



*Grindelia camporum*

Family: *Composite or Asteraceae*, includes daisy, sunflower, etc.

Parts: All parts; buds, blossoms (most often used), leaves and root.

Gumweed is a wild plant growing around the Rocky Mountain area. The blossoms excrete a sticky substance that binds with mucus in the body and then carries it out through the waste systems. Because of this special characteristic of "unsticking stuck stuff" it can remove congestion from all parts of the body and is specific for the respiratory system.

**Properties:** alterative (blood purifying and cleansing), antiasthmatic, antispasmodic Antimicrobial, anti-inflammatory, demulcent (soften, relieve and protect irritated tissue) diuretic (urine flow), expectorant, hypotensive (lowers blood pressure), sedative stomachic, vulnerary (heals wounds), cooling, moistening.

#### Medicinal Uses:

- Respiratory conditions of all kinds including bronchitis, whooping cough, pneumonia, allergies, asthma, etc.
- Coughs of all kinds including wet, dry, lingering, and irritating.
- Cold and flu.
- Sore throat and infections.
- Infections of the upper and lower respiratory tract such as ear and throat, tooth and gum, sinus and lung. (1/2 teaspoon tincture or 1/2 cup tea four times a day until symptoms subside)



## Annie's Place

- Skin irritations such as poison ivy, rashes, hives, bites and stings, etc. (salve, cream or compress)
- Tissue repair and skin regeneration, use for chronic and acute skin conditions.
- Helps alleviate congestion of all kinds throughout the body including digestive, kidney, liver, spleen, and respiratory system mentioned above.
- Massage oil or tincture into joints and muscles to help alleviate pain and inflammation.

### Methods of Use:

- Tea, gargle, wash
- Steam inhalation, bath, or soak
- Tincture (use alcohol as the menstruum)
- Syrup
- Poultice, compress
- Oil, salve, cream

### Care/Harvesting:

Gumweed is easy to identify with its sticky flower heads and white, gummy centers. It can be found in dry, sandy, open fields, plains, roadsides, wasteland and mountain sides.

- Harvest the bud, blossoms and leaves as they appear on the plant. Can be used fresh or dried for future use.

### Caution:

Can lower blood pressure so best not to take if dealing with a weak heart or low blood pressure. The resins can irritate the kidneys if taken in excessive dosages.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.