada Ephedra. This herb is said to have

gotten its name, Mormon tea, because of its use as a

caffeine-free beverage by the Mormons. It is native to

dry areas of southwestern North America and Central

Mexico.

Identification: *This desert shrub has jointed or*

Andrey Zharkikh W ikipedia Commons, cc. 2.0

fluted stems and scale-like leaves. Leaf scales of Mor-

paired. This plant occurs naturally on flats and slopes mon tea are in twos, 1 to 2 inches (2.5 cm to 5 cm) long, in all the creosote bush deserts at mostly 1,000 to with sheathing to about the middle. The inflorescence 4,000 feet (1219 meters) in elevation and sometimes it of this plant is cone-like. The ovulate spikes of Mormon is found in desert grasslands up to 5,000 feet (1524

tea are distinctly stalked, and the seeds are usually meters). The characteristic species that grow with this plant are Joshua tree, white bursage, black-brush,

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catclaw, burro-bush, black grama, bush muhly, and de-

Heart Stimulant (Caution): *Members of the*

sert needle-grass.

ephedra family are known to contain ephedrine, which

stimulates the heart and central nervous system. How-

ever, Ephedra nevadensis has little to none of the stim-

ulant effects of ephedrine. However, drug potency var-

ies from plant to plant, use it with care and do not use

it on people with known arrhythmias or other prob-

lems where ephedrine is contraindicated.

Sores and Skin Infections: *A poultice made*

from the powdered stems can be applied to sores for

effective treatment.

Warning: *Pregnant women and breastfeeding*

mothers should never use Mormon Tea.

Harvesting: *Harvest the seeds of this plant by hand*

Ripe Female cones with seeds. Photo by Le.Loup.Gris, CC by SA 3.0

from native stands. On good years abundant collec-

Edible Use: *Both the fruit and seeds are edible. The tions of ephedra seeds can be obtained by flailing the fruit is sweet with a mild flavor, while the seed has a fruiting branches over an open tray. Its stems can be bitter taste and can be used cooked. It is sometimes harvested at any time of the year - dry them for future roasted and ground to make bread. However, this plant use.*

is famous for its tea. Steep the green or dried twigs in

boiling water until the tea turns an amber or pink ***Recipes:*** *Mormon Tea Infusion. Break the stems into color.*

small pieces and wash them well. Add them to water

and bring to a boil. Reduce the heat and simmer the

Medicinal Use: *Mormon tea foliage is considered twigs for 10 to 15 minutes. Once cooled, strain the liq-toxic but is used for medicinal purposes.*

It is a blood uid.

purifier, diuretic, fever-reducer, poultice, and tonic.

Mormon Tea: *To make Mormon Tea, follow the in-*

Urogenital Complaints: *Use the stems for uro-*

structions for Mormon Tea Infusion, then dilute the in-

genital complaints including kidney problems, gonor-

fusion with water until it is the strength you like. I di-

rhea, and syphilis, if caught in its early stages.

lute it to the color of tea. You can sweeten it with raw

Asthma and Respiratory Problems*: Mormon honey, if desired.*

tea and other members of the ephedra family are valu-

Mormon Tea Powder: *Dry and powder the*

able for the treatment of asthma and respiratory sys-

branches and twigs of the Mormon Tea Shrub. Moisten

tem complaints. It does not cure asthma, but it opens the powder to make a paste and use to make a poultice the airways and relieves the symptoms of an attack. It for sores and burns.

is also useful for allergies and hay fever.

Motherwort,

more wide. Motherwort leaves vary in size and shape

along the stem. They are dark green on top and pale

Leonurus cardiaca

below. Lower leaves are deeply lobed with large teeth

and can resemble maple or oak leaves.

Motherwort is a perennial member of the mint family They can reach five inches long and wide, and are that is often found at the edges of woodlands and in hairy. Moving up the plant, the leaves become smaller disturbed soils. It is widely distributed throughout with smaller lobes and teeth. At the top of the plant, North America and Europe and is sometimes consid-leaves are usually small, narrow, and unlobed.

ered invasive.

The stems are square, hairy, and branch only at the up-

Identification: *Motherwort is an upright bush that per part of the plant.*

can grow to 6 1/2 feet tall (2m) and 3 feet (0.9m) or

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Hairy pale pink to lav-

uterus when menstruation is scant or to relieve cramps

ender flowers grow in associated with delayed menstruation and PMS.

whorls alternating up ***ADHD:*** *Motherwort, along with Lemon Balm, Vale-*
the stem at the leaf

nodes on the upper rian, and Wild Oats, (Avena sativa), is often used to part of the plant. They help people with ADHD.

bloom June through ***Anxiety and Depression:*** *Motherwort is believed early September. The to have a calming effect on the central nervous system calyx remains on the and reduces stress, anxiety, worry, and panic attacks.*

plant through the win-

It lifts the mood and reduces depression. For best re-

ter, becoming brown sults in reducing anxiety and depression, use motherand stiff when dry. In-

wort regularly.

side the lobes are 4

nutlets.

Hyperthyroidism: *Motherwort relieves many of*

the symptoms of an over-active thyroid (hyperthyroid-

Edible Use: *The ism). It regulates the metabolism, the nervous system, flowers are edible and is and relieves heart palpitations and anxiety caused by Photo by D. Gordon, Own Work, CC*

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used as a flavoring in an over-active thyroid. It also helps increase the appe-
pea soups, beer, or for tite and improves the overall thyroid health.

making tea. The flavor is very bitter, so the leaves are

rarely eaten.

Insomnia and Sleep Problems: *The calming*

effects of motherwort help improve sleep problems

Medicinal Use: *Motherwort is best known for its such as insomnia and restlessness.*

benefits to the heart and for treating women's com-

plaints. The leaves and flowers are the parts of the ***Warning:*** *Pregnant women should use the herb un-plant usually used for medicine.*

der the supervision

of a medical profes-

Heart Health: *Motherwort has a reputation for sional. It can expe-treating a wide variety of heart conditions. It is used to dite labor and in-prevent calcification of the arteries, treating high cho-*

crease contractions.

lesterol, hypertension, and other heart conditions.

Consult a medical

Motherwort regulates the heart rate, treating rapid professional before heartbeats and improves blood circulation in the body. taking the herb is ***Prevents Strokes:*** *This herb reduces the risk of you are taking heart blood clots forming in the body, thereby reducing the medications or have*

risk of strokes from blood clots.

heart problems.

Add the dried leaves

Women's Health Issues (Birth, Delayed *to boiling water and*

Menstruation, PMS): *Expectant mothers use allow it to steep for motherwort to reduce stress and tension at delivery 10 minutes. Strain time (do not take while pregnant). During delivery, it and enjoy. Sweeten strengthens uterine contractions. It is believed that the tea with honey motherwort can also help the uterus recover after or lemon if desired birth.*

to improve the fla-

The herb is also effective at treating menstrual issues vor.

and regulating female hormones. It is an emmena-

Recipes. Motherwort Tea: *1 teaspoon of dried*

gogue (stimulates menstrual flow) and thus helps with leaves, 1 cup of boiling water.

delayed menstruation. Herbalists use it to tone the

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Motherwort Tincture:

Cap the jar tightly and store it in a cool, dark place.

Motherwort leaves, Shake the jar once a day for six weeks. Check the alco-
stems, and flowers, roughly chopped, 80 proof vodka hol levels regularly and
add more alcohol as necessary or similar drinking alcohol.

to keep the jar full. Strain out the herbs and store the

Glass jar, Sterilize a glass jar and tight-fitting lid. Fill tincture in a sterile
jar in a cool, dark place.

the jar with chopped leaves, stems, and flowers to

about 1/2 full. Fill the jar to within 1/4 (0.6cm) inch of

the top, completely covering the herbs.

Mullein,

Edible Use: *The leaves and flowers are edible, alt-*

hough most people prefer them as a tea.

Verbascum thapsus

Mullein belongs to the Scrophulariaceae (Fig-

wort/Snapdragon) family. It is most commonly known

as great mullein or common mullein. Its other names

include Flannel Plant, Aaron's rod, Hag Taper,

Torches, and Velvet Plant.

Mullein is a widely distributed plant in North America

and is exceedingly abundant as a naturalized weed in

the eastern States. It grows in meadows, by roadsides,

and on waste ground, especially on gravel, sand or

chalky soil. This plant grows in a vast range of habitats

but prefers disturbed ground.

Mullein is widely used for herbal remedies, with well-

established emollient and astringent properties. This

plant has also been used to make dyes and torches and

is a lovely bush toilet paper.

***Identification**: Mullein is a velvety, soft, biennial*

plant. When in its second year, Mullein has an erect tall

flowering spike that can reach nearly 8 feet (2.4 me-

ters) in height. Its basal rosette, tall flowering stem,

and velvety leaves make it easily recognizable.

Each mullein flower is about 3/4 inch (1.875 cm) ***Medicinal Use:*** *The leaves and the flowers of mul-across and consists of five pale petals, 5 hairy-green lein are anti-inflammatory, antiseptic, antispasmodic, sepals, five stamens, and one pistil. In its first growth astringent, demulcent, diuretic, emollient, expecto-year, mullein leaves form a basal rosette. They have, rant, anodyne (pain-killing) and vulnerary (wound-very large, long, oval velvety, gray-green leaves that healing). I make an effective bronchitis tincture using can grow up to 20 inches (50 cm) in length. In their Mullein, Lungwort Lichen and Yerba Santa for both second year, they send up a single tall flowering spike symptomatic treatment and as a curative.*

with alternately arranged leaves.

Bronchitis, Emphysema, Laryngitis, Tra-

This plant produces small, ovoid capsules approxi-

cheitis, Asthma, and Tuberculosis: *Mullein is*

mately 1/4 inch (0.625 cm) in length that contain many a commonly used herbal remedy. I value it for its effi-minute, brown seeds that are less than 0.04 inches (0.1 cacy in the treatment of chest complaints such as bron-cm) in size.

chitis, tuberculosis, and asthma. It reduces the

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formation of mucus and stimulates the expulsion of prevent infection and speed healing. I often pair St.

phlegm. It is a John's Wort with mullein for sunburns.

specific

treat-

Warts: *Powdered mullein roots rubbed onto warts*

ment for trachei-

tis and bronchi-

helps to kill the virus to the roots and remove the wart.

tis. For emphy-

Rub it in several times a day until the wart is com-

sema, try mul-

pletely gone and the skin is healed. The juice of the

plant can also be used.

lein

infusion

with some colts-

Cramps and Muscle Spasms: *For cramping and*

foot. The mix-

muscle spasms, try an internal Mullein Infusion. For

ture of herbs acts muscle spasms, Mullein Infused Oil can also be rubbed

well as an expectorant for emphysema patients and into the affected muscle.

helps them breathe easier. It also relieves the coughing

spasms and wheezing. People improve with long term ***Gastrointestinal Issues:*** *Mullein Infusion made use.*

from the roots is very good for getting rid of intestinal

worms and other gastrointestinal issues.

For asthma, mullein can also be inhaled. Mullein can

be rolled into a rolling paper and smoked or, for chil-

Harvesting: *Mullein*

dren, the leaves can be burned and the smoke inhaled leaves are best harvested so as not to introduce them to smoking.

during the second year

when the plant is grow-

Skin Wounds, Snake Bite, Ulcers, Tumors, *ing a stalk. Harvest when*

and Hemorrhoids: *Externally, use a poultice pre-*

the flowers are in bloom,

pared from mullein leaves to heal wounds, ulcers, tu-

usually between July and

mors, and hemorrhoids. Mash the leaves, apply them September. The flowers directly to the skin, and cover them with a clean cloth. can be used either fresh Mullein Infused Oil (recipe below) also works well on or dried, although I pre-hemorrhoids. Mullein in a poultice form is drawing fer using them fresh and may help draw out snake bite toxins if Plantain when I can. To dry, bun-

(Plantago) is not available – I would couple it with in-

dle the leaves and hang

ternal use. It also works to draw out splinters and the them upside-down to Mullein Flowers, Forest & Kim

like.

dry.

Starr, CC by 3.0

Earaches and Ear Infections: *I use an infusion* ***Warning****: Do not use mullein if you are pregnant or prepared from its flowers infused in olive oil as earache breast feeding. In some people, it can cause skin irrita-drops. The flowers are strongly bactericidal. I usually tions, stomach pain, and breathing difficulties. These mix mullein with garlic and yarrow infused in olive oil are allergic reactions, so discontinue use if these symp-for ear infections. I put a few drops into the ear canal toms occur.*

with a dropper and plug the ear with a cotton plug. I

prefer to treat both ears, even if only one is affected, ***Recipes****.* ***Mullein Infusion.*** *Ingredients: 1/2 tea-since the sinuses are connected. Do not use mullein (or spoon powdered mullein root, and 1 cup water. Bring any other oil in the ears) for punctured eardrums.*

the water and powdered mullein root to a boil and re-

duce the heat to a simmer. Simmer for 10 minutes.

Sunburn, and Inflammatory Skin Condi-

tions:

Mullein Infused Oil: *Take 2 cups sweet almond*

Mullein is anti-inflammatory, which helps it to oil or organic olive oil and 1 1/2 cups of mullein flow-calm inflammatory skin conditions, especially those

of ers, fresh or dried. Place 1 ½ cups of mullein flowers the mucus membranes. For this purpose, I use a few into a pint (500ml) jar with a tight-fitting lid. Pour the drops of Mullein Infused Oil applied directly to the af-oil over the flowers and allow them to infuse for 3-4

fected area. The oil also is anti-bacterial which helps weeks. Filter the oil and store it in a dark bottle in a cool, dry place.

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Oregano,

Yeast and Other Fungal Infections: *Oregano*

oil is a powerful antibacterial, antiviral, and antifungal.

Origanum vulgare

It is also an anti-inflammatory, which helps in healing.

It inhibits the growth of Candida, the yeast that

There are many different varieties of ore-

most often causes yeast infections. Car-

gano; all are medicinal but vary in the

vacrol and thymol are the main compo-

amounts of beneficial compounds.

nents that treat yeast infections and pre-

The most potent oregano is said to

venting them from spreading.

come from Greece and I find that

Use Oregano Tea or Tincture

plants grown in the summer heat

once or twice daily to treat in-

seem to be more potent. It is in the

ternal yeast infections and for

Lamiaceae (Mint) Family.

external use, use a tea wash or

Identification

use well-diluted oregano oil.

: You'll find oregano

The diluted essential oil is effective

growing in most herb gardens and you

against toenail fungus, athlete's foot,

may already use it in cooking.

other fungal infections, and ringworm.

If you are unfamiliar with it, look

Skin Problems:

for bright-green, opposite oval

Oregano contains an-

leaves that are slightly hairy. It is a

tioxidants and anti-inflammatories that are

sprawling perennial plant that, like

beneficial to healing, reduce the signs of aging,

its relative mint, can take over an area.

heal blemishes, and reduce the appearance of

The plant grows close to the ground,

scars. They neutralize the free radicals in the

reaching 8 to 32 inches (80 cm) tall. Each

skin that cause wrinkles and age spots and they

leaf is 1/2 to 1 1/2 inches long. The flowers

improve skin elasticity.

are purple and tiny, growing on erect spikes

***Cancer**: In addition to the beneficial anti-in-*

above the leaves.

flammatory benefits and immune boosting effects

***Edible Use:** Oregano is used as a culinary herb*

of oregano for fighting cancer, the carvacrol in ore-

to flavor many types of foods, especially in Mediterra-

gano has antitumor properties that slow the growth

nean dishes.

and reproduction of cancer cells and promotes cancer

cell death.

***Medicinal Use:** For medicinal use, oregano can be **Heart Healthy:** used as an herb in food, used as a tea, as a tincture, or*

Oregano Tea contains omega-3

as an essential oil. The essential oil is very concen-

fatty acids and helps improve cholesterol levels. It is

trated and should be diluted in a carrier oil before use. also beneficial for the heart in other ways, helping pre-It is antiviral, antibacterial, and antifungal. Oregano is vent atherosclerosis, heart attacks, and stroke.

*used internally to treat infections and externally to **Stimulates Metabolism and Weight Loss:** treat skin problems and fungal infections.*

Oregano stimulates the metabolism causing the body

Boosts the Immune System and Antiviral: *to burn more calories. It can increase energy levels in Oregano contains a wide range of antioxidants, anti-some people and can help you lose weight.*

inflammatory, and anti-infectious properties that help ***Prevent Illness or Speed Recovery:*** *When the immune system heal the body faster. It contains household members are sick, I often use Oregano Tea vitamins A and C, as well as other compounds that are or Oil of Oregano to prevent the spread of the illness beneficial in boosting the immune system.*

and to speed recovery of those who are ill. Best to use

It helps relieve stresses on the body and stimulates the at the first sign of illness.

immune system to produce white blood cells, which ***Bronchial Infections, Asthma, and Coughs:*** *defend the body against bacteria, viruses, fungi, and Add oregano oil to water and create a facial steam for cancerous cells.*

loosening congestion and treating bronchial

infections, asthma, and coughing. It relieves the in-

**To use as a wash, leave the tea unsweetened and allow*

flammation in the airways.

it to cool before using it.

Harvesting: *You can usually find a starter plant at* ***Oil of Oregano.*** *The essential oil of oregano can be your local garden store. Harvest the leaves and stems made by steam extraction. If you have the equipment before the plant blooms for best flavor. It is still potent for a steam extraction, it makes a stronger oil that must after blooming, but the flavor is more bitter.*

be diluted before use. See page 37 for instructions. The

Warning: Do not take Oil of Oregano when pregnant. method below is easier, but it produces an oil that is It is concentrated and has not been proven safe for less potent; no dilution is needed.

pregnancy.

Oil of Oregano Infusion. *Fresh oregano leaves*

Recipes. Oregano Tea. *I prefer to use fresh ore-*

and stems. Carrier oil such as organic olive oil, grape-

gano leaves to make tea, though dried leaves can also seed oil, jojoba oil, or any other suitable oil. Gather sev-be used. Dried leaves will lose the valuable oils and nu-

eral large handfuls of fresh oregano. Wash and air-dry.

trients over time, so make sure your supply is fresh.

Chop the sprigs and leaves, bruising them to release

the oils. Place the oregano into a clean glass jar,

You need: 1 Tablespoon fresh oregano leaves or 1 tea-

packed, but not overflowing. Heat the carrier oil on a

spoon dried, 1 cup boiling water, raw honey or maple very low heat and pour it over the oregano. Stir the oil syrup to taste.

gently to coat the oregano and release any air bubbles.

Crush or bruise the oregano leaves in the bottom of a Cover the oil lightly (not sealed) and allow it to cool cup or mug. Pour 1 cup of boiling water over the leaves completely. Allow to steep for 1 week. Warm the oil and

cover the cup to hold in the heat. Allow the tea to again to release any moisture. Strain the oil, cover it steep for 5 to 10 minutes. Add honey or maple syrup to tightly, and store it in a cool, dark place.

sweeten the tea and make it palatable.

Oxeye Daisy,

Leucanthemum vulgare

Also known as dog daisy, oxeye daisy is in the

Daisy/Aster Family. It is often found in disturbed ar-

eas, fields, and roadsides throughout temperate North

America, Europe, and Asia. It is an introduced species

to North America.

Identification: *Oxeye daisy is easily recognized by*

its white ray flowers with yellow center florets. Each

erect plant grows 1 to 3 feet (0.3m to 0.9m) tall from

well-developed shallow rhizomes. You'll often find

them in groupings, spread by the reach of its rhizome use them sparingly. The pungent flavor increases with underground. The leaves are long, lobed, irregular, al-age, so older leaves are best cooked, changing the wa-

ternate, and coarsely toothed. Leaves become progres-

ter during cooking. They are good added to soups and

sively smaller as you go up the stem. Each stem holds stews. The roots can be eaten raw and are best in the one flower that blooms From May to October. It is of-spring.

ten confused with Shasta Daisy (also edible), which is ***Medicinal Use:*** *The entire aerial part is medicinally much taller.*

active, but the flowers are most potent. The plant acts

Edible Use: *The leaves, young shoots, flowers, and as an anti-inflammatory, antispasmodic, diuretic, and roots are edible. Young shoots and leaves are good tonic. It induces sweating, relieves coughs, and heals chopped and added to salads. The flavor is strong, so I wounds.*

Wounds, Bruises, Rashes, Fungal Infec-

tions, and Other Skin Diseases: *Oxeye daisy*

acts to soothe inflammation and irritations of the skin

and is a good ingredient for lotions and salves. Used on

the skin, it helps heal cuts, scrapes, bruises, insect bites

and stings, and fungal infections. The tea or decoction

can be used as a wash.

Eye Infections, Conjunctivitis: *Boil the flowers*

in distilled water and strain through a fine mesh or cof-

fee filter. Cool and use the sterile wash as an eye drop

in the treatment of eye infections.

Detoxing, Diuretic Properties: *Oxeye daisy is*

Chest Congestion and Coughing: *Oxeye daisy a mild diuretic and promotes sweating. It helps the is effective in relieving the coughing spasms of whoop-body remove toxins through the urine and skin.*

ing cough and colds, and helping relieve congestion ***Insecticide and Flea Control:*** *Dried flower and mucous in the lungs. Try Oxeye Flower Tea or heads, pounded or ground into a powder, are useful as Tincture for this purpose.*

a flea powder and as an insecticide.

Asthma: *Oxeye daisy is an antispasmodic and helps* ***Harvesting:*** *Harvest the leaves, flowers, and stems relieve spasms in the airway, helping people with while the plant is in bloom. Dry for future use.*

asthma breathe easier.

Recipes. Oxeye Daisy Flower Tea: *Boil oxeye*

Tonic*: Oxeye daisy is a mild tonic for the body, sooth-*

daisy flowers, leaves, and stalks together, reduce heat

ing irritation and inflammation in the body.

and steep for 5 to 10 minutes. Strain and flavor with

raw honey.

Peppermint,

Mentha piperita

Peppermint is also called balm mint, curled mint, and

lamb mint. The plant is easily recognized by its classic

scent and flavor. Peppermint likes moist, rich soil and

spreads quickly. It is indigenous to Europe but can be

found worldwide. It is in the Lamiaceae (Mint) Family.

Identification: *Peppermint is a perennial plant*

that grows from 1 to 3 feet (0.3m to 0,9m) tall. It has

smooth, square stems and dark green opposite leaves

Peppermint, Aleksa Lukic - Own work, CC by 3.0

with reddish veins.

***Edible Use**: Peppermint is edible and often used as*

The leaves are 1 to 3 inches (2.5 cm to 7.5 cm) long and a tea.

about half as wide. Leaves have coarsely toothed mar-

gins, a pointed tip, and are covered in short hairs. Pur-

***Medicinal Use**: **Gastroenteritis, Indiges**-*

*ple flowers bloom from mid to late summer and are **tion, Flatulence, Stomach, Intestinal, and** about 1/4 inch (0.6 cm) in length.*

***Liver Problems:** Peppermint leaves and tea are*

The flowers do not produce viable seeds and the plant well known as a treatment for indigestion, excess gas, spreads by underground roots and rooting stems.

nausea, and other stomach upsets.

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Peppermint oil stimulates the flow of bile in the body component, and it works to bring an increased blood and aids digestion. It is useful for treating problems of supply to the skin to speed up healing.

the stomach, intestines, and liver. Peppermint oil also

contains anti-bacterial and anti-viral components that

treat the causes of gastroenteritis while also calming

the symptoms.

Menstrual Cramping: *Peppermint oil relaxes*

uterine muscle spasms and relieves menstrual cramp-

ing. Women with menstrual cramping can drink pep-

permint tea or take peppermint oil. The oil is very

strong, so only a drop or two is needed.

Appetite Suppression and Stimulation: *Pep-*

permint temporarily inhibits hunger, but when the ef-

fect wears off the feeling of hunger returns more pow-

erfully. It can be used as an appetite stimulate in this

Peppermint Flowers, Sten Porse, CC by SA 3.0

way, just be aware that it takes time to work. Good for ***Arthritis, Gout, Neuralgia, Sciatica:*** *These children who are failing to thrive due to a lack of appe-same numbing qualities make it an effective treatment*

tite.

for muscle aches, joint pain, and nerve pain coming

Headaches and Migraines: *The oil also relieves from near the surface. Massage the area with Infused the spasms that cause some types of headaches. For Peppermint Oil (recipe below) to relieve the pain. It this purpose, use a drop of distilled peppermint oil does not treat the underlying causes, but it gives quick mixed into a tablespoon of a carrier oil like organic ol-relief from the pain.*

ive oil. Rub the oil onto the forehead or on the scalp ***Recipes****.* ***Peppermint Tea****: 1 teaspoon pepper-over the affected area to relieve the headache. You may mint leaves, 1 cup boiling water. Pour the boiling water also use a peppermint oil infusion, though the distilled over the peppermint leaves and allow the tea to steep oil is stronger.*

for 10 to 15 minutes. Strain and drink.

Diarrhea, Spastic Colon, Irritable Bowel Infused (Extracted) Peppermint Oil*: 3/4 cup* ***Syndrome, and Crohn's Disease:*** *Peppermint dried peppermint leaves, 1 cup organic olive oil. Com-calms the stomach and intestinal tract, relaxes the bine the peppermint leaves and organic olive oil in a muscles, and soothes the mucous membranes. It helps glass jar with a tight-fitting lid. Shake daily. Allow the treat diarrhea, spastic colon, and irritable bowel syn-oil and peppermint to steep in a dark cupboard for 4 to*

drome by alleviating the spasms of the intestines and 6 weeks. Strain out the peppermint leaves and store the colon.

oil in a cool dark place for up to 1 year. Use as a topical

Itchy Skin*: Peppermint oil slightly numbs the skin relief for headaches, muscle cramps, or as a massage surface to relieve pain from insect stings, itchy skin, oil for muscle pain.*

and mild skin irritations. It also has an anti-bacterial

Plantain,

Identification: *The distinctive leaves have a ruffled*

texture. The leaves are oval or almost round and have

Plantago major

a chunky footstalk. The leaves grow in a rosette at the

base of the plant. Each leaf is 2 to 8 inches (5 cm to 20

Plantago major is a small perennial, often called a cm) long. It has a wavy or smooth margin and five to weed, and is not the banana-like fruit called plantain nine parallel elastic veins. When you break the leaf in found in the grocery store. It is found growing wild in half and pull these elastic-like veins can easily be seen.

gardens, lawns, backyards, and along paths. It is in the The greenish-white flowers have purple stamens and Plantaginaceae Family.

grow on densely packed stems to a height of 6 to 18

inches (15 cm to 45 cm). The flowers are tiny and

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mostly eclipsed by the greenish-brown sepals and ***Snake Bite:***

bracts. The flowering stalks rise high above the foliage. For snakebite,

The plants produce many tiny, bitter-tasting seeds. use

plantain

Plantago lanceolata, narrow-leafed plantain, can be both internally used like P. major.

and externally.

Edible Use: *The leaves and seeds are edible. I enjoy Apply a poulthe leaves in a salad and gather them while they are tice of fresh still very young and tender and I love to strip the seeds plantain leaves and pop them in my mouth. As they age, they become directly to the*

tough and fibrous, but they can be cooked in soups and bite to draw out Plantain leaf and flower stalk, By Rasbak -

Own work, CC BY-SA 3.0

stews. The seeds are sometimes ground into a flour ex-

the venom and

tender or substitute, but they are so tiny that it takes a take 2 tablespoons of freshly pressed plantain juice or lot of time and energy to gather enough to make it 1 teaspoon of Plantain Tincture. The tincture can also worthwhile.

be used as a poultice if fresh leaves are not readily

available. For snakebite, much depends on the kind of

Medicinal Use: *The plantain herb has many medic-*

snake and the quick administration of remedies.

inal qualities. It is anti-inflammatory, analgesic, anti-

Cystitis, Diarrhea, Respiratory Tract Infec-

oxidant, demulcent, diuretic, expectorant, hepatopro-

tective, immune modulating, and a weak antibiotic.

tions, Ulcers, and Colitis: *The juice of common*

plantain leaves is beneficial for calming inflammation

Healing Wounds, Sores, Insect Bites, and *of the mucous membranes, including the membranes* ***Rashes:*** *A poultice made from crushed plantain of the respiratory tract, digestive tract, and urinary leaves is a good choice to promote healing in minor tract.*

wounds, sores, and insect bites or stings. It will ward ***Plantain for Autoimmune Diseases and*** *off infection, help stop bleeding, and reduce inflammation, taking away* ***Leaky Gut:*** *For autoimmune conditions and other*

the sting or itch. chronic diseases, try drinking Plantain Tea twice daily A spit poultice is or take it in tincture form. The benefits build up over easily

made time. Just like Plantain works on your skin it also pro-

when you are vides healing inside your gut. For Leaky Gut eat fresh

bitten. Plantain leaves and drink it juiced or as a tea daily. Tincture is has an excellent also effective but supplementing with fresh plantain or drawing effect, tea helps the plantain reach the gut lining for direct and can remove healing.

venom

or

a ***Toothache:*** *The direct application of plantain on a*

stinger. My kids toothache or dental infection is very effective in reliev-know that if they ing swelling, infection, and pain. I like to combine it

get bitten or with the application of clove oil. Both can be soaked on

stung to chew cotton and packed into the infected area. Dried leaves

some

plantain can be used if fresh are not available.

and apply it for

almost immedi-

Sore Throats and Swelling of the Gums: *Add*

ate relief. If a a tablespoon of pressed plantain juice to a half cup of wound is infected, I combine plantain with an herb water and use as a gargle at the first sign of a sore with more antibiotic action such as yarrow. To make a throat. It also reduces the inflammation in gum tissue.

poultice, crush, chew, or bruise fresh plantain leaves ***Constipation, Intestinal Worms and In-and apply them directly to the affected skin. Cover the flammatory Bowel Disease: Plantain seeds are leaves with a gauze wrapping to hold it in place. excellent at relieving constipation and intestinal Change the poultice as needed.***

worms because of the fiber and mucilage released in

the infusion. To relieve constipation, try drinking 1 cup

120

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of Plantain Seed Infusion (see recipe below) at bed-

the jar, making sure all the leaves are covered. Cap the

time. Be sure to consume the liquid and seeds for its jar tightly. Let the tincture marinate for 6 to 8 weeks, full laxative effect.

shaking the jar occasionally. Pour the alcohol through

Recipes

a fine mesh sieve, cheesecloth, or a coffee filter to re-

. Plantain Seed Infusion: Take 1 tea-

move all of the herbs. Store the tincture in a cool, dark

spoon plantain seeds and 1 cup boiling water. Pour the cupboard for up to 5 years. Dosage: 1/2 to 1 teaspoon.

boiling water over the seeds and allow it to steep while To infuse Plantain Oil substitute organic olive oil for it cools. Drink the mucilage tea and the seeds. Plan-the vodka and follow the same instructions.

tain Tincture: You'll need plantain leaves, 80 proof

vodka or other drinking alcohol and a glass jar with a Plantain Tea: Place 1 teaspoon dried plantain leaves tight-fitting lid. Fill the jar with fresh plantain leaves or 1 tablespoon of fresh plantain leaves into a cup of that have been chopped into small pieces or half a jar boiling water. Let steep for 10 minutes. Strain out the of dried plantain. Pour vodka over the leaves and fill leaves and drink.

Prickly Pear Cactus,

Edible Use:

Both the leaf

Opuntia ficus-indica

pads and the

fruit are edi-

The prickly pear cactus is in the Cactaceae (Cactus) ble. Peel them Family. It is also known as Indian Fig, Barbary Fig, carefully be-Cactus Pear, and Mission Cactus. It grows in the South-

fore use (see

ern United States and Mexico.

Harvesting).

Identification:

Drink the juice

Prickly pear cactus grows up to 16 of the tunas

feet (4.8meters) tall with flat, rounded leaf pads that and use the

branch off. The flower and, later, the fruit, grow di-

pads in salads,

rectly on the leaf pad. The entire cactus, including the tacos,

stir-

fruit, is covered with two different kinds of spines. fries,

and

There are large, fixed spines that are easily seen and soups. The fruit is highly nutritious.

Medicinal Use: The anti-inflammatory effects of

the prickly pear fruit are exceptional. Keep a supply of

the dried fruit for travel, but the fresh juice is best. For

maximum benefits, drink at least 2 ounces (60ml) of

juice every day. There are no known health risks with

long term use.

Arthritis and Joint Pain: Arthritic joint pain

caused by inflammation is greatly helped by the regu-

lar consumption of prickly pear juice every day. Relief

takes time (one to two months) and increases with use.

small, hair-like spines that are more difficult to see and Snake Bite and as a Drawing Poultice: The easily detached. It is these smaller spines that can em-prickly pear leaf is excellent as a drawing plant for tox-

bed in your skin if you are not careful. The solitary ins. Cut off the outer pad of the prickly pear leaf and flowers are large, bisexual, and yellow to orange in mash the inner part and put on a snake bite as soon as color. The fruit, called a tuna, is a berry covering nu-possible.

merous hard seeds. Prickly pear cacti are found in Use it along with Plantago and Echinacea, if they are semi-arid and desert-like conditions and are easily cul-available.

tivated in containers. They grow in bushy clusters.

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Diabetes: Prickly pear cactus is beneficial to the pan-

All Inflammatory Diseases: The juice is indi-

creas, which is vital to insulin production. By restoring cated for all inflammatory diseases including skin dis-pancreal health, it helps balance blood sugar.

eases like psoriasis, eczema, and hives.

Heart Disease, Cholesterol and Circula-

Harvesting: Harvesting prickly pear must be done

tion: The anti-inflammatory benefits assist in the re-

carefully due to their small, hairy spines. Dress in thick

duction of plaques in the arteries and veins, reducing long sleeves, long pants, boots, and gloves. I use tongs the chances of heart disease. Pickly pear juice also re-to pick the ripe fruit and leaves and place them care-

duces cholesterol and enhances blood circulation to all fully into a basket for processing.

parts of the body.

After collection, I hold the fruit or leaf pad over a flame

Muscle Soreness and Fatigue: The high vita-

and burn the spines off completely, charring the skin.

min and other nutrient levels combined with the health When they cool, I peel off the skin. Some people use properties of prickly pear make it an excellent choice sandpaper to remove the spines, but I prefer charring.

for the treatment of fatigue and muscle soreness

caused by injury or over use.

Prunella vulgaris,

a cluster of upright stems. The leaves have white hairs

on the underside along the center vein. The leaf mar-

Self-Heal

gins may be smooth or edged with blunt teeth. The root

is a fibrous rhizome with a root crown and spreads

Self-heal, Prunella vulgaris, is also known as wound through creeping stems that take root.

root, woundwort, and heal-all. This low-growing plant Edible Use: The young leaves and stems of self-heal attracts butterflies and bees. It belongs to the Lami-are edible. They make a good addition to salads or can

aceae (Mint) Family. I often find self-heal along road-

be boiled and eaten as a potherb. The aerial parts of the

sides and waste-places, but I prefer to harvest it from plant can be dried, powdered, and brewed into a cold the edges of woodlands or grow my own in my garden. tea.

Medicinal Use: The plant is nutritional and medic-

inal. It contains a number of vitamins, minerals, anti-

inflammatories, and antioxidants. It is most famous

for its use in treating cold sores, but it is also useful in

treating a number of internal and external ailments. It

is anti-inflammatory, antiviral, astringent, demulcent,

hypotensive, immunomodulating, and vulnerary

(healing). I usually use it as a complementary herb, us-

ing it in conjunction with other more powerful herbs.

The entire plant is medicinal but the flowers, stems,

and leaves are most commonly used.

Cold Sores and Genital Herpes: Self-heal

treats both herpes simplex virus 1 (HSV-1 causes cold

sores) and herpes simplex virus 2 (HSV-2 causes geni-

Identification: Self-heal is a perennial plant that tal herpes). This herb has anti-viral properties. It pre-grows 4 to 20 inches (10 cm to 50 cm) tall and produces vents the virus from infecting host cells as well as re-small flowers from April to June and fruit from June to ducing outbreaks.

August. Each flower has a light purple upper lip and a Diabetes: Self-heal works to reduce insulin sensitiv-whitish, fringed lower lip and a light green or reddish ity in diabetes and pre-diabetes. It helps normalize calyx that is hairy on the edges. Its fruit has 4 tiny blood sugar levels and prevents the development of seeds. Opposite leaves are lance-shaped and 1 to 3

inches (2.5 cm to 7.5 cm) long, growing on a single or

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diabetes related health conditions such as atheroscle-

function. It also acts as a diuretic to help remove excess

rosis.

fluids from the body and lowers high blood pressure.

Cancer: Research indicates that self-heal induces cell Heart Problems: Self-heal reduces high blood death in cancer cells. Cancerous tumor growth slows or pressure and acts as a tonic for cardiovascular tissues.

stops with the use of the herb. Try the cold-water

Regular use of Self-Heal Tea is said to strengthen

Self-Heal Tea or powdered herb in capsules for

the heart.

cancer alongside traditional treatments. Con-

Liver Problems: Self-heal is useful in

sult your doctor about your treatment.

treating liver problems including hepatitis,

Stimulates the Immune System: Regu-

jaundice, and a weak liver. It helps detoxify the

lar use of self-heal herbs or Self-Heal Tea

liver and boosts its function. Use Self-Heal Tea

stimulates the immune system to help

regularly to treat liver problems.

the body fight infections and even

Hemorrhage and Bleeding

cancer. It also helps reduce swollen

glands and helps clear toxins from the body.

Caused by Extreme Men-

struation: Self-heal stops in-

Heals Wounds and Skin Infections: Self-

ternal bleeding, including ex-

heal's vulnerary, demulcent, and astringent properties

cessive bleeding from menstruation. Take the

stabilize wounded tissues and protects the skin. I use herb as a tea or in capsule form for internal bleeding, self-heal to treat cuts, burns, and skin wounds of all as well as treating the underlying causes.

kinds. Internal wounds on the throat as well as mouth

ulcers can be treated with self-heal. I treat surface skin Digestive Problems, Colic, Crohn's Dis-problems, including infections and boils, with a poul-

ease, Gastroenteritis, Ulcers, and Ulcera-

tice made from the herb and deeper inflammation with tive Colitis: Self-heal helps to soothe the inflamed Self-Heal Tea.

gastro-intestinal tissues, stop bleeding, heal ulcers and

wounded tissues and fight bacteria, fungus, and viral

Insect Bites and Stings, Rashes, and Poison infections, which contribute to the underlying causes Ivy: Juice from the stem of the plant, applied directly of problems in the gastro-intestinal tract. It is also ef-to the irritated tissue, is effective in calming the in-

fective against the bacteria that cause ulcers and helps

flammation, burn, and itch of bites, stings, and rashes them heal. Try the herb in capsule form or a soothing of all kinds. A poultice can be made from the plant for Self-Heal Tea for treating digestive problems.

larger areas.

Self-heal also treats flatulence, diarrhea, gastritis, and

Viral Infections Including HIV: Self-heal's intestinal parasites.

anti-viral properties are able to inhibit the growth of

viruses in the body and prevent outbreaks. It prevents Hemorrhoids: Self-heal is useful topically to re-replication of the virus and helps stop the disease.

duce the inflammation and irritation of hemorrhoids.

Use a strong tea as a wash on the infected area or to

Respiratory Infections: Self-heal strengthens make a compress for the area.

the immune system and helps the body fight off upper

respiratory infections. It also treats sore throats and Harvesting: Harvest self-heal flowers when the abscessed tonsils. Use Self-Heal Tea to treat respira-blooms are open. Removing all flowers encourages the

tory infections and to soothe sore throats.

plant to flower again, but some flowers should be left

at the end of the season to develop seeds. Dry the flow-

Allergies and Chronic Inflammation: Self-

ers and store in a cool, dry, and dark location until

heal is an immunomodulator that regulates the im-

needed.

mune system response and reduces chronic inflamma-

tion and seasonal allergies. It does not cure allergies Warning: Self-heal should be used in moderation but helps modulate the severity of the problem.

and is effective at low doses. Long-term use at high

doses affects the internal organs, including the liver

Kidney Problems and Hypertension: Self-

and kidneys. Self-heal can cause allergic reactions such

heal strengthens the kidneys and promotes proper as a skin rash, nausea, itching, and vomiting. Side 123

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effects can include dizziness, constipation, and weak-

Tie the herbs up in muslin or cheese cloth and dampen

ness. The safety of self-heal in pregnancy has not been the bag and herbs. Fill the jar with cold water and place determined.

the tied muslin bag into the water. Secure the string so

Recipes

that the herbs will float in the upper third of the water.

. Self-Heal Tea (Cold Water Infu-

Cold steep the herbs for one to two days or until the tea

sion). 1-ounce dried self-heal herb, 1-quart (liter) of is to your taste. Remove the tea bag and store the re-cold water, 1-quart (1 Liter) jar and lid. A cold infusion maining tea in the refrigerator until needed.

extracts some components that are destroyed by heat.

Pulsatilla,

medicinal preparations. There are better options for

most of the maladies below. Use with great care.

Anemone pulsatilla and Skin Problems: For skin diseases, try a blended wash of Pulsatilla and Echinacea. Echinacea is an anti-

A. occidentalis

biotic and antiviral, and it stimulates the immune sys-

tem. It works well with Pulsatilla to relieve skin prob-

This lovely flower is also known as anemone, Easter lems related to inflammation and infection.

flower, Wild Crocus, Windflower, Pasqueflower, and

Prairie Smoke. It is in the Ranunculaceae (Buttercup) Menstrual Problems: Pulsatilla is very effective Family.

for menstrual pain, premenstrual tension, restarting

menstruation, and menstrual cramping. It also relieves

symptoms of menopause such as headaches, hot

flashes, and moodiness.

Childbirth and Postpartum Depression:

Pulsatilla stimulates the uterus and makes childbirth

easier. It also has analgesic properties, which help with

labor pain. It is also given after childbirth to relieve

symptoms of depression. Either the tea or the tincture

is used. Do not take earlier in pregnancy.

Headaches and Sleep Problems: Pulsatilla re-

laxes an overstimulated nervous system and treats

Pulsatilla, Bernard DUPONT, CC by SA 2.0

headaches and insomnia. It calms the body and spirit

allowing people to sleep soundly when taken in small

Identification: Pulsatilla is a perennial that grows doses. Note that Lemon Balm also accomplishes this 6 to 24 inches (15 cm to 60 cm) tall. The leaves are without the dosing risks of Pulsatilla.

feathery, delicately divided, and covered with silky

hairs. Each plant produces a single light purple or Mental Disorders and Panic Attacks: Be-white flower with yellow stamens. The stamens pro-

cause of its actions on the nerves, Pulsatilla is useful

duce feathery, hair-like seeds. These are one the first

flowers to arrive in the spring, sometimes pushing

through snow to make an appearance. The taproots run 3 feet (0.9m) or more into the ground. When the fruit head matures, the hair-like threads blow in the wind, giving the impression of smoke in the wind.

Medicinal Use: Use Pulsatilla leaves and flowers as either an infusion or a tincture. Pulsatilla must be used carefully and in small doses. In large amounts, it can be harmful or deadly. Avoid touching the fresh plant and only use dried flower heads and leaves in

for treating nervous conditions including: hyperactiv-

Harvesting: Pick Pulsatilla flowering stalks and

ity, senile dementia, panic, and schizophrenia.

leaves when the plant is in full bloom, usually in the

Eye and Ear Problems: Pulsatilla possesses early spring near Easter.

many properties that are beneficial to the eyes and Warning: Pulsatilla should never be used internally ears. The tea is useful in treating cataracts, conjuncti-for pregnant women.

vitis, glaucoma, and tics. The tea is also used to treat

earaches, hearing loss and inflammations of the ear.

Given in large doses, Pulsatilla can be harmful and may

cause coma, seizures, asphyxiation, and death. It can

Heart Health: Pulsatilla is beneficial to the heart in also cause a slowing of the heart rate. Wear gloves numerous ways. It is used to cure thickening of the when harvesting Pulsatilla flower heads. Use only the heart muscle and clear venous congestion. It relieves dried flower heads and dried leaves in herbal prepara-inflammation in the circulatory system and helps re-

tions. The fresh herb is an irritant.

store normal function. However, it should not be used Recipes. Pulsatilla and Echinacea Tea: 1/2

for people with slow heart rates (bradycardia).

teaspoon dried Pulsatilla flowers, 1 teaspoon dried

Drug Withdrawal: Pulsatilla is useful to help with Echinacea root and leaves and 1 cup boiling water.

withdrawal from sedatives, hypnotic drugs, anticon-

Pour the boiling water over the herbs and allow them

vulsants, and muscle relaxants. Be careful to give only to steep for 10 minutes. Strain and drink.

the prescribed dosages of Pulsatilla Infusion or tinc-

ture.

Purslane,

Identification: Portulaca oleracea is a succulent

Portulaca oleracea

that sprawls along the ground. It grows about 6 inches

tall (15 cm) in a wide mat. Purslane stems are smooth

and reddish or pink. The deep green thick leaves grow

Purslane is another of those backyard weeds that is un-

in groups at the stem joints and ends. Leaves can be

der appreciated. While it is usually considered a weed, alternate or opposite. Small yellow flowers, growing in it is an excellent groundcover, vegetable, and medi-clusters of two or three, appear in late summer and

cine. I love to eat it in a salad. It has a salty, sour flavor open for a few hours on sunny mornings.

that adds variety with its taste and texture. It is in the

Portulacaceae (Purslane) Family and is also called Each flower has five parts and is up to 1/4 inch (0.6

common purslane, pigweed, little hogweed, verdolaga, cm) wide. Seeds form in tiny pods that open when the or red root.

seeds are mature. The plant has a deep taproot and fi-

brous secondary roots. These help it survive poor soils

and periods of drought. It prefers a sunny spot with dry

soil.

Edible Use: Purslane has a sour, salty flavor and can

be a little bitter when leaves are mature. Purslane

leaves, stems, and flowers are edible raw, cooked, and

pickled. When cooked like spinach, it can be a bit

slimy.

Cooked purslane does not shrink as much as most

greens, so a small patch can provide vegetables for an

entire family. The leaves can be pickled to provide

purslane during the winter months. Seeds can be col-

lected and ground into a flour.

Purslane by JeffSKleinman, CC SA 4.0

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Medicinal Use. Uterine Bleeding: Purslane seeds

are used for abnormal uterine bleeding. It helps de-

crease the volume and the duration of bleeding.

Asthma and Bronchial Complaints: People

who eat purslane in vegetable portions or take purs-

lane extract show improvement in overall pulmonary

function.

Purslane helps with shortness of breath and opens

bronchial tubes to increase oxygen reaching the lungs.

For asthma attacks and other bronchial conditions, try

a Purslane & Mullein Mix (recipe below). Therapeutic

effects of purslane for respiratory diseases are indi-

Purslane Flower, by Amada44, CC SA 2.0

cated in ancient Iranian medical books. The broncho-

teaspoon of purslane tincture or 2 teaspoons of fresh

dilatory effect of the extract of Portulaca oleracea in purslane juice daily.

the airways of asthmatic patients was examined. The

results of the study showed that purslane has a rela-

Cancer: Gastric Carcinoma and Colon Ade-

tively potent but transient bronchodilatory effect on noma. Purslane leaves and seeds have been shown to asthmatic airways.

be an anti-cancer medicine for certain cancers. It also

has a high Omega 3 and gamma-linoleic acid content.

Diabetes: Purslane seeds or their extracts are effec-

It is an excellent anti-oxidant.

tive in improving serum insulin levels and reduce tri-

glycerides with long-term, daily use. People report Warning: Purslane is considered safe to eat in large lower blood sugar readings and better management.

portions without any side effects.

Fungal Infections: Purslane has antifungal prop-

Recipes. Purslane & Mullein Mixture for

erties against the most common causes of athlete's Asthma: 3 droppers of Purslane tincture, 1 1/2 drop-foot, jock itch, and ringworm. Apply purslane extract pers Mullein tincture, 1/4 cup water. Add the Purslane to affected areas several times a day, until the infection and Mullein tinctures to the water. Note that when is gone.

measuring with a dropper, the dropper will not fill up;

Lower Cholesterol: Purslane naturally lowers this is fine. Drink the mixture in part or in full as cholesterol due it its high pectin content. Take 1 needed.

Red Clover,

Trifolium pretense

Red clover is a member of the Fabaceae (Pea) Family.

I often find it growing along roadsides and fields. It is

a biennial or short-lived perennial that grows to 18

inches (45 cm) tall.

Identification: The plant grows from a long, deep

taproot and slender, hairy, hollow stems. The leaves

are alternate, divided into three leaflets, and green

with a pale crescent in the outer half of the leaf. Leaf-

lets are 1/2 to 1 1/5 inches (0.25 cm to 3.125 cm) long

and 1/2-inch (0.25 cm) wide and fine-toothed with

prominent "V" marks. Pink to red flowers appear in By Sanja565658 - Own work, CC BY-SA 3.0

rounded heads from May to September.

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Edible Use: I eat the leaves and young flowering heads both raw and cooked. The flowers make a sweet herbal tea and the ground seed pods and flowers can be used as a flour substitute. The taproot is edible when cooked.

Medicinal Use. How to Use Red Clover: Red clover can be taken as a dried herb, tincture, or as a tea made from the blossoms.

Relieves Symptoms of Menopause: Because of its phytoestrogen isoflavone content, red clover flowers work as a natural alternative to hormone replacement for women. It relieves symptoms of menopause, including reducing the frequency of hot flashes and night sweats. I usually pair it with Black Cohash for menopause symptom relief.

Osteoporosis: By acting as a natural hormone replacement, red clover may slow bone loss and even

Guttorm Raknes, Own work, CC by SA 4.0

boost bone density in pre- and peri-menopausal Use them cooked as a green, in soups, and salads. The women.

leaves can also be dried and powdered for use as a fla-

Cardiovascular Health: Red clover helps protect voring on foods. They tend to be more bitter after the against heart disease by increasing HDL (good) choles-flowers appear.

terol in pre- and post-menopausal women. It also has Warning: In general, red clover is very safe, with few blood-thinning properties, which improve blood flow side effects, except for occasional gas. The anticoagu- and prevent clotting.

lant effect and hormonal effects may be undesirable for

Skin Conditions Including Eczema, Psoria-

some people.

sis, and Other Skin Irritations: Red clover Due to its hormonal activity, don't use red clover for flower tea, supported with yellow dock and nettles, is women with a history of endometriosis, breast cancer, an excellent internal remedy for skin irritations. Use uterine cancer, fibroids, or other estrogen-sensitive an external poultice made from chopped red clover conditions.

flower and water applied directly to skin lesions.

Red clover contains coumarin derivatives and must be

Harvesting: Harvest red clover from fields, away used with caution in individuals taking anticoagulation from heavy pollution areas such as roadsides. Unlike therapy. Also, do not take red clover before surgery or most herbs, red clover needs to be harvested in the childbirth. It can inhibit blood clotting and healing.

early morning while there is still some dew present on Recipes. Red Clover Tea (hot): Red clover blos-the flower.

soms, fresh or dried, and 1 cup boiling water. Steep

Pick the blossoms one to two weeks after blooming. three fresh red clover blossoms or 2 to 3 teaspoons of Snip the blossom head off and leave the rest of the dried flowers in 1 cup boiling water.

plant alone.

Allow the tea to steep while cooling for 15 minutes.

Use the blossoms fresh or place them on a drying rack Drink warm or allow to cool for external use. Drink up in a warm dark, ventilated, and dry place. Turn them to three times daily for maximum benefits.

frequently until the blossoms are dried through. Store Red Clover Tea (Cold): Add one-half cup of red the dried herb in a cool, dry, and dark place. When har-clover blossoms to a quart (a liter) of water and allow

vesting young leaves, try to get them before the plant it to steep in the refrigerator for 24 hours.

flowers.

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Rosemary,

Rosmarinus officinalis

I love the scent and flavor of rosemary. I use it mainly

to flavor potatoes and lamb and as a medicinal herb. It

grows easily in a garden. It is in the Lamiaceae (Mint)

Family.

Identification: Rosemary, is a woody herb with fra-

grant needle-like leaves and a fibrous root system. It is

an evergreen shrub that can withstand extreme

droughts. Most bushes are upright reaching 5 feet

(1.5m) tall, but some can develop into trailing plants.

The leaves look like hemlock needles. They are green

Rosemary in bloom, Margalob, CC by SA 4.0

on the top and white on the underside, with both sides indigestion. You may use rosemary in your food and/or covered with short, dense, wooly hair. White, pink, use a tincture or infused oil before a large meal.

purple, or blue flowers appear in the spring and in the Improves Concentration and Memory, summer in cooler climates and year-round in warmer

climates.

Neuroprotective: Rosemary is known as a brain

tonic. It seems to improve concentration and memory.

It stimulates the circulatory system, bringing more ox-

ygen to the brain. It is used for elderly dementia pa-

tients. It also has a neuroprotective effect due to the carnosic acid found in rosemary.

Circulatory Problems and Headaches: Rosemary is a mild stimulant, well-known for increasing circulation. Use it for problems with the cardiovascular system, poor circulation, and low blood pressure. These same stimulant properties make it a good choice for alleviating headaches, especially migraines. Rosemary has a mild analgesic effect, but the main relief comes from opening up the blood flow to the brain.

Inflammation, Colitis, Arthritis: The analgesic properties and anti-inflammatory properties help reduce the pain and swelling of joints inflamed from arthritis. People report that it helps their pain and swelling but does not completely alleviate it, so it usually used in combination with other herbs. It also reduces gut inflammation.

Edible Use: Rosemary is often used in cooking. The Antifungal: Rosemary is a good antifungal and I of-leaves and the flower petals are edible and nutritious.

ten add rosemary essential oil to an external antifungal

Medicinal Use: Rosemary contains caffeic acid, salve.

carnosic acid, carnosol, and rosemarinic acid, anti-in-

Antibacterial: Pseudomonas and Staph:

flammatories, and anti-oxidants.

Rosemary essential oil inhibits the bacterium Pseudo-

Stimulates Digestion: The stimulant properties monas. It also works to kill Staphylococcus, as does of rosemary bring circulation to the digestive organs oregano oil.

and help relieve digestive problems, especially

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Anti-cancer and Hepatoprotective: Rose-

Halitosis: Rosemary makes an extremely effective

mary has been researched for a variety of cancers and mouthwash. It can get rid of bad breath very quickly.

it has many properties, such as caffeic acid, carnosic Gargle and rinse with Rosemary Mouthwash every acid, carnosol, and rosemarinic acid that help fight morning and night, more often if needed. A mouth-cancer. It also protects the liver.

wash recipe is below.

Hair Loss: Rosemary essential oil has been shown Recipes. Rosemary Mouthwash: Bring 2 cups to be as effective as the prescription hair growth drug of water to a boil and remove it from the heat. Steep 1

Minoxidil. Apply in a carrier oil on the scalp (I prefer heaping tablespoon of dried rosemary flowers and/or coconut oil) and keep using long-term.

leaves in the water for 30 minutes. Store the mouth-

wash tightly covered in the refrigerator for up to 3

days.

Queen Anne's Lace,

Daucus carota

Queen Anne's lace is often used as an ornamental. It is

also known as wild carrot because of its carrot scent

and because it is a member of the Apiaceae (Carrot)

Family. Be careful with identification as there are look-

alikes, like the deadly hemlock plant. My favorite story

to tell them apart is about Queen Anne sewing a piece

of lace. She pricked her finger and a single drop of

blood fell into the center of the flowers, symbolizing

the single red or purple flower in the center of each um-

bel. The presence of this blood colored flower is a pos-

gathered into a larger umbrella shaped cluster. The

itive identification for Queen Anne's Lace. As a rule, if umbels are flat across the top and 3 to 4 inches (7.25

you are unsure don't pick it.

cm to 10 cm) wide. Blooms may be pink in bud and

Identification: Queen Anne's Lace grows to 1 to 4 white when in full bloom. In the center there is a single feet (0.3m to 1.2m) tall. The flower stems are green, reddish or purple flower. Seeing this red or purple hairy, and may have long red stripes. They are thin and flower is a definitive marker for Queen Anne's lace, but have a thin hollow space in the center. Clusters of flow-not all varieties have the color.

ers, called umbels, are arranged in a tight pattern When the flowers die, Queen Anne's lace flowers curl into a bird's nest shape as they dry. Leaves on Queen

Anne's lace are lance-shaped serrated leaflets. Each

leaf is 2 to 4 inches (5 cm to 10 cm) in length and

slightly hairy on the underside. The plant has a single

thin taproot that is shaped like a carrot.

Edible Use: The thin taproot from Queen Anne's

lace is edible cooked, however it quickly becomes very

fibrous and woody as growth progresses. For eating

purposes, only young roots are tender enough to cook

and eat. The flowers are edible and are good battered

and fried. The first-year leaves are edible in small por-

tions. Caution is necessary when handling or eating the plant because of its close resemblance to poison hemlock. Make sure of your identification before consuming any herb! Remember: Queen Anne has hairy legs.

Queen Anne's Lace, Jrosenberry1, CC 4.0

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Gallstones, Kidney Stones, Chronic Kidney The seed oil is also good for soothing and lubricating Problems, Bladder Problems, and Gout: the skin. It is also anti-inflammatory.

Queen Anne's lace seeds and roots are used for treating Birth Control and Conception: Queen Anne's gall bladder problems and kidney problems. It acts to Lace seeds have been used to prepare the womb for remove excess water from the body and reduce inflam-pregnancy when used before ovulation. If taken after

mation.

ovulation or as an emergency contraceptive seeds

Colic, Upset Stomach, and Flatulence: The should be used for 3 days. Use with care. Do not use soothing and diuretic properties of the root are helpful during pregnancy!

for treating stomach and intestinal upsets.

Warning: Do not use while pregnant or nursing.

Skin Problems: For itchy dermatitis, a poultice There are a lot of poisonous look-alikes so be careful made from the grated root helps relieve an itchy rash. with proper identification.

Sage, Salvia officinalis

There are many different varieties of sage, and many of

them have medicinal properties. Here we are discuss-

ing common sage. I try to use it in cooking so that I get

the beneficial compounds often. It is in the Lamiaceae

(Mint) Family and is easy to cultivate in the garden.

Identification: Common sage grows to approxi-

mately 2 feet (0.6m) tall and wide. It flowers in late

spring or summer, producing lavender, purple, pink or

white flowers. Leaves are oblong, approximately 2 1/2

inches (3.75 cm) long and 1 inch (2.5 cm) wide. The

leaves are grey-green colored and wrinkled on the top, hormones. It is used to promote normal menstruation while the underside is white and covered in short, soft and to treat menopausal symptoms such as hot flashes, hairs.

night sweats, headaches, and mental fog. It is also use-

Edible Use:

ful in treating premature ejaculation in men.

Sage is commonly used as a cooking

herb.

Sore Throats: The most effective remedy is a gar-

Medicinal Use:

gle, but many people object to the flavor. Thus we have

Sage is an antiseptic, antimicrobial, added a recipe below for a better-tasting throat spray anti-mutagenic, antibacterial, helps stop neuropathic that is almost as effective. Both remedies contain sev-pain, improves memory, lowers

blood

eral herbs that fight infection and calm the in-

glucose levels, and alleviated

flammation of a sore throat.

menopause symptoms. It is an

excellent all-around herb.

Speed Healing in Wounds: For slow-

Digestion Aid:

healing wounds, make a compress by soaking

Sage help in the

a cotton pad in sage infusion. Apply the cot-

digestion of rich, fatty meats, which

ton pad to the wound and hold in place

perhaps is why it is used so

with tape or a clean piece of cloth or

often in sausage recipes.

gauze. The sage infusion

Its stimulant properties work

relieves the pain almost

to move fats through the di-

immediately, fights infection,

gestive system efficiently

and brings more blood to the area

and prevent indigestion.

to speed healing.

Balances Hormones for

Hair Growth: Sage essential oil

Men and Women: Sage is effective in balancing improves blood circulation to the scalp and roots of the 130

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hair. This encourages thick hair growth and is often a spray top, preferably with a fine mist. Spray in the paired with rosemary essential oil.

back of the throat as often as needed.

Warning: Sage can significantly reduce the amount Sage Gargle for a Sore Throat: This gargle of milk produced in nursing mothers. Avoid its use doesn't taste great, but it works! 1 tablespoon dried when breastfeeding.

sage leaves, 1 cup boiling water, 1 teaspoon goldenseal

Recipes. Sage Throat Spray:

root powder, 5 drops Cayenne Infusion, 1/2 cup apple

3 tablespoons cider vinegar, with live culture.

dried or fresh sage leaves, 3/4 cup boiling water, 1/4

cup Echinacea Extract, 1 tablespoon raw honey. Pour Pour the boiling water over the dried sage and allow it the boiling water over the sage leaves and allow it to to steep for 45 minutes. Strain out the leaves and add steep for 30 minutes. Strain out the leaves. Add the the goldenseal root powder, cayenne infusion, and vin-Echinacea extract and raw honey. Store in a bottle with egar. Gargle with this mixture every hour for as long as you can stand it. Spit out the gargle.

Sheep Sorrel,

Detoxification: Sheep sorrel is useful for detoxifi-

cation. It has a diuretic effect and flushes the body

Rumex acetosella

when ample water is consumed. It also has laxative ef-

fects. For detoxification, use freshly juiced leaves or

Sheep sorrel is one of the most useful medicinal herbs, Sheep Sorrel Tea, though the tea and powder are less and yet many people pull them out or spray them to rid effective than the fresh juice.

their yard or field of it. Sheep sorrel is also known as Gastro-Intestinal Problems, Kidney, and red sorrel, narrow-leafed dock, spinach dock, sour

weed, and field sorrel. It is a member of the Polygona-

Urinary Tract Diseases, Cysts, Swellings,

ceae (Buckwheat) Family. The plant grows as a com-

and Skin Cancers: For tumors, swellings, cysts,

mon perennial in most areas.

and cancers close to the skin surface, use a leaf poul-

tice. Apply the

Identification: Sheep sorrel has small green leaves macerated leaf shaped like arrowheads and deeply ridged, upright red poultice directly

stems that are branched at the top. The plant grows to over the affected 18 inches (45 cm) tall at most. It grows from an aggres-area several times

sively spreading rhizome.

daily until the

Sheep sorrel blooms from March to November and are problem is re-

either all male or all female. Yellowish-green male solved.

flowers or maroon colored female flowers grow on a Intestinal

tall, upright stem. The maroon female flowers develop Parasites and

into red achenes. It is one of the first species to appear Worms: Use when an area has been disturbed.

the tea internally

Edible Use: Sheep sorrel is edible raw as a salad to kill and flush green or as a garnish. The flavor is tart and lemony. It worms and intes-can be used as a curdling agent during the cheese-mak-

tinal

parasites

ing process and can be cooked like spinach.

out of the system.

One cup of tea,

Livestock will eat the plant, but it is not very nutritious taken twice daily and can cause problems if too much is consumed be-Henripekka Kallio, CC by SA 3.0, Female flow-

for two weeks

cause of its high concentration of oxalates.

ers Sheep Sorrel,

does the job.

Medicinal Use: Use sheep sorrel leaves as a juice, Colds, Flu, and Sinusitis: Sheep sorrel is an ex-tea, and powder or capsules.

cellent treatment for reducing the inflammation and

pain that accompanies colds, flu, and sinusitis. The

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tannins help reduce the production of mucus and its Sheep Sorrel Tea: You'll need 1 teaspoon dried anti-microbial action helps kill bacterial infections. sheep sorrel leaves and 1 cup water.

Use sheep sorrel as soon as the illness begins to reduce

the severity of the disease.

Bring the water to a boil and pour over the dried sheep

sorrel leaves. Cover and let the tea steep for 5 to 10

Warning: Because of its high oxalate content, people minutes. Drink warm.

with kidney stones, arthritis, or hyperacidity should

not use sheep sorrel.

Skullcap,

though many people only use the leaves. The plant is

rich in vitamins, minerals, and tannins. The plant is re-

***Scutellaria lateriflora* laxing and acts as a natural tranquilizer and sleep aid.**

It is similar to valerian root in properties and activity.

Skullcap is also called blue skullcap, side-flowering Anxiety, Tension, Depression, and Insom-skullcap, Quaker bonnet, hoodwort, mad dog skullcap, nia: Skullcap relaxes the nervous system, reduces helmet flower, and blue pimpernel. It is a calming stress, and relieves anxiety. It reduces body tension herb, useful for anxiety and nervous disorders of all and allows the body to relax into sleep. It calms people kinds. It is in the Lamiaceae (Mint) Family. It likes who are overly moist areas throughout much of North America, where nervous, hys-it is native, and is cultivated in much of Europe. North terical, or una-American skullcaps can be used interchangeably for ble to relax.

medicine. Note that they are used differently than Chi-

nese Skullcap (S. baicalensis), another useful herb.

Its antioxidant

properties help

Identification: The plant has smooth, square erect with oxidative

stems that reach 1 to 4 feet (0.3m to 1.2m) tall. The stress, which is stems are leafy and branched, with oblong, opposite associated with toothed leaves. Each leaf is 1 to 3 inches (2.5 cm to 7.5 depression and

cm) long, with smaller leaves at the top of the stems. anxiety disor-

The 2-lobed helmeted flowers are blue-violet to whit-

ders, and it

ish. Each flower is about 1 inch (2.5 cm) long and grows binds to benzo-

in short spike-like racemes or singularly in the axils of diazepine

the upper leaves. The flowers are tubular and the upper GABA receptors *Millspaugh, C.F(1854-1923) Commons Wikipedia* hooded lip gives it its name of "skullcap". Each flower in the brain.

produces 4 nut-like fruits. It blooms from July through Antioxidant and Neuroprotective: Skullcap is September.

an excellent antioxidant and functions as a neuropro-

Medicinal Use: Skullcap is usually used as a hot tea tective for diseases such as Alzheimer's and Parkin-or tincture, but some people prefer to use powdered son's.

skullcap in capsule form. Tinctures should be made Muscle Spasms and Tension, Muscle, Sei-with fresh herbs for optimal potency. Skullcap seems

to act upon benzodiazepine GABA receptors in the zures, Twitches, Calms the Nervous Sys-brain. GABA is a neurotransmitter that helps prevent tem: Skullcap is an antispasmodic. It eases muscle overstimulation of the nervous system. If it gets too low twitches, spasms, and seizures by relaxing the muscles, you can have seizures, epilepsy, anxiety, depression, relieving involuntary muscle movements, and calming insomnia and more.

the nervous system.

American skullcap interacts with these GABA recep-

Tension Headaches and Perhaps Mi-

tors, binding to the benzodiazepine site, as does Vale-

graines: People taking skullcap report that it helps

rian and California Poppy, both in this book. The relieve tension headaches. It may also help migraines.

leaves, stems, and flowers are used medicinally,

tremors, relaxing the mind, and relieving anxiety and depression.

Exhaustion and Depression: Skullcap is calming and allows the body and mind to rest. This is essential in treating exhaustion and depression. With good sleep and a calm mind, the body is able to put itself back in order and heal mentally and physically.

Harvesting: Wait to harvest skullcap until the plant is in full bloom. Remove stems, leaves, and flowers by pruning off the top of the plant, leaving approximately 3 to 4 inches (7.5 cm to 10 cm) to regrow. The herb is most potent when freshly harvested, but can be used dried.

Warning: Do not take skullcap while pregnant or breastfeeding. Safety is unknown. Use skullcap sparingly in small doses. Large doses may be harmful or

Own work, Rolf Engstrand, Commons Wikipedia cc. 3.0

could cause liver damage.

Drug Withdrawal, Smoking Withdrawal, Recipes. Skullcap Tea: 1 Tablespoon fresh skull-Alcohol Withdrawal: Skullcap helps with withcap leaves or 1 teaspoon dried, 1 cup boiling water, raw drawal from drugs, especially benzodiazepines like Vahoney or Maple Syrup, if desired. Crush the herbs and lium and Xanax. It also assists with withdrawal from place them in a tea ball. Pour 1 cup of boiling water alcohol and smoking by calming the body, relieving over the herbs and steep for 5 to 10 minutes. Remove the teaball and sweeten the tea, if desired.

St. John's Wort,

Hypericum perforatum

St. John's Wort, also called Klamath Weed, is recog-

nized as an invasive weed in most parts of North Amer-

ica. It gets its name from its uncanny ability to bloom

on June 24, the birthday of St. John the Baptist. It is in

the Hypericaceae (St. John's Wort) Family.

Identification: St. John's Wort is an herbaceous

perennial with creeping rhizomes. The stems are erect

and grow up to 3 feet (0.9m) tall. The stems branch in

the upper section and produce narrow, yellow-green

leaves that are less than 1 inch (2.5 cm) long. The leaves

have tiny oil glands that look like small windows when Medicinal Use: The flowers and leaves are used for the plant is held to the light. Bright yellow flowers, medicine. They are best used fresh if available.

measuring 1 inch (2.5 cm) across, appear on the upper Depression, Anxiety, SAD and OCD: St branches from late spring to mid-summer. The flowers John's Wort is most commonly used for treating de-have five petals with pointed sepals. The sepals have pression, restlessness, anxiety, and insomnia without noticeable black dots. The large stamens are grouped adverse effects. People with bipolar disorder should into three bundles and the flower buds have a red resin not take it, as it seems to increase the risk of mania. It when squeezed. The plant is widespread. It likes dry should also not be taken by people already on an SSRI soil and sunny locations.

medication. It is very effective for SAD (Seasonal Af-

Peptic Ulcers, Gastric Problems: St John's

fective Disorder) and OCD and is often paired with Wort attacks ulcers and gastric problems by calming Lemon Balm.

the digestive organs and by attacking the bacteria and

viruses that are causing the problem. It is effective

against infective digestive problems such as gastroen-

teritis, dysentery, and diarrhea.

Hemorrhoids: The oil of St John's Wort is almost a

miracle cure for hemorrhoids. It effectively reduces the

inflammation, relieves the pain, and speeds the healing

process. Use the recipe below and apply topical to the

affected area 3x/day.

Epstein Barr Virus, Shingles, Hepatitis and

Herpes Virus: The healing properties of hypericin,

found in the petals and stems of St. John's Wort, may

work as an anti-viral. It can also be applied externally

for herpes and shingles outbreaks.

Menopause, PMS and Menstrual Cramp-

Removing Fluids and Toxins: The diuretic

ing: St John's Wort reduces the symptoms of hormo-

properties of St John's wort help to remove fluids from

nal imbalances in menopause including depression the body and flush away toxins through urination.

and fatigue. It helps balance the hormones and stimu-

Bedwetting in Childhood: Giving 5 to 10 drops

lates the organs, increasing the tone of the uterus. It is of St John's wort tincture in the late afternoon can help also beneficial for relieving cramping, bloating, and children with bedwetting problems. Flushing the ex-mood symptoms of PMS.

cess fluids out of the system before bedtime helps pre-

Opiate Withdrawal and Quitting Smoking: vent the buildup of fluids in the bladder.

St John's Wort helps with the symptoms of mild opiate Arthritis and Gout: St John's Wort reduces in-withdrawal and aids people trying to quit smoking. It flammation and pain, relieving the symptoms of these calms the nervous system and alleviates the physical joint diseases. For best results, use it daily as the ben-symptoms of withdrawal from opiate-based drugs and efits increase over time as the inflamed joints heal.

helps relieve anxiety and depression for people quit-

ting smoking. Use an internal St John's Wort Tincture

for this.

Cuts, Bruises, Burns, Sunburns, and Other

Injuries: Extracted St John's Oil is an excellent anti-

septic and anti-viral and contains tannins that facili-

tate healing. Apply topically to heal burns, sunburns,

injuries, wounds, and infections.

Neuralgia, Bell's Palsy and Nerve Pain:

Nerve pain and neuralgia benefit from topically ap-

plied oil and internal tincture or tea. You can also use

it for sharp and convulsive trigeminal neuralgia and

sciatica. Apply the oil or salve on the affected areas Chest Colds, Congestion, and Respiratory 3x/day.

Disease: In addition to the anti-inflammatory and

Muscle Pains: For back pain, muscle pain, and gen-

anti-microbial benefits of St John's wort, it is also an

eral body aches, use St John's Wort Oil or salve. It is effective expectorant that helps clear chest congestion useful taken internally and when massaged externally and phlegm. It speeds healing of infections and com-into the muscles.

mon coughs and colds. It is also used against influenza.

Warning: St John's Wort interacts with a lot of mod-

the jar daily and allow it to steep for 4 to 6 weeks.

ern medicines. It should not be taken by people already Strain the herbs out. Cap the jar and keep it in a cool, on an SSRI medication and may cause sun sensitivity dark cupboard. Take the tincture for a prolonged pe-to very fair-skinned people. It may interact with War-

riod as needed to cure chronic conditions.

farin, Digitoxin, and HIV medications. Do not take for St John's Wort Infused Oil: Four ounces(112g) 2 weeks prior to surgery. Check with your physician be-of fresh St. John's Wort flowers and 2 cups organic ol-

fore using.

ive oil. Mix the herbs and olive oil in a double boiler

Recipes. St John's Wort Tincture: Ingredi-

and place them over very low heat.

ents: St John's Wort flowers and leaves, 80 proof grain Steep the oil and herbs for 2 to 3 hours, keeping the oil alcohol or vodka, a clean jar with a tight-fitting lid.

at a low simmer. Strain the oil and remove the herbs.

Loosely pack the flowers and leaves into the glass jar, Store your infused oil in a cool, dark cupboard.

filling it to the top. Add the alcohol to the jar, covering *St John's wort oil works well on its own, however, it the flowers and leaves. Cap the jar tightly. Label. Add can be even more healing when mixed with other more alcohol as needed to replace evaporation. Shake herbs.

Stinging Nettle,

people blanch them in water to remove the sting before

cooking and eating. Only eat stinging nettle leaves be-

Urtica dioica

fore the flowers appear. Beyond that time, they can

cause internal irritation, especially of the urinary tract.

The seeds are also edible. Dried nettle leaves and flow-

I love stinging nettle, though I know many who don’t ers make a nice herbal tea.

due to its sting. It is nutritious, medicinal, and makes

beautiful fiber. I even have a nettle

shirt! Medicinal Use: Nettle can be taken as a tea or tinc-

Dock usually grows near it and can be

ture and is my number one go to for allergies.

used to take away the sting. It is in the

Allergies (including Hay Fe-

Lamiaceae (Mint) Family.

ver): Stinging nettle tincture is my

Identification: Stinging nettle is a

first recommendation for allergies

perennial, growing from 3 to 8 feet

as it usually completely alleviates the

(0.9m to 2.4m) tall. It is dioecious

problem. I often recommend cou-

and herbaceous, dying back in

pling it with local raw honey. It is an

the winter.

excellent anti-inflammatory.

The leaves are mostly oval or

Arthritis, Gout Pain,

occasionally heart-shaped. The soft, green leaves are

and Inflammation: Stinging nettle treats

1 to 4 inches (2.5 cm to 10 cm) long and are arranged arthritis, gout, and other inflammatory conditions. It oppositely on a square erect stem. The leaves have a suppresses inflammation, flushes toxins from the serrated margin and cordate base. Both the leaves and body, and helps reduce the pain of these conditions.

stems are very hairy with non-stinging hairs and many

stinging hairs. Numerous flowers appear June to Sep-

It is used in Germany as a treatment for Rheumatoid

tember in dense inflorescences. They are greenish or Arthritis and is thought to inhibit the cascade of in-brownish, growing in branched clusters. Male and fe-

flammation. Externally, a compress made by soaking a

male flowers grow on separate plants or branches. cotton pad in nettle tincture and placing it over the Stinging nettle is widely distributed, especially where painful joint is helpful. Stinging an area can also help the average annual rainfall is high. I find it in places restore and repair joint injuries and reestablish nerve with moist soil.

communication. I have used it successfully to treat

shoulder injuries.

Edible Use: The leaves are edible. Stinging nettles

have a flavor similar to mild spinach when cooked. I Eczema and Skin Inflammations: Both the in-eat them raw by folding over the leaves but most ternal tincture and infusion of stinging nettle are useful for treating eczema and other skin inflammations.

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Recipes. Nettle Infusion: You will need 1 table-spoon dried and crushed nettle leaves and 1 cup boiling water. Pour the boiling water over the nettle leaves and allow it to steep for 10 to 15 minutes. Strain and drink twice daily.

Nettle Tincture. Ingredients: stinging nettle leaves, fresh or crushed and dried (fresh is best), 80 proof vodka or other drinking alcohol of same strength, a glass jar with a tight-fitting lid.

Fill the jar with fresh nettle leaves that have been sliced

into thin pieces and crushed. Pour vodka over the

leaves and fill the jar, making sure all the leaves are

covered. Cap the jar tightly. Label it. Let the tincture

Burns, Insect Bites, and Wounds: Use a dou-

infuse for 4 to 6 weeks, shaking the jar daily. Add more

ble strength Nettle Infusion as a wash to treat burned alcohol if needed to keep the jar full. Pour the alcohol skin, sunburns, insect bites, wounds, and other skin ir-through a fine mesh sieve or a coffee filter to remove

ritations. Stinging nettle has combudoron, which has all of the herbs. Store the tincture in a cool, dark cup-been shown to help with burn treatment. Make the board for up to 5 years. Dosage: 1/2 to 1 teaspoon, twice Nettle Infusion recipe using 2 tablespoons of dried or daily.

fresh nettle leaves. Use the cooled liquid to wash and

treat these conditions, allowing it to dry on the skin.

Menstrual Problems: Women with heavy uterine

bleeding and other menstrual problems benefit from

stinging nettle.

Sprains, Cramps, Tendonitis, and Sciatica:

Muscle cramping, injuries and nerve pain benefit from

the application of a compress made by soaking a cotton

pad in Nettle Tincture and applying it over the affected

area. Fasten it in place for best results.

Stimulates Blood Flow: Stinging nettle stimu-

lates the circulatory system and blood flow. To stimu-

late blood flow and improve circulation, use a Nettle

Infusion or Tea. It can also be used externally as the

sting brings healing and blood flow to the area.

Anemia, Cardiac Insufficiency, Swellings,

Enlarged Spleen and as a Whole-Body

Tonic: For serious conditions such as these, use fresh

nettle juice prepared by soaking and blending the

Stinging nettle, Frank Vincentz - Own work, CC by SA 3.0

whole fresh plant.

Hair Rinse: Use Nettle Tea as a hair rinse to in-

crease shine. Couple it with Horsetail and Rosemary

for maximum results.

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Sweet Grass,

***Hierochloe odorata* or**

Anthoxanthum nitens

This fragrant grass is also known as vanilla grass and holy grass, and is considered a sacred plant and is used ceremonially by many. It is native to Northern Eurasia and much of North America. It is in the Poaceae (Grass) Family. It is also used for weaving.

Identification: Sweet grass is a perennial grass that

is hardy in extreme cold. The fragrant grass blades are ***Sweet Grass, Kodemizer, CC by SA 3.0***

not stiff and after it reaches about 8 inches (20 cm) tall Common Colds, Bronchial Congestion: In-it leans over and grows horizontally until the end of hale the smoke from burning sweet grass to treat com-summer, reaching about 3 feet (0.9m) in length. Its mon colds and congestion or drink the leaves as a tea blades are shiny and smooth and, if you look under the for colds.

soil, you can see a broad smooth leaf base. The under-

sides are light in color.

Insect Repellent: Two compounds found in sweet

grass, phytol and coumarin, work as well as DEET in

Medicinal Use: The repelling mosquitoes.

leaves are used for medi-

cine. It contains couma-

Sore Throats, Coughs, Fever, Venereal Dis-

rin, an anti-coagulant.

ease: Sweet grass leaf tea is used to treat sore throats,

coughs, and fevers as well as venereal diseases. Use in-

Blood Thinner and ternally with care.

Anti-Coagulant:

Sweet grass contains cou-

Harvesting: Harvest sweet grass throughout the

marin, which transforms summer, cutting it above the ground in the amounts in the body into an anti-needed. Best used fresh throughout the summer and

coagulant. Coumarin also dry a supply at the end of summer for winter use.

gives sweet grass its sweet Warning: Be careful with internal use. Large doses smell. Do not use on peo-can be carcinogenic and toxic. Use with great care.

ple with bleeding issues.

Use carefully; excess can

be toxic.

Sweet Marjoram,

Identification: Sweet marjoram has smooth nar-

row opposite leaves approximately 1/5 to 3/5 inches

Origanum majorana

long that are oval in shape with a slight point. The mar-

gin is smooth and the base is tapered. The leaf has nu-

Sweet marjoram, also called pot marjoram, is a tender merous hairs that give it a smooth, velvety texture. The perennial herb with a piney-citrus flavor. It is related grey-green leaves are aromatic and flavorful. It grows to oregano and has some similar uses and a milder fla-to a height of 10 to 24 inches (60 cm) on several thin

vor. The plant is widely cultivated in herb gardens and boughs. The stems are square and purple. The plant can be found growing wild where it has escaped culti-produces delicate white or pink blossoms on spikes at

vation. I grow it in my garden for easy access. It is in the end of the branches during late summer and early the Lamiaceae (Mint) Family.

autumn.

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Edible Use: The leaves, flowers, and stems are

calming effect on muscles and tension

all edible.

headaches. Some people say that

simply breathing in the oil is enough to

Medicinal Use: The leaves of this herb

relieve a tension headache. Two or

have many medicinal uses and can be taken

three drops added to a vaporizer or bath

in food, or the distilled oil can be used.

water is enough. It is also very effective for

Digestive and Respiratory Tonic: Sweet

relieving muscle spasms and pain when diluted

marjoram is an effective tonic for the digestive and

and used as a massage oil.

respiratory tracts. It is an excellent treatment for

Lowers Blood Pressure: Sweet

problems related to these areas.

marjoram essential oil lowers blood

Menstrual Aid: The herb is capable of inducing

pressure through breathing in the scent

menstruation and should never be used in signif-

of marjoram essential oil. The relaxation of the

icant amounts by pregnant women. Used in me-

body and release of stress helps lower the blood pres-

dicinal quantities, it calms the uterus and relieves pain sure naturally.

and cramping. It balances the hormones and relieves How to Use Marjoram Medicinally: As little the symptoms of menopause and pre-menstrual synas one tablespoon of dried marjoram, sprinkled on

drome. It helps bring on menstruation when delayed.

food, taken in cap-

Polycystic Ovarian Syndrome: People with sules or used as a PCOS and its related fertility problems may find relief tea is enough to de-with sweet marjoram. By balancing the hormones, it is rive health benefits.

able to relieve the symptoms of this disease and is said For fresh herbs, add to help women to conceive.

a quarter cup of

chopped marjoram

Promotes Breast Milk Production: Nursing on your salads or

mothers report an increase in breast milk production other foods. Both

when eating marjoram daily.

the fresh and dried

Diabetes: People with type II diabetes can add sweet herb are beneficial.

marjoram and rosemary to their daily diet. The combi-

Warning: Do not

nation aids the use of insulin in the body and improves use in high doses if blood sugar management.

pregnant, as it can

Muscle Spasms, Tension Headaches, and bring on menstrua-

Over-Used Muscles: Marjoram essential oil has a tion.

Thorn Apple,

Datura stramonium

Thorn Apple is a member of the Solanaceae (Night-shade) Family and must be used with care. Like other family members, it can be highly beneficial for medici-nal purposes when used carefully in very small doses, and it can be deadly when used improperly.

It is also called jimsonweed, moon flower, and devil's snare. It grows wild across the warmer parts of the United States. It is often found in farm yards and along roadsides.

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Identification: These 2 to 5-foot-tall annual bushes Burns, Wounds, Boils, and Skin Inflamma-are foul-smelling, freely branching, and erect. The tions: A salve made with thorn apple seeds reduces plant grows from a long, thick, and fibrous root. Stems inflammations in burns and other skin wounds and in-are stout, leafy, smooth, and pale yellow-green. They flammations. The seeds have pain-relieving and nar-form many forks and branches, with a leaf and flower cotic properties.

at each fork. Leaves are 3 to 8 inches (7.5 cm to 20 cm)

long, soft, irregularly undulated and toothed. The sur-

Whooping Cough and Other Coughs: The

face is smooth, with a darker green upper surface and narcotic and anti-spasmatic properties of thorn apple a light green underside.

seeds are potent and useful in severe cases of whooping cough and muscle spasms.

Muscle Spasms and Parkinson's Disease:

The tremors of Parkinson's disease and other muscle spasms respond to the anti-spasmatic properties of the seed extract. Start with the minimum dose and increase it only if necessary.

Warning: The plant contains dangerous levels of toxins and has a significant risk of overdose when used without medical supervision. Toxicity can also vary from plant to plant and with the maturity of the plant, so a safe dose one year might be toxic the next year as the plant matures. Use thorn apple only under the supervision of a highly skilled medical professional.

White, creamy, or violet trumpet-shaped flowers ap-

Recipes. Thorn Apple Seed Extract: 1/4 tea-

pear throughout the summer. Flowers are approxi-

spoon thorn apple seeds, 1/4 cup 80 proof alcohol. Mix

mately 2 to 4 inches (5 cm to 10 cm) long on short the alcohol and crushed seeds together in a small bottle stems growing from the branch

forks or the leaf axils. and cover tightly. Allow the mixture to steep for 2 to 4

The calyx is swollen at the base, long and tubular and weeks. Strain out the seeds and store the extract in a surrounded with five sharp teeth. The corolla is only cool, dark place for up to 3 years. Keep out of reach of partially open and has prominent ribs. The flowers children and mark it clearly as a poison.

open at night.

Dosing: It is im-

Seeds are egg-shaped capsules, approximately 1 to 3 possible to accu- inches (2.5 cm to 7.5 cm) in diameter and either bald rately

recom-

or covered with spines. When mature, it splits into four mend a dosage

chambers, each containing many small black seeds.

since the strength

Medicinal Use: The leaves and seeds are used in of seeds from medicine. Traditionally the leaves are smoked. Today, each individual

some people use a Thorn Apple Seed Salve for external plant varies. Start

use and have discontinued using the herb as a smoke with 1 drop and

or extract because of its toxic effects. It is similar to increase the dos- Belladonna (deadly nightshade) in its constituents.

age

only

as

needed to get the

Asthma: Thorn apple leaves have long been smoked desired effects.

in cigarette or pipe form, mixed with tobacco, for the Watch carefully

treatment of asthma.

for symptoms of *Thorn Apple, Skäpperöd, CC by SA 3.0*

I do not recommend this method since over-consump-

toxicity. Use only

tion causes delirium and hallucinations and even under medical supervision.

death. Mullein is a much better choice.

Thorn Apple Oil or Salve (For external use only):

You will need 1/4 teaspoon thorn apple seeds, 1/2 cup

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coconut oil or olive oil (coconut oil is preferred if you upright and does not float. Maintain a very low simmer want a solid salve). Place the coconut oil and crushed for 2 hours. Turn off the heat and allow the oil to cool.

thorn apple seeds together in a small glass jar. Place Strain the seeds out of the oil and discard them. Use the jar and its contents into a pot of barely simmering the cooled oil as a rub or salve on painful joints.

water. Keep the water level so that the jar stands

Thyme, *Thymus vulgaris*

***Thymus vulgaris* is the same evergreen herb that we**

use for cooking. It is a member of the Lamiaceae (Mint)

Family. This fragrant plant grows in hot, sunny loca-

tions.

Identification: Thyme is a perennial shrub with

square stems growing from a thin woody base. It grows

6 to 12 inches (15 cm to 30 cm) tall. The leaves are

small, light-green, and slightly curved. Small purple or

white flowers appear in the summer.

Edible Use: I use it as a cooking herb for its intense

flavor and as an herbal tea.

antiseptic properties, which help prevent cavities and

treat gingivitis.

Medicinal Use: The Romans used thyme to purify

their rooms and to flavor cheese and liqueurs. It has Acne: Try Thyme Tincture for treating acne. Dab a been placed under pillows to aid sleep and prevent drop of thyme tincture onto blemishes once or twice nightmares. Thyme is an antiseptic, anti-viral, anti-daily. It dries up acne and kills the bacteria that cause

parasitic, and anti-fungal. I prefer to use fresh thyme them.

whenever possible. However, I also dry thyme sprigs Boosts the Immune System: The many vita-for future use.

mins, minerals, and antioxidants in thyme give the im-

Sore Throat, Coughs, and Bronchitis: The mune system a boost. Also, thyme encourages white anti-bacterial components of thyme are

valuable in blood cell formation and increases the body's re-combatting bronchitis and coughs. Infuse the whole sistance to bacteria and viruses. Thyme based formu-herb in water and use it for gargling and as a weak las, Thyme Tea, and Thyme essential oil are all good thyme tea.

formulas for boosting the immune system.

Mouthwash, Dental Cavities and Gum Dis-

Digestive Upsets and Worms: Thyme is effec-

ease: Weak thyme tea is a valuable mouthwash. It has tive against digestive problems caused by bacteria and viruses, including stomach flus and diarrhea. It is also

used for intestinal problems, including worms.

Seizures and Antispasmodic: Thyme has anti-

spasmodic properties and prevents and treats epileptic

seizures in some people. Oil of Thyme or Thyme Tinc-

ture are the best products to use for this purpose.

Lice, Scabies, and Crabs: The anti-parasitic

properties of thyme oil make it a good treatment for

lice, scabies, and crabs. Add a few drops of Oil of

Thyme to olive oil or coconut oil and coat the affected

area. Cover the coated areas and leave on for 1 hour,

then wash away. Follow up with nit removal and repeat

as needed.

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Skin Inflammations: Try a Thyme Leaf Poultice Harvesting: Harvest thyme leaves often during the for skin inflammations and sores. Mash the leaves into summer. Frequent trimming keeps the bushes from a

paste, place it on the skin over the affected areas and becoming woody and increases yield. Use fresh leaves cover it with a clean cloth.

whenever possible and freeze or dry leaves for future

Warts

use.

: Mix one drop of Essential Oil of Thyme with

a tablespoon of olive oil or coconut oil, or mix it full Warning: Thyme is safe for use in adults and chil-strength into a pre-made salve. Place on warts daily dren. The essential oil is very strong and sometimes until the wart is gone.

causes skin irritations if used full strength. Always di-

lute the essential oil in a carrier oil before use.

Valerian Root,

residual drowsiness. It can become habit forming so

only use when needed.

Valeriana officinalis

Anxiety and Panic Attacks: Valerian root has a

calming effect that is beneficial to people with panic

Valerian is in the Caprifoliaceae (Honeysuckle) Fam-

and anxiety disorders.

ily. There are many species of Valerian, most medici-

Depression and Obsessive-Compulsive Be-

nal, but this is the species most commonly used medic-

inally. I grow it in my garden and it is my go-to occa-

havior: Valerian root improves symptoms of depres-

sional herbal sleep aid. It is also called garden helio-

sion and obsessive-compulsive disorder (OCD) when

trope and nature's Valium.

used in small doses. In larger doses, it can have the op-

posite effect.

Identification: Valerian usually grows from 1 to 5

feet (0.3m to 1.5m) tall depending on the location and

Epilepsy: Valerian has a relaxing effect on the mus-

the soil conditions. It has a straight round stem

cles of the body. For regular use (to prevent at-

that is topped by an umbrella-like flower-

tacks), usual dosage is between 100 mg to 1

head.

gram of dried and powdered root.

Its opposite dark green leaves have a

Start with a low dose, depending on the

pinnate blade with 6 to 11 pairs of

person’s size and the severity of the

terminal leaflets. These leaflets

disease, and increase it gradually un-

have prickly margins and are

til you find a level that works. It can

hairy underneath.

also be used for acute attacks.

Valerian flowers are in branched

Menstrual Cramps: Because of its

batches and each flower is about

analgesic properties and its ability to re-

1/5 inch long. They are tiny white

lax the smooth muscles, this herb

to pink blossoms. The flower has

makes a good treatment for pain

three stamens and a distinctive

and cramping during menstrua-

scent.

tion.

Edible Use: The seeds are

Lowers Blood Pressure and

edible when lightly roasted.

Pulse Rate: Valerian relaxes the blood ves-

sels to naturally reduce blood pressure and pulse

Medicinal Use: The root is most commonly

rate.

used but the leaves may also be used for medicine

(though they are less potent than the roots).

Quitting Smoking: Valerian root is calming and

helps lessen the effects of nicotine withdrawal.

Insomnia: I use Valerian as a sleep aid with excel-

lent results. People, including myself, report that they It especially helps with the irritability people often ex-get to sleep faster and can sleep longer without waking. perience when quitting. Use in tincture form.

They also report that they awaken refreshed without

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Harvesting: Cut the flowering tops

Warning: In ordinary doses, Valerian exerts a

off as they appear. This enables a better

quieting and soothing influence upon the brain

development of the root. In the first year,

and nervous system. However, in large re-

many of the young plants do not flower but

peated doses it can produce pain in the head,

produce a luxuriant crop of leaves. Harvest

heaviness, and stupor. It can become addictive,

the roots in autumn. Dig deeply to get the

only use when needed.

entire root system, planting some back

Do not use during pregnancy, as its ef-

for future harvests. Slice the roots

fects are unknown.

into small sections and dry for future

use.

Violets,

***Viola* spp. including**

***Viola sororia* (common**

violet) and *Viola odorata*

(sweet violet)

Wild violets are beautiful little plants that are both ed-

ible and medicinal. Pansies are also edible. They are in

the Violaceae (Violet) Family.

Identification: Wild violets are short plants, usu-

ally only 4 to 6 inches (10 cm to 15 cm) high. They grow Medicinal Use: Wild violets are an excellent tonic in clumps with purple, blue, yellow, or white flowers for helping the body detoxify. They strengthen the im-

growing on a leafless stalk. Each flower has 5 parts of mune system and stimulate the lymphatic system.

unequal size. The flowers bloom from early spring into They help the body eliminate waste and toxins in the the early summer. Heart-shaped basal leaves grow body. Violets are cooling, moistening and relieve pain.

from its underground root. The leaf margin is toothed They work as a blood cleanser and are safe for elders but rounded.

and children. I use the flowers and leaves internally as

These low-growing, perennial plants prefer shady ar-

a tea or tincture and externally for skin conditions.

eas, but can grow in sunny locations. The native wild-

Sore Throats, Colds, Sinus Infections, and

flower favors woods, thickets, and stream banks.

Other Respiratory Conditions: Wild violets

Edible Use: Both the flowers and leaves are edible. strengthen the immune system and reduce inflamma-Younger leaves and flowers are tender for fresh eating. tion in the respiratory system. Its mucilaginous prop-Older leaves need to be cooked in soups or stews to ten-

erties are useful in soothing the bronchial passages and

derize them and relieve some of their bitterness. The works as an expectorant to remove mucous from the leaves have a mucilaginous texture that can thicken body. The herb is useful to treat sore throats, colds, si-liquids. Use sweet violets in sweet dishes. The roots nus infections and other respiratory and bronchial and seeds are not eaten and may cause nausea and conditions. I like to use Wild Violet Tea for these con-vomiting.

ditions, but eating the herb is also effective.

Freshly picked flowers are beautiful as a garnish in sal-

Whooping Cough and Dry Hacking Cough:

ads, on cakes or pastries, or other foods. Flowers and Wild violet has been used for centuries as a bronchial leaves are rich in vitamins A and C, as well as antioxi-remedy for dry coughs and other bronchial conditions.

dants and phytochemicals.

As a tonic for the lymphatic system and immune

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system, it helps relieve the underlying problems caus-

Skin Conditions, Abrasions, Dermatitis,

ing these conditions. Try Wild Violet Tea for coughs.

Insect Bites, Eczema: As an anti-inflammatory

Anti-inflammatory, Arthritis, and Joint and a cooling and soothing herb, wild violet is useful Pain: Wild violets are anti-inflammatory and contain for treating minor skin problems including eczema and a variety of phytochemicals that are antioxidants and other rashes, insect bites and abrasions. Use Wild Vio-free radical scavengers. Violets can be eaten or taken let Tea as a wash on the skin or make a salve or infused in tea as an effective anti-inflammatory. The anti-oil with the herb for skin use.

inflammatory effects of wild violet flowers are

Harvesting: I begin harvesting wild violets in

useful in treating joint pains of all kinds,

April, May, and June when the flowers are

including the neck and back.

freshly opening. The exact time depends on the

Pound the leaves and flowers to a

weather. Once they begin to open, I go back

paste made with a little water, then

daily to pick what I need.

apply the paste to the skin directly

Gather the petals in the morning

above the painful area. You can cover the

while the blooms are fresh. They tend

poultice with cloth to hold it in place.

to wilt in the afternoon or in heat. Dry

Use wild violet internally as well as

some flowers for use year-round.

externally for joint pains.

Be careful where you gather. Road-

Minor Scrapes and Bruises:

sides and parks are often sprayed

Wild violets have antiseptic proper-

with pesticides. Look for flowers in

ties and analgesic properties that re-

pristine areas away from industrial

lieve the pain while preventing or treating in-

areas, waste areas, and roadsides.

fections and helping the area heal quickly. Use the

Also remember, African Violets are

tea as a wash for areas of skin or apply the flowers as a

not wild violets and cannot be used.

poultice.

Warning: Some people get a skin rash on contact

Mild Laxative: Violets have a mild laxative effect with the wild violet leaf. There is no known internal and are deemed safe for children.

toxicity, but allergies are always possible. Large doses

Lowering Cholesterol and Blood Thinning:

of the roots or seeds can cause severe stomach upset,

vomiting, high blood pressure and breathing prob-

The mucilage in violet leaves is helpful in lowering cho-

lems.

lesterol levels and in balancing the intestinal flora. The

leaves are also high in vitamins A, C, and rutin. Rutin Be sure about your identification (if it is in bloom iden-is an antioxidant and anti-inflammatory and has blood tification is much easier) as there are poisonous look-thinning properties.

alikes.

For lowering cholesterol and use as a blood thinner, try Recipes. Wild Violet Tea: *You can make this tea eating the leaves, taking leaf powder in capsule form, with all flowers, if you have enough, but 1-part flower or using a tea or tincture.

to 2 parts leaves works as well. An all-flower recipe

Hemorrhoids and Varicose Veins:

makes a milder tasting tea. Ingredients: 2 teaspoons

The rutin of dried wild violet leaves (or flowers, if desired), 1 tea-

contained in violet leaves is helpful in reducing the in-

spoon of dried flowers, 1 cup boiling water, raw honey,

flammation that causes hemorrhoids and varicose optional. Pour the boiling water over the flowers and veins.

leaves and allow it to steep for about 5 minutes. Strain

Its mild laxative effect helps prevent straining. You can the tea and drink. Sweeten with honey, if desired.

use a poultice directly on the hemorrhoids or veins or NOTE: Do not sweeten the tea if you are using it as a you can apply a salve or infused violet oil.

wash on injured skin or for other external use.

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White Mustard,

Medicinal Use: White mustard is antibacterial and

antifungal, digestive, diuretic, emetic, expectorant, ru-

Sinapis alba

befacient, and stimulant. It is used internally and ex-

ternally.

White mustard belongs to the Brassicaceae (Mus-

Pneumonia, Bronchitis, Respiratory

tard) family. It is mostly grown for its seeds or as

Diseases: The seeds of white mustard, pow-

fodder crop and is widespread. White mus-

dered and made into a poultice, are

tard seeds are yellow in color and are also

good for treating respiratory dis-

called yellow mustard. Brown and

eases. They act as an irritant

black mustards are different but also

to loosen phlegm and help

have medicinal uses.

expel mucus from the body.

Identification: White

The poultice is applied to the

mustard is an annual herb,

chest and left in place until the

growing from 1 to 2 feet

skin

reddens,

then

(0.3m to 0.6m) tall. It flowers

promptly removed. The

from July to September.

mustard is an irritant and can

The white mustard flower

cause blistering if left in place

has a yellow corolla, just

too long.

over 1/2 inch (1.25 cm) in diame-

Poison Ingestion: Ground

ter with four petals that are 1/4 to 1/2

mustard seed, taken by mouth in

inch (0.75 cm to 1.25 cm) long. It con-

quantity, can cause vomiting. You can

tains four spreading sepals and six sta-

use it to bring up poisons and other un-

mens (4 long and two short). The alter-

desirable substances that have been in-

nate leaves are stalked with a coarsely hairy

gested.

leaflet. Its stems are branched and also hairy.

Each leaf is irregularly pinnately lobed, with irreg-

Preventing Infection: To prevent infec-

ular sawtooth edges. The terminal leaflets are large and tion in a wound, or anywhere in the body, white mus-clearly lobed. The fruit of white mustard has many tiny tard is a good ally. It has abundant sulfur compounds, round pale-yellow seeds.

which help prevent infection and fight any invading in-

fection. Often used in combination with garlic. For best

Edible Use: The seeds, flowers, leaves and extracted effects, use fresh mustard seeds, ground into a paste.

oil are edible. I like to eat the young leaves in salads, When using dried mustard seeds, soak them in water and I sometimes cook the older leaves as a vegetable or before grinding them.

potherb. The seeds make a spicy condiment or flavor-

ing when finely ground.

Prevents Cancer: Mustard seeds contain benefi-

cial substances that reduce the risk and the reoccur-
rence of cancer. It does not cure cancer, but seems to
prevent the spread or the return of it. One tablespoon
of crushed or ground white mustard seed daily is
enough to provide these powerful benefits.

Arthritis: White mustard applied to the skin is an ir-
ritant. The skin irritation brings an increased blood
supply to the area. The skin and joints are warmed, and
pain is reduced. You must be careful to wash the mus-
tard away once the skin reddens to prevent blisters and
other damage to the skin.

To treat arthritis and other joint pain, mix ground
white mustard seeds with enough vinegar to make a

SuperJew, own work, White Mustard near Abu Ghosh.CC 3.0

paste. Apply to the skin over the affected area. White

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mustard seed powder (1 tablespoon) added to the bath Chilblains (Chill Burns): Chilblains benefit from water is also beneficial for arthritic pain.

the warming power of white mustard. Mix one-part

Sore Throats: Mustard Seed Tea made from the white mustard seed powder and four parts ground flax leaves of the white mustard plant has a beneficial effect seeds together to make a paste. Use this mixture as a on sore throats. The increased blood circulation and poultice to get rid of chilblains.

sulfur content help the throat to heal. Gargle Mustard Recipes: Mustard Seed Tea. You need 1 teaspoon Seed Tea several times daily, beginning at the first sign crushed mustard seeds and 1 cup boiling water. Pour of throat irritation. Its action is similar to that of a cay-the water over the mustard seeds and let it steep cov-

enne gargle.

ered for 2 to 4 minutes.

Yellow Mustard Poultice. You'll need: one ta-

blespoon ground white mustard seeds, 1/2 cup flour, 1

egg white, 8 ounces (250ml) of hot water. Mix the mus-

tard and flour together, then add the egg white and wa-

ter to form a loose paste. Apply immediately to the

body over the affected area.

Wild Lettuce,

Lactuca canadensis, L.

virosa* and *L. serriola

This member of the Daisy/Aster Family is very wide-

spread. Its sap is well known for pain relief. Most *Lac-*

***tuca* species of wild lettuce contain these pain-reliev-**

ing lactones in their milky latex. It is also known as

prickly lettuce and opium lettuce (although it does not

actually contain opium).

Identification: Wild lettuce grows to be 3 to 5 feet

(0.9m to 1.5m) tall, usually on a single stem, and has a

milky sap throughout the root, leaves, and stems. The

central stem is light-green to reddish-green, occasion-

ally with purple streaks. Its green alternating leaves

sometimes have purple edges or a yellowish color.

Photo:http://extension.umass.edu/landscape/weeds/lactuca-canadensis

The lance-shaped leaves can grow up to 3 inches (7.5 cm) across with 12 to 25 rays – and they are well above cm) across and 10 inches (25 cm) long. Leaves are usu-the leaves on a tall stem, unlike dandelion, whose flow-

ally, but not always, lobed and look similar to a dande-

ers are low to the ground. After 3 to 4 weeks, the flow-

lion leaf. Some species have spines/prickly hairs along ers are replaced with dark brown, dry fruits with white the midrib on the underside of the leaf and some have hairs. The taproot is thick and deep.

teeth on their leaf margins that are very prickly.

Edible Use: This slightly bitter lettuce is good to eat

The white milky sap turns tan after exposure to air. when the leaves are cooked like spinach. Boiling re-This is an important diagnostic feature. Wild lettuce moves some of its bitterness. It can be eaten raw, but blooms in the late summer to early autumn. Its flowers is usually too bitter for most people's tastes.

are small and are similar to dandelions with yellow or

slightly reddish - orange petals. Flower heads are much Medicinal Use: The white latex sap that runs smaller than those of dandelion - about 1/3 inch (0.8 through the plant contains sesquiterpene lactones, 145

of shock, menstrual pain, muscular pain, joints pain, and colic.

Warts: Apply the white sap to the skin as a treatment for external warts. Cover the wart with sap once or twice a day until the wart is gone.

Warning: Use with caution as it has a sedative effect.

Do not overdose.

Harvesting: Collect the leaves and stems in the

summer when the plant is just starting to bloom for

maximum medicinal properties. Even better is to

simply collect the milky sap directly into a small glass

which are its primary medicinal components, similar jar. This is more time-consuming but gives you the to Chicory (also in this book). Older plants have higher most concentrated dose. The sap turns brown and concentrations of sap, especially while the plant is just hardens when dry. Older plants are best. Leave behind beginning to bloom. Best to use the sap after it dries or enough of the plant so that it will recover.

use a tincture form to make full use of its medicinal Recipes. Wild Lettuce Tincture: You will need: compounds.

vodka, brandy or other 80 proof alcohol, fresh or dried

Insomnia and Sedative: The sedative properties wild lettuce leaves. Fill a clean, sterile, glass jar with of wild lettuce come from the milky sap that runs chopped fresh milky leaves or use 2 ounces (56g) of through the stems and leaves. It calms restlessness and dried wild lettuce per cup of alcohol. You may also use anxiety and induces sleep without being addictive.

the sap. Cover the herbs with vodka or other drinkable

alcohol. Stir the herbs to remove air bubbles. Move the

Pain Relief and Shock: Wild lettuce has also been container to a cool, dark place and allow the tincture to called opium lettuce because of its weak opium-like ef-steep for 3 to 4 weeks, shaking daily. Strain out the

fects. Used in small doses, it has a sedative and pain-

herbs and discard. Store in a cool, dark place for up to

relieving effect without causing the stomach upset and 5 years.

high of a true opium. It is also helpful in the treatment

Wild Teasel,

Identification: Teasel is a biennial herbaceous

plant. It has lance shaped leaves and grows from 3 to 8

Dipsacus sylvestris/

feet in height. The first-year leaves form a rosette at the

base of the stem with the flower stem emerging from

fullonum

the center in the

second year. Each

Also known as Fuller's Teasel, Wild Teasel, or Com-

leaf is 8 to 16 inches

mon Teasel, this plant grows throughout most of the (20 cm-40 cm) long

United States and coastal Canada. It is listed as a nox-

and 1 to 2.5 inches

ious weed in many states, but it has many good uses. (2.5 cm to 6 cm)

Teasel grows in large patches, crowding out other across. The under-
plants once established. In the fall, it attracts large side of the leaf has a
flocks of birds, who use the seeds as a winter food row of spines along

source. It likes to grow along stream banks, roadsides, the midrib and the pastureland, prairies, meadows, savannas, and wood-stems are also cov-

land borders. It is a water loving plant that grows in a ered

in

small

variety of soils including sandy soils in moist areas and spines. The plant heavy clay in poorly drained areas. It is in the Caprifo-has

a

two-year

liaceae, the honeysuckle family.

lifecycle, growing leaves and stems in the first year and drops total each day (three in the morning, three in the producing flowers in the second year. It has erect hol-afternoon, and three in the evening.) Note that you

low pale green to reddish-green stems. Its stems are may have a Jarisch-Herxheimer ("herx")" reaction if hairless with longitudinal ridges and white spines.

you have Lyme. A "herx" reaction is an adverse re-

Teasel flowers June through August. It has a cylindri-

sponse to the cytokines that are released as the Lyme

cal inflorescence of dark pink, purple, or lavender flow-

bacteria are killed. Once the bacterial waste and dead

ers on the top of the flower stem. The inflorescence is bacteria are expelled this reaction goes away. This does ovoid or conical, up to 4 inches long (10cm) and 2 mean that the spirochaetes that cause Lyme are dying, inches (5cm) across. When the flowers drop, the flower which is good news, but you may feel worse before you cylinder dries into spiny hard bracts with small seeds feel better.

maturing mid-autumn.

Personally, I use teasel tincture in larger amounts as a

The plant has a deep taproot with fibrous secondary Lyme preventative when I am in an area with Lyme-roots that can grow up to 2 feet long (0.6m) and up to carrying deer ticks (see “Lyme Prevention” below).

an inch (2.5cm) in diameter.

Treats Chronic Lyme Disease: Lyme disease is

Edible Use: The young leaves are edible, but the a bacterial infection of the spirochete Borrelia short hairs make them unappetizing. They can be eaten burgdorferi and is transmitted by infected deer/black-cooked or raw. The roots are used medicinally but are legged (Ixodes spp.) ticks. The spirochaetes drill into not eaten.

human tissue and, in time, seal themselves in by creat-

ing a biofilm, which acts as a barrier to antibiotics.

Non-Edible Use: A water-soluble blue dye, used as Teasel is not an antibiotic, but it acts to boost the effec-an indigo substitute, is obtained from the plant. When tiveness of antibiotics, dumping the bacteria back into the plant is mixed with alum, a yellow dye is obtained. the blood stream where antibiotics can more easily at-The stalks work as a spindle for friction fire, and can be tack and clear the infection. In most cases, antibiotics paired with a clematis fireboard.

given soon after infection work well for Lyme, but in

the case of Chronic Lyme Disease, where antibiotics

are not working well enough, adding teasel to the cure

can make all the difference. It may still take 6 months

or longer to clear the infection, but the teasel is thought

to draw the spirochaetes out of the tissue, thus expos-

ing them to the antibiotics. Please see suggested dosing

instructions above.

Lyme Prevention: I use teasel tincture as a Lyme

preventative when I am in an area with Lyme-carrying

ticks. I take a dropperful 2x/day if I am in the woods in

a known Lyme area. I know many other people who

work in the woods who also use teasel in this way. It

keeps Borrelia from burrowing into my tissues in case

Medicinal Use: Teasel root can be taken internally of an infection. If you do get a tick bite save the tick to and externally, but you must be very careful with inter-get it tested for Lyme. If antibiotics are taken early

nal dosing, especially if you have, or suspect you have, Lyme can be prevented.

Lyme Disease. For Lyme, I prefer to use teasel in a tinc-

Osteoporosis, Osteopenia, and Bone Frac-

ture form with a maximum dose of 9 drops split into 3 tures: Teasel root increases blood circulation so that drops each in the morning, afternoon,

and evening.

Begin by taking 1 drop in the morning of the first day. the body can rebuild and repair tendons and bones. It On the second day, take one drop in the morning and stimulates new bone growth and helps increase bone one in the evening. On the third day, take one drop in mass. It is an effective treatment for both Osteoporosis the morning, afternoon, and evening. Continue adding and Osteopenia and for bone fractures once the bone one drop each day until you reach the maximum of 9 has been properly set.

Natural Diuretic: Teasel root is excellent at rid-

Harvesting Teasel: I recommend wearing gloves

ding the body of excess water and encouraging urine and protective clothing to protect your skin from the flow. Teasel rids the body of unnecessary water weight, teasel spines. Harvest the roots after the end of the first salt, and toxins.

year's growth between early autumn and early spring.

It helps reduce inflammation and swelling and can be Once they have flower stalks it is too late, as the roots useful in reducing a fever by stimulating sweating.

become woody.

Candida and Yeast Infections:

Dig up the plant with a spading fork, pushing deeply

Teasel root into the soil next to the plant. The taproot is deep with

works to purge excess yeast and Candida from the body additional secondary roots. Wiggle the fork to loosen into the bloodstream where it dies and is eliminated. the soil and push it as deep as possible. Grab the plant Teasel is useful in keeping yeast infections and Can-with a gloved hand and pull the plant up, loosening

dida under control.

more with the spading fork as needed.

Take enough teasel root to make a year's supply of tinc-

ture at once. Wash them, slice them and cut away the

brown parts, tough roots, or soft roots. You want to use

the center of the root. Use fresh root to make tincture

or place them in the dehydrator to dry for powder or

future use. Make sure to cut them before they dry out,

as they are very difficult to cut once they are dry.

Warning: Take care in dosing teasel root tincture,

starting with one drop only and slowly increasing it as

tolerated.

Teasel root can cause a “herx” reaction in some people

(see “Lyme” section above). These side effects subside

Arthritis: Teasel root is an anti-inflammatory and over time.

helps repair damaged joints that cause arthritis. It

gives some short-term pain relief, but it takes long-

Fresh Teasel Root Tincture Recipe: Fresh

term use for effective arthritis relief.

teasel root, sliced and chopped into small pieces, 100

proof vodka or similar proof drinking alcohol, 2 clean

Jaundice and Liver Problems: Teasel is a liver jars with tight-fitting lids, Strainer. Use the center of tonic, and is helpful in treating liver problems of many the fresh root for this recipe. Place the chopped root in types, including jaundice.

a clean jar, filling it to within one inch of the top. Cover

The diuretic properties of teasel root support the liver it with 100 proof alcohol, completely filling the jar to and help clear the body of the toxins that cause jaun-the rim.

dice. It supports the liver and helps reduce inflamma-

Cap it tightly and label /date the jar. Shake the jar

tion and infections, but it does not cure the underlying weekly. Refill with 100 proof alcohol if needed. Allow cause.

the tincture to macerate for 6 to 8 weeks, then strain

Wounds and Inflammation – External Ap-

and move it to a clean jar. Store Teasel Tincture in a

plication: For skin wounds and inflammation, teasel cool, dark place for up to 5 years.

root powder can be sprinkled directly on the affected Dose Teasel Tincture carefully, starting with 1 drop site. To use, grind dried teasel root into a fine powder and increasing by 1 drop daily to a maximum of 9 drops and apply or add water to make a poultice.

total daily if using for Lyme. Divide the doses into

morning, afternoon, and night doses, never giving

more than 3 drops per dose.

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Wooly Lamb's Ear,

Stachys byzantina

Wooly Lamb's Ear was used in WWII as a field dressing for wounds on the battlefield. It is easy to cultivate in the garden in full sun. It is also known as wooly wound wort, wooly betony and silver carpet. It is in the Lamiaceae (Mint) Family.

Identification: This perennial plant has soft, fuzzy

leaves that are densely covered with silver-white or

gray hairs with the texture of velvet. Leaves have a

curved shape and are 2 to 4 inches (5 cm to 10 cm) long

with

a

rounded

point. The under-

Wound Dressing: The soft, fuzzy leaves of Lamb's

sides are more sil-

Ear make an excellent dressing for wounds of all kinds.

very-white in color They are antibacterial, antiseptic, and anti-inflamma-than the tops. Flow-

tory and are said to combat MRSA. The leaves absorb

ering stems grow blood and encourage clotting. Place several whole erect, with square leaves on the wound and cover it with a soft cloth or stems, and are usu-gauze. Leave in place until it is time to change the

ally 1 to 2 feet (0.3 dressing.

meters to 0.6 me-

ters) tall. The flow-

Wound Wash, Eye Wash, Conjunctivitis,

ering spikes are 4 to and Sties: Make a medicinal tea to use as an eye-10 inches (10 cm to wash. When cool, the tea makes an excellent antibac-15 cm) long with terial wash for wounds of all kinds. When using it as an many purple flowers eyewash or to treat pinkeye, make the tea with distilled crowded together on water and bring it to a full boil. Then strain it twice to the stem. Small make sure no fine particles remain.

leaves appear on the Diarrhea, Fevers, and Internal Bleeding:

Wolly Lamb's Ear, Jean-Pol ANDMONT,

flowering stems as

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Wooly Lamb’s Ear works for internal bleeding, for di-

well. The crushed arrhea, and for reducing fevers. For these purposes,

plant has a pleasant scent, mildly like apple or pineap-

drink Wooly Lamb’s Ear Tea (recipe found below).

ple.

Sore Mouth and Sore Throat: The same tea,

Edible and Other Use: The leaves are edible and used as a gargle, is effective for treating a sore throat best when young and tender. Eat them fresh in salads or mouth. Swish the tea around in the mouth or gargle or steam them as a green vegetable. Wooly Lamb’s Ear with it several times a day. It relieves the pain and the is soft and very absorbent, which makes it a good sub-antibiotic properties help cure the underlying infec-

stitute for toilet paper. The highly absorbent properties tion.

of the leaves make it useful as a feminine hygiene prod-

uct too.

Liver and Heart Tonic: The healthful benefits of Wooly Lamb's Ear make it a good general tonic, espe-

Medicinal Use: Lamb's Ear is antibacterial, anti-

cially for the liver and heart. Take the tea daily or con-

septic, antispasmodic, and astringent. It is also a diu-

sume the leaves as an herb or vegetable.

retic, febrifuge, good for digestion, styptic, tonic, ver-

mifuge, and wound-healing.

Insect Bites and Hemorrhoids: The anti-in-

flammatory benefits of lamb's ear make it effective in

dealing with painful bee stings and insect bites. It also a pot of simmering water. Simmer the leaves for a 5 to has some analgesic

properties, which help with pain.

10 minutes and cool. Strain the liquid through a fine

Recipes. Wooly Lamb's Ear Tea:

sieve or coffee filter to remove all leaf particles. Drink

You will only or use as a wash.

need fresh leaves of Wooly Lamb's Ear and water.

Bruise the fresh leaves by pounding then add them to

Yarrow,

Stopping Internal & External Bleeding: Yar-

row quickly stops bleeding by contracting the blood

Achillea millefolium

vessels and encouraging clotting. Yarrow contains

anti-inflammatory and antibacterial compounds that

I always keep yarrow in my medicine bag, as it has ease swelling and promote healing. It also helps disin-many uses. It is also called nosebleed plant, squirrel's fect wounds. If it is possible, clean the wound before tale, plumajillo, and soldier's woundwort. I recognize applying yarrow. Yarrow will quickly stop bleeding and it by its feathery leaf shape, texture, and scent. It is in bind any dirt or infectious materials into the wound, so the Aster/Daisy Family. It is found in temperate zones best to clean first if possible.

throughout the world.

To use yarrow leaves on a wound or abscess, chop or

Identification: Yarrow is an erect plant that grows

rip the leaves finely and apply to the wound. I often

from a spreading rhizome. The plant has

carry dried powdered yarrow with me for this

finely divided feathery leaves that

purpose. Cover the wound with a soft

grow along the stem. Plants grow 1 to

cloth and leave it in place. Repeat 2 to 3

3 feet (0.3m to 0.9 meters) in full

times daily until the wound is healed over

sun to partial shade. Its bipinnate

and the swelling is gone. Yarrow oil or tinc-

or tripinnate leaves are 2 to 8

ture can be used to treat nosebleeds and other

inches (5 cm to 20 cm) long, and

minor injuries, as can yarrow powder. Place a

can be hairy. Leaves are arranged spi-

few drops of oil or tincture on the affected area

rally on the stem in groups of 2 to 3. Each

or apply it to a tissue or cloth and place it on

leaf is divided into many leaflets, which

the wound.

are further divided into smaller leaflets. The

Bruises, Sprains, Swelling, and Hemor-

silvery-green leaves are fern-like and feathery.

rhoids: For bruises, sprains, hemorrhoids, and

Flowers bloom from May to July. Each inflo-

other swellings, use a poultice of yarrow leaves or

rescence is a cluster of 15 to 40 tiny disk flowers

stems pounded into a paste and applied to the in-

surrounded by 3 to 8 ray flowers. The scent of

jured area and cover. Infused yarrow oil or

yarrow is similar to chrysanthemums, and the

salve works well for bruises, sprains, swelling,

flowers are very long lasting. Colors range

and hemorrhoids.

from white to yellow, pink, and red. Yar-

row is a good companion plant in a garden,

Antibacterial and Antifungal: Yarrow is a

as it repels many garden pests while attracting

strong antibacterial and antifungal. It will heal

beneficial insects.

a wound quickly. Do not use on deep punc-

ture wounds as it will heal it too quickly and you

Edible Use: You can eat the leaves raw or cooked. want the wound to heal from the inside out. It is a great They are bitter and are best eaten young. The plant is addition to a first aid salve. It is also a strong antifun-very nutritious; however, I don’t recommend eating a gal.

lot of it because of its blood clotting ability.

Fevers, Colds, and Measles: Yarrow reduces the

The flowers and leaves are used to make tea, but the duration of the measles virus, colds, and fevers. It is leaf tea is bitter. A little raw honey helps.

quick to bring down a fever. Either chew raw yarrow or

Medicinal Use: All parts of the plant are used me-

drink yarrow tea to induce sweating and reduce fevers.

dicinally.

An easier (and more palatable) method is to take yar-

row in tincture form. It opens the pores, encouraging

perspiration, and purifies and moves the blood.

Menstrual Problems: Yarrow tea or tincture

treats menstrual problems ranging from a lack of men-

struation to excessive bleeding and cramping. It tones

the uterine muscles after childbirth, reduces cramping

by relaxing the smooth muscles, and prevents hemor-

rhage. It also helps to bring on menses.

Dental Pain: To reduce inflammation and relieve

dental pain, chew on a piece of fresh yarrow root or

yarrow leaves. In addition to its anti-inflammatory and Yarrow Tincture: Ingredients: fresh yarrow leaves anti-infection benefits, yarrow contains salicylic acid, and flowers, vodka, brandy, or other alcohol, 80 proof a pain reliever that acts quickly.

or higher. Chop yarrow into small pieces and pack it

Mastitis: As an antibacterial and an anti-inflamma-

tightly to fill a glass jar. Fill the jar with alcohol and

tory yarrow works well for mastitis. A leaf poultice cover it tightly. Check the jar every few days and add seems to work the best while alternating between more alcohol as needed to keep the jar full. Allow

the warm and cold compresses (cabbage leaves also work tincture to steep for 6 to 8 weeks. Strain the alcohol well for mastitis).

through a few layers of cheesecloth and squeeze out all

the liquid. Discard the herbs, label the jar and store

Anxiety and Relaxation without Sedation: your tincture in a cool, dark place.

Yarrow seems to reduce anxiety without sedative ef-

Yarrow Oil:

fects. It has a calming effect on the

Fresh or dried yarrow leaves, or-

central nervous system.

ganic olive oil or another carrier oil. If using fresh

yarrow, cut the leaves into one-inch (2.5 cm)

Harvesting: Yarrow is best

pieces and allow them to dry. Place the herbs

when young, picked in the

into a jar or heatproof container and add oil just

spring or early summer be-

to cover the herbs. Fill a small pot about 1/3 full

fore the flowers have been

of water and bring to a boil. Turn the heat down

pollinated. Dry the leaves,

to a simmer before using. Place the jar of oil

stems, and flowers for later

and herbs into the water, preventing the water

use. Once the herb is dry,

from getting into the oil container. Use the

store it in a capped jar in a

water like a double-boiler to gently heat the

cool, dark, and dry location.

herbs and oil for 2 to 3 hours. Do not over-

Warning:

heat! Allow the oil to cool, then filter it

Do not eat yarrow

through a couple of layers of cheesecloth.

or take yarrow tea during pregnancy.

Squeeze the cheesecloth to get all the oil.

Some people are allergic to yarrow. Do

Discard the herb and use the oil for medici-

not use it if you are allergic to plants in the As-

nal purposes.

ter/Daisy family, if you develop a rash, or if any irrita-

tion occurs. Do not use before surgery.

Yarrow Salve: Ingredients: ½ cup (4 oz or

Recipes. Yarrow Tea:

125ml)) Infused Yarrow Oil, 1-ounce Beeswax. Using a

One teaspoon dried yarrow double boiler, mix the beeswax and the infused oil until flowers and/or leaves, one cup boiling water, sweet-the beeswax has melted. Check the consistency by dip-

ener, if desired. Pour one cup of boiling water over one ping a spoon in and putting it in the fridge to harden.

teaspoon of dried yarrow flowers or leaves. Cover and If it is not hard enough, add more beeswax. If too hard allow the tea to steep for 5 minutes. Sweeten with raw add more oil. Pour into your jar or tins and let harden.

honey or maple syrup.

Label and date.

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Forest, Scrublands, and

Woodlands

Amaranthus caudatus

***Amaranthus caudatus* is a brilliantly beautiful plant. Its tails of bright red flowers make it easy to locate, even at a distance. It is also called loves-lies-bleeding, tassel flower, velvet flower, foxtail amaranth, pendant amaranth, and quilete. It is in the Amaranthaceae (Amaranth) Family. *Amaranthus caudatus* is wide-spread throughout North America. It often grows in disturbed ground.**

Identification: ***Amaranthus caudatus*** **is an annual flowering plant. It grows from 3 to 8 feet (0.9m to 2.4m) tall in full sun with a spread of 1 to 3 feet (0.3m to 0.9m). It blooms from July until the first frost. The red flowers are very small and have no petals. They bloom in drooping terminal tassel-like panicles that are 1 to 2 feet (0.3m to 0.6m) long. The seeds ripen in September.**

Edible Use: The leaves and seeds of ***Amaranthus caudatus*** **are edible. Amaranth leaves can be eaten raw or cooked. The seeds are used as a grain. They do not**

Amaranthus caudatus, Tubifex, CC by SA 3.0

need to be cooked, but are good toasted in a little oil. water for 10 minutes. Let it cool and gargle and swish The seeds are also good when sprouted.

with it three or more times a day.

Medicinal Use: The plant is astringent, anti-para-

Heavy Menstrual Bleeding and Stopping

sitic, and diuretic.

Bleeding: ***Amaranthus caudatus*** **is a powerful blood clotting agent and works to stop excess menstrual**

Diabetes: People with diabetes can substitute Ama-

bleeding. Boil 1 tablespoon of root powder in 1 cup of

ranthus for rice and also eat the seeds and leaves as of-

water. Let it cool, then consume. For external bleeding,

ten as possible. It has anti-diabetic properties that help dust the affected area with the root powder. It quickly regulate blood sugar and brings it down significantly.

stops nosebleeds and bleeding from other small

Lowers Cholesterol: Amaranthus seeds and oil wounds.

are a healthy choice for those with hypertension, car-

Vaginal Infections: Use an Amaranthus leaf and

diovascular disease, and high cholesterol.

root powder decoction internally, and use externally as

Sore Throats, Mouth Sores, and Canker a douche to treat vaginal discharge.

Sores: A gargle made from dried and powdered Am-

Warning: *Amaranthus caudatus* should not be used

aranthus leaves is an effective treatment for sore by people who have gout, rheumatoid arthritis, or kid-throats and canker sores. To make a gargle, boil 2 ta-

ney disorders. It should not be given to pregnant

blespoons of powdered amaranth leaves in 1 cup of women, nursing mothers, or babies.

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American Ginseng,

Panax quinquefolius

American ginseng, also known as *Panax ginseng*, is in

the Araliaceae (Ginseng/Ivy) Family. It is native to

eastern North America and cultivated widely else-

where. Its aromatic root forks as it matures.

Identification: Plants grow 6 to 18 inches (15

cm to 45 cm) tall. Its leaves are palmate and

divided into 3 to 7 (usually 4 or 5) lance-shaped,

sharp-toothed leaflets. The flowers are whitish-

greenish, and fruits are pea-sized red berries with

Photo by John Carl Jacobs, CC by SA 4.0

two seeds each.

and monitoring blood sugar levels. Increase the dosage

one drop at a time, as needed, up to 5 drops per meal,

The neck of the rhizome shows scars left by each year's depending on the potency of your tincture. American growth. Counting the leaf scars ages the root. Its ginseng contains a class of compounds called ginseno-medicinal compounds, called ginsenosides, increase in sides, which possess antioxidant and anti-inflamma-concentration as the root ages. In general, harvest tory properties, two important factors in the progres-roots 4 years or older.

sion of diabetes. American ginseng also promotes the

Medicinal Use: *Panax* species have a well-deserved secretion of insulin, necessary for regulation of blood reputation as powerful adaptogens.

They help the body sugar levels.

recover from the effects of stress and adrenal fatigue, Ginseng helps lower high blood pressure in diabetics.

much like Reishi or Ashwagandha. It is also used as an Regular use gives some protection to the heart and ret-aphrodisiac and for erectile disfunction. American gin-

ina from diabetes-induced damage.

seng is a relaxant, while the Asian version, *P. ginseng*,

is said to be more stimulating. The mature root and Cold and Flu: American Ginseng helps fight the leaves can be chewed, powdered and put into capsules, common cold and flu when taken regularly. People extracted in alcohol as a tincture, or made into a tea.

who take ginseng daily report fewer colds and less se-

vere cold and flu symptoms.

Diabetes: Ginseng has many benefits for diabetics.

American ginseng helps regulate blood sugar. Taking Tonic for Fatigue, Stress, Memory, and take 2 to 5 drops of American Ginseng tincture before Concentration: American ginseng has properties each meal helps prevent post-meal spikes in blood that boost energy and stamina and reduces fatigue sugar levels. It is recommended starting with 2 drops caused by failing health and everyday stresses. It also betters cognitive performance, and enhances memory.

Erectile Dysfunction: American ginseng is an ef-

fective treatment for erectile dysfunction when taken

on a regular basis. Favorable results are only seen

when the herb is taken daily over the long term. It seems to work by opening up necessary blood vessels for improved blood flow.

Other Uses for American Ginseng: Since *Panax* is a tonic and reduces the stress on the body, it is effective for use in many different diseases and conditions. It is said to raise the spirits and to improve sleep, mood, and general outlook on life. It is also an antispasmodic.

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Harvesting: Like all plants, the ginseng root needs to be treated with great respect. Do not harvest the roots before the berries ripen and the seeds set, in late

summer or early autumn. When uncovering the neck of the root, look for four or more leaf scars, one scar for each year of age. Roots less than four years old do not contain enough beneficial properties to be effective. Note the location of younger roots and leave them in the ground or dig them up for relocation. The root branches underground, so dig carefully, and excavate a large area. Use the root fresh and dry some for future use.

Photo by Drginseng, CC by SA 3.0

Warning: Avoid American Ginseng if taking warfa-rin or other blood thinning therapies. Not recom-mended for pregnant or breastfeeding women. Gin-seng should not be taken if someone has a hormone-related condition such as endometriosis, fibroids, or cancers of the breast, ovaries, uterus, or prostate. Do

Recipes. American Ginseng Tea: Here is a simple ginseng tea with cooling properties. It keeps the body balanced and improves mental alertness. Avoid taking ginseng tea close to bedtime. You'll need 1/2 ounce of American Ginseng root fibers, 3 cups of water, a few grains of salt (optional). Bring the water to a boil. Add

not use ginseng for people with heart disease except ginseng and simmer for 5 to 10 minutes. Season with under the close supervision of a healthcare profes-salt, if desired. Strain the tea and allow it to cool. Serve

sional. Ginseng may decrease the rate and force of at room temperature or cold.

heartbeats.

American Ginseng Extract: See Section on Tinc-

Occasional side effects include headaches, anxiety, up-

tures and Extracts. Use 8 ounces (230g) of American

set stomach, and sometimes trouble sleeping.

ginseng root, pounded into fibers or ground, with 1-

quart (1 Liter) of 80 proof or better alcohol and infuse

it for 6 to 8 weeks.

Angelica,

***Angelica archangelica* that is used medicinally. It is in**

the Apiaceae/Umbelliferae (Carrot/Celery) Family.

Angelica archangelica

Identification: Angelica is a biennial plant that dies

after it sets its seed in its second year. During the first

According to legend, an angel revealed in a dream how

to use angelica to cure the plague. It was reverently

called “The Root of the Holy Ghost” and was believed to ward off witchcraft and evil spirits. It is also called Wild Celery.

Angelica is a useful medicinal plant, but care must be taken to identify the plant correctly before using it. It is similar in appearance to other poisonous plants like water hemlock and giant hogweed. Please note the distinguishing features listed below and be sure you have the correct plant before harvesting.

The plant is found in the North Eastern parts of North America and in Northern Europe and grows in moist, cool woodlands, along stream banks, and in shady places. It is widely cultivated as an ornamental and medicinal plant. There are many varieties, but it is the

Photo By H. Zell, CC by SA 3.0

year, the plant puts out leaves, but most of its growth Preserve them in sugar or candy them for use as a dec-and its flowering stage occurs in the second year. It oration on sweet treats.

grows from 4 to 6 feet (1.2m – 1.8m) tall and occasion-

Angelica root must be dried and preserved for later

ally up to 10 feet tall (3m), with large dark green bipin-

use. Do not use it fresh.

nate leaves. Each leaf contains many leaflets, divided

into three main groups.

Medicinal Use: The entire plant is used medici-

nally. Leaves, stems, and flowers are crushed and used in a bath or as a poultice. The medicine from the roots is best extracted using alcoholic tinctures. Roots can be dried and powdered for medicinal use.

Respiratory Issues: The herb is well known as an expectorant and is used to treat bronchitis, asthma, colic, coughs, and the common cold. The root is best used for respiratory ailments, but stems and seeds are also usable when necessary. A tincture or a tea will work as an expectorant.

Digestive Aid, Stimulates Appetite, and Intestinal Infections: Angelica stimulates the appetite, improves digestion, soothes colic, and reduces the

Photo By Franz Xaver, CC by SA 3.0

production of intestinal gas. It also increases the production of stomach acid. It has been used as a cure for

Each subdivision is further divided into three groups. the plague, dysentery, cholera and intestinal infec-The leaves are finely serrated. The lower leaves are the tions. The herb is anti-bacterial and kills the bacteria largest, up to 2 feet wide (0.6m). The leaf stalks are that cause many gastric illnesses, like E. coli.

flattened and fluted. Stems are curved inward with

sheathing that forms an elongated bowl that holds wa-

Nerve Pain: Rub angelica directly on the skin to

ter. Stems are dark purple, round, smooth and hollow treat neuralgia or nerve pain. It acts as an anesthetic.

and are 1 to 2 inches (2.5cm-5cm) across.

Joint Pain: The anti-inflammatory properties of An-

The small, plentiful white, yellowish, or greenish-white gelica are useful for treating arthritis, gout, swelling, flowers grow in large, compound umbels, up to 6 and for broken bones. For joint pain, a poultice made inches wide (15cm). The star-shaped flowers appear in from crushed leaves is effective.

July after the second year.

Anti-Seizure Effects: Recent studies show that

The fruit are small, oblong and pale yellow. Each is 1/6 Angelica archangelica protects the body against chem-to 1/4 inch (0.4cm – 0.6cm) in length when ripe and ically induced seizures. Angelica essential oil exhibits they reside in round heads that are up to 8 to 10 inches

(20cm – 25cm) in diameter.

The root is branched, thick, and fleshy with small root-

lets. The root is 3 to 6 inches (7.5cm – 15 cm) long.

Edible Use: The fresh root is rumored to be poison-

ous, but cooked and crystalized pieces of root and stem

are used as decorative pieces for cakes and are used for

flavoring in alcoholic beverages.

Young shoots and leaves are edible raw or cooked. The flavor is sweet and similar to celery with a slight licorice taste. Use the shoots in salads or boil them like a pot herb. Use angelica stems when young and tender.

anti-seizure effects, probably due to the presence of Harvesting: While all the parts of the herb are use-terpenes in the oil.

able for culinary and medicinal purposes, they are use-

Sore Throats and Mouth Sores: The antibacte-

able only during certain parts of the year. The roots are

rial and anti-inflammatory properties of the root is best harvested in the fall or winter of the first year. The useful in treating sore throats and mouth sores. Use an stem and leaves are best in the spring or early summer Angelica Infusion as a gargle or wash several times a of the second year, before the flowers appear. Dry the day.

roots at or below 95 F and store in an airtight con-

tainer.

Menstrual Problems: Angelica regulates female Warning:

hormones, regulates the menstrual cycle, and controls

Some people are allergic to Angelica.

menstrual discharge.

Avoid using angelica with anti-coagulant drugs. Do not

use during pregnancy or breastfeeding. People with

Acne: Anti-bacterial and anti-inflammatory com-

Diabetes should not use Angelica

pounds in angelica help prevent and control acne. Use Recipes. Angelica Tea or Decoction: an angelica decoction or angelica tea as a face wash.

Add 1/2

teaspoon of powdered angelica root to one cup of boil-

Anxiety: Recent studies showed that angelica has an ing water. Simmer for 10 to 15 minutes. Turn off the antidepressant and anti-anxiety effect. It reduces heat and let the tea steep for another 8 to 10 minutes.

stress and improves relaxation.

Strain out the root and store the decoction in a glass jar

Cancer:

for later use. Use as a wash for skin problems or drink

Angelica archangelica has been shown to be a cup after meals.

effective against breast cancer cells. It reduces prolif-

eration of the cancer cells and reduces tumor growth. Candied Angelica: Trim angelica shoots and cut Research is ongoing into its anti-tumor properties.

into strips. Blanch the strips in boiling water, then cook

Anti-Fungal:

them in sugar syrup, gradually increasing the amount

Powdered angelica root is used to of sugar. Dry them and store in a sealed container.

treat athlete's foot and other fungal infections.

Keep the syrup for other uses.

Improves Circulation: Angelica strengthens the

heart and improves blood circulation throughout the

body.

Arnica cordifolia,

Heartleaf Arnica and *A.*

montana

Heartleaf arnica, also known as mountain tobacco, is

one of the many Arnica species used for medicine. It is

a member of the Daisy/Aster Family. It grows in high

meadows, coniferous forests, and the western moun-

tains at elevations from 3500 to 10,000 feet. It is native

to western North American from Alaska to California

and New Mexico, and east to Michigan. It is relatively

easy to cultivate in the garden.

Arnica cordifolia, Pellaea, CC by 2.0

Identification: Arnica is a rhizomatous perennial are often produced on separate short shoots, are growing from one or more erect stems. It grows be-coarsely toothed and wither when the plant flowers.

tween 12 and 20 inches (30 cm to 50 cm) tall.

The leaves on the upper part of the plant are hairy, like

The stems are hairy with two to four pairs of heart-

the stalk. Lower leaves have rounded tips. The flowers

shaped to arrowhead-shaped leaves. Cordate leaves are small and yellow, forming 1 to 5 daisy-like 156

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flowering heads per plant, and each flower head has a Bruises, Black Eyes, Muscle Aches, Inflam-golden yellow disc with 10 to 15 yellow rays. The rays mation, Sprains, Phlebitis, Carpal Tunnel, are pointed and about 1 inch (2.5 cm) long. The entire and Swelling: Arnica applied topically is useful in flower head is about 2 1/2 inches (3.7 cm) in diameter. the treatment of a wide variety of external conditions.

The seeds form in a small, hairy achene, about 1/2-inch It reduces inflammation, warms the skin and muscle, (1.25 cm)-long. Flowers appear from May to August.

relieves pain, and promotes healing. It is excellent for

any strains, sprains, swellings, carpal tunnel, muscle

soreness, and to reduce bruising.

Sore Throat and Toothache: For a sore throat

or a toothache, try chewing the root. If the mouth is too

sore for chewing, mash it and apply it to the swollen

area. Gargling Arnica Tea is also effective for some

people.

Other Uses of Arnica: Some people use Arnica to

make homemade cigarettes, known as mountain to-

bacco.

Harvesting: When harvesting from the wild, pick

flowers sparingly, never harvest rhizomes or roots; this

destroys the plant. The plant will grow back as long as

the rhizome survives in place.

Heartleaf Arnica, Walter Siegmund, CC by SA 3.0

I prefer the flowers for medicinal use but leaves and

Medicinal Use: Use the flowers externally to re-

stems also contain beneficial properties. Pick flowers

duce inflammation, reduce bruising, and for pain. It is in the early afternoon, after the morning dew has evap-antimicrobial and antiseptic. It can be used in small orated.

doses internally with great care.

Warning: Arnica can be highly toxic if taken inter-

How to Use Arnica on Skin: I often use Arnica nally. I do not recommend internal use, except home-externally on the skin as a salve or oil to promote heal-

opathically.

ing in sprains, muscle pulls, contusions, and bruises.

Use a diluted oil or salve on areas that need tissue stim-

Avoid using undiluted Arnica preparations topically on

ulation and healing. Arnica treats common skin prob-

open wounds, as it can cause inflammation and irrita-

lems like infections, itching, and eczema.

tion. Dilute the oil and extracts with a carrier solution

or oil if using on broken skin.

Arthritis: Arnica is excellent at relieving arthritis

pain, especially in cold weather. It warms the area and

stimulates blood flow, and is anti-inflammatory. Rub

arnica salve into the painful joint, or apply it as a poul-

tice of bruised leaves or flowers.

Frostbite and Chilblains: Because it is warming

and stimulates blood flow to an area, Arnica is used for

the treatment of frostbite and chilblains. Use a poultice

of leaves or flowers, or a salve or oil made with Arnica.

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Arrowleaf Balsamroot,

Stimulates the Immune System: Taken inter-

nally, arrowleaf balsamroot roots enhance the action of

Balsamorhiza sagittata

the immune system, works as an antimicrobial, and

stimulates the activity of white blood cells.

Arrowleaf balsamroot, also known locally as the Ore-

Toothaches, Sore Mouths, and Body Aches:

gon Sunflower, is a tough plant. It grows in grasslands,

steppe, and scrubland areas, often on hillsides, in the Traditionally used to treat toothache pain and sore western part of North America. It is in the Aster/Sun-mouths by chewing on the root. Inhaling root smoke is

flower/Daisy Family.

said to treat body aches.

Identification:

Sore

Throat,

Bronchial

Congestion,

Arrowleaf Balsamroot grows 1 to 2

feet (0.3 to 0.6 meters) tall. Its basal silver-green Coughs, and TB: Balsamroot Tincture made from leaves grow up to 2 feet (0.6 meters) long and are arthe dried or fresh root treats sore throats and loosens

row-shaped. Larger leaves are at the base of the plant phlegm. Try putting your tincture into warm water and and the leaves get smaller toward the top of the stem. drink as a tea. You can also make cough syrup by sim-Leaves are “wooly” and covered in fine white hairs.

mering the root in raw honey (recipe below). Chew on

the root to ease sore throat pain. Root infusions are

used traditionally to treat tuberculosis and whooping

cough.

Soothes Skin Burns, Wounds, Eczema, and

Bruises: Use the balsamroot leaves as a compress on

the skin to relieve pain and help heal burns, wounds,

bruises, and rashes. Dry and powder the leaves or

bruise and mash fresh leaves and place them on the

skin or infuse them in oil for a salve.

Fungal Infections, Ringworm, Jock Itch,

and Athlete's Foot: Use the dried and powdered

root as an antifungal to heal common fungal infections.

Apply the powder and leave in place to heal ringworm,

jock itch, and athlete's foot.

Flower stems grow from the root crown to 6 to 30

inches (15 cm to 75 cm) tall. Each flower stem has one Stomach Problems: The root, leaves, and stems flower head that resembles a sunflower with 8 to 25 are soothing for the digestive tract. Try a tea made yellow rays surrounding a disc. This plant grows from from the entire plant.

a deep taproot reaching 8 feet (2.4 meters) into the Harvesting: Leaves and stems are easily harvested ground. It also has deep lateral roots that extend up to by cutting the stem and leaf from the plant. The root is 3 feet (0.9 meters) around the plant.

more difficult because there is a very deep taproot as

Edible Use: This plant is an excellent food source.

Its leaves can be eaten raw or cooked. Peel the stems before eating to get rid of the tough exterior. The seeds are nutritious and can be roasted like sunflower seeds. The root is eaten steamed or can be dried and pounded into a flour. The root can also be used as a coffee substitute.

Medicinal Use: The leaves, stems and roots contain medicinally active compounds. It acts internally as a disinfectant and expectorant.

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well as lateral roots and it often grows in rocky soil. fresh Arrowleaf Balsamroot root, chopped into small Harvest the root in mid-spring to mid-August. You'll pieces, and 1 cup raw honey. Bring the honey to a sim-probably need to dig out a large area to get most of the mer and add the chopped balsamroot. Keep the heat at root. Bring good tools and only take what you need a low simmer for 2 to 3 hours. Strain the warm honey from this slow-growing plant.

to remove the root pieces. Place in a clean jar and label

Recipes. Balsamroot and Raw Honey and date. Use 1 to 2 teaspoons every 2 to 4 hours or as needed.

Cough Syrup: You'll need 3 to 4 Tablespoons of

Bearberry,

fruit is 1/4 to 1/2 inch (0.75 cm to 1.25 cm) in diameter

and can remain on the plant until winter. Each mealy

***Arctostaphylos uva ursi,* fruit contains up to five tiny hard seeds.**

or *Arbutus uva ursi*

Also called kinnikinnik, uva ursi, hog cranberry,

mountain cranberry, upland cranberry, bear's grape,

and red bearberry, this herb is a small evergreen shrub

that grows in northern North America and in higher

elevations throughout the Appalachian Mountains. It

likes acidic dry soils, especially sandy and gravel rich

soils. It is in the Ericaceae (Heath) Family. It is com-

monly used in smoking mixtures.

Identification: The alternate paddle-shaped leaves

are small and shiny with a thick, stiff feel. The under-

side is lighter in color than the green topside. Leaves

are up to an inch (2.5 cm) long and have rounded tips.

Bearberry Flowers, By Yvonne Zimmermann - Own work, CC BY-SA 3.0

The leaves are evergreen, changing from dark green to The root system has a fibrous main root with buried stems that give rise to the stems of the herb. These

trailing stems form layered mats with small roots and

have stems growing up 6 inches (15 cm) tall when ma-

ture, with a reddish- brown bark. Younger branches

are white to pale green.

Edible Use: Bearberry fruits are edible, but they are

not tasty, so they are rarely eaten or used in cooking.

They are sometimes used in pemmican.

Medicinal Use: The leaves and berries are used for

medicine. I usually use it in tincture form for internal

use.

Urinary Tract Infections, Nephritis, Kid-

ney Stones, Cystitis, and Gout: Bearberry

Bearberry, Jesse Taylor - Own work, CC by SA 3.0

leaves treat kidney (nephritis), bladder (cystitis), and

a reddish-green and then to purple in autumn. The urinary tract infections extremely well. It is a diuretic, small dark brown buds have three scales.

increasing the urine volume, and it has antiseptic

Bearberry has small white or pink, urn-shaped flowers properties that reduce bacteria populations in the kid-that appear in terminal clusters from May to June. neys, bladder, and urinary tract. It relieves bladder in-They mature into pink to bright red fleshy drupes. The flammation and helps relieves the pain of kidney 159

hemorrhages. It helps prevent post-partum infections

and helps incisions heal. It can also be used as a douche

or sitz bath due to its astringent and tightening effects.

Not for longer-term internal use if the mother is

breast-feeding.

Prevents Scurvy: Bearberry berries and leaves are

rich in vitamin C, which is necessary to prevent Scurvy.

In winter months it can be difficult to find adequate

sources of vitamin C. Drinking bearberry tea or eating

its berries adds vitamin C to the diet.

Stomach and Intestinal Cramping: Bearberry

has muscle relaxant properties that soothe stomach

Bearberry, Walter Siegmund - Own work, CC by 2.5

and intestinal cramping. It also has antiseptic proper-

stones. It also reduces uric acid in the body, and thus

ties that are effective against the most common causes

is useful in treating gout.

of diarrhea and stomach upsets.

Bearberry leaves work best for urinary tract problems Harvesting: Bearberry leaves can be picked from when the urine is less acidic or even slightly alkaline. mid-spring to mid-autumn. Pick the mature berries Use at the first sign of infection. I often use it for UTIs before the first frost.

as a blended tincture with Usnea, Goldenrod, and Or-

egon Grape Root, and also drink unsweetened cran-

Warning: Bearberry should not be used by people

berry juice or take a concentrated cranberry supple-

with high blood pressure, by pregnant women, or

ment. To decrease acidity, follow a vegetable-based women who are nursing. Bearberry can induce nausea diet, eliminating meat and milk products from the diet in some people and can cause stomach irritation. Soak-until the problem is eliminated.

ing the bearberry leaves overnight before use may help.

Not for continued long term use. Best used for acute

Painful Sex in Women and the Urinogeni-

treatment.

tal System: Bearberry tea or tincture treats long-

Recipes. Bearberry Leaf and Berry Tea:

term inflammation of the urethra in women. The tan-

***Soaking the leaves and berries before brewing the tea**

nins in the berries and leaves have a strong astringent removes some of the tannins and helps reduce diges-action and reduce inflammation in the urinogenital tive discomfort if using internally. You can also use the system.

leaf only.

Vaginal Infections: Bearberry is an effective in-

3 Tablespoons of dried leaves and berries, chopped, 1-

ternal treatment against vaginal infections, including quart (1 Liter) water. Soak the dried leaves and berries yeast infections. It has astringent and anti-inflamma-in cold water overnight or for up to one day. Drain.

tory effects that help soothe the vaginal region. You can Bring a quart (liter) of water to a boil. Add dried leaves also use the leaf and berry tea as a douche or sitz bath and berries. Reduce the heat to a simmer and cover twice a day.

tightly. Simmer the tea for about five minutes. Turn off

Post-Partum Use and Uterine Hemor-

the heat. Allow the tea to steep, tightly covered for 30

rhage: Drinking Bearberry Tea soon after giving minutes. Strain. Drink one cup, two to three times birth helps increase uterine contractions and prevents daily, lukewarm on an empty stomach.

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Bee Balm, Oswego Tea,

Monarda didyma

Howcheng CC 2.0

Bee Balm is also known as Oswego Tea, horse mint, Indian nettle, Red Bergamot and Scarlet Bergamot. It gets the name Oswego tea because of its use by the Oswego Tribe. It is in the Lamiaceae (Mint) Family and is easily cultivated in the garden. This is a great herb to

plant to attract hummingbirds, bees, and butterflies. It

is a perennial and grows naturally in much of North

America, Europe, and Asia.

Identification: Bee balm has straight, ridged,

square stems and grows to 3 feet (0.9 meters) tall. Its ***H. Zell, own work, CC 3.0***

course opposite leaves can be smooth or have a thin Colds, Sore Throats, and Congestion: Bee coating of fine hairs. The leaves have a strong fragrance balm leaves are useful for treating colds, sore throats, and are 3 to 6 inches (7.5 cm to 15 cm) long. Their and nasal and chest congestion in the form of a tea or showy flowers range in color from deep pink to bright in a steam vaporizer. Breathe in the vapors to open sired to purple. They are approximately 1 ½ inches (3.75 nuses and clear congestion from the lungs.

cm) long and are grouped in dense heads of many flow-

ers. They bloom in mid to late summer. The plant Fevers: Oswego/Bee Balm tea is a mild diuretic, ex-spreads on underground shoots, increasing the size of pelling water from the body through both sweat and the plant every autumn. The plant in the center will urination. Sweating helps cool the body and reduce fe-begin to die back after three to four years.

vers.

Edible Use: Nausea, Vomiting, Flatulence, and Stom-

Oswego tea is ach Problems: Like most mints, bee balm has a made

from soothing effect on the stomach and can calm flatu-

dried leaves of lence, nausea, and vomiting. However, it is not appro-

the bee balm priate for use with nausea caused by pregnancy. Large

plant.

The doses can cause miscarriage.

leaves and flow-

ers are edible. Nervine for Calm: Bee balm works similarly to Bee balm flow-Lemon Balm as a nervine, though it is less powerful

ers are lovely as than Lemon Balm for this use.

a garnish in sal-

Stings, Scrapes, and Rashes: Bee balm is won-

ads, and dried derful in a healing salve and helps soothe bites, stings, leaves can be and rashes.

used like sage to

flavor meats.

Harvesting: Pick the leaves in the mid to late morn-

ing after the morning dew has dried. Pick your yearly

Medicinal Use: Leaves and flowers are used medic-

supply during the summer and dry them for future use.

inally.

Collect the flowers when they are beginning to fully

Menstrual Problems: Bee balm is an anti-spas-

open. Dry them and store them in a sealed jar in a dark

modic, and large doses of bee balm tea cause the uterus place.

to contract, bringing on the menstrual period. How-

Recipes. Oswego Tea: You'll need 1 teaspoon

ever, it can also cause miscarriage and thus should be Oswego Tea/Bee Balm Leaves and 1 cup boiling water.

avoided during pregnancy

Pour the boiling water over the tea leaves and allow the

tea to steep for 5 to 10 minutes. Strain out the leaves

and drink.

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Black Cohosh,

more before benefits are noticed. The root is used me-

dicinally.

Actaea racemosa

Menopause, Menstrual Problems, Im-

proved Ovulation, and PCOS: Black Cohosh

I find black cohosh to be a very valuable herb for men-

works to balance hormones in women, helping to re-

opause, and I rarely use it for other uses, except as a lieve menopausal symptoms such as hot flashes, supplementary herb. It balances hormones, which moodiness, night sweats, headaches, heart palpita- helps many conditions without curing them. Black co-

tions, vaginal dryness, and mental fog.

hosh is in the Ranunculaceae (Buttercup) Family.

Black cohosh is native to eastern North America. It is It is also used for menstrual problems, painful inter-found as far south as Georgia and west to Missouri/Ar-

course, decreased sex drive, and Polycystic Ovary Syn-

kansas and the Great Lakes region. It grows wild in drome (PCOS) and has been shown to improve ovula-small woodland openings.

tion in women.

Osteoporosis:

By balancing hor-

mones, black co-

hosh reduces bone

loss caused by os-

teoporosis

in

women.

Reducing Anx-

iety and Aiding

Sleep: Black co-

hosh has a sedative

effect that calms

the nervous system

Identification: Black cohosh is a perennial with and reduces anxi-large compound leaves that grow from its rhizome. It ety. It promotes

grows up to 2 feet (0.6m) in height with distinctive ser-

restful sleep.

rated basal leaves that can be 3 feet (0.9m) long, grow-

Digestive

Black Cohosh Inflorescence, H. Zell, CC by

ing in sets of 3 leaflets. Flowers bloom from June to Problems: For *SA 3.0*

September on an 8-foot tall stem, with racemes (flower digestive problems, crush a small piece of black cohosh clusters) up to 20 inches (50 cm) long. These white root and boil it in a small amount of water. Drink the flowers occur in tight clusters with a white stigma sur-water to relieve stomach pain and intestinal problems.

rounded by long stamens.

It helps improve digestion and elimination and pre-

The flowers have no petals or sepals. A distinguishing vents gastric ulcers. Black cohosh is only moderately feature is the sweet, putrid smell of the flowers that at-effective for other digestive problems. There are better

tracts flies, gnats, and beetles. The fruit is a 1/4-inch to remedies out there.

1/2-inch (0.74 cm to 1.25 cm) long dry follicle contain-

Warning: People who are allergic to aspirin, have

ing several seeds.

liver problems, have issues with seizures, or have a

Medicinal Use: I mainly use black cohosh root for high risk of blood clots or stroke should not use black menstrual problems and menopause, although it is cohosh.

also useful for digestive problems and as a sedative. Pregnant and breastfeeding women, women with en-The best benefits are achieved when black cohosh is dometriosis, uterine cancer, or breast cancer should taken regularly long-term. Often it takes a month or not take black cohosh.

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Bleeding Heart,

Dicentra formosa

Bleeding heart is a calming herb and is useful for the nervous system after a shock or an accident. It is also known as Pacific Bleeding Heart and Western Bleeding Heart. It is in the Papaveraceae (Poppy) Family and

grows in moist areas of coniferous forests in the Pacific

Northwest.

Identification: Bleeding heart is a perennial with

fern-like, lacy, divided leaves. It grows from a rhizome

and reaches 18 to 24 inches (45 cm to 60 cm) tall when

mature. Heart-shaped dangling pink flowers bloom in

clusters from mid-spring through autumn. Flower

stems reach above the leaves, each with 5 to 15 blooms.

Seeds form in pointed, pea-like pods. Depending on shock, loss, or trauma. The plant has sedative and nar-the weather, the plant may go dormant during the hot cotic properties.

summer months. They have shallow rhizomes that are Muscle Tremors: Compounds in bleeding heart easy to harvest but are also sensitive to foot traffic.

are calming and relaxing for the nervous system. They

Medicinal

relax the muscles and suppress muscle tremors exhib-

Use: Use bleed-

ited in some nervous system disorders.

ing-heart

with

Diuretic: This diuretic herb helps flush toxins and

great care and in

other poisons from the blood, liver, and kidneys. How-

small doses as it is

ever, there are safer herbs for this use.

a very potent nar-

cotic and is toxic

Increases Metabolism and Stimulates Ap-

in higher doses.

petite: Bleeding heart calms the nervous system

The root is mostly

while increasing the metabolic process, often giving

used, though the

you more energy and an increased appetite.

flowers and leaves

Cancer and Swollen Lymph Nodes: Bleeding

also have medici-

heart tincture has been used traditionally for the treat-

nal properties.

ment of cancer, swollen lymph nodes, and enlarged

Toothache: The

glands.

root is good for re-

Harvesting: Bleeding heart is a rare plant and is be-

lieving toothache pain. Chew the root and place it on coming endangered in some areas. Check the status in the painful tooth.

your area before collecting and do not overharvest. Use

Bruises, Sprains, Joint Pain, Nerve Pain: A it sparingly because it is rare in the wild, or, even bet-compress made with Bleeding Heart Decoction or by ter, grow your own supply so that you do not disturb heating root pieces in water and applying them as a the plants growing in the wild. Gather the roots of poultice is effective in relieving nerve and muscle pain bleeding heart in the summer, if the plant goes and helping bruises and sprains to heal.

dormant, or in the autumn when the leaves begin to

change and after the seed pods have matured.

Shocks to the Nervous System, Anxiety,

and Nervous Disorders: Bleeding heart root de-

Warning: Avoid using bleeding heart during preg-

coction and tincture are both effective in relieving anx-

nancy or breast-feeding. Use bleeding heart sparingly,

iety and nerves. It is effective in calming people after a a little goes a long way. Do not use if you have liver disease. Do not use in combinations with other sedatives

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and note that it can cause a false positive for opiate use Place the rhizome pieces into a clean jar with a tight-on a drug test. Consult a medical professional before fitting lid. Cover the herb completely, filling the jar use.

with alcohol. Cap and label and place it in a cool, dark

Recipes. Bleeding Heart Tincture

cupboard. Shake the jar daily for 6 to 8 weeks while the

: Finely tincture steeps. Strain, label, and store. Usual dosage

chopped fresh or dried bleeding-heart rhizome to fill is 10 to 20 drops of fresh tincture, and 15 to 30 drops if ½ a jar, 80 proof or better alcohol such as vodka or using dried roots. Use with care.

brandy.

Bloodroot,

Sanguinaria canadensis

Bloodroot is mainly for the treatment of skin cancers,

ulcers, and wounds that won't heal. I have always

known the herb as bloodroot, but it is also called red-

root and red puccoon.

The juice is red and quickly dyes the skin and has been

used by the Algonquin Tribe to paint the skin for ritual.

It is in the Papaveraceae (Poppy) Family.

Use with great caution! This herb grows in eastern

North America in moist thickets and dry woods and on

floodplains and near streams.

to 12 fragile white petals, yellow stamens, and two sep-

als positioned below the leaves, which fall off after the

Identification: Bloodroot is a stemless, rhizoma-

flowers open. The root is a blood-red rhizome that will

tous wildflower that blooms in early spring. The herb branch out and grow new rhizomes.

grows from 6 to 10 inches (15 cm to 25 cm) tall. The

leaves go dormant in mid to late summer. When the Medicinal Use: Caution is advised. Bloodroot is a bloodroot flower is sprouting, it's usually wrapped by toxic plant, and serious problems can arise. Use small one deeply-scalloped, grayish-green, palmate basal doses only as advised by a medical professional or find leaf. Bloodroot has a hermaphroditic flower that has 8 an alternative plant. The root is used medicinally.

Skin Cancers, Ulcers, Moles, Skin Tags,

Warts, Eczema and Other Skin Conditions:

Treating skin problems is what bloodroot does best.

However, use with great caution and in moderate

amounts as it will also kill healthy cells and can cause

permanent scarring and sloughing of the skin. Tradi-

tionally, people made and applied a salve from blood-

root to the affected area.

They covered it with a bandage and left it in place for a

week or so. Usually, only one application is required,

but extensive areas, deep lesions, or other tough cases

may require repeated application.

The bloodroot kills the cancerous or damaged cells and

covers the area with a scab.

Leave it alone to heal, and check the area to be sure

that all of the cancer is removed so that it doesn't

1 Bloodroot flowers, by UpstateNYer, CC by SA 3.0

return. The bloodroot also has anti-inflammatory, anti-bacterial, anti-fungal, and anesthetic properties that help the skin to heal while relieving pain. The salve can be used to remove skin tags, warts, moles and other unwanted skin lesions. Apply the salve directly to the lesion, keeping it well away from the healthy

skin. If you decide to use this plant do so with great

caution and in small doses. I use a facial mask once a

month with a very small amount of bloodroot in it

(along with other ingredients). This is a good example

of my utilizing it in small and infrequent doses.

Treating Respiratory Problems: Bloodroot is

a bronchial muscle relaxant used to treat asthma,

whooping cough, influenza, and as a treatment for

croup.

Dental Care: Extracts from bloodroot help fight in-

Gastrointestinal Problems: Bloodroot powder fections like gingivitis and prevent the formation cavi-treats gastrointestinal bleeding, abdominal cramps, ties, tartar, and plaque. Add a drop of bloodroot decoc-nausea, and vomiting. In large doses, it acts as an tion to your toothpaste for this purpose or use a diluted emetic, causing the very problems it treats. Use with tea as a rinse.

great care or find an alternative herb.

Harvesting: Wear protective gloves to protect your

Diphtheria, Tuberculosis, and Respiratory hands from staining red and to avoid the medicine be-Illnesses: Small doses of bloodroot decoction are an ing absorbed through your skin. Best harvested in au-antibacterial agent useful for the treatment of bacterial tumn when the strength of the plant is returning to the diseases such as diphtheria, tuberculosis, asthma, root and the tops are dying back. Dig up the root and bronchitis, and pneumonia. For respiratory illnesses, the

surrounding area, removing the rhizomes. Leave a it has the added benefit of cleaning out the mucus and few behind for next year's plants. Dry for future use.

congestion and suppressing coughs. However, I prefer Warning: Great caution is advised. Bloodroot is a other, safer remedies. For sore throats, you can dilute toxic plant that can cause tunnel vision, nausea, and the decoction in a glass of water and use it as a gargle. death. Do not use bloodroot if you may be pregnant or Menstrual Problems: Small doses of Bloodroot if you are nursing. It may also cause permanent scar- Decoction are beneficial for treating menstrual prob-

ring or disfiguration when used topically.

lems including excessive bleeding and cramping.

Again, I prefer other plants for this purpose.

Blue Cohosh,

Caulophyllum

thalictroides

Blue cohosh is also known as squaw root or papoose

root for its use to induce labor. It is a perennial mem-

ber of the Berberidaceae (Barberry) Family.

Do not confuse it with Black Cohosh. They are very dif-

ferent. It is found on the floor of hardwood forests in

eastern North America. It prefers moist soil, hillsides,

and shady locations with rich soil.

Blue Cohosh, Biosthmors - Own work, CC by SA 4.0

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Identification: A single smooth stalk, 1 to 3 feet uterine contractions that are regular and productive, (0.3m

to encouraging a quick and easy birth. It also has a calm-

0.9m)

tall, ing effect, helping the mother relax between contrac-

grows from tions and reducing pain.

the rhizome, Menstrual Problems: Blue cohosh root is used

and contains for menstrual problems, including delayed menstrua-

a

single tion, cramping, and profuse hemorrhage.

three-lobed

leaf and a Harvesting: Harvest blue cohosh root in late au-fruiting
tumn, when it stores its strength. You can also harvest

stalk. Its leaf-

the rhizomes in the spring, just as the new growth be-

lets are ser-

gins, if needed. Dry and store the roots for future use.

rated at the Warning: Do not use during pregnancy. Do not use

Blue Cohosh, by Carol, CC by SA 3.0

tip and the for estrogen-sensitive diseases such as endometriosis,

leaves turn a bluish-green hue when mature. It has fibroids, and certain
cancers. Blue cohosh can elevate deep blue fruits.

blood pressure so careful using for heart patients and

Medicinal Use. Childbirth: The root has oxyto-

people with high blood pressure. Excessive dosage can

cic properties that promote childbirth. Do not take cause nausea, vomiting, and a lack of muscle coordina-during pregnancy until 1 to 2 weeks before the due date tion.

and only under a doctor's care. It causes powerful

Butterbur,

flowering stalk

directly from an

Arctic Sweet Coltsfoot,

underground

rhizome. The ba-

Petasites frigidus

sal leaves are

palmately

di-

Butterbur, or Sweet Coltsfoot, is a plant that grows in vided and their

moist areas throughout the Northern Hemisphere. underside

is

The name butterbur reportedly came about because "wooly"

with

the leaves were used to wrap butter for keeping. It is white hairs.

also called bog rhubarb. It is in the Aster/Daisy Family. Edible Use:

Note that Arrowleaf coltsfoot (*P. frigidus* var. *sagitta-*

The

flowers,

***tus*) has the same medicinal properties as butterbur; it flower**

stalks,

has arrow-shaped leaves.

and leaf stalks

Butterbur or Sweet Coltsfoot is not the same plant as are edible in lim-

***Tussilago farfara*, known commonly as coltsfoot and ited**

amounts

also in this book, though they are closely related.

when cooked.

Identification: Butterbur or sweet coltsfoot flowers The ash (after appear in February and March, before the larger basal burning the aer-
Petasites frigidus by Walter Siegmund

leaves that arrive in late spring. The flowers have a ial part) is a good
(talk), Own work, CC-BY-SA-3.0

sweet scent, and are often the first flowers seen in the salt substitute.

new year in the cold wetlands in the North. A cluster of Medicinal Use: The roots, mature leaves, and white to purple-pink flower heads appears on the tip of stems are all used medicinally. It is antispasmodic, a fleshy stalk, which is covered with sheathed leaves.

anti-inflammatory, a vasodilator, and mucilaginous. I

The flowers give way to silver-white seed heads and its use it as a tea or a tincture. Only collect mature leaves, large basal, rhubarb-like leaves arise near the

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as young leaves contain small amounts of pyrrolizidine alkaloids, which are hepatotoxic.

Allergies: Butterbur leaf is very effective for allergies, including hay fever, reducing histamine and leukotriene release. It has been shown to be as effective as many prescription allergy medications without causing drowsiness.

Bronchial Spasms, Chronic Coughs, and

Spasmodic Airways and Asthma: Butterbur

leaf is useful against asthma and restricted bronchial

passages. It reduces the sensitivity and the frequency

of attacks. As an antispasmodic, it reduces spasms of

the bronchial tract while also relieving inflammation,

Petasites frigidus by Stan Shebs, Own work, CC-BY-SA-2.5

and is excellent for any chronic cough like those caused

by emphysema or bronchitis.

Inflammation and Muscle Sprains: The plant

Migraine

Head-

is a strong anti-inflammatory and antispasmodic. Ex-

aches: The herb re-

ternally a root poultice can be used to treat inflamma-

laxes vasoconstriction tion and pain due to a muscle sprain or strain.

and relieves inflamma-

Harvesting: Harvest roots in spring. Harvest the

tion that can trigger mi-

leaves and stems throughout the summer once they are

graine headaches. Like fully grown. Young leaves contain small amounts of feverfew, it is best taken pyrrolizidine alkaloids, which are hepatotoxic.

daily as a preventative

rather than as a rescue Warning: Avoid using butterbur if you have liver treatment, though it problems. Do not use if you are pregnant or breastfeed-works as a cure as well. I ing, or for children under age 7. Adverse reactions can often pair it with Fever-include GI symptoms, nausea, flatulence, and gassy

few in tincture form. stomach. Allergies are possible.

Taken daily, butterbur

leaf reduces the incidents of migraines.

California Buckwheat,

Eriogonum fasciculatum

California Buckwheat is in the Polygonaceae (Buck-

wheat) Family. It is a wild buckwheat species and is

commonly known as eastern Mojave buckwheat. This

shrub is a native to the Southwestern United States

and Northwestern Mexico. It grows on dry slopes, can-

yons, and washes in scrubland and coastal areas.

Identification: *Eriogonum fasciculatum* is varied

in appearance. Sometimes it is a compact bramble and

sometimes it is a spreading bush approaching 6 feet ***California Buckwheat, Stan Shebs, CC by SA 3.0***

(1.8m) in height and 10 feet (3.0m) wide. It has nu-

merous flexible slim branches.

Its leaves and are 1 1/2 to 2 inches (3.75 cm to 5 cm)

long and less than 1/2 inch (1.25 cm) wide. Leaves grow

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in a whorled cluster at nodes along the branches. They Oral Care: For sore gums or for use as a mouthwash, are wooly and leathery on the undersides and roll unuse a weak leaf tea. It is a mild pain reliever and calms

der along the edges.

inflammation. Swish a mouthful of tea around for a few

Its flowers are minutes, then spit it out.

dense clusters that Headaches: For headaches and other aches and are 1 to 6 inches pains, use a strong tea made from the leaves. It relieves wide (2.5 cm to 15 the immediate pain and flushes toxins from the sys-cm). Each distinct tem.

flower is white and

pink and only a Heart Health: A tea made from dried flowers or few

millimeters dried roots helps prevent heart problems.

across. It blooms Harvesting: The seeds mature in early autumn and from May to Octo-dry right on the plant. Wait until the seed pods have

ber. It has light dried and turned to a rusty brown before harvesting.

brown

small Once dried, they can easily be hand-stripped from the

seeds.

plants into open tubs or bags. Harvest older roots as

Edible Use: The they contain more medicine.

seeds are eaten Recipes. Strong California Buckwheat

raw or dried for Root Tea: 1 tablespoon California buckwheat shred-later use. Seeds ded root, 1 pint (500 ml) of water. Mix the root into the can be ground into water and bring to a boil. Reduce the heat to a simmer.

a powder and used Cover and simmer the tea for 15 minutes.* Strain and

Photo by Krzysztof Ziarnek, Kenraiz, Own

as a flour. Young serve warm or cold. *For a weaker tea, reduce the
work, CC-BY-SA-4.0

sprouts can also be brewing time to 5 minutes

consumed, and the seeds can be sprouted to eat.

California Buckwheat Leaf Tea. 1 teaspoon

Medicinal Use: The seeds, leaves, flowers, and California buckwheat leaves, dried or 1 tablespoon roots are all used for medicine. Older, mature plants fresh, 1 cup boiling water. Pour the boiling water over are more potent. The roots are dried and ground for the leaves and steep for 5 to 10 minutes. Strain.

medicine and a strong, thick tea is made from the

leaves or the roots.

Wound Care: The leaves, flowers, and roots are

used for skin wounds. Fresh leaves or flowers can be

applied as a poultice. Ground leaves and ground roots

are mixed with water or oil and applied as a poultice.

California Buckwheat Tea can be used as a wash.

Colds, Coughs, and Sore Throats: A mild leaf

tea works for colds, coughs, and sore throats. The hot

root tea can also be used for colds and laryngitis.

Diarrhea and Stomach Illnesses: For diarrhea

and other stomach troubles, use a strong decoction

made from the roots of California Buckwheat. It cleans

out the system and gets rid of irritants.

Cardinal Flower,

Lobelia cardinalis

Cardinal flower is a beautiful showy plant with brilliant

red flowers. This plant is hard to miss. It is in the Cam-

panulaceae (Bellflower) Family. It grows in wet soil,

swamps, stream banks, and along rivers.

Identification: The flowers are a cardinal red color

and are 2-lipped with five deep lobes. They grow on an

erect raceme approximately 2 to 3 feet (0.6m to 0.9m)

tall and flower during the summer and autumn. The

toothed lanceolate to oval leaves grow 8 inches (20 cm)

long and 2 inches (5 cm) wide.

Medicinal Use: Traditional uses for cardinal flower

are below. It isn't used as often as it used to be in Vinegar Preparation. It relaxes the muscles and speeds herbal medicine but is still an important plant to know. healing though I do prefer other plants for this use.

All parts are used medicinally.

Warning: Some other plants in the *Lobelia* genus are

Bronchitis: Cardinal flower is used as an expecto-

toxic, so it is wise to be careful in the use of cardinal

rant for bronchitis.

flower since it could potentially be toxic in larger doses.

Symptoms of toxicity would include nausea, vomiting,

Epilepsy, Diphtheria, Tonsillitis: The anti-in-

diarrhea, excessive saliva, weakness, dilation of pupils,

flammatory and narcotic properties of the roots help it convulsions or coma.

treat convulsive and inflammatory diseases such as

these. It relaxes spasms and allows the body to heal.

Lobelia Vinegar Preparation: Use the fast

method only in emergencies. A slower maceration is

Eye Diseases: A weak tea made from 1 teaspoon of best. Ingredients: 4 ounces (113g) powdered Lobelia root or leaves per cup of boiling water is useful as an seed and 1-quart (1 Liter) of vinegar. Macerate the vin-eye wash.

egar and seed powder for seven days, shaking daily.

Sprains, Bruises, and Skin Irritations: As an Filter mixture through a coffee filter to remove the external application for relieving pain and encouraging seed powder. Store in a cool, dry place. Fast Method: healing in sprains, strains, bruises, and other surface Place the vinegar and seed powder in the top of a dou-irritations, try Cardinal Flower tea or a Lobelia Seed ble boiler and cover. Bring water to a simmer in the lower pot. Warm the vinegar mixture this way for 1

hour. Cool and strain.

Cat's Claw,

Identification: Cat's claw, *Uncaria tomentosa*, is a

tropical woody vine whose hooked claw-shaped thorns

Uncaria tomentosa

give it its name. The vine grows to a length of up to 100

feet (30meters), climbing anything in its path.

Cat's Claw, or uña de gato, grows in Central and South The bright green elongated leaves grow in opposing America, where it grows profusely in the rainforest. pairs. They have a smooth edge that may be rounded The root and vine bark are imported here for medicinal or come to a point. The flowers are yellow, trumpet use. It is a useful plant and I try to keep a supply on shaped, and have five petals. The barbs are hook-hand. It is in the Rubiaceae (Bedstraw/Madder) Fam-

shaped and curled like a cat's claw.

ily.

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Medicinal Use: The inner bark of the vine or root beneficial for osteoarthritis and rheumatoid arthritis.

is used. It is taken as a powder, in capsules, as a tea, or It calms the inflammation, reduces swelling, and re-as a double-extracted tincture.

lieves the associated pain.

Cancer Treatment and Prevention: Cat's claw Powerful Anti-Viral: Cat's claw is useful in treat-prevents and helps treat cancer. It contains anti-in-

ing viral diseases due to its quinovic acid glycosides. It

flammatory, anti-oxidant, and anti-tumor properties is used to treat herpes, Epstein-Barr, hepatitis B and C, that prevent cancer cells from developing in the body. HPV, HIV, Dengue Fever, and other viral diseases. I It helps the immune system fight existing cancerous would try it against any of the tropical viral diseases, cells by enhancing white blood cell function. People in given the need.

chemotherapy report that it helps relieve pain and Helps the Body Heal, Chronic Fatigue Syn-other symptoms related to chemotherapy drugs.

drome: Its anti-inflammatory and anti-bacterial

properties help the body from getting an infection and

calm the body's response to the damage, helping it

heal. It also helps people with Chronic Fatigue Syn-

drome.

Lowers Blood Pressure: Cat's claw increases cir-

culation throughout the body and helps lower blood

pressure for people with hypertension.

Supports the Immune System and Help for

Mold Exposure: Cat's claw contains isoptero-

podin, which helps increase the body's white blood cell

count, eliminates free radicals from the body, and

helps fight infection. Its anti-inflammatory and anti-

oxidant properties also help with mycotoxin exposure.

Irritable Bowel Syndrome, Crohn's Dis-

Regulates Female Hormones and the Men-

ease, Colitis, Ulcers, and Other Gastroin-

strual Cycle: Cat's Claw helps regulate the female

testinal Issues: Cat's Claw helps support the diges-

hormones that keep the menstrual cycle regular and

tive system, relieving inflammation in the stomach and helps to alleviate bloating, cramping, and mood intestines. It has anti-bacterial, anti-fungal, and anti-changes that are associated with it. If you are pregnant

viral properties that help rid the body of the underlying or trying to conceive avoid this plant. It can cause mis-causes. It fights diseases of the intestines, stomach, carriages and may prevent conception.

and liver while restoring the body's natural flora and Detoxification: Cat's claw is beneficial in detoxify-healing the digestive system.

ing the whole body and cleansing the blood and lymph.

Anti-Inflammatory and Autoimmune Con-

It is excellent at removing toxins, drugs, heavy metals,

ditions: Inflammation is a cause of many body dis-

and other foreign substances from the body. It also

eases, including autoimmune diseases, arthritis, and boosts the effectiveness of the kidneys, spleen, pan-heart disease. Reducing swelling in joints, wounds, creas, and digestive system due to its cleansing effects.

and bodily organs helps the body heal faster and re-

Warning: Do not take cat’s claw if you are pregnant,

duces pain. They are still researching its use in certain nursing, or trying to get pregnant. Do not take if you autoimmune diseases, and some recommend not tak-have an autoimmune disorder. It may cause a flare-up.

ing it if you have an autoimmune issue due to the way Consult your health professional if you are taking it boosts the immune system.

blood thinners or any other prescription drugs as it in-

Osteoarthritis and Rheumatoid Arthritis: teracts with some of them. Side effects can include The anti-inflammatory effects of this herb are very nausea, diarrhea, and dizziness.

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Cleavers/Bedstraw,

Galium aparine

Cleavers, also called Bedstraw, catchweed, sticky weed, and goosegrass, is an annual plant that grows in damp, rich soils along riverbanks and fence lines in eastern and western North America and is found worldwide. It is in the Rubiaceae (Bedstraw) Family. You often find the plant and its seeds stuck to your clothing like Velcro after walking through it.

Identification: A climbing hairy, almost sticky,

stem grows from a thin taproot to a height of 2 to 6 feet

2 Cleavers growing over the tops of other plants, Mike Pennington, CC

(0.6m to 1.8m). The plant has coarse leaves with a var-

by SA 2.0

iable shape. The leaves grow in whorls around the

stem, and the stem, leaves, and fruit are usually cov-

Rejuvenate the Skin, Slow the Signs of Aging:

ered with small, spiny hairs. Its leaves may be oblong Cleaver tea is said to have a toning effect to tighten skin to lance-like or even linear. Cleavers flowers are small and smooth out wrinkles when applied externally.

and white or greenish-white in color and flower from Detoxify the Body, Drain the Lymphatic early summer until autumn. The flowers have a sweet System, and Swollen Glands: Cleavers are a di-smell.

uretic. They work well to remove toxins from the body

Edible Use: Cleavers are edible. I prefer them and to clean the lymphatic system.

cooked as their hairs and hooks get stuck in my throat Skin Disorders, Acne, Psoriasis, Eczema, when I eat them raw. Their seeds can be roasted as a Abscesses, and Boils: Cleavers works internally coffee substitute. They are a good green to juice and and externally to improve the condition of the skin, de-drink.

toxify the blood and lymph, and reduce inflammation

Medicinal Use: Cleavers are astringent, anti-in-

associated with these conditions. They are also anti-

flammatory, diuretic, detoxifying, febrifuge and pro-

bacterial, which helps treat the underlying infections.

mote sweating. It is effective both internally and exter-

Use both internally and externally for these conditions.

nally. I use the leaves for medicine and infuse them Kidney Stones, Bladder and Urinary Tract cold into oil, water, or a tincture. Do not boil.

Infections: Cleavers are very effective at treating

bladder infections, urinary tract infections, and kidney

stones. It dissolves stones, clears obstructions, and

flushes them out of the body. The antibacterial action

is effective at curing the underlying infections.

Cancer: Research has been done that supports the use of cleavers to treat tumors, especially those of the breast, skin, head, neck, bladder, cervix, prostate, and lymphatic system.

Chickenpox, Measles, and Fevers: To treat chickenpox and the measles, try cleavers internally to treat the disease and externally on the skin to relieve the itching and general discomfort from the rash. Cleavers also helps bring down the accompanying fever.

3 Cleavers flowers and fruit, Alvesgaspar, CC by 3.0

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Tonsillitis, Sore Throat, Glandular Fever,

and Prostate Problems: Cleaver juice works well

for glandular problems like tonsillitis, glandular fever,

and for prostate problems and prostate cancers. When

fresh juice is not available an infusion can be used, alt-

hough it is not usually as effective as the juice for these

issues.

Harvesting: Harvest cleavers in spring to mid-sum-

mer and use fresh or dry for later use.

Recipes. Cleaver Juice. Fresh cleavers leaves and

water. Wash the fresh leaves thoroughly and place

them in a blender with a small amount of water. Use

Stop Bleeding, Burns, and Sunburns: only as much water as needed to blend. Blend the Freshly picked cleavers leaves are excellent for stop-
leaves into a pulp and strain out the juice with a fine

ping bleeding in wounds, cuts, or other surface bleed-

sieve. I recommend making a large batch of juice and

ing. Apply the leaves directly to the wound. It also re-

freezing the extra. Most people drink 2 cups daily to

duces inflammation and speeds healing. The leaves treat cancers and tumors.

can be made into a poultice for larger wounds.

Club Moss,

Congestion, Colds, and Flu: Club moss spores

act to dry out mucous membranes and relieve conges-

Lycopodium clavatum

tion. Try a 1/4 teaspoon of the spores mixed into a glass

of water three times a day until the congestion clears.

Club moss is a vascular spore-bearing plant and pro-

Urinary Tract Disorders: Club moss is a diu-

pogates via spores. It is in the Club Moss Family, Lyco-

podiaceae, and is not a true moss but is more closely retic, increasing the amount of urine expelled and related to ferns and horsetail. Club Moss is found flushing toxins from the body. To treat urinary tract worldwide and is also called staghorn, ground pine, problems, use a decoction of the whole plant. Common and running pine,

usage is 1 to 2 tablespoons of the decoction 3 to 4 times

a day.

Identification: The yellow-green leaves are scale-

Skin Conditions: Club moss spores treat many dif-

like and short and taper to a fine feathery point. The 3

to 4-foot-long, ground-hugging stem of this plant is ferent

skin

highly branched with small, spirally arranged scaly conditions, in-

leaves. The stem runs along the ground producing cluding aller-

roots at frequent intervals. It resembles the seedling of gic reactions,

coniferous trees, though there is no relationship be-

sunburns,

tween them. Its spores grow on two or sometimes three psoriasis, ec-

yellow-green barrel-shaped cones that are on small, 6-

zema, fungal

inch (15 cm) stalks.

infections,

chickenpox,

Medicinal Use: Mostly the spores are used in med-

contact der-

icine, but sometimes an extract of the entire plant is matitis, hives, used.

and

insect

Respiratory Problems:

bites

and

Club moss spore decoc-

stings. Make a

tions are used to treat ailments like chronic lung, bron-

salve with the

chial disorders, and other respiratory issues.

spores of club

moss. The spores can also be applied lightly as a

powder and rubbed into wounds, folds of skin, or any-

ripened, though the spores can also be harvested while

where that you prefer not to use oil. The powder ab-

still green. For a ripe plant just cut off the plant and

sorbs moisture and helps heal wounds.

spread them on a sheet to dry until the cones open.

Rheumatoid Arthritis:

Shake them and collect the spore powder. To collect

A decoction of the entire the spore heads from green cones, cut off the cones and plant is said to help rheumatoid arthritis symptoms.

break them open. Place the cones in a paper bag and

Flatulence: Both constipation and flatulence can be place them in a cool, dry place to open. When the cones treated with spores from club moss. As little as 1/4 tea-open, shake out the spores and remove the remaining

spoon mixed with water eases symptoms and resolves plant material.

the problem.

Warning: Club moss contains small amounts of al-

Kidney Diseases: Club Moss Decoction made from kaloids, which are a toxic substance and can cause pathe whole plant is used to treat kidney disease and re-

ralysis to the motor nerves if consumed in large

lated disorders. It works to eliminate kidney stones amounts.

and cleanse the system.

Recipes. Club Moss Decoction: 1 ounce of

ground or finely chopped club moss plant, 2 cups of

water. Bring the water to a boil and add the club moss

plant. Turn the heat down to a slow simmer and sim-

mer the decoction for 15 minutes. Allow the decoction

to cool and strain out the herb. Keep the decoction in

the refrigerator and use within 3 days. Use a maximum

of one cup daily, split into 4 or more doses.

Club Moss Salve. 5 ounces (150ml) of organic olive

oil or other carrier oil, 1 ounce (28g) of shaved bees-

wax, 1 tablespoon of club moss spore powder. Heat the

olive oil gently over very low heat in a double boiler.

Add the club moss spore powder. Keep the oil on very

low heat for 20 to 30 minutes while the spores release

Wound Treatment: Open wounds and sores that their medicine into the oil. Add the shaved beeswax refuse to heal are well served by the application of club and stir until the salve is thoroughly mixed. Do not moss spores. Apply the spores as a powder and rub it strain out the spores. Pour the salve into a sanitized jar into the affected area.

and cover it tightly. Keep the salve refrigerated if in a

Harvesting: Harvesting of club moss should be very hot climate. Apply 2 to 3 times daily, as needed.

done when the spore heads are dry, mature, and

Coltsfoot,

Tussilago farfara

Coltsfoot is in the Aster/Daisy Family, and is closely

related to Butterbur. It is native to Eurasia but has nat-

uralized in the US and Canada. It is also known as

coughwort, podbel, and son-before-the-father.

Identification: Coltsfoot is a rather unusual perennial. The flowers look like dandelion, but they appear early, in April, and die before the leaves appear. It grows between 4 and 6 inches (10 cm to 15 cm) tall and is usually found in open areas with disturbed soil.

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The top of the leaf is smooth, while the underside is Eczema, Sores, and Skin Inflammations: covered with white downy hairs. Leaves at the top of The flowers, prepared as a poultice, are helpful applied the plant are green, while those closer to the ground directly onto skin inflammations, sores, and eczema.

are white or grayish in color. These basal leaves are 2

to 10 inches (5 cm to 25 cm) long and serrated on the Warning: Coltsfoot leaves contain small amounts of edges. The single bright yellow flowers are a little over toxic compounds, which are destroyed by cooking. Eat a half inch (1.25 cm) across and look like dandelion. Its raw leaves sparingly and boil, drain, and rinse leaves small white root spreads underground.

when using as a vegetable.

Edible Use: Coltsfoot flowers and leaves are edible. They are good in salads (in small amounts only). Young leaves are also used in soups or stews. To use the leaves as a vegetable, wash them after boiling to get rid of the bitterness. Dried or fresh leaves and flowers can be used to make an aromatic tea.

Medicinal Use: Both the leaves and flowers have medicinal value, although the flowers have the highest

Coltsfoot Leaves, Bogdan, CC by SA 3.0

concentrations of medicinal compounds. People rarely use the roots, but they have medicinal properties as well. This plant has anti-inflammatory and anti-tussive properties, due to it containing mucilage and tannins.

Asthma, Whooping Cough, Laryngitis,

Coughs, Emphysema, and Bronchial Con-

Recipes. Coltsfoot Decoction. 1-ounce coltsfoot

gestion:

leaves, 1-quart (1 Liter) water, raw honey, as desired.

The botanical name *Tussilago* means ‘cough Combine the coltsfoot leaves and water over medium-dispeller,’ and it does the job well. Use it to relieve con-

high heat and bring to a boil. Reduce the heat and boil

gestion and expel mucous. It is especially useful for the decoction until the water is reduced by half. Cool chronic coughs like emphysema and whooping cough. and strain the decoction to remove the leaves. Sweeten Coltsfoot Decoction, taken throughout the day, is used the decoction with raw honey as desired. It can be bitas a remedy for chronic coughs of all causes.

ter, depending on the age of the leaves. Drink 1/4 cup

at a time, throughout the day or as needed to provide

relief.

False Hellebore,

cm to 35 cm) long and 2 to 8 inches (5 cm to 20 cm)

wide. The leaf blade of this plant is widest near the

Indian Poke,

Veratrum viride

There are several plants that go by the name of False

Hellebore or Indian Poke. This is *Veratrum viride*, not

***Phytolacca acinosa* or other pokeweeds. It is in the Lily**

Family. It is found in pastures, meadows, open woods,

damp soils, and swamps. It grows throughout most of

eastern and western North America (not mid).

Identification: False Hellebore is an erect peren-

nial herb that grows 2 to 7 feet (0.6m to 2.1meters) tall.

The leaves are broad on the lower part and spirally ar-

ranged on the stout stem. Leaves are 4 to 14 inches (10

middle and tapering at both ends (ovate). The leaves use a salve made from False Hellebore as a rub to re-are feathery on the underside. The flowers are ar-

lieve pain.

ranged on a large branched inflorescence approxi-

Other Uses: The roots of False Hellebore are slightly

mately 1 to 2 1/2 feet (0.7m) long. The flowers are ¼

to ½ inch (0.75 cm to 1.25 cm) long with six green to soapy and can be used to do laundry. Grate the root yellow-green tepals.

and add it to water.

The ovary is positioned above the sepal attachment Harvesting: Wear gloves when harvesting. Pick in-and produces flat, winged seeds. The fruit splits along dividual leaves and leave the plant intact. Dry the two or more seams when dry to release seeds. The fruit leaves for storage. Harvest rhizomes only from mature grows up to 1 1/4 inches (3.2 cm) long.

plants. Collect the roots in autumn and dry them for

future use.

Medicinal Use. Treating High Blood Pres-

sure and Rapid Heartbeat:

Warning:

False Hellebore

Take precaution and use only small doses,

Root contains chelidonic acid and other alkaloids. if you use it internally at all. False Hellebore is considered to be very toxic. Veratrum viride contains numer-

Some of the alkaloids expand peripheral blood vessels

and lower blood pressure by slowing the heartbeat. ous toxins that may cause vomiting and nausea. If the Several pharmaceutical drugs for high blood pressure poison is not evacuated, vertigo and cold sweats start, respiration slows, blood pressure and cardiac rhythm

and rapid heartbeat have been developed from False

Hellebore compounds.

falls, and the heart fails eventually leading to death.

This herb is highly effective, so only very small doses

should be used since an overdose is potentially deadly.

I prefer other home methods than this plant for lower-

ing blood pressure and heart rate, as the strength can

vary from plant to plant and in how it is made. If you

choose to use False Hellebore for this purpose, start

with very small doses of the decoction and have very

close medical supervision.

Reducing Fevers in Acute Diseases: In acute

disease situations such as peritonitis and acute pneu-

monia, a decoction of False Hellebore acts as a febri-

fuge (brings down the fever). However, do not forget

the other effects of the decoction and use it sparingly

Walter Siegmund - Own work, CC by SA 3.0

under complete medical supervision. I much prefer

Yarrow to bring down a fever.

Recipes. Indian Poke Leaf Decoction: 1

Body Pain, Arthritis, and Muscle Pains:

ounce chopped Indian poke Leaves, 1 pint (500 ml) of

A water. Cover the chopped leaves with water and bring

decoction of the leaves or roots, diluted with water, to a boil.

works as a wash to reduce or relieve shoulder pains,

intense arthritis pain, severe aches of the muscles and Turn off the heat and allow the leaves to steep for 10 to body parts, pains at the rear portion of the neck and 15 minutes. Strain out the leaves and store the decoc-fast electric shock in all parts of the body. Alternately, tion in the refrigerator for up to 3 days or freeze.

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False Solomon's Seal,

Maianthemum race-

mosum (Smilacina race-

mosa)

False Solomon's Seal, also called Solomon's plume and feathery false lily of the valley, is a flowering plant that grows across continental North America. It is a useful

plant, but often gets overlooked in favor of more versa-

tile plants. I recommend you get familiar with this

plant since it grows almost everywhere. It has been

moved from the Lily Family to the Asparagus Family.

Note that this is a different plant than true Solomon's cooked. Soak the root first in water, change the water Seal. You can easily tell them apart when flowering as and cook. Eat like potatoes.

False Solomon's Seal has terminal feathery flower clus-

Medical Use: False Solomon's seal root is used me-

ters with red berries while Solomon's Seal carries their dicinally for a variety of problems. The roots and leaves bell-shaped flowers and dark blue berries on the un-of False Solomon's seal are used to make tincture,

derside of their stem. It likes moist forests.

salve, tea, or capsules. It is a lubricating plant and the

Identification: False Solomon's seal grows up to 3 rhizomes contain saponins.

feet (0.9m) tall from underground rhizomes, produc-

Sore Throats and Oral Irritations: A strong

ing single unbranched arching stems with large leaves root tea is valuable for sore throats and other mouth that are up to 6 inches (15 cm) long and half as wide. irritations. Try the root tea double in strength and use They have smooth margins and parallel veins. The it to gargle several times a day until all irritation is stem is green, gone.

softly

hairy

and, when in Coughs: Make an infusion of leaves as a cough rem-

flower, ends in edy. Sweeten with raw honey for extra soothing power.

a cluster of Congestion: For bronchial congestion, try breath-

feathery white ing in the steam while making a root decoction. Then

flowers. Each use the decoction internally to treat symptoms.

flower has 6 te-

pals, 6 stamens, Regulating the Menstrual Cycle and Hor-

a pistil, and monal Swings: False Solomon's Seal Root Tea or

short

style. Root Tincture is used to regulate the menstrual cycle,

Their

small to relieve symptoms of menstrual disorders, and help

star-shaped with swings in hormone levels.

flowers appear Stomach Complaints: An infusion of the root is

in mid-spring. The flowers produce round, green fruits used to relieve stomach pain and soothe the digestive that turn red or red and purple-striped when mature. system.

Each berry has a few seeds.

Edible Use:

Stop Bleeding and Treat Wounds: Use a poul-

The fruit are eaten raw or cooked. They tice from the crushed leaves or root and apply it to have a bitter-sweet flavor and are a good source of vit-wounds, scrapes, rashes, cuts, burns, and insect bites.

amin C. Eat in small quantities only, larger amounts Its anti-inflammatory nature reduces the irritation in have a laxative effect. Young shoots are eaten raw or the area and soothes the skin. Dried powdered root cooked as a green vegetable. The roots are eaten

stops bleeding in skin wounds. You can also use the tea of False Solomon's Seal leaves also soothes arthritic as an external wash.

joints.

Arthritis: To relieve arthritic pain and to reduce Harvesting: Harvest leaves, stems and berries by swelling in the joints, mix the dried powdered root with plucking them from the plant whenever they are avail-water to make a thick paste. Rub the paste on the af-

able. Use only healthy leaves. Dig the rhizomes in au-

fected joint. It acts as an analgesic and anti-inflamma-

tumn and slice them before drying for future us

tory to help heal the joint. Taking an internal decoction

False Unicorn Root,

Medicinal Use: False unicorn root can be taken as

a tea, tincture, and dried root. Its uses are similar to

Chamaelirium luteum

those of True Unicorn Root, but the dosages are differ-

ent.

False unicorn root is a similar plant to true unicorn Appropriate dosage for False Unicorn is 1 cup of tea, root (also in this book) and has many of the same uses. three times daily, or 2 to 4 ml of tincture three times a The two plants are different with different dosages. It day, or 1/4 to 1/2 teaspoon of dried, powdered root, is in the Melanthiaceae (Bunchflower) Family. False three times daily.

unicorn root is also known as fairywant, helionas root,

eratrum luteum, blazing star root, devil's bit, and star-

The Female Reproductive System: False Uni-

wort. The name varies with location. This herb grows corn Root is one of the best tonics for the reproductive in swampy areas east of the Mississippi River and in system and is equally beneficial for women and men. It the southern states. In recent years, it has become hard regulates the female reproductive system and balances to find and is possibly

facing extinction. Take only the hormones, encouraging normal function and a regular plants you need and replant it whenever possible.

menstrual cycle. It is used to treat missed menstrual

Identification:

periods and to relieve symptoms of menopause. It im-

False unicorn root grows low to the proves fertility and low sex drive in women. Do not use ground with stems 1 to 3 feet (0.3 to 0.9meters) long. during pregnancy.

Stems are smooth and angular and alternate leaves

grow in a whorl at the base of the plant. The whorl con-

False Unicorn for Men: The hormonal balancing

sists of six leaves,

effects extend to men also, and many men report that

each 3 to 6 inches

it is useful in improving the symptoms of erectile dys-

(7.5 cm to 15 cm)

function. For impotence, nocturnal emissions, and

long. The flowers

erectile dysfunction, the standard dose is 1/4 to 1/2

are

greenish-

teaspoon of dried, powdered root, three times daily.

white, purple or

Sexually Transmitted Diseases: False Unicorn

lavender, formed

is used to treat gonorrhea and other STDs via a vaginal

into a dense ter-

douche. Men can wash with the tea and take the pow-

minal and ap-

dered root orally.

pearing

from

May to June. The

Chronic Pelvic Inflammation and Vaginal Infections:

flowers are either

False unicorn root combined with Echinacea angusti-

male or female,

folia can treat chronic pelvic inflammation. It is used

with one sex per

internally as well as externally as a douche to treat vag-

plant. The flower

inal infections with good results.

stalk of the fe-

Sore Throats: False Unicorn Root Tea treats a sore

male plant grows

throat. Gargle with the tea hourly when a sore throat is

to be approximately 4 feet (1.2meters) tall. Fine, wiry present, though feedback is that you don’t really need pale roots grow from a bulbous rhizome.

it that often. The gargle relieves the pain almost

immediately, and the relief lasts for a few hours. Young during pregnancy. False patients can sip the tea, but no more than 3 cups Unicorn Root is a car-should be taken daily.

diac toxin in large doses.

Harvesting: Dig up the roots in the autumn as the Recipes. False Uni-plant is dying back and after the seeds have been re-

corn Root Tea. 1 to 2

leased. This is important because the plant is being teaspoons of shredded over-harvested and is facing extinction. Only take what root, 1 cup water. Put you need. Clean and dry the root for future use. Store the root in the water and it in a cool, dry place for up to three years. Grind the bring to a boil. Reduce root when ready to use.

the heat and simmer

Warning: Take only the recommended dosages; an gently for 10 to 15

excess can cause vomiting and nausea. Avoid taking it minutes. Drink the tea three times daily.

Fireweed,

Identification: The plant is often found in full sun

Chamaenerion* or *Cha-

on disturbed land, after a forest fire, or on recently

cleared land. Fireweed grows to 8 feet (2.4m) tall and

merion angustifolium;

produces gorgeous purple or pink flowers on spikes.

Each flower has four petals like its evening primrose

(Epilobium angustifo-

relatives. The long, alternate, lance-shaped leaves are

green with a silvery underside and a central vein. The

lium)

purple fruits are long and narrow, opening to release

seeds attached to feathery white tufts that carry them

Fireweed got its name because it is most often the first on the wind. Fireweed also spreads underground, plant to return after a fire. Its underground runners are forming large patches that are connected by underable to withstand the fire and quickly bounce back. ground roots.

Also known as Willow Herb. It is in the Onagraceae Edible Use: Firewood shoots are edible and nutri-

(Evening Primrose) Family.

tious eaten raw or cooked. Harvest them in the spring

while young and tender or peel the fibrous skin off

older shoots. Young leaves can be eaten like spinach

and the flowers and fruits can be eaten raw and used

as a carbohydrate extender.

Medicinal Use: Fireweed is anti-inflammatory and

very astringent. It has antifungal properties and helps

build a healthy gut.

Digestive Tract, Colitis, Irritable Bowel Syndrome, *Candida*, Leaky Gut: Fireweed Leaf Tea helps build a healthy intestinal tract. It encourages healthy bacteria colonies while preventing and correcting the overgrowth of fungus and *Candida*. With a healthy intestinal tract comes better food absorption and better digestion. The herb has a mild laxative effect, keeping food moving easily through the system and improving muscle tone in the gut. Its antispasmodic properties treat intestinal spasms and

Fireweed, by kallerna [CC BY-SA 3.0]

chronic diarrhea. Fireweed leaf tea, decoction, or tinc-

leaves or use a dehydrator on low. Store in a cool, dark,

ture treats colitis and IBS.

and dry place. Harvest roots in the summer and au-

Lung Congestion and Sore Throats:

tumn and mash them to make a soothing poultice.

Fireweed

is high in mucilage and has anti-spasmodic properties Recipes: Fireweed Leaf Tea: Add several fire-that make it useful for treating lung problems, asthma, weed leaves to a cup of boiling water and let it steep for coughs, and bronchial spasms. The mucilage soothes a about 15 minutes. Remove the leaves and enjoy. Use up sore throat.

to three cups daily.

Anti-inflammatory: Fireweed is an anti-inflam-

Fireweed Tincture: You'll need: 4 ounces (113g)

matory. It is ideal for long term use where inflamma-

fresh fireweed leaves and flowers, 8 ounces (250ml) 80

tion is chronic.

proof vodka, brandy, or other drinking alcohol and a

Migraines:

clean, sterile glass jar and tight-fitting lid. Chop and

Fireweed Tincture is used for migraines. pound the fireweed herb to a pulp and put into a glass Take as soon as the headache begins and up to 3 times jar. Mix in the alcohol slowly, stirring to spread the daily as needed. Butterbur and Feverfew also work well herb throughout the alcohol. Cap. Place the jar in a for migraines, as does magnesium.

cool, dry place for 5 to 6 weeks, shaking daily. Strain

Skin Problems: Both the leaves and flowers are the pulp from the liquid and place the tincture in a soothing to the skin and are useful in treating inflam-clean jar. Cover tightly, label and date. Store the tinc-

matory skin problems as well as those caused by bac-

ture in a cool, dark place for 3 to 5 years.

teria or fungal infections. Use a Fireweed Decoction as Fireweed Decoction: Ingredients: 2 ounces (56g) a wash or compress on psoriasis, eczema, acne, skin of fireweed leaves, 1-quart (1 Liter) of water. Bring the rashes, wounds, infections, and burns.

water and leaves to a boil and turn off the heat. Steep

Harvesting: Harvest young shoots in the spring and the decoction for 30 minutes. Strain the mixture and early summer while the leaves are close to the stem and store in the refrigerator for up to 3 days. Take 2 ounces point upward. Young leaves can be harvested individ-

(60ml) every four to 6 hours or as needed or use the

ually for edible use. Flower buds are edible. If you har-

decoction as a wash or in a compress directly on the

vest when the plant is in flower simply pinch off leaves skin.

that are vibrant green and healthy looking. Air dry the

Goldenseal,

Hydrastis canadensis

Goldenseal often seems like a cure-all. It is as an anti-

inflammatory, an anti-microbial, and an immune

booster. *Hydrastis canadensis* is also known as Or-

angeroot or Yellow Puccoon. Goldenseal is in the But-

tercup family, Ranunculaceae, though its leaves and

fruit somewhat resemble those of the Raspberry and

the *Rubus* genus. Goldenseal is commonly found in

rich, moist, shady forests, under hardwood trees. Gold-

enseal grows across eastern North America.

Identification: Goldenseal has a thick knotty, yel-

but the fruit is not edible. The plant is easily distin-

lowish-brown rhizome that is approximately 2 inches guished from other Ranunculaceae family members (5 cm) long and ½ inch (1.25 cm) thick with a lot of during the flowering period as it has only 2 deeply al-rootlets. The plant grows 6 to 12 (15 cm to 30 cm) ternate palmately-lobed leaves on the stem and soli-inches tall. It has a strong odor and bitter taste. It pro-

tary white flowers that have no petals.

duces a fruit similar to the raspberry in appearance,

It flowers from approximately late April through early Skin Eruptions: Topical application of goldenseal May. Its single flowers have numerous white pro-root treats skin ulcers, boils, rashes, and general skin

truded stamens. The 3 sepals fall as the flower opens. irritations. For extensive skin infections or rashes, add Its basal leaf is usually solitary and quickly falls off internal goldenseal root powder taken for up to three leaving just the two cauline leaves. They are toothed, weeks. Extensive or chronic problems may require 5-lobed with ridged veins, and are 1 to 4 inches (2.5 cm multiple rounds of goldenseal, each followed by a week to 10 cm) when the flower opens, but grow to 12 inches off. Mouth ulcers like canker sores and other irrita-

(30 cm). Its fruits first appear green and then ripen tions to the mucous membranes of the mouth can be into a bright red aggregate of achenes. These are visible treated effectively using this herb.

from mid to late summer.

Cleanse Body Toxins: Goldenseal helps remove

toxins from the body and purify the kidneys and uri-

nary tract. Often used in combination with other herbs

for this purpose.

Lower Blood Sugar Levels in Diabetics:

Goldenseal helps boost the production of insulin in di-

abetics and lowers blood sugar levels. Monitor diabet-

ics carefully when giving goldenseal because some

have had elevated blood pressure as a result of taking

goldenseal. When blood pressure is a problem, choose

a different treatment.

Goldenseal will not replace injected insulin, but it does

encourage the body to produce more insulin so that the

Goldenseal, Luiscoronel, CC by SA 3.0

Type 2 diabetics may be able to reduce their insulin

Medicinal Use: The root is used for medicine. Dos-

doses over time.

age depends on the size of the person and the degree of Yeast and Fungal Infections: Goldenseal treats illness. Use smaller doses as a preventative. Do not use yeast infections, athlete's foot, and skin irritations if you have an autoimmune disorder.

caused by fungi and bacteria, such as acne. Treat the

Use Goldenseal in Combination with Other affected area by applying goldenseal extract to the Herbs: Goldenseal is often combined with Echina-problem area.

cea. Goldenseal boosts the effects of many other herbs. Bleeding: Goldenseal powder applied to wounds Respiratory Issues, Colds, and Flu: Golden-helps stop or control bleeding. It is also used internally

seal reduces irritation and inflammation of the mucous for controlling heavy menstrual bleeding and internal membranes, making it an ideal addition for the treat-bleeding. It tones the blood vessels, reducing bleeding

ment of respiratory problems. It is also anti-microbial quickly.

and anti-viral. For colds, the flu, and other respiratory Harvesting: Harvest goldenseal in the autumn after problems its efficacy is well established.

the plant has died back. Look for older plants with

Bacterial and Viral Infections: The anti-micro-

large rhizomes. Take care when digging roots to keep

bial properties of goldenseal root are effective against the rhizomes intact. Leave as many of the fibrous roots many bacterial infections including vaginal infections, behind as possible to reestablish the plants.

infectious diarrhea, colds and flu, eye infections, and Warning: People with autoimmune conditions urinary tract infections.

should not use goldenseal internally as it is an im-

Goldenseal root is used for bacterial and viral infec-

mune-system booster and may lead to a flare-up.

tions. Goldenseal infusion can be used as a douche. In-

Watch blood sugar and blood pressure closely when

fections respond well to both internal and external use using goldenseal, because it can lower blood sugars of goldenseal extract.

and raise blood pressure.

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Goldenseal Extract: 1/2 cup Goldenseal root, liquid in the pot. Allow the mixture to cool to room ground into a powder, 2 cups of distilled water. Non-temperature, then strain out the root. Store the mix-

reactive pot: stainless steel or enamel. Bring the water ture in the refrigerator for up to 3 days or divide into to a boil and add the goldenseal powder. Reduce the small portions and store in the freezer for longer peri-heat to a low simmer. Simmer the mixture until the wa-

ods.

ter is reduced by one quarter, leaving 1 1/2 cups of

Horsetail,

has no flowers and produces no seeds. It reproduces

entirely by spores.

Equisetum arvense

Edible Use: The early spring fertile shoots (tan in

color) of both Giant Horsetail (*Equisetum telmateia*)

Horsetail is often considered a weed, one that is partic-

and Common Horsetail can be peeled and eaten raw.

ularly hard to exterminate. I rejoice at the sight of this The green infertile shoots are cooked and eaten like as-herb. It grows easily and spreads in almost any soil. It paragus. They are bitter, especially as they age. Do not spreads by spores rather than seeds. Its high silica con-eat them raw. Changing the water three to four times

tent makes its scouring ability useful to gently clean during cooking helps relieve the bitter flavor. The roots your teeth or wash your dishes. I have used it for both. can be eaten raw, but they are difficult to collect in quantity, so they usually are eaten only in a starvation

situation.

Horsetail, by Rror CC BY-SA 3.0

Medicinal Use: The green vegetative stalks of

Horsetail are extremely high in silica, which benefits

joints and connective tissue. It is a gentle diuretic, as-

tringent, and styptic.

Bleeding and Healing Wounds: The plant's

styptic properties make it useful in healing wounds and

stopping bleeding. Collect the barren stems or tops and

apply directly to the wound. It is also useful to treat ex-

cessive menstruation when taken as a supplement.

Promotes Healthy Bones, Hair, and Teeth:

Because it contains high amounts of silica, it promotes

strong hair, teeth, and bones and increases bone den-

sity in people with osteoporosis when used consist-

ently. It can also be made into a strengthening condi-

tioning wash for the hair. A tooth powder of Horsetail

helps with cavities and enamel repair.

Kidney Problems and Edema: Horsetail is a di-

uretic, helping to rid the body of excess fluids and salts.

It is useful for treating related kidney problems and

edemas but it is not for long-term use. It promotes the

Identification: Also known as snake grass, puzzle elimination of uric acid, preventing or reducing the grass, bottlebrush, and mare's tale, common horsetail formation of kidney stones.

is an unusual looking plant. The leaves are not true Alleviates Signs of Aging: The silica in horsetail leaves and do not conduct photosynthesis. They are ar-stimulates the production of collagen, which is im-

ranged in whorls fused into nodal sheaths. Photosyn-

portant in the skin aging process. It helps prevent fine

thesis happens in the hollow green stems. The stems lines and wrinkles and promotes healthy hair. It can be are jointed and have 3 to 40 ridges. There may be used internally, externally as a toner, or added to a top-whorls of branches at the nodes. This perennial plant ical cream or salve.

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Treats Infections: Horsetail has anti-inflamma-

valleys common in diabetes. Use horsetail as a tempo-

tory, anti-fungal, and antimicrobial properties that rary diabetes management when necessary. Not for help to prevent and treat infections. Treat skin infec-long term use.

tions with a warm compress or poultice made of the Harvesting: For medicine, harvest the green vege-crushed, dried herb. Use two to three times daily.

tative stalks spring through early summer when the

Foot Fungus and Infections: Soak the feet in leaves are still “up” and bright green. You can also snip water infused with a generous portion of horsetail the tops off in summer.

powder. Soak the feet for 15 minutes daily to treat an Warning: Use horsetail moderately and for a limited infection and every other day to prevent infections.

time only. Overuse can have side effects, which tend to

Nasal Congestion, Bronchitis, and Respir-

occur after two or more months of use. Long-term use

atory Ailments: Boil horsetail tea and inhale the can cause side effects including: thiamine deficiency, vapors or use horsetail tea in your steam humidifier. potassium deficiency, lowered blood sugar levels, nic-Inhaling the herb vapors can help alleviate nasal and otine toxicity, and kidney irritation. Do not consume bronchial congestion. It acts as an expectorant and horsetail if you are pregnant or lactating. Avoid using strengthens the immune system while relieving the in-Equisetum palustre (Marsh Horsetail), as it has slight

flammation.

toxicity. Be careful where you collect Horsetail as it col-

lects toxins, especially in agricultural areas.

Sore Throat: Make a gargle with salt water, horse-
tail powder, and lemon juice for a sore throat. Gargle
several times a day until symptoms disappear.
Bladder Problems, Urinary Tract Infec-
tions, and Frequent Urination: Take a capsule
of horsetail powder, up to 2 grams, three times daily to
relieve bladder problems and frequent urination
caused by urinary tract infections. It is also helpful to
soak in a bath containing horsetail powder. Soak for at
least 15 minutes, several times weekly.
Boosts Immunity and Relieves Inflamma-
tion: The antibacterial and antiseptic properties of
horsetail products boost the body's immunity and pro-
tects against invasion by pathogens that can infect the
body. It also relieves inflammation throughout the
body. Take horsetail tea or horsetail powder in capsule
form regularly for best effects.
Increases Brain Function and Cognition:
The antioxidants in horsetail increase cognitive abili-
Recipes: Horsetail Tea: Ingredients: 2 to 3 tea-

ties by increasing the neural pathways. It is said to in-

spoons of horsetail, 1 cup spring water, raw honey (op-

crease cognitive abilities and is used for people with tional). Pour water over the herb bring to a boil. Boil dementia and Alzheimer's disease. Try horsetail pow-for 5 minutes, then allow it to infuse for another 15

der in capsule form.

minutes. For treating bone health problems, allow the

tea to boil longer to extract more silica. Strain and

Treats Diabetes: Horsetail supplements and sweeten to taste with raw honey.

Horsetail Tea act to balance insulin levels in the body,

lowering blood sugar and preventing the peaks and

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Kudzu,

petiole of a leaf trio. Bean-shaped seed pods of approx-

imately 2 inches (5 cm) in length form from each

Pueraria lobata,

flower cluster. They are greenish-bronze when mature

and covered with fine hairs and turn brown when

P. thunbergiana

dried.

Farmers began importing Kudzu in the 1930's and Edible Use: The leaves, vine tips, flowers, and roots 40's, hoping that the plant would control soil erosion are all edible. The vine stems are not. The roots contain and provide fodder for cattle. Kudzu grows very fast starch and can be roasted and eaten like potatoes, or and was a major agricultural problem in the South in dried and powdered to make a starch much like corn-the 1960's, and early 70's. It has been fought back and starch. The flowers make a delicious jelly.

is no longer as prevalent as it once was. However, many Medicinal Use: Kudzu root is easily dried and pow-patches still exist. Luckily almost the entire plant is ed-

dered and is the part used for medicine.

ible. It is a legume in the Fabaceae (Pea) Family.

Estrogen-like Effects: Kudzu root has estrogen-

Identification: Kudzu is a twining and trailing per-

like effects that are beneficial for pre-menopausal and

ennial vine that grows quickly and covers everything in post-menopausal women.

its path. Folks in the south joke that if you go on vaca-

tion, your house may be completely swallowed by the It alleviates the symptoms of menopause including time you get back. It is a familiar sight to find kudzu headaches, hot flashes, and irregular bleeding.

covering abandoned houses, telephone poles, trees, Heart Problems, Cardiovascular System: and fields.

Kudzu root decoction is useful for increasing blood

Leaves

are flow in the body by expanding the arteries and vessels.

grouped

into It increases oxygen supply to the brain and body. It

formations of lowers blood pressure and reduces chances of clotting

three leaflets at and strokes. It is also a potent weapon against myocar-

each

node. dial ischemia.

Each leaflet has Relieves Digestive Spasms: Kudzu root soothes

its own stalk or digestive spasms and helps treat digestive cramping,

petiole.

The Crohn’s disease, and Irritable Bowel Syndrome. It

central leaf has works for both acute and chronic conditions.

3 lobes and a

petiole that is Measles: Kudzu reduces the infection rate and short-
about 3/4 inch ens cases of measles. It also works as a preventative for (1
cm) long. The family members. People who take kudzu root get well

leaves on either faster than those who do not.

side

have

shorter petioles

and usually 2

lobes. Leaves may not have any lobes or may have

many more. The leaves are medium-green and grow to

be about 5 to 6 inches (12.5 cm to 15 cm) long and are

covered in very fine hairs. The vines are long and cov-

ered in small bristles that help it climb and cling to ver-

tical surfaces. The vines grow rapidly and become thick

and woody as they mature. The vines also grow hori-

zontally, putting down roots at each node.

In August or September, purple or reddish-purple

flowers appear in clusters. Each cluster is up to 8

inches (20 cm) long and emerges from the central

Kudzu leaves, Bubba73 (Jud McCranie) - Own work, CC by SA 3.0

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Diabetes: Kudzu root, taken three times daily, helps Recipes: Kudzu Decoction: 60 grams dried stabilize blood sugar levels and improves glucose me-kudzu root, chopped, 3 cup water. Combine the water

tabolism.

and kudzu root and bring to a boil. Lower the heat and

Alcoholism:

simmer for 15 minutes. Turn off the heat and cover

Kudzu consumption decreases an indi-

tightly. Let the kudzu steep for another 30 minutes.

vidual’s desire for alcohol. Even a single dose signifi-

The decoction will be thick. Take 1/3 cup of the decoc-

cantly curbs alcohol consumption and may work well tion, three times a day. Store the remaining decoction for treating people who binge drink or who are alcohol-in the refrigerator for up to 3 days.

ics.

Indian Tobacco,

Edible Use: In-

dian tobacco is not

Lobelia inflata

edible, but the

leaves are used for

Called Indian Tobacco because of its use among Native flavoring

in

Americans, this herb is also known as pokeweed, puke-

brewed beverages.

weed, gagroot, vomitwort, asthma weed, and bladder-

They have a mildly

pod. Each seems to refer to one of the properties of the bitter taste.

herb, making them easy to remember. It is in the Cam-

Medicinal Use:

panulaceae (Bellflower) Family.

Many

medicinal

Identification: Indian Tobacco grows to heights of uses call for Indian 1 to 2 feet (0.3m to 0.6m), and is erect with a sporadi-Tobacco powder.

cally leaved stem. The stem is angular with white hairs It can be con-

that are less abundant on the upper part, making the sumed straight,

stems smooth towards the top, and feathery and rough put into a little
Indian Tobacco, By H. Zell - Own work, CC BY-SA 3.0

near the bottom.

water, or packed into a capsule. Traditional use was to

The pale green or yellowish leaves of the Indian To-

smoke the leaves, bur be aware of toxicity and poten-

bacco plant grow alternately and become smaller as tially harmful effects. Its aerial parts (leaves, seedpods, they ascend the stem. These stems have tiny white dots flowers, and seeds) are primarily used for medicine.

scattered along the margin and are finely spiked. The Roots are sometimes used externally.

upper part of the leaf is almost hairless while the lower Respiratory Problems: *Lobelia inflata* treats part is hairy along the major veins. The delicate flowers respiratory disorders such as chronic bronchitis, of Indian Tobacco are pale bluish to violet in color with asthma, pleurisy, and pneumonia. The leaves can be a touch of yellow. These flowers are tiny, asymmetrical, smoked, used as a tea, or swallowed as a powder in a and bisexual.

little water to release phlegm from the respiratory system.

Stop Smoking: Some people have found success kicking the nicotine habit using Indian tobacco. Lobeline, found in this plant and similar to nicotine, helps with nicotine withdrawal. It is rarely a successful strategy since this Lobelia also contains addictive substances when used regularly.

Antidepressant: *Lobelia inflata* raises the mood of people with anxiety disorders, dysthymia, eating disorders, OCD, and major depressive disorders.

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Body Aches, Muscle and Joint Pain: A decoc-

Collect flowers, leaves, seeds, and roots from the plant.

tion or a salve made from the roots of *Lobelia inflata* Dry before use.

treats tennis elbow, whiplash injuries, arthritis, and Warning: Due to its lobeline content, *Lobelia inflata* other muscle and joint pain. Apply the salve or decoc-is considered toxic if taken large quantities. Start with

tion directly to the skin over the painful area and rub it small doses and slowly increase the dosage as needed in or make a poultice from the roots and rub it into the and only if necessary. Side effects are uncommon, but aching body parts.

anyone can develop allergies or reactions without

Minor Skin Irritations: For minor skin irrita-

warning. Due to its similarities to nicotine, it may be

tions, sores, and boils, make a decoction of boiled toxic to susceptible individuals, including people with crushed roots and use it to wash the affected area, leav-cardiac diseases, children, and pregnant women. Ex-

ing it on to dry in place.

cessive use of this herb will cause vomiting and nausea.

Relaxing the Neuromuscular System: Indian Recipes: Indian Tobacco Decoction: 1-ounce tobacco is nervine and antispasmodic. It relaxes the ground root or leaves, 1-quart (1Liter) distilled water.

nerves, calms muscle spasms, and helps with relaxa-

Bring the water to a boil in a non-reactive pot. Add the

tion.

ground root. Reduce the heat to a very low simmer and

cover the pot tightly. Simmer the root mixture for 20

Inducing Vomiting: To release poisons or re-

minutes. Remove from the heat. Strain the decoction

cently ingested harmful substances from the body, In-

and discard the root. Keep the decoction in the refrig-

dian tobacco, also known as vomitwort, is excellent. erator for up to 3 days or freeze it in portions for longer Use a concentrated tincture form to induce vomiting.

storage. Use topically (roots and/or leaves) or take up

Harvesting: Harvest in the early summer. Wear gloves 1/4 cup internally (leaves).

to avoid the tiny, spiky hairs that prickle your hands.

Jewelweed,

Leaves are bluish-green in color, oval or lance shaped,

and coarsely toothed. Lower leaves are opposite, while

Impatiens capensis

upper leaves are alternate.

Orange jewelweed, also known as garden balsam, jewel

balsam weed, and touch-me-not, is a member of the

Balsaminaceae (Touch-Me-Not) Family. There are

several varieties, including Impatiens capensis, which

are medicinally active.

Impatiens are an attractive garden plant popular for

their beauty. Their showy flowers attract butterflies

and hummingbirds. Jewelweed is often found in moist

soil and shady places. Look for it along creek beds, near

streams, and at the edge of the woods. It is found

throughout most of the United States with the excep-

tion of Montana, Wyoming, California, and the south-

west.

Identification: Jewelweed is named for its seeds

and leaves. Ripe seedpods "pop" when touched, giving

it the name Touch-Me-Not. Dew and rain beads up on Jewelweed
blooms from May through October and the leaves, looking like "jewels",
hence the name "jew-produces two kinds of flowers. Showy orange
trumpet

elweed".

shaped flowers hang from thin stems. They are about

an inch in length and have mottled reddish-brown

spots inside the throat of the trumpet. The second

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flower type is a tiny petal-free flower that stays closed. Anti-fungal: Jewelweed's stems and leaves are a This small, petal-free flower produces most of the seed good external anti-fungal and treats athlete's foot, pods and has five flaps which, when ripe, open and ringworm, and other fungal infections.

eject their seeds.

Bruises, Burns, Eczema, Insect Bites: For

The plant branches extensively, producing smooth, skin damaged by bruises, burns and insect bites, try a round stems. The entire plant grows to approximately poultice. Crush the stem of the plant and apply

it di-3 to 5 feet tall (0.9m – 1.5m) and leaves are up to 3.5 rectly to the affected area or soak a cloth in the juices inches long (6cm).

of the plant and apply it to the area.

Edible Use: Jewelweed is edible, in moderation, but Other Medicinal Uses: Traditionally, jewelweed it should be cooked before use. Large portions can have has been used as an aid for kidney, liver, and urinary a laxative effect.

tract conditions. It has also been used as a diuretic, to

The seed pods explode when touched and the small promote blood flow after childbirth, and for gastroin-seeds inside can be toasted and eaten. The flavor is testinal upset.

similar to walnuts.

However, most herbalists do not use jewelweed inter-

The flowers are edible raw in salads or can be cooked nally and evidence is lacking for many of these tradi-in a stir-fry. The stems and leaves should always be tional uses.

boiled for 10 to 20 minutes, changing the water at least

twice during cooking. The stems and leaves have high

concentrations of oxalates and should be avoided by

people prone to kidney stones.

Medicinal Use. Poison Ivy, Poison Oak,

Okra Spines, and Stinging Nettle: Jewelweed

often grows near poison ivy and stinging nettle, which

is fortunate since it is an ideal antidote to the painful sting and rash caused by these plants. The easiest way to use it is to slice open the stem and rub the juicy inside on all exposed areas. Immediate use is best and stops the irritation and prevents poison ivy rash in most people. However, I also recommend cutting ex-

Photo by Derek Ramsey, Own work, CC BY-SA 2.5

tra to take home to use again after a thorough shower. The plant can also be made into an infusion, soap, salve, or spray to treat rashes.

Recipes. Jewelweed Infusion: Chopped jewel-

weed, boiling water.Chop the stems of orange jewel-

The liquid inside the jewelweed stem contains a chem-

weed and drop into boiling water. Boil the infusion un-

ical that neutralizes the urushiol oil contained in poi-

til the water turns dark orange. Cool the liquid, strain

son ivy. Urushiol oil spreads easily and rapidly, trans-

it, and freeze it in ice cubes to use on skin rashes as a

ferring the rash to other parts of the body. Once neu-

cooling and healing rub. Freeze for up to 1 year. The

tralized with jewelweed, the rash is no longer conta-

infusion can be stored frozen or it can be canned in a

gious and will no longer spread. Blisters that have al-

pressure cooker. Jewelweed does not dry well because

ready appeared should heal within a few days.

of its high oil content.

Jewelweed is a natural herbal remedy for other irritat-

Warning: Both Jewelweed and Potentilla are com-

ing plants as well. Poison oak, okra spines, and sting-

monly known as silverweed. Be careful not to confuse

ing nettles respond well to jewelweed. It is useful to the plants. Jewelweed can be used topically or as a wa-treat acne, eczema, heat rash, ringworm, warts, sores ter extraction, but do not use it in alcohol tinctures.

and other skin irritations.

Use jewelweed in small amounts and dilute water ex-

tracts before using. Concentrated solutions can cause

reddening of the skin and irritation.

Maidenhair Fern,

bronchitis, nasal congestion, and sore throats. It is a

mild diuretic, and reduces excess mucus. It is also an

Adiantum

astringent, anti-tussive, and mild expectorant. Try

making a syrup with maidenhair fern leaves. Recipe

capillus-veneris

below.

and *A. pedatum*

Urinary Issues, Gallstones, Heartburn, Di-

gestive Disorders: Maidenhair Fern Syrup is use-

ful for the treatment of urinary tract and digestive dis-

Maidenhair fern, also known as rock fern and Venus-

orders.

hair fern, is native to much of North America and down

into Central America and South America. It likes warm It helps remove toxins from the digestive tract and pro-damp climates and is most often found in the moist soil tects the mucous membranes from irritation. It com-of rainforests, woodlands, and along streams.

bines well with red mulberry for the treatment of uri-

nary tract problems.

Circulatory System and Arteriosclerosis:

Try an alcohol tincture or a strong decoction of maid-

enhair fern leaves to treat circulatory problems. It

helps open up blocked veins and improves blood circu-

lation to the body.

The infusion is also useful for shrinking varicose veins

and hemorrhoids and treating varicose ulcers.

Apply the decoction directly to the affected areas of the

body and take the tincture internally as well.

Recipes: Maidenhair Fern Syrup: 1 cup maid-

Identification: It grows to 6 to 12 inches (15 cm to enhair fern leaves, dried and crumbled, 1-pint (500ml) 30 cm) tall with clusters of fronds growing from creep-water, 1 cup raw honey. Bring the fern leaves and water

ing rhizomes. The light green fronds are subdivided to a boil and simmer for 5 minutes.

into pinnae less than 1/2-inch (1.25 cm) long. The main Cover tightly and turn off the heat. Allow the decoction leaf stalk is thin, black, and polished while its fine

to steep for 3 hours. Strain out the herb and reheat

stalks are as thin as a hair, giving it a very delicate

the decoction until hot but not boiling. Add

look.

the raw honey and stir until it is fully dis-

Medicinal Use: Leaves and rhizomes are

solved. Pour the syrup into a sterile

used for medicine and are a weak anti-

glass jar and store in the refrig-

bacterial. The rhizomes have antioxi-

erator for up to 2 months.

dants.

Standard Dosage: Add 1

Respiratory Issues, Bronchi-

to 2 tablespoons to a small

tis, Congestion, Sore Throats:

amount of water or

Maidenhair fern leaves make a good treat-

juice and take 3

ment for coughs and mild respiratory problems like

times daily.

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Male Fern,

Medicinal Use: The roots are used internally as a

tea or through ingestion. Do not use an alcoholic tinc-

Dryopteris filix-mas

ture or oil infusion internally, only externally.

Treating Tapeworms: Treating tapeworms and

This wood fern grows in shaded, damp soils under the

canopy throughout much of Europe, Asia and North other parasites is probably the most common way that and South America. Be careful to correctly identify this people use male fern medicinally. Use the rootstalks to fern as it has look-alikes.

paralyze parasites and thus purge them from the body.

To use this remedy, eat the root after fasting for at least

a few hours. The roots contain oleo-resins, filicin, and

filmarone, all of which work to eradicate parasites. It

works for pets as well but be careful with dosage for

both humans and pets. Do not ingest oils, fats, or al-

cohols while using this. A light laxative is often used

alongside this treatment. Use with great caution.

Colds and Viruses, Fevers, Mumps: The roots

of male fern have anti-viral and antibacterial proper-

ties. They lower fevers and help heal the body from vi-

ral and bacterial diseases.

Hemorrhage: Male fern root is useful for the treat-

ment of internal hemorrhage and uterine bleeding.

Boils, Sores, and Other Skin Conditions:

Skin infections and irritations such as boils, carbun-

cles, sores, and abscesses are treated with a tincture

made from the male fern root. Apply the tincture di-

rectly onto the affected area. Use this tincture exter-

nally only.

Identification: The Male Fern is a large fern with Harvesting: Harvest roots in the autumn. Dry for graceful bands of fronds. It grows to 4 feet (1.2m) in later use.

height. The plant does not flower but reproduces by

spores and rhizomes. The slowly creeping rootstock

forms a crown at the soil surface with a ring of fronds.

It grows quite wide and becomes crowded over time, a

distinguishing characteristic.

The dull green leaves are usually upright, 8 to 30

inches (10 cm to 75 cm) long, and 4 to 12 inches (10 cm

to 30 cm) wide, with its widest section at its middle.

They have 20 to 30 pairs of deeply divided tapering

leaflets growing on the main stem. The bark on each

frond is usually hidden but is dark brown in color. This

plant has no smell.

Edible Use: The leaves and roots of the male fern Warning: Caution is advised. Use it in moderation are edible. Cooked young leaves taste like asparagus or and be very careful with dosage. Best used under med-artichoke. They should be eaten in moderation, as in ical supervision. Do not use if pregnant or if you have large quantities they can be toxic. The rhizomes can be heart issues. Do not take with oil, fats, or alcohol as it eaten raw or cooked and are sometimes used as a increases its toxicity.

weight-loss strategy. Use with caution.

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Mayapple, Wild

The fully ripe fruit can be eaten raw or cooked and is

often used for jams and pies. The seeds and rind are

Mandrake,

not edible and must be removed before cooking or eat-

ing. The fruit tastes similar to a paw-paw.

Podophyllum peltatum

Medicinal Use: Warts, Moles, Genital

Mayapple should be used internally with great caution Warts, and Skin Cancer: Mayapple resin from if you choose to use it. It is in the Berberidaceae (Bar-the plant stems is useful for treating warts and moles.

berry) Family. It is widespread in eastern North Amer-

Place diluted resin on the wart, mole, or skin cancer,

ica. You are most likely to find it in damp meadows and being careful to keep the resin confined to the affected open woods.

area.

Wear gloves when squeezing the resin from the stems

and mix with alcohol at a 20% resin dilution (1 part of

resin diluted with 5 parts alcohol). This dilution should

be strictly observed. Higher concentrations can do

harm to the skin, while lower dilutions may not be ef-

fective enough.

Leave the diluted resin on the skin for one to four hours

and then wash. Only a single application is needed. The

lesions whiten within a few hours and begin to wither

away within one to two days. Within three days, the le-

sions begin to disappear.

Other Cancers: Mayapple has been used in the

treatment of other cancers. However, the plant is quite

toxic and can be fatal. Only use mayapple under the su-

pervision of a highly qualified medical professional.

Warning: Do not use during pregnancy or on small

Identification:

children. Avoid handling the resin with bare hands, as

Mayapple grows 12 to 18 inches (20 it is absorbed through the skin and can be toxic or even cm to 30 cm) tall and has very large leaves. The leaves deadly.

are smooth, paired, and umbrella-like. Leaves are pal-

mately lobed, 8 to 12 inches (20 cm to 30 cm) in diam-

eter, with 3 to 9 lobes.

Some stems produce a single leaf without any flower or

fruit, while others produce two or more leaves and 1 to

8 drooping flowers (often just one) in the axil between

the leaves.

The 1-inch (2.5 cm) wide waxy flowers are white, red,

or yellow, with 6 to 9 petals and bloom in July and Au-

gust. These plants grow in clumps that originate from

a single rhizome.

Edible Use: The fruit are edible when ripe, but other

parts of the plant are poisonous. Note that the fruits

are poisonous until they ripen. They mature into a yel-

low or red fleshy fruit that is 2 inches (5 cm) long, egg-

shaped, and wrinkled.

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Mugwort,

small, non-showy, reddish-brown or yellow disk flow-

ers that bloom in late summer/early autumn. The flow-

***Artemisia vulgaris* and**

ering stems grow to about 3 feet (0.9m) tall and have

hair only on the upper stems. They primarily propa-

Western Mugwort,

gate via rhizomes.

A. ludoviciana

Edible Use: Mugwort leaves are eaten raw or cooked

but are usually used as an herb, not as a side dish. They

Mugwort is the common name for several species of are slightly bitter and best eaten before the plant Artemisia. Here we are discussing *Artemisia vulgaris*, blooms. Young shoots can be cooked. I make tea from Common Mugwort or Felon Herb and *Artemisia lu-the leaves, flowers, and roots. Mugwort can also be*

doviciana, known as Western Mugwort or White Sage-

used as a flavoring in beer to replace hops.

brush. The two species have similar medicinal proper-

Medicinal Use: I use Mugwort as a tea, tincture or,

for external use, an oil. You can wrap and burn the

leaves as a smudge stick. The smoke is calming and

cleansing and is said to promote good dreams and to

clear an area of negative energy. Roll and bind the

leaves tightly and set fire to the tip. I use the flowers

for oil infusions and the leaves and roots for tinctures

and teas. You can also smoke it.

Menstrual Issues: Because it helps balance hor-

mones and is an antispasmodic, Mugwort leaf tea is

useful for treating menstrual issues. It is slightly toxic,

however, and should not be used during pregnancy.

Moderate doses are beneficial in balancing the repro-

ductive system. A tea made from the leaves and flowers

works well for the treatment of cramping, excessive

ties and can, for the most part, be used interchangea-

bleeding, and bringing on menses. The smoke is also

bly. Do not confuse these with wormwood, Artemesia used to move a baby from a breech position.

absinthium, also in this book. They are in the As-

ter/Daisy Family and are native to Eurasia and natu-

Digestive Issues: Mugwort leaf tea or tincture is

ralized in North America.

very beneficial for the digestive system and is healing

and restorative for the intestine. It treats constipation,

Identification: Common Mugwort grows from 3 to diarrhea, gas, bloating, and intestinal worms. It is a 6 feet (0.9m to 1.8m) tall with an erect upright stem natural and gentle laxative that treats the underlying that has a purple or dark reddish-brown tinge that be-problems by restoring balance.

comes woody with age. It is often found in disturbed

areas, along roadsides, and at the edges of woods and Liver Health: Mugwort increases bile secretion in sunny meadows. Common Mugwort leaves are deeply the liver and helps detoxify the liver and the body.

lobed, alternate, and grow to about 4 inches (10 cm) in Heart Health: Mugwort promotes healthy circula-length.

tion in the blood stream. It helps increase blood oxy-

The largest leaves are at the base of the plant, and genation and flow throughout the body. It improves leaves become smaller and narrower towards the top blood cell generation, lessens the chance of blood clots, of the stem. The topside of the leaf is green and is often and lowers blood pressure in hypertension.

(but not always) hairless, while the underside is white Respiratory Issues and Asthma: or silvery with fine hairs (versus wormwood, which has

Common

leaves that are silvery on both the top and bottom). The Mugwort helps relax bronchial tubes and open air-deeply cut lobes are narrow and have smooth edges. ways. It can be made into a leaf tea or the steam can be The leaves are slightly aromatic. Its flowers are very inhaled to help with bronchial inflammation.

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Epilepsy, Convulsions, and Nervine: The sedative effects of mugwort help ease epilepsy and convulsions. It has antispasmodic properties than can control seizures in some epileptics.

It helps decrease the severity of the seizures and increases the time between attacks. Tea or tincture of the leaf seems to work best.

Burns, Itching, Rashes, Poison Ivy/Oak,

Fungal Infections: Mugwort is soothing on the skin and helps relieve the pain and itching from poison ivy, skin rashes, burns, and other skin irritations. It reduces scarring and helps the skin heal faster.

Grind the fresh leaves and stems into a fine paste using a mortar and pestle. Apply the paste directly to the affected skin or wound. You may also use a leaf tea or infused flower oil as a topical antifungal and for relief from itching.

Insomnia, Fatigue, and Good Dreams: Mugwort regulates sleep, treating the sources of fatigue and insomnia. The sedative effects help the body to relax, but still allows the user to remain alert when needed.

To improve sleep, try taking Mugwort as a tincture or tea, or add it to a long bath soak before bedtime. Hang-

Harvesting: Harvest leaves, stems, and flowers

ing Mugwort by the bed is said to promote good vivid when in flower (end of summer) and dry them for later dreams.

use. Dig roots in the autumn.

Antibacterial Properties: Mugwort leaf tincture Warning: The plant may be toxic when used in large inhibits the growth of numerous bacteria,

including doses. Do not use if you are pregnant or breast-feeding.

Staphylococcus aureus, Streptococcus, Bacillus spp, Skin dermatitis is sometimes seen. Do not use the plant E. coli, Pseudomonas, and others. Acetone extractions if you are allergic or if you develop a skin rash.

seem to work the best.

Osha, Ligusticum porteri Apiaceae/Umbelliferae (Carrot/Parsley) Family and smells strongly like celery.

This species of osha grows in the Rocky Mountains and

the southwestern United States, as well as parts of

Mexico.

The Asian variety is also extremely medicinal as is the

Western North American species. L. porteri is also

called Colorado cough root, bear medicine, bear root,

Indian root, Indian parsley lovage, Porter's wild lov-

age, loveroot, Porter's lovage, Porter's licorice-root,

Porter's ligusticum, mountain ginseng, mountain car-

rot, wild parsley, wild lovage, chuchupate, and em-

press of the dark forest. It is hard to domesticate. It

likes high altitude meadows. Osha is in the

The Lost Book of Herbal Remedies

Identification: This herb grows to heights of 6 to 7 an expectorant. It helps expel mucus that clogs the res-feet (1.8 meters to 2.1 meters). The parsley-like leaves piratory tract. It also relieves inflammation in the have a

unique reddish tint at the bases where they at-bronchial tracts making it easier for people with

tach and visually have a fern-like quality.

asthma and bronchitis to breathe. It promotes sweat-

ing, which gets rid of toxins and helps bring down fe-

The flowers have the classic white carrot-family um-

vers. To soothe sore throats try sucking on the root,

bels with many small 5-petaled flowers. Be careful not drinking an osha root tea, taking a tincture, or extract-to confuse this plant with poison hemlock or water ing it with raw honey. It is used to manage herpes out-hemlock!

breaks and HIV due to its strong anti-viral properties.

The roots of Osha are very hairy and fibrous with a Use at the first sign of an outbreak and at the first sign wrinkled, black or chocolate-brown outer skin. When of a cold or flu.

the outer root is peeled off, the inner root tissue is yel-

Headaches, Altitude Sickness, and Eleva-

lowish-white and highly fragrant. Its greenery dies

down every winter to its hairy-topped brown root tion Changes: Osha helps people breathe better by stock.

opening up the bronchial tubes. Chewing the root

helps with the symptoms of altitude sickness and as-

sists people performing athletically at higher eleva-

tions than they are used to. Osha often gives almost im-
mediate headache relief when the smoke is breathed in
deeply. Osha root also has diaphoretic properties,
which promote sweating, thus helping to remove tox-
ins from the body.

Skin Wounds, Infections, Boils: Apply Osha
Tincture directly on to wounds if it is readily available
or dust the area heavily with the powdered root. Osha's
antibacterial properties are effective in helping the
skin heal.

Arthritis and Carpal Tunnel Syndrome: The anti-in-
flammatory effects of osha act on the joints to relieve
swelling and the pain of arthritis. It also acts on the
nerves to relieve the pressure and swelling that causes
carpal tunnel syndrome. For these problems, I usually

Jerry Friedman - Own work, CC BY-SA 3.0

use Osha Tincture, but you can also simply chew on the
osha root.

Edible Use: The leaves and seeds are used as a sea-
soning and for flavoring various drinks such as mead. Nicotine

The seeds dry well and have a celery-parsley flavor.

Addiction:

Smoking is a

Medicinal Use: Osha is one of my favorite medici-

very addictive

nal plants. The root is chewed, smoked, powdered, or habit.

Osha

tinctured. It has anti-bacterial, anti-viral, hemostatic, helps relieve

and anti-inflammatory properties and is best used at nicotine crav-

the first sign of illness. Osha is my #1 go to for head-

ings. Try chew-

aches - I light a piece of the dried root and inhale the ing on a piece smoke strongly into each nostril. I always carry it with of osha root or

me in my medicine bag.

adding it to a

Asthma, Colds, Flu, Viral Infections, Sore non-nicotine-

Throats, and Bronchial Infections: Osha root based smoking

is a very good anti-bacterial and anti-viral, Osha is also mixture.

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Harvesting: Osha is very hard to cultivate in the Recipes. Osha Decoction: Add 2 ounces (56g) of garden so please treat this plant with extra care and re-chopped osha roots and leaves to a pot containing 2

spect. Harvest the roots late summer to autumn from cups of water. Bring the water to a boil and simmer it osha plants that are at least one year old and only take for approximately 20 minutes. Cool and store the de-what you need. Dig up the older plants and let the coction in the refrigerator for up to 3 days. Take 1 to 2

younger plants grow for harvesting another season. tablespoons of the decoction as needed.

Dig deeply. Dry for use. Seeds can be harvested after Osha Tincture: 1-pint (500 ml) of 80 proof vodka they have ripened. Spread some seeds around to propagate more osha. As always, tend the wild!

or other alcohol, chopped roots of the osha plant. Place

the chopped dried roots into a glass pint (500ml) jar

Warning: Safety for pregnant and breastfeeding with a tight-fitting lid, filling the jar 3/4 full. Cover the mothers is unknown. It may trigger menstruation so herbs with alcohol, filling the jar. Store the jar in a cool, best to avoid during pregnancy.

dark place such as a cupboard. Shake the jar daily for

6 to 8 weeks. Strain the herbs out of the liquid, cover it

tightly and use within seven years.

Parrot's Beak,

Pedicularis racemosa

Parrot’s beak has a unique flower. The petals are

shaped like parrot’s beaks, giving it its name. The plant

is also called leafy lousewort. It is in the Orobancha-

ceae (Broomrape) Family. It grows in coniferous for-

ests in Western North America at mid-elevations in the

mountains. All species of the genus Pedicularis have

similar medicinal properties.

Identification: Parrot's beak flowers have petals

shaped like parrot's beaks. The flowers grow in clusters

on a stalk and have a broad three-lobed lower lip and

an upper lip that curves over the lower lobes. Flowers

are white to cream-colored, yellow, or pink depending

Thayne Tuason, Own Work, Wikipedia Commons cc 4.0

on location, and flower in the summer. The alternate Skeletal Muscle Relaxer: For muscle tension leaves are narrow, stalkless (or with short stalks), and and small muscle tremors, parrot's beak as a tea or have toothed margins. The plant grows from 10 to 20 tincture works as an excellent muscle relaxer, relieving inches (25 cm to 50 cm) high.

pain by relaxing the muscles.

Medicinal Use: The leaves and flower petals are Massage therapists often give this to patients before a medicinally active. They are relaxing and bring a feel-massage to release muscle tension.

ing of peace and contentment. You can use it as a tea,

tincture, or a smoking blend. All bring medicinal ef-

Relaxation and Mild Sedative: This herb acts

fects. Smoking it does not produce a "high" feeling, but as a mild sedative, relieving pain, relaxing the body, rather a peaceful feeling of well-being with occasional and bringing a sense of calm.

slight giddiness. My neighbor used to smoke it and Tension and Stress Headaches: Parrot's beak nicknamed it "Ridicularis" instead of "Pedicularis", as is good for treating tension headaches and headaches it worked so ridiculously well.

caused by stress. Low doses are usually quickly effec-

Emotional Stress and Anxiety: Parrot's beak is tive at relaxing the body and relieving a headache.

relaxing and helps people cope with emotional stress

and anxiety.

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Insomnia: Parrot's beak is a good sleep aid. It helps the body relax and has mild sedative properties.

Harvesting: Harvest the leaves at any time. Flower petals are harvested in the late morning while they are fresh and the dew has dried. Dry the flowers and leaves for future use. Harvest only what you need as it is not a common plant and leave plenty in the area you harvest.

Warning: The plant is relaxing and can give you a "spacey" feeling. Start with a low dose and increase as needed.

Recipes. Parrot's Beak Tea: Ingredients: 1 teaspoon dried and crushed parrot's beak flower petals and leaves and 1 cup boiling water.

Place the herbs in a tea ball. Pour the boiling water over

Pedicularis racemosa, Matt Lavin, Wikipedia commons CC 2.0

the herbs and allow it to steep for 5 to 10 minutes.

Strain out the herbs and drink the tea, as needed.

Smoking and Drug Withdrawal: This herb is calming and relaxing. It helps with some of the withdrawal symptoms from drugs or smoking.

Partridgeberry,

Mitchella repens

Partridgeberry is mostly known for its use for menstrual problems and in facilitating childbirth. It is also called Deerberry, Twinberry, and Squaw Vine. It likes sandy soils and is shade-tolerant. It is in the Rubiaceae (Bedstraw/Madder) Family. It grows in Eastern North

America.

Identification: Partridgeberry is a creeping broad-

leaf evergreen that grows as a very low growing ground cm) tall and spreads 6 inches (15 cm) to 1 foot across.

cover. The plant grows about 2 to 3 inches (5 cm to 7.5 Opposite leaves are oval to round, dark green, and glossy. Each leaf is up to ¾ inch (1 cm) long with whitish veins growing in pairs along the stems.

Paired white blossoms appear at the ends of the stems

from May to July. Each flower has four lobes and is

trumpet-shaped. One pair of flowers forms one bright

red berry that ripens in late summer and may stay on

the plant until the following spring.

Edible Use: The berries are edible, but rather taste-

less, so they are usually only used when food supplies

are scarce.

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Medicinal Use: Partridgeberry leaves and berries

are used to to help with fluid retention, but its main value is to hasten childbirth and treat menstrual problems. It has a tonic effect on the uterus and ovaries, though I prefer other herbs for these uses.

Childbirth and Menstrual Problems: The leaves are used as a tea in the last weeks before childbirth to hasten birth with fewer complications. However, the tea or berries should never be used until the end of the pregnancy; it can cause a miscarriage when used too soon. After delivery, the tea is used externally to wash the breasts and treat sore nipples. Partridgeberry Tea is also used to treat painful or irregular menses and menstrual bloating.

Harvesting: Harvest the leaves during the summer and dry them in the sun or on a dehydrator for later use. Store the dried leaves in a cool, dry place. Harvest berries during the early winter while they are at their peak. Use them fresh or split the berries in half and dry Partridgeberry Leaf, 1 cup boiling water. Pour boiling for future use. water over the dried herbs. Allow the tea to steep for 10

Recipes. Partridgeberry Leaf Tea: Use for minutes Strain and enjoy.

menstrual problems and childbirth. 1 teaspoon

Pipsissewa or

Each stalk produces round seed capsules that remain

Prince's Pine,

on the plant until late autumn or even into winter.

Each stalk contains four to eight capsules with five-

Chimaphila umbellata

chambers containing numerous tiny seeds. The plant

also propagates by underground rhizomes. Prince's

Pipsissewa, also known as Prince's Pine, Umbellate pine has a pleasant scent and flavor.

Wintergreen, Rheumatism Weed, and Ground Holly, is Edible Use: The plant has been used as a flavoring a member of the Ericaceae (Heath) Family. It is a pop-in candy and root beer. It can also be brewed as a tea.

ular remedy for kidney stones. It is a small perennial

found in sandy soils and dry woodlands. It is native Medicinal Use: All parts of prince's pine are medic-throughout the cool and temperate zones of North inally active. I mostly use the leaves. The plant is an America.

Identification: Pipsissewa is low growing, 4 to 12

inches (10 cm to 30 cm) tall, and an erect evergreen

wildflower. The stems are either simple or branched

with whorls of three to seven leaves.

The elongated leaves are leathery, shiny, and sharply toothed with fine hairs on the edges. June brings whitish to pink flowers in loose clusters of four to eight at the end of flower stalks and blooms last through August.

astringent, anti-septic, anti-bacterial, anti-inflamma-

Always harvest with care and leave behind a healthy

tory, diuretic, and tonic.

plant. Remove leaves as needed year-round for fresh

Urinary System Problems and Kidney use or harvest and dry leaves for future use when a large supply is available. Take only one whorl at the top

Stones: The name Pipsissewa is a Cree name that of the plant when it is not in flower or in seed.

means "to break into small pieces" because of its ability

to break up and dissolve kidney stones. It contains hy-

droquinone, which disinfects the urinary system and

heals inflammation of the bladder and the urethra. It

also treats the presence of blood in the urine. The herb

is a diuretic, inducing urination and sweating. Use

prince's pine along with cranberry for urinary tract in-

fections in women. It is also useful in the treatment of

prostatitis, gonorrhea, and other urinary system infec-

tions.

Liver Function: Prince's pine acts as a diuretic to

help rid the body of waste products. It helps detoxify

the liver and improves its function.

Skin Problems: External application of prince's

pine is useful for blisters, skin sores, and other skin Warning: Occasional side effects include confusion, problems. Wash the skin with Pipsissewa Tea or apply ringing of the ears, and vomiting. Rarely, seizures can Pipsissewa Decoction to the affected area. It can also occur. Do not use the herb long-term. In large doses, be used to make a wet compress for use on blisters, tu-Pipsissewa can cause diarrhea, nausea and vomiting.

mors, ulcers, and to reduce swelling. Caution: for some Pipsissewa can cause the urine to turn green, but this people it may cause a rash or blistering.

is not harmful.

Arthritis, Gout, Muscle Cramps, and Back-

Because of its tannin content, it can interfere with the

aches: Prince's pine is an effective treatment for joint absorption of some medications. Allow several hours and muscle pain, including pain from arthritic joints. between taking the herb and any medications. People Apply a poultice of crushed prince's pine leaves to the with poor nutrient absorption should avoid using Pip-joint or rub with Pipsissewa Salve or Pipsissewa Decoc-

sissewa, as it can reduce the absorption of minerals

tion and drink Pipsissewa Tea. It is a mild lymphatic from the gut. Do not use while pregnant or nursing.

stimulant.

Some people are allergic to Pipsissewa and can develop

Diabetes: Regular use of prince's pine decoction has a contact rash or blistering.

the ability to lower blood glucose levels in diabetics. Recipes. Pipsissewa Tea. Ingredients: 1 tea-Use at mealtime.

spoon dried crushed leaves and 1 cup boiling water.

Diuretic Properties: The herb has the same diu-

Pour the boiling water over the dried, crushed leaves

retic properties as bearberry, but with a lower tannin and allow it to steep until the water is cold. Strain the content. Used for people with high blood pressure and tea and take one to two cups of the cold tea daily.

chronic urinary tract problems. Prince's pine also in-

Pipsissewa Decoction. Ingredients: 2 teaspoons

duces sweating, which helps to reduce fevers, and it dried crushed leaves and 1 cup boiling water. This is a helps with edema.

stronger version of the tea. The effects are the same,

Respiratory Tract Problems: Pipsissewa Tea but less is needed for people who don't like the taste.

helps treat respiratory tract infections, colds, whoop-

Pour the boiling water over the dried, crushed leaves

ing cough, and bronchitis.

and allow it to steep until the water is cold. Strain the

Harvesting: Prince's pine has been over collected in tea and take from 2 to four 4 (60 ml to 120 ml), three some areas and is disappearing from the landscape. times a day. Store the decoction in the refrigerator for up to three days.

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Red Raspberry,

Rubus idaeus

Red raspberry grows wild in forests, but is most often found in cultivated gardens. It is grown mainly for the sweet-tart fruit, but also for the leaves and roots. It is

in the Rosaceae (Rose) Family.

Identification: The red raspberry grows from a

central cane. Side shoots produce compound leaves

with three, five, or seven leaflets. In the wild, it forms

open stands when shaded under the tree canopy, but

in the open it forms very dense groupings. The plants sickness and tones the uterine muscles to help ease la-grow to approximately five to eight feet (2.4 meters) in bor pain. Mothers who take Raspberry Leaf Tea in the height and have thorns.

last few months of pregnancy have fewer miscarriages

and easier births. Most mothers continue using it after

Flowers appear in the late spring, growing on short ra-

birthing to reduce cramping, reduce bleeding, and tone

cemes forming on the side shoots. Flowers are less the uterus and pelvic muscles. Only start use after the than 1/2 inch (1.25 cm) in diameter with five white pet-3rd month of pregnancy.

als. Fruit develops in the summer and early autumn.

Each fruit is actually an aggregate fruit made up of Diarrhea: For diarrhea, use a decoction of the leaves drupelets around a central core. The drupelets sepa-or raspberry vinegar.

rate from the core when picked leaving a hollow center. High Blood Pressure: Compounds in raspberries are very heart healthy. They improve the tone of the

circulatory system and help lower blood pressure.

Wounds, Skin Lesions, Ulcers and Minor

Skin Infections. Raspberry Leaf Tea works as a

wash for skin wounds, lesions, bites, and itchy skin.

Recipes. Raspberry Leaf Decoction: 1/2

ounce of dried raspberry leaves or 1 ounce of fresh

leaves, chopped, 1-pint (500 ml) of water. Bring the

water and raspberry leaves to a boil, reduce the heat

and cover the pot. Simmer the decoction for 20

minutes. Remove from the heat and allow to cool.

Strain out the leaves and store in the refrigerator for up

to 3 days. General dosage is 1/4 cup to 1 cup.

Edible Use: The berries are delicious raw or cooked. Raspberry Vinegar. 2 cups apple cider vinegar, 8

Raspberry leaves are used to make an herbal tea.

ounces (230g) red raspberries, 8 ounces (230g) brown

Medicinal Use: Red raspberry is full of healthy sugar or raw honey. Crush the raspberries and add the compounds, vitamins, and minerals. It gives the im-vinegar. Allow the mixture to steep for 10 days.

mune system a boost, is an astringent, and increases Strain out the raspberries and bring the vinegar mix-health and uterine tone during pregnancy.

ture to a low simmer. Add the sugar and simmer until

Late Pregnancy and Labor: Raspberry Leaf Tea dissolved. Cool. Store Raspberry Vinegar in a tightly is widely used by expectant mothers, especially in the closed jar in a dark place. Use the vinegar straight or last few months of pregnancy. It helps with morning diluted. General dosage is 3 tablespoons, 3 times daily.

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Red Root,

New Jersey Tea,

Ceanothus americanus

and other Ceanothus

spp.

Red root, also known as New Jersey Tea, is found on dry, gravelly banks and open woods. Many species of Ceanothus species have the same medicinal properties. It is in the Rhamnaceae (Buckthorn) Family.

Identification: You can recognize Red Root by its Fevers, Coughs, Bronchitis, Sore Throats, lacy white flowers and the wintergreen scent of its Whooping Cough, and Tonsillitis: The root leaves. It grows to a height of 4 feet (1.2 meters), alt-and bark of Red Root are both used for treating fevers,

hough many plants are shorter. It tends to grow very sore throats, and mucous problems. It also works to wide. The slender branches are herbaceous in the up-treat infections of the upper respiratory tract. The

per part and woody at the base. The root system is sub-

roots are astringent and anti-spasmodic with expecto-

stantial and deep with fiber-like root hairs near the rant properties. It has a high tannin content. Try Red surface.

Root Tea or a Red Root Bark Decoction and use as a

gargle.

Deeper roots are plump and woody with small lumps.

The large and deep root system increases the plant's Stimulates the Lymphatic System, Mono-ability to survive wildfires. The plant produces lacy nucleosis: A tea from the roots and root bark stim-white flowers in clustered inflorescences on long pe-

ulate the lymphatic system and the immune system. It

duncles. These small white flowers appear in oval clus-

works to support healing from mononucleosis.

ters at the tip of the branches. The fruits produced are High Blood Pressure: The roots and root bark dry and burst open naturally to release the seeds.

contain gentle hypotensive properties that reduce the

Edible Use: The leaves have a refreshing flavor and blood pressure.

wintergreen scent. They make a good tea without the Hemorrhoids: The combination of tannins and the caffeine.

anti-inflammatory properties of Ret Root help reduce

the swelling and relieve the pain of hemorrhoids. Use

topically.

Skin Wounds, Dermatitis, Herpes, and

Skin Tumors: A decoction made from the root bark

of Red Root treats skin wounds and diseases. The high

tannin content reduces fluid in the lesions and the as-

tringent properties reduce the symptoms. The dried

and powdered bark can also be dusted onto skin

wounds.

Body Wash: The flowers have high levels of sapo-

nins and lather well for use in cleaning the body or

clothing.

Medicinal Use: The root and root bark are used To use them for cleaning, mash the flowers and soak medicinally. The flowers can be used as a soap.

in water. Use the lather as a mild soap. Alternately, rub

the flowers all over the body to produce a lather. Using

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the flowers in this way has the added benefit of leaving Recipes. Red Root Tea. 1 teaspoon of dried, your body and clothes nicely scented.

ground Red Root, 1 cup of water. Combine the water

Toothache: Take one mouthful of Red Root Bark and root and bring to a simmer. Simmer the tea for 5

Decoction and swish it gently in the mouth to relieve minutes, then allow to cool to drinking temperature pain and reduce swelling. Hold it in the mouth for a and strain.

few minutes, then spit it out.

Red Root Bark Decoction. 1-ounce New Jersey

Harvesting: Harvest the roots during spring or au-

Tea plant root bark, ground or chopped fine, 1-pint

tumn, when their color is the deepest red, and dry them (500 ml) water. Bring the root bark and water to a boil for future use. Make sure to cut the roots prior to dry-and reduce the heat to a low simmer. Simmer the root

ing them as they are difficult to cut once they have bark for 30 minutes for ground bark or 45 minutes for dried.

finely chopped root bark. Strain the decoction.

Warning: Do not use if on an anti-coagulant medi-

cation.

Rhodiola rosea,

Golden Root

Rhodiola rosea, also called Golden Root, Rose Root, or

Arctic Root, can sometimes be difficult to find. It likes

sea cliffs and high elevations in sandy areas in North-

eastern America, Europe, and Asia. It is a perennial

flowering plant that is sometimes planted as a ground-

cover. It is in the Crassulaceae (Stonecrop) Family.

Golden root likes cold weather, and is most often found

it on sunny river and stream banks, in snow beds, and

rocky shelves.

Identification: This plant grows from 4 to 15 inches

(10 cm to 37.5 cm) tall, with several stems growing

Golden Root Plant, Dolina Tomanowa, CC by SA 2.5

from thick rootstock. The stems are erect with succu-

July to August, forming greenish yellow to yellow flow-

lent leaves and a waxy coating that helps the plant con-

ers with four sepals and four petals. The staminate

serve water. The leaves are flat and smooth, alternate flowers have 8 stamens and are taller than the pistillate and stalkless, with a slightly blue tint. The lowest flowers. The flowers are massed together into a semi-leaves are scale-like, and stem leaves are ovate with a spherical flower head. Fruits are four united follicles sharp tip and saw-like teeth. Rhodiola flowers from with many seeds.

Edible Use: The leaves, stems, flowers, and roots are

edible. Young leaves and shoots are good eaten raw or

cooked like a vegetable. Older plants are slightly bitter.

The stems can be steamed like asparagus. The roots are

good raw, cooked, or fermented like sauerkraut.

Medicinal Use: Rhodiola root is a powerful adap-

togen. It is good for lifting the mood, increasing mental

concentration, and it regulates the body's reaction to

stress and normalizes hormones. Rhodiola's effects are

often best at lower doses, so it is important to start with

a lower dose and increase it only if needed.

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Physical Endurance and Sexual Potency: clearly, and lifts the mood. It is not suitable for use with Athletes take Rhodiola root to enhance their physical people who have manic episodes, but for others it is of-strength and endurance. It increases energy levels and ten considered a cure. Warning: Do not take golden decreases the effects of strenuous exercise on the body. root with prescription anti-depressants or SSRIs as It allows the athlete to push harder without feeling the they can interact.

physical stress. It also promotes sexual health, libido, Post-Traumatic Stress Disorder (PTSD): and stamina. It may increase fertility.

Rhodiola regulates the brain hormones that cause anx-

Fatigue and Adrenal Fatigue: Fatigue can be iety, flashbacks, and other symptoms of PTSD. Start at caused by a number of factors, everything from anemia a low dose.

to generally poor health or even stress. The adap-

Treatment of Tuberculosis: A combination of

togenic properties of Rhodiola root helps increase en-

Rhodiola flowers and Astragalus root is used as a treat-

ergy and reduce fatigue in almost all of these cases.

ment for tuberculosis. Eat the raw flowers from the

Healthy Thyroid Function: Rhodiola root pro-

golden root plant and take Astragalus root powder

motes healthy immune system function and regulates daily.

many of the hormones that allow the body to function Harvesting: Harvest golden root in the autumn af-normally, including the thyroid. It promotes healthy ter the first frost when the plant is dying back. Look for function of the thyroid and helps to balance the hor-older plants with large roots, as older roots have more

mones. This is part of the reason that it increases en-

medicinal value. Slice them into thin slices before dry-

ergy, but it also does far more to help the thyroid func-

ing. The roots will turn a light brown; this is ok. Store

tion properly.

them wrapped in a paper bag for up to three years.

Memory and Brain Function: Rhodiola in-

Warning: Do not use if you have an autoimmune

creases the mental capacity of the brain and helps with disorder as it may cause a flare up. Do not use if on mental clarity. It improves memory retention, boosts SSRIs or if you have bipolar. Do not use if you are on the mood, reduces fatigue, and calms anxiety. This thyroid medications. Consult with a doctor if you are calm and improved function helps people relax.

on anti-coagulants or ACE inhibitors.

Relieves Anxiety and Depression: For people It may have stimulating effects so best taken in the suffering from anxiety and depression, Rhodiola can morning so as not to interfere with sleep.

be a lifesaver. It calms anxiety, helps the person think

Solomon's Seal,

Polygonatum spp .

Solomon’s seal grows in the temperate zones of the

United States, Europe, and Asia. It is a member of the

Asparagus family and the young shoots can be eaten

like asparagus. It is a different plant than False Solo-

mon’s Seal, also in this book. You can tell easily them

apart when in flower or seed as Solomon’s Seal carries

their bell-shaped flowers and dark blue berries on the

underside of their stem while False Solomon's Seal has

terminal feathery flower clusters with red berries.

leaves are large and oval shaped, growing alternately

Identification: Solomon's Seal grows to 3 feet (0.9 on the stem. The leaf base clasps the stem and the meters) in height and up to 10 inches (25 cm) across. leaves have parallel veins. Its white or yellow-green The stems arch gracefully and the light green smooth

flowers are tubular, growing in small clusters of two to

10 flowers that grow from the underside of the stem at

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the leaf axils. The small drooping bell-shaped flowers help the body expel it. Solomon's Seal Cold Infusion bloom from April to June and produce a blackish-blue Tea treats both a dry cough and a productive couth, berry that is the size of a small pea. Solomon's seal respiratory infections, and sore throats. It has been used as an effective treatment for tuberculosis and

bleeding in the lungs. Settlers and Native Americans

used the dried and powdered roots and flowers as a

snuff to clear the nasal and bronchial passages.

Muscular Trauma, Weaknesses, Torn Mus-

cles and Ligaments: Torn, bruised, or over

stretched muscles, tendons, ligaments, and joints are

helped by taking fresh Solomon's Seal Root Tincture or

Solomon's Seal Tea. Rub the tincture or tea into the in-

flamed tissue 2 or 3 times a day until the tissue heals.

It is also useful for treating sprains, broken bones, her-

niated discs, painful joints, arthritis, and tendonitis. It

grows from a thick, multi-scarred rhizome that spreads soothes irritation and inflammation in the connective underground.

tissues and cartilage.

Edible Use: The young shoots are eaten cooked as a Reproductive Problems: Solomon's seal is used vegetable and the rhizomes can also be eaten cooked, as a treatment for reproductive problems in both men after soaking in water to remove the bitterness. The and women. It helps with

vaginal dryness, heals in-rhizomes can be dried, powdered and used as a flour to flamed tissue, and helps with conception. It is also ef-make bread. The berries should not be eaten and large fective for treating menstrual cramps and problems amounts can be toxic.

during or after menopause. Try Solomon's Seal Tea or

Solomon's Seal Tincture for use in fertility problems or

Medical Use: I primarily use Solomon's seal as a problems with premature ejaculation.

poultice or salve for external use. It can also be used

internally as a tea or tincture. Most people use the rhi-

Cardiovascular System, Diuretic, and De-

zome for medicine. It is a lubricating herb.

toxification: Solomon's seal acts as a heart tonic to

regulate the heart and lower high blood pressure. It

Prevents Bruising, Heals Blemishes, and also works as a mild diuretic to rid the body of excess Repairs Tissue: For bruised skin, inflammations fluids and detoxify the body. Use Solomon's Seal Tea and swellings, infections, hemorrhoids, and boils, try a for this purpose. Consult your doctor if you are using poultice made with the powdered roots mixed with a any prescription medications or have a known heart little water or oil. A salve from the bruised leaves and problem.

oil can be used to treat a black eye. An application of

tea directly on the skin is used for acne and blemishes. Mild Sedative: Solomon's Seal Tea and Tincture People with recurring acne can use the tea as a wash.

soothes the nervous system and calms the body. It also

relieves pain and discomfort, while having a tonic ef-

Stomach Inflammations, Dysentery: Solo-

fect that strengthens the body.

mon's seal root has mucilaginous properties that are

anti-inflammatory and soothe irritation in the diges-

Strengthens the Immune System: The tinc-

tive tract. Try Solomon's Seal Cold Infusion Tea for ture and tea are helpful in regulating stresses on the helping heal gastrointestinal problems including indi-immune system. It strengthens the immune response,

gestion, heartburn, inflammations of the digestive works as an anti-inflammatory, and allows tissue to tract, diarrhea, and ulcers.

heal.

Respiratory Issues, Tuberculosis: The anti-

Harvesting: Allow several years for the plant to

inflammatory properties of Solomon's Seal help soothe grow into a large clump in need of division. Harvest in irritated airways in the pulmonary system while its ex-the autumn after the flowers begin to fade. Dig up the

pectorant properties loosen mucus in the lungs and rhizomes, leaving several buds on each plant for a future crop. Dry for future use.

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Warning: Do not use Solomon's Seal if you are preg-

is more beneficial for treating bronchial problems and

nant or breast feeding. Solomon's seal can cause prob-

digestive problems. For other issues a hot tea works

lems for diabetics, reducing blood sugar levels and in-

well. Ingredients: 1 1/2 teaspoon Solomon's Seal root,

terfering with blood sugar control. Do not use Solo-

chopped fine, 3 cups cold water. In the evening, place

mon's seal just before surgery. It can interfere with 1 ½ teaspoons of Solomon's seal root into a 24-ounce blood sugar control during and after the surgery. Do bottle or a quart (liter) jar. Add 3 cups of cold water to not eat large quantities of the fruit; they are poisonous. the jar or bottle and cap tightly. Allow the tea to steep overnight at room temperature. The next day, sip the

Recipes: A little goes a long way with this herb and tea throughout the day, drinking the entire bottle by too much can be irritating.

early evening. You can drink the tea cold or warm it

Solomon's Seal Cold Infused Tea: The cold in-

gently as desired.

fusion retains more of the mucilaginous properties and

Spanish Moss,

Tillandsia usneoides

Spanish moss is in the Bromeliaceae (Bromeliad) Fam-

ily. It is not actually a moss. It is a tropical and sub-

tropical epiphyte. It is found in humid savannas,

swamps, and lowlands. It likes sun and partial-shade.

Identification: Spanish moss is the beard-like sil-

very-grey string-like that hangs from trees all over the

south-eastern United States. Do not confuse it with the

Usnea lichen. The stems are 20 to 25 feet (7.6m) long

and thread-like with 1 to 3 inch (2.5 cm to 7.5 cm) long

leaves. Plants are covered by small scales, which ab-

Lowering Cholesterol: Spanish moss contains

sorb water from the air. It has no roots and absorbs its substances (like HMG/3-hydroxy-3-methylglutaric nutrients from the air, rain, and sun. The plant does acid) that lower blood cholesterol.

flower, but rarely. Their flowers have three yellow pet-

Balances Female Hormones, Labor: Spanish

als and three sepals.

moss helps ease labor and promotes the production of

Medicinal Use: It is mostly used as a leaf tea. It also breast milk. It is known to act as an estrogen supple-works as a good makeshift menstrual pad or diaper.

ment.

Diabetes: Spanish Moss is useful for diabetes treat-

ment by lowering blood glucose levels. It is beneficial,

but not always strong enough to treat diabetes alone.

It is used in combination with other herbs such as bot-

tle gourd, prickly pear, red mulberry, and American

ginseng. Spanish moss alone helps lower the blood

sugar, while these other herbs also help increase the

production of insulin. Spanish Moss Tea is especially

helpful for diabetics who have problems with acidosis and ketosis.

Arthritis and Hemorrhoids: Spanish Moss Tea is beneficial in the treatment of arthritis (rheumatism). It has anti-inflammatory benefits that help relieve joint inflammation and pain and is commonly used exter-nally to treat hemorrhoids.

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Stone Root, Richweed,

Collinsonia canadensis

Stone root, also known as richweed, horse balm, and ox balm is an herb with a lemon-like scent. It is a member of the Lamiaceae (Mint) Family. It likes damp places and shady woodland areas across eastern North America.

Identification: The plant grows to 4 feet (1.2 me-

ters) tall when mature and grows from a single,

straight stem. Oval-shaped jagged-edges leaves are op-

positely arranged on a square stem. At the top of the

stem is a cone-shaped group of pale-yellow flowers

that bloom from July to September. The roots justify

Collinsonia canadensis, by R. A. Nonenmacher, Own work, CC-BY-SA-4.0

their name as they are as hard as a rock.

Hemorrhoids, Varicose Veins, Circulation,

Medicinal Use: The leaves and root are brewed to and Inflammation: Stone root is excellent at re-make medicinal teas and washes.

ducing inflammations, especially those caused by hem-

orrhoids and varicose veins. Taken internally the root

Bladder Infections, Kidney Stones, and tea improves circulation and strengthens the veins and Fluid Retention: The root tea has antibiotic effects reduces blood pooling.

as well as being a powerful diuretic. It expels toxins Use as a tea internally and also as an external wash or compress on the affected areas.

Sore Throats: Stone root tea, used as a gargle, gives

immediate relief for a strained larynx and for sore

throats.

Digestive Problems: Stone root tea relieves a

wide variety of digestive problems including indiges-

tion, heartburn, constipation, diarrhea, and excessive

flatulence. It soothes muscle spasms and improves cir-

culation to the digestive organs.

Reducing Stress and Anxiety: Stone root tea el-

evates the mood and increases feelings of well-being

while decreasing stress, panic, nervousness, and feel-

Stone root flowers, R. A. Nonenmacher, CC by SA 4.0

ings of anxiety. Some people report that it increases

and bacteria from the body and is good for bladder and energy levels and the libido.

kidney problems.

Recipes. Stone Root Tea. 2 teaspoons grated

Healing Wounds: Try a Stone Root Tea wash for stone root, 3 cups water. Bring the water and stone root wounds and minor skin infections. It has antibiotic and to a boil and reduce the heat to a simmer and cover antiseptic effects for healing.

tightly. Simmer the root for 30 to 45 minutes.

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Unicorn Root,

tincture. You can also use the leaf as a tea. The infused

oil of unicorn root makes a nice salve.

Aletris farinosa

Habitual Miscarriage: The estrogenic properties

of unicorn root make it valuable in treating a wide as-

Unicorn root is a member of the Nartheciaceae Family sortment of female related issues. It is a tonic for the and is found in eastern North America in sunny loca-female reproductive organs and of great use in treating

tions. It goes by many names including ague root, colic cases of habitual miscarriages when taken throughout root, starwort, stargrass, white-tube

stargrass, Ague pregnancy.

grass, crow corn, blazing star, Devil's bit, mealy star-

wort, and husk-wort. Do not confuse it with false uni-

corn root, Chamaelirium luteum.

Identification: True unicorn root has yellow-green,

radial, grass-like leaves 2 to 6 inches (5 cm to 15 cm)

long. The leaves are

smooth and firm. Its

parallel veins are

quite

prominent

with 6 to 10 veins per

leaf.

The

radial

leaves grow directly

from the upper part

of the growing end of Menstrual Disorders, Menopause, PCOS,

the crawling rhi-

zome. It spreads us-

Vaginal Dryness, and Skin Aging: The estro-

ing

underground genic activity of unicorn root makes it a good treatment

rhizomes.

for many menstrual disorders and for the symptoms of

menopause including vaginal dryness and hot flashes.

The erect stem of the Use the root tincture.

Unicorn

root

is

round near the base, It is also used to treat other gynecological disorders but it is angular such as amenorrhea, dysmenorrhea, PCOS, prolapsed

above, and grows 1 vagina, and other female gynecological complications.

to 3 feet (0.3m to 0.9 It can be used on the skin in an oil or salve as an anti-By John Flannery CC BY-SA 2.0

meters) tall. When aging cream.

unicorn root is in bloom it is easily identified, so if you Arthritis, Muscle and Joint Pain: The roots of are not sure, wait for the flowers. Its round stem has a unicorn root act as a pain killer and sedative. Use the spike-like cluster of white, small, urn-shaped flowers. root to make a salve, which you can rub on aching mus-The flowers have an unusual appearance because of cles and joints. The salve relieves the pain and calms their warty-textured outer surface. Flowers are cylin-the muscles.

drical, with a yellowish tinge at its rough and wrinkled

apex and six divisions at the top.

Colic and Flatulence: The root of this herb causes

gastric pain when fresh. However, the dried leaves are

Edible Use: The root is edible. Cook before eating. a treatment for colic and flatulence. Use the leaves only It has a bitter-sweet soapy flavor. The leaves are used to make a tea and give in small doses. The amount of to make tea.

tea needed depends on the size and age of the child,

Medicinal Use: Unicorn Root is used as a laxative, start with a few drops, increasing the dose slowly. You anti-flatulent, estrogen-replacer, sedative, treatment can also use small amounts of powdered root.

for diarrhea, arthritis, and as an antispasmodic. It is a Inducing Vomiting to Remove Toxins and pain killer and has narcotic effects. The root can be Poison: When taken in large doses or used fresh, uni-taken orally as a dried root, powdered root, tea, or corn root acts as an emetic and induces vomiting. In 204

smaller doses of the dried plant, it relieves stomach steep for 10 to 15 minutes. Strain out the root and use contractions and calms inflammation. It is important the tea as desired for medicinal purposes.

to note that the herb itself can be toxic, so it is best to Unicorn Root Leaf Tea: 1/2 teaspoon dried uni-follow a medical professional's advice.

corn root leaves, 1 cup boiling water. Pour boiling wa-

Promotes Appetite: Unicorn Root is well known ter over the unicorn root leaves and allow the tea to for its ability to encourage appetite.

steep for 8 to 10 minutes. Strain out the leaves and en-

Harvesting:

joy.

Wear gloves when harvesting the roots

and leaves to avoid being injured by the spike-like Unicorn Root Salve: Making Unicorn Root Salve leaves of the plant. Dig up the roots in the late summer is a two-step process. First, you must infuse the oil, and dry them for later use. Do not use fresh unless you then make the salve.

are trying to induce vomiting.

Infusing the Oil: 1 cup Organic Olive Oil or another

Warning: Because unicorn root has narcotic and carrier oil, 1/4 cup dried unicorn root. Shred or grind sedative properties, it is easy to take too much. Use the unicorn root into small pieces; grinding is best.

with care and always start with small doses. It can be Place the root into a glass jar and cover it with a suita-toxic in large doses. Dry the roots and leaves before us-

ble carrier oil such as olive oil. Allow the oil to steep for

ing.

4 to 6 weeks to release the beneficial oils from the root.

Recipes:

If you need to speed up the process, you can heat the

Unicorn Root Tea: For medicinal pur-

oil gently for 10 to 12 hours. Strain the oil through a

poses only, not to be consumed as a routine beverage.

coffee filter or cheesecloth to remove the root. Store

A few sprigs of shredded dried unicorn root, 1 cup wa-

the oil in a cool, dark place. Follow our Salve-Making

ter. Place the unicorn root into the water and heat to Recipe on page 38.

boiling. Remove from the heat and allow the tea to

Wild Comfrey,

Hound's Tongue,

Cynoglossum

virginianum

Wild Comfrey is also known as blue houndstongue, as

its leaves are said to look like a dog's tongue. It is native

to eastern North America and much of Europe. It pri-

marily grows in deciduous forests and open upland

areas.

Cynoglossum virginianum by AlbertHerring

Note that this is not the same plant as Comfrey (Knit-

stem the leaves are smaller, clasp the stem, and are un-

bone), *Symphytum officinale*, which is also in this stalked. It is biennial. The blue-purple to white flowers book, though they are both in the Borage Family.

appear in late spring/early summer. Each flower has

Identification: Wild comfrey grows on an erect five deep lobes connected to an ovary, which is con-simple stem with fine hairs on both the leaves and nected to the style. Flowers are approximately 1/3 inch

stem. The alternate leaves are simple, 4 to 8 inches (10 (0.8 cm) across and have ragged edges. Fruits are pro-cm to 20 cm long and 1 to 3 inches (2.5 cm to 7.5 cm) duced in mid-late summer. There are one to four wide with smooth edges.

prickly nutlets per flower, each having one seed that is

covered with bristles that cling to clothing. The plant

The leaves are larger and stalked at the lower end of grows from a taproot.

the stem and grow in a rosette. As you move up the

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Medicinal Use: While both the root and the leaves can be used medicinally, the root is more powerful and best used fresh.

Note that this is a different plant than the medicinal comfrey, also in this book. I do not use this particular wild comfrey species as reports of medicinal uses are

not backed up by as much research. I do use comfrey,

***Symphytum officinale*, quite often.**

Itchy Skin: Wild Comfrey Root Decoction is said to

treat itchy skin.

Burns, Bruises, and Contusions: Wild com-

frey leaves have been used as a poultice for burns, and

Fritzflohrreynolds, Wikipedia Commons, CC3.0

bruises. Again, I prefer *Symphytum officinale* and

don't use Wild Comfrey.

Warning: Avoid large doses and long-term use,

which can result in liver problems.

Wild Ginger,

Colds and Flu: The root tea promotes sweating and

Asarum caudatum

is useful in the treatment of colds and flu. It is an anti-

inflammatory, antioxidant, and antimicrobial, helping

to fight the underlying illness.

Also known as Canadian snakeroot, wild ginger is a

member of the Birthwort family. It is not a true ginger, Fights
Infections: Compounds in the wild ginger but tastes and smells like the

popular spice. I like it as root inhibit the growth of many bacterial strains, low-a flavoring and have never experienced any side ef-

ering the risk of infections and helping to rid the body

fects, but many consider it potentially dangerous be-

of existing infections. It does not kill existing germs,

cause of its aristolochic acid content. Use with caution. but prevents them from reproducing.

It is in the Aristolochiaceae (Birthwort) Family.

Gingivitis and Periodontitis: Oral bacteria that

Identification: Wild ginger is a low growing ground cause gingivitis and periodontitis respond to treatment cover that loves the shade. The plant grows from a rhi-with wild ginger. Try using the unsweetened Wild Gin-

zome, producing two opposite slightly hairy heart-

ger Root Tea as a mouthwash at least twice daily, after

shaped leaves about 3 to 5 inches (7.5 cm to 12.5 cm) brushing. Rinse and spit.

in size. In the spring, it produces single reddish- brown

flowers 1 to 1 1/2 inches (2.5 cm to 3.75 cm) in diame-

ter. The flowers are easy to miss, growing below the

leaf cover.

Edible Use: The root should not be eaten in large

quantities, but used as a flavoring. It has a strong aro-

matic smell that is a combination of ginger and pepper. The leaves and roots make an excellent tea. Do not infuse in vinegar or alcohol. Aristolochic acid is not very soluble in water thus a tea is the preferred method of ingestion.

Medicinal Use: Wild ginger root is best known for its effect on the digestive system. It is soothing, laxative, and tonic.

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Nausea, Indigestion, and Food Poisoning: Warning: Wild

Wild ginger is effective in settling the stomach and ginger is consid-
calming nausea. Wild ginger tea helps empty the stom-

ered safe in small

ach, preventing or reducing indigestion. It helps allevi-

doses, but it does

ate the pain and discomfort caused by indigestion and contain

aris-

bloating. Do not use if pregnant as it stimulates the tolochic acid, a uterus.

toxin that can

Diabetes, High Blood Sugar and Choles-

cause kidney prob-

lems or even be fa-

terol: Wild ginger tea can help regulate blood sugar tal in extremely levels in diabetics and lower cholesterol and triglycer-high doses. Use

ide levels, especially the “bad” LDL cholesterols.

wild ginger in me-

Menstrual Cramping: Wild ginger reduces mus-

dicinal doses as a

cle cramping, relaxing the muscles and relieving in-

tea and avoid eat-

flammation and pain. It also helps to bring on menses. ing large amounts.

Wild ginger stimu-

Wounds and Skin Infections: Wild ginger root lates the men-

helps prevent external infections.

Wild Ginger with flower, Walter Siegmund

strual cycle and ***[CC BY-SA 3.0]***

Chop or grate the root and apply as a poultice directly can cause miscarriages in high doses. It has been used on the affected skin or make a strong tea to use as a as a contraceptive and should be used with caution.

wash or compress.

Recipes. Wild Ginger Root Tea: You'll need: 1

Harvesting: Wild ginger leaves can cause an allergic teaspoon chopped or grated ginger root,1 cup boiling reaction or skin irritation in some people, so use gloves water, and raw honey, if desired for sweetness. Pour when harvesting the plant. I prefer to gather roots in boiling water directly over the grated ginger root and the spring, but they can be dug at any time. Use them allow it to steep for 5 to 10 minutes. Strain the tea and fresh or dry them for future use.

enjoy. To use the tea as a compress or wash, use 1 ta-

blespoon of grated or chopped ginger root and allow it

Leaves for tea can be harvested throughout the spring to steep until cold

and summer.

Wild Strawberries,

Edible Use: I usually eat wild strawberries raw,

however they can also be made into jams, fermented

Fragaria vesca

into wine or liqueur, or dried.

Medicinal Use: The berries, leaves, and roots are

Wild strawberries, also called alpine strawberry,

mountain strawberry, pineapple strawberry, and all used medicinally. The leaves are astringent.

woodland strawberry, are mostly known for their deli-

cious fruit. They are in the Rose Family.

Identification: Wild strawberries have light green

leaves arranged in groups of three. The leaves are ob-

long and toothed. The plant spreads by runners that

take root and produce a new plant. Wild strawberries

bloom in April and May.

The small white flowers have five white petals and a

yellow center. The berries usually mature in June to

July.

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Stomach Problems, Diarrhea, Dysentery: Joint Pain,

Strawberry Leaf and Root Tea is beneficial in treating Arthritis,

dysentery, diarrhea, and other stomach disorders. The and Gout:

berries and juice of the plant treat gastritis.

Wild

straw-

Sore Throat: Try using strawberry tea as a gargle to berry

leaves

cure a sore throat. One teaspoon of dried strawberry help treat ar-

leaves brewed with one cup of boiling water and thritic

and

strained works well to calm irritation and inflamma-

other

joint

tion in the throat.

pain. Try com-

bining

them

Diuretic and Increased Urine Flow: The with St. John's

leaves and roots of the wild strawberry have diuretic wort to drink ***Wild Strawberries, Yakudza, GNU FDL 1.2***

and astringent properties that flush excess water and as a tea for this

toxins from the body.

purpose. Strawberry fruit is anti-inflammatory and

Burns, Cuts, and Wounds: The antiseptic and helps prevent the formation of uric acid crystals in the mildly anti-bacterial properties of

wild strawberry body. Eating a serving of strawberries daily is protec-
leaves work to heal skin wounds such as burns, cuts, tive.

and minor infections. Use the infusion as a wash to Recipes. Wild Strawberry and St. John's Wort Infu-clean and sanitize the wound then use fresh chopped sion:1 teaspoon dried wild strawberry leaves, crushed, leaves as a poultice to reduce inflammation and help it 1 teaspoon fresh or dried St. John's Wort flowers, 1 cup heal. For sunburns, apply the crushed fruit on to the boiling water, lemon, and raw honey, as desired. Pour skin.

the boiling water over the wild strawberry leaves and

Toothpaste: Fresh strawberries can be rubbed on St. John's Wort. Steep them for 10 minutes. Strain out teeth as a regular tooth cleaner and stain remover. the herbs and sweeten if desired. This tea is bitter.

Leave for 5 to 10 minutes and then brush off.

Honey and lemon help the flavor.

Wild Yam,

Dioscorea villosa

Wild yam is in the Dioscoreaceae (Yam) Family. It is

found in wet, wooded areas in eastern and mid North

America. The plant has been overused and is becoming

harder to find, so be careful when harvesting to replant

tubers for future growth or find alternative herbs to

use.

Identification: Wild yam grows on a variable twin-

ing vine with smooth stems. Its alternate, heart-

shaped leaves have prominent veins radiating out from

Wild Yam, Phyzome, CC by SA 3.0

the stem. They occur in whorls of three and are hairy Medicinal Use:

on the underside.

Wild yam root is an anti-inflamma-

tory and pain-reliever and is good for digestive issues.

The vine produces separate male and female flowers Use wild yam either as a dried powdered root or as a from May to August. Prominent three-winged fruit ap-tincture made from the root. Not for long term use.

pears in the fall. Roots are tubers.

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Colic, Crohn's Disease, Ulcerative Colitis and cover with

and Other Digestive Issues: Wild yam is also vodka. Seal the jar known as colic root, indicating its value in treating tightly and place it colic and other digestive illnesses. It is known to treat in a cool dark digestive problems involving cramping, muscle place to brew. Al-spasms, inflammation, and bloating. It also works well low to steep for 4

for irritable bowel syndrome, Crohn's, Ulcerative Coli-

to 6 weeks, shak-

tis, and diverticulitis.

ing the jar daily.

Strain the tincture

Arthritis: Wild yam root contains anti-inflammato-

through a coffee

ries and pain-relieving substances that make it effec-

filter. Store it in a

tive in the relief of arthritis symptoms.

cool, dark place

Wild Yam Tincture: 4 ounces (113g) powdered for up to 3 years.

wild yam root, 1-pint (500 ml) 80 proof or better

vodka. Place the powdered wild yam root in a glass jar

Wintergreen,

Gaultheria procumbens

This member of the Heath Family (Ericaceae) is often

identified by its scent. Although most wintergreen oil

is now synthetically made, most people can readily

identify the distinctive smell. It is also known as East-

ern teaberry, checkerberry, mountain tea, deerberry,

boxberry, ground berry, or spice berry. It grows in east-

ern and mid North America.

Identification: This semi-woody plant forms low ***Wintergreen Flowers, Wing-Chi Poon, CC by SA 2.5***

growing leafy mats. The plants are approximately 6 in creams and ointments for pain relief of sore muscles inches (15 cm) tall with

evergreen leaves, making them and joints. Because of its toxicity, wintergreen essen-a popular choice for a groundcover. They like wood-

tial oil should never be taken internally. Wintergreen

lands with moist, acidic soil and filtered sunlight or essential oil is metabolized into salicylic acid, which is partial shade.

a Non-steroidal Anti-Inflammatory Drug (NSAID).

Bright green ovals or spoon-shaped leaves have a Thirty milliliters of the oil, approximately 1 ounce, con-glossy appearance and a waxy or leathery feel. The tains the equivalent of 171 adult aspirin tablets, a leaves are attached in groups near the tip of a small highly toxic amount. This illustrates how concentrated reddish stalk. Waxy flowers with a droopy, bell-like ap-the oil is and why it should never be taken internally,

pearance appear in June or July but are often hidden even in small amounts. Because the oil is so potent, beneath the ground cover.

even small doses taken internally can be toxic. Winter-

green Essential Oil is obtained from the leaves by

The brilliant scarlet-red berries ripen in late autumn steam distillation.

through winter.

Wintergreen berries and leaves are effective against

Edible Use: Wintergreen berries can be eaten raw or pain and help reduce swelling and inflammation. Use cooked and the leaves make a nice tea.

it topically as a poultice, and in creams and ointments.

Medicinal Use: Distilled wintergreen oil contains a Sore Throat: Wintergreen tea is an excellent rem-high concentration of methyl salicylate, a chemical edy to relieve pain and inflammation in a sore throat.

compound used in the production of aspirin. It is used

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Gargle with one mouthful of the tea at a time, using the entire cup of tea over the course of a day, as needed. Do not swallow.

Headaches, Aches, and Pains: Wintergreen leaf tea provides quick relief of headaches and other aches and pains associated with arthritis, sciatica, and lumbago.

It acts quickly to relieve pain and long-term to reduce

inflammation and swelling that causes the pain. Not

for long term use.

Colic: Care must be taken when using any herbal

remedy with children, so consult a qualified medical Poultice for Skin Inflammation: Either dried professional before using wintergreen or any herb on a or fresh leaves can be used as a poultice for boils, swell-child.

ings, skin ulcers, wounds, and sores.

Wintergreen infusion is useful in relieving colic. Use

only a few drops of a weak infusion to relieve gas pains Warning: Wintergreen essential oil is a concen-and ease digestion, even less for young children. Best trated form of methyl salicylate and should not be used to consult a medical professional or to simply use a dif-internally. Undiluted use can also trigger contact der-

ferent, safer herb.

matitis in some people. Always dilute the oil with a car-

rier oil or use it in a cream or ointment.

Wormwood,

the bottom of the stem, the leaves are bipinnate or tri-

pinnate with long petioles. In the middle of the stem,

Artemisia absinthium

the leaves become smaller and less divided with

shorter petioles. At the top of the plant, the leaves are

simple with no petioles. This plant has small yellow

Wormwood is a powerful medicinal plant. It is a rela-

flower clusters at the branch tops from mid-summer

tive of mugwort, also in this book. This plant has a through autumn.

strong odor and a bitter taste. It is the primary ingre-

dient in absinthe liqueur and is the responsible part for Medicinal Use: Wormwood is used fresh and dried.

its hallucinogenic effects. It is in the Aster/Daisy Fam-

The leaves, stems, and flowers are all medicinally ac-

ily. It grows wild in meadows and along road-

tive. I use the dried leaves and flowers to make tinc-

sides in full sun throughout much of Eu-

tures, tea, decoctions, and infused oils.

rope and North America.

The wormwood plant contains thujone,

Identification: Wormwood is a

toxic at a dosage higher than 35mg/kg.

shrubby plant with multiple stems

Alcohol distillation, like people use in

that grows from a woody base

making absinthe, increases the thu-

to 1 to 5 feet (0.3m t0

jone concentration. The plant con-

1.5m) tall. The stems

tains Vitamin C, carotenoids, flavo-

are white or grey-green

noids, phenolic acids, tannins, and

and covered by fine

many other healthy compounds. It is

hairs. Its hairy alter-

excellent for treating parasites, Crohn's,

nate leaves are silvery or

and intestinal and stomach ailments.

greyish-green on both

Malaria and Artemisinin for Lyme Proto-

the top and bottom (unlike mugwort, which

col: Anti-parasitic compounds in wormwood have a

are green on top and white on the bottom). The leaves

produce resinous particles that act as a natural insecti-

powerful action against the malaria parasite. It quickly

cide. The plant has three different types of leaves. At reduces the parasite population in the blood and helps treat the disease. Artemisinin, the effective compound

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against malaria, is one of the most effective herbal treatments for malaria. Wormwood is my first-choice herb in the treatment and prevention of malaria. Artemisinin is also often used as part of a Lyme Protocol, though it is often extracted from *Artemisia annua* (sweet wormwood).

Kills Parasites: In addition to the malaria parasite, wormwood is effective in eliminating intestinal worms, pinworms, and roundworms. I make a tincture with

wormwood, garlic, cloves, turmeric, cayenne, oregano

oil, and Oregon grape root to kill intestinal worms and

parasites. Black walnut hulls are also effective.

Fights Breast Cancer: The artemisinin in worm-

intestinal problems. Wormwood treats bacterial over-

wood has been found to be effective in killing breast growth, restoring and rebalancing the intestinal tract.

cancer cells and from stopping the cancer from metas-

Harvesting: Allow the plants to grow for at least two

tasizing.

years before harvesting. The medicinal properties are

Crohn's Disease, IBS, Stomach Issues, Acid stronger as the plant matures. Harvest when the plant Reflux: Wormwood has been found to accelerate is in bloom on a dry day.

healing for those with Crohn's Disease, even leading to Warning: Take wormwood under the supervision of complete remission in many people. It also spared the a medical professional. Use small doses and take it for need for steroid treatment in Crohn's patients. It is an no longer than 4 weeks at a time, then give the body a excellent anti-inflammatory. It is helpful for people rest before repeating treatment if needed. Do not take with inflammatory bowel syndrome and treats indiges-wormwood if you are pregnant or breastfeeding. It can

tion, flatulence, acid reflux, and heartburn. It also cause miscarriages. Do not use wormwood if you are stimulates the appetite.

allergic to it or other members of the daisy family.

Antimicrobial and Antifungal Properties: Wormwood Tea: You'll need 1 teaspoon of dried Try the infused oil or tea for use against microbes, in-wormwood leaves, 1 cup boiling water and dried pep-

cluding *Salmonella* and *E. coli*. The external oil is good permint or fennel, as desired for taste. Add the worm-to treat fungal infections and internally can be used to wood leaves to the boiling water and allow it to simmer treat *Candida*.

for five to 15 minutes. Note that the longer it steeps, the

Balances the Intestinal Flora: Overgrowth of more bitter it tastes. Use dried peppermint or fennel to bacteria in the intestinal tract is a common cause of flavor the tea and to help with intestinal upset.

Yellow Jessamine,

Gelsemium

sempervirens

Yellow Jessamine is a beautiful plant, but it can be

deadly. It looks similar to honeysuckle and children

sometimes confuse the plants and ingest the poisonous

plant. Use with caution.

Yellow Jessamine is a twining, slender vine found

throughout the southern United States. It is also called

Poor Man's Rope, Evening Trumpetflower, Woodbine,

By KENPEI - KENPEI's photo, CC BY-SA 3.0,

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and the Carolina Jessamine, because of its prevalence Medicinal Use: Caution should always be used throughout the Carolinas. It is in the Gelsemiaceae when working with Yellow Jessamine. The entire plant Family.

is poisonous, and even small amounts of the extract

can be deadly. I don’t personally use this plant since

Identification: Yellow Jessamine is often found safer preparations are almost always available.

climbing over fences, sign posts, trees, trellises, and up

the sides of buildings. Yellow Jessamine vines like to Skin Care: A salve made from yellow Jessamine is climb, reaching up to the very tops of trees.

used to treat boils and acne.

However, they are narrow enough that they do not Muscle Pain and Arthritis: Yellow Jessamine starve the plants beneath them for sunlight. Without a can be helpful in treating muscle pain and arthritis us-tall, supporting structure to climb, it will simply grow ing a diluted tincture or salve. If too strong a dose is into a tangled mound.

used these preparations sometimes relax the muscles

to the point of paralysis.

Sedative, Fevers, and Headaches: Yellow Jes-

samine depresses the nervous system and acts as a sed-

ative.

This is the source of its powers and also the source of

its poison. A tiny amount can relieve pain and reduce

fevers, while too much has deadly effects. A small

amount of dilute salve applied to the forehead works to

reduce headache pain.

Warning: It is important to remember that all parts

Photo by I_am_Jim, own work, CC by SA 4.0

of yellow Jessamine are considered highly toxic and in-

Its leaves are simple and blade shaped with a shiny, gestion can be fatal.

waxy texture. Each leaf is 2 to 4 inches (5 cm to 10 cm) Under no circumstances should any portion of the long and less than half an inch (1.25 cm) wide.

plant be eaten in any form. In the Southern States, it is

The leaves develop a yellow or purple shade in the win-

not uncommon for young children to confuse yellow

ter months, but otherwise, the plants have deep green Jessamine for Honeysuckle and require immediate foliage. It is a semi-evergreen vine, keeping its leaves medical attention. The plant is so toxic it can even kill

through most of the winter. Yellow Jessamine flowers the bees that pollinate it, resulting in colony collapse.

begin to bloom as early as December and last through Consumption of fewer than 4 milliliters of Yellow Jes-the spring.

samine extract can prove fatal.

Clusters of the fragrant yellow flowers bloom into tun-

Symptoms include sweating, nausea, muscle paralysis,

nel-shaped, five-pointed stars. Toward the end of their convulsions and muscular spasms, and dilated pupils.

bloom, little capsule-shaped fruits develop. The fruit is If consumed, or if you experience any of these symp-typically flattened and pod-like, growing about 1 inch toms, immediate medical treatment is required.

(2.5 cm) in length. The flowers give off a scent like

honey.

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Yerba Santa,

Eriodictyon californi-

cum

Yerba Santa is my number one plant to dry up mucous.

Yerba Santa, also known as Mountain Balm, Consump-

tive Weed, or Bear Weed, is an evergreen shrub native

to the coastal chaparral and Redwood forests of the Pa-

cific Northwest. It is in the Hydrophyllaceae (Water-

leaf) Family.

Yerba Santa, by Levi Clancy, Own work, CC-BY-SA-4.0

water

to the top and let steep overnight. Strain and store the

extract. Use the extract to mask objectionable flavors

in teas or extracts.

Medicinal Use: The leaves are used for medicine.

Mucous, Asthma, Fevers, Allergies, Sinus,

and Respiratory Infections: Yerba Santa con-

tains chemical components that alleviate and loosen

mucus in the chest and sinus due to infection, colds,

allergies, etc. I use a very effective leaf tincture to dry

Yerba Santa, Wikipedia Commons

up mucous but you can also apply the plant as a poul-

tice by crushing the steeped leaves and rubbing it on

Identification: Yerba Santa grows in small colonies the chest.

along dry, rocky slopes, ridges, and hillsides. It is espe-

cially common on eastern and southern facing sur-

faces. It grows from 3 to 8 feet (0.9m to 2.4m) in

height, with many straight, protruding branches. Its long, lance-shaped leaves are dark green, growing from a short stem. The more mature leaves often feel sticky to the touch and may even appear sooty or black. This is the result of a common fungal growth that forms on mature Yerba Santa shrubs.

The pink and purple flowers of Yerba Santa bloom in the spring. The gray fruit surrounds a small seed capsule containing small hard black seeds. The shrub itself is an occasional source of nutrition for some animals, especially deer in the winter, but the leaves have a pungent and unpleasant odor and a bitter taste.

Edible Use: Surprisingly, because of the bitter leaves, Yerba Santa extract can be used as a taste enhancer, especially effective in masking unpleasant flavors. To make the extract, take about an ounce of the leaves and place them in a mason jar. Pour boiling

Topical Skin and Pain Relief: Yerba Santa sun. Once dried, chew these balls. The initial taste is leaves can relieve arthritis and muscle spasms by ap-bitter, but after chewing briefly, spit out the leaf ball

plying the leaves directly on the afflicted area. Mature and drink some water. The taste gives way to a pleas-leaves should stick naturally to the skin thanks to their ant, natural sweetness.

sticky residue.

Warning: Yerba Santa can negatively affect the

Fever Relief: Yerba Santa tea can be used to relieve body's ability to take in iron and other important min-fevers.

erals, so it is not advised for women who are nursing

or pregnant.

Mouthwash: A natural mouth freshener is made by

balling up washed leaves and letting them dry in the

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Trees and Shrubs

American Basswood or

They are usually smooth and hairless on both sides but

American Linden,

occasionally have soft downy hairs on the lower sur-

face.

Tilia americana

Yellowish-

white

fra-

***Tilia americana* belongs to the Malvaceae (Mallow/ grant flowers Hibiscus) Family. It is most commonly known as grow**

in

American Basswood, American Linden, and American drooping

Lime Tree. The common name of this plant is from clusters of 5

“bastwood,” referring to use of the inner bark, the to 20 and are

“bast,” for weaving rope and baskets. The tree is a na-

about ½ inch

tive to eastern and mid North America.

(1.25

cm)

Identification:

wide. It flow-

American Basswood is a large de-

ers May thru

ciduous tree that reaches a height of 60 to 100 feet June

for

(18m to 30m). It has a trunk diameter of 3 to 6 feet about

2

(0.9m to 1.8m) at maturity. It has gray furrowed bark weeks. Fruits

with flat ridges.

are small dry

Leaves of American Basswood are deciduous, alter-

round nut-

nate, and unevenly heart-shaped. Leaves are 4 to 6 lets

that

inches (10 cm) long, about 3 inches (7.5 cm) wide, thick ripen

in

and slightly leathery, with sharply serrated margins.

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autumn, with

Hypertension, High Cholesterol, and Heart

each

fruit

Tonic: An American Basswood flower and leaf tinc-

bearing

one

ture helps lower high blood pressure. Its calming ef-

seed.

fects extend to the cardiovascular system as they relax

Edible Use:

the blood vessels. It also helps lower blood cholesterol

Edible parts of

levels and helps regulate irregular heartbeats.

this plant in-

Coughs and Throat Irritation: The flowers and

clude its flow-

leaves are used to treat coughs, laryngitis, and throat

ers,

leaves,

irritations, though *Tilia cordata*, the European lit-

seeds,

bark,

tleleaf linden, is the tree most often used for this.

and

sap.

Leaves

and

Conjunctivitis, Eye Infections, and Eye-

flowers can be

wash: Try an infusion made from fresh American

Plant Image Library - Tilia americana, CC by SA 2.0

eaten raw or

basswood leaves to clear up eye infections and con-

cooked. The leaf buds are especially delicious. The in-

junctivitis. A recipe for American Basswood Infusion

ner cambium (bark) can be eaten raw or ground into a Eyewash is below.

flour. The tree can be tapped like a maple but it takes a Dysentery, Heartburn, Stomach Com-lot more sap to make a syrup. The flowers make a nice plaints, and Diuretic: American Basswood Tinc-tea.

ture is good for stomach ailments, heartburn, and dys-

Medicinal Use: Skin Treatments Burns. A entery. For stomach issues, use a tincture of flowers poultice or tea made from the inner bark of American and leaves. The inner bark infusion has diuretic prop-basswood works well for burns, sunburns, boils, and erties and promotes urination.

other skin irritations. It softens skin and relieves in-

Recipes. American Basswood Infusion

flammation, infection, and itching.

Eyewash: 1 teaspoon American basswood leaves,

Sedative, Anticonvulsant, and Nerve Pain: crushed but not ground and 1 cup distilled water. Bring American Basswood is a sedative, an antispasmodic, the water and fresh leaves to a full boil, then reduce the and an analgesic. It helps with nerve pain, anxiety, in-heat and simmer for 10 minutes. Strain the infusion to

somnia, and seizures. A tincture made from the leaves remove all of the plant material. Allow the mixture to and flowers effectively treats seizures and other prob-cool completely before using. Use fresh.

lems related to the nervous system.

Ash,

***Fraxinus americana* or**

Fraxinus excelsior

The ash tree, also known as the American Ash (*F.*

***americana*), Common Ash, Weeping Ash, White Ash,**

and European Ash (F. excelsior), is a tall, fast-growing

tree that can reach up to 100 feet (30m) in height. The

tree grows tall and thin when young, and it spreads and

becomes more rounded as it ages. It is in the Oleaceae

(Olive) Family.

Identification: In the early spring, before the

leaves have fully formed, the branches display clusters

of flowers, with male and female flowers on separate

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plants. It has large 8 to 12 inch (20 cm to 30 cm) dark green opposite pinnately compound leaves that each have 5 to 11 oval-shaped leaflets. The leaflets are 2 to 5 inches (5 cm to 12.5 cm) long, stalked, and shiny green on top and pale green below. Margins may be slightly toothed. The fruit is a tan winged achene, called a samara, one to two inches (5 cm) long. Each fruit contains a single seed.

Medicinal Use: Leaves, seeds, inner bark, and sap are used for medicine.

Childbirth, PCOS, Uterine Fibroids: Ash Leaf Extract is used as a tonic after childbirth. It is used homeopathically for PCOS and uterine fibroids.

Warning: Ash can cause vomiting when taken internally. Use caution. Ash is very potent and should not be combined with other medicines without the advice of a doctor or qualified health professional. Do not give

Fevers, Stomach Cramps, Laxative:

Ash tree

inner bark has tonic and astringent properties. It can ash to pregnant women, nursing mothers, or young be taken as a tea to treat fevers and stomach cramps. children. Do not use ash for people with kidney or liver Ash Leaf Tea is a diuretic and useful for flushing excess problems.

water and toxins from the body. The inner bark is a lax-

ative.

Ash Tree Bark Tonic: 1 teaspoon dried inner bark

Harvesting:

of the ash tree, 1 cup boiling water. Add the inner bark

Gather the leaves during the summer to the boiling water and turn off the heat. Allow the when the leaves are fully open, but before they begin to tonic to brew for 15 minutes. Strain out the bark.

change color. Gather the bark in the spring.

Balsam Fir,

Abies balsamea

The balsam fir is popular as a Christmas tree. It is also

known as the Canada balsam, fir pine, silver fir, or sil-

ver pine. It is easily recognized by its cone-shape, short

needle-like leaves, and its fir fragrance. It is in the Pi-

naceae.

Identification: Most balsam firs grow 45 to 65 feet

(13.7m to 19.8m) tall when mature. The Christmas

trees sold for indoor use are only a few years old and still immature. The tree grows in the classic Christmas tree shape, although trees grown for sale are shaped. In nature, the tree forms a narrow crown that is more rounded than the single point that most commercial trees have.

Leaves are short dark green, flat needles, each approximately an inch (2.5 cm) long and silver-blue on the underside. The bark is smooth and grey with resin-filled blisters that form a rough, scaly appearance on older trees.

Seed cones are about 1 1/2 inch- to 3 inches-long (3.75 balsam needles to water and use it in a sweat bath or cm to 7.5 cm) and dark purple, turning brown and sauna. The essential oils in the needles will sweeten the opening to release the seeds when mature. The seeds air and loosen phlegm from the lungs, easing breath-are winged and release in September.

ing.

Gonorrhea: Balsam Fir Pitch Tea is useful for cur-

ing the sexually transmitted disease Gonorrhea.

Anti-Cancer Agent: Balsam fir essential oil has

many anti-cancer and anti-tumor properties. The oil

stops the growth of cancer cells, prevents cancer from

spreading, and kills existing tumor cells. The oil also

has anti-inflammatory properties, which calm the in-

flammation in the nearby skin. Common dosage is to

take one to two drops of distilled balsam fir essential

oil in a tablespoon of organic olive oil or add one to two

drops to a cup of balsam fir tea. Take two to three times

daily. Start with one drop, then increase it to two when

you are sure you are not allergic. Balsam fir essential

Balsam Fir Seed Cones with Resin, Cephas - Own work, CC by SA 3.0

oil can be used along with conventional cancer treat-

ments.

Medicinal Use: The leaves and twigs can be used to

make medicinal teas, tinctures, and extracts, and the Painful Muscles and Body Aches: Balsam fir pitch is used as it is or to make a medicinal tea. It has essential oil is an excellent pain killer for muscle and antibiotic, analgesic, and anti-cancer properties. The body aches. Put a small amount of the diluted essential distilled essential oil and extracted oil are also valuable oil (always dilute essential oils in a carrier oil) onto the medicines. The distilled essential oil is strongest, but achy area and massage it into the skin.

extracted oil can be used if distillation equipment is not Harvesting. To Harvest Balsam Fir Pitch: available.

The pitch is found in blisters on the tree bark. Simply

Healing and Infections: Cuts, Sores, open the blisters with a knife, cutting gently into the Wounds, and Abrasions. Balsam fir pitch or blister. If the blister is forcefully popped, the pitch can resin is easy to use as is as on cuts, sores, and wounds spray out. The pitch is clear, runny, and sticky. In cold of all kinds. Cover the affected area with the pitch. It weather, it is thick and almost gel-like in texture. I col-forms a protective cover, helps prevent and heal infec-

lect the pitch into a small glass jar with a tight lid.

tion, and helps wounds heal quickly. It has antiseptic To Harvest Balsam Fir Leaves: The young and healing properties. For large cuts, use the sticki-leaves and shoots are best for making teas and

ness to “glue” the edges of the wound together to help

it heal once it is clean. Infused oil can also be applied

for infection.

Chapped Lips and Cold Sores: In winter, smear a little balsam fir pitch on your lips to prevent chapping. If your lips are chapped, or if you have a cold sore, the pitch helps the area to heal quickly.

Bronchitis, Coughs, and Sore Throats: For bronchial and chest congestion, coughs, tuberculosis, and sore throats, use either Balsam Fir Tincture or Balsam Fir Pitch Tea. If using tea, sip as needed to calm sore throat pain, coughs, and bronchial spasms. Another treatment for bronchial congestion is to add

tinctures. It is best to harvest leaves and young shoots Cover the fir needles and twigs with organic olive oil, in the spring. Use them fresh to make tinctures and dry filling the jar to within ½ inch (1.25 cm) of the top. Stir some leaves for use throughout the year.

the oil and herbs to make sure no air pockets remain.

Recipes. Balsam Fir Pitch Tea:

Place the jar in a sunny window for 6 to 8 weeks. Strain

Dissolve a small the oil through a fine sieve to remove the leaves, twigs, amount of balsam fir pitch, approximately 1/8 to 1/4 and bark. Store in a cool, dark place, and use the oil teaspoon, into a cup of warm water or an herbal tea. within one year.

Drink pitch tea as needed to calm throat pain and

bronchial spasms.

Warm Extraction: Place the herbs and oil in the

Extracted Balsam Fir Oil (Cold or Warm top of a double boiler. Fill the bottom of the double boiler with water and heat to a low simmer. Heat the

Extraction). Cold Extraction: Balsam fir leaves, oil and herbs slowly for 2 hours, checking frequently.

twigs, and/or bark, dried, organic olive oil, or another Simmer. Do not boil. Strain the oil through a fine sieve suitable carrier oil. Fill a glass jar 2/3rds full of dried or cheesecloth. Discard the herbs. Store in a cool, dark balsam fir needles and small pieces of twig or bark. place, and use the oil within one year.

Balsam Poplar,

Populus balsamifera

Balsam poplar is a member of the Salicaceae (Willow)

Family. It is also commonly known as bamtree or east-

ern balsam poplar. It has similar uses as Cottonwood

Trees (also in this book). It is most commonly found in

Northern North America. It likes moist sites along riv-

ers and in floodplains.

Identification: If you live in an area where balsam

grows, you probably already know this tree. *Populus*

***balsamifera* is a deciduous tree growing up to 100 feet**

(30m) tall. It has brown bark on the branches in the

first year that turns grey as it ages. This fast-growing Their blooms form in mid-spring. Their fruits are egg-tree can grow several feet in height each year. The sim-

shaped capsules with two to three carpels each. They

ple, toothed, alternate leaves are narrow to broadly are usually hairy.

oval-shaped and pointed. They are 3 to 5 inches long

and 1.5 to 3 inches (4.5 cm to 7.5 cm) wide. Their bases Edible Use: You can dry the inner bark of balsam taper in a heart shape and are usually rounded at the poplar and grind it into a flour to use as a thickener or base. The underside is whitish or pale green and the add it to flour for making bread. Catkins can be eaten tops are a shiny green. Its flowers are borne in catkins. raw or cooked.

The male catkins are 1 to 2 inches (2.5 cm to 5 cm) long. Medicinal Use: The inner bark, leaf buds, and resin The female catkins are nearly 3 inches (7.5 cm) long. are most often used.

Coughs, Colds, Bronchitis, and Respira-

tory Diseases: The inner bark and buds of balsam

poplar have proven to be a highly effective treatment

for respiratory illness. The anti-inflammatory effects

soothe swollen airways, while the herb expels mucus

and relieves pain and fever. It also has anti-microbial

effects that combat the causes of the disease. When

treating severe congestion, try a steam treatment. Put

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poplar balsam buds into boiling water and breathe in Skin Conditions: For skin diseases, inflamed skin, the cooled steam. This releases the phlegm and gives cuts, wounds, burns, bruises, acne, rashes, and other quick relief.

related skin conditions, balsam poplar is a good herbal

Arthritis: Balsam poplar reduces the pain and in-

treatment. The resin from the buds soothes and mois-

flammation of arthritic joints. For joint pain, try drink-

turizes irritated skin and burns, and the tea makes a

ing inner bark tea daily and using the buds as an exter-

good wash for general skin irritations. It relieves pain

nal infused oil or salve.

and itching while calming the inflammation. The resin

can be used fresh or extracted with alcohol.

Harvesting and Warning: See Cottonwood

Bayberry and

Wax Myrtle,

***Myrica carolinensis* and**

M. cerifera

Southern Bayberry/Wax Myrtle fruit is a favorite

among the local bird populations. It grows in wet bogs,

marshes, and thickets near sandy coasts They also

grow along the banks of the great lakes. The wax is

used for candle-making and provides the "bayberry

scent". It is in the Myricaceae (Wax Myrtle) Family.

Identification: The plant is an evergreen shrub*, 4 Northern Bayberry, Myrica Pensylvanica, Photo by Derek Ramsey - Own work, CC BY-SA 2.5*

sometimes deciduous, growing 6 to 12 feet (1.8m to

3.65m) tall. It has long elongated leathery dark green Medicinal Use. Bayberry root bark, leaves, and leaves with jagged edges, hanging from thin, small berries are used.

trunks. The shrubs produce either all male or all female Diarrhea, Colitis and Digestive Issues: Try flowers.

bayberry root mixed in a glass or water for bowel and

Male flowers have 3 to 5 stamens, while female flowers digestive issues. It is effective in the treatment of diar-produce globular fruit that is coated with wax. Flowers rhea and colitis. When bayberry root is not available, appear in the spring to early summer, and fruit follows you may use the leaves.

in the late summer and fall. Another bayberry, *Myrica* Dysentery and Ulcers: A concentrated extract *pensylvanica*, grows further north, but the range over-made from the bayberry fruit is used (see recipe be-

laps.

low).

You can easily tell the shrubs apart by examining the Common Cold and Sore Throats: Powdered leaves. The *Myrica pensylvanica* leaves are greener bayberry root in a glass of cold water makes a soothing and lack hairs on the fruit wall and papillae.

gargle for sore throats and colds. Cold bayberry leaf tea

They are also rounder at the tips, while the Southern can also be used.

Bayberry come to a point. *Myrica pensylvanica* does The root bark is an astringent that brings blood to the not have all of the healing properties of *Myrica caro-area to speed healing*.

linensis. Below Bayberry and Wax Myrtle are used in-

terchangeably and taxinomically they are often lumped Reduce Fevers: Those same qualities that bring together under M. cerifera.

blood to the surface and speed healing also dilate the

capillaries in the skin and induce sweating, cooling the

Edible Use: The berries can be eaten raw or cooked body.

and the leaves can be used for flavoring like bay leaves.

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Muscle Aches and Arthritic Joints: The wax of the bayberries contains pain-relieving agents. Combined with the healing benefits of the powdered root, it makes an excellent salve for aching joints and muscles.

Harvesting: Collect the root bark in the late autumn or early winter and dry it for future use. Store the pieces in sections, then chop it or powder it when needed to keep it fresh. Store the bark in a tightly

sealed container in a cool, dark place. Harvest the bay-

berries when they are at the peak of ripeness and ex-

tract the wax as soon as possible. Retain both the wax

and the water for medicinal use.

Recipes. Bayberry Tea: 1 tablespoon dried bay-

berry leaves or crushed root, 1 cup water. Bring the wa-

ter to a boil and pour it over the leaves or root. Allow qualities so that only a few drops are needed per dose.

leaves to steep for 10 to 15 minutes and root bark to Store the extract for up to 3 days in the refrigerator or steep for 20 to 30 minutes. Strain the tea. Use hot or divide it into smaller containers and freeze it for future cold.

use. The dosage depends on how concentrated the ex-

tract is made. Try using a few drops of a concentrated

Bayberry Fruit Extract and Wax Extrac-

solution in tea. Use the saved wax below to make salve.

tion: Around five pounds of berries are needed to Bayberry Salve – for external use only.

yield about one pound of wax. Gather bayberries in the

1/4

mid-fall when the fruit is fully ripe. Wash the berries in to 1/2 cup extracted bayberry wax (see above recipe), 1

cold water and place them in an old pot, preferably one cup organic olive oil or another carrier oil, more if reserved for wax making, and cover them with at least needed, 1 tablespoon powdered bayberry root. Add the 2 inches (5 cm) of water. Bring the pot to a simmer, but powdered bayberry root to the organic olive oil and do not boil. Simmer for at least one hour.

place over low heat. Warm the oil and powdered root

together for 30 minutes. Add the bayberry wax, stir-

Turn off the heat and cool overnight. In the morning, ring, until it is melted and the wax and oil are thor-remove the solid wax from the water and keep it for oughly combined. Cool the mixture and test the con-other uses. Put the water back over low heat and sim-

sistency. Add more wax if the salve is too runny or

mer it again to reduce the volume greatly, leaving a few more oil if it is too hard. The consistency will depend cups of water only. This concentrates the medicinal on your extracted wax and may vary between batches.

Bilberry,

Vaccinium myrtillus

Bilberry is sometimes called whortleberry, dyeberry,

and European blueberry. It is often confused with true

blueberries. This plant is a powerhouse of nutrition

and medicine. There is no better reason to eat jam and

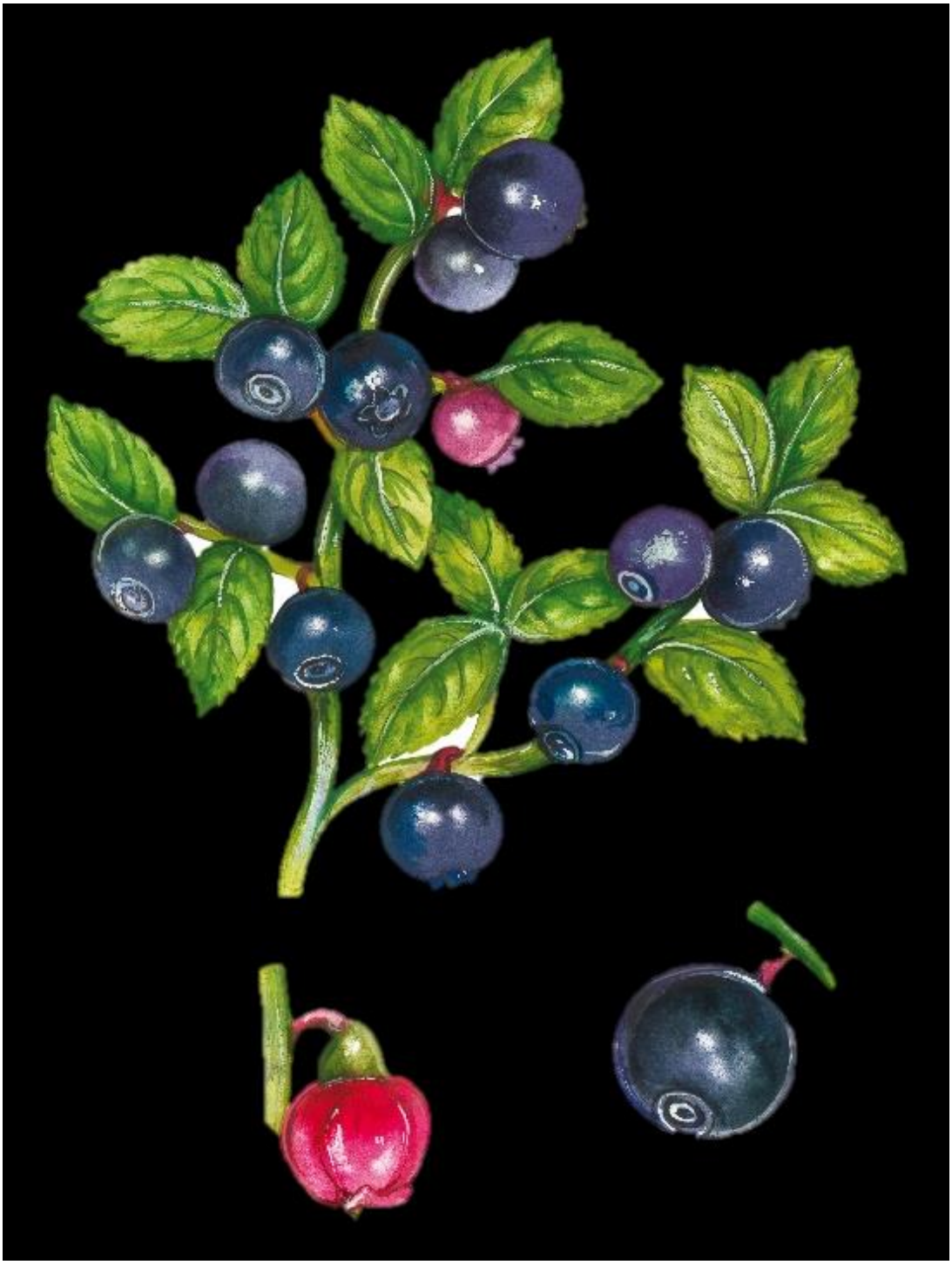
jelly every morning than the medicinal benefits found

in this little berry. Watch closely for them to ripen, as

the birds also love them. It is in the Ericaceae (Heath)

Family. The bilberry plant is found in meadows and moist northern coniferous forests, and is a common arctic and subarctic shrub. It likes acidic soil. It is a European plant but is commonly found in North America

5 Anneli Salo [CC BY-SA 3.0]



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today. The plant is a close relative to blueberries, huck-

Flowers are pink and urn-shaped. The fruit are small,

leberries, and cranberries.

blue-black in color, and contain many seeds. The flesh

Identification:

is dark red or blue, versus the pale-green inner fruit of

This deciduous shrub grows low to blueberries. Bright green leaves are alternate with the ground, usually less than 2 feet (0.6 meters) tall. finely-toothed margins.

Edible Use: Bilberry is a relative of blueberry, but Anti-Cancer: The anti-inflammatory and antioxi-has a slightly tart bitter flavor, so it is mostly used dant properties of bilberries help lower the risk of can-cooked with sugar, though I quite like them raw. They cer. Bilberries help reduce inflammation and reduce are often used for pies and jams. The leaves are used free radical damage in the body. They also inhibit the for tea.

growth of cancerous cells as well as help kill off

Medical Use:

cancerous cells.

Bilberry is a strong anti-ox-

idant, anti-inflammatory, anti-bacterial,

Liver and Kidneys and Detox Heavy

and anti-fungal that has many ben-

Metals: Bilberry berry compounds help the

eficial properties. It is also a nat-

body remove toxins and help improve

ural antihistamine.

function of the liver and kidneys.

The berries are very high in an-

It helps balance chemicals in the

thocyanins, which give it its

kidneys and the anthocyanins

blue-black color, and are a strong

help organs chelate heavy met-

anti-oxidant and heavy metal che-

als like arsenic, lead, cadmium,

lator. Berries and leaves are used for

and iron from the blood.

medicine. Medicinally, you can eat the

Heart Health: Bilberries have

berries raw, in jams or jellies, or eat them

many benefits for the heart and circula-

dried and powdered in capsule form.

tory system. It supports the blood vessels,

Powerful Anti-Inflammatory: Bil-

lowers blood pressure, and helps reg-

berries are rich in antioxidants and help

ulate cholesterol levels and the

reduce free radical damage. They also fight

plaque that causes atherosclerosis.

inflammation in the body. By reducing in-

It also contributes to the formation of

flammation, they protect against many the

healthy blood platelets and reduces

many chronic diseases that are caused or ag-

the chances of a heart attack or stroke. Bil-

gravated by inflammation, including many au-

berry compounds help strengthen blood vessel walls,

toimmune diseases.

improving varicose veins and hemorrhoids.

Diabetes: Compounds in both bilberry berries and Gastrointestinal Problems, Irritable Bowel leaves help reduce blood glucose levels and insulin re-Syndrome, and Ulcers: Bilberries help soothe

sistance. Reducing blood sugar levels helps protect the the gastro-intestinal system. Tannins and anti-inflam-kidneys, eyes, nerves, and blood vessels. Bilberries matory compounds reduce inflammation and irrita-may also help combat obesity by decreasing fat absorp-

tion in the intestinal tract. It helps relieve symptoms

tion and have been shown to both treat and prevent such as nausea, indigestion, diarrhea, and IBS. Inter-Type 2 diabetes.

nally, the leaves are both preventative and curative of

ulcers. A leaf extraction can be applied topically to ul-

Improves Vision: Bilberries are remarkable for cers in the mouth.

their ability to improve the health and function of the

eyes. It can help treat night blindness, cataracts, mac-

Alzheimer's Disease and Dementia: Antioxi-

ular degeneration, poor vision, and chronic eye strain. dants in bilberries help slow cognitive decline and reduce the effects of existing symptoms. It may also im-

Bilberry protects the cells of the eye, reduces inflam-

prove overall mental focus and clarity.

mation, and helps prevent damage to the ocular nerves

in diabetics. Use it internally; it is not used topically in Promotes Healthy Gums: Bilberries are anti-inthe eyes.

flammatory and help reduce inflammation and swell-

ing in the mouth and gums. The anti-inflammatory,

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astringent, and antibacterial compounds help fight interfere with some medications. Consult your health gingivitis.

care professional before eating bilberries if you have

Harvesting:

problems related to blood clotting or if you take blood-

Harvest green bilberry leaves at any thinning medications or aspirin.

time before winter. Pick the berries when they are fully

mature and blue-black in color. Cut or prick each berry Consult your doctor if you are pregnant or breastfeed-and dry them on a dehydrator for future use.

ing. Diabetics should also discuss bilberry prior to use.

Leaves should only be utilized short-term.

Warning: Bilberries are safe, with no known side ef-

fects, and are often eaten as a fruit. However, they can

Birch, Betula spp.

Birch trees are members of the Betulaceae (Birch)

Family and are related to alders and hazelnuts. They

are found throughout most of the Northern Hemi-

sphere. There are over 60 species worldwide.

Identification: Birch trees are deciduous and grow

quickly, but they don't reach the towering heights of

many trees. Most grow to about 30 feet (9.1 meters) tall

or less, though yellow birch and paper birches reach

about 80 feet (24 meters). They often grow in stands

(groupings).

Birch trees often have several main stems or trunks,

giving the tree an irregular shape. Some look bushy,

others have a rounded crown. Birch bark can be quite baskets and containers and birch bark is an excellent varied. The paper birch has a thin, white bark that firestarter.

peels into paper-like strips. Yellow birch bark curls

into small strips of bronze-colored bark. Mature river Medicinal Use: The leaves, twigs, catkins, bark, birch trees have a scaly blackish-gray bark. Birch buds, and sap are all used medicinally. They have anti-leaves are alternate, toothed, and pinnately

inflammatory, astringent, and diuretic properties.

veined.

Birch contains salicin, which helps with pain

Leaves are oval or triangular, broad at the top

and is an anti-coagulant. Inner birch bark also

and pointed at the end. Birch trees have male

contains betulin, which is a

and female flowers on the same tree. The male

triterpene and is best extracted

flowers appear in late summer and re-

in oil, vinegar, or alcohol as it does

main on the tree. The female flowers are

not extract well in water. We best

smaller green catkins that form on

utilize it as betulinic acid. Chaga

the end of the branch. Once

mushroom, which grows on birch

pollinated, they become cone-

trees, is a good source of betulinic

like, open, and fall apart.

acid, which is antiviral, anticancer,

and antibacterial.

Edible and Other Use: The sap of

the birch tree can be tapped and made into a syrup.

Anti-Inflammatory,

Arthritis,

The sap can also be consumed as is. It is nutritious,

Eczema, and Sore Muscles: Birch leaves, buds,

containing vitamins, minerals, and amino acids. The

bark, and twigs have anti-inflammatory properties

inner bark of birch contains xylitol, a sweetener that

that are easily accessed by boiling the twigs, buds, and

also kills unwanted bacteria in the mouth when used leaves. A medicinal tea or decoction can be used inter-orally (like in gum). The bark is used for making nally or as a wash on the skin. It is used to treat arthritis, painful joints, eczema, and sore muscles. You can

make a salve using infused birch oil made from the Harvest inner bark in spring or autumn. Collect birch buds.

leaves in the summer when the leaves are fresh and

Diuretic, Edema, Heart and Kidney Prob-

bright green, and harvest in the morning before the

heat dissipates their oil. Use them fresh (best) or dry

lems: The diuretic properties of birch trees help the for future use. Strip the bark in shallow thin strips us-body release excess fluids, which helps lower blood ing a sharp knife.

pressure and helps the kidneys. Birch also helps lower

cholesterol and break up kidney stones.

Warning: Birch leaf is considered safe for external

and internal use. However, pregnant or nursing moth-

Urinary Tract and Kidney Infections: Birch ers should not use it.

Bark is useful in treating urinary tract infections and

cystitis. It helps first by removing excess water from Some people are allergic to birch and should not use it.

the body, increasing the urine and flushing out infec-

Birch leaves can increase salt retention in the body and

tions. It has anti-inflammatory and anti-bacterial may increase blood pressure in sensitive individuals.

properties that help treat the underlying disease.

Avoid birch if you have high blood pressure. Do not use

if you are taking diuretics or water pills. Drink plenty

Stimulates the Digestive System: Birch tree of water when using birch.

extracts stimulate the digestive system and aid diges-

tion. Its anti-inflammatory properties are beneficial in

calming the digestive system and relieving cramping,

abdominal pain, bloating, and diarrhea. Try the recipe

below for Birch Leaf Vinegar Extract.

Coughs and Congestion: Birch Leaf Vinegar Ex-

tract, recipe below, is effective in treating coughs. Add

leaves to a water steam and inhale to help relieve con-

gestion.

Burns and Frostbite: The inner bark of the birch

tree is useful in treating frostbite and burns. It soothes

the damaged skin, reduces pain and inflammation, and

helps the skin heal. Remove the bark from the tree and

mash it to a pulp adding sap from the tree if necessary,

to form a wet pulp. Apply the pulp to the damaged skin Recipes: Birch Leaf Vinegar Extract. Birch tree and cover with a clean cloth. If the area is infected, use leaves, crushed, Apple cider vinegar. Crush birch a poultice of leaves and leaf buds in the same way.

leaves and stuff into a jar, about 3-quarters full. Cover

the leaves with apple cider vinegar and stir to release

Supports the Immune System: Birch Leaf Tea air bubbles. Add more vinegar until the jar is full. Cap is excellent at supporting the immune

system. It is tightly. Let the leaves soak for 4 to 6 weeks, shaking the anti-inflammatory, anti-bacterial and contains many jar every day or two. Strain out the leaves and label the vitamins, minerals, saponins, flavonoids, tannins, and vinegar. Use the vinegar with meals, in salad dressings, other compounds that are excellent for the immune or drink in water with meals. Good for 1 year.

system. It helps cleanse and heal the body.

Birch Leaf Oil or Inner Bark Extract: Pack a

Cancer: Betulinic acid from birch is being actively re-

jar about 3-quarters full with fresh birch leaves and/or

searched as an anti-cancer drug. Note that the Chaga inner bark. Cover the leaves with organic olive oil or mushroom, which grows on birch trees, effectively almond oil and fill to the top. Cover the jar and place it converts the betulin found in birch into betulinic acid. in a sunny spot on a windowsill and allow it to steep for See page 268 for Chaga.

6 to 8 weeks, shaking the jar every day or two. Strain

Harvesting: Harvest sap in early spring, and buds the oil into a glass jar with a tight fitting lid and label and branches in late spring, before the buds open. it. Store in a cool, dark place.

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Black Crowberry,

Diarrhea, Dysentery, and Gastroenteritis:

Diarrhea and other stomach illnesses respond well to a

Empetrum nigrum

Crowberry Leaf Infusion made from the leaves and

stems. The infusion stimulates mucous, calms the di-

Black crowberry, crowberry, or mossberry, is a low ev-

gestive tract, and reduces inflammation. The cooked

ergreen shrub that is usually 4 to 10 inches (10 cm to berries are used for gastroenteritis.

25 cm) high and forms a dense mat on the ground. It is Antibacterial and Antifungal: Crowberry in the Ericaceae (Heath) Family and is found through-branches are both antibacterial and antifungal.

out North America, Europe, and Asia.

Eye Wash: A tea made from the roots of crowberry

can be used as an eye wash for sore eyes.

Antihistamine, Anti-inflammatory, and

Pain Relief: The berries contain the antihistamine

and anti-inflammatory quercetin. This anti-inflamma-

tory also helps with pain relief and can be used for any

disease resulting from inflammation.

Harvesting: The fruits of black crowberries are ripe and ready to harvest between August and September. They can be harvested until the onset of winter or they can be allowed to winter on the plant for harvesting in the spring.

Identification: The light green needle-like leaves are simple and narrow, with side margins that are strongly curled under. It likes to grow in rocky areas. The leaves have glands that produce toxic substances and leaves are shed every 2 to 4 years.

Black crowberry produces small, individual pink-purple flowers during the summer and a sour blue-black fruit.

Edible Use: The berries are the only edible part of the plant, but the twigs can be used for tea. Crowberries have an acrid bitter taste, which is why they are rarely eaten fresh. They are usually used for pies, jams, juice, and wine.

Recipes. Crowberry Leaf Infusion: 1 ounce of

Berries ripen in autumn and remain throughout much the leaves and stems of the crowberry plant, 1 cup boil-of the winter, making them a good Vitamin C source in ing water. Chop the leaves and stems into fine pieces wintertime. The berries are very high in anthocyanins and cover them with boiling water.

and are an excellent antioxidant.

Cover the container tightly. Let the herbs steep until

Medicinal Use: The fruit, branches/twigs/stems, the liquid has cooled to room temperature. Strain out and roots are used for medicine.

the herbs.

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Black Walnut, Eastern,

Juglans nigra

The eastern black walnut is a deciduous tree in the Juglandaceae (Walnut) Family. It is widespread in Eastern North America.

Identification: Black walnut trees grow to 100 feet (30 meters) tall and have a tall, straight trunk with an oval crown. The bark is grey-black with deep, thin ridges that appear to give the bark a diamond-shaped

pattern. It usually doesn't have lower branching – just

the top crown. Buds are pale colored and covered in To Treat and Prevent Parasites: Black hairs.

wal-

nut hull, used along with garlic, cloves, Oregon grape

Terminal buds are 1/4 inch (0.75 cm) long and oval root, and wormwood, is an excellent remedy for para-shaped. Lateral buds are smaller. Its large (1 to 2 foot) site and worm infections. I have used this herbal blend pinnately compound leaves are alternately arranged for many types of parasitic infections. This remedy will with 13 to 23 leaflets, each 3 to 4 inches (7.5 cm to 10 kill the eggs, larva, and adult worms and parasites.

cm) long. Leaflets have a rounded base, pointed tip,

and a serrated margin. Leaves are dark green, smooth Skin Care: For preventing and treating blemishes, on top and hairy on the bottom.

acne, psoriasis, eczema, warts, poison ivy, and other

skin conditions, use a poultice from ground black wal-

The black walnut has both male and female flowers. nut husks and water. For sensitive skin, try mixing a Male flowers appear first on drooping catkins, approx-little of the powdered husk with a carrier oil.

imately 3 to 4 inches (7.5 cm to 10 cm) long, on the pre-

vious year's growth. Female flowers appear on new Antifungal: Black walnut hull is an excellent choice growth in clusters of two to five flowers.

for treating fungal infections. Black walnut contains ju-

glone and tannins that are very effective for treating

The fruit (nuts) ripen in the fall. A brownish-green yeast infections, including Candida, in the gut and on husk covers the brown nut. The nut, including the the skin. Externally, black walnut is effective against husk, falls to the ground in October or November and athlete's foot, ringworm, jock itch, and other common is harvested from the ground. The seed is small

fungal infections. Use the juice from the fruit husk

and hard. While the nut lacks odor, most parts

externally as a treatment for ringworm

of the tree have a characteristic pungent

or make a poultice or salve from

or spicy odor.

powdered husks when fresh hulls

Edible Use and Other

aren't available. Apply the absor-

Use: The seed is edible, ei-

bent powdered hulls into the

ther raw or cooked. The flavor

folds of the skin for surface yeast

is rich and sweet. The sap of

infections and heat rashes.

the tree can be tapped and

Digestion and Laxative:

drunk or concentrated into

The anti-inflammatory activity of

syrup or sugar. Black walnut hulls

black walnut is useful in treating upset

work well as a dye.

stomach, inflamed colon or gut, and normalizing the

Medicinal Use: Black walnut is an anti-inflamma-

digestive process. Black walnut hull also treats consti-

tory, anti-fungal, antiviral, astringent, emetic, laxative, pation, diarrhea, and is a laxative.

painkiller, and vermifuge. The green hulls are more po-

Heart Health: Black walnuts contain beneficial

tent than the mature black hulls, and are what I use for omega-3 fatty acids and other heart healthy com-medicine.

pounds.

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Anti-Viral, HPV, HIV: People have long been us-

Warning: Side effects associated with black walnut

ing black walnut to prevent and treat viral infections. use are not common. However, it is important to note Black walnuts and black walnut hulls inhibit the repro-that nut allergies are very common. Black walnuts or

duction of viruses, including herpes. A study published any of their products should not be given to anyone al-in Phytotherapy Research found that juglone in black lergic to tree nuts. Risk during pregnancy is deemed walnut hulls inhibits replication of the HIV virus. low, but it is best to avoid black walnut internally if you While there are no therapeutic recommendations yet, are pregnant or nursing.

it would be advisable for those exposed or infected by Recipes. Black Walnut Hull Tincture: HIV to take Black Walnut Hull Tincture. In addition to Ground walnut hulls, vodka or another 80 proof or the hulls, the roots and buds also contain juglone. Juglone is not soluble in water so best to use an alcohol higher alcohol. Place the ground hulls in a clean, dry extract/tincture.

jar with a tight-fitting lid. Fill the jar 1/3rd full. Pour

80 proof or higher vodka or other alcohol over the hulls

Harvesting: Wear gloves when collecting black wal-

to within ½ inch (1.25 cm) of the top. Cover tightly and

nuts since the husk will stain your hands. Collect nuts place the jar in a cool, dark place. Shake the jar every that have fallen to the ground, nuts that remain on the few days. Watch the alcohol level and add more if tree are not yet mature. Remove the green to yellowish needed. Soak the hulls for 6 to 8 weeks. Strain the mix-hull from the nut. Eat the nuts and dry and save the ture through a fine sieve or cheesecloth. Squeeze out husk for use in poultices, tinctures, and to powder all liquid.

when needed.

Discard the hulls. Place the alcohol extract in a cool

To store black walnuts inside their shell, lay them out place, undisturbed overnight. Strain again through a and allow them to dry for a few days after harvesting. coffee filter or decant to remove any remaining hull Store them in a dry, squirrel-proof area. To crack nuts, residue. Store the tincture in a tightly capped glass bot-use a hammer, nut cracker, or a vise to crack the shell. tle in a cool, dark place.

Remove the meat inside. Black walnut leaves can be

picked for use throughout the season.

Blue & Black Elderberry, green when young. As the wood ages, the bark becomes smooth and brown, and you will notice round lumps

Sambucus nigra

on the bark. As the shrub continues to age, the

bark develops vertical furrows.

ssp. caerulea

Opposite compound leaves have 5 to 11 toothed

(blue) and

lance-like leaflets per stem. Veins in the leaves

may disappear after leaving the midrib, or they

Sambucus

may continue to the tip of the teeth. The eld-

erberry blossom is a dense head of white to

nigra ssp.

cream-colored flowers. Flowers are

radially symmetrical with five flat

canadensis

white petals and five protruding sta-

(black)

mens. The flower head is 6 to 12

inches (15 cm to 30 cm) across. Elderber-

ries are black or purplish-blue when ripe and

Sambucus nigra tincture is with me 24/7 as an anti-

occur in clusters.

viral. I dose with it when traveling or at the first sign of

illness. It is in the Adoxacaeae (Moschatel) Family and Important Differentiation: Some people conis one of my family's most important herbal medicines. fuse elderberry with the deadly poisonous water hem- Identification:

lock. Water hemlock is an herbaceous plant, not

Elderberry grows as a wide woody woody, and it does not have bark. The main stem of shrub to about 12 feet (3.1 meters) tall. The segmented water hemlock is hollow, while elderberry is filled with stems have a soft white pith. The bark is smooth and a soft pith. Water hemlock stems often have purple 227

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streaks/splotches and purple nodes. Older plants may Eye Irritation and Conjunctivitis: Elderberry be entirely purple.

Flower Tea makes a gentle eyewash for eye irritations

and conjunctivitis.

Strengthens the Immune System: Elderber-

ries have long been recognized as a therapy for a vari-

ety of illnesses. It is thought that their beneficial effects

are due to their ability to strengthen the immune sys-

tem.

Harvesting: Harvest the berries during the early au-

tumn when they are fully ripe. I like to harvest and then

put the berries in the freezer. Once frozen it is easy to

remove the berries from their stems. Remove all stems

before using!

Edible Use: The Sambucus nigra variety of elder-

Warning: All parts of the fresh plant are mildly

berry is considered non-toxic when used fresh, but I al-

toxic. Dry or boil berries before use and dry the flow-

ways cook all varieties, and some people become ill ers. Do not use the fresh plant without cooking or dry-from fresh berries. Other varieties of elderberry's fruit ing. The bark and root are emetic, causing vomiting, pulp and skin are edible when picked fully ripe and and should not be used

internally. The leaves and un-then cooked. However, uncooked berries and other ripe berries are toxic.

parts of the plant are poisonous. The flowers are edible

when they are completely dried; do not use them fresh.

I use cooked fresh berries to make elderberry syrup,

elderberry wine, and cordials.

Medicinal Use: The flowers, leaves, and cooked

berries are all useful. I use elderberry berry tincture

once a day as a preventative during flu season or dur-

ing travel, and 3x per day if feeling a cold or flu coming

on. I extract the berries in glycerin or alcohol.

Colds and Flu, Anti-Viral: Taken early blue eld-

erberry reduces the chance of catching the flu. Taken

after a flu infection, it reduces the spread of the disease

throughout the body and lessens the severity and du-

Recipes: Elderberry Syrup. Use 1 to 2 teaspoons

ration of the virus. Blue elderberry is one of the best for adults and ½ to 1 teaspoon for kids. Take once a anti-virals out there and there has been much research day as a flu preventative and 3 to 4 times daily if in-supporting its effectiveness. It is deemed safe for chil-

fected. 1 cup of elderberries, water, 1 cup of raw honey,

dren and my kids take it in the form of a tincture or and ½ tsp of ground cinnamon. Place fresh elderber-syrup. The flowers also reduce inflammation, help ries, with all stems removed, in a pot and add a small drain mucous, and promote perspiration. They have amount of water to cover. Heat the berries over low anti-viral, anti-inflammatory, and anti-cancer proper-heat for 2 hours. Mash the berries to release the juice

ties. Elderberry is most effective in combination with or puree the berries in a blender. When all the juice is yarrow to bring down fever.

released, strain the juice through several layers of

Bruises, Sprains, and Hemorrhoids: For cheesecloth. Squeeze the cloth to extract all the juice.

bruised tissue, muscle sprains, and hemorrhoids, use Measure the juice and mix in an equal amount of raw chopped elderberry leaves applied as a poultice to the honey. Add cinnamon if desired. Put the syrup in clean affected area or infuse the leaves in oil to apply (my pint canning jars and seal.

preference). Leaves are only for external use.

Place the jars in a boiling water bath, completely cov-

place on a towel to cool. Allow the jars to cool undis-

ered with water and boil for 15 minutes at sea level to turbed. When cool, check the jar seals. Re-process any 1000 feet (300 meters) in elevation, 20 minutes at jar that did not seal or refrigerate it for immediate use.

higher elevations. Remove the jars from the water and Label.

Burning Bush, Western,

on the end of a long peduncle with one to five flowers.

Each flower has five rounded brownish purple petals,

Euonymus occidentalis

Western burning bush grows in Western North Amer-

ica. It is also called spindle tree, western wahoo and

strawberry bush. It is found in shaded streambanks,

moist woods, canyons, and high in the mountains. It is

in the Celastraceae (Bittersweet) Family. E. alatus is

used in Asia.

Identification: Western burning bush is a decidu-

ous straggly shrub, growing to 6 to 15 feet (1.8 m to 4.5

meters) when mature. It has slender branches, often

Fruit of Burning Bush, Franz Xaver, GFDL, CC by SA

climbing, and twigs are usually 4-angled. It has oppo-

sometimes dotted. Flowers bloom April to June. The

site finely-toothed leaves that are 2 to 4 inches 5 cm to fruit is a rounded capsule with three lobes. Each of the 10 cm) long, sometimes with rolled edges, with pointed three lobes opens to reveal a brown seed surrounded tips and rounded or tapered bases. The flowers form by red pulp.

Medicinal Use: The root bark and the leaves are

used for medicine.

Stomach Tonic and Liver: Root bark infusions,

syrup, and tinctures are all useful as a stomach tonic

for indigestion and constipation. It also stimulates the

flow of bile and improves the appetite.

Irregular Menstruation: For suppressed or ir-

regular menstruation, the leaves of burning bush were

traditionally used. Do not use if pregnant as it may in-

duce miscarriage.

Warning. Do not use during pregnancy. Do not in-

Western Burning Bush, Dean Wm. Taylor, Ph.D. University of Califor-

gest the fruits of burning bush.

nia, Berkeley, CC by SA 3.0

Cascara Sagrada,

cultivated in other parts of North America. It prefers

moist, acidic soils and is usually found on the edges of

Rhamnus or Frangula

clearings and forests. It is in the Rhamnaceae (Buck-

thorn) Family.

purshiana

Identification: Cascara grows up to 30 feet (9.1 me-

ters) tall. It has finely toothed ovate leaves, each 3 to 5

Also called sacred bark and chittam stick, cascara sa-

inches (7.5 cm to 12.5 cm) long, with prominent paral-

grada is well known for its use as a laxative. It is very lel veins leading off the central vein. Leaves are shiny effective, but carries risks when used long-term, espe-green on top and a lighter, dull green on the bottom.

cially if a person's health is already compromised. Cas-

The smooth bark is reddish-brown to silver-grey. In

cara is native to the Pacific Northwest, but it is early to mid-spring, the tree produces tiny flowers with 229

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five greenish-yellow petals that grow in umbel-shaped

clusters. Red berries appear and ripen to dark purple

or black. The berries have yellow pulp and two to three

seeds each.

Edible Use: The fruit is sometimes eaten raw or cooked, but is reported to be slightly toxic and also has a laxative effect. Tea is made from the bark after drying or aging. It has a bitter taste. Do not use fresh bark.

Medicinal Use: Cascara is usually prescribed as tea, however many people cannot tolerate the intense bitterness. The bark can be powdered and taken in a capsule as a more palatable alternative. Its medicinal effects are usually felt within 6 to 8 hours. Cascara is recommended only for short-term use, no more than 2 weeks. Always use the smallest effective dose. Only used aged cascara bark (see harvesting).

Natural Laxative: Cascara bark is a natural laxa-tive for the treatment of constipation. The herb acts as a stimulant on the large intestine, stimulating contrac-tions and moving food through the digestive system.

which causes ulcers, E. coli, Staphylococcus aureus, and others. It is also effective against Candida yeast.

Gallbladder, Liver, Stomach, and Pancreas Central Nervous System: Cascara sagrada im-Stimulation: Cascara stimulates the gallbladder to proves anxiety, emotional well-being, and other cen-produce more bile. This action aids digestion and pre-

tral nervous system problems in some people

vents and breaks up gallstones. It improves secretions

from the stomach, liver, and pancreas, treating issues Anti-Inflammatory Effects: The herb is an anti-such as enlarged liver and poor digestion.

inflammatory, however, there are more effective anti-

inflammatories with fewer risks available.

Lowers Cholesterol: Cascara is said to have a

beneficial effect on cholesterol levels. However, it is Cancer: Cascara has been used to inhibit the growth not recommended for this purpose because of its long-and spread of cancer. It can be used in addition to tra-

term side effects and potential risks.

ditional cancer treatments with medical supervision.

Hemorrhoids: Harvesting: Harvest cascara in the spring, at least a Because of cas-year before using it medicinally. Aging is necessary to

cara's

laxative reduce gastrointestinal irritation. Fresh cascara causes

properties, it is nausea, vomiting, diarrhea, and intense intestinal helpful, temporar-spasms. Dry the bark or bake at low heat until com-

ily, in the treat-

pletely dry.

ment of hemor-

Warning: Cascara sagrada is a stimulant and should

rhoids. It reduces be used for the short-term only, less than 2 weeks. Cas-
the need to bear cara should never be used during pregnancy or lacta-

down, which eases tion. It can stimulate menstruation and miscarriage.

the condition.

Cascara should not be given to children. Long term use

Antimicrobial can result in chronic diarrhea, electrolyte imbalances,
Properties: Cas-dehydration, and severe intestinal pain. It can also

cara has antibacte-

cause toxic hepatitis. Cascara can interact with some

rial and anti-fungal prescription medications and should not be combined

properties. It is effective against Helicobacter pylori,

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with other medications except under the advice of a bark, 1 cup spring water or distilled water. Bring the medical professional.

water and bark to a boil and reduce the heat to a sim-

Recipes. Cascara Tea:

mer. Simmer for 30 minutes, then strain and allow to

For this tea, you need bark cool. Sweeten the tea with raw honey or fennel to mask that has been aged for at least 1 year. Do not use fresh the bitterness.

bark. Ingredients: 1 teaspoon aged cascara sagrada

Chaparral or

Wounds, Burns, Bruises, Rashes: Antibac-

Creosote Bush,

terial and Antimicrobial: A salve made from

chaparral leaves is a good choice for wounds, burns,

Larrea tridentata

bruises, and rashes. An external tincture is also a good

choice if the skin is not broken. Chaparral has antimi-

Larrea tridentata belongs to the Zygophyllaceae (Cal-

crobial and antibacterial benefits on the skin's surface.

trops) Family. It is also known as creosote bush and I primarily extract it in oil for external use but you can greasewood. It has a strong creosote smell. This plant also make a poultice from the ground leaves, apply it is a prominent species in southwestern North America. to the skin, and cover it with a clean cloth.

Identification: Chaparral bush is an evergreen

shrub that grows from 3 to 10 feet (0.9 meters to 3 me-

ters) tall. The stems of this plant bear resinous, small,

dark green, compound, opposite leaves. Each leaf has

2 leaflets, which join at the base. The flowers have five

yellow petals. The fruit is covered in dense white hairs.

Edible Use: Not generally considered edible. I do

add some leaves to my water bottle when this plant is

around. It helps keep my water bottle clean and mi-

crobe-free.

Medicinal Use: The leaves are used for medicine. Acne, Psoriasis, Eczema, Dandruff: Anti-They are antimicrobial, antibacterial, antioxidant, and Fungal: Chaparral Tincture or Oil can be used exteractive against protozoa.

nally on acne, eczema, psoriasis, and dandruff. The an-

Treating Toothaches: For sensitive teeth and tibiotic and anti-inflammatory properties are benefi-toothaches due to cavities, heat the young shoot tips of cial as well as its tannins. It is a very good external anti-the plant to produce sap, then drip the sap resin into fungal.

the tooth cavity. This seals the tooth temporarily and Arthritis: Chaparral Tincture made with alcohol or stops the pain.

oil works as a rub to relieve the pain of arthritis.

Pulmonary and Respiratory Problems, Ve-

nereal Diseases, and Urinary Tract Infec-

tions: In the past, Chaparral Tea and Chaparral Tinc-

ture were used as an expectorant for respiratory prob-

lems and as a pulmonary antiseptic, as well as a treat-

ment for VD, rheumatism, and UTIs. In recent years

(since the 1960s), there has been some concern over

possible toxic effects on the liver, so I strongly suggest

limiting its internal use.

Harvesting: I prefer to harvest chaparral in dry-

weather before the plant has flowered so that the

6 Chaparral, photo by Adbar, CC by SA 3.0

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highest concentration of the active ingredients is in the leaves, beeswax. Fill the jar half-full with dried chapar-leaves. Collection is best undertaken at midday when ral. Cover the herbs with organic olive oil, filling the jar the chemical activity of the plant is the highest. It can to near the top. Cover the jar with a tight-fitting lid and be dried in a warm, shady place, or in the artificial heat label. Place the jar in a sunny location for 6 to 8 weeks, at temperatures less than 130 degrees Fahrenheit. One shaking every few days. Strain out the herbs. Measure of the simplest methods of drying the herb is to collect the oil and add 1/4 the amount of beeswax (if you have the leaves, put them into a large paper sack and then 1 cup of oil, add ¼ cup of beeswax). Heat the two to-put the sack in a warm, dry place for a few days. Store gether gently until the wax melts using a double boiler.

in an airtight glass jar in a cool, dark place.

Mix the wax and oil, and pour into your containers to

Recipes. Chaparral Salve:

harden. Use within two years.

Carrier oil such as or-

ganic olive oil or liquid coconut oil, dried chaparral

Chokecherry,

Prunus virginiana

Chokecherry is edible but rarely eaten these days be-

cause of its acidity and astringency. It is a North Amer-

ican native that grows across the northern US and Can-

ada and as far south as North Carolina. It is in the

Rosaceae (Rose) Family.

Identification: Prunus virginiana is a small tree or

a deciduous shrub that grows as tall as 30 feet (9.1 me-

ters). It has simple large elliptical leaves that are 4 Matt Lavin from Bozeman, Montana, USA, CC3.0

inches (10 cm) long by 2.5 inches (6.4 cm) wide. They and thin in appearance when young. Bark becomes are dark green, have a glossy upper side and paler un-more uneven and creased with age.

derside, and have toothed margins. They turn yellow in Edible Use: The edible parts of chokecherry are the the autumn.

fruits and seeds. The raw berry is edible and has a good

Between the clusters of leaves are white showy flowers flavor, but is highly astringent. In cooking they are that are approximately 3 to 6 inches (7.5 cm to 15 cm) used in pies and jellies where sugar counters their sour long. The flowers bloom in May and June, and the fruit flavor.

appears in August.

The berries contain high amounts of pectin, so they are

often combined with lower pectin fruits when making

syrups, jams, and jellies. The fruit is also used to make

wine and syrups. Dried berries are used to make pem-

mican, and the twigs and bark make a good tea. Do not

eat the seeds if they are bitter-tasting.

Medicinal Use: In addition to the uses below the

inner bark is used as a flavoring agent for cough syrups

and other bitter medicines. It is not used often used in

other ways these days.

Stomach Illness: Dried chokecherry fruits and

bark are used for diarrhea, bloating, heartburn, and

Chokecherry bark ranges in color from brown or gray, stomach ulcers.

to purple and red, and the texture of the bark is smooth Wet Coughs and Bronchitis: Chokecherry bark is used as a base for cough medicine and also directly

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treats wet coughs and bronchitis. Best paired with can be easily detected by the bitter taste. It is usually other, more potent, herbs.

present in small quantity. In large amounts, it can be

Warning:

deadly; however, in small quantities, hydrogen cyanide

The seeds are said to have a high concen-

has been shown to stimulate respiration, improve di-

tration of hydrogen cyanide, which is a poison that gestion, and suppress cancer growth. Use it carefully.

gives almonds their characteristic flavor. This toxin

Cottonwood,

discarding the water relieves some of the bitterness as

well as adding seasoning. It can be used in soups or

Populus trichocarpa and eaten as a green. The inner bark is harvested in the spring. Dried and powdered it is used as a thickener for

P. deltoides

soups. The catkins, which are high in Vitamin C, can be

eaten raw like Alder catkins (they have a nutty flavor)

Some consider the cottonwood a sacred tree; at the or added to a soup, steamed, or sautéed.

least it is an important plant for medicinal purposes. Medicinal Use: Cottonwood buds and bark are rich Its roots run deep and are said to find water while the in salicylic acids, known for pain relief and treating fe-tree absorbs the energy of experiences happening vers. The resinous leaf buds are used to create oils and nearby. "Balm of Gilead" is made from cottonwood salves for topical treatment of muscles, joints, tendons, buds and smells wonderful!

Cottonwoods grow along streams, rivers, and flood

plains. It loves water, but also grows in dry sites. Black

cottonwood grows in the Northwest from Alaska to the

Rocky Mountains. Other species are found throughout

the United States and Canada. All varieties can be used

for medicinal purposes. It is in the Salicaceae (Willow)

Family.

Identification: The cottonwood is a large tree,

growing 150 to 200 feet (45 meters to 60 meters) tall

when mature. It has deeply furrowed grey bark and

shiny, dark green, triangular leaves with course teeth

along the margin. The leaves turn yellow in the fall be-

and inflammation or pain. The recipe below is a very

fore falling. In winter and early spring, the tree pro-

cooling and soothing ointment for inflamed tissues.

duces large buds that are long and pointed. The buds Extracts also can be made with oil or alcohol to make are filled with fragrant resin, yellow-orange to red in pain relievers similar to aspirin. The inner bark is also color, and are greatly revered for medicine.

used as a tea to being down a fever and as an expecto-

Each tree is either male or female. Male flowers are rant.

reddish, drooping into a catkin shape. Female flowers Joint Pain, Sore Muscles and Arthritis: Cot-form 4-inch (10 cm) catkins followed by light green tonwood bud oil is very effective for relieving pain and seed capsules. Ripe capsules open into three parts, re-inflammation in swollen joints, carpal tunnel, arthritis,

leasing white, fluffy down covered seeds that float on and muscles. Massage the oil or salve into the affected the wind. When the seeds are released the tree is cov-area 3x/day. A poultice made from crushed fresh

ered in cottony fluff. Many people think they are aller-

leaves is also effective in the treatment of arthritis and

gic to cottonwood but usually it is the grasses releasing other joint issues. Cottonwood bark decoction can be pollen at the same time that are the culprit.

used to relieve menstrual cramping.

Edible Use: Cottonwood leaves are edible and very Skin Injuries: The anti-bacterial, anti-microbial, nutritious and are rich in protein – they have a higher anti-fungal, and antioxidant properties of cottonwood amino acid content that of barley, wheat or rice. How-bud oil or salve make it useful in treating skin injuries

ever, the taste is very bitter. Boiling the leaves and

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including rashes, irritations, chapped lips, cracked should be able to smell the resinous odor and the oil skin, sunburn, and other burns. It helps the skin heal should change color. I like to do this step in a small and prevents infection. For boils, sores, and infected crockpot or double boiler that I use for this purpose or skin, make a poultice from crushed leaves. Washing in a mason jar placed in water. Note that the resin will the skin with cottonwood decoction is also effective. stick to the pot or jar and will be forever resinous (you Cottonwood buds also helps regenerate cells for heal-can actually clean it with alcohol). I often kick-start my

ing and I use it along with Calendula Oil as an anti-ag-

buds with heat and then cold-infuse them in a cup-

ing face and neck cream.

board for another 6 to 8 weeks. You can also keep it on

Pneumonia, Flu, and Other Respiratory low for a few days.

Ailments: Cottonwood Bark Infusion or Tincture is When the oil is infused, let it cool and strain out the useful in the treatment of whooping cough, tuberculosis, colds, flu and Pneumonia. It kills and inhibits both

bacteria and the influenza virus when used early in the

disease and helps alleviate pain, reduce fever, and

works as an expectorant.

Sore Throats: An infusion of cottonwood inner

bark is used as a gargle for sore throats and mouth

sores.

Intestinal Worms: Cottonwood Bark Decoction is

effective in ridding the body of intestinal worms.

Harvesting: Harvest cottonwood leaf buds in late

winter to early spring. The buds are ready to harvest

when you can pinch the bud and see resin inside. The

largest buds are at the top of the tree and difficult to buds. Heat the oil again and add your beeswax. It will harvest but after a windstorm you can easily find newly take approximately one-half to one cup of beeswax to downed branches on the ground. Like willow they root reach the desired stiffness (ratio of 4:1 oil to beeswax).

easily, so I plant back small limbs when I gather so that Once the beeswax is melted, test the salve by placing a new trees can grow. It's always a good

idea to tend the spoonful in the freezer for a minute. It will thicken and wild when you harvest! Snap the buds off the branches indicate the consistency of the salve. If you want it (I leave the terminal buds on the tree) and place them thicker, add more beeswax. If you want it thinner, add in a container. Sticky resin will adhere to your hands more oil. How thick or thin you make it is up to you and the container. You can wear gloves for this, coat and how you plan to use it. A good rule-of thumb is 4

your hands with salve or oil before harvesting, or re-

parts oil to1 part beeswax for a salve. Place the salve in

move the resin with rubbing alcohol.

a shallow glass jar or a tin with a wide mouth. Tighten

Warning: Some people may be allergic to cotton-

the lid and leave it to cool and harden.

wood sap. Cottonwood should not be used by people Cottonwood Decoction. Ingredients: ¾ ounce of allergic to aspirin or bees.

cottonwood leaf buds and/or bark, 2 cups water. Bring

Recipes. Cottonwood Bud Oil and Salve: the leaf buds and water to a boil and turn the heat Use this salve externally to treat skin ailments and to down to a simmer. Simmer the decoction for 10 to 15

relieve inflammation and pain in arthritic joints. In-

minutes. Strain out the herbs and allow the decoction

gredients: 1 cup cottonwood buds, 3 cups carrier oil: to cool. Make a compress by soaking a washcloth in organic olive oil, coconut oil, or other skin friendly oil, the decoction, wring it out and place on the affected beeswax. Infuse the oil with cottonwood buds. Place skin. Allow it to sit for 20 minutes, repeating as neces-the oil in an old double-boiler over very low

heat. Add sary to relieve the pain and inflammation. You can also the cottonwood buds and allow the oil to infuse. You use the decoction directly on the skin.

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Cranberry,

Vaccinium macrocarpon

The cranberry shrub is a member of the Ericaceae

(Heath) family. It grows in acidic bogs, swamps, wet-

lands, and poorly drained meadows throughout the

colder climates of Northern North America.

Identification: These low growing, creeping shrubs

rarely top 8 inches (20 cm) in height. They have long

wiry stems, or vines, that stretch to 7 feet (2.1 meters)

long. The plant has small, oblong, evergreen leaves

Keith Weller, Public Domain

that are speckled with tiny dots on the underside. The

leathery leaves are 1/4 to 1/2-inch (0.75 cm to 1.25 cm)

Cjboffoli, CC by 3.0

long. Dark pink flowers with distinct reflexed petals To get all of the benefits of cranberries for medicinal appear June through August. The style and stamens

purposes, simply consume the fruit or its un-

are exposed and point forward. The cranberry fruit

sweetened juice daily for as long as needed.

is a small berry that is larger than the leaves. The

Cranberry juice is sour, but more palatable when

berry is white when immature, usually turning

diluted in water.

dark red when ripe.

Urinary Tract Infections: Consumption of

Edible Use: The berries are edible, but

cranberries, their juice, or a concentrated cranberry

they are very acidic. The addition of

pill prevents the bacteria in the urinary tract from

sugar makes them more palatable, as

multiplying and clinging to the walls of the bladder,

does drying them.

allowing them to be easily flushed out of the system.

Medicinal Use: Cranberries are an ef-

Regular consumption of unsweetened cranberry

fective preventative and remedy for early stage

juice prevents urinary tract diseases and can keep

urinary tract infections. They work by prevent-

you from needing antibiotics. Cranberries are not as

ing the adhesion of bacteria to the lining of the

effective in treating established UTIs. The juice does

bladder and gut, thereby preventing infection. If

not kill the bacteria, and reinfection can occur if cran-

the infection is too well entrenched, other reme-

berry is discontinued while bacteria are still in the sys-

dies may be required, such as Usnea, Bear-

tem. You may need to add in an herbal antibiotic

berry/Uva Ursi, and Oregon Grape Root. Cranber-

blend (see above).

ries have high levels of antioxidants, vitamin C, and

Cardiovascular Health: The flavonoids in

salicylic acid, which help relieve pain and heal.

cranberries are high in antioxidant and anti-inflamma-

tory properties and decrease the risk of atherosclero-

sis. They also boost HDL (“good”) cholesterol levels.

Respiratory Bacterial Infections: Cranberry

juice inhibits Haemophilus influenza, which is a com-

mon cause of childhood respiratory and ear infections.

The juice prevents these bacteria from adhering to the

skin’s surface.

Treats and Prevents Peptic Ulcers: Cranber-

ries help reduce the risk of peptic ulcers caused by Helicobacter pylori. Along with preventing the adhesion of bacteria to the stomach lining, the high flavonoid content of cranberries suppresses infection and helps the body heal.

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Antitumor and Anticancer Effects: Cranberry Recipes. Fresh Cranberry Juice. 4 cups cran-is a powerful anti-tumor agent and is also a cancer pre-

berries, 4 cups water, 1/4 cup lemon juice, 1/4 cup or-

ventative. Medicinal compounds within the fruit in-

ange juice, sugar to taste. Bring the cranberries and

hibit the growth and spread of many types of cancers.

water to a boil, turn down the heat and simmer the ber-

Warning:

ries for 25 minutes or until all the berries have popped

Patients who take Coumadin (Warfarin) and the berries are cooked. Pass the cranberry mixture need to be careful when taking cranberry. The addi- through a food mill on the smallest setting. Pass the

tional anti-clotting effects of cranberry compound the mixture through a fine-mesh sieve. Mash the pulp Coumadin. Cranberries contain salicylic acid, a com-slightly to increase draining, but not hard enough to

ponent of aspirin. People who are allergic to aspirin push the pulp through. Mix in the orange juice and should not consume cranberries.

lemon juice. Add sugar to sweeten the juice, if desired.

Devil's Club,

Medicinal Use and Adaptogenic Herb: The

Oplopanax horridus,

inner bark and stems of the root are used medicinally.

This adaptogen is a pain reliever, anti-inflammatory,

(Echinopanax horridus, blood purifier, regulates blood sugar levels, helps with adrenal fatigue, and treats infections. Devil's Club is

Fatsia horrida)

known as a panacea ("cure-all") plant.

Devil's Club is a relative of American ginseng and is be-

ginning to be marketed as "Alaskan ginseng". While

the plants are similar, Devil's Club is not a true ginseng

(Panax). Until recently, its covering of thorns has pro-

tected it, but as it becomes more well known for medic-

inal use, it may become over-harvested. It is in the Ara-

liaceae (Ginseng) Family.

Identification: Also known as devil's walking stick

and devil's root, this plant thrives in the damp wood-

lands of the North America's Pacific Northwest. The

plant is a large understory shrub with large leaves and

woody stems covered completely in irritating spines. It

usually grows slowly to a mature height of up to 5 feet

(1.5m) tall, but can grow up to 15 feet (4.5m) in height. Skin Infections, Swollen Glands, Boils, Leaves are simple, palmate and spirally arranged. Each Sores, and Burns: Apply Devil's Club directly to has 5 to 13 lobes and is 8 to 16 inches (20 cm to 40 cm) the skin as a poultice or as a wash

to treat skin infec-across. Spines are found on the upper and lower veins tions, boils, sores, and swollen glands. It treats the un-in the leaves and on the stems. Flowers appear in dense derlying infections, reduces inflammation and helps umbels, from 4 to 8 inches (10 cm to 20 cm) in diame-the area heal. For burns, dust root bark ashes directly

ter, with small green-white petals. The ripe fruit is a onto the burn. Ashes can also be mixed with oil and small red drupe about 1/4 inch (0.75 cm) in diameter.

used as a salve for skin problems. The root bark can

Edible Use: The very young shoots are delicious and also be baked and powdered to use this way.

edible cooked, but are only available for a few days Lowers Blood Sugar Levels: Root bark extract each spring. The shoots are edible when the leaf buds and infusion balance blood sugar levels in diabetics break through their sheath and are between 1 to 2 and can be used to treat the disease. The infusion also inches (2.5 cm to 5 cm) long. The leaf spines are soft has a tonic effect.

and edible at this point, but quickly harden and the

shoots become inedible. The berries are poisonous.

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Coughs, Colds, Bronchitis, and Tuberculo-

sis: Respiratory problems respond to an infusion

made with the inner root bark and stems. Try Devil's

Club Tea, as needed, for respiratory symptoms. It helps

treat excess mucous and eliminates toxins. A decoction

of the inner root bark is used to treat tuberculosis and

other respiratory diseases.

Arthritis: Treat arthritis internally and externally

with Devil's Club. Use a strong decoction as a wash on

painful joints. It can also be applied to joints as a poul-

tice of crushed bark. Use it carefully as it has a laxative

effect.

Head Lice: To get rid of head lice, mash the berries

into a pulp and massage the pulp into the scalp. It will

Devil's club covered in spines

get rid of lice, dandruff, and leave the hair shiny and For medicinal purposes, harvest the inner bark of the healthy.

root and the stems that lie along the ground that have

Fever: A decoction of stems is useful for treating fe-

lost their spines. The stems are also valuable, but the

vers. If the underlying cause is infectious, it will help spines must be stripped first. Dig around the roots and get rid of the infection and heal the body.

expose them, removing spiny branches. Cut any small

roots holding it in place on both ends.

Tooth Pain: Dried inner bark can be chewed or laid

into the tooth cavity to relieve the pain.

Pull up the root. Tend the wild! Re-plant the cut end of

any stalks that you have cut back into the soil. They will

Cancer and Hormone Regulation: Devil's grow roots and survive for the next year's harvest. The Club has been shown to kill cancer cells and regulate berries are poisonous to people, leave them to propa-hormone levels. There are many new research studies gate the plant.

focusing on this.

Warning: The main hazard is the presence of spikes,

which are an irritant. Women should avoid this in their

first trimester of pregnancy.

Devil's Club Decoction: You'll need 4 table-

spoons Devil's Club root bark, 2 cups spring water.

Chop or grind the root bark into very small pieces. Mix

with the spring water and bring to a boil. Reduce the

heat to a simmer and simmer for 20 to 40 minutes.

Cool. This is a strong decoction for external use or take

internally in small doses as needed.

Devil's Club Tea or Infusion: Ingredients: 1 tea-

spoon Devil's Club root bark, 1 cup boiling water. Pour

Harvesting: Wear heavy leather gloves and protec-

the boiling water over the root bark and allow the tea

tive clothing to harvest Devil's Club as the spines are to infuse for 10 to 15 minutes or until cool. Drink as irritating. I harvest mid-autumn through early spring. needed.

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Dogwood, Cornus florida

Flowering or American dogwoods are in the Cornaceae

(Dogwood) Family.

Identification: Dogwood grows as a shrub or as a

small deciduous tree. The opposite smooth leaves are

oval-shaped and have prominent parallel veins with a

pointed end. Leaves are deep green on the upper sur-

face and a velvety white on the underside and are 2 to

5 inches (5 to 12.5 cm) long. Their veins curve under as

they approach the leaf margins. White or pink flowers

appear in April or

May. The flowers

appear before the

leaves. The small Medicinal Use: The fruit, leaves, bark, and root blooms are at the bark are used medicinally.

center of four Malaria and Fever Reduction: The bark of dog-

showy,

creamy wood trees contains quinine, useful in treating ma-

white bracts that laria. The tea also induces sweating, which cools the

appear as petals. body.

Small red drupes

form containing Wound Care and Sore Muscles: For cuts,

one or two seeds burns, and other skin wounds, try a poultice made Dogwood Leaves, KENPEI, CC by SA 3.0

each.

from dogwood leaves. It is an anti-inflammatory and

an analgesic.

Edible and Other Use: The fruits can be eaten if

cooked. Peeled and chewed dogwood twigs make a Dogwood Bark Decoction is useful for easing the pain good toothbrush and help whiten teeth.

of sore muscles. Rub the decoction into sore muscles

or use it on sore joints.

Hardy Kiwi,

skin and sweet flavor. The plants are either male or fe-

male. The small white flowers appear in May.

Actinidia arguta

Edible Use: The hardy kiwi fruit has a flavor like the

true kiwi fruit, only sweeter. It can be eaten whole, with

The hardy kiwi is a perennial fruiting vine that is no need to remove the peel.

known for its vigorous growth and ability to withstand

the cold. It is also known as baby kiwi, arctic kiwi, cock-

tail kiwi, or kiwi berry. It is a popular cultivated fruit.

It is in the Actinidiaceae (Chinese Gooseberry) Family.

Identification: The plant is a deciduous twinning

vine with a woody stem. It easily climbs to heights of

25 to 30 feet (7.6m to 9.1m), but can reach much higher

if sufficient support is available.

The oval leaves are 3 to 5 inches (7.5 cm to 12.5 cm)

long. The leaves are bright green with reddish stems

and the fruits can be brown, green, or reddish. The

fruits are similar in size to a large grape with a smooth

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It is usually consumed raw, but is also used for jams and chutneys.

Medicinal Use: Hardy kiwi fruit contains many beneficial vitamins and antioxidants that protect the body from disease. Unless otherwise noted, eating the fruit provides the beneficial effects.

Cancer: These kiwi fruits provide protection against

and treatment for cancer. They are particularly effec-

tive for treating cancers of the stomach, intestines, co-

lon, and breast. Eat a serving of kiwi fruit daily. Eating

too many may cause a laxative effect.

Constipation: Kiwi has a laxative effect when eaten

Hardy kiwi, Björn Appel, CC by SA 3.0

in excess and makes a good treatment for constipation. people with iron deficiency anemia. The vitamin C in-Eat a large serving of the fruit to relieve constipation.

creases the absorption of iron.

Irritable Bowel Syndrome (IBS): The protec-

Boosts the Immune System: Hardy kiwis boost

tive nature of kiwi on the digestive tract is a great help the function of the immune system and help prevent for people who suffer with IBS. It helps restore normal the common cold and other related illnesses, especially bowel movements and calms inflammation of the in-in children. This effect is probably due to the high con-

testinal tract.

centrations of vitamin C; however, other protective

Insomnia and Sleep Disorders: The hardy compounds may also be involved.

kiwi is rich in serotonin and other compounds that are High Blood Pressure, Cholesterol, and Tri-beneficial to an uninterrupted sleep. It helps with in-

glycerides: The protective nature of hardy kiwi ex-

somnia and increases beneficial REM sleep. Insomni-

tends to the cardiovascular system where kiwis prevent

acs can simply include a serving of hardy kiwi in their or lower high blood pressure, prevent blood clot for-daily diet.

mation, and help cholesterol and triglyceride levels. It

Anemia: The hardy kiwi is a rich source of both iron protects the cardiovascular system and reduces the and vitamin C, making it a good dietary source for threat of heart attacks and cardiovascular disease.

Hawthorn,

bloom in May. Its numerous flowers are usually white

and less than 1 inch (2.5 cm) in diameter. The calyx has

Crataegus monogyna

5 lobes and five petals. Small berries ripen to a bright

deep red color or sometimes even black. The berries

Like its family members in the rose and apple family, are edible and have a sweet-sour flavor that is often hawthorn is both nutritious and medicinal. They also cooked with sugar.

share the long woody thorns that can be quite painful

The leaves are alternate, serrated and ovate, 2 to 3

if not avoided. The hawthorn

inches (5 cm to 7.5 cm) in length, and can be

bush, also called the May-

lobed or sharply cut with teeth. They

tree or thorn-apple, is a de-

are dark green with bluish-green ba-

ciduous member of the

ses and vary in size and shape. The

Rosaceae (Rose) Family.

entire tree rarely reaches 30 feet (9.1

Identification:

Haw-

meters) and may be much smaller. It

thorn can grow as a thorny

is covered with sharp thorns that grow

bush or a tree. I often find it

up to 2 inches (5 cm) in length.

along sunny paths in the

Edible Use: The fruit are edible raw or

woods and it is often planted

cooked, but are more pleasant when cooked

on parking strips in towns. White, red, or pink flowers

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Hawthorn works best for people who do mild aerobic exercise (always talk to a doctor first.)

Irregular Heart Rhythms: People who take hawthorn for heart related problems report a significant decline in heart palpitations.

Atherosclerosis: Hawthorn helps open up the blood vessels and increase blood flow, which relieves or reduces the symptoms of atherosclerosis.

High Blood Pressure: Hawthorn berries, flowers, and leaves are all effective at reducing diastolic blood

pressure. Hawthorn must be used regularly over a

number of weeks to see results.

High Cholesterol: People who take hawthorn ber-

EugeneZelenko, CC by SA 3.0

ries have a reduction of LDL (bad) cholesterol and

as a jam or jelly. They can be dried and ground for add-

overall cholesterol levels. It also has a beneficial effect

ing to breads. Young shoots are good eaten raw. The on triglycerides, liver cholesterol, and loss of body fat.

dried leaves make a pleasant tea and the seeds can be Overall Health Tonic: Hawthorn berries are anti-roasted and used as a coffee substitute. Use the flowers inflammatory and contain powerful antioxidants that as flavoring for syrups and puddings.

remove free radicals that cause damage in the body.

Medicinal Use: Hawthorn has many medicinal These two properties are extremely beneficial in main-uses, but its value for heart patients is its most signifi-

taining health and preventing chronic disease in the

cant. For heart patients, it is usually taken daily as a tea body. Hawthorn berry protects the body from oxida-or tincture and is considered a very safe herb. Long tive stress, kills off many strains of bacteria, and pro-term, consistent use is necessary to get the benefits. tects the organs.

People who do not like the tea or tincture can use haw-

Immune System: The antioxidants in hawthorn

thorn powder in a capsule. The berries, flowers, and help boost the immune system and eliminate toxins leaves are all used medicinally.

from the body. Additionally, hawthorn contains high

Hawthorn for Your Heart. Heart Failure: amounts of vitamin C, which improves the ability of Hawthorn is a common herbal go to for heart ailments. your white blood cells to fight infections.

People who follow a daily regimen of hawthorn along Improved Digestion, Intestinal Infections: with moderate exercise and a good diet do very well. Hawthorn tea improves the digestive process. It helps Editor's Note: Heart failure is a serious condition and reduce constipation, bloating, and cramping along should not be self-treated. Please see your doctor and with treating intestinal infections and parasites such as follow his or her advice.

tapeworms.

Heart Disease: Hawthorn has many beneficial ef-

Skin Conditions: Hawthorn berries can be used

fects for the heart and treats multiple causes and symp-

topically to relieve skin conditions like eczema and

toms, including: lowering blood pressure, improving psoriasis. The anti-inflammatory properties help re-heart rate, cardiac output, and tolerance for moderate lieve swelling, rashes, itching, and help wounds heal.

exercise.

Malaria and Other Fevers: The bark of the haw-

Angina Pectoris: Angina is caused by decreased thorn tree is an astringent and provokes sweating. This blood flow to the heart and can be a symptom of heart property makes it useful in treating fevers from ma-disease. Treatment with hawthorn is effective in pre-

laria and other causes.

venting and treating the underlying causes and the

symptoms. It dilates the blood vessels, improving Harvesting: Collect flowers and leaves when availa-blood flow to the heart and the rest of the body. ble and dry in a dehydrator on low or hang to dry. Collect fruit when ripe for drying. Fruit needs to be pierced

or halved for drying and will take longer to dry. Dry the Recipes. Hawthorn Berry Tincture: You'll fruit on a dehydrator on low or in the oven at the lowest need: 1-pint (500ml) fresh hawthorn berries, 80 proof

*setting. Store dried fruit, flowers, and leaves in sealed or higher vodka, brandy or other alcohol*and a sterile containers in a cool, dark, and dry place.*

glass jar and tight-fitting lid. Place the berries in a ster-

Warning: Hawthorn is usually well tolerated, but it ile glass jar up to 1/2 inch (1.25 cm) below the rim.

does have side effects in some people. These include Cover the berries with 80 proof vodka and cover with stomach upset, sweating, fatigue, nausea, dizziness or a tight-fitting lid. Allow the berries and alcohol to steep agitation. Serious side effects include shortness of for 6 to 8 weeks in a cool, dark place. Shake the jar breath, allergic reactions, heart irregularities, and daily. Filter the berries out and place the alcohol in a mood swings. Consult with a medical professional be-clean glass jar. Label and date the tincture.

*fore taking hawthorn, especially if you are taking any *Apple cider vinegar can also be used, but the tincture medications.*

will not be as potent, nor last as long.

Honey Locust,

Gleditsia triacanthos

Honey Locust is a deciduous tree that is in the Faba-

ceae family. It is also known as the Thorny Locust. It is

a native to eastern and central North America. The

leaves turn a brilliant yellow in autumn. Honey locust

is most commonly found on moist, fertile soils in up-

land woodlands, rocky hillsides, old fields, river flood-

plains and rich, moist bottomlands.

Identification: Honey locusts can reach a height of

nearly 100 feet (30 meters) and grow quickly. Honey and strap-like pods 6 to 16 inches long (15 to 40 cm) locust trees are prone to losing large branches in wind-and 1 to 1 1/2 (2.5 cm to 3.75 cm) inches wide.

storms. They are armed with thick-branched thorns up They are dark brown at maturity, pendulous and usu-to 3 inches (7.5 cm) long. The bark is blackish or gray-

ally twisted or spiraled, with a sticky, sweet, and flavor-

ish-brown in color, with smooth, long, plate-like ful pulp. The seeds inside the pod are beanlike and patches of bark separated by furrows.

about 1/3 to 1/2-inch (0.8 cm to 0.75 cm) long. The

Its sharp thorns grow on the main trunk and at the ba-

trees flower in May to June and bear fruit in September

ses of the branches. One-year-old twigs have single to October. The pods sometimes remain on the tree spines, but older branches have spines arranged in through February.

clusters of three. The spines grow from the wood and Edible Use: The seeds and seedpods are edible. The decrease in number as the tree ages. Young spines are young seeds taste like raw peas. You can roast the seeds green, but they mature to red, brown, or gray.

as a coffee substitute. The pulp of the young seedpods

Its leaves are deciduous, alternate, pinnately or bipin-

is sweet and can be eaten raw or made into a sweet

nately compound and are 4 to 8 inches (10 cm to 20 drink. As the seedpods mature the pulp turns bitter.

cm) long. They often have 3 to 6 pairs of side branches; Medicinal Use: The prominent medicinal proper-with pairs of shiny, dark green leaflets. The small nu-

ties of Honey Locust are as an anesthetic, antiseptic,

merous flowers are greenish yellow and hang in clus-

anti-cancer, and as a digestive.

ters. They are 2 to 5 inches (5 cm to 12.5 cm) long, ei-

ther staminate (male) or pistillate (female) borne on Cough, Colds, and Sore Throats: An infusion separate trees. However, each tree will have a few per-made from honey locust bark and roots treats colds

fect flowers (male and female). The flowers have a and coughs. The inner bark is useful for treating sore pleasant fragrance. Fruits of Honey locust are flattened throats.

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Anti-Cancer Strain the alcohol through a fine sieve or a coffee filter Treatment: The to remove the leaves and spines. Store the extract in a leaves, inner bark, cool, dark place for up to 7 years.

and spines of the Honey Locust Seedpod Powder. To prepare

honey locust tree seedpod powder, the pods must be boiled, soaked, and

are all effective the seeds removed. Then dry and grind the pods.

against the growth

of cancer cells. Use Bring a pot of water to a boil and add the pods. Turn the leaves and in-off the heat and soak the pods for at least 4 hours, or

ner bark to make overnight. Split the pods lengthwise and remove the an anti-cancer de-seeds. Discard the seeds. Chop the pods into small

coction that inhib-

pieces. Dehydrate the pod pieces at low heat (135 de-

its the growth of grees F). Grind the dried pods in a coffee grinder or cancer cells.

mortar and pestle until you have a fine powder.

Honey Locust Thorns, Greg Hume, CC by SA

3.0

Smallpox and

Measles: The seedpods are valuable in the treatment

of smallpox and measles. Add enough water to 1/2 tea-

spoon of Honey Locust Seedpod Powder (see recipe be-

low) to make a thick syrup or use the seedpod pulp

fresh.

Indigestion and Whooping Cough: Honey Lo-

cust Bark Infusion is used to treat both indigestion and

whooping cough.

Recipes. Honey Locust Extract: 1 1/2 pints

(750ml) honey locust leaves and spines, crushed, 1-

quart (1 Liter) of 80-100 proof vodka. Place the honey

locust leaves and spines in a quart (1 Liter) jar, filling it 3/4 full. Fill the jar with the vodka or other suitable drinking alcohol. Seal the jar tightly. Place the jar in a warm, sunny spot, like a windowsill, and let the herbs marinate for 4 to 6 weeks, shaking every day or two.

Honey Locust Tree by, Famartin, own work

Horse Chestnut,

Aesculus hippocastanum

Horse chestnut is also known as a conker tree, Horse chestnut is a large deciduous tree and is a member of the Sapindaceae (Soapberry) Family. It is often used as an ornamental tree in parks and landscaping.

Identification: Horse Chestnut is a large tree reaching 50 to 75 feet (15 meters to 22.8 meters) when mature, and is often as wide as it is tall. Beautiful clusters of white flowers with a yellow splotch of color in their center cover the tree in early to mid-May. The

William N. Beckon, CC by SA 3.0

yellow color slowly changes pink-red as the bloom matures. Flower clusters are 5 to 12 inches (12.5 cm to 20 cm) across with 20 to 50 flowers in each cluster. Leaves are palmately compound with 5 to 7 oval leaflets. Leaflets are doubly serrated and 4 to 10 inches (10 cm to 25 cm) long, and the entire leaf is 12 to 24 inches (30 cm to 60 cm) long. The trunk and branches develop exfoliating bark as the tree matures, with outer bark peeling away to show the orange bark below.

Each flower cluster produces one to five fruits. The

fruits are about 2 inches (5 cm) in diameter and are

covered with a light green spiny shell that turns brown

as the nuts mature. The spiny shell contains one or two

Solipsist, CC by SA 2.0

nut-like seeds. Each glossy brown seed is 1 to 2 inches

(2.5 cm to 5 cm) in diameter with a light-colored scar C hronic Venous Insufficiency: Horse chestnut at the base.

is used as a treatment for venous insufficiency; use

Edible Use: Horse chestnuts are not edible. The carefully dosed seed tinctures. Medicinal preparations seeds are slightly poisonous and cause illness when can be made at home but should be used with care, eaten.

starting at low doses and increasing slowly as impli-

cated.

Lowers Blood Sugar: Horse chestnut lowers

blood sugar and can be beneficial for people with dia-

betes when used carefully and blood sugar is closely

monitored. Monitoring is necessary for anyone taking

horse chestnut because hypoglycemia can result from

overdosing. There are better choices.

Varicose Veins: Horse chestnut seed is a treatment

for varicose veins. It reduces pain and swelling in the

legs and strengthens the veins.

Harvesting: Only harvest nuts that have dropped to

the ground and released their seed. Nuts that are still

on the tree are not mature.

Medicinal Use: Horse chestnut is a tonic that is

used specifically to treat vascular system problems. It Warning: The horse chestnut is known to be mildly helps control varicose veins and hemorrhoids, and it toxic, but carefully prepared seed extracts are safe improves the general tone of veins. Used both topically when used properly. Do not use on children, during and internally.

pregnancy, or while nursing.

Use cautiously with people taking blood-thinning

medications. Monitor blood sugar levels closely, espe-

cially when beginning treatment or when increasing

dose.

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Juniper, Juniperus spp . Anti-Bacterial and Anti-Fungal Properties: Juniper berry is an effective treatment against many

Juniper is usually a small shrub, growing between 2 to bacterial strains, both gram-positive and gram-nega-20 feet (6 meters) high, and found throughout the tive. These include common bacteria such as E. coli, Northern Hemisphere. It is a member

of

the Staphylococcus aureus, pneumonia, gonorrhea, and

Cupressaceae (Cypress) Family.

antibiotic-resistant bacteria. It is also a

strong internal and external anti-

Identification: The shrub has

fungal.

reddish-brown bark that peels off in

papery pieces. The leaves are nee-

Skin Infections, Irrita-

dles, tapering to a spiny point, in

tions, and Wounds: A

whorls of 3, with white bands

mixture of Juniper Essential

down the center. Cones ap-

Oil in lard or a carrier oil is used

pear on short stalks. The

to treat skin infections and

MPF, CC by 2.5

berries are small, round to

wounds.

oval and up to ½ inch (1.25 cm) in diameter. Berries Edema (Dropsy).
Juniper Infusion treats edema.

are green when young and purple-black when mature.

They take up to 3 years to ripen, so both green and ripe Anti-Inflammatory, Antioxidant, and Anti-berries are often on the same shrub. Each berry usually Aging: Juniper berries are high in antioxidant and has three seeds.

anti-inflammatory properties. Antioxidants neutralize

Edible Use: Use crushed berries in cooking to flavor free radicals, which are responsible for cell damage meats and sauces. Juniper berries are used as a flavor-and aging that leads to the development of diseases like

ing for gin. The berries can be used either dried or cancer, arthritis, fresh, and crushing them releases their bitter flavor. and heart disease.

The astringency is strongest in fresh berries and de-

They also help

clines with drying and storage.

keep the skin

healthy and fight

Medicinal Use: Juniper berries for medicinal use the fine lines and can be incorporated as a flavoring in cooking or taken wrinkles that re-as an infusion. The needles are also medicinal and, un-

sult from aging.

like the fruits, can be gathered year-round.

Respiratory

Heartburn, Indigestion, and Flatulence: Ju-

Issues: Juniper

niper berries are a bitter astringent that improves di-

needles can be in-

gestion. The bitters cause saliva, digestive enzymes, fused in water and stomach acids to increase, which aids in the diges-and the steam in- Ripe and unripe berries on the same bush, Pt, CC

tion of food and helps with flatulence and gas. Use Ju-

haled to relieve by SA 3.0

niper Infusion, Juniper Oil, or eat dried, crushed ripe respiratory issues and to clear mucous.

juniper berries.

Harvesting: Pick only the ripe, dark-blue berries

Diuretic: Eating juniper berries relieves bloating. It and lay them out to dry. As they dry, they lose some of increases urine output and relieves water retention their blue color and turn blackish. The berries contain caused by injury, inflammation, or excess sodium in the most oil just as they begin to ripen, so use them the diet.

fresh whenever possible.

Bladder and Urinary Tract Infections: Be-

Warning: Excessive consumption may cause kidney

cause of its diuretic action, juniper helps flush out tox-

irritation. Use Plantain leaf or Mallow root to help

ins and bacteria in the urinary tract, which helps pre-

minimize kidney irritation. Juniper berries should not

vent urinary tract infections. It also clears uric acid, be used by pregnant or nursing women. Diabetics and helping gout, and helps clear the bladder and prostate. people with bleeding disorders should avoid Juniper.

It should also be avoided after surgery.

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Meadowsweet,

These chemicals give the plant additional medicinal

properties, including pain relief, fever reduction, and

Filipendula ulmaria

use as an anti-inflammatory.

Colds and Flu: The anti-inflammatory, analgesic,

Meadowsweet is a perennial shrub known for its sweet and antipyretic (fever-reducing) actions of meadow-smell and medicinal uses. It is also known as queen of sweet make it an effective supportive treatment for the meadow because of its ability to take over a low-colds and the aches and pains of the flu.

lying meadow and as meadwort due to its use in flavor-

ing alcoholic beverages. It is in the Rose Family, and is Use the buds and flowers to treat most symptoms, but native throughout Europe and Western Asia, and nat-the roots are best for treating respiratory symptoms

uralized in Eastern North America. It likes damp soil.

such as coughing, wheezing, and hoarseness.

Indigestion and Peptic Ulcers: Meadowsweet

is a digestive treatment for acid indigestion and for

peptic ulcers. It protects the lining of the stomach, dis-

courages inflammation, and promotes healing when

used properly.

For stomach upsets, indigestion, nausea, and peptic ul-

cers use the ground root. It can be taken in capsules, as

a tea, or as a tincture.

Meadowsweet also has antibacterial properties known

to be active against the bacteria Helicobacter pylori.

Overuse can irritate the stomach lining and allow ul-

ceration to begin, so it must be used wisely.

Photo by Hans Hillewaert, Own work, CC BY-SA 3.0

Identification: Meadowsweet grows up to 4 feet

(1.2m) in height. The flowers are a creamy pastel yel-

low or white and have an almond-like scent. It blooms

from June to August. Its pinnate leaves are alternate

and have 5 to 7 serrated leaflet blade pairs with a ter-

minal leaflet.

Edible Use: Meadowsweet buds and flowers are

used as a flavoring for stewed fruit, jams, vinegar,

wine, and beer. It has a mild almond flavor. The leaves

can also be used as a stewing herb. The entire plant is

Photo by Christian Fischer, Own work, CC BY-SA 3.0

often dried for use as a potpourri.

Medicinal Use: The buds and blooms are most of-

Joint Pain and Arthritis: Meadowsweet has

ten used medicinally, but the leaves are also valuable been used as a treatment for joint pain for hundreds of for medicinal use and the fresh root is sometimes years. It gives temporary relief from the swelling and ground and used. This plant contains chemicals that pain, while also healing the connective joint tissue.

are similar to salicylic acid and are used to create ace-

Bacterial Infections, UTIS, Skin Infections:

tylsalicylic acid, a synthetic chemical known as aspirin. Meadowsweet works against E. coli, Staphylococcus aureus,

Staphylococcus

epidermidis,

Proteus

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vulgaris, and Pseudomonas aeruginosa. It also inhib-

can be used as a disinfectant for wounds and skin dis-

its the growth of Helicobacter pylori.

eases and infections.

Warning: Patients with Aspirin or sulfite sensitivity Anti-coagulant – Blood Clots: Meadowsweet should not use meadowsweet. Patients with asthma has heparin, which is an anti-coagulant. Its highest lev-should use with caution. Do not use meadowsweet if els are in the seeds, and flowers may also be used.

you are pregnant or breast-feeding. Do not use mead-

Meadowsweet Tea: 1.5 to 2 grams of dried mead-

owsweet if you are taking anticoagulant drugs,

NSAIDS, or any herbal remedies with blood-thinning owsweet herb, 1 cup boiling water. Pour the boiling wa-properties. Overuse can cause GI bleeding. The plant ter over the dried herbs and allow it to steep for 5 to 7

minutes. Strain the tea and drink 1 cup, 3 times daily.

Sweeten with honey if desired.

M oringa oleifera,

Drumstick Tree

Moringa oleifera is commonly known as drumstick

tree, horseradish tree, benzoil tree, or ben oil tree. It is

an extremely useful tree because of its healing proper-

ties, nutrition, and for the oil produced from the seed

pods. This deciduous tree is very fast growing, going

from a seedling to maturity in a single year. The roots

taste like horseradish and the leaves are eaten as a

green vegetable. It is also useful for water purification.

Moringa oleifera, CC3.0, http://www.cropsforthefuture.org

The plant is now widely cultivated in the tropical and

subtropical areas of the United States and is often bark is whitish-grey in color and surrounded by thick grown in greenhouses in cooler areas. It is the only ge-cork. Young shoots have a purplish or green-white

nus in its own family, the Moringaceae. It is native to hairy bark. Branches are drooping and fragile, while India.

leaves are feathery and tri-pinnate. Asexual flowers ap-

pear within the first 6 months of planting. They grow

Identification: Mature trees reach a height of up to in thin, hairy stalks in drooping clusters. Each flower 40 feet (12.1 meters) if not pruned and have a trunk di-is approximately 1/2-inch (1.25 cm) long and 3/4-inch

ameter of 1 1/2 feet (0.45m). Most growers trim the (1 cm) across. Five yellowish-white petals of varying trees back to a maximum of 6 feet (1.8 meters), so that sizes surround the fragrant center. In cool regions, the leaves and seed pods are easily harvested. The tree flowers appear between April and June, but in warm regions flowering happens twice a year or year-round

when the weather is hot without significant cool tem-

peratures. Fruit pod production usually occurs in the

second year and increases in the third year. The seed

pods hang from the former flower clusters, forming a

three-sided brown pod of 10 to 20 inches (25 cm to 50

cm) in length. Each seed is approximately 1/3 to 1/2

inch (0.8 cm to 1.25 cm) in diameter with papery wings

that aid dispersion. Moringa propagates easily from

seed or cuttings and the germination rate is high when

planted in well-drained soil.

Edible Use: Moringa leaves are cooked and eaten as

a green. In areas where nutrition is poor, moringa is

Moringa oleifera leaves, Obsidian Soul, CC3.0

often used as a seasoning for rice or other foods. The

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dried leaves are sprinkled on top of the food at every

meal to add vitamins.

Medicinal Use: Moringa is reported to reverse or

cure many different health problems, especially those

caused by environmental pollution and toxins. It is

also highly effective for diseases caused by poor nutri-

tion, as it is high in vitamin and mineral content.

Nearly every part of the plant can be used medicinally.

Anti-Inflammatory, Anti-aging, and Anti-

oxidant: Moringa has earned the nickname "the mir-

acle plant" due to its ability to fight inflammation and

Drumstick Tree Flowers, Venkatx5, CC3.0

the effects of aging, including age-related eye prob-

lems.

Treats Skin Problems: Moringa contains natural

Diabetes: Moringa consumption has a positive effect antibacterial, antifungal and antiviral compounds that on insulin when eaten with a high-carbohydrate, low protect the skin from infections. Moringa oil works fat meal. It helps control blood sugar levels.

well for these purposes and is effective at reducing in-

flammation and treating acne, skin infections, gum

Detoxing the Body and Improving Diges-

disease, dandruff, abscesses, and eliminating viral

tion: Moringa is helpful for a wide variety of medical warts, athlete's feet and jock itch. It also helps soothe conditions due to its anti-inflammatory properties and and heal wounds, bites, and burns. Applied regularly, purifying effects. Moringa is useful for the treatment of the oil hydrates the skin and eliminates dry, itchy cancer, stomach ulcers, liver disease, urinary tract in-patches.

fections, edema, and kidney disease. It is also helpful

in the treatment of problems with the digestive tract, Stabilizes the Nervous System and Im-including diarrhea, constipation, and fungal infections proves Brain Health: Moringa's high levels of like Candida.

tryptophan help stabilize nerve and brain function and

increase the production of serotonin. It is used for

Moringa oil is especially beneficial to liver function and mood swings, insomnia, fatigue, and depression.

helps the body rid itself of heavy metals and other tox-

ins.

Water Purification: Moringa seeds can be used to

purify water. Heavy metals, toxins, and salts in water

Joint Problems and Arthritis: Arthritis and bind to the moringa seeds and remove them from the other joint problems are improved with daily use of water. The seeds also have antibacterial, antiviral, and moringa. It is highly effective at reducing inflamma-antifungal effects. Reportedly, only 1/2 gram of ground

tion, and its readily available vitamins and minerals moringa seed is needed to purify 1/2 gallon (2 Liters) help rebuild joints and stop further

damage. People re-of contaminated water

port that pain is reduced within 2 to 4 weeks with daily

use.

Oregon Grape,

shrub that grows 6 feet (1.8 meters) high. It is in the

Berberidaceae (Barberry) Family. M. nervosa

Mahonia (Berberis)

(Dwarf/Dull Oregon grape or Cascade barberry) has

the same medicinal properties. It is found in forests in

aquifolium

the Pacific NW of North America.

and M. nervosa

Identification: Their leaflets look a lot like holly:

dark green, spiky, leathery and shiny. They are com-

pound pinnate leaves; each pinnate leaf is about 12

Tall or Shiny Oregon grape (M. aquifolium), also called inches (30 cm) long with 7 to 9 leaflets. The small yel-mountain grape or Oregon grape holly, is an upright low flowers are grouped in a raceme at the tips of 247

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branches and produce dark bluish-purple berries when Cardiovascular Disease: The berberine in Ore-mature. The fruit grows in small clusters like grapes.

gon Grape root is an ACE inhibitor. ACE inhibitors

Edible Use: The small purplish berries are edible,

although they are very tart and contain large seeds.

They are sometimes used to make jelly and wine. Its

flowers are edible.

Medicinal Use: The root of the Oregon grape is

used for medicinal purposes. It contains berberine, an

alkaloid that is antifungal and antibacterial. It is yellow

in color and helps regulate blood sugar and metabo-

lism, lower cholesterol, is a neuroprotective, works

against parasites, is anti-cancer, is an ACE inhibitor,

and is used for Type 2 Diabetes. I use Oregon Grape widen blood vessels increasing blood flow.

root often as it grows in my backyard and is such a ver-

Anti-Cancer: Oregon grape helps treat cancer via

satile plant.

inhibition of tumor growth. It can be used in conjunc-

Cleans and Stimulates the Liver, Gallblad-

tion with modern therapies. It has a similar effect as

der, Spleen, and Blood: Oregon Grape stimu-

Metformin (it activates AMPK - AMP activated protein

lates the liver and the secretion of bile, and helps with kinase).

non-alcohol induced fatty liver. It also cleans the Parasites: Oregon grape root is a good internal anti-blood, gallbladder, and spleen. It alleviates the

microbial. It works well for giardia. It

symptoms caused by weakness in

targets protozoans as well as

these organs, including headaches,

worms.

digestion problems, and accumu-

lated toxins.

Harvesting: For the best medicine,

I prefer to use roots from mature plants

Anti-bacterial, UTIs,

that are at least a year old. I look for older

Staph, Strep: Oregon

plants that have attained their full height

Grape Root is an antibacte-

and have produced fruit. Harvest the roots in

rial and helps urinary tract

the late fall, digging up the entire root system and then

infections, bladder infections, lung infec-

replanting the crown roots and any other unused

tions, staph, strep, MRSA, and more.

pieces to grow again.

Digestive Disorders: Oregon grape root tea is ex-

Warning: Not for use during pregnancy or nursing

cellent for digestive problems including dysentery, di-

due to berberine. Limit usage of the berries to reason-

arrhea, and gastritis. It also helps balance intestinal able servings and be careful not to over-consume.

flora.

Recipes. Oregon Grape Root Tea. 1/2-ounce

Skin Conditions, Wound Care, Anti-Fun-

Oregon grape root, dried and crushed, 1-quart (1 Liter)

gal: Oregon grape root works both externally and in-

water. Combine the

ternally to treat skin conditions like acne, boils, root and water in a wounds, psoriasis, eczema, herpes, and fungal condi-pot with a tight-fit-

tions.

ting lid. Bring to a

Lowering Blood Glucose Levels: The berber-

boil and turn the heat

ine in Oregon Grape root has similar effects as the drug down to a slow sim-Metformin, which is used for Type 2 Diabetes.

mer. Simmer the tea

for 10 to 15 minutes.

Strain out the root.

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Quaking Aspen,

Populus tremuloides

Quaking aspen belongs to the Salicaceae (Willow)

Family. It is a deciduous tree native to cooler regions

of North America. It is also known as trembling aspen

and American aspen, It's one of several species re-

ferred to as aspen. The tree is named quaking because

of its flexible flattened petioles, causing its leaves to

shake in the wind. The leaves turn bright yellow in au-

tumn.

Identification: Quaking aspen is a native tree that

usually grows 20 to 50 feet (15 meters) high with a Rheumatoid Arthritis: Quaking aspen bark con-rounded crown.

tains anti-inflammatory and pain-relieving properties.

Its lateral roots may extend out over 100 feet (30 me-

This is a powerful combination for treating rheumatoid

ters), and an aspen grove may all be clones of the orig-

arthritis. It can be used externally on a painful joint, as

inal. The bark is usually whiteish in color and is often well as internally.

peeling and thin, becoming thicker and furrowed with Chilblains, Wounds, and Hemorrhoids: age, especially toward the base of this tree. Its leaves Quaking Aspen Bark Infusion is a good external treat-are simple, deciduous and are broadly ovate to nearly ment for chilblains, wounds, and hemorrhoids. Appli-round. They are usually 1 1/2 to 3 inches (7.75 cm to 7.5 cation to the skin reduces swelling, increases blood cm) long with small rounded teeth on the margins. flow, and disinfects the wound. For an infected wound, Leaves are dark green and shiny on top and

apply a poultice made of crushed roots to the wound

pale green on the underside. The male

and hold in place with a clean cloth.

flower (staminate) and female flowers (pis-

tillate) are on separate trees. Flowers of each

Respiratory Problems, Coughs, and

type are borne in hanging catkins.

Fevers: For coughs, colds, congestion, and other

The small fruits are narrowly ovoid to

respiratory problems, try an infusion of quaking as-

flask shaped capsules that are nearly

pen bark. It treats coughs and congestion because of

2/10 to 3/10 inches (0.5 cm to 0.75 cm)

its anti-inflammatory properties. It also effectively

long. They split to release the seeds. Each seed

reduces fevers.

has a tuft of long, white, silky hairs that are

Menstrual Problems and Meno-

easily blown by the wind.

pause: For menstrual problems and meno-

Edible Use: Like many inner barks,

pause, try a combination of quaking aspen and

quaking aspen can be dried and ground

black cohosh. The two together act to relieve

into a powder that is added to flour. It

pain and cramping, hot flashes, moodiness,

can be eaten raw or cooked in moderate

night sweats, headaches, heart palpitations, vag-

amounts and makes a good thickener for

inal dryness, and mental fog. They balance the hor-

soups and stews. The sap can be tapped and

mones and normalize menstrual cycles. Do not use

used for drinking or as a flavoring. The catkins

Black Cohosh for treatment of women with endometri-

can be eaten raw and cooked.

osis.

Medicinal Use: It is used to treat wounds, skin Harvesting: Always be careful when harvesting problems, and respiratory problems and is valued for bark from trees. Bark taken too liberally kills the its antiseptic and analgesic properties.

branch or, if taken from the trunk, it can kill the tree.

Only remove a side branch from the tree, then remove

the bark and dry it for later use.

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Red Alder, Alnus rubra

Red Alder is a distinctive tree native to the northwest coast of North America. It is a deciduous broadleaf member of the Betulaceae (Birch) Family and gets its name from the distinctive rusty-red coloring that develops on the bruised or scraped bark.

Identification: Red Alder grows quickly and usually grows 25 to 50 feet (7.6 meters to 15 meters) high. Trees that grow in the forest develop a tapered trunk

that extends up to a narrow and round shaped crown,

while trees growing in the open have a broad cone-

shaped crown and can be scrubby.

Its broad alternate leaves are greyish underneath and

bright green on the top. They have an oval-shape and Fevers, Headaches, Arthritis Pain: Red Alder pointed tips. The coarsely toothed edges curl down-bark contains a painkiller that works like aspirin to re-

ward and are a distinguishing trait. Its veins form a duce fevers and relieve pain.

ladder-like pattern.

Insect Bites, Poison Oak, Rashes, Eczema,

Flowers develop as female or male clusters. Female and Other Skin Irritations: For skin irritations, flowers are on woody brown cones, while male flowers bites, swellings, eczema, and rashes, use a Red Alder are long, drooping reddish catkins. The oval-shaped Bark Infusion or poultice directly on the skin. The red female cones are just under an inch (2.5 cm) long and alder soothes the skin, relieves the pain, and reduces produce 50 to 100 seeds that look like a narrow, swelling and inflammation.

winged nut.

Lice,

Sca-

Edible Use: The catkins of red alder trees can be bies, and

eaten raw or fresh. They are rich in protein and nutri-

Mites: To get

ents, and although rid of lice, sca-

they are bitter I bies,

and

have gotten used mites, boil the

to the taste. The inner bark and

inner

bark

is leaves of the

sometimes dried red alder in

and

powdered, vinegar and al-

and used as a flour low it to cool. Red Coloration on bark, Walter Siegmund, CC by to thicken soups Massage into 2.5

and sauces. The the affected areas. It kills them and eliminates the sap of the red al-problem.

der has a sweet fla-

vor. Collect in late Tuberculosis: Red alder decoction has been tradi-winter and con-

tionally used to treat tuberculosis, lymphatic prob-

sume raw.

lems, and syphilis.

Walter Siegmund - Own work, CC by 2.5

Medicinal Use: Harvesting: Collect red alder leaves during the An extract or decoction of the dried bark is used in summer and use fresh. Collect the bark in the spring most cases. The bark contains salicin.

when new growth is occurring. Choose a young

branch, about 2 to 3 years old. Remove the branch

Diarrhea and Indigestion: A Red Alder Bark from the tree and remove the outer and inner bark. Dry Decoction relieves indigestion, calms the stomach the bark for future use. Fresh bark can cause vomiting muscles, and treats diarrhea.

and stomach upset; only use dried bark.

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Recipes. Red Alder Decoction: 1 ounce of Red heat. Bring the mixture to a simmer. Simmer the herbs Alder Dried Bark, 1-pint (500 ml) (2 cups) of Water. until the water has reduced by 1/4 to 1/3, leaving 1 1/3

Crush or grind the dried bark into small pieces. Place to 1 1/2 cups of liquid. Cool the decoction and strain it in a non-reactive pot with the water over medium out the bark. Store in the refrigerator for up to 3 days.

Red Elderberry,

Sambucus racemosa

Red Elderberry is also known as a scarlet elder, stink-

ing elderberry, and bunchberry elder. It is native

throughout North America, Europe, and temperate

Asia. It is in the Adoxaceae (Moschatel) Family and

grows very quickly.

Identification: Red elderberry is a deciduous shrub

that grows in milder climates along rivers and in for-

ests. It appears treelike when mature, growing up to

nearly twenty feet (6 meters) in height. The branches Spit the seeds out for safety. Cooked red elderberries of the red elderberry are often broad and tend to arch have a bitter taste and pungent odor, so it is best to mix outwards from the center of the plant. The branches the berries with other fruits or sweeten them with are soft to the touch and pliable, with a pithy center honey while cooking. The flowers are dried and used to and a bumpy jointed surface. The oval shaped com-make wine and can be cooked and eaten in modera-

pound green leaves cluster along the branches, grow-

tion. Dry the flowers before cooking. Do not eat any

ing outwards from the base in groups with 3 to 7 leaf-

other parts of this plant as they have cyanide-produc-

lets per cluster. Leaflets are toothed and lance-shaped. ing toxins.

The growing season of the Red Elderberry begins in the I use the stems to make fireblowers as it is easy to clean early months of spring and, once blooming, generates out their pithy center. They are also used for making numerous tiny off-white flowers in pyramid-like clus-instruments, like flutes.

ters during the spring and summer months. Clusters of Medicinal Use. Fever Reduction, Cold fleshy, drupe fruit grow bright red and occasionally Remedy, and Laxative: Tea or thin syrup made purple during these months. The foliage has a potent by boiling red elderberries and consuming the liquid odor, which is the source of one of the Red Elderberry's works as a tonic for colds, fevers, and also as a laxative.

nicknames, the stinking elderberry.

Strain out the seeds and drink the liquid fresh after

cooking. The tea causes the body to sweat, which cools

the body. Healing compounds in the berries ease the

symptoms and help the body heal faster.

Boils, Abscesses, and Skin Infections: The

leaves of the red elderberry draw out fluid and pus

from boils and abscesses, helping to reduce swelling

and relieve pain while encouraging healing. Apply

bruised fresh leaves as a poultice. External use only.

Warning: Red elderberry berries are toxic when raw

and can cause upset stomach and indigestion; how-

Edible and Other Use: The berries are edible ever, they are safe and edible when cooked and de-when cooked and are used in jellies, syrups, and pies.

seeded. The leaves, shoots, and roots are considered

toxic and should not be eaten, even after cooking.

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Red Mulberry,

barbecue and smoking meats. It adds a smoky flavor

that is sweet and mild.

Morus rubus

Medicinal Use: The leaves, fruit, and bark all have

medicinal value. Use the fruit and leaves during the

The deciduous thornless red mulberry tree grows to 50 summer months when they are readily available and feet (15 meters) high. I had one near my house where I switch to bark tea during the winter when the trees are grew up in New England and have cultivated one bare.

where I now live in the PNW. They are native to East-

ern North America. They are in the Moraceae (Mul-

berry) Family.

Identification: The heart-shaped leaves are alter-

nate and approximately 3 to 6 inches (7.5 cm to 15 cm)

long and 2 to 5 inches (5 cm to 12.5 cm) wide. They are

broadly cordate with a notch at the base and a pointed

tip. Most leaves on mature trees are unlobed but leaves

on young trees often have 2 to 3 lobes with a serrated

margin. The leaves have a rough upper surface while

the underside is covered with soft hairs. The leaf peti-

ole secretes a milky sap when cut or injured. The flow-

ers are small, yellow-green or red-green, with male and

female flowers usually on separate trees. The flowers

open in the early spring as the leaves emerge. The

trunk is covered with dark brown bark that is scaly or Heart Disease:
Mulberries are beneficial for the sometimes smooth.

heart. They reduce inflammation in the arteries and

veins, lower cholesterol, and lower the risk of heart dis-

ease. Eating the berries or drinking the wine, in mod-

eration, confers all the benefits.

Alzheimer's Disease and Parkinson's: Eating

mulberries regularly protects the brain from inflam-

mation and its effects. They reduce chronic inflamma-

tion and slow down the disease process.

Urinary Tract Problems: Mulberry Leaf Tea is a

potent weapon against urinary tract infections and

other problems. The leaves are anti-inflammatory and

anti-microbial. Combined with their healing proper-

ties and superior nutrition, the leaf tea resolves the

problem quickly.

Ringworm: Ringworm responds well to the applica-

tion of mulberry sap taken from the cut leaf petiole.

Apply the sap directly to the affected area as needed.

Diabetes: The leaves and bark of the red mulberry

Edible Use: You can eat mulberries both raw and tree help reduce blood sugar levels in diabetics and in-cooked. They are most often used to make pies, pas-

crease the production of insulin. They also protect the

tries, and jellies, but I like them raw. They also make a heart, liver, and kidneys from damage by the disease.

very nice sweet fruit wine. The dried wood is useful for Use leaf or bark tea.

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Salal, Gaultheria shallon

Salal is also known as Oregon wintergreen, and is in

the Ericaceae (Heath) Family. Commonly found in the

Pacific Northwest of North America, it likes a warm,

moist climate. It holds great medicinal value, but is

known mostly for its use in floral arrangements. I love

snacking on the berries as I wander through the woods.

Identification: Salal grows between 2 to 10 feet

(0.6m to 3 m) tall and has dark green leathery leaves

that are thick, shiny, and waxy on top.

This evergreen shrub produces white, rose, or pink

clusters of small flowers that look like urn-shaped

bells. The flowers are slightly sticky and hairy. They

Salal Flowers, by Walter Siegmund, CC by SA 3.0

give way to berries that are red, purple, or dark blue in Skin Treatments, Abrasions, Burns, and color and covered in tiny hairs. The plant grows in lush Wounds: For skin treatment, make a poultice with thickets, preferring sunny areas with moisture and powdered leaves or wash the skin with an infusion good drainage.

made from crushed leaves. Allow the infusion to dry on

Edible Use: The berries are sweetest in the fall, after the skin or leave the poultice in place for 20 minutes or the first frost, but are edible throughout the summer more, as needed.

and fall. They are quite tart, similar to cranberries or Chronic Skin Problems: Eating a handful of blueberries but with a mild flavor. Berries

are eaten Salal berries daily is helpful for chronic skin problems.

fresh but can also be cooked. The flavor can vary from The berries increase blood circulation to the skin and plant to plant, so if you don't like them, try the next help the skin to heal.

plant over. Lemon juice seems to brighten the flavor

greatly. The berries can be dried for future use.

Anti-diarrhea, Gas Pain, Colic, Digestive

Medicinal Use:

Ailments: For digestive ailments, try Salal Leaf Tea.

Both the berry and the leaf are use-

The tea is safe for children and can be given as needed

ful for medicine. The leaves are astringent in nature.

or 2 to 3 hours after a meal for gastric distress. Give the

Strengthens the Immune System: Salal has an tea frequently to treat diarrhea, until symptoms are astringent effect that helps treat infections of all kinds. gone.

It is also a strong anti-inflammatory and contains tan-

Dry Cough: An infusion of Salal Leaf Tea treats a

nic acid and many vitamins and anti-oxidants. It can raspy, dry cough in children and adults.

Respiratory Problems: Salal Leaf Tea is a good

choice for respiratory problems, including tuberculosis

and colic

Heartburn: Heartburn can be relieved by chewing

the leaves or by taking Salal Leaf Tea as need to relieve

symptoms.

Obesity and Appetite Suppressant: Chewing

the young leaves acts as an appetite suppressant and

helps aid weight loss.

Bladder Inflammation: Salal leaves help reduce

inflammation and relieve infections in the urinary

Salal Berries, by Darren Giles [CC BY-SA 3.0]

strengthen the immune function and speed healing.

tract, particularly the bladder. In most cases, Salal Leaf first frost, but can be eaten throughout the fall. Pick the Tea taken several times a day will solve the problem.

entire stem of berries and place in a basket. Remove

Reduces Inflammation and Promotes the berries by pinching them off the stem instead of pulling. The berries can be crushed and dried for future

Health: The flavonoids and anti-oxidants in salal use. Gather healthy green leaves from spring to sum-berries are anti-inflammatory and help boost the im-

mer. Cut the stems and bundle them together with a

mune system. They promote health and help prevent rubber band or string and hang to dry in a cool, dark disease. Eat the berries and drink Salal Leaf Tea for op-place. When the leaves are dry and crumbly, remove

timal health.

them from the stems and store them in a sealed glass

Relieves Insect Stings and Bites: For reducing jar for future use. They will remain medicinally active the pain and inflammation of insect bites make the for several years if stored properly.

powdered leaves into a paste and apply it directly to the Warning: The leaves are considered safe, but should affected area. This is a good remedy when Plantain not be consumed in excess.

(Plantago spp.) isn't available.

Recipes. Salal Leaf Tea. Ingredients: 5 to 6

Reduces the Effects of Aging: Salal berries are dry leaves or 1 Tablespoon crushed leaves, 1 cup boiling filled with vitamins and antioxidants that

reduce free water. Pour the boiling water over the dry leaves and radical damage and the effects of aging.

steep for 20 minutes. Strain out the leaves and drink as

Harvesting: Berries are best gathered in the fall needed.

when they turn deep blue. They are sweetest after the

Sassafras,

Sassafras albidum

Some believe sassafras to be a cure-all, others value the

tree for its flavor and calming aroma. Sassafras is a de-

ciduous tree native to North America. It is famous for

its aroma and brilliant displays of color in autumn,

when the leaves turn yellow, orange, deep red, and

even purple before they fall. Sassafras has many uses

including traditional root beer. The wood is used to re-

pel insects much like cedar is used. It is in the Laura-

ceae (Laurel) Family.

Identification: Most parts of the sassafras tree will

give off a faint citrus smell when crushed. However, if 7Sassafras, by Wowbobwow12, CC by SA 3.0

you pull a sassafras shrub up by the root, you will get a Edible Use: Nearly every part of the tree is useful for whiff of old-fashioned root beer.

Sassafras can be iden-food or medicine. The powdered leaves of the tree are

tified by its unique leaf characteristics. Each leaf can used as a thickener and flavoring. The flavor is both have anywhere from a single lobe up to five lobes, all earthy and spicy, and is similar to coriander seed. The occurring on the same tree. The most recognized shape most famous use of sassafras root is in traditional root of a sassafras leaf is the two or three-lobed leaves that beer recipes. However, the use of sassafras root was look like a mitten. Sassafras blooms in early spring, banned in 1960 by the Food and Drug Administration with groups of little yellow flowers that grow 1-2 inches after studies found safrole, the chemical component of (5 cm) long. In the fall, sassafras yields small berry-sassafras root, to be a possible carcinogen and linked

sized blue drupe fruit, with a fleshy outside and a small safrole use to higher rates of cancer and liver damage seed inside. The fruit is a favorite snack of deer and with extended use. It is considered safe for short-term other wildlife.

use only with proper dosage.

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Medicinal Use: The leaves, root bark, and mucilag-

hour. Shampoo the hair thoroughly to remove the oil,

inous pith from the tree are used medicinally.

then use a nit comb to remove the dead lice and nits.

Skin Inflammations and Irritations: Make a Arthritis and Anti-inflammatory: Sassafras thick mucilage from the pith of the sassafras tree for root bark works well to reduce joint pain and inflam-the treatment of skin irritations and inflammations mation throughout the body.

and apply it directly to the wound. Alternately, a poul-

Harvesting: If you can find a downed Sassafras tree

tice made from bruised fresh leaves can be applied to after a storm, harvest the roots then. Roots peel more large areas or the leaves can be rubbed onto itchy bug easily in the winter and early spring. Or harvest one in bites and small irritations.

the shade where it won't likely thrive. Harvest the bark

Heals Wounds: For wound healing, apply a poul-

in spring and leaves when they are green.

tice made from the fresh, crushed leaves and cover it Warning: Safrole can cause liver damage, is a car-with a clean cloth to keep it in place. The sassafras cinogen, can cause stomach upset, vomiting, increased leaves stimulate the flow of blood to the area and blood pressure, hallucinations, and death. It should speeds healing. The poultice also relieves the pain.

not be used by pregnant or nursing women. There are

Headaches and Menstrual Pain: The pain-re-

safrole-free sassafras products that are safer to use.

lieving properties of Sassafras Leaf and Root Bark Tea Some people are allergic.

are helpful for headaches and many menstrual symp-

Recipes. Extracting Sassafras Oil for Exter-

toms including cramping, bloating, and heavy bleed-

nal Use. A large piece of sassafrass root, water. Dig

ing.

up a large piece of sassafras root, at least two inches (5

Kidney Problems, Swelling, and Fluid Re-

cm) thick and as long as possible. Clean the root, then

tention: Sassafras Leaf and Root Bark Tea is an ex-

peel off the bark. Keep the root bark. Allow the bark

cellent diuretic, and helps flush toxins from the body.

shavings to dry. Place the dried bark in a pot of sim-

mering water and allow it to simmer for 4 to 6 hours.

Dental Care: A sassafras twig makes a great tooth-

The oil will be released from the bark. Allow the water

brush. The twig not only leaves behind a pleasant fla-

and oil to cool undisturbed in the refrigerator over-

vor and clean teeth, but it also has anti-microbial and night. Skim off the oily layer on the top of the water.

anti-inflammatory benefits.

This oil is very potent, dilute it before use and do not

Lice Treatment: Sassafras Oil (see below for rec-

take internally.

ipe), diluted with a carrier oil, is used to get rid of head Sassafras Root Tea: Sassafras root tea is prepared differently than most teas. Sassafras roots, small pinch

of salt, optional and water. Pot with a lid. Clean the

roots with a brush under running water to remove all

dirt. Place the sassafras roots in the pot and cover with

cold water, filling the pot about 3/4 full. Add a small

pinch of salt. Use more roots for a stronger tea or more

water for a weaker tea. Make a weak tea if you have not

had it previously. Put the water and roots on high heat

until it comes to a boil, then turn down the heat. Keep

the roots at a high simmer until the water turns a deep

red color. This may take a few hours. Turn off the heat

and cover the pot with a lid. Allow the tea to steep for

5 to 10 minutes while it slowly cools a little. Strain the

Sassafras male and female flowers, by Ittiz, CC by SA 3.0

tea and drink hot, as it takes on a more bitter flavor

lice. To use this treatment, add 1/4 teaspoon of sassa-

when cool. The tea can be refrigerated and reheated for

fras oil to ½ cup of warm coconut oil. Mix and apply to later use. Sweeten the tea with raw honey, if desired.

the scalp. Cover the head and wait 30 minutes to 1 Use with care (see warning section).

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Saw Palmetto,

Serenoa repens

Saw Palmetto, a fan palm, grows in the Southern At-

lantic and Gulf Coast areas of the USA. It grows in

dense thickets of low-growing plants from 2 to 10 feet

(0.6 to 3m) tall. It is in the Arecaceae (Palm) Family.

Identification: The light green or silvery-white saw

palmetto leaves form a rounded fan containing ap-

proximately 20 leaflets. The petiole (leaf stalk) is cov-

ered with sharp teeth or spines, hence its name. The

petioles can grow 2 to 3 feet (0.6m to 0.9m) long.

Leaves are 2 to 3 feet (0.6m to 0.9m) across and are

divided into leaflets that are 2 to 4 feet(0.6m to 1.2m)

long. Small flowers are yellow-white on densely cov-

ered compound panicles up to 2 feet (0.6m) long. Saw

palmetto fruit is a large reddish-black drupe when ripe.

Ted Bodner, CC by 3.0

Berries about 1 inch (2.5 cm) in size appear at the end stomachaches, indigestion, and dysentery. It has both of the summer as green to brown berries, ripening to a sedative and diuretic properties.

purple-black color.

Prostate Problems: Saw Palmetto is used for

Edible and Other Use: The heart is edible raw or prostate swelling, prostate cancer, and other prostate cooked as is the ripe fruit, which is described as having problems. It is a safe treatment for men with mild to a blue cheese-like or soapy flavor. To access the deli-moderate Benign Prostatic Hyperplasia. It improves

cious heart cut the trunk and peel away the outer husk. the need for frequent urination.

The new shoots are also edible. The palm stems/stalks

are used for cordage (rope) and basketmaking.

Increased Libido and Delayed Menopause:

Saw palmetto has long been believed to increase the li-

bido in both men and women. It is said to increase fer-

tility in women and delay the onset of menopause.

Androgenetic Alopecia (Hair Loss): Saw Pal-

metto berries treat Androgenetic Alopecia in some

people. This is a type of hair loss and baldness caused

by hormone imbalance.

Weight Gain and Failure to Thrive: Saw pal-

metto berries are anabolic, and help increase muscle

mass and aid in weight gain.

Harvesting: Pick the ripe purplish-black berries by

hand in August and September spreading them out to

dry. Store them in a cool, dry, and dark place.

Medicinal Use: Saw palmetto berries are used for Warning: Avoid use of saw palmetto if you have a medicine.

blood clotting disorder, liver disease, or pancreas dis-

order. Do not use saw palmetto if pregnant or breast-

General Tonic, Coughs, and Indigestion: feeding. Saw palmetto increases fertility and makes Try the juice of crushed berries as a general tonic for birth control pills less effective. Do not give saw pal-health. It also relieves even the most troublesome metto to children.

coughs and is an expectorant. It is also used for

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Slippery Elm,

Ulmus rubra

Many people with Crohn's Disease and other digestive upsets feel that Slippery Elm is a miracle herb. After one cup of tea, it is easy to understand the origin of the name; the inner bark makes a thick, slippery mucilage of a tea that you can almost eat with a spoon. Native to Eastern North America, slippery elm prefers moist forests. It is also called Indian Elm, Moose Elm, and Sweet Elm. It is in the Ulmaceae (Elm) Family.

Identification: This deciduous tree grows to be-

tween 40 to 60 feet (12.1 meters to 18 meters). The al-

ternate leaves are oval and approximately 4 to 7 inches Crohn's Disease, Digestive Disorders, (10 cm t0 17.5 cm) long. The leaves have a rough, sand-Leaky Gut, and Diverticulitis: Here is where

paper-like texture on top and are soft and hairy on the slippery elm really shines. People with Crohn's and ir-underside. The edges are sharply double-toothed and ritable bowel disease achieve great relief from Slippery distinctly uneven at the base. The leaves are often red-Elm Bark Tea or Tincture, often describing it as a mir-

dish when emerging from the bud, turning dark green acle cure. It also works for other forms of digestive as they mature, and then a dull yellow in the autumn. problems and stomach pain. It has a calming effect on Flowers are drooping clusters and fruits appear in the digestive tract and helps with leaky gut repair as March to May and are papery, winged, circular, flat, well.

and yellowish-green. Each fruit has one seed about 1/2

inch (1.25 cm) wide and hairless.

Colic: Slippery elm is safe for use with children and is

nourishing. It comforts the digestive tract and soothes

Medicinal Use: The medicinally valuable inner the distress of colic.

bark is white and mucilaginous. I use slippery elm

most often as bark tea, by chewing on a piece of bark, Heartburn and GERD: Slippery elm bark coats or as a tincture.

the esophagus, helping with irritation from acid reflux.

Coughs and Sore Throats, Bronchitis, Pleu-

Urinary Tract Infections: Slippery elm has me-

risy, and Tuberculosis: When the fresh bark is dicinal compounds that release the UTI from the body available, chew on a small piece to relieve a cough or a and help it heal. It isn't antibacterial but helps coat the sore throat. Slippery elm is even used in modern-day urinary tract for healing and to stop bacteria from at-throat lozenges. Slippery Elm Inner Bark Tea will re-

taching.

lieve throat irritation and helps treat respiratory dis-

Boils, Cold Sores, and Cuts: Mix a small portion

eases. It produces mucilage that coats the throat.

of powdered slippery elm bark with a small amount of

boiling water. Allow it to sit for a few minutes to cool

and thicken. Place the thickened paste on boils, cold

sores, cuts, and other skin irritations.

Joint Pain, Gout, Arthritis, and Bruises: The

Slippery Elm Paste described above can be used on the

skin to relieve joint pain and bruises. Slippery Elm Tea

taken internally hastens healing and provides relief

from gout and arthritis pain.

Harvesting: For best results, collect the inner bark

from older trees.

8 Slippery Elm flower buds, Wikipedia Commons

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bark is removed all the way around the tree, it will die.

Once the bark is free, remove the outer bark, keeping

the inner bark that is closest to the wood. Cut the har-

vested bark into small pieces and dry it for future use.

Slippery Elm Bark Tea/Pudding: Combine 1

teaspoon to several tablespoons of ground inner bark

from slippery elm, 1 cup of warm water or milk (al-

mond, coconut, hemp, etc.)

Mix the water or milk with the ground bark and sim-

mer the mixture gently for 10 to 15 minutes. Add less

bark for a thinner drink or more to thicken it to pud-

Remove the inner bark from larger branches as they ding consistency. Flavor it as desired with cinnamon, are harvested from the tree or cut a rectangle of bark ginger, or raw honey.

from the tree without cutting around the tree. If the

Sugar Maple,

Acer saccharum

The sugar maple is a surprisingly healthy tree. Many

people think of sugar when they think of sugar maple

and assume that the sweet syrup is unhealthy. Instead,

the opposite is true and I have used maple syrup as a

remedy when the sap is not available. Maples are in

the Sapindaceae (Soapberry) Family.

Identification: Yellowish-green flower clusters ap-

pear in April or May, growing on umbels. The flowers Sugar Maple Leaves, photo by Superior National Forest [CC BY 2.0]

produce a dry fruit called a samara that contains two

seeds and paper-like wings (like a helicopter) that help Blood Tonic and Diuretic: A tea made from the dispersal. The trunk, branches and leaves produce a inner bark is used as a blood tonic. It helps remove tox-sweet sap, which is tapped, boiled, and concentrated to ins from the body and cleans the blood. It also has di-produce maple syrup.

uretic effects so it should be taken early in the day and

in moderation.

Edible Use: Maple syrup made from

the sap serves as a popular sweetener,

Coughs, Bronchial Congestion: Ma-

but the sap can also be used as a drink

ple Bark Tea, made from the inner bark of

in its raw form. The seeds are edible

the sugar maple, has expectorant properties.

raw or cooked – just remove the

It loosens phlegm in the lungs and helps the

“wings”. Pieces of the inner bark can be

body get rid of it. It makes the cough more

cooked, dried, and ground into flour for

productive and relieves the need for exces-

thickening or mixed with grains for bak-

sive coughing. In addition to the tea, maple

ing. I love the blossoms and young buds of

syrup is soothing on the throat and for coughs.

the Big Leaf Maple (Acer macrophyllum) both

I use it as a base in cough syrups.

raw and cooked. They are one of my favorite sweet

Eye Remedy: Traditionally, a compound infu-

spring greens where I live.

sion of the bark was used as an eye drop to treat blind-

Medicinal Use: The inner bark and sap are the

ness, though a reference for what type of blindness

parts used for medicine.

is not known. The sap is useful to treat sore eyes.

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Osteoporosis: The sap from the sugar maple tree is that help the body deal with the effects of stress and rich in minerals that are necessary for bone health, in-calm the nervous system to reduce depression.

cluding calcium, potassium, and magnesium.

Fights Chronic Inflammatory and Degen-

Gastric Ulcers and Gastric Cancer: Gastric ul-

erative Diseases: Inflammatory diseases such as

cers caused by injury to the stomach lining and infec-

arthritis, inflammatory bowel disease, heart disease,

tion by Helicobacter pylori bacteria sometimes pro-

and many autoimmune diseases are calmed by the

gress to gastric cancer. Both the ulcer and cancer can anti-inflammatory and antioxidant contents of maple be prevented by regular consumption of sugar maple sap. It protects the brain and body from oxidative sap and the sap can heal existing gastric ulcers.

stress, chronic inflammation, and the effects of aging.

Blood Pressure: The high mineral content in ma-

Increases the Effects of Antibiotics: When

ple sap is beneficial for keeping blood pressure levels taken with antibiotics, maple sap enhances the effects regulated.

and seemingly makes the antibiotics more potent. The

Protects the Heart:

combination of antibiotics and maple sap works better

Zinc, potassium, magnesium, and faster than antibiotics alone.

and other minerals that are necessary for healthy heart

function are present in the sap. In addition, maple sap Harvesting Maple: The maple tree makes sugar helps control high blood pressure.

during the summer and stores it in the tree roots in the

Helps Regulate Blood Sugar and Prevent form of starch. During the winter, the tree uses the stored sap to provide energy for the tree. We can "tap"

Diabetes: Maple syrup and maple sap are healthy for the tree to gather that energy for ourselves. In the blood sugar control. They do not raise the blood sugar

as much as other sweeteners and they actually prevent

type 2 diabetes when used in moderate amounts.

Ascorbic acid present in the sap helps increase insulin

sensitivity and stimulates the pancreas to produce

more insulin.

Immune System Support: Regular use of maple

sap stimulates the immune system and helps the body

eliminate harmful microbes. It can also be used when

fighting an infection or when exposed to infectious

agents.

Acne and Skin Blemishes: Maple sap and maple spring, drill a tap hole and insert a spout with a bucket syrup contain antioxidants and anti-inflammatory below for catching the sap. As the weather becomes properties that help heal acne blemishes and prevent warmer the sap will flow from the tap hole into the new ones from forming. Apply maple syrup directly to bucket via the spout. The best time to collect the sap is the infected blemish and leave it in place for 10 to 20 from March through April. The sap can be used fresh minutes. Rinse it away with lukewarm water.

as it is or boiled down to make syrup. It takes about 10

Reducing Stress and Depression: Maple sap gallons (37 Liters) of sap to make a quart (liter) of ma-and maple syrup contain minerals and

antioxidants ple syrup.

Western Red Cedar,

and its bark for basketry, clothing, and rope. At 200

feet (60 meters) tall, there is a lot to admire in the

Thuja plicata

Western Red Cedar.

I always take note when I see one. It is in the Cupres-

Western Red Cedar is an incredibly useful and spiritual saceae (Cypress) Family. It prefers moist soil and tree with a rich history as a building material. Many cooler climates.

people value the tree for its beautiful and useful wood,

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Identification:

For arthritis, a weak tea is prescribed several times a

At up to 200 feet

day until the joint pain is relieved.

(60 meters) tall

Treat Dandruff: For dandruff relief, use a decoc-

and up to 20 feet

tion of the twigs and leaves. It improves the scalp and

(6 meters) in di-

stops the itching and flaking of dandruff.

ameter, this tree

stands out. You

Warts, Fungal & Yeast Infections, and Viral

probably already

Infections of the Skin: Red cedar has strong an-

know if there is

tiviral properties that kill the virus that causes warts.

one in your area. It

Apply a leaf tincture or oil infusion 3 times a day until

is a distinctive ev-

the wart falls off. It also treats fungal infections of the

ergreen with a

skin and nails and other viral infections of the skin. Ap-

wide base, fluted

ply Western Red Cedar Oil directly to the affected area

trunk and gray to

several times a day and continue to apply it for at least

cinnamon-red

a week after all symptoms are gone. Couple this with

bark. The leaves

internal use as a tincture. A brew of the leaves can also

are greenish-yel-

be used as a douche for vaginal infections.

low with flat, op-

posite

scales.

Foot Fungus: For foot fungus, use a salve or soak

Branches are often

your feet in cedar tea. Make your external tea with one

J-shaped curving Abdallahh from Montréal, Canada

cup of red cedar leaves in 10 cups of boiling water. Let

toward the sky. In late autumn, the tree fills with round the tea cool until it is the right temperature for a warm flowers that give the tree a golden appearance, espe-soak. Place it in a basin and soak your feet for 10 to 15

cially when the pollen is released in a thick yellow minutes.

cloud. The flowers become small seed cones with 8 to Stimulates the Immune System: Red cedar 12 scales. Each cone is about 1 1/2 inches (3.75 cm) improves immune function by stimulating white blood long.

cells to fight infection, clean up debris, and attack can-

Medicinal Use: Western red cedar is an antifungal, cer cells.

antiviral, antibacterial, and antioxidant. It has been Respiratory Infections: Respiratory infections used for centuries by Native Americans

and continues readily respond to steam infused with red cedar bark to be used today.

or oil. Cedar improves the blood flow to the lungs and

Treating Skin Problems: Red cedar bark is use-

allows the body to take in more oxygen. Place chopped

ful to treat boils, ringworm, fungal skin infections, cedar leaf in your steam vaporizer and breathe the sores, and swellings. Make the powdered bark into a steam deeply for at least 5 minutes per sitting. Use the paste for application directly onto an infection. You steam up to 5 times daily to clear the respiratory tracts.

can also use dry bark powder to cauterize sores and

stop bleeding. An infusion of the inner bark works as a

wash to soothe irritated skin. A poultice of ground in-

ner bark is useful for carbuncles and boils.

Healthy Tonic: Red Cedar Tea is a good medi-

cine to support the health of the heart and body. I make

tea from the bark and twigs for a good overall body

tonic. Do not use if you have weak kidneys and if it

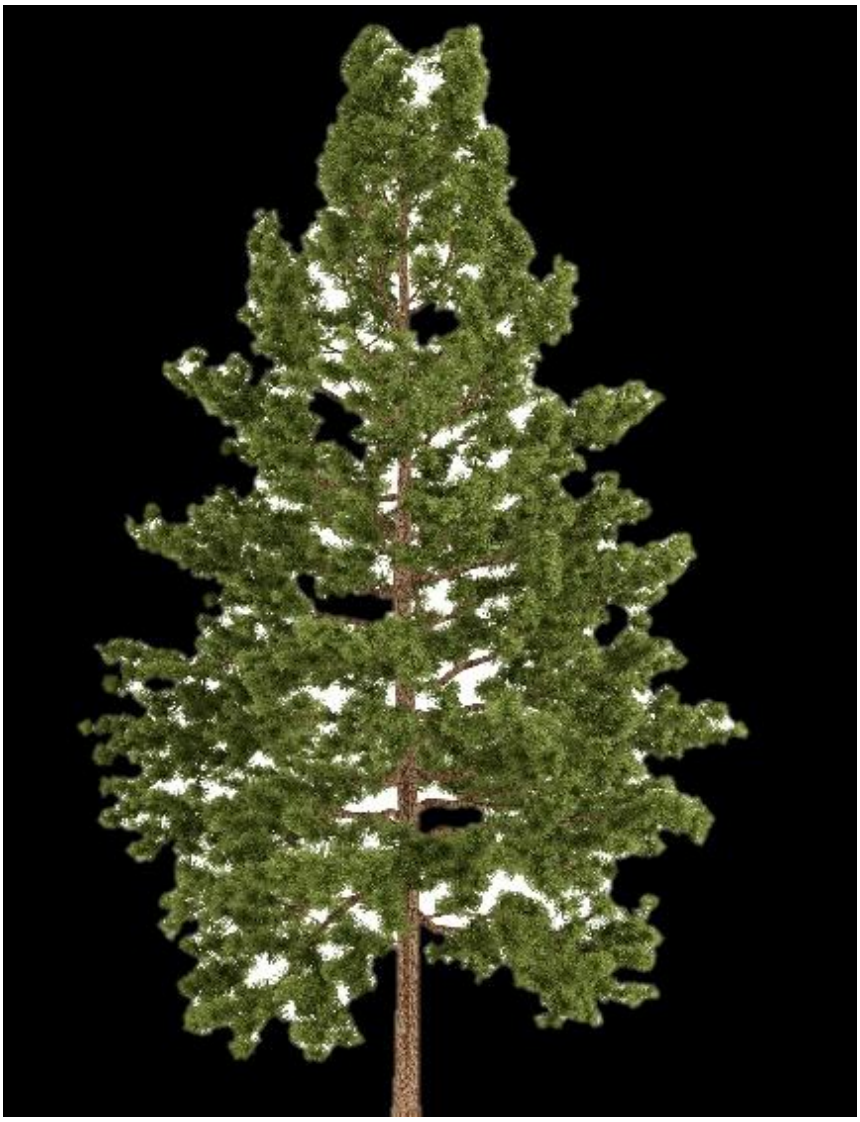
causes stomach upset try a tincture instead.

Reduces Inflammation, Pain, and Swell-

ing: A strong decoction of red cedar leaves applied di-

rectly to the skin helps relieve sore muscles and joints.

Leaves and cones of Red Cedar, Walter Siegmund CC3.0



For sinus congestion or chronic coughs, you may need organic olive oil or coconut oil. Finely chop fresh cedar to steam more often.

leaves and place them in the top of a double boiler. Fill

Harvesting:

the lower pot with water so that the water doesn't

All parts of the tree are useful, includ-

touch the bottom of the top pot. Cover the leaves with

ing the wood, bark, roots, and leaves. The easiest parts olive oil or other carrier oil. Gently heat the oil so that to use medicinally are the leaves and the bark, so I con-it gets warm, but do not boil. Turn the pot on and off

centrate on those. Gather leaves in the late summer or throughout the day to keep the oil warm without excess early fall when the oil content is highest, or as needed heat.

throughout the year. Prune off small branches until

you have the desired amount. Use them fresh or dry Check and refill the water level in the bottom pot them for future use. Crush just before use to release the throughout the day. Heat the oil gently, turning it on oils.

and off for a week or until the oil is dark green and has

a strong cedar odor. Strain the cedar oil through

Warning: Red cedar is strong medicine and should cheesecloth and squeeze the cloth to remove as much be used in moderation and carefully. Do not use red oil as possible. Label and date the oil and store it in a cedar in any form if you may be pregnant. It stimulates cool, dark place.

uterine contractions and could cause miscarriage.

Some people are allergic to red cedar. Skin irritations Western Red Cedar Tea: Ingredients: 1 table-can be severe. Test the oil on a very small patch of skin spoon fresh or dried cedar tea leaves, chopped, 1 cup and check it for a few days before using it on a larger cold water. Put the chopped cedar leaves into the cold area. Use red cedar in low doses and for short

periods water and cover. Allow it to steep several hours or over-of time. Do not use red cedar if you have weak kidneys. night. Drink ¼ to ½ cup, twice a day. Store the remaining tea in the refrigerator.

Recipes. Western Red Cedar Oil: Ingredients:

fresh cedar leaves, finely chopped, carrier oil such as

White Pine,

white pine are in bundles of 5, soft and flexible, 2.5 to

5 inches (6.25 cm to 12.5 cm) long, and are usually

Pinus strobus

bluish-green in appearance. The cones of this plant

are nearly 4 to 8 inches (10 cm to 20 cm) long and

about 1 inch (2.5 cm) thick. They can remain at-

Pinus strobus belongs to the Pinaceae

tached for several months after ripening in the au-

(Pine) Family. It is also known as

tumn of the second season. The small seeds

the eastern white pine, northern white

are dispersed by the wind when the cones

pine, white pine, and soft pine. The

open.

Native American Haudenosaunee

tribe called it the Tree of Peace. It is

Edible Use: The flowers, inner bark, and

a large pine native to Eastern North

seeds are all edible. It is used as a condi-

America.

ment and tea. The dried inner bark can be

Identification:

ground to make a flour. The flour can be

The white pine is

used in baking and as a thickener.

a very large conifer and reaches over

150 feet (45.7 meters) in height and

Medicinal Use: The inner bark, needles,

nearly up to 40 inches (100 cm) in di-

and sap/pitch are used for medicine. The in-

ameter. The trees have tall, cylindrical

ner bark is the most valuable because of its high

stems with pyramidal-shaped crowns, charac-

tannin content and other medicinal qualities.

terized by distinctive, plate-like branching that is espe-

Wounds, Skin Infections, and Swelling: Ex-

cially noticeable as the trees become older. On young

growth, the bark of white pine remains rather thin, ternally white pine is a very useful treatment for vari-smooth, and greenish-brown in color. On older trees, ous skin issues like wounds, sores, burns, boils, etc. It the bark becomes dark grayish-brown in color and is used as a poultice, herbal steam bath, and by putting deeply fissured. The evergreen leaves or needles of the sap/pitch directly on a wound. A poultice or plaster 261

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Best to combine with blue elderberry. It also gives a

good dose of Vitamins A and C.

Sore Throats: Treat sore throats with a tea made

from the young needles.

Harvesting the Seeds and Inner Bark: East-

ern white pine has a fruit that is a large elongated cone.

Harvest the fruit in the autumn as the scales in the

cone begin to open, but before the small winged seeds

have been shed. If you allow the cones to dry, the scales

will open and shed the seeds. For a small quantity of

white pine seeds, the cone scales can be pulled apart to

retrieve the seeds. Store in a dry place in an airtight

container in the refrigerator.

Collect the inner bark in the spring when new growth

Pinus Strobus Cone, Wikipedia Commons

is occurring. Choose a young branch, about 2 to 3 years

is easily made by soaking a piece of inner bark in water old. Remove the branch from the tree and peel off the and applying it to the wound, or an inner bark decoc-bark. Peel off the outer bark and dry the inner bark for

tion can be used as a wash to clean and treat wounds. future use.

For infected wounds, use both. The tannins are astrin-

gent, drawing out the infection and helping the wound

heal. A poultice of the sap/pitch has proven to be effec-

tive in drawing out toxins and reducing pain.

Respiratory Tract Issues, Mucous, Wet

Coughs, Expectorant: The inner bark contains

mucilage and other compounds that relax the mucous

membranes and the openings of the respiratory tract.

It also helps reduce phlegm so that the body can expel

it. If you are seriously congested, add white pine bark

to a steam bath and breathe in the steam. It helps re-

lieve congestion allowing you to breathe easier. Often

used in combination with other herbs. Do not use for

dry coughs.

White Pine Bark, Derek Ramsey, CC by SA 4.0

To Extract Pine Resin:

Arthritis and Joint Pain:

The resin extracted from

White pine pitch/sap pine can be used as water-proofing and building fires, is an effective remedy for arthritis and sore joints. Boil as well as for medicinal use. The resin is a powerful anthe resin in water to make an internal dose and mix the tibiotic. Look for where the tree has been injured or resin with oil or fat to use externally. This mixture is simply collect some that has dripped down, making also good for treating and preventing infections.

sure you leave plenty for the tree. If you are in an area

Worms: Tapeworms, flatworms, and roundworms you go to often you may "wound" the tree and return are supposedly killed and expelled from the body with to collect the pitch later. Ask first.

a mixture of pine tar and beer. I have never used this (I

use more common parasite remedies) but it sure

sounds like a fun cure!

Colds and Flu: White pine needle and bark tea is

used as a preventative and remedy for the cold and flu.

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White Sage,

avoided during pregnancy, then consumed when the

time for delivery is at hand.

Salvia apiana

Coughs and Colds: White Sage Infusion made

from the leaves of the plant is good for treating cold

White sage, also known as sacred sage or bee sage, is and coughs. It has antibacterial qualities that speed an evergreen perennial shrub found in the southwest-healing. Use the leaves in a steam bath to release mu-

ern United States. It is in the Lamiaceae (Mint) Fam-

cus and open up congested airways.

ily.

Identification: This shrub grows to between 4 and

5 feet tall and about 4 feet (1.2 meters) wide. The whit-

ish leaves release oils and resins when rubbed, giving

them a strong scent. White to pale lavender flowers ap-

pear in the spring and bloom through the summer.

They grow on many 3 to 4-foot flower stalks that are

sometimes pinkish in color. The flower petals pucker

back and the stamens dangle on the sides.

Edible Use: The pounded seeds of white sage are

used to supplement flour. The leaves and stems are

also edible.

Medicinal Use: White Sage Infusion is good for

coughs and colds. The seeds are used medicinally to Cleaning the Body and Home: White sage cleanse the eyes.

leaves are used as a form of hair shampoo and for

cleansing. The leaves are crushed in water and then

Childbirth: The root tea of white sage is said to give rubbed into the hair and body. To clean a house or strength and healing during childbirth. The herb is space of negative energy, purify the area by burning a white sage leaf smudge in the space.

White Willow, Salix alba

White willow is a deciduous tree that grows to 90 feet

(27 meters) tall. It grows in moist areas like riverbanks

and low-lying areas. It is native to Europe and Asia.

Most willows can be used interchangeably for medi-

cine. It is in the Salicaceae (Willow) Family.

Identification: The branches are pliable and lean

downward, and the trunk often leans as well. The plia-

ble and leaning branches give this tree a graceful ap-

pearance with flashes of green and white. Willow is of-

ten used for basketry. The leaves are lance-shaped and

pale green. They are covered in white hairs on the top

and bottom of the leaf. The undersides of the leaves are

white, giving the tree its name. Leaves are 2 to 4 inches

(5 cm to 10 cm) long and approximately 1/2 inch (1.25 cm) wide.

Flowers grow on catkins in the early spring, producing male and female catkins on separate trees. Male cat-

White Willow, MPF, CC by SA 3.0

kins are 1 ½ to 2 inches (3.75 cm to 5 cm) long and

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female catkins are a little shorter. In mid-summer, the Menopause and Menstrual Symptoms: female catkins produce small capsules con-White Willow Bark Tea helps symptoms of

taining minute seeds covered in white

menopause and menstruation, including

down. The tree bark is green-brown

night sweats, hot flashes, cramping, and

to grey-brown.

headaches.

Medicinal Use: The bark

Digestive Problems: White Wil-

and dried leaves are used for

low Bark Tea is taken after meals to re-

medicinal purposes.

lieve indigestion. The tea enhances the

Headaches, Fevers, Joint

digestive process.

Pain, and Arthritis: White willow

Warning: Do not use white willow in children

bark has aspirin-like compounds that re-

suffering from low-grade fevers. Do not take white wil-

lieve pain and reduce fevers.

low if you are allergic to aspirin. Do not use long-term.

White Willow Bark Tea works well for pain and fever Recipes. White Willow Bark Tea: 1 to 2 grams relief, as does chewing on the tip of a willow branch. white willow tree bark, 1 cup water. Simmer the tree Unlike aspirin, it doesn't cause gastric damage.

bark and water together for about 10 minutes. Cool,

strain, and drink warm or cold.

Wild Rose, Rosa spp.

There are many varieties of wild rose. All have similar

healing properties. Garden varieties of roses have

some of the medicinal benefits of wild varieties but

have lost some from hybridization. Wild varieties have

strongly fragrant petals and high medicinal content. If

necessary, use whatever rose varieties you have availa-

ble, but the most fragrant have the highest medicinal

activity. They are in the Rosaceae (Rose) Family.

Identification: Unlike most garden roses, wild

roses have only 5 petals, but many stamens. The flow-

ers are a beautiful pink and its compound leaves are

alternate with 5 to 9 toothed leaflets. It has thorns that

Wild Rose, Rosa acicularis, by Walter Siegmund [CC BY-SA 3.0

are wide at the base. The fruit, called hips, are orange sedative, vulnerary (wound-healing), and a rich source to red with attached sepal lobes and have a pear-like of vitamins, especially vitamin C.

shape. It grows in open, dry or moist locations, includ-

ing woodlands, in low to middle elevations and may Cold and Flu Remedy: Roses support the im-form dense thickets.

mune system to help people recover quickly from cold

and flu symptoms.

Edible Use: Roses are well appreciated for their ed-

Use Rose Petal Tea with 1 or 2 teaspoons of added raw

ible use. Rose syrups, jams, and flavoring agents are honey and a squeeze of lemon for coughs, colds, and very popular. Rose hips are nutritious with a tangy, the flu. Infusing rosehips along with elderberries in fruity flavor similar to cranberry. Crushed rose hips brandy makes a great cold tonic, and is one I use at make an excellent Rose Hip Tea. Note that the seed home.

hairs can be irritating both on the way in and on the

way out. The petals are beautiful and tasty in fresh sal-

Asthma and Bronchial Infections: Rose petals

ads.

and hips act as a fever reducer and anti-spasmodic, re-

Medicinal Use:

lieving the bronchial spasms of coughs and asthma and

Roses are antiseptic, anti-inflam-

the muscle cramping and aches that often result. The

matory, anti-oxidant, antiviral, digestive, nervine, antibacterial and antiviral properties help cure the 264

underlying causes of colds and flu. Rose Petal Tea or Rose Hip Tea help treat bronchial infections and congestion.

Relieves Menstrual Problems: Rose petals, hips, and leaves relieve menstrual congestion and pain

while supporting reproductive health.

Use rose petals to help regulate menstruation and bring on delayed menstrual cycles. They are also a good uterine tonic for healing infections, bleeding, and cysts. They soothe and calm the nervous system, easing the tension and pain of PMS and uterine cramping.

Tonic: Rose petals and rose hips are high in vitamin C and also contain vitamins A, B-3, D, and E, along with various minerals, anti-oxidants, and pectin. They are a natural mild diuretic and laxative. These properties and nutrients help the body remove toxins, excess fluids, and drain the lymph nodes.

Lifts the Mood: Roses have a very soothing effect and antiseptic properties make it valuable for these on the nerves and lift depression. Use rose water, rose purposes. Rose hips are a good treatment for diarrhea.

oil, or rose tincture, along with infusions from the petals and hips.

Harvesting: The best time to harvest wild rose petals is in the morning while the dew is still on the roses.

Promotes Circulation: Rose Petal Tea promotes During the spring and early summer, when they have blood circulation and reduces swelling in the capillar-just opened, pick up to 1/3 the petals from each plant.

ies just beneath the skin. Drink the tea and apply rose Leave the stamen and hips on the plant. This way the water to the skin as needed.

bees will pollinate the flowers and the rose hips will

Supports the Liver and Gall Bladder: Rose mature for harvesting later. Harvest the rose hips in petals increase the production of bile, which helps the the autumn when they are fully mature and ripe. Rose body eliminate toxins. It supports the liver and gall leaves can be gathered in spring through early fall. Do bladder and helps in detoxification. Drink Rose Petal not harvest rose petals, hips, or leaves from plants that Tea as needed.

are near the road or that have been sprayed.

Treatment for the Skin: Rose petals are antisep-

Recipes. Rose Petal Tea. Ingredients: 2 to 4

tic, anti-inflammatory, and antiviral. They are an ex-

teaspoons dried, crushed rose petals or 3 to 4 table-

cellent treatment for wounds, bruises, incisions, and spoons fresh and 1 cup boiling water. Cover the rose skin rashes. Wash the area with rose water or Rose petals with boiling water and infuse for 10 to 15

Petal Tea and make a poultice of bruised rose petals to minutes. Take as needed.

apply directly to the affected area.

Rose Oil: There are several ways to make rose oil,

Eye Wash: Rose water is soothing and cooling to the but I like this one for its simplicity. You will need eyes and can be used to treat eye infections and irrita-freshly picked rose petals, organic olive or almond oil,

tions. Make sterile rose water from chlorine-free water ¼ teaspoon vitamin E, and a wide mouth glass jar with for use as an eye wash.

a tight-fitting lid. Fill a sterile wide-mouth jar with rose

petals. Pack them in to completely fill the jar.

Ulcers, Bacterial Infections of the Stom-

ach, Colon, or Urinary Tract: Rose Oil made Cover the petals with a good quality oil. Run a spatula with a suitable carrier oil is used to treat bacterial in-around the inside edge and stir slightly to remove any

fections of the internal organs. Its anti-inflammatory trapped air. Cover the jar with the lid and allow the oil to steep for 2 weeks, shaking daily. Strain the oil

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though cheesecloth to remove the petals. Pack the jar Rose Water: You'll need fresh rose petals, spring again with fresh rose petals and return the oil to the jar water to cover, and a glass jar with a tight-fitting lid.

to repeat the process. After the second steeping, strain Fill a saucepan with rose petals and cover with water.

the oil and add a 1/4 teaspoon of natural vitamin E as Bring the water to a simmer over low heat. Simmer for a preservative. The oil should have a mild rose fra-5 minutes. Allow the rose water to cool naturally, then

grance. Store the oil in a cool, dark place and use it strain out the petals, squeezing to remove all moisture.

alone or to make ointments, balms, and salves.

Pour the rosewater into a glass jar and store in the re-

frigerator.

Witch Hazel,

Hamamelis virginiana

Witch hazel is such a welcome sight in the winter, as its

bright yellow flowers appear in the late fall, and often

until early spring. Hamamelis virginiana is a tall

shrub or a small tree, which is usually 20 to 30 feet (6

meters) high and spread as wide. It is native to Eastern

North America and is in the Hamamelidaceae (Witch

Hazel) Family.

Identification: It is quite easy to identify witch ha-

zel because of its unique canopy-like shape and its

elongated, 3 to 6-inch-long (7.5 cm to 15 cm) alternate bark develops rough patches and becomes scaly as the leaf with a dark green upper layer and a pale-green tree ages.

lower surface. Leaves have coarsely toothed margins. Edible Use: The capsule-like fruit of the witch hazel My favorite way is to look for the plant is to hunt in the tree can be opened to expose the edible nutty seed.

dead of winter. It is usually the only tree blooming.

Mark the location and come back whenever you like.

Medicinal Use: Skin Care: For cosmetics and

skin/personal care products, Witch Hazel Astringent,

The plant grows with multiple trunks and forms a dis-

made from the bark of the tree, works as a skin condi-

organized cluster. It has bright yellow flower with tioning agent that is used as a toner on dry and dam-strap-like petals and becomes leggy when it does not aged skin to restore the suppleness of the skin. It reduces inflammation and irritation and soothes the

skin.

Sore Muscles: Applying witch hazel to sore muscles

relieves pain and inflammation. You can also boil the

bark in water use it in a sauna or steam bath. Add

pieces of bark or small twigs onto hot rocks for a relax-

ing and soothing steam bath.

Colds and Coughs: Witch hazel bark is a tannin-

containing astringent. It tightens the tissues and re-

duces mucous and inflammation from a cold or flu. It

soothes inflamed airways and reduces swelling. Warm

(not hot) witch hazel tea can be applied as a compress

Witch Hazel Flowers, Wikipedia Commons

get enough sunshine. The bark and twigs are usually for respiratory illnesses, including coughs, colds, and light brown and gray, depending on the habitat. The even asthma. Place the compress on the chest and throat and breathe in the vapors.

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Stop Bleeding from Wounds: Apply witch hazel twigs as soon as the tree has flowered. The tonic prop-astringent to bleeding wounds to tighten the tissues erties are strongest immediately after flowering. Re-and stop the bleeding. For large wounds, soak a cloth move leaves and flowers. Chop the twigs into small in Witch Hazel Astringent or Witch Hazel Tea and pieces. Place the chopped twigs into an extra-large cover the wound.

stainless steel or enamel pot. Cover the twigs with one

gallon (4 Liters) of distilled water and bring to a boil.

Hemorrhoids and Other Itching: Witch Hazel Reduce the heat, cover the pot, and simmer the water Astringent reduces the swelling of hemorrhoids and for at least 6 hours, adding water as needed to keep the soothes the

itching caused by hemorrhoids and other twigs covered. You can use a crockpot on medium or skin irritations. To use Witch Hazel Astringent for high for this step if you have one. Allow the mixture to hemorrhoids, soak a soft cloth or cotton pad in the as-cool, then strain the mixture to remove the twigs. Keep

tringent and use it as a poultice. Replace as needed.

the witch hazel refrigerated and use within a few

Other Uses: Some people are able to use a forked weeks. Yields one gallon (4 Liters). For longer-term witch hazel branch as a divining rod to find water un-storage, add 8 ounces (250ml) of vodka or grain alco-

derground. The diviner holds each end of the Y-shaped hol to 16 (500ml) ounces of tonic.

branch, using the tail to point to water. When the ends

are held gently, the divining end points downward to

indicate when water is below

Harvesting: Removing the bark from a witch hazel

tree will kill the tree, so it is important only to collect

branches that have fallen or to prune a branch care-

fully, using sanitized tools. Do not remove bark from

the trunks or main branches.

Recipes. Witch Hazel Astringent: This witch

hazel astringent is much stronger than the store-

bought variety. It contains concentrated tannins and is

for external use only. Best used without alcohol but it can be added for preservation. Collect 1 pound of fresh Witch Hazel Tree, Colorado Food Forrest

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Mushrooms and Lichens

A note on extracting mushrooms and lichens:

Many lichens and mushrooms need to be double/dual-extracted both in water and in alcohol in order to access all of the necessary medicinal compounds. For example, in Reishi (Ganoderma lucidum), the main components with pharmacological activity are polysaccharides and triterpenoids. The polysaccharides (including beta-glucans) extract in water while the triterpenoids, like ganoderic acid, extract in alcohol. Below is a recipe for a double-extraction.

Double/Dual Extraction Method:

Feel free to scale down this recipe for at-home use.

You'll need: 8 ounces (225g) or more of dried mushroom or lichen, 24 ounces (650g) of 80 to 100 proof alcohol (40 to 50 % alcohol), and 16 ounces (500ml) of distilled water.

1. Fill a quart-sized (32 oz – 900g) canning jar half-full with diced dried mushrooms, then fill it to ½ inch (1.25cm) of the top with alcohol. Stir and cap it, shaking it every few days for 2 months. Then strain out the alcohol and set it aside to keep.

2. Make the decoction. Put 16 ounces (0.5L) of water into a ceramic or glass pot with a lid and put the mushrooms into it. Cover and simmer the mixture on low until half of the water has simmered off. This will take a few hours. If the water level drops too quickly, add more so that you can continue simmering your mushrooms.

The end result should be 8 ounces (250ml) of your decoction. Do not boil.

3. Allow the water to cool, and then strain out the mushrooms, pressing them to remove all of the liquid. Mix this water (8 oz –250 ml) and the alcoholic tincture you have set aside (you should have about 24 oz – 0.75L of alcohol tincture) together to create the finished double-extraction. It has a high enough alcohol content (30%) that it should be shelf-stable for

many years, as long as it is stored in a sealed container. The ratio of the alcoholic tincture to the decoction is 3:1.

Chaga Mushroom,

Inonotus obliquus

Chaga mushroom, also known as cancer polypore and

tinder conk, grows on live birch trees in temperate

zones throughout the Northern Hemisphere. It looks

like charcoal bursting from the tree. It grows in the

form of a woody conk. The fungus grows slowly; only

harvest from large growths and leave plenty on the

tree. It is a valuable mushroom for use in treating can-

cer and for immune system problems. It is also an ex-

cellent firestarter.

Identification: Chaga grows almost exclusively on

live birch trees. Tree burls are often mistaken for chaga fungus is black, brittle, and has a cracked appearance.

mushrooms. The burl is an outgrowth of the tree, while The interior is gold-orange, and woody. The gold-orthe chaga mushroom grows inside the tree then bursts ange interior is sometimes visible where the mush-forth from it. There is a distinct difference between the room attaches to the tree. It feels like cork when freshly mushroom and the tree. The outside surface of the cut.

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Medicinal Use: Chaga must be collected

blood sugars in the past or if you

from birch trees, as the relation-

are taking medications to con-

ship between the birch and the

trol blood sugar levels.

parasitic chaga helps form

Ulcers, Ulcerative Coli-

some of the medicinal com-

tis, and the Gastrointes-

pounds found in chaga, like

the terpenes betulin and bet-

tinal Tract: Chaga protects

ulinic acid. Chaga is best

the gastrointestinal tract and

taken as a double-extracted

stops the formation of ul-

tincture to access all of its me-

cers. Its anti-inflammatory

dicinal compounds (see page

effects work well for people

39 or page 268 for the recipe).

with ulcerative colitis.

Cancer Treatment: Chaga

Protects the Liver and Hepa-

mushrooms treat cancers of all types, including Hodg-

titis C: Because of its anti-inflammatory and anti-ox-

kin's Disease. Chaga helps prevent and treat cancer idant properties, chaga is beneficial for most body or-through increased antioxidant activity, by slowing or gans, however it is especially protective of the liver. It stopping the growth of the cancerous tissue and metas-helps the body get rid of toxins, prevents hardening

tasis to other parts of the body, by killing off existing and scarring in the liver, and inhibits the production of cancerous cells and reducing tumors, through boosting chemicals that cause inflammation in the liver.

the immune system, and by helping eliminate cancer It is also effective against Hepatitis C. One of the ways cells from the body.

chaga boosts the immune system is by protecting the

Powerful Adaptogen: Adaptogens help the body liver and activating the white blood cells to destroy for-adapt to changing conditions, increased work, and eign substances in the body.

stress in general. Chaga is a powerful adaptogen that Reduces Fatigue and Increases Physical helps reduce the effects of these stressors on the body Endurance: Chaga helps reduce fatigue in people and improves overall body health. Chaga also has anti-who have low energy levels. It may also boost endur-

oxidant, anti-inflammatory, and anti-viral properties.

ance by lowering lactic acid levels and boosting glyco-

Boosts the Immune System and Anti-in-

gen stores.

flammatory: Chaga mushroom stimulates the im-

Harvesting: The chaga mushroom takes a long time

mune system and helps the body heal itself. It has anti-

to grow to maturity, so only harvest large mushrooms

inflammatory and antioxidant properties that reduce (it grows up to 16 inches (40 cm) in size). Do not har-chronic inflammation in the body and help prevent vest any mushroom that is less than 6 inches (15 cm) further

damage. It is valuable for patients with im-across and always leave enough of the mushroom on

mune system dysfunction and weak immune systems, the tree to cover the opening on the tree where the but it is still unclear if people with autoimmune disor-chaga is growing.

ders should use it due to the way it boosts the immune

system. Until more research is done, best to use the Take care not to damage the birch tree when collecting adaptogenic Reishi mushroom instead.

chaga and only harvest from living trees in a very envi-

ronmentally clean area. It may be collected year-

Anti-Viral, HIV, Herpes, and Flu: Chaga is an round, but it is more potent in the autumn. Using a saw excellent anti-viral. It has demonstrated efficacy or hatchet, remove the mushroom from the tree and against Influenza A and B, HSV (Herpes Simplex Vi-break it into small pieces to dry.

rus), and inhibits HIV protease.

Make sure that there are no tree parts still attached to

Reduces the Blood Sugar: Chaga helps lower the mushroom. If you find tree bark or wood, cut it blood sugar levels significantly and quickly. This can away before drying. Use a dehydrator on its lowest set-be helpful for people with diabetes, but it can also ting, or dry them in a warm, dry place in your house.

cause problems. Monitor blood sugars carefully when Store in a sealed container placed in a cool, dry place.

taking chaga, especially if you have had problems with

Chaga mushrooms must be taken with care for long accumulate. They can also inhibit absorption of some term use. They are high in oxalates, which can cause nutrients. Very high doses may be toxic but it is gener-kidney stones or other kidney problems when they ally considered a very safe herb.

Lion's Mane Mushroom,

Hericium erinaceus

Lion’s Mane is a popular food and medicine through-

out Asia. It is also called bearded tooth mushroom,

bearded hedgehog mushroom, bearded tooth fungus,

and pom pom mushroom. Its strengths lie in healing

the brain and nervous system, but it has many other

useful benefits. It is a powerful antioxidant and anti-

inflammatory.

Identification: Look for lion’s mane mushrooms

around the middle of August through the autumn. encourage regrowth and recovery of nerve function. It They grow on dead and wounded hardwood trees of all slows down and is said to even reverse cell degenera-kinds, but they prefer beech, oak, and maple trees. tion in the brain, which is important in diseases like These fungi look like a clump of white icicles flowing Alzheimer’s, Dementia, Parkinson’s, Multiple Sclerosis downward to a point. Each spine is about ½ inch to 2 and Diabetes, where nerve damage is a primary or sec-inches (1.25 cm to 5 cm) long and is soft and pliable. ondary symptom of the disease. It also increases ace-The spines and spores are white, with the spines turn-

tylcholine and choline acetyltransferase, which are se-

ing yellowish to light pink as they mature. There are a verely depleted in Alzheimer's patients and necessary few mushrooms that are similar to lion's mane in for nerve cell communication.

looks. They are all related and considered edible. One Heals the Nervous System, Stimulates identifying characteristic of the lion's mane mushroom Nerve Growth Factor: The nervous system is im-is the downward growing spines. Coral fungi is similar, portant to every bodily function and causes major but its teeth point upward. You should be careful of problems when damaged. Lion's mane mushrooms your identification when harvesting any wild mush-can speed recovery to damaged nervous system tissue

rooms. Always consult a mushroom expert when you in the brain and spinal cord, and stimulate the repair are unsure.

of damaged nerve cells. Lion's mane has been shown to

Edible Use: Lion's mane mushrooms are edible and stimulate Nerve Growth Factor (NGF), which is im-tasty. The flavor and texture is like crab or lobster. The portant in the repair of the myelin sheath. Studies mushrooms can be eaten cooked, or dried

show great potential for myelination and regeneration

and steeped into a tea.

of nerves. I feel so strongly about the regenerative

properties of lion's mane on the nervous systems

Medicinal Use: I use Lion's

that I use it every day for Multiple Sclerosis.

mane daily as a double-ex-

tracted tincture. It can also be

Protects Against Cancer: Lion's mane

taken as a tea or in powdered

has had good results in treating lung cancer,

form. It seems to work best

stomach cancer, esophageal cancer, liver

with regular use.

cancer, leukemia, cervical cancer, stomach

cancer, skin cancer, colon cancer, and breast

Enhances Brain Function

cancer. I imagine it will be proven to be effective

and Memory, Dementia, Alzheimer's, MS: in treating other cancers as well. It stimulates the im-Lion's mane mushrooms are known for their ability to mune system and helps kill off cancer cells, controls tu-enhance memory, stimulate cognitive function, pre-

mor growth, and prevents cancer from spreading to

vent and treat neurodegenerative diseases, and other parts of the body.

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Supports a Healthy Heart and Improved Strokes, Concussions, and Brain Injuries: Circulation: Lion's mane mushrooms support the Lion's mane is used to prevent strokes and after a heart and circulatory system in many ways. It has been stroke-related injury. Due to its neuroprotective effects shown to lower LDL (bad) cholesterol and blood tri-it can help the nervous system deal with lack of oxygen,

glycerides, improve fat metabolism, and prevent blood blood clots, memory issues, and more. Using it post-clots, reducing the of risk heart attack or stroke. It also concussion makes sense since it is such an excellent increases blood oxygenation and circulation.

healer for the brain and is a powerful anti-inflamma-

tory.

Improves Digestive Health, Ulcers, and Leaky

Gut: Lion's mane mushrooms are beneficial to the

function of the digestive tract and aid leaky gut repair.

It is used it to treat gastric ulcers, gastritis, inflamma-

tory bowel disease, Crohn's disease, and colitis. Its

anti-inflammatory effects provide most of the benefits,

but the mushroom also soothes the gut and encourages

a healthy gut environment. It also reduces intestinal

bleeding and protects against H. pylori.

Reduces Inflammation and Oxidation, Au-

toimmune Diseases: Lion's mane is a powerful

anti-inflammatory, which is useful in the prevention of

most chronic disease, including heart disease, diabe-

Increases Energy, Relieves Fatigue, and

tes, autoimmune diseases, and cancer. It is also an an-

Enhances Athletic Performance: Lion's mane

tioxidant, reducing or preventing oxidative stress on mushrooms are a rich source of antioxidants. They re-the body. Chronic inflammation and oxidation are the duce lactic acid buildup in the blood, increase blood cause of most symptoms of aging and the root cause of oxygen levels and reduce muscle fatigue. They also in-many diseases.

crease glycogen in tissues, providing a source of ready

Anxiety, Stress, Depression, and Mental and sustainable energy for the body.

Health Issues: Lion's mane mushrooms are useful Harvesting: Harvest in late summer and autumn.

in improving a number of mental health issues, includ-

Look for large mushrooms with multiple white spines

ing insomnia, anxiety, depression, and slowing the hanging downward. If they have begun to turn pink, progression of dementia. The mushrooms help regen-they are too mature and will not have good flavor if you

erate brain cells and improve brain function. It is ex-

are eating them. Cut the mushroom from the tree with

cellent for stress and anxiety, and helps with their a sharp knife, avoiding cutting into the wood of the symptoms, such as heart palpitations, irritation, and tree. Leave some behind to establish a new crop for concentration.

next year. Handle them gently.

Enhances the Intestinal Immune System: Warning: Some people are allergic to mushrooms Lion's mane mushrooms enhance the function of the and thus should avoid lion's mane mushrooms as well.

intestinal immune system, helping the body fight in-

Symptoms of allergies can include skin rashes and dif-

fection from bacteria, viruses, yeast, and fungi. It is es-

ficulty breathing or even anaphylactic shock. If you

pecially beneficial in helping prevent infections.

have any burning, itching, swollen lips, or breathing

Diabetes and Neuropathy:

difficulties, consult a doctor immediately.

Lion's mane mush-

rooms have a variety of effects that are beneficial to di-

Recipes. Lion's Mane Tea: Ingredients: ½ to 1

abetics. With consistent use, it lowers blood glucose teaspoon Lion's mane powder, 1 cup water. Bring the levels and improves insulin sensitivity in type 2 diabet-water to a boil and turn off the heat. Put the lion's mane

ics. In lowering blood sugar levels, it helps prevent powder into an infuser or directly into the mug. Pour complications from kidney disease, eye damage, and the hot water over the mushroom and allow the tea to nerve damage in the hands and feet. It also helps re-steep for 10 minutes.

lieve the pain of diabetic neuropathy.

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Lungwort Lichen,

Lobaria pulmonaria

Lungwort lichen is a lobed lichen with leaf-like structures that resemble the human lung. It is known for its use in lung diseases but has many other uses. Lungwort lichen grows in old growth humid forests on conifers and hardwood trees. In its habitat, it is quite common to find the lichen hanging from trees and rocks.

All lichens are organisms that were formed via symbi-

osis. Lungwort is actually a mutualistic relationship

between three different organisms. It consists of an as-

comycete fungus, a green alga, and a cyanobacterium.

(Note this is different that the Common Lungwort

plant, also in this book).

Lungwort Lichen,Bernd Haynold [CC BY-SA 3.0]

Lungwort lichen has high mucilage content and it is

Identification: Lungwort lichen is large lichen with soothing on a sore throat or for laryngitis.

leaf-like lobed structures that measure 2 to 6 inches (5

cm to 7.5 cm) in length. The top of the lichen is bright Antioxidant, Anti-Inflammatory, and Anti-green, while the underside is pale with dark pockets. It Ulcer: Lungwort lichen contains high levels of anti-is leathery in texture with a pattern of ridges and oxidants and anti-inflammatory compounds that work creases on the surface. Its thallus is loosely attached to together to protect and heal the body. Antioxidants the growing surface. Lungwort turns brown when protect the body from free radicals that cause serious dried.

diseases like heart disease and cancer. Free radicals are

also responsible for most of the symptoms of aging. Re-

Medicinal Use: The leaf-like thallus is harvested search on lungwort lichens as an anti-inflammatory and dried for medicine. I use it in its double-extracted, show that, unlike many pharmaceutical anti-inflam-tinctured form (page 39 or page 268).

matories (NSAIDs) it does not cause gastric distress. It

Respiratory Conditions, Asthma, Bronchi-

even showed an anti-ulcer effect and may be useful for

tis, Whooping Cough, Tuberculosis, and ulcerative colitis.

Laryngitis: Lungwort lichen is mostly used to treat Degradation of Prions – Creutzfeldt-Jakob respiratory issues such as asthma, bronchitis, whoop-Disease: Creutzfeldt-Jakob Disease (CJD) is caused

ing cough, and tuberculosis. It is a natural antibiotic, by prions. Prions also cause Mad Cow Disease in cattle and is ideal for treating bronchial and chest infections. and chronic wasting disease (CWD) in deer and elk It is excellent at clearing mucous from the bronchial (note that these are different diseases that CJD). The passages. It reduces inflammation in the airways. fungal part of the lungwort lichen has been shown to degrade prion proteins using a serine protease enzyme.

This is a great find as prions are very hard to kill.

Anti-Bacterial: Staphylococcus, Pneumonia, TB,

and Salmonella. Lungwort lichen contains powerful

antibacterial agents. It is useful for treating staph in-

fections and the bacteria that cause bacterial pneumo-

nia and tuberculosis. It is also effective against Salmo-

nella bacteria.

Digestive Health: Lungwort lichen is an effective

remedy for digestive problems like constipation, stom-

ach pain, indigestion, diarrhea, and bloating. It has

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mild diuretic properties that help remove excess fluid windstorm is a great way to get fresh lungwort lichen from the body. Best used as a tea for digestion.

that has blown down.

Harvesting: Note: lungwort lichen is protected in Warning: Do not use lungwort lichen if you are some areas. Check your local laws before harvesting. pregnant or breastfeeding, as safety is unknown.

Lungwort lichen grows very slowly and will not grow in Recipes. Lungwort Lichen Tea. Ingredients: 1

heavily polluted areas, so it is becoming threatened in

many environments. Harvest it carefully and do not tablespoon dried lungwort lichen, 1 cup boiling water, take the whole plant. Only harvest in environmentally 1 teaspoon raw honey, optional for sweetness.

clean areas. The upper tissue edge must remain on the Pour the boiling water over the herb and let it steep for tree to regrow the lichen. Use a knife to slice off the 15 minutes. Strain and add raw honey, if desired.

outer lobes of the lichen, leaving the upper tissue at-

Lungwort Tincture: Please follow our guide for a

tached to the tree. You do not need a large amount. Dry double-extraction like the one on page 39 or page 268.

the lichen and store it in a sealed glass jar with a tight For most of the ailments above I use a dual-extracted lid. Place the jar in a cool, dry place. Gathering after a tincture of Lungwort Lichen.

Reishi Mushroom,

Ganoderma lucidum

The reishi mushroom is found on dead or dying trees,

old stumps, and logs. They are quite easy to distinguish

if you know your mushrooms well. They are also called

ling zhi, the mushroom of immortality, and varnish

conk, as they look like they have been painted with a

clear coat of varnish or clear nail polish. Many places

cultivate reishi for commercial use.

Identification: Always consult with an expert be-

Reishi Mushrooms, photo by Eric Steinert [CC BY-SA 3.0]

fore using any mushrooms you find growing wild, Edible Use:

though reishi mushrooms don't have any poisonous

While reishi mushrooms are technically

look-alikes. The cap of this polypore mushroom is fan edible when cooked, they have a bitter taste and are or kidney-shaped, red to reddish-brown, and has a wet, very tough, so they are rarely eaten. They can be used varnished look when young. This shiny, reddish, bright to season soups and are then strained out.

yellow or white cap is the first identifying feature of Medicinal Use and Adaptogenic Herb: I pri-reishi mushrooms. As they age, they become tougher, marily use reishi mushrooms in their double-extracted turn more of a reddish-brown, and the spores drop. tinctured form (page 39/268) to make available both These spores can end up on the top surface of the the water-soluble and alcohol-soluble components. If mushroom, making the cap lose its shiny luster. The you are only consuming reishi as a tea or a tea/cof-pore surface on the underside of the mushroom bruises fee/hot chocolate-mixture you are missing out on a lot brown. The cap can grow to be a foot across and up to of the medicinal compounds. I take my reishi tincture 2-inches (5 cm) thick. It may be attached to a stem, but every day. It is an excellent adaptogenic herb. Adap-not always. New growth appears along a whitish edge. togens help our bodies deal with the negative aspects The underside of the cap does not have gills. Instead, of stress, such as inflammation, hormonal imbalances, tiny brown spores come out of tiny pores on the under-increased cortisol levels, fatigue, and low energy levels.

side. When stems are present, they are 1 to 6 inches They help with quality of sleep, adrenal fatigue, and (2.5 cm to 7.5 cm) long and almost 2 inches (5 cm) with immune function.

thick. They can be twisted or irregular, angling to one side of the cap. Like the cap, they are varnished and colored.

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Anti-Inflammatory Properties, Autoim-

Anti-Microbial, Anti-Fungal, Anti-Bacte-

mune Diseases, and Leaky Gut: Reishi mush-

rial, and Anti-Viral: Reishi has anti-microbial,

rooms are a powerful anti-inflammatory both inter-

anti-fungal, anti-bacterial, and anti-viral effects. It reg-

nally and externally. When applied topically, it relieves ulates immune system activity and helps the body heal.

inflammation better than over the counter and many These properties work together to help the body heal prescription steroid treatments. Because many auto-from wounds, infections, and diseases. It has been

immune diseases are inflammatory in nature, reishi shown to be antiviral for HIV, HPV, herpes simplex 1

mushrooms are being used to slow or reverse the dis-

and 2, and influenza. It demonstrates antibacterial ac-

ease process. It also has immune modulating effects. I tivity against Streptococcus, Staphylococcus, Salmo-take it daily, along with Turkey Tail and Lion's Mane nella, Bacillus (one of which causes anthrax), E. coli, Mushroom Tinctures, for Multiple Sclerosis and be-and Micrococcus. It also works well for Urinary Tract

lieve that it greatly helps my condition. It is also indi-

Infections.

cated for Lupus, Myasthenia Gravis, Hashimoto's Thy-

Liver Function, Hepatitis, Hormone Bal-

roiditis, Crohn's, Inflammatory Bowel, Ulcerative Co-

litis, Guillain-Barre, Rheumatoid Arthritis, Psoriasis, ance, Acne, PCOS, and Prostate: Reishi mush-Vasculitis, and Celiac Disease. It has been shown to rooms have healing effects on the liver and help it re-have neuroprotective effects and is also good for treat-

lease toxins that reduce its function. The mushrooms

ing Leaky Gut, a common cause of inflammation and also speed up regeneration of healthy liver cells and immune response. Note that the anti-inflammatory promote overall liver health and whole-body vitality. It properties in reishi (triterpenoids) are not water-solu-has shown great efficacy in the treatment of hepatitis.

ble.

Through its help with liver function, hormones are bet-

ter broken down and metabolized and hormonal bal-

Anti-Aging and Anti-Oxidants: Reishi mush-

ance is restored. It may be helpful for acne treatment,

rooms are rich in antioxidants, which relieve oxidative prostate health for men, and for women with PCOS due stress in tissues and prevent age-related stress in the to its anti-androgenic effect.

liver and body. It also has neuroprotective effects

and is recommended for people with Alz-

Seizures, Convulsions, and Restless

heimer's and other nervous

Legs Syndrome: Reishi mushrooms have

system diseases.

been successfully used to relieve stress on

the nervous system and reduce seizures

Cancer: Reishi mush-

and convulsions. Anticonvulsive and

rooms are used tradition-

anti-inflammatory properties work to-

ally to prolong life in can-

gether to calm the nervous system and

cer patients and are cur-

help with recovery. It also helps people suffer-

rently used with modern cancer treatments to improve ing from Restless Legs Syndrome (RLS).

strength and stamina in patients. Reishi enhances im-

mune system function and allows the body to better Bronchitis, Allergies, and Asthma: Reishi is fight cancer. It has demonstrated significant anti-tu-used to treat chronic bronchitis, allergies, and asthma.

mor and anti-cancer activity. They are also effective at It helps prevent the release of histamines and reduces alleviating nausea and kidney damage caused by can-inflammation.

cer drugs and in reversing chemotherapy resistance. It Blood Sugar Regulation: Reishi mushroom is can be used in tandem with traditional chemotherapy known to improve symptoms of type II diabetes and to and radiation treatments in the same manner as Tur-lower elevated blood sugar levels.

key Tail mushrooms are used.

Heart Benefits, Blood Pressure, Blood

Fatigue, Depression, Insomnia, Anxiety, Flow, and Cholesterol: Reishi mushrooms bene-and Adrenal Fatigue: People who regularly take fit the heart in several ways. They increase oxygenation reishi mushrooms report

improvement in depression, of the blood, increase blood flow, lower cholesterol and fatigue, insomnia, anxiety, sense of wellbeing, and fatty acids in the blood, and help lower blood pressure.

quality of life. Reishi is an adaptogenic herb and helps People report improvement in symptoms of cardiovas-with adrenal fatigue.

cular disease and improvement in heart function when

taking reishi mushrooms regularly. It also seems to safety. Consult a doctor before using reishi mushrooms regulate irregular heartbeats. People also notice a drop if you have a bleeding disorder. Do not use before surin "Bad" LDL cholesterol and an increase in "Good" gery, as reishi is a vasodilator.

HDL cholesterol.

Recipes. Reishi Mushroom Tincture Dou-

Altitude Sickness: Reishi mushroom's ability to ble-Extraction: Use the double-extraction method increase blood flow and oxygenation of the blood is found on page 39 or page 268 to make your tincture so useful in treating altitude sickness. Breathing im-that you extract all of the medicinal compounds from

proves and dizziness is reduced. It is best to start tak-

your mushrooms. If you have a cloudy solution in your

ing reishi mushrooms before the trip and to continue finished product that is a good thing – it is the water-use throughout.

soluble polysaccharides coming out of solution as they

Warning: Reishi mushrooms are safe, however it is are mixed back with the alcoholic part of the tincture.

possible to ingest too much. Use reishi mushrooms Just shake before using. The alcoholic portion has the from a reputable source or consult an expert. Think triterpenoids, which lend the reishi its bitter taste, as about avoiding reishi mushrooms if you are pregnant well as other compounds. Note that you can also do the or breastfeeding, since there is no information on their alcoholic extraction first and follow up with the water extraction.

Turkey Tail Mushroom ,

Trametes versicolor or

Coriolus versicolor

Turkey Tail Mushrooms have been in use for many

years in Japanese and Chinese Medicine; they are

called Yun Zhi in China. They are commonly used as an

adjunct cancer therapy as they complement both radi-

ation and chemotherapy. This polypore mushroom is

found around the globe.

Identification: Turkey tail mushrooms grow in col-

Turkey Tail Mushrooms, photo by Jerzy Opioła [CC BY-SA 3.0]

onies on tree stumps or fallen logs. The caps are multi-

colored with concentric circles of alternating colors. Edible Use: Turkey tail mushrooms are very nutri-Bands may be black, brown, tan, gray, blue, red, or-

tious and full of vitamins and minerals. However, they

ange, or white. The edges of the cap form wavy ripples do not digest well, so they are rarely eaten.

like the outside edge of a turkey's tail and they can Medicinal Use: I use turkey tail in tincture form grow up to 4 inches (10 cm) wide, though I usually find and take this daily as part of my daily health routine.

them around 1.5 to 2 inches (3.75 cm to 5 cm) wide. They are also taken in dry, powdered form or as Turkey They are stemless. The cap of the turkey tail mushroom Tail Tea. I use a double-extraction method to access all is velvety or fuzzy, thin, and flexible. It has pores on the of its medicinal properties (see page 38 or page 268).

underside that are evenly spread out (3 to 5 pores per

mm). They do not have gills. The wavy growing edges Regulates the Immune System, Prevents are white or nearly white.

and Treats the Cold and Flu: The nutrients,

Gathering wild mushrooms without expert knowledge antioxidants, and anti-inflammatory components in can make you violently ill, or worse. Always consult turkey tail mushrooms regulate the immune system with an expert before eating any wild mushroom. Look and help fight off diseases. It is a very good anti-viral.

for these identifying characteristics and have an expert Fights Cancer and Supports Cancer Pa-verify the mushroom's identity before using it.

tients: Turkey tail mushrooms are often used for

cancer patients to kill cancer cells and tumors and to disease. It has been successfully used to treat Kaposi's support the immune system while undergoing chemo-Sarcoma, a skin cancer that affects AIDS patients. It

therapy. It strengthens the immune system, helping stimulates interferon production and the probable your body fight the disease and also protects the body mechanism of turkey tail for HIV is via the inhibition from additional infections. Its anti-cancer properties of the binding of HIV to lymphocytes. Lymphocyte de-help prevent the spread of the cancer and have been pletion is the cause of the "acquired immunodefi-shown to augment the effects of Western cancer thera-

ciency" in AIDS.

pies. The two primary compounds in it for cancer are Diabetes: Turkey tail mushrooms help lower the lev-Polysaccharide -K (PSK) or Krestin and Polysaccharo-

peptide (PSP). PSK has been in common clinical use in els of glucose in the bloodstream and can be helpful in Japan since the 1970s. The research on turkey tail managing blood sugar levels in diabetics.

mushrooms and cancer is too extensive to outline here Reducing Inflammation, Autoimmune Diseases, and Chronic Inflammatory Dis-

eases: Many modern diseases are caused by out of

control inflammation in the body. These diseases are

usually chronic and can become severe. Turkey tail

mushrooms are high in anti-inflammatory properties

and help reduce internal inflammation. It is also effec-

tive when applied to the skin to reduce rashes, swell-

ings, and other external inflammations. Immune mod-

ulation coupled with its anti-inflammatory effects is

most likely responsible.

Candida Overgrowth: Turkey Tail helps with

overgrowth of Candida as well as other bacterial flora

in the small intestine.

but it is very effective for treating many types of can-

cers, and in greatly reducing relapse rates.

Malaria: Turkey tail has been shown to be effective

against malaria, including the chloroquine-resistant

Treats HPV, Cervical Dysplasia, Herpes, strain of Plasmodium.

and Shingles: Turkey tail mushrooms fight infec-

Chronic Fatigue:

tions of bacteria and viruses. It is effective in treating

Turkey tail has shown great effi-

the human papillomavirus (HPV) and fighting the can-

cacy in treating chronic fatigue syndrome.

cers that HPV sometimes triggers. Use turkey tail Heart Health, Lowers Cholesterol and along with reishi mushrooms to treat viral infections Blood Pressure: Turkey tail mushrooms are help-like HPV, herpes, and shingles.

ful in lowering LDL cholesterol levels in the body. It

Improves Digestion and Leaky Gut: Digestive also reduces blood pressure in patients with hyperten-disorders respond well to treatment with turkey tail sion. The mushrooms should be taken daily for full ef-mushrooms. Turkey tail increases the levels of vita-

fects. By lowering cholesterol and reducing hyperten-

mins and minerals in the diet and supports healthy gut sion, it also reduces the risks of heart disease.

flora. Turkey tail helps Leaky Gut due to its prebiotic Harvesting: Choose mushrooms with clean white effects on the gut's microbiome (they feed the benefi-pore surfaces. Snip off the rough tissue where the

cial gut bacteria).

mushroom was attached with a pair of clean scissors.

Helps Prevent and Treat HIV/AIDS and Ka-

Gather in environmentally clean areas.

posi's Sarcoma: There has been much research Warning: Turkey Tail mushrooms are considered to done on HIV and AIDS and turkey tail mushrooms be very safe. There are no known negative side effects have shown a remarkable ability to strengthen the im-but it is always a good idea to consult with a medical

mune system of these patients and help them fight the professional.

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Usnea Lichen

Also known as Old Man's Beard, Usnea lichen grows in a similar fashion as Spanish Moss. Once you get to know this lichen, you will not mistake it for anything else. Usnea has a distinguishing characteristic of a white, rubber-band-like core, so always look for this. Usnea is an indicator of a healthy ecosystem with clean air. The lichen will not grow in heavily polluted areas and is now considered endangered in many areas. If I had to pick only one medicine to have available to me Respiratory System, Urinary Tract, Blad-this would be the one. All Usnea species are medicinal. der, and Kidney Infections: Usnea helps heal Identification:

Usnea can be found hanging from respiratory problems such as bronchitis, pneumonia, the bark of trees like long strands of an old man's sinus infections, strep throat, colds, flus, and other res-beard. It can be distinguished from other lichens by its piratory complaints. It is very effective in healing uri-stretchy inner fibers and its exclusive white core. It is nary tract, bladder, and kidney infections. Its antibiotic gray-green in color and can take many different forms. and antiviral properties help eliminate the infections It prefers to grow in areas with a lot of rainfall.

while the immune system helps the body heal. I pri-

marily use it in the form of a double-extracted Usnea

Edible Use: Usnea is considered edible when tincture.

leached a few times, but it is not very palatable. It can

cause great stomach upset and I don't eat it. It is, how-

Skin Problems,

ever, one of my favorites go to medicinal plants.

Wounds, and In-

fections: Usnea's

Medicinal Use: Usnea lichen is a powerful antibi-

antibiotic and healing

otic, antifungal, antimicrobial, and antiviral. I always properties work on carry Usnea and Blue Elderberry tinctures when I wounds and skin

travel on airplanes and when I am around people who problems when it is may be ill, as they both prevent and cure illness. I often applied as a poultice, put Usnea in a spray bottle for this use. I find that a salve, or tincture di-spray of Usnea Tincture in the back of the throat helps rectly

on the affected prevent illnesses from taking hold. It is also a handy skin. This lichen also delivery mechanism to spray on to a wound or skin has analgesic and condition. Usnea extracts well in oil and as a double anti-inflammatory extracted tincture in alcohol and water.

properties that help

Antibiotic Use: Strep, Staph, MRSA, Tuber-

relieve pain.

culosis: The outer portion of the Usnea lichen con-

Yeast Infections,

tains antibiotic compounds that rival penicillin. For Thrush, Athlete's gram-positive bacteria like Streptococcus, Pneumo-Foot, Jock Itch,

coccus, MRSA, and tuberculosis, it works extremely

well. I use it topically as well as internally. It doesn't Ringworm, Dan-seem to work as well for gram-negative bacteria like E. druff, and Other Fungal Infections: Usnea is coli.

a powerful antifungal and treats yeast infections in

women. It is also effective against the fungi causing

A Powerful Antiviral: Epstein-Barr, Her-

athlete's foot, jock itch, ringworm, dandruff, and other

pes, HPV: Usnea lichen is effective in treating viral common fungal infections. For vaginal use, dilute the infections such as herpes simplex and the Epstein Barr tincture in boiled water and use as a douche. For virus that is implicated in so many modern diseases. thrush, put your tincture in a spray bottle and spray on Douching with Usnea can help with cervical dysplasia.

the affected area. This is such a relief to cancer patients Usnea. Personally, I use a tincture double-extracted in experiencing thrush.

water and alcohol to access all of the medicinal com-

Conjunctivitis:

pounds (p. 38). I do this for most lichen and mush-

Usnea can be used in a cooled down room extractions and also add a little heat. You can ei-tea as an eyewash along with other herbs (Yarrow, ther extract it with water first as in the recipe below or Chamomile, Plantain, raw honey) for conjunctivitis.

else extract it in alcohol and then extract the Usnea in

Stops Bleeding: When applied to wounds, this li-

water afterwards, pouring the alcoholic tincture back

chen quickly facilitates clotting and controls bleeding. in to your medicinal water in a ratio of 3 parts alcohol: Apply the lichen directly to the wound and bind in 1-part water. If you have a cloudy solution in your fin-place with a gauze bandage for best results.

ished product that is OK – it is the water-soluble poly-

saccharides coming out of solution as they are mixed

Harvesting: I like to harvest Usnea just after a back with the alcoholic part of the tincture. Simply storm has just passed. At this time, tree branches have shake before use. Usnea is also very soluble in oil for broken and are lying on the ground, just waiting for me

internal and external use – follow our recipe for oil in-

to collect Usnea. In this way, I do not have to

fusions (page 38 or page 268) and grind the Usnea

struggle to reach high branches or harvest from

well before infusing in oil.

live trees. Usnea, like other lichens, grows

slowly, so only collect from downed branches.

Usnea Lichen Tincture (Recipe can be scaled

Lichens are used as pollution indicators so

*up or down as desired). *Note: I like to use a*

make sure you collect from very environ-

small crockpot for this recipe. You may also

mentally clean areas.

place the herbs and water into a jar, which is

then covered and placed into the crockpot of

Pull on the lichen strands to find its white

water or a pot of water on low on the stove.

core. In this way, you'll have confirmation that

you have the right lichen and good medicine.

Double-extraction: You'll need: 8 ounces

Use fresh or dry and store in a cool, dark place

(230g) or more of dried Usnea Lichen, 24

for future use.

ounces (710ml) of 80 to 100 proof alcohol, 8

ounces (250ml) distilled water.

Warning: Usnea lichen is a highly concen-

trated medicine and should not be taken con-

Cut up the Usnea into very small pieces so that

tinuously in large doses. Take it as needed for

the core is also exposed to your solvent. Place

specific problems. I personally use a spray in my

the distilled water and the dried herbs into the

throat often as a preventative for illness but that is

crockpot and stir well. Cover and cook on the low-

a very low dose (versus taking a large amount of inter-

est possible setting for 3 days. Allow the herb and

nal tincture daily) and I have had no ill effects or ab-

water mixture to cool and pour it into a glass jar. Add

normal liver enzyme readings. Do not use Usnea in-

the alcohol while the mixture is still quite warm, but

ternally during pregnancy or breastfeeding, as safety is not hot. Cap the jar tightly, label and date the jar and unknown. Usnea lichen absorbs pollutants and toxins allow it to macerate for 8 weeks, shaking the jar daily.

from the environment. Do not harvest the lichen in ar-

Strain out the herb (cheesecloth works well for this).

eas exposed to heavy metals, roadway exhaust, indus-

Store it in a tightly capped glass jar. Label and date.

trial areas, or waste areas.

Note: If you are using this tincture internally, your al-

cohol must be drinking quality. See page 38 or page

Recipes: Tea is ineffective as a delivery method to 268 for another way to double extract Usnea.

access all of the medicinally active compounds of

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Water - Loving

Plants

Cattails, Typha spp.

Traveling through wetlands, I am always happy to see cattail spikes growing near the water's edge. Practically the whole plant is edible, depending on the time of

year. It is in the Typhaceae (Bulrush) Family.

Identification: Cattails are common in and near

marshes, ponds, and other wetland areas throughout

the world. The sword-like leaves are similar to many

grasses, but the plant is readily identifiable by its

brown corndog-like flowerheads.

Cattails are perennials and grow 5 to 8 feet (1.5m to 2.4

meters) tall. The alternate leaves are spear-shaped and

grow from a simple stem that terminates in a large

number of male flowers forming a spike at the end of

the stem. The flowers wither once the pollen is shed.

Cattails flower from May through July. Tiny female flour extender for baking and for making cattail pan-flowers form a dense, sausage-shaped structure just cakes. The leaves are used for weaving mats and bas-below the male spike. This structure can be up to a foot kets.

long and is 1 to 2 inches (2.5 cm to 5 cm) in diameter.

Tiny seeds grow on fine hairs. When ripe, the cottony Medicinal Use. Treating Skin Conditions: fluff blows away to disperse the seeds.

Every part of the cattail is useful for this purpose. The

starchy root makes a healing poultice for burns, boils,

Edible and Other Use: Cattail rhizomes are edi-

sores, cuts, insect bites, and bruises. Pound the roots

ble and nutritious. They are made into a flour by scrap-

and use the pulp or split the root and bruise the fibers

ing the starch from the fibers, drying, and pounding. inside, then apply the exposed pulp to the wound. The They can also be boiled, steamed, or mashed and eaten fuzz from the flowers treats small burns and skin irri- like a potato. The small shoots on the rhizomes in early tations. Apply it directly to the wound and cover with spring are good peeled and sliced. The flavor is mildly a clean cloth.

sweet.

Treating Small Wounds, Insect Bites,

In the spring, the outer part of the young plant can be Toothaches, and Relieving Pain: The jelly-like peeled and eaten raw or cooked. In the summer, har-sap that seeps from the lower stems has antiseptic and

vest the green flower spike and remove the outer analgesic properties. I can usually find it between sheath like you would shuck corn. Boil the flower spike young leaves and scrape it up with the back of a knife.

and eat it like corn on the cob. The flavor is delicious.

Use it for treating small wounds, especially when wor-

In late summer, an abundance of pollen forms and can ried about infection. It also acts as a powerful pain be harvested for edible and medicinal use. It is easy to killer when applied topically and can be ingested with-collect quickly in a thick patch. Simply bend the pollen-

out harm. It is an ideal pain reliever for toothaches,

laden stalk over and shake it into a bag or other con-

teething pain, and sore gums, and it can also be used

tainer. This pollen makes an excellent thickener or

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on insect bites and other skin irritations. Just rub a lit-

Antiseptic and Styptic Properties: Burned

tle on the sore spot for fast pain relief and to reduce cattail leaf ash is an excellent styptic and antiseptic for inflammation.

wounds. To make the ash, build a small fire using cat-

Abscesses

and

tail leaves. Allow the fire to burn completely, then

Infections:

scoop up the ash. Use when cool or store it in a dry

Clean

place for future use. Cattail pollen, dusted on exter-

abscesses with an an-

nally, is also good for bleeding. It speeds clotting and

tiseptic skin wash

helps prevent infection. Once bleeding is no longer an

made by boiling the

issue, mix the pollen with raw honey and use it to pre-

leaves. When the ab-

vent infection and speed healing.

scess is clean, com-

bine cattail pollen

Menstrual and Postpartum Bleeding: Cattail

with a small amount

pollen, taken orally, lessens the severity of heavy men-

of raw honey and

strual bleeding and postpartum bleeding and pain. 5 to

spread

over

the

10 grams is the usual dose.

wound. Cover with a

Internal Bleeding: Both the pollen and the flower

clean cloth and leave

are useful for internal bleeding. It helps with bruising,

in place. Wash and

replace the honey-

vomiting blood, bloody stools, bloody urine, and uter-

pollen two to three times a day as needed.

ine bleeding. It doesn't treat the cause of the bleeding

but helps stop the bleeding.

Well Baby Care: Apply the fuzz from the flowers

Warning: Its co-

into skin folds to prevent chafing and diaper rash in

babies. The jelly-like sap found between the lower

agulant properties

stems numbs the gums and relieves teething pain when

could be problematic

for people with poor

rubbed sparingly onto a baby's gums.

circulation, as it may

Cancer Prevention: Cattails are currently being

slow down the blood

researched as a cancer preventative. Cattail's anti-in-

even more and stim-

flammatory and antioxidant properties may slow the

ulate clotting in the

growth and spread of cancer.

skin.

Pregnant

women should not

use cattail.

Cocoplum,

Chrysobalanus icaco

The cocoplum is also called paradise plum and Icaco.

It grows along beaches in tropical and subtropical ar-

eas. In North America it is found in Southern Florida,

Mexico, and the Caribbean. It is in the Chryso-

balanaceae Family.

Identification: Along the shoreline and in culti-

vated situations, the cocoplum forms a shrub that is 4

to 8 feet (1.2m to 1.8m) tall, but inland the plant forms

a bushy tree that grows to 20 to 30(6m to 9.1m) feet

tall. There are three main types of Cocoplum. "Red Tip"

and "Green Tip" varieties that grow inland, and a Cocoplum fruits, Ripe and immature. Daniel Di Palma, CC by SA 4.0

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"Horizontal" type that grows along the coast and is salt degeneration. It also helps protect the eyes from harm-tolerant.

ful UV rays. Eat the fruits either raw or cooked.

While all three varieties have a similar medicinal use, I

am most familiar with the coastal-horizontal type. It

sends down roots from branches that creep along the

soil or sand. The leaves are alternate and egg-shaped

with a small indentation at the tip. Each is about 1 1/2

inch to 3 inches (3.75 to 7.5 cm) long and has a tough,

leathery texture and glossy appearance. New leaves

can be yellow-green to reddish; mature leaves are light

green in color. Small white flowers appear in clusters

at the end of the stems. The thick-skinned fruit can be

white, yellow, red, or purple. They usually bear crops

in the spring and another in later fall. The fruits are

oval shaped and about 1-inch (2.5 cm) long. The bark

is grey to reddish brown with white flecks.

Edible and Other Use: The cocoplum fruit is of- By © Hans Hillewaert /, CC BY-SA 3.0

ten eaten raw or made into jams and syrups. The seed Heart Health and Weight Loss: Cocoplums is also edible raw or cooked after the hard shell is re-help treat atherosclerosis and reduce the risk of heart

moved. The seeds can be pressed and used like almond attack and strokes. It prevents fat accumulation and oil. The leaves are used to make a black dye that is de-may help prevent weight gain.

cay resistant, and are used to treat cloth and fishing

nets. The seeds within the fruit are very oily and can be Healthy Immune System: In addition to its vit-used as a light or heat source.

amin A content, cocoplums also contain high levels of

vitamin C, K, and the building blocks that your body

Medicinal Use. Eye Health: Cocoplums fruits uses to make vitamin D. They are also rich in minerals are an excellent source of beta-carotene and vitamin A, and antioxidants. Eating cocoplum fruits strengthens useful for treating night blindness and macular the immune system and helps prevent degenerative diseases.

Duckweed, Lemna minor Miniscule flowers occasionally appear, in groups of three, in summer.

Duckweed, also called water lens and bayroot, is a fast-

Edible Use: It is eaten in some parts of the world as

growing perennial aquatic plant that floats on or just a vegetable. It is an excellent protein source, and con-below the surface of still or slow-moving water. It is in tains more protein than soybeans. It is a good food the Lemnaceae (Duckweed) Family. It is found

throughout the world.

Identification: Duckweed is a small floating plant.

Each plant is actually only one small flat floating mod-

ified stem, which looks like a leaf, and is 1/16 to 1/2

inch (1.25 cm) across, A single root hair protrudes

down from each floating frond. They usually grow in

large fresh water colonies.

The entire plant is less than 1/2 inch (1.25 cm) from the

root tip to the top of the floating frond. While the plant

does produce flowers, reproduction is mostly by asex-

ual budding, which occurs at the base of the frond.

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source as it grows very quickly. Be careful to harvest Jaundice and Detox: Duckweed juice is said to from clean water.

absorb toxins and help detox the blood and liver.

Headaches, Swelling, and Body Aches:

Duckweed juice treats aches and pains including head-

aches and body aches. Its anti-inflammatory proper-

ties help relieve swelling and inflammation in the mus-

cles and joints, and help with arthritis and gout. For

muscle and joint pain, make a poultice of crushed

plants and apply it to the painful area.

Harvesting: Avoid harvesting duckweed from road-

sides and polluted waters. It is known to accumulate

heavy metals and other toxins. It is fairly easy to grow

your own supply in clean water.

Medicinal Use: The entire plant is used and can be To grow duckweed, take a few plants from a clean wa-dried or used fresh. Both water and alcohol extractions ter supply and move them into a pool or other con-work well, as does fresh consumption or juicing.

tainer with a non-chlorinated clean water supply. They

Anti-Bacterial and Anti-Fungal: Duckweed reproduce and grow quickly. To harvest, scoop the helps cure bacterial and yeast infections. It works for plant from the water and use it fresh or dry for later many different bacterial infections including Staphy-use.

lococcus, Streptococcus, Bacillus, Citrobacter, and Warning: Duckweed contains high levels of calcium Neisseria, and also against Candida with great suc-oxalate, which can contribute to the formation of kid-

cess.

ney stones.

Watercress,

Its flowers are at the top of these stems and are less

than 1/5-inch-(0.5 cm) long with four white petals.

Nasturtium officinale

Watercress fruits are thin, slightly curved, and meas-

ure less than 1 inch (2.5 cm) long and about 1/10 of an

inch (0.25 cm) wide. They are borne on short stalks

Watercress is an aquatic plant in the Brassica-

and contain 4 rows of small, round seeds.

ceae (Mustard) Family. It is related to

mustard and horseradish. Even

Edible Use: The peppery leaves and

though it bears the name Na-

seeds are edible and are used mainly as

sturtium, do not confuse it

a condiment or a garnish in salads.

with the garden plant with the

Medicinal Use: The leaves

common name of nasturtium,

which is in the genus Tropaeo-

are used for arthritis, as a diu-

lum. It is a fast growing,

retic, a purgative, an expectorant,

and have stimulant properties. It is

aquatic or semi-aquatic, per-

ennial plant that grows in

very rich in vitamins and minerals.

clumps. Watercress was introduced

It is an effective cleansing herb, and is

to North America from Europe and is now found in al-

high in Vitamin C. It can be eaten fresh or taken as an

most every state and province. It is especially prevalent infusion. It is best used fresh, but can also be dried for in the Pacific Northwest.

future use.

Identification:

Immune Booster:

Watercress leaves are compound

The high nutrition and medici-

with 3 to 7 wavy-edged, oval leaflets that grow from a nal properties of watercress make it an excellent treat-central stalk. The spicy leaves have a strong taste of ment for restoring immune function and health to the pepper. Leaves are 2 to 5 inches (5 cm to 12.5 cm) long. body. Eat watercress raw, drink the juice or the 282

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infusion, or cook. All provide the necessary nutrients you may uproot the entire plant. This plant wilts and healing benefits.

quickly, so it is best harvested for immediate use. It can

Treating Tuberculosis:

stay in the fridge for up to 3 days in a plastic bag or

The freshly pressed juice submerged in water. Harvest watercress only from of watercress is used to treat tuberculosis. Healers who known clean water supplies.

use it report that they have patients drink one cup of

watercress juice daily, in divided doses. Large doses

taken all at once can cause stomach upset.

Swellings of the Lymphatic Systems: Make a

poultice by crushing fresh watercress leaves to help

drain swollen glands.

Headaches and Anxiety: Use Watercress Tinc-

ture made with vinegar to treat headaches and anxiety.

Saturate a handkerchief or a piece of cotton cloth in the

tincture and wring it out. Place the cloth on your fore-

head and relax.

Mouth Sores, Swollen Gums, Bad Breath,

and Hot Flashes: Watercress Soup is used for

many mouth and gum issues as well as to cure hot Warning: Collect your watercress from clean water flashes caused by menopause. Soup recipe below.

sources. Fouled water can contaminate the herb. Ex-

Dermatitis, Eczema, and Chronic Skin Dis-

cessive use of this plant can lead to stomach upset.

eases: For chronic skin conditions, watercress juice Recipes. Watercress Tincture: Rinse freshly or Watercress Infusion is very effective. It is not an im-picked watercress thoroughly and pack it into a clean

mediate fix. You will get a boost to the immune system, and sterile glass jar with a tight lid. Bring some apple added nutrition, and gradual healing. Drink one cup of cider vinegar to a low boil and pour it over the water-the infusion daily and use it to wash the affected areas cress to fill the jar. Let the watercress steep for 6 to 8

twice a day.

hours, then strain it through a coffee filter. Pour it back

Gout, Kidney Stones, Water Retention, and into the glass jar and cap it tightly for long-term storage.

Expelling Mucous: Watercress is a diuretic. An in-

fusion treats swell-

Watercress Soup: 1/2 cup loosely packed water-

ing in the body and cress, washed thoroughly, 1/2 cup sliced carrots, 1-
helps expel mucous. quart (1 Liter) of water, salt and pepper to taste. Sim-
Watercress Infusion mer the watercress and carrots in the water slowly over also encourages the low heat for about 45 minutes or until the water is re-dissolution of kid-

duced by half. You may put it in a blender or eat as is

ney stones so that (I prefer it blended). Consume it all. Makes one serving they can be flushed (it is easy to scale up this recipe).

from the body.

Watercress Infusion: Gather a saucepan full of

Harvesting: The watercress and clean. Place the watercress in a ceramic leaves of watercress or stainless-steel pot. Add enough cold water to barely Watercress flowers, photo by Paul Venter,

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can be harvested cover the watercress. Bring the herbs to a boil and most of the year and lower the heat. Simmer the herbs until they are soft.

are used fresh. Snip the tops of stems when they are Filter the herbs out and store the infusion in the refrig-about 6 inches (15 cm) long. Never take more than a erator for up to 3 days. The flavor can be enhanced if third of the plant at any one time to protect the future needed by mixing it with tomato juice or other vegeta-supply. Do not pull on the stems of the plant directly as ble juices.

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Water Plantain,

Alisma subcordatum

Southern water plantain grows in swamps, wetlands, lakes, marshes, and coastal areas. It is also known as Alisma lantago-aquatica var. parviflorum. It is in the Alismataceae (Water Plantain) Family. It grows in eastern North America.

Identification: Water plantain grows from 1 to 3 feet (0.3m to 0.9m). The broad leaves may float on the water surface but are often submerged. The leaves are

Bff, Creative Commons by SA 3.0

widest at or near the middle and taper at the ends. Underwater leaves are often long, and ribbon-like.

Medicinal Use: Most of water plantain is used me-

dicinally, including the fresh and dried roots, leaves,

The flowers are highly branched with whorls of white and seeds. The easiest way to use it is to eat it as part or pink to pink-purple flowers. Flowers have three pet-of a daily diet. Make sure it is thoroughly cooked before

als and six stamens, and many carpels. Each carpel has use.

one ovule and style. Flowers bloom all summer and

seeds ripen from July to September.

Diuretic, Kidney Stones, and Cystitis: Dried

Edible Use: Boil the leaves and petioles of water water plantain root is a diuretic and helps the body plantain to eat. The leaves and root are toxic raw, but get rid of excess water (edema). The leaves treat cystitis (bladder infection) and kidney stones.

the poisons are destroyed by heat and drying. Cook

them for a long time to make sure all toxins are de-

Powdered Water Plantain Seed for Bleed-

stroyed. The cooked roots are salty and rich in starch. ing: Dried and powdered water plantain seed is a good They are a good starch source in the winter when wild astringent and helps control bleeding. Apply it directly food supplies are low.

to the wound to disinfect the area and stop bleeding.

Digestive Ailments: Water plantain is a good

source of dietary fiber (cook it well!). It also treats di-

gestive issues such as cramps, stomach flu, bloating, and heartburn.

Lowers Cholesterol and Blood Pressure:

Water plantain lowers blood pressure and cholesterol levels. It is heart healthy.

Poultice for Bruising and Swelling: Water plantain contains anti-inflammatories that work to reduce swelling and bruising. It is also a rubefacient. Crush the fresh leaves and use them as a poultice. Cover it with a clean cloth and replace as needed.

Christian Fischer, CC by SA 3.0 Unported

Harvesting: Harvest the roots in winter and boil for immediate use, or dry them for the future. Harvest leaves in spring and summer.

Warning: Water plantain can cause skin irritation in some people. While water plantain is considered safe, it can irritate the digestive tract with long-term use.

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Western Skunk Cabbage,

Lysichiton americanus

This plant is aptly named skunk cabbage because of its odor when crushed. It is very easy to identify by its physical characteristics, like its bright yellow spathe (leaf-like bract) surrounding a dense flower spike. This member of the Araceae (Arum) Family is also known as Swamp Lantern and Meadow Cabbage.

Identification: One of the first plants to bloom in the spring, it grows low to the ground in wet and

swampy areas. The bright yellow spathe appears

around the flower spike from February to May. Shiny Use aged skunk cabbage root dried and powdered or large waxy green leaves appear after the flowers and apply the leaves directly to the skin as a poultice, com-can have a putrid smell. Skunk cabbage attracts flies, press, or wash.

which facilitates pollination. The leaves are large, and Skin Infections, Wounds, Rashes, Burns, can grow up to a few feet in length.

Bruises, and Insect Bites: Skunk cabbage is an

Edible Use: Do not consume raw due to calcium ox-

anti-inflammatory and anti-infective. Use it in a poul-

alate crystals. When boiled for long periods, tradition-

tice to draw out infection or treat an insect bite, and as

ally 3 days or a wash to treat burns, bruises, rashes, poison ivy, and

longer, the roots psoriasis.

are edible. Boiling

with

multiple Carpal Tunnel, Arthritis, Sore Muscles and

changes of water is Joints: A skunk cabbage poultice or compress made necessary to re-with Skunk Cabbage Tea placed on the joint or aching

move the toxic sub-

muscle helps reduce inflammation and pain.

stances, so routine Bronchitis, Asthma, Tuberculosis, and

use is not recom-

Anti-Spasmodic: Skunk cabbage root is an expec-

mended. They are torant and antispasmodic, making it useful in treating

mostly known as a bronchitis and asthma as it calms inflammation and

starvation

food. bronchial spasms, while also helping to expel mucus.

The young leaves, It also treats the underlying infection.

thoroughly cooked

with at least one Nervous System: Aged skunk cabbage root is change of water, slightly narcotic. It calms the nervous system and are edible and have treats headaches, vertigo, and some nervous condi-a pleasant peppery tions. It has been used to treat epilepsy and convul-flavor. I use the large leaves as a wax paper for pit sions with mixed success.

roasts or to wrap my fish in prior to cooking over a fire. Pregnancy and Labor: Skunk cabbage is benefi-It does not impart a skunky smell or flavor and it holds cial during pregnancy and labor, promoting normal in moisture nicely.

function of the nervous system and reproductive sys-

Medicinal Use:

tem. It soothes irritation and promotes efficient mus-

The root is toxic raw and must be cle contractions. Consult a medical professional before thoroughly cooked or dried and aged to remove the using during pregnancy or breastfeeding.

toxin.

I dry my roots in a dehydrator and store them in a cool,

dry, and dark place for at least 6 to 8 weeks before use.

Harvesting: Skunk cabbage contains crystals of cal-

touched. If not treated properly the plant can irritate

cium oxalate, which can be irritating on the skin. Wear the mouth and throat. Never eat it raw, cook it as di-gloves to handle the plant. Harvest the leaves and dig rected above.

up the roots. Bring a good shovel as the roots are hard Recipes. Skunk Cabbage Tincture: You'll to dig up. Boil for several days, changing the water of-need: dried and aged skunk cabbage root, 80 proof or

ten, or dry the herb and age for at least 6 to 8 weeks higher vodka and a clean, sterile glass jar before using. Boiling or drying destroys the calcium oxalate crystals.

Chop or grind the dried and aged root into small pieces

and place it into a sterile jar, filling 1/3rd of it. Cover

Warning: Skunk cabbage contains large amounts of the root with vodka and fill to within ½ inch (1.25 cm) calcium oxalate, a toxin that is very irritating if in-of the top of the jar. Cap the jar tightly, label and date

gested. Calcium oxalate is destroyed by cooking or by it. Shake the jar to mix well and store the jar in a cool, drying and aging the plant. Excess doses of skunk cab-dark place. Shake every few days for 6 to 8 weeks.

bage can cause side effects such as nausea, vomiting, Strain the herb out and store the tincture in a clean, dizziness, impaired vision, headaches,

and vertigo. labeled jar for up to 5 years.

Some people may have allergic reactions to skunk cab-

bage. The fresh plant is extremely irritating and can

cause itching, blistering of the skin, and redness when

Household Remedies

Activated Charcoal

Activated charcoal is very fine and porous. It is an ef-

the brown recluse, use a mixture of equal parts acti-

fective way to remove toxins and poisons from the vated charcoal and coconut oil. Mix them together and body. It reduces bloating, traps toxins and gases so cover the bite and a wide surrounding area with the they don't get absorbed by the body, and acts as an an-mixture. Cover with a bandage to prevent staining

tidote to some poisons.

clothes. The poison from the bites moves into the tis-

Medicinal Use. Detoxify the Body:

sue surrounding the bites, so a wide area around the

Activated bite needs to be covered with the activated charcoal.

charcoal has tiny pores throughout that attract and After two to three hours, rinse the area well and reap-traps toxins in the body. The toxins bind to the acti-

ply. Repeat the application until the inflammation is

vated charcoal and pass through the body. To use acti-

gone and the wound is healing. For insect bites, apply

vated charcoal to detoxify the body, take 10 grams of a small dab of the mixture, repeating every hour until activated charcoal approximately 1 to 2 hours before the sting is gone. If it's a serious poisonous bite be sure each meal. Do this for two to three days. Drink 12 to 15 to seek medical attention.

glasses of water per day during your cleanse. If you be-

come constipated, drink a glass of warm water with Acne: Treat acne with activated charcoal mixed with lemon and raw honey every half hour until

the consti-aloe vera gel. Smooth the mixture over the affected ar-

pation is gone.

eas and let dry. Then rinse off completely. I prefer to

Poisoning:

treat the entire area, but it can also be used for spot

Activated charcoal is useful for removing treatments. Activated charcoal can also be mixed into chemical poisons that have been ingested. Organic poi-soap and body wash for use in affected areas.

sons such as pesticides, fertilizer, bleach, and mercury

bind to the surface of the charcoal, preventing absorp-

tion in the body. It is also used it to prevent the absorp-

tion of an accidental or intentional overdose of drugs.

It is effective against the ingestion of overdoses of as-

pirin, acetaminophen, opium, cocaine, and morphine.

Charcoal must be administered quickly, within an hour

of ingestion, and in quantity. The sooner the better and

get medical help immediately. For adults, a large dose

of 50 to 100 grams is required and 10 to 25 grams for

children. Charcoal must be taken with a large quantity

of water.

When to Avoid Activated Charcoal: Do not

use activated charcoal in cases of poisoning by petro-

Food Poisoning: Many people do not realize that leum, alcohol, lye, acids and other corrosive chemicals.

activated charcoal is useful for the treatment of nausea Do not take activated charcoal if you are taking pre-and diarrhea in cases of food poisoning. Adults take 25 scription medications. It can interfere with some med-grams of activated charcoal and children need 10 ications. Consult your doctor for more information on grams. Take the charcoal with large quantities of water your medication.

immediately upon suspicion of food poisoning. Larger

doses may be needed.

Warning: Activated charcoal is not the same as bar-

becue charcoal. Barbecue charcoal should never be

Snake Bites, Poisonous Spider Bites, and consumed. Drink 12 to 15 glasses of water daily when Insect Stings: For snake and poisonous spider taking activated charcoal. The water prevents dehydra-bites, including bites from the black widow spider and tion and constipation caused by the activated charcoal.

Bleach

Bleach is a good disinfectant for most household sur-

fresh water. Pat dry. Apply lotions, emollients, or med-

faces. It kills most bacteria, viruses, and fungi. Use it to ications after a bath. Repeat two to three times weekly, sanitize surfaces in treatment areas, disinfect laundry, or as needed.

decontaminate blood spills, and disinfect equipment. Sanitizing Water for Drinking: Unscented In addition, it has medicinal uses for treating skin.

bleach is suitable for sanitizing water for drinking pur-

Medicinal Use. Bed Sores, Diabetic Ulcers, poses. Add five drops of bleach per quart (liter) of wa-Eczema, and Inflammatory Skin Condi-

ter or 1/4 teaspoon of bleach per gallon (1 Liter) of wa-

tions: Soaking skin in a very dilute bleach solution is ter. Stir thoroughly and allow it to sit for at least one effective to treat bed sores, diabetic ulcers, eczema, hour before drinking. If the water is cloudy, filter it be-and other inflammatory skin conditions. Use one ta-

fore adding the chlorine. This treatment kills most bac-

blespoon of regular strength bleach per gallon (per 4 teria and viruses found in water, but may not kill all. It liters) of water. The bleach solution is dilute enough does not remove chemicals or other toxins from water.

not to harm the skin while calming inflammation and Using Bleach for Disinfecting: For disinfecting killing bacteria on the skin. Do not use undiluted surfaces, use a higher concentration of bleach: 1/4 to bleach or bleach in higher concentrations. I prefer 3/4 cup of bleach added to 1 gallon (4 liters) of water herbal medicine to bleach but it is a good remedy to (1 to 3 tablespoons per quart (liter) of water). Let the know. You can also follow up a bleach treatment with bleach water stand on the surface for at least 2

soothing herbal oils specific to your condition and minutes, then wipe dry or allow to air dry. This solu-needs.

tion needs to be made fresh daily.

For a full 40-gallon (151 Liters) tub, use ½ cup of Warning: Do not use undiluted bleach or high con-household bleach in warm water. Soak in the water for centrations of bleach directly on the skin. Bleach can five to ten minutes, then rinse the skin completely with cause dryness of skin irritations. Do not use with patients who have an allergy to chlorine.

Boric Acid

Boric acid is useful for a number of different pur-

Usual dose is 600mg of boric acid per suppository.

poses. It is especially effective for treating fungal in-

Stuff the boric acid into a size "00" gelatin capsule

fections of all kinds. Boric acid is not the same as bo-

and place the cap on it securely. Insert one supposi-

rax. For medicinal use, always use therapeutic grade

tory into the vagina every night just before bed. Pa-

or pharmaceutical grade boric acid. Boric acid is a

tients should be warned that they may experience ir-

white crystalline acid (H3BO3) containing boron. It

ritation or a burning sensation, but it will quickly

is sometimes called hydrogen borate or orthoboric

pass. There will also be a discharge. Use one suppos-

acid. It is usually used as a dry powder, although it

itory each night for one week if this is an isolated

can be mixed with water to make a dilute acid for

yeast infection. If a person has been having problems

sanitizing purposes. Boric acid should never be

with recurring infections, use the suppository every

taken orally.

night for two weeks and then continue using one

Medicinal Use. Treating Yeast Infections:

suppository twice a week for a year. This long-term

use kills off the roots of the infection before it can re-

Boric acid suppositories are an excellent treatment

infect the person.

for vaginal yeast infections. They are particularly

useful for treating people who have had multiple

As an Eyewash: Boric acid makes an easy eye-

yeast infections that keep returning because the bo-

wash for treating even serious and contagious eye in-

ric acid can be used regularly as a preventative once

fections. It can also be used for minor eye irritations

the infection is cured.

and common childhood infections such as pink eye

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and conjunctivitis. It kills the bacterial infection and

Swimmer's Ear, Ear Infections: To treat

reduces inflammation. Before using the eyewash,

swimmer's ear, mix two tablespoons of rubbing alco-

make sure all of your materials are sterile including

hol with ¼ teaspoon of boric acid. Mix thoroughly

they eyedropper or eyecup. Sterilize before every

until all the boric acid is dissolved, then drop into the

use. Follow the recipe below to make the eyewash.

ear. Fill the ear canal, then drain it completely. Treat

Use an eyedropper or eye cup to wash the eye with

both ears, even if only one is infected. Do not use for

the sterile eyewash. Blink several times and roll the

a punctured eardrum.

eyes to be sure the eyewash gets into all the corners

of the eye. Repeat three times a day until the infec-

Recipes. Boric Acid Foot Cure: 1 cup rubbing

tion is cleared.

alcohol, 2 teaspoons of boric acid. Mix the ingredi-

ents in a sterile jar with a tight-fitting lid. Apply to

Athlete's Foot, Nail Fungus: Boric acid is an

the feet with a cotton ball or swab every night. No

excellent remedy for athlete's foot and toenail fun-

double dipping. Allow the alcohol to dry on the feet

gus. Dust the boric acid powder onto the foot or nail

and leave on until morning.

and put a few sprinkles into your socks each morn-

ing. At night, use the Boric Acid Foot Cure (recipe

Boric Acid Eye Wash: 1/8 teaspoon pharma-

below.) The boric acid kills the infection, neutralizes

ceutical grade boric acid powder. One cup distilled

the odor, and eases the associated itching. Continue

water, boiling. Sterilized jar, lid, and spoon sterilize

to use daily until the infection is completely gone.

in a pressure cooker (best), or by boiling for 10

minutes. Place the boiling water into the sterile jar

Jock Itch: Jock itch also responds well to a dusting

and allow it to cool. Mix the boric acid into the steri-

of boric acid over the affected area. Apply boric acid

lized water and stir it with the sterilized spoon until

in a light dusting, but make sure the entire area is

it is completely dissolved. Use the eyewash up to

covered. Repeat the application morning and night

three times a day, as needed. Always use sterile tools

until the infection is completely cured.

with each use.

Cayenne Pepper

Cayenne is used sparingly as a seasoning agent because

of its spicy heat. It is a spice found in most home spice

cabinets and has significant medical benefits

Medicinal Use: Cayenne is a warming herb, heart

tonic, and digestive aid. It also releases hormones that

improve the mood. It is rich in vitamins and minerals

that support the immune system. Use cayenne as a

powder, in capsules, added to water for soaking, in

rubs, and in salves.

Sore Throats: At the first sign of throat irritation,

gargle several times a day with 10 to 20 drops of Cay-

Cayenne is a powerful stimulant and consuming too enne Infusion mixed into a glass of water. It works if much can cause stomach problems. A small amount you can stand the heat.

goes a long way with this herb.

Colds and Flu:

Stops Bleeding:

Cayenne is an excellent supportive

Cayenne is a powerful styptic. It preventative and remedy for colds and the flu. I help helps blood to clot both internally and externally. For bring down fevers and expel mucus. It works best in small cuts put a thick layer of cayenne directly onto the combination with other herbs such as Echinacea, gold-cut. Large wounds benefit from both external admin-

enseal, and marshmallow.

istration and internal use. As soon as the wound is cov-

ered in cayenne, drink a glass of water containing one Poor Circulation, Warming the Hands and teaspoon of cayenne pepper. It helps the blood clot Feet: Cayenne is an effective herb for increasing cir-quickly.

culation and for warming cold hands and feet.

Sprinkle a powder made from equal parts cayenne and Take 2 capsules every 2 to 3 hours at the first sign of dried ginger powder into your shoes or socks. Cayenne symptoms. Continue this dosage for the first two days, can be used alone, but it is often too irritating. Use only then reduce the dosage to 2 capsules, 3 times daily un-a pinch, approximately 1/8 teaspoon at most.

til all symptoms are gone.

Another remedy is to add five drops of Cayenne Infu-

Cayenne Salve: Use this salve with care. Wash your

sion to a foot bath of warm water. You can also rub hands very well after applying it and do not touch your Cayenne Oil or Salve on the hands and feet, taking care eyes! ½ cup olive oil, 1 tablespoon dried cayenne pep-not to touch your eyes.

per flakes, 2 tablespoons beeswax, 3 to 4 drops winter-

Achy Joints, Arthritis, and Muscle Strains: green essential oil. Place the olive oil and cayenne Cayenne salve works well for achy muscles and joints. flakes into the top of a double boiler. Bring the water The pepper increases blood circulation to the area and in the bottom of the double boiler to a simmer.

warms it naturally. It soothes and relaxes the muscles Simmer the pepper and oil mixture for 60 minutes, and helps relieve pain. Rub a small

amount of Cayenne keeping an eye on the water levels in the bottom of the Salve over ache muscles and painful joints regularly for double boiler. Remove the oil from the heat and allow relief.

it to cool slightly, strain the pepper flakes out and dis-

General Tonic and Immune Booster:

card. Return the oil to the heat and add the beeswax.

Take Stir until the beeswax is completely melted, then re-

Cayenne Infusion added to a cup of vegetable juice or move from the heat. Add the wintergreen essential oil water as a general tonic. It improves whole body blood and stir well. Pour the salve into a suitable container circulation and gives the immune system a boost. Take with a tight-fitting lid.

the infusion once or twice a day, as needed.

Warming Ginger Cayenne Salve and Mas-

Diabetes and Blood Sugar Control: Cayenne sage Oil:

has a significant effect on blood sugar levels and can

This salve is a great choice for muscle pains,

help bring them down in diabetic patients. Take one arthritis and achy joints, bruises, and other deep tissue capsule of cayenne powder with each meal. The cay-pains.

enne must be taken regularly to give the best effects, Warming Ginger Cayenne Massage Oil: 1

which increase over time. Hypoglycemic patients cup of olive oil, coconut oil, or other carrier oil, 1 table-should avoid the use of cayenne in foods and supple-

spoon cayenne pepper powder, 1 tablespoon ginger

ments.

root, dried and powdered, 1 tablespoon arnica flowers.

Warning: Use gloves when preparing this herb. Do Add the cayenne, ginger root, and arnica to the oil in a not touch your eyes after using it.

jar with a tight-fitting lid. Shake well. Place the jar in a

warm place like a sunny window for 4 to 6 weeks, shak-

Recipes. Cayenne Infusion: 1 teaspoon dried ing daily. Strain the oil through a coffee filter to remove cayenne powder, 1-pint (0.5 Liters) water. Mix the cay-the herbs.

enne powder and water together in a small pot and Warming Ginger Cayenne Salve: bring to a boil. Turn off the heat and let the infusion

1 cup Warm-

cool. This infusion should always be used diluted. For ing Ginger Cayenne Massage Oil, ¼ cup beeswax, most uses, a few drops of Cayenne Infusion added to a shaved, chopped, or shredded. Combine the beeswax cup of water is enough. It can also be used topically.

and massage oil in the top of a double boiled. Warm

gently until the beeswax is melted. Stir the salve to

Cold and Flu Prevention Capsules: Mix to-

completely combine the wax and oil. Pour into wide-

gether thoroughly. Not to be used by people with Au-

mouth jars or tins to cool. When hardened, cover and

toimmune Issues due to the Echinacea and Goldenseal. store in a cool, dark place.

1/4 cup Echinacea root powder, 1/4 cup goldenseal Massage a small amount of salve into sore muscles and root powder, 2 tablespoons marshmallow root powder, joints 2-3x/day. It can take a few weeks to get maxi-1 to 2 tablespoons cayenne powder. Pack the powder mum results. Do not use on face or mucous mem-into large gelatin or vegetable capsules. I use the "00" branes or open cuts or wounds. Do not use with preg-size. If you use smaller capsules, increase the dosage. nant or nursing patients. Wash your hands thoroughly Store the capsules in a glass jar with a tight lid. To Use: with soap after use.

Cinnamon

Cinnamon is a spice taken from the inner bark of vari-

ous species of the Cinnamon tree (genus Cin-

namomum). There are two different kinds of cinna-

mon: Cassia and Ceylon. Both are beneficial, but the

type you should use is controversial. Cassia cinnamon

contains coumarin in higher amounts, which can be

harmful in high doses. For this reason, Ceylon is often

preferred as a supplement.

In my research and experience, Ceylon cinnamon may

have more antioxidants and is often touted as the best Neurodegenerative Diseases: Parkinson's for medicinal use; however, Cassia has more benefits and Alzheimer's: Cinnamon has been shown to pro-for treating diabetes and controlling blood sugar. For

general use, I prefer Ceylon, but for diabetes control, I tect the neurons in the brain. Animal studies have prefer Cassia.

found that it helps normalize neurotransmitter levels,

which could help improve motor function in Parkin-

Medicinal Use: For medicinal use and preventative son's patients. It also has two compounds (cinnamal-care, the common suggested dose for "true cinnamon" dehyde and epicatechin) that inhibit the buildup of (Ceylon) is 1-2 grams of cinnamon with each meal. You brain proteins (called "tau") that are found in Alz-can add it to a smoothie or food, use it in tea, or put it heimer's patients. We do not have human research on in capsules for easy consumption. Each capsule will these processes yet; however, it is easy to add cinna-hold about 500 mg, tightly packed, so take 2-4 capsules

mon, along with turmeric and other brain protecting with each meal if needed.

herbs, to the daily diet.

Diabetes and Blood Sugar Control: Cassia Anti-Inflammatory: Cinnamon is loaded with an-cinnamon dramatically lowers fasting blood sugar lev-

tioxidants and anti-inflammatory compounds that

els and improves insulin sensitivity with consistent fight free radicals and help lower your risk of disease.

use. Taking 1 to 6 grams of cinnamon daily is enough Heart Disease: Because of its antioxidants and to show beneficial effects immediately and full effects

over time (6 grams is approximately 2 teaspoons). See anti-inflammatory compounds, cinnamon can help re-warning section below.

duce the risk of heart disease. It reduces blood pres-

sure, triglycerides, and cholesterol, which contribute

Cinnamon improves sensitivity to insulin, a key hor-

to heart disease.

mone in regulating metabolism and blood sugar. In

some metabolic conditions, the body may become in-

HIV: Cassia cinnamon helps the body's fight against

sulin resistant. By increasing insulin sensitivity, cinna-

HIV-1, the most common HIV form in humans.

mon lowers blood sugar levels and helps prevent or Anti-Bacterial and Anti-Fungal: Evidence treat diabetes. Additionally, cinnamon decreases the shows that cinnamon inhibits the growth of some bac-amount of glucose that enters your bloodstream after teria, including Salmonella and Listeria on surfaces, a meal. It slows the breakdown of carbohydrates and especially when cinnamon oil is used. We have no data prevents blood sugar spikes. Another compound in on whether cinnamon will treat internal infections.

cinnamon acts like insulin to improve glucose uptake

in the cells. Care is needed as cinnamon may cause Warning: Coumarin may increase cancer risk in an-blood sugar levels to drop too low.

imals. More research in needed for humans. Coumarin

may also cause liver damage in large amounts. Some

Reduces Triglycerides and Cholesterol: 1 to people have an allergy to cinnamaldehyde, a com-6 grams of cinnamon lowers triglycerides and "bad" pound found in cinnamon. The reaction usually pre-LDL-cholesterol. The full effects are seen over time, sents as mouth sores. As always, please check with but one to two months of use should bring triglyceride your doctor for possible medication interactions.

and cholesterol levels down significantly.

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Diatomaceous Earth

Diatomaceous earth (DE) is composed of fossils formed by tiny algae-like organisms called diatoms. It is a slightly abrasive powder that is safe for consumption by humans and animals. It has health and medicinal benefits to the body. Be sure that your DE is marked as food-grade. Non-food grade DE is not safe

for human consumption.

How to Take Diatomaceous Earth: Mix one

teaspoon full of diatomaceous earth in a glass of water.

Drink it one hour before eating or two hours after eat-

ing. Repeat this dose for 10 days, then wait another 10 Encourages Heart Health: Diatomaceous Earth days before repeating the cycle. Do this for 5 full cycles helps lower cholesterol and blood pressure, which en-of 10 days on and 10 days off. Diatomaceous earth can courages a healthy heart and circulatory system.

also remove medications from the body, so check with Clean Teeth: DE is an abrasive that is safe to use as your doctor before use if you are taking medications.

a toothpaste.

Medicinal Use. Diatomaceous Earth Detox-

Other Uses: Diatomaceous earth has many uses

ifies the Body: Diatomaceous earth holds a nega-

around the home. One of its most valuable household

tive ionic charge. This causes it to attract positively and garden uses is in killing fleas, bedbugs, cock-charged toxins and heavy metals, helping to flush them roaches, spiders and other insects. You only need to out of the bloodstream and the body.

dust it in the areas where infestations exist. It is com-

Kills Parasites: Diatomaceous earth naturally kills pletely safe with kids and pets. It is also valuable as an parasites and viruses in the digestive

tract. By using the abrasive cleanser, an absorbent, deodorizer, and in wa-
10 days on and 10 days off schedule, it kills parasites in ter filtration.

all stages of the reproductive cycle, ending the infesta-

Warning: Diatomaceous earth is a fine abrasive

tion.

powder. It can be harmful if inhaled or if it gets in the

Improves Joint and Bone Health: DE is a nat-

eyes. Wear proper protective clothing when using.

ural source of silica and other trace minerals required Recipes. DE
Toothpaste: ½ cup of diatomaceous by the body. Silica is essential for
healthy joints, liga-earth, ½ cup coconut oil, 1 to 2 drops peppermint es-

ments, and bones.

sential oil, vegetable glycerin, as desired for texture.

Mix together and use as toothpaste.

Epsom Salts

Epsom salts is a crystalline mineral salt with the chem-

Medicinal Use. Epsom Salts Treat Magne-

ical formula MgSO4. When mixed with water, the salt sium Deficiency,
Stress, and Benefits the breaks down into magnesium, sulfur, and oxygen.

Body Systems and Chronic Diseases: An Ep-

All of these are beneficial for the body and can be ab-

som salt bath is a good way to de-stress and treat a

sorbed through the skin, one of the reasons that Epsom number of health issues at the same time. Magnesium salt baths and foot soaks are so popular. It is also a is a mineral that is vital to health, yet many people are powerful anti-inflammatory used to treat muscle sore-deficient. An Epsom salt bath allows the magnesium to

ness and skin inflammations.

be absorbed by the body and is beneficial for the heart,

bones, muscles, and other organs.

Epsom salt baths are beneficial for treating any disease swellings, and skin inflammations. A long soak has the that might cause or result from a magnesium defi-ability to reduce swelling and pain almost immedi-

ciency, especially chronic diseases like heart disease ately.

and arrhythmias, osteoporosis, chronic fatigue syn-

To Benefit from an Epsom Salt Soak: To re-

drome, arthritis, and some mental illness.

ceive all of these benefits, soak in an Epsom salt bath

Detoxifying the Body: The dissolved sulfur in an for at least 40 minutes to 1 hour. Use two cups or more Epsom salt bath helps the body flush out toxins. It of Epsom salt in a full bath tub of warm water. For a pulls toxins and heavy metals out of the body.

foot soak, add 2 tablespoons of Epsom salt per gallon

Reduces Inflammation:

(4 Liters) of warm water. To aid the detoxifying pro-

A soak in Epsom salt cess, drink plenty of water before, during, and after the also reduces inflammation and pain in sore muscles, soak.

Listerine

Listerine is a combination of alcohol and essential oils Treat Itchy Skin: Listerine treats pain and itchy that are good for killing bacteria and fungus on the skin caused by bug bites, bee stings, poison ivy, aller-body. In addition to sanitizing the mouth and sweeten-

gies, psoriasis, and acne. It sanitizes the area, reduces

ing the breath, it is useful for killing bacteria and fun-

pain, and relieves the itch temporarily.

gus in wounds and on the skin.

Clean Blisters and Wounds: Clean wounds and

Medicinal Use. Get Rid of Lice: Listerine can blisters with Listerine to keep them from getting in-be used to kill lice in the hair. Apply Listerine to the fected. The Listerine kills bacteria on the skin surface.

scalp and hair, soaking it well. Cover it with a disposa-

Repeat several times daily to keep the wound clean.

ble shower cap and leave it on for 2 hours. Wash and

rinse like usual. Use a lice comb to remove the nits.

Toe and Nail Fungus: Add a cup of Listerine to

your foot soak to treat nail fungus. Soak daily until the

Get Rid of Ticks: To get a tick to turn loose soak a fungus clears up completely.

cotton ball or pad with Listerine and use it to cover the

tick for 10 to 15 seconds. The tick will usually let go Other Uses. Kills Mold and Mildew: Listerine quickly and can be removed with tweezers.

also kills molds and mildew. Use it in a spray bottle to

kill small spots of mold and mildew. Spray the area

thoroughly and let it soak in.

Potassium

Permanganate

Potassium permanganate is a chemical compound

dermatitis, eczema, vaginal thrush, and vulvovagini-

with medicinal use for the cleaning of wounds, treat-

tis.

ing skin conditions, and disinfecting water. It is a

Apply a small amount on small wounds and soak

strong oxidizer, capable of starting fires when in con-

larger areas in a very dilute solution. If necessary, a

tact with oxidizable materials.

dilute potassium permanganate water bath can be

Medicinal Use. Skin Infections:

used. Compresses can also be used.

Potassium

permanganate can irritate or even burn the skin when

Wound Cleansing: Cleaning wounds with dilute

used in strong solutions. It must be carefully prepared

concentrations of potassium permanganate kills bac-

into very dilute solutions before use. Only a small

teria, funguses, and viruses. This prevents wound in-

amount is needed to provide relief from skin infec-

fections.

tions including canker sores, ulcers, abscesses, acne,

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Fungal Infections: Fungal infections such as ath-

prepare water for drinking with potassium permanga-

lete's foot is easily treated by soaking the foot in a di-

nate, add permanganate granules to 1 gallon (4 Liters)

lute solution of potassium permanganate for about 15

of water, one or two at a time, until the water turns

minutes, twice a day, for two or three weeks. These

pink. Allow the water to sit for 30 minutes before

soaks kill or inhibit the growth of the fungus. The pa-

drinking or using. The water is safe to drink while the

tient should be aware that the treatment will tempo-

pink color remains. If the color is purple, you have

rarily stain the foot brown, but normal color will re-

added too much permanganate and the water is un-

turn when the soaks are finished.

safe for drinking. Add more water to dilute it until the

color is pink.

Cholera Prevention: Potassium permanganate is

an effective way to sanitize water for drinking.

How to Prepare: Potassium permanganate must

be dissolved and diluted by clean water before using.

Clean food and drinking water is necessary to prevent

infective diseases such as cholera and dysentery. To

Dissolve one 400 mg tablet or granules in 1 gallon (4

Warning: Potassium permanganate is an aggres-

liters) of water. Use the water to soak weeping skin

sive oxidizer and will readily start fires when in con-

wounds and infections for 1 hour, but no more. Use

tact with suitable materials. It must be stored in a

potassium permanganate as a short-term solution

non-reactive plastic bottle. Strong solutions can cause

while treating the underlying conditions. Do not use

burns. Dilute the solutions as recommended. Potas-

potassium permanganate internally or in the eyes.

sium permanganate will stain almost everything it

Other Uses: Water purification, as described above

comes into contact with a nice shade of pink or purple.

under preventing cholera. Potassium permanganate is

also useful for starting fires.

Raw Honey

Honey is made by bees. It is made up of concentrated

flower nectar that bees break down into simple sugars

using an enzyme in their salivary glands (invertase). It

is then deposited into honeycomb for long-term stor-

age. Honey contains many medicinal qualities taken

from the flower. Once the honey has been cooked or

diluted, these properties may no longer exist in benefi-

cial quantities. I prefer to use undiluted raw honey, as

it contains pollen and parts of the waxen honeycomb

in addition to the honey itself.

Honey has a rich medicinal history. It has been used For especially difficult infections and ulcers, the use of since ancient times for the dressing of wounds and as Manuka honey is recommended, if available.

a cough suppressant.

Antibacterial, Antimicrobial, and Anti-In-

Medicinal Use. Burn and Wound Healing: flammatory: Some kinds of honey have more inThe antibacterial and anti-inflammatory properties of tense antibacterial and anti-inflammatory properties raw honey make it a natural for wound care. It kills than others. In particular, Manuka Honey from New germs and helps the wound heal. Use it applied directly Zealand is known to be very high in these active com-to burns, infected wounds, diabetic foot ulcers and pounds. However, any natural raw honey has these other skin conditions such as psoriasis and herpes. You properties in varying amounts.

can apply it in a layer directly on the skin or apply it to

the bandage before use.

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Cough Suppressant: Honey is a natural cough LDL-cholesterol and increasing the beneficial HDL-suppressant. Take a spoonful of honey straight or use cholesterol ratio.

it to make a cough syrup infused with beneficial herbs. Additionally, replacing sugar with honey lowers tri-Allergies: Local raw honey may help with seasonal glyceride levels, which are associated with insulin re-allergies. I use it in conjunction with stinging nettle sistance and type 2 diabetes.

tincture.

Warning: Never give raw honey to an infant or child

Lowers Blood Pressure: When used moderately, under 1 year old. Their immature immune systems in place of sugar, honey may help lower blood pressure. cannot handle the botulism spores, where older chil-Because of its antioxidant compounds, modest blood dren and adults have a natural immunity.

pressure reductions can occur when reducing sugar While honey is considered a “healthy” sugar, it is still a use and replacing it with a small amount of honey. In-sugar and should be used in moderation. It will affect

stead of sucrose, honey is made up of glucose and fruc-

blood sugar and contains the same calories as sugar.

tose, and has a lower glycemic index than sugar.

Choose high quality, raw honey. Lower quality brands

Lowers Cholesterol and Triglycerides: High may be mixed with syrup and may contain very little LDL-cholesterol is a strong risk factor for heart disease honey. Unless your honey is marked as “raw”, assume and plays a major role in atherosclerosis. Honey can that it has been pasteurized.

improve cholesterol levels, lowering the dangerous

Turmeric/Curcumin

Turmeric is a spice used to give flavor and color to

curry and other foods. It has many known medicinal

uses, most derived from the curcuminoid compounds

it contains. The main active ingredient in turmeric is

curcumin and some brands list the curcumin content

on the label, usually around 3% by weight. You can also

buy curcumin extracts.

Turmeric, because of its curcumin and other curcumi-

noid compounds, is a powerful anti-inflammatory and

a strong antioxidant. Unfortunately, the curcumin is Turmeric is strongly anti-inflammatory and is as effec-not well absorbed into the bloodstream. Absorption is tive as many anti-inflammatory drugs, without their helped by the presence of piperine, a compound found side effects. It is my # 1 go to for internal inflammation.

in black pepper. Using turmeric with black pepper in-

Antioxidant: Oxidative damage is one of the mech-

creases the absorption of curcumin by 2,000 percent.

anisms that promotes aging and many diseases. Cur-

Medicinal Use: Using turmeric in food is benefi-

cumin fights free radicals that cause oxidative damage

cial, but food consumption alone is not enough to get and protects the body. It also boosts the body's own anthe amounts of curcumin needed. For this reason, I tioxidant enzymes.

mix turmeric with finely ground black pepper when Improves Brain Function and Lowers Risk taking it as a supplement. I pack the mixture into cap-of Brain Diseases, Including Alzheimer's

sules and take 1 to 4 grams (2 to 8 capsules) daily.

Disease & Depression. Curcumin can increase

Anti-Inflammatory: Acute, short-term inflamma-

the levels of brain-derived neurotrophic factor

tion is beneficial and helps signal your body of an in-

(BDNF), which is a growth hormone for the brain.

vading virus or bacterium. However, when inflamma-

Many brain diseases, including Alzheimer's Disease

tion becomes chronic, it is the root of many modern and depression, are linked to decreasing levels of the chronic illnesses. Calming chronic inflammation is vi-BDNF hormone. Increasing BDNF levels with

tally important.

curcumin can effectively delay or possibly reverse new blood vessels that feed tumors. It also reduces the many age-related brain function diseases.

spread of cancer and inhibits its growth.

By increasing BDNF, curcumin may also improve Lowers the Risk of Heart Disease: Because of memory and cognitive performance by increasing the its powerful anti-inflammatory properties, turmeric growth of new neurons and fighting degenerative pro-can lower your risk of heart disease. It improves the

cesses in the brain.

function of blood vessels, the regulation of blood pres-

Alzheimer's disease is characterized by a buildup of sure, and blood clotting. Studies show that taking 4

amyloid plaques in the brain. Curcumin crosses the grams of curcumin per day decreases the risk of a heart blood-brain barrier and helps clear these plaques. attack.

Long-term use is required.

Reduces Cholesterol Levels: Using turmeric,

Arthritis and Pain: Curcumin supplements are especially when eating fatty foods, helps reduce blood beneficial in reducing the inflammation in arthritis cholesterol levels, including the dangerous LDL cho-and slowing or stopping the progress of the disease. lesterol levels.

Patients report the improvement of symptoms and a Promotes Wound Healing: Turmeric is effec-reduction in joint inflammation, as well as a reduction tive as a disinfectant and reduces healing time in in pain.

wounds. Apply turmeric as a powder, directly to the

Cancer. Prevention and Treatment: Studies wounded area.

show that curcumin affects cancer growth, develop-

Warning: Turmeric may slow the clotting of the

ment, and spread at the molecular level. It promotes blood. People taking blood-thinners and pregnant the death of cancerous cells and reduces the growth of women should be especially careful.

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