# Harbs To Know in the Gården

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Herbs To Know in the Garden
By Kathy Wilson, Master Herbalist and
Annie Felix, Master Herbalist
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#### Disclaimer

This book is only a reference book. It is not intended to treat, diagnose, or prescribe. It is meant only for entertainment and educational purposes. The authors assume no responsibility for any adverse effects or consequences resulting from the use of any of the information, remedies, procedures, or preparations, from *Herbs To Know in the Garden*. The information contained in this book should not replace the services of a qualified physician.

#### **Dedication: Kathy**

This book is dedicated to my husband and best friend, Carv, for all his support and help in creating this book. I couldn't have done it without him. It is dedicated to my kids for being willing to try the different remedies. It is dedicated to my mom and my family for believing in me. It is dedicated to my friends, for always being there for me and for their support and encouragement. Most of all, it is dedicated to my Heavenly Father and my Savior who inspired us to write this book and helped us every step of the way.

#### **Dedication: Annie**

I give all praise and thanks to God for giving me trials that have brought me to a knowledge of His healing medicine in plants. I thank Him for the many gifts He has blessed me with and for a great desire to share them with others as we brave this earthly journey together.

## **About the Author-Kathy**

I am a Master Herbalist. I got my degree through The Trinity School of Natural Health, a program which began over twenty years ago and is nationally recognized. I have read numerous books on herbs and their uses. For the past twenty years, I have taken many courses on herbs. I took classes from Laree Westover through Butterfly Express on herbs and homeopathies which were excellent. It was through Laree that I met Darcy from the Forest. In her small town of McCall, Idaho, she offers internships to anyone who is willing to come and work and learn more about herbs. I spent time learning to identify more plants, make tinctures, and prepare salves. Darcy is amazing. She is very knowledgeable about herbs, plants, and their medicinal usages.

Over the years, I have gone on many herb walks and learned as much as I could about plants. I have kept track of where to find the different plants. That way, I know where to find the plant when I need it. I can tell you which herbs are found along the trails near my home and which family members have different plants.

Many of the plants pictured in this book come from my own garden and Annie's garden. I have also gone to the arboretum and a place called the Utah House through our local university to get to know what plants look like. They have plants labeled which make them easy to identify when I see them again. These are great ways to get to know what grows in your area.

This year I will celebrate 26 years of marriage with my husband, Carv. He is a teacher at our local junior high. We have 5 wonderful kids together. Academically I have a Bachelor of Arts degree in English and French. Educating children has been very important to me. I have tried to model for my children a life centered towards learning. I have taken classes and read a multitude of books on herbs and alternative medications. It has enabled me to keep my love of knowledge alive and a desire to share that knowledge with others. I have served as an advisor to the Teenage Republicans from 2001-2018. I am also the director of Patriot Camp for Davis County. I continue to seek out additional learning that can help me to be more effective at treating disease, illness, and imbalances with plants and herbs.

#### **About the Author - Annie**

I am a Master Herbalist that found my calling with herbs after having a health problem failure with traditional medicine. They wanted to cover up symptoms with prescriptions rather than getting to the root cause of the problem, so I took the alternative path. After five years of study, prayer, application and inspiration, I was able to get to the root cause and heal my condition. I then felt inspired to share the knowledge I had gained with others who may also be seeking answers to their health. In 2014, I started my blog, anniesplacetolearn.com, where I share what I have learned (and keep learning) about essential oils, herbs, home remedies, alternative medicine, gardening, whole foods, temporal and spiritual preparedness, homeschooling, strengthening the family and love for God and country.

In addition to studying and sharing knowledge about health, I also homeschool my four children and continue my own studies with my Mothers of Influence group, <a href="https://www.mothersofinfluence.org">www.mothersofinfluence.org</a>.

## **Preface-Kathy**

Once Annie and I had finished Herbs to Know in the Wild we began talking about this book, Herbs to Know in the Garden. Whereas Herbs to Know in the Wild has plants that could be thought of as noxious weeds in your yard or growing in the woods, this book has plants that are easy to grow in your landscape and garden. Many of the plants are considered herbs and spices which can be used for cooking. As I began my study of the list we put together, I was amazed at the medicinal power of the plants many consider to be culinary or ornamental plants. In this book we share ways to use the plants and how to cultivate and harvest them.

The greatest advantage to using herbs are that they are a renewable resource. Whereas drugs require a store, money to purchase, and often require a prescription from a doctor to buy, herbs can be planted from seeds or bought in pots and used again as the need arises. I am not dependent on someone else to treat my symptoms, nor the root causes of illness, and can even heal the illness or disease. They help build the body. Many of these plants

are higher in nutrition than the ones we normally eat which is perfect for high stress situations when the body requires higher energy and nutritious foods.

Because I can grow them in my house or my own yard, I don't have to worry about taking in unwanted chemicals or pesticides because I can grow them myself.

Thomas Jefferson said, "Knowledge is power", and Nelson Mandela, "Education is the most powerful weapon which you can use to change the world." The more you know, the more power you possess to navigate through difficult times.

Most of the pictures in this book were taken by my husband, Carv. I appreciate his eye for plants. I have heard people say that his pictures make the plants easier to identify and therefore use. We hope that the information shared here and the pictures included will help others as they prepare for the difficult times that may come and will help inspire you to plant edible medicinal herbs in your garden and begin using them.

#### **Preface - Annie**

When I first started on my gardening and herbal path-I started one step at a time. I noticed a bare yard that needed some plants, so I went to a nursery and picked up some that I thought I would have a hard time killing and would come back each year. Those types of plants happened to be some herbs. I didn't know they were full of healing abilities until later in my life, but once I discovered what they could do I was so excited to have access to them in my yard.

As the years have progressed so has my garden and my knowledge of what's in it. I purchased a cute little notebook and I would take one herb at a time and study everything I could about that one herb. I touched it and used it until I became quite familiar with it. Then I would study another herb...and then another, and so my knowledge of plants and herbs grew one baby step at a time. My little notebook that I started years ago is part of this book that Kathy and I are sharing with you. Knowledge gathered from countless resources and experiences have been poured into its pages in a simplified way so

that you too can gain knowledge of what is growing, or what you can grow in your own yard for health and healing.

As you begin or expand your own journey of learning about plants and herbs, I hope this book can be to you, what my little herbal notebook is to me. Each herb is clearly identified by a name and picture. I also suggest you get a field guide on medicinal plants or use the internet to search more about how to identify the different plants. Once you identify the herb, Kathy goes over the medicinal properties of each one and then I'll show you how you can harvest and use them, I have also shared some of my favorite recipes using the herb. In the back of the book you will find a section on how to harvest, dry and prepare the herbs. So, don't worry when you come to "How to Use' and you don't know how to make a tincture or decoction - in the back you will have all the details and instructions you need. I pray that you will gain wisdom and understanding as you seek out your own herbal studies and have a little fun while doing it!

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# **Aloe Vera**



#### Aloe Vera or barbadensis

I love my aloe vera plant. It has been very low maintenance. By cutting off a leaf and secreting the gel I have used it on burns and cuts. It is soothing and offers great pain relief. The gel externally has been used to treat acne, bleeding, burns, sunburns, eczema, athlete's foot, scar tissue, the itch from chicken pox, and insect bites and stings. Aloe vera prevents and draws out infections making it a great first aid remedy.

The gel taken internally can help balance stomach acid, aid digestion, and increase the secretion of digestive enzymes. It is also known for being a great laxative. Like slippery elm and mallow, aloe vera is soothing and protective to the lining of the gut. According to Michael Tierra in The Way of Herbs, "Aloe is called 'kumari' in Sanskrit, which means 'goddess.' This refers to its common daily usage by East Indian women to maintain beauty and counteract symptoms of aging. Ayurvedic medicine considers the gel to be estrogenic, which accounts for its vitalizing and tonic properties for women." The yellow rind has been used for both diarrhea and constipation. It has also been used to treat jaundice, hepatitis, enlarged liver, spleen and an inactive gallbladder. Aloe vera gel may help reduce the risk of type 2

diabetes, as well as lower blood triglyceride levels. From Biblical times to present, aloe vera has been used by many.

Columbus wrote in his journal, "All is well, aloe is on board," Some people believe that it has been around since the Garden of Eden. Fresh aloe vera was taken internally to purge the stomach and lower intestines and relieve fevers. In Trinidad it is used for jaundice and pneumonia. Aloe's major properties are as a cell proliferant, healer, demulcent, and allergy reducer.

- Affects the liver, heart, stomach, gut, spleen
- Sooths burns, itching, cuts, insect bites, eczema, psoriasis, etc.
- Increases digestive enzymes
- Helps cramping, abdominal pain, flatulence, and bloating caused by IBS
- Lowers blood sugar for diabetes
- Prevents and draws out infections
- Has been used for asthma
- Helps balance stomach acids
- Used both for diarrhea and constipation

Parts Used: inner gel from leaves

**Cautions:** Aloe stimulates uterine contractions; thus it should be avoided internally, during pregnancy

and breastfeeding. Do not use externally on infections, as it can "seal" in the infection.

#### How to Use:

- Gel from plant leaves
- Commercially freeze dried can use in capsules
- Commercial aloe liquid
- Can use the liquid as a solvent to make your own herbal toner or liniment (make like you would a tincture p. 183).

Growing/Care: Plants can be purchased from your local nursery to be grown as an indoor plant. You can grow it outside if you live in a frost free area. Water moderately and keep the soil well drained. Harvesting: Cut one leaf off at a time for use. Slice open and scoop out the clear liquid with a spoon. Use as is or blend it for a smoother gel. You can wrap the unused leaf in plastic wrap and it will keep in the fridge for several weeks.

<u>Burn Spray:</u> 2 oz. Aloe Vera liquid (either commercial or blended from your plant), 2 oz distilled water, 20 drops lavender essential oil, 15 drops tea tree essential oil. Mix together and place in a spray bottle. Spray on burns as needed. Keep in the fridge for greater cooling and anti-inflammatory benefits.

# Angelica



#### Angelica archangelica

It is believed that angelica got its name from helping protect people from disease including the bubonic plague. There is a story of a French monk in the 17th century that is said to have been told in a dream that angelica was a cure for the plague. Stephen Buhner in his book *Herbal Antivirals* lists angelica as being highly effective for fighting viruses. Angelica often is used in the treatment of colds, coughs, asthma, bronchitis, pneumonia, flus, and will break a fever. It is an excellent expectorant.

The tinctured seeds are used for acid indigestion, nausea and vomiting. According to LaRee Westover in her book *Butterfly Miracles*, angelica works on circulation and on hormone balancing as well. She said, "It is used both internally and applied to the breast when any lump first appears. If the lump is cancerous or otherwise, is related to high estrogen levels, angelica will rapidly dissolve it and lower the estrogen levels in the blood." It is one of the best female tonics in that it feeds the uterus and female glands. It is also nourishing to the central nervous system.

Angelica has been used to help people stop smoking and alcohol abuse. According to Matthew Wood in his book *The Earthwise Herbal* 

"The oil (from angelica) stimulates the fat of the kidneys, the adrenal cortex, releasing the cortisol which supports digestion ad raises blood sugar levels. The circulation of the blood is opened to the periphery to bring nutrition to all parts of the body, to stimulate fluid movement in the possibly dried out joints, to rebuild the fatty deposits insulating the nerves, and to improve circulation to the hands, feet, and uterus."

- Great for flus and colds
- Expectorant and thus good for bronchitis and pneumonia
- Breaks fevers
- Balances hormones
- Can bring on and regulate menstrual cycle
- Helps stop cravings for smoking, alcohol
- Nourishes the central nervous system
- Improves circulation
- Regulates blood pressure
- Great for the lymphatic system
- Used for nausea and vomiting
- Excellent overall tonic

Parts Used: roots, leaves and seeds

**Cautions:** Do not use during pregnancy. Raises blood sugar levels in the urine and thus to be avoided by diabetics.

#### How to Use:

- Tea (leaves and seeds = mild)
- Decoction (root = strong)
- Tincture (roots and seeds)
- Herbal oil: massage oil for cramps and joints
- Food: stalks and leaves can be steamed or added to soups and salads.

**Growing/Care:** Can be sown by seed in the fall or root cuttings from a mother plant. Grows in moist soil and full to partial share. Moderate to heavy water. A biennial plant that grows in clumps with a large tap root up to 8 feet, umbels have clusters of yellowish-green flowers.

#### Harvesting:

- Leaves and stems can be harvested anytime.
- Roots are best harvested in the fall of the first year but can be dug up in the spring or fall of the second year. Dry quickly before using (the fresh root is toxic so make sure you dry it first).
- Seeds can be harvested when they turn brown by cutting dried umbels and placing in paper bags for 2 weeks. Shake the bag or rub umbels to remove the seeds.

# **Basil**



#### Basil-ocimum basilicum

For most, basil is used as an excellent herb for seasoning food and can be found in many cabinets including my own. However, it is a wonderful medicinal herb as well. According to WebMD "Basil is used for stomach spasms, loss of appetite, intestinal gas, kidney conditions, fluid retention, head colds, warts, and worm infections. It is also used to treat snake and insect bites. Women sometimes use basil before and after childbirth to promote blood circulation, and to start the flow of breast milk.

According to Stephen Buhner, basil is effective against adenoviruses that can cause high fevers, pneumonia, and acute respiratory diseases. In his book *The Earthwise Herbal,* Matthew Wood shared research by French doctors which shows that, "basil first stimulates, then relaxes, the brain and nervous system...basil is used in Mediterranean countries before bed for insomnia, and on waking to enhance alertness." He goes on to say, "It detoxifies through the skin by diaphoresis and removes mucus from the lungs. It stimulates the appetite and digestion, removing stagnant food and flatulence. It also penetrates to the deeper regions of the organism to detoxify the blood, liver, portal circulation, spleen, and intestines. Basil appears to

dissolve and liberate for excretion, toxic lipophilic compounds which are stored in body fat deposits." Basil is a cooling herb and thus great for cooling fevers as well.

- Antiviral thus great for colds and flu
- Has been used for depression, melancholy, and nervous tension
- Used for insomnia
- Expels mucus from the sinuses and lungs
- Cools fevers
- Helps with pain from rheumatism
- Used for catarrh in the stomach, vomiting
- Reduces flatulence or gas
- Aphrodisiac
- Improves liver function
   Parts Used: leaves and flowers

Carlo Cocar reares and non

Cautions: None known

#### How to Use:

- Herbal Sprinkle: Dried and crushed herb used to sprinkle in your meals (fresh grown and dried is the best way to go, store bought basil has weak color and flavor which means the medicinal properties are weak)
- Fresh leaves: use these in your cooking and for pesto.

- Poultice, fomentation; use for bug bites and stings or other skin eruptions and issues
- Tea
- Herbal oil
- Herbal honey or butter (or ghee)

**Growing/Care:** There are many varieties of basil, you can get a transplant from your local nursery or start seeds indoors 4-6 weeks before the last frost. Transplant outdoors after last frost in full sun. Cut back stems regularly to get a bushy plant and pinch off flowers as they form to keep the plant producing leaves. As an annual, once it flowers the plant is spent.

**Harvesting**: Cut leaves as needed. As you cut off stems and blossoms to keep the plant producing, dry them for use as a kitchen spice or to store for future use.

#### **Basil Pesto:**

½ cup olive oil, 3 cups basil leaves and blossoms, ¼ cup nuts of choice (pine nuts are used traditionally but are very expensive), 2 cloves of garlic, ¼ teaspoon salt, ¼ cup parmesan cheese. Blend ingredients until desired texture is reached. Use pesto as a spread on sandwiches, in pasta, as a dip, as a pizza sauce, etc.

# **Black Walnut**



#### Juglans Nigra

Traditionally black walnut has been used as an anti-parasitic as it helps destroy amoebas, protozoan, and pinworms. I have used it to help get rid of candida. My favorite use of black walnut is for iodine. My mom used iodine as an antiseptic to clean my cuts and wounds. I dreaded it as it hurt so badly as it cleaned. Iodine is an essential component of our thyroid hormones, which help regulate our metabolism. These hormones control the chemical processes and transformations that happen inside every single cell of our bodies and determine how we function. When we don't take enough iodine, we can develop a series of health problems including fatigue, bradychardia (slow heart rate), cognitive problems (low levels of iodine slows down the release of energy so our brains don't get the fuel it needs), weight gain as our metabolism slows down, goiter, and some cancers have been linked to iodine deficiency. Black walnuts are a rich source of jodine. I have tinctured gallons of black walnuts for preparedness kits. lodine protects the thyroid in cases of high exposure to radiation. I will pick the green black walnuts and take a sledgehammer to them, breaking them up so that they are easier to tincture. I then put them into a bucket, pour vodka

over and let steep for a few weeks. It is best to use gloves when straining the walnuts off. My hands have been stained for months after making the tincture. I like to take about a half teaspoon twice a day for my thyroid and health benefits. It is best to take a break for a day or two each week.

- Natural form of iodine
- Helps thyroid produce hormones
- Nuts lower cholesterol; reduce heart attacks
- Anti-parasitic, pinworms, candida
- Inner bark taken to stop diarrhea
- Great gargle for inflamed tonsils and sore throats, abscesses
- Used for asthma and bronchitis
- The tannins tighten prolapsed conditions, muscle tone; cleanses and tones colon
- Great first aid remedy, antiseptic put on cuts, wounds, used for infections
- Protects the thyroid from radiation
- Helps assimilation of nutrients
- Antifungal for chronic sinusitis and upper respiratory conditions

Parts Used: hulls, nuts, leaves, inner bark Cautions: Best to take a break while using it-5 or six days on and one day off.

#### How to Use:

- Tincture (instructions above) use externally for skin conditions; boils, warts, sores, impetigo, cold sores, scabies, shingles, etc. Also use internally, no more than 2 dropperfuls, 3 x day.
- Tea of leaves and/or bark for external skin conditions, wounds, eye wash, etc.
- Powder of dried hulls: capsules, poultice, foot powders, body washes, etc.
- Gargle, mouth wash; sore throat, mouth sores and gums
- Bath, foot soak, fomentation
- Herbal oil, salve, ointment

#### Harvesting:

- Leaves can be harvested anytime but best in late spring early summer. Can be dried for future use.
- Inner bark is best gathered in early summer from the twigs.
- Pick hulls when they are green. Wearing gloves, use a knife to cut the hull from the nutshell or crush the hull with a mallet as described above. Tincture or dry immediately. Once dried, blend hulls in a high-powered blender or coffee grinder to a powder.

#### **Antifungal Powder:**

This recipe has been modified from Herbal Recipes for Vibrant Health by Rosemary Gladstar.

½ cup Redmond clay or bentonite clay

1 tablespoon powdered chaparral

1 tablespoon powdered black walnut hulls

1 teaspoon powdered wormwood

1 teaspoon tea tree essential oil

Combine powders. Add the tea tree essential oil and mix well. Let the mixture dry; store in an empty spice bottle in a cool, dry location. Sprinkle on feet or other area of concern once or twice a day.

#### Dr. Christopher's Plague Remedy:

This is an all-purpose anti-biotic formula created by Dr. Christopher and modified by Annie. It can be used to treat all the conditions listed above plus colds, flu, congestion, infection and all communicable diseases. It may be used in small amounts (1 Tbsp. 3 x a day) as a tonic (daily doses to prevent illness) or in large amounts (1 Tbsp. every hour) to fight off infection. It can also be used topically on skin conditions, sores, infections, etc.

Mix together the following herbs in a large bowl or container:

2 parts comfrey, 1 part wormwood, 1 part lobelia 1 part marshmallow root, 1 part oak bark, 1 part black walnut hull, 1 part mullein, 1 part skullcap 1 part uva ursi

Place the following liquids into a blender and blend until fully incorporated:

8 parts apple cider vinegar (use Bragg's brand or any kind with the mother) 5 parts vegetable glycerin 5 parts raw honey

Fill a jar 1/2 full of the herbal blend and cover with the liquid mixture. Stir real well allowing the herbs to absorb the liquids. Shake it up several times during the first day, adding more liquid as needed. Let the herbal tincture sit for 6 weeks on a counter or in a cupboard, shaking daily - if you remember. Strain the herbs at the end of the 6 week period and add 2 parts garlic juice (run garlic bulbs through a juicer). Keep stored in a glass container in a cool, dark area. Keeps indefinitely.

# **Borage**



#### Borage Officinalis

According to David Hoffman in his book The Complete Illustrated Holistic Herbal, "Borage acts as a restorative agent on the adrenal cortex, which means that it will revive and renew the adrenal glands after a medical treatment with cortisone or steroids. There is a growing need for remedies that will aid this gland with the stress it is exposed to, both externally and internally. Borage may be used as a tonic for the adrenals over a period of time. It may be used during fever and especially during convalescence. It has a reputation as an anti-inflammatory herb used in conditions such as pleurisy. The leaves and seeds stimulate the flow of milk in nursing mothers."

Borage has been known to have an effect on other glands of the endocrine system as well including the hypothalamus and thyroid. With its high omega-6 fatty acid content, borage oil has significant anti-inflammatory qualities. Borage has been used for heart and lung congestion, and fevers. Its demulcent properties make it highly effective against ulcers both internal and external. The seeds of borage have been found to be rich in gamma linolenic oil like that of evening primrose.

According to <a href="www.webmd.com">www.webmd.com</a> "Borage seed oil is used for skin disorders including eczema,

seborrheic dermatitis, and neuro dermatitis. It is also used for rheumatoid arthritis (RA), stress, premenstrual syndrome (PMS), diabetes, attention deficit-hyperactivity disorder (ADHD), acute respiratory distress syndrome (ARDS), alcoholism, pain and swelling (inflammation), and for preventing heart disease and stroke. Borage flower and leaves are used for fever, cough, and depression. Borage is also used for a hormone problem called adrenal insufficiency, for "blood purification," to increase urine flow, to prevent inflammation of the lungs, as a sedative, and to promote sweating.

Borage is also used to increase breast milk production and to treat bronchitis and colds. It helps revive your energy. In the days before we had ice readily available it was used as a cooling drink.

- Contains saponins, mucilage, tannins, and essential oil
- Has been used for hyperthyroidism
- Great for colds, bronchitis, fevers
- Depression, nervous exhaustion
- Helps restore the adrenals
- Anti-inflammatory, has been used for pleurisy, ARDS
- Great for ADHD
- Used for eczema and skin conditions

- Great for coughs
- May prevent heart disease and strokes
- Increases flow of milk in nursing mothers

Parts Used: Leaves and flowers.

**Cautions:** The hairs on the fresh leaves can irritate the skin. Borage contains pyrrolizidine alkaloids that have demonstrated hepatotoxicity. Dosage should be small.

#### How to Use:

- Tea
- Tincture
- Syrup, honey
- Food: cucumber like taste, add flowers and leaves to salads, sandwiches, dips, soups, etc. Chop first.

**Growing/Care:** Plant seeds in late spring in full to part sun, water moderately. Planting next to tomatoes, strawberries or squash will boost the flavor, help it to resist disease and keep away pests. Borage is an annual so you may want to save seed for the next year.

**Harvesting**: Best flavor is when the plant is in flower with green seed beginning to form. Leaves and flowers can be harvested at any time. It is best used fresh but can be dried.

# Calendula



#### Calendula officinalis

My first introduction to calendula came as a homeopathic remedy for wounds and burns. Years later a friend offered to let me harvest her plants that she was getting ready pull out of her garden. Calendula grows readily in my area; however, it is native to Europe where it has a long history of use. Externally it is often used for sunburns, burns, sores, ulcers, insect bites, and bruises. It keeps wounds from hardening and forming scar tissue. It is also anti-microbial and great for infections inside and out.

Internally, calendula has been used in the treatment of gastric and duodenal ulcers. According to Matthew Wood in his book *The Earthwise Herbal*, "By observing its actions on the drainage from wounds, we realize that calendula is an effective lymphatic remedy and can be used topically or internally for swollen glands. It helps resolve stagnations in the lymphatics from wounds, gland removal, or sickness. In this capacity it is assisted by its immune stimulating contents. It may help the liver through extensive immunological tissue found in that organ. Its action on the digestion is mostly through soothing the mucosa, reducing inflammation and perhaps immune over activity...Its nature being to heal, it is valuable in

formulas in pneumonia and other internal ailments where inflammations exist. It is also a soothing antispasmodic nervine, and gently influences the menstrual flow." It can also be compared to the herb boneset in its ability to reduce fevers. Calendula can be used as part of a gut healing protocol. After killing off harmful bacteria and sweeping it out of the gut, calendula works to soothe and heal any damage.

Calendula is known for its skin care properties. It can be used on rashes, skin infections, smoothing out wrinkles, cleansing and detoxifying the pores, clearing acne, and softening the skin.

- Wonderful lymphatic herb
- Liver tonic
- Immune huilder
- Soothe and heal the gut
- Great First Aid remedy as it is great for wounds and burns
- Prevents and lessens scar formation
- Has been used for depression when there is a history of candida
- Used for gastric and duodenal ulcer
- Helps control flu and viruses
- Poultice or liniment for bruises and sprains
- Pneumonia, bronchitis, asthma

Skin care

Parts used: Flowers

**Cautions:** Not advised internally during pregnancy.

Safe to use as a tonic.

#### How to Use:

Tea

- Tincture, liniment
- Poultice, fomentation
- Bath, foot soak, steam
- Herbal oil; use as a massage oil over lymph glands and sore, inflamed areas of the body. Also great for the skin and eyes.
- Salve or cream
- Eye wash; clear up conjunctivitis and eye strain (make a tea and place in eye cup) or
- Tea bag; place a cool tea bag of calendula over the eyes to reduce puffiness or use a warm one to clear up infections
- Food: pull petals off the center disk and sprinkle in salads, soups and other dishes.
   Can also be used as a food coloring to give a golden color to liquids.

**Growing/Care:** Grows easily from seed sown in the fall or spring. Calendula is an annual but will self-seed year to year. It grows in clumps instead of

spreading by roots. Prefers light to moderate water. They will blossom from early summer until a killing frost takes them. Keep the blooms picked and they will continue to produce more blossoms.

**Harvesting:** Snip flower heads as they open. Once they have begun to seed, they are no longer medicinal. Dry blossoms for future use. Discard once they lose their color.

## **Gut Support Blend:**

This blend can be used to strengthen and heal the gut. Annie used this blend as part of a protocol to heal her son's gut after a dose of antibiotics had damaged it. The term "gut" is in reference to the digestive system, the intestinal tract in particular. This can be effectively used as a tea, tincture/glycerite or grind into a powder for capsules.

3 parts calendula, 3 parts plantain, 3 parts spearmint (or other mint of choice) 3 parts chamomile and 2 parts ginger root.

Calendula Cream: ¾ cup calendula herbal oil, 1/8 cup (.85 oz) cocoa butter, 1/8 cup (.85 oz) coconut oil, 1 oz. beeswax, ¼ tsp. lanolin. Melt over low heat and then pour into a blender jar. Mix in a

separate bowl; ¾ cup distilled water, ¼ cup Aloe Vera liquid, 1 tsp. vitamin E oil and 1 tsp. of essential oil(s) of your choice (optional). When the oil mixture is solid but not hard, (like pudding), turn on blender and slowly pour in liquid ingredients. Keep blending until creamy, you may need to help it along by stopping and stirring. Use this as a lotion, face cream, rashes, skin conditions, etc.

Acne Toner: 2 parts calendula, 2 parts lavender, 1 part plantain, 1 part comfrey. Place herbs in a pint or quart jar, depending on how much you want to make. Add together 1 part witch hazel and 1 part distilled water then pour over herbs to 1" headspace. Let sit for 2 weeks. Strain and add a few drops of lavender essential oil (optional).

## Other Recipes:

Burn Salve pg. 104 Heartburn Blend pg. 116 Lymph Mover pg. 63

# Cayenne



### Capsicum anuum

When I first started writing the Herbs to Know series my friend shared with me a story of the power of cavenne. Their family had been waterskiing at Bear Lake when her sister had cut her leg open nipping the artery. The closest hospital was almost an hour away. Her mom packed her sister's leg with cavenne and they headed for the hospital. The doctor, not familiar with herbs, questioned why she had done so, but then said that the cayenne had saved her life, once he saw the severity of the wound. Cayenne stops bleeding and hemorrhaging wherever it touches. Dr. Christopher called it "one of the great herbs of all time." He used it for hemorrhaging, high and low blood pressure, heart troubles, heart attacks, varicose veins, and hypoglycemia. It equalizes blood circulation. Cayenne is added to nearly all herbal formulas as its stimulating effects speed the circulation causing it to enhance digestion and absorption. According to the book Nutritional Herbolology by Mark Pederson, cayenne or the capsicum in cayenne, "is used in this manner in formulas for pain relief of arthritis, female complaints, athletics, infections, heart, laxatives, diuretics, ulcers, thyroid balance, male tonic and cleansing and respiratory ailments." Cayenne will help heat up the body in cases of hypothermia. My foot zone teacher combined cayenne with apple cider vinegar and honey which she called the brew.

She said it was safe to take as a tonic and good for about everything. Capsicum has been used internally and externally for headaches and pains. Prolonged exposure deadens the nerves to any pain. Capsicum also stimulates the stomach to produce mucous which tends to sooth some intestinal ailments. The high amount of vitamin A helps heal the epithelial cells of mucous membranes thus helping with ulcers.

- Stops bleeding in a manner of seconds
- Helps with high and low blood pressure as it equalizes blood circulation
- Speeds circulation and enhances digestion and absorption
- Deadens the nerves to any pain
- Antibacterial, antispasmodic, antiinflammatory, antiseptic
- Helps with ulcers
- Prevent and treat heart attack and stroke
- Great for hemorrhaging
- Safe to use as a tonic
- Helps heat up the body, thus good for hypothermia

Parts Used: Fruit

**Cautions:** Highly irritating. Use only small amounts to avoid excessive burning.

#### How To Use:

- Tea
- Tincture

- Powder; as a sprinkle and in capsules
- Food; use as a powder sprinkled in foods or chop fresh and use in food preparations.

**Growing/Care**: Start seeds in late winter indoors in a sunny and warm location. Transplant after late frost. Prefers dry soil and requires little water. Avoid planting next to sweet peppers or they will become hot.

Harvesting: Pick when the fruit it bright red. Use gloves when picking and preparing to prevent burning. Dry using a dehydrator set to 135 degrees until crisp. Snap green top off, shake seeds out and place dried fruit in blender until powdered. Use either fresh or dried for herbal preparations.

Pain Salve: Massage into area of concern to relieve the pain of arthritis, muscle pain, cramps, headaches, etc. In a quart jar add ½ cup powdered cayenne and 1 cup of dried St. John's wort. Fill jar with olive oil to 1" headspace and make an herbal oil, then turn that into a salve (p. 200) using 40 drops of Paine blend essential oil from Butterfly Express or pain blend of your choice. Dr. Christopher's X-Ceptic Extract: Equal parts; oak bark, echinacea, myrrh gum, comfrey, garlic, cayenne. Make into a tincture. Use for infections both internally and externally. Also use as a gargle for throat and tooth infection. Annie has had great success healing cold sores and ingrown toenails with this.

# **Chamomile**



### Chamaemelum nobile Matricaria recutita

Chamomile is one of the most commonly known herbs. More than sixty million bags of Chamomile tea are sold each day. It is one of the best herbs for babies, children, and adults alike. In babies of at least six months or older, it can be given as a tea for colic, digestive discomfort, and teething. It is an excellent, gentle sedative for adults and children, great for insomnia and nervous tension.

Chamomile is often used to relieve nausea and morning sickness during pregnancy. It soothes digestive upsets including heartburn, indigestion, acidity, gas, constipation, and diarrhea. The use of chamomile tea to relieve pains from periods and calm menstrual cramps predates Roman times. Chamomile has a long history of use. As a folk medicine of great antiquity in Europe it was used primarily for tension, pain, and fever especially where the digestive tract was involved. As an antiinflammatory it has been taken for gout and arthritis. Externally it is great for eczema, psoriasis, blisters, and burns including radiation burns. One of chamomile's best qualities is as an antibiotic and antifungal. Research has shown it to be effective against gram positive bacteria including staph and against candida albicans.

According to Andrew Chevallier in Herbal Remedies, "In medieval times, chamomile was thought of as the plant's physician. It has been stated that nothing contributes as much to the health of a garden as chamomile herbs dispersed about it. A drooping or sickly plant may well recover if chamomile is placed near it."

- Best herb for babies and children
- Relieves nausea and digestive disorders
- Calming herb; induces sleep
- Helpful for fevers and infections including colds, flus, coughs and sore throats
- Good for the liver and gallbladder; has been used for jaundice, gallstones, and colic
- As an antispasmodic, great for painful cramps and coughing and for asthma
- Has been used for irritable bowel syndrome
- Great for morning sickness
- Pain reliever for arthritis, gout, muscle cramps, rheumatic pain and neuralgia
- Effective against gram-positive bacteria
- Nervine, mucilage, antispasmodic, sedative, anti-inflammatory, bactericidal

Parts Used: Blossoms

#### How to Use:

- Tea (this is the best way to utilize the properties) use a weak tea for babies
- Fomentation, bath, foot soak
- Eye wash or tea bag; relieves eye stress and strain, dark circles, puffiness and eye infections.
- Tincture
- Herbal oil, salve or cream
- Honey, syrup
- Herbal pillow

**Growing/Care:** Sow seeds in early spring, mixing with sand first. Likes full to part shade. Can also purchase a plant from the nursery. Chamomile is an annual but will self-seed.

**Harvesting:** When flowers are fully open, use fingers as a rake to pull them off the plant. Dry for future use or use fresh.

<u>Kiddie Calm Blend</u>: Mix equal parts; spearmint, chamomile, lemon balm and catnip. This blend can be made into a tea, tincture (I would suggest a glycerite for kids) or any of the methods above. This works great for any kid complaint such as upset tummy, colic, aches, pains, nightmares or can't sleep, etc. Also great for adults!

# Chickweed



#### Stellaria media

When I think of weight loss, I think of chickweed. It has a reputation for dissolving fat. According to Matthew Wood in his book *The Earthwise Herbal*, chickweed "drives off excess dampness and fats. These actions show that it stimulates both sides of the metabolism, building and breaking down, not only through the liver but also through the endocrine system. Thus, it is used to lose weight, not just short-term water weight, but long-term deposits. It is an outstanding remedy for lipomas (fatty tumors), as well as general weight loss...In short, there is no area in the alterative category (liver, lymphatics, endocrine, kidneys, skin, intestines, lungs) it does not touch."

According to Julie Bruton-Seal in her book Backyard Medicine, "Chickweed works well internally on hot inflammatory problems like gastritis, colitis, congested chest, blocked kidneys and gallbladder, and piles. It has an affinity for the lungs, for sore throats, bronchitis, asthma, irritable dry cough, and other respiratory conditions." Jethro Kloss, one of the great herbalists has said, "It heals and soothes anything it comes in contact with." Traditionally, chickweed is best known as a remedy for itchy skin, but it can also bring relief to problems such as eczema, nettle rash, and irritated

varicose veins. Chickweed has also been used as a remedy for cuts, wounds, and any type of external irritation. Internally, it has a reputation for being a remedy for rheumatism. Chickweed can be gathered all year round to use in salves, teas, or tinctures. It combines well with marshmallow to make an excellent ointment.

- Best weight-loss herb
- Helps lungs, sore throats, bronchitis, asthma
- First-Aid remedy for cuts and wounds
- Externally used for itching, rashes, psoriasis and skin conditions
- Helps clear blocked kidneys and gallbladder
- Contains saponins which some say dissolves fats
- Internally can be taken for rheumatism and arthritis
- Astringent, demulcent, anti-rheumatic, vulnerary, emollient
- High in zinc, silicon, potassium, phosphorus, manganese, magnesium, iron, cobalt, calcium, ash
- Safe for children
- Can be taken as a healing tonic

Parts Used: leaves and flowers

Cautions: None known

#### How to Use:

- Tea; Tincture
- Poultice, fomentation, bath
- Herbal oil, salve or cream
- Juiced
- Food: leaves are quite tasty and make a good addition to salads, sandwiches, soup, stir-fry, pesto, or steamed.

**Growing/Care:** Chickweed can be found growing in shaded, cool areas. It has soft little mouse ear like leaves and the tiniest white flowers that look like stars. It goes into hiding in hot weather, so it is best to mulch it when it gets hot. I have seen it growing under the tables at my local nursery. It is an annual that can be grown from seed and will self-seed.

**Harvesting:** The whole plant can be cut or picked and used at any time.

# <u>Dr. Christopher Lung & Bronchial Formula</u> – modified by Annie

1 part marshmallow root, 1 part chickweed, 1 part lobelia, 1 part peppermint, ½ part comfrey leaf, ½ part mullein. This formula can be used as a tea (the best way to utilize the properties) tincture or capsules. Typical dosage: 1 cup tea, 2-3 times day. 2 capsules 2-3 times day. 2-3 dropperfuls of tincture, 2-3 times a day.

# **Cilantro-Corriander**



#### Coriandrum sativum

Coriander was one of the drugs used by Hippocrates around 400 BC. It is one of the main ingredients found in curry. Traditionally, coriander seeds were prescribed as a stimulant and antiflatuent. According to the website juicing-forhealth.com, "An antibiotic compound, dodecanal, was isolated from cilantro and tested in the laboratory. The impressive result showed that it is twice as effective as the commonly used antibiotic drug gentamicin at killing the food-borne bacteria, salmonella

Cilantro contains volatile oils that have antimicrobial properties, making it a very useful herb that can be used for fungal, bacterial, or yeast infections...cilantro is one of the very few herbs that is used as a heavy metal detox agent, to detoxify mercury, aluminum and lead among others...Due to various phytonutrients and medicinal values of cilantro, it helps rebalance the internal chemicals, providing a calming effect to the nerves that enable sleep to come easier." James A. Duke in his book *Herbs of the Bible* says, "The Unani considers coriander seed an aphrodisiac and a tonic to the brain, heart, and liver...Ethiopians chew the leaves to relieve colic and stomachaches. The Lebanese

use coriander as a spice and narcotic as well as an antiflatuant and stimulant "

Coriander is considered an excellent anticatarrhal herb. Catarrh is an excessive accumulation of mucus and epithelial cells that forms on the mucus membranes anywhere in the respiratory and digestive systems. Anticatarrhals are herbs that help breakdown and eliminate excess mucus conditions. Coriander is said to be specific for strengthening the urinary tract. Both the seeds and the leaves may be used in a tea for urinary tract infections. Coriander is not only great as a spice, but wonderful as a medicinal herb as well.

- Antibacterial and antimicrobial
- Heavy metal detox
- Calms nerves
- Breakdown and eliminate excess mucus
- Used for urinary tract infections
- Tonic for brain, heart and liver
- Great for colic and stomachaches

## Parts Used: leaves, flowers and seeds

## How to Use:

- Tea
- Tincture
- Juiced
- Food: This is the easiest and yummiest

way to utilize the healing properties of this herb. Chop the leaves and add to any dishes, pairs well with Mexican dishes (hot foods) while coriander seed dominates Indian cuisines.

**Growing/Care:** Sow seeds in early spring and late summer in full to part sun. The plant will bolt to seed in the heat at which point it becomes coriander. Keep moist, it likes water.

**Harvesting:** Harvest leaves and flowers once the plant is 4-6" tall. Start cutting from one side of the plant and work your way around the plant at each cutting. Once the plant bolts, wait for it to turn brown then cut the seed clusters and rub the coriander (seeds) off.

Prime Tea: This recipe comes from *The Prime* by Kulreet Chaudhary. It's part of her program for ending addictions (mainly those to sugar and processed foods), healing the gut and regaining your health. "It helps heal the gut mucosa, improve the absorption of nutrients, and stimulate the lymphatic system." ½ tsp. cumin seeds, ½ tsp. coriander seeds, ½ tsp. fennel seeds. Add to 4 cups of water and bring to boil, let simmer for 5-10 minutes. Strain the seeds and sip on the tea through the day. For best results drink it hot.

## **Cleavers and Sweet Woodruff**



Galium aparine and Galium odoratum

The first time I saw cleavers was on an herb walk with Darcy from the Forest. It is easy to identify as the leaves stick to your clothes. Darcy has said, "Cleavers are perhaps the best tonic for the lymphatic system. As a lymphatic tonic with alterative and diuretic actions, it may be used safely in a wide range of problems where the lymphatic system is involved. These include swollen glands anywhere in the body, especially in tonsillitis and adenoids. As a tincture take one teaspoon three times a day." According to Julie Bruton-Seal in her book Backyard Medicine, "Herbally, cleavers promotes the lymphatic flow and helps rid the lymphatic system of metabolic waste. In effect, it is like a pipe cleaner for the body's lymph vessels. This makes it a good remedy for swollen glands, adenoid problems, tonsillitis, and earaches.

Again because of its effect on the lymph, cleaver enjoys a strong reputation for helping to shrink tumors, both benign and cancerous, and for removing nodular growths on the skin...It is good too for other problems of the tongue, throat and neck, and is used by herbalists for goiter, other thyroid tissues, and swollen glands." Cleavers is also a great antibiotic and is included in Stephen Buhner's book on herbal antibiotics. He says that

cleavers works well "for bacteria that use elastase as part of their infection strategy." He says that the best way to use cleavers is as a fresh juice. Cleavers has been known to be helpful for eliminating or reducing urinary stones and is great for urinary conditions with pain. It has also been used for epilepsy.

Sweet Woodruff (Galium odoratum) acts as a blood thinner breaking up stagnated blood for varicose veins and blood clots. It has been used in hepatic pain, biliary obstruction, jaundice, gallstones, constipation, diarrhea, and indigestion. As a nervine sweet woodruff is great for menstrual cramps, panic, insomnia, restlessness, neuralgia, paralysis, migraines and itching skin, as well as for wounds and cuts.

- One of the best lymphatic herbs
- Affects the blood, kidneys, bladder, skin, and glandular systems
- Diuretic, anti-inflammatory, tonic, astringent, lymphatic, laxative, alterative
- Good for swollen glands, tonsillitis, goiter, thyroid tissues, and swollen glands
- Has been used for shrinking cancerous tumors both inside and out
- Helps eliminate or reduce urinary stones
- Has been used for mono: antibacterial

## Parts Used: leaves and flowers

### How to Use:

- Juiced; best way to use this plant, take 1-2 teaspoons, 2-3 times a day.
- Tea; less strong than the actual juice
- Tincture
- Salve; use for skin conditions including eczema and psoriasis
- Poultice, fomentation; use for burns, wounds, ulcers, rashes and skin inflammation of any kind.
- Fresh/Food: Chop the leaves and add to salads or steam like spinach.

**Growing/Care:** Cleavers is generally a plant found growing in the wild, while Sweet Woodruff is more of a cultivated plant. Cleavers can be found in hedgerows, farmland, stream banks and as a garden weed. Sweet Woodruff is naturally a woodland plant so give it conditions of shade and moist, loamy soil. It is a perennial so plan on it coming back year to year.

**Harvesting:** The plant is best in the spring and before it flowers but can be harvested anytime. Cut leaves and flowers when needed, use fresh or dry for future use.

<u>Lymph Mover</u>: Equal parts; burdock root, echinacea root, cleavers, and calendula.

# Comfrey



## Symphytum Officianal

Comfrey is one of the best cell proliferants and thus supports wound healing both internally and externally. It is a powerful healing agent for gastric and duodenal ulcers, hiatal hernias, ulcerative colitis. It is a good anti-inflammatory. As an astringent it is helpful for hemorrhages. Comfrey soothes irritating coughs while acting as a good expectorant. Comfrey is the first herb I reach for for broken bones as it speeds healing. It is known for its bone knitting qualities. When I was teaching a class at a preparedness fair, I had a woman say she used comfrey for MRSA. She had a child come home from a mission outside the country with MRSA. She had her child soak in a bath with comfrey added to it. She said it helped heal the infection. It does not have antimicrobial or antiseptic properties, so I am not sure why it worked for her. A friend and I added comfrey to a multi-purpose salve we made. She has been using the salve for external diabetic ulcers with great success. According to Mark Pederson in his book Nutritional Herbology, "In the 1800's, it was used solely as a poultice for bone knitting, fractures, or as a pomade in the treatment of cuts, burns, skin ulcers, varicose veins, bronchitis and rheumatism." It is best to use comfrey internally with great

caution. Comfrey has the potential to harm the liver with heavy use to due to pyrrolizidine alkaloids which are toxic when ingested in quantity. These alkaloids interfere with cell division especially affecting the liver and may cause damage.

- Speeds the healing of wounds
- Often referred to as a bone knitter as it helps broken bones heal faster
- Powerful healing agent for ulcers
- Expectorant for coughs
- Great for burns
- Has been used for diarrhea and dysentery
- Used as an antispasmodic for coughing
- Great first-aid remedy for pain as well as treating cuts, scrapes and insect bites
- Lung remedy

Parts Used: whole plant

**Cautions:** Only use comfrey internally for treating acute conditions, not for long term internal use.

### How to Use:

- Herbal oil, salve, cream
- Tea, tincture, liniment
- Powder; First Aid sprinkle over cuts and wounds, made into a paste or in capsules
- Baths
- Poultice, fomentations

 Fresh plant – leaves can be soaked in hot water and placed over injuries

**Growing/Care**: You can find plants at your local nursery or propagate by root divisions from a mother plant. Seeds can also be sown in the cool soil of early spring. Space 18". Likes moist soil and dappled sunlight.

Harvesting: Use gloves while harvesting as leaves can be "pokey". Handpick leaves any time during the growing season. Annie's plant gets so heavy after flowering that is falls over. She then cuts the entire plant down and dries on the stems. Once dried the leaves and blossoms are removed and stored.

Bone and Tissue Builder: This formula can be made into a salve and applied externally as well as a tea, tincture or powdered capsules for internal use. 6 parts comfrey, 3 parts horsetail, 3 parts alfalfa, 3 parts raspberry leaf, 2 parts white oak bark, 2 parts plantain and 1 part rosehips.

<u>Dr. Christopher's Burn Paste</u>: Mix equal parts raw honey and wheat germ oil (1 Tbsp. each) to this add equal parts of comfrey powder or fresh chopped comfrey (2 Tbsp). Mix to a spreadable paste. Apply to burn half- inch thick and cover with plastic and gauze. Keep applying over original application as the body absorbs it until burn is healed.

# Dill, Caraway, and Anise Seed



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# Anethum graveolens, Carum carvi, Pimpinella anisum

Dill, caraway, and anise seed have many of the same properties medicinally. According to Isaiah 27:27 "For dill is not threshed with a threshing sledge, nor is the cartwheel driven over cumin; but dill is beaten out with a rod and cumin with a club." The Talmud even records that dill seeds, stems, and leaves were subject to being tithed. During ancient Greek and Roman times dill water was recommended for gastric and intestinal upsets. According to David Hoffman in his book Holistic Herbal, "Dill is an excellent remedy for flatulence and the colic that is sometimes associated with it. This is the herb of choice in the colic of children. It will stimulate the flow of milk in nursing mothers. Chewing the seeds will clear up bad breath." Culpepper lists dill as a "tonic that strengthens the brain". Puritans placed dill seeds in their Bibles, to discreetly chew during long church services, so their stomachs would not growl. Dill extracts have been found active against Helicobacter pylori, a bacteria associated with gastric and duodenal ulcers

Caraway is one of Europe's most popular herbs. According to Andrew Chevallier in his book Herbal Remedies, "Caraway's gently warming and relaxing action within the gut makes it an excellent remedy for soothing digestive problems such as nausea, indigestion, gas, and bloating. Caraway is an effective remedy for colic in children. A common ingredient in cough mixtures, it can be taken to relieve croup and cough. "

Anise seed is great for migraine headaches when accompanied by nausea. It is one of the best herbs for asthma acting as an antispasmodic to relax the bronchiole muscles. It is also highly valued for being able to break up mucus in the digestive and respiratory tracks. Anise contains properties which make it pain-relieving in harsh, painful coughs, gastrointestinal colic, and menstrual pain.

- · Dill stimulates milk for nursing
- Caraway-great for nausea, indigestion, gas, and bloating
- Caraway is an effective remedy for croup
- Anise-good for migraines with associated nausea
- Anise-one of the best herbs for asthma as it relaxes the bronchiole muscles
- Anise has been shown to break up mucus in the digestive and respiratory tracks

Parts Used: leaves and seeds

Cautions: None known

## How to Use:

- Tea, tincture
- Food: the seeds of all three plants are used whole or powdered for spices in cooking. Dill leaf is also used to flavor dishes.

**Dill:** Sow seeds in the spring or purchase a plant from the nursery. Likes moist, but well-drained soil and full sun. Leaves can be harvested when the plant is about 8". Cut before it flowers if you plan on drying them for future use. For pickling, cut when both flowers and seeds are on the head. For medicinal uses wait for the seed head to go brown, then dry before rubbing off and storing. Dill is an annual but will self-seed if you leave some seeds on the plant.

**Caraway:** Sow seeds in late spring. Because caraway is a biennial, the first year is a good time to cut and use the leaves. The second year it will flower and go to seed. You can then harvest the seeds when the flower head turns brown. The root can also be harvested at this time as food; cooked and prepared like parsnips.

Anise: Sow seeds in the spring in a sunny location. It likes warm, well-drained soil. Harvest the seeds when the seed heads turn grey-brown. Cut the stalks and hang upside down or on a screen to dry.

# **Echinacea**



## Echinacea spp.

Echinacea is an herb that is commonly called by its Latin name. It is also known as Purple Coneflower. It is often given to help boost the immune system. Most children's cold formulas contain echinacea as it is so safe to use. In Stephen Buhner's book Herbal Antibiotics, he lists echinacea as antibacterial, being highly effective against strep, the flu, and staph. He says that the best time to take it is at the beginning of the illness frequently and in large doses.

Often times echinacea will help avert the cold or flu if used in the beginning stages. Once an illness has settled in, however, he has found it not to be effective. He also says that it is wonderful for treating candida. Echinacea has been shown to be an excellent herb for fighting viruses as well. Externally, it has saved the lives of those bitten by poisonous spiders and snakes. It has been shown to correct tissue abnormalities and to be an effective anti-inflammatory which makes it a great herb for treating wounds.

Echinacea has a special property of not only stimulating the immune system but fortifying and protecting cells against foreign invaders such as viruses and bacteria. Because of this property it can

# be used for any type of illness or infection in the body

- Excellent herb for fighting viruses
- Great for treating wounds
- Stimulates the immune system
- Good herb for blood purification
- Effective against candida
- Natural antibiotic
- Awesome antiviral, especially for influenza
- Improves lymphatic function
- Has been used for sore throats, colds, chest infections and tonsillitis
- Great for arthritis and gout
- Used as a poultice for spider, snake bites
- Great First Aid remedy especially for treating bites, cuts and wounds
- Used for all inflammatory conditions
- Raises white blood cell count to fight infection. Good herb for vaccine reactions
- May help lower cholesterol levels
- Strengthens spleen, pancreas, liver
- Has been used to heal certain cancers

# Parts Used: Entire plant, root is the most potent How to Use:

- Tincture
- Tea

- Poultice, fomentation
- Mouthwash, gargle
- Powdered, capsules

Growing/Care: Hard plant to start from seed so best to purchase from a local nursery. Look for it in the perennial area under Purple Coneflower. Angustifolia is the most potent species but purpurea is the most common and both will work. Plant in full sun after the last frost, 12" apart and provide moderate amounts of water.

Harvesting: Whole plant harvesting; when buds first begin to ripen, gather about 1/3 of the plant and dry. When the flowers bloom gather several more blossoms, still leaving some remaining. Roots; in the fall when the plant dies back. Its best to harvest a plant when 2-3 years old. Dig up plant, cut off top, scrub roots and chop to dry or use immediately. Sore Throat Spray: ¼ cup echinacea tincture, 1/8 cup raw honey, 1/8 cup distilled water, 6-8 drops peppermint essential oil. Dissolve honey in the water then add the other ingredients. Pour in a spray bottle, shaking before each use. Spray as often as needed to relieve and heal a sore throat. Recipe from Rosemary Gladstar.

# **Fennel**





### Foeniculum vulgare

Fennel has the smell of black licorice. It makes a great tea. I had some growing in my front herb garden until a dear friend weeded my garden and dug it out while I was on vacation. She thought it was a weed. Years later, it reappeared. Fennel has many of the same properties as anise, dill, and caraway. According to LaRee Westover in her book Butterfly Miracles, "Fennel contains volatile oils which...stimulate the production of digestive enzymes which then increase the absorption of nutrients from the food that is ingested. Fennel relaxes spasms in the digestive tract, relieves gas pains and colic, and often stops hiccups. Fennel is often given to relieve heartburn and abdominal pain caused by constipation. Fennel is an excellent diuretic and stimulates the removal of excess water from cells and tissues. Fennel has enough antiseptic action to be useful for kidney and bladder infections. Because it acts against infection and promotes the expulsion of toxins through the urine, fennel is an excellent remedy for gout and kidney stones. Fennel is a remedy for the improvement of eyesight." Fennel has also been used to reduce colic in babies and to increase the production of breast milk in mothers. It has been known to reduce food cravings. Fennel tea makes an effective gargle,

soothing mucous membranes and relieving cough. The seed has long been used as an aid to weight loss.

Back in Roman times, fennel was thought to control obesity. A tea was made from the seeds to normalize appetite. It has been recommended as a sedative for babies. According to Matthew Wood it has been used for migraines, to improve memory, and to help lower cholesterol. In pregnancy it is great for morning sickness. Externally, the oil eases muscle and arthritis pains. For those, like me, who do not like the taste of licorice that fennel has, dill is a great alternative with similar medicinal qualities.

- Great for colic in babies
- Increases digestive enzymes to improve absorption of nutrients in foods
- Headaches, relieves sinus pressure
- Great for pain of constipation and gas
- Used internally for gout and externally for arthritis, gout, and muscle pain
- Calms bronchitis and can relieve coughs
- Good for morning sickness, helps increase milk production in nursing mothers
- Has been used for weight-loss

**Parts Used:** All parts are edible, but the seed is where the medicinal properties are.

Cautions: None known. Safe to use as a tonic

#### How to Use:

- Tea; tincture, syrup; use crushed seeds
- Herbal oil, salve
- Steam inhalation; use about 5 tsp. of seed per quart of water for opening sinus's
- Gargle and mouth wash; sore throat, freshen hreath
- Chew raw seeds
- Food: seeds are used in cooking and as a spice. Fronds (leaves) can be chopped and put in salads. Stalks can be eaten fresh like celery or steamed. The bulb can be cooked like an onion.

Growing/Care: Sow seeds in spring or purchase plant from a nursery. Likes to be watered regularly but will tolerate drought conditions. Grows as a perennial unless you dig up the bulb for food. Doesn't get along well with vegetables so plant alone.

**Harvesting:** Fronds and stalks can be harvested anytime. Seeds are ready when the heads turn brown. Let them dry before rubbing off and storing.

<u>Milk Flow Blend</u>: 3 parts raspberry leaf, 2 parts nettle, 1 part blessed thistle, 1 part dandelion leaf, 1 part fennel. Make into a tea, tincture, or capsules.

## **Feverfew**



#### Tanacetum parthenium

Feverfew is one of the best remedies for migraine headaches. It is one of the best natural pain relievers. Feverfew is the best remedy for the worst headaches. According to www.webmd.com, "Feverfew has many uses, but so far, it seems to be effective only for preventing migraine headaches in some people. Feverfew is also used for fever, irregular menstrual periods, arthritis, a skin disorder called psoriasis, allergies, asthma, ringing in the ears (tinnitus), dizziness, and nausea and vomiting. Some people use feverfew for difficulty getting pregnant or father a child (infertility). It is also used for "tired blood" (anemia), cancer, common cold, earache, liver disease, prevention of miscarriage, muscular tension, bone disorders, swollen feet, diarrhea, and upset stomach and intestinal gas." One woman told me that when she was young she moved into a house with several feverfew plants growing in the garden. While she lived in that house her migraines were significantly reduced. She told me that often times the very plants in our vards are the ones that can help us with many of our health problems.

Feverfew is sometimes applied directly to the gums for toothaches or to the skin to kill germs. According to Matthew Wood feverfew works on "Headache and migraine from congestion of blood to the head, before the period; forehead full, pounding throbbing, often involving the left eye and left temple." He says it has also been used for hypertension or in other words high blood pressure. According to Andrew Chevellier, research as to feverfew's effectiveness for migraines began after a Welsh doctor's wife found that feverfew cured her 50 year long history of migraines. I have heard people swear by its abilities to relieve pain. It has also been used for arthritis pain, hepatitis, jaundice, and for nausea. Externally, some have used it for insect bites, fleas, lice, and scabies.

- Highly effective for Migraine headaches
- Wonderful pain reliever
- Great for anemia, and for liver problems
- Has been used for high blood pressure
- Stronger than aspirin but slower
- · Great for colds and flus
- Can help relieve dizziness and tinnitus
- Aids circulation of the brain
- Helps reduce stress and related tension
- Anti-inflammatory, vasodilatory, relaxant, digestive bitter, uterine stimulant

**Parts Used:** leaves and flowers, although leaves have the most potent medicinal constituents.

**Cautions:** Do not use while pregnant because of the stimulant action on the womb. Can cause mouth sores when chewing the fresh leaf daily. Avoid if on blood thinners, may inhibit blood clotting.

#### How to Use:

- Tea
- Powdered, capsules
- Fresh leaf; for migraines and headache chew 2 leaves a day or as needed.
- Tincture (some studies show this was not as effective for headaches and migraines as the fresh leaf or capsules of the powdered herb)
- Poultice; sauté leaves with a little olive oil and apply to abdomen for cramps, colic and intestinal pain.
- Fomentation

**Growing/Care**: Sow seed in spring or get a plant from a nursery. Likes full sun to part shade in rich, loamy soil, although it will tolerate any soil.

**Harvesting:** The leaves are where the most medicinal properties are, so they are best harvested before flowering. Keeping the leaves pinched back will also encourage a bushier plant.

# **Garlic**



#### Garlic Allium sativum

Garlic is nature's antibiotic. It has been called "Russian penicillin" and does not destroy the body's normal flora. According to Michael Tierra, "It is an effective antibiotic for staphylococcus, streptococcus, and salmonella bacteria and is effective against bacteria that are resistant to standard antibiotic drugs. It is a good antifungal for the treatment of candida albicans yeast infections...It stimulates metabolism and is used for both chronic and acute diseases; has both tonic and alterative properties; counteracts lower back and joint pain, arthritis and rheumatism. It also treats weak digestion, genito-urinary diseases, lung and bronchial infections and mucous conditions...garlic is good for amoebic dysentery."

One of my favorite books on herbs is called *Western Herbs for Eastern Meridians and Five Element Theory.* In it she says that garlic is effective in dissolving cholesterol and that it opens blood vessels and reduces blood pressure. She also says that garlic stimulates the lymphatic system to throw off waste material. Garlic regulates the action of the liver and gallbladder and is useful for chronic stomach aches. I have used it for an overgrowth of candida. It is highly effective. However, the downside is that it creates bad breath

and body odor. According to Mark Pederson in his book *Nutritional Herbology, "*The odor of garlic has been responsible for many cultural and culinary restrictions.

- Antibacterial, antiviral, and antifungal
- Reduces blood pressure
- Helpful for dysentery, cholera, typhoid
- Effective for antibiotic resistant infections such as staph and strep
- Great for chronic bronchitis, colds and flus
- Supports the development of the natural bacterial flora while killing pathogenic organisms; wide spectrum antibiotic
- Lowers blood sugar

Parts Used and Suggested Uses: bulb

Cautions: Safe as a tonic

#### How to Use:

The bulb must be chewed, chopped or bruised to release the healing properties. Fresh garlic is the most potent and can easily be taken internally through foods; pesto, hummus, mixed in pasta, sauces, dressings, soup, stir-fry, etc.

- Pickled garlic has the properties of fresh garlic and less of the "bite".
- Garlic oil; use internally or externally.
- Honey (makes a great antibiotic "cream")
- Poultice (make sure you wrap in

cheesecloth before administering so as not to burn the skin and always used with olive oil)

- Tincture, syrup
- Powdered, capsules or sprinkle for food
- Tea, fomentation, foot soak

Growing/Care: Plant cloves in early fall from garlic bulb. Plant 4" apart and 2" deep. Mulch with 3" of grass clippings or leaves. Keep well drained. Flowering stalk can be cut back to increase bulb size, use stalks like scallions in cooking. Harvesting: Once stalks have yellowed and withered, dig bulbs and dry on screens. Store in a cool, dark place.

Garlic Oil: For every ¼ cup of olive oil use 4 cloves of crushed garlic. Heat over very low for 15 minutes. Strain the garlic (which can be added to foods). Oil can be used to massage on the bottoms of the feet for colds and flu – the pores on the bottoms of the feet are so large the garlic will get right into the bloodstream quickly. Massage into the chest for respiratory conditions, behind and inside the ears for ear infection (4-5 drops of warm oil in each ear, several times a day). Annie's mom used to tease her that her babies always smelled like an Italian restaurant when they were sick.

X-Ceptic Extract (infection fighter) pg. 47

# Hawthorn



### Crataegus sp.

When I think of hawthorn, I think of the heart. It is the best herb for the heart. I have my husband take it every day for his high blood pressure. I take it in a tea form for my mitral valve prolapse. According to Mathew Wood in his book The Earthwise Herbal, "Hawthorn has been shown to lower unhealthy cholesterol and high blood pressure. It apparently does this by improving the deposition of lipids in the walls of the capillaries and in the red blood cells that are squeezed through them. This cuts down on the irritability of the capillaries, so that the blood passes more quickly and efficiently, thus reducing congestion and heat." Thomas Easley in his book The Modern Herbal Dispensatory says, "Studies around the world have confirmed that hawthorn berries improve the tone of the heart muscle, improve oxygen uptake by the heart, improve circulation in the heart, energize the heart cells, and dilate blood vessels in the extremities to reduce strain on the heart. Thus, hawthorn berries are an excellent herbal food for building up the heart muscle...Besides benefiting the heart, hawthorn helps reduce stress and improves digestion." It is interesting that the Chinese used it to aid in digestion and have only recently started using

hawthorn as a heart tonic, learning from Western Herbalism.

It is said that hawthorn was the burning bush where God appeared to Moses. Later, it is believed that the crown of thorns placed on Christ's head came from a hawthorn. If that is true, I believe hawthorn would be symbolic of how Christ heals our hearts.

- Best heart tonic
- Strengthens the heart muscle
- Increases circulation
- Lowers unhealthy cholesterol
- Helps reduce stress
- Improves digestion
- Strengthens joint lining, collagen and spinal discs especially when taken with horsetail
  - Has been shown effective for treating valvular heart diseases

**Parts Used:** Flowers, leaves and berries **Cautions:** Consult with a physician if taking other heart medications. Use as a long term tonic for best results.

#### How to Use:

 Tincture – whole tincture can be made by gathering leaves and flowers in the spring and tincturing. Then gather berries in the fall and tincture. Add both tinctures together for a powerful heart tonic.

- Syrup, jam and jelly
- Tea made from blossoms and leaves
- Decoction made from the berries
- Powdered: sprinkle or capsules

Growing/Wildcrafting: Hawthorne has 900 species and ranges from a hedge to a shrub and tree. It can be hard to identify in the wild because of the difference in species. It grows in woodland areas and scrub as well as ornamentals in parks and gardens. You can purchase a shrub from your local nursery. Plant in full sun and moist soil, although it isn't too picky about growing conditions.

**Harvesting**: Gather blossoms and leaves in the spring when partially to fully open. Berries are harvested in the fall when deep red, avoid berries with any rot and be mindful of the stony seeds when processing.

Heart Health Capsules: 4 parts hawthorn berry, 2 parts turmeric, 2 parts alfalfa (or nettles if taking blood thinners) 1 part cayenne, 1 part garlic. Take 2 capsules with each meal. Each of these herbs are tonic herbs that feed the body, dissolve plaque and strengthen the veins and heart.

# Hops



### Hops Humulus lupulus

When I told my husband that one of the herbs we were using in the book was hops, he joked and asked me if I was going to be using it to make beer. Indeed, hops has traditionally been used to make beer. Hops were used to extend the life of drinks as it acts as a preservative and would help the drinks last longer. Medicinally, it is, perhaps, the best herb for nerves. It is strong, yet safe to use. Michael Moore states, "Hops have five effects on the body: as a sedative, bitter tonic, antispasmodic, anodyne (pain reliever), and antibiotic. Hops are perhaps the ideal remedy for a nervous stomach. ... Hops are a safe sedative for children, relaxing muscle tension, spasms, and the general irritability associated with colds and such...The tincture or a strong tea of the plant can help relieve toothaches and minor body pains, from rheumatism to sciatica, particularly when they interfere with sleep." Hops helps to induce sleep. Many pillows are made from hops for this specific action. Abraham Lincoln used a hops pillow to help him sleep. Hops also contain an estrogenic action which makes them helpful in small doses for menopause symptoms. According to Culpepper, "It (hops) opens obstructions of the liver and spleen, cleanses the blood, loosens the belly, cleanses the

veins from gravel, and provokes urine." Matthew Wood quotes Dorothy Hall stating that "Small doses are advised in nervous anxiety while larger doses in insomnia and where sedation is required." Hops is used in many herbal formulas for its effect on the nerves.

- Best herb for the nerves
- Alleviates nervous tension
- Great pain reliever
- Sedative, so great for insomnia
- Antibiotic
- Stomach conditions
- Antispasmodic, calms muscles
- Helpful for menopause
- Clears obstructions of the liver and kidneys
- Great blood cleanser
- Externally used as an antiseptic
- Has been used for headaches
- Safe for use with children
- Great for colic
- Has been used as a calmative, nervine, stomachic, sedative, hypnotic, diuretic, antispasmodic

- High in niacin, manganese, phosphorus, potassium, riboflavin, selenium, tin, and vitamin C
- Combines well with valerian and passion flower for insomnia

Parts Used: strobiles or cones (female flower)

**Caution:** Not to be used in cases of depression as it may make the depression worse.

### How to Use:

- Tea
- Tincture
- Powdered, capsules
- Poultice; crushed cone head can be applied to cuts and wounds to prevent infection
- Fomentation, bath, foot soak; great for skin conditions and irritation (take tea internally as well)
- Salve; for skin conditions and irritation
  - Sleep pillow

**Growing/Care:** Use roots from a mother plant or purchase from the nursery. Climbing perennial, likes full sun and rich, moist soil. Water frequently. **Harvesting:** Gather cones in the fall when they feel firm, turn amber in color and are covered in yellow dust. Dry quickly to retain medicinal properties (use a dehydrator).

# Horehound



#### Marrubium vulgare

Horehound is fun. It is the taste of my favorite old-fashioned candy. It has been used as cough drops and for colds and fevers even during Pioneer times. Horehound is a wonderful expectorant. It is one of best herbs to first reach for at the first sign of a tickle in the throat. According to www.webmd.com, "White horehound is used for digestion problems including loss of appetite, indigestion, bloating, gas, diarrhea, constipation, and liver and gallbladder complaints. It is also used for lung and breathing problems including cough, whooping cough, asthma, tuberculosis, bronchitis, and swollen breathing passages. Women use white horehound for painful menstrual periods. People also use it for yellowed skin (jaundice), to kill parasitic worms, to cause sweating and increase urine production.

White horehound is sometimes applied to the skin for skin damage, ulcers, and wounds. In manufacturing, the extracts of white horehound are used as flavoring in foods and beverages, and as expectorants in cough syrups and lozenges. Expectorants are ingredients that make it easier to cough up phlegm. The chemicals in white horehound can thin mucus secretions, reduce spasms in the stomach and intestines, and decrease

swelling (inflammation)." Horehound can be used for herpes simplex eruptions, eczema, and shingles. It has been helpful for hypertension or high blood pressure.

- Used for coughs, colds and fevers
- Great for wounds
- Wonderful for lung and breathing problems such as asthma and bronchitis
- Excellent herb for the liver, lungs, gallbladder, heart and the skin
- Helpful for high blood pressure
- Helps jaundice
- Reduces spasms in the stomach, intestines
- Eases labor and helps with afterbirth
- Antibacterial
- Externally used for wounds, eczema, herpes, and shingles
- Calms the heart and can relieve palpitations

**Parts Use:** leaves and flowers (aerial parts) **Cautions:** Not to be used during early stages of pregnancy; Moderate use during pregnancy.

#### How to Use:

- Tea
- Tincture
- Syrup, honey

- Bath, foot soak, steam inhalation
- Poultice, compress; use for skin ulcerations, cold sores, wounds, etc.
- Herbal oil, salve
- Powdered, capsules
- Cough drops

**Growing/Care:** Transplants can be purchased from a nursery or taken from a mother plant. Likes dry, sandy areas with moderate water. Do not overwater or it will not grow well. Although horehound is a perennial and will come back each year, it readily seeds, so cut the plant to 3" once it is finished flowering and before seeds mature. Dry for future use.

**Harvesting**: Cut aerial tops anytime during the growing season.

Horehound Cough Drops: Simmer 1 cup of horehound and 1 cup of water in a covered pan for 25 minutes. Strain the herbs. Add 1 ½ cups honey to the tea and simmer until the mixture reaches 300 degrees, stirring constantly. Pour onto a greased pan, once cooled enough to touch and pliable, pull off small chunks and roll into "drops". Once completely cooled and hardened, place in an airtight container and store in a cool, dry place. This recipe comes from

www.frugallysustainable.com

# Hyssop



### Hyssopus officianlis

Hyssop is a famous herb from the Bible. John 10:29-30 says, "Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth. When Jesus therefore had received the vinegar, he said, it is finished: and he bowed his head, and gave up the ghost." According to Matthew Wood, "Hyssop is a bitter, pungent mint, long used in Mediterranean medicine but easily grown in gardens elsewhere. It is related to or identical with the hyssop of the Bible, of which it is said: 'Purge me with hyssop and I shall be clean.'

It had economic and social importance as a sacrifice at the Jewish Temple, as a fumigant in pagan ceremonies and as a household cleaning agent. Scholars have identified another plant as the hyssop used in the Temple as a fumigant, but as Willie Southall notes, it is the main plant growing out of the Weeping Wall, the remnant of the Herodian Temple." I believe it is relevant that Hyssop is a cleanser and that it has connections to the blood sacrifices of the Old Testament times and to Christ's Atonement in the New Testament.

Medicinally, hyssop is one of the better lymphatic herbs and has been used for swollen glands and problems with the spleen. Hyssop has

been used for coughs, bronchitis, and chronic mucus. It is great for fevers and colds and flu. It is a nervine or in other words has an effect on the nerves. David Hoffman states that, "As a nervine it may be used in anxiety states, hysteria, and petit mal (a form of epilepsy)." It has been used for the liver for hepatitis and jaundice. It can also help high blood pressure. Externally it is used for cuts and bruises. Hyssop combines well with horehound and Coltsfoot in the treatment of coughs and bronchitis. For colds it may be added to elder flower, boneset and peppermint.

- Used for swollen glands, tonsillitis, sore throat, and to aid the spleen
- Liver herb used for hepatitis and jaundice
- Has been used for Bright's disease, edema, and kidney infections
- Great for bronchitis, pneumonia, pleurisy, colds and asthma
- Calms the nerves, has been used for epilepsy
- Great lymphatic herb
- Can be used to reduce fever
- Good for the bladder and kidneys
- Helpful for high blood pressure
- Externally great for cuts and bruises
- Reduces pain externally for fibromyalgia

- Produces better digestion and assimilation of foods
- Great when added to honey to make a syrup for coughs, bronchitis, and asthma

Parts Used: leaves and flowers (aerial parts)

Cautions: Safe as tonic

#### How to Use:

- Tea
- Tinctures
- Syrup, honey
- Bath, foot soak, fomentation; these are all great for cold sores, hemorrhoids, and varicose veins.
- Herbal oil, salve

**Growing/Care:** Transplant from nursery or get a start from a mother plant. Can also be started from seed indoors in the early spring. Plant in a sunny, open area in mid to late spring. Give low to moderate water.

**Harvesting**: Can be harvested anytime during the growing season. Cut back to 4" once it reaches 18" to promote more leaf growth. Dry and store for future use.

<u>Cough & Cold Blend:</u> Add equal parts hyssop, horehound, elder flower, marshmallow, licorice and echinacea. Use this blend as a tea, tincture, syrup, and/or bath. Take regularly until symptoms subside.

# Lavender



### Lavandula officinalis

Lavender essential oil is what I always reach for first whenever my kids get a burn. I have watched it work wonders with taking the pain away from a burn. Lavender is an excellent remedy for headaches especially when they are stress induced. It is also a wonderful herb for clearing depression. It works to calm the nervous system and can even promote sleep. It is great for children with ADHD as it helps heal the nerves and is safe to use with young children. For pregnancy, lavender is good for morning sickness calming the stomach and aiding the liver. It is also great for nausea that is caused by anxiety, stress or tension.

In France, lavender is used to treat the flu, cough, whooping cough, asthma, and bronchitis. Lavender tincture or tea can provide support, helping relax sore, aching muscles. For menstrual cramps and pain, the tincture is taken both internally and externally. Oil massaged into the lower abdomen can bring fast relief. Lavender has a long history of use being included in books on materia medica by Greek authors such as Dioscorides and Galen.

Lavender works well for gas, colic, bloating, and irritable bowel syndrome. I have heard that lavender has closed wounds no other

herb was able to touch. Severe headaches, migraines and neuralgia of the head have benefited from the use of lavender. It has also influenced dizziness and fainting. Lavender's action has been shown to open the peripheral circulation bringing the blood and blood sugar to the tissues for nourishment. Research showed that lavender enhances conversion of glycogen or sugar stored in the liver to glucose making stored sugar more available for use throughout the body.

- Great pain reliever
- Works well for migraines, bad headaches
- Excellent for respiratory symptoms
- Heals wounds and great for burns
- Has been used for poisoned wounds including snake bites
- Eases symptoms of nausea and vomiting
- Relaxes sore, aching muscles
- Works well for gas, colic, bloating, and IBS
- Induces sleep
- Especially good for skin, nerves, and liver
- Natural reliever of motion sickness
- Good for menstrual cramps

Parts Used: flowers and leaves

**Caution:** Has a mild estrogen effect and thus not recommended for teenage boys in large amounts.

#### How to Use:

- Tea, tincture
- Bath, foot soak, steam inhalation
- Herbal oil, salve, cream
- Fomentation
- Herbal pillow; keep in freezer for head and body aches, place across forehead or back of neck for headache.
- Syrup, honey
- Food: use flowers in culinary dishes, makes a great lemonade and summer beverages.

**Growing/Care:** Transplant from a nursery or a start from a mother plant. Likes sunny, open areas with light water – but don't let it dry out. Keep cut in a mound shape each year at the end of the summer. **Harvesting:** Cut blooming tops as they are just opening, usually in June. Lay to dry on screens then run fingers along stem to pull off blossoms and leaves.

<u>Burn Salve</u>: 2 parts comfrey, 1 part calendula, 1 part lavender, 1 part St. John's wort, 1 part chamomile. Use this blend to make an herbal oil (p. 196) and then a salve (p. 200), using lavender as the essential oil. This works great not only for burns but for any skin conditions, including diaper rash, works wonderfully for babies.

# Lemongrass



## Cymbopogon spp.

When I was struggling with a shoulder that kept dislocating due to a loose ligament, a friend recommended that I take lemongrass. According to Matthew Wood in his book The Earthwise Herbal. "Lemongrass is useful for sports injuries, sprains, internal bleeding bruises, and dislocations...It increases the power of the spleen to destroy degraded red blood cells, it contracts smooth muscles of the spleen and intestines and activates peristalsis of intestines and lymphatic immune functions in the mucosa glands, appendix, and so forth, and it acts on the pulpy connective tissue of the spleen, where blood gets into very close contact with lymphocytes, which comb the blood for impurities and carry out breakdown and removal of old red blood cells. It contracts the blood vessels generally. Going deeper into the inner workings of the immune system, lemongrass supports the function of the thymus gland."

The main action of lemongrass seems to be in tightening the connective tissue. It is very astringent. Lemongrass acts on the lymphatic capillaries and vessels draining away from the skin so it is useful in edema and lymphatic congestion. When one of my children was having problems with bedwetting lemongrass was recommended as it can

help the kidneys. I have also heard that it can be used to help rebuild cartilage in the knees. It supports and can help heal the connective tissue. According to the website www.medicalhealthguide.com, "Lemongrass as herbal medicine for gastrointestinal problems stomachaches, diarrhea, gas, bowel spasms, vomiting, fever, the flu, and headaches taken as tea, 1 cup every 8 hours. The tea is prepared by boiling about 10 leaves in 2 cups of water, adding sugar [we recommend raw honey] to taste and a slice of ginger. Lemongrass oil mixed with other oils such as coconut oil is used as a liniment for back pains, rheumatism, neuralgia, sprains and other body pains." The website goes on to say that studies have shown lemongrass to be comparable to penicillin in its antibacterial affects. Other studies seem to indicate that lemongrass can lower blood cholesterol levels. Lemongrass contains highly soluble vitamins A and D.

- Great for sports injuries, sprains, internal bleeding bruises, and dislocations
- Antibiotic comparable to penicillin
- Can relieve nausea, stomachaches, diarrhea, gas and vomiting
- · Great for the flu, fevers
- Pain reliever for headaches

- Relieves congestion in the spleen and lymphatic system
- Good for the kidneys help with bedwetting
- Great pain reliever
- May reduce blood cholesterol levels

Parts Used: grass

**Caution:** Essential oil should not be taken internally **How to Use:** 

- Tea; prepare like a decoction due to tough leaves.
- Tincture, liniment
- Powdered, capsules
- Bath, foot soak
- Honey, syrup
- Sleep pillow
- Food: chop and add to soups, stir-fry, marinades, sauces, etc.

Growing/Care: In year-round warm weather lemongrass is a perennial but can be grown as an annual in seasonal areas. Likes it hot and moist but will tolerate dry climates if regularly watered. Harvesting: Best harvested in mid to late summer since the heat concentrates the oils in the leaves giving it more flavor and stronger medicinal properties. Cut all grass (leaves) off and dry for future use.

# **Lemon Balm**



# Melissa Officianalis

When I think of lemon balm I think of a wonderful plant for the nervous system. It has a calming, sedative effect on the nerves, helping with nervousness and depression. It is a good antispasmodic for symptoms of asthma and annoying convulsive coughs. It is effective against colds, flu, fevers, upset stomach, insomnia, and gas. Lemon balm has been used for the heart: for heart palpitations, atrial fibrillation, and high blood pressure associated with nervousness. For the stomach it helps with nausea and vomiting, nervous indigestion, and intestinal gas. I once had a massage therapist that I went to for my back. She claimed that lemon balm was the secret ingredient for the salve she had made. She said that it was very healing for sore muscles and could heal many things. According to David Hoffman, lemon balm is appropriate for neuralgia and migraines associated with tension. He says that lemon balm's hormone regulating effects have been well documented in labs. Stephen Buhner lists lemon balm as a very good antiviral, active against enterovirus 71 as well as Herpes Simplex viruses 1 and 2. He says it is great as an infused oil for blisters caused by the viruses. Personally, I like to add it to my antiviral tinctures. Lalso like to make teas from fresh leaves.

- Natural sedative for sleepless nights
- Calms upset stomachs and nausea
- Helps with nervousness and depression
- Antispasmodic for coughs and asthma
- Reduces heart palpitations and A-Fib
- Helps lower blood pressure associated with nervousness
- Good for neuralgia and migraine headaches from tension
- Great antiviral
- Effective for colds and flus
- Has hormone regulating effects
- Digestion remedy for indigestion and intestinal gas
- Used externally for cold sores and shingles
- Aids with memory
- As a salve, calms sore muscles

Parts Used: leaf

Cautions: Safe to use as a tonic

#### How to Use:

- Tea, tincture
- Herbal oil, salve, balm
- Bath, foot soak; great for calming
- Poultice; chew fresh leaf and apply to bug bits or stings, cold sores, shingles, wounds.

 Food; add fresh leaves to salads and culinary dishes. Popsicles are great for kids to calm and relax.

**Growing/Care**: Get a plant from the nursery or from mother plant. Plant in part shade with rich, moist soil, although will grow in most conditions. Water frequently as lemon balm likes it moist. It will self-seed readily.

**Harvesting**: Harvest entire plant before it flowers by cutting back to 4". You will get a continual harvest throughout the season as you continue to cut it back. The plant is spent after blooming.

Cold Sore Lip Balm: Make an herbal oil infusion (p. 196) using coconut oil and lemon balm. Melt over low heat: 1 Tbsp cocoa butter, 2 Tbsp. lemon balm infused coconut oil, 1 Tbsp. beeswax. Remove from heat and add the following essential oils: 7 drops tea tree, 10 drops lemon, 3 drop eucalyptus, 6 drops Melissa (optional since it is so expensive). Mix well and pour into lip balm tubes. This can also be used on shingles, blisters and wounds.

# Marshmallow



## Althea officinalis

In Herbs to Know in the Wild, we included Malva neglecta also known as common mallow. I love Malva neglecta because I can find it almost anywhere. It is one of the best medicinal plants most people associate as a weed. Marshmallow or Althea officinalis and Malva neglecta are often used interchangeably. However, most herbalists when they are referring to marshmallow are referring to Althea officinalis. The leaves are much larger and prettier than those of Malva neglecta. Medicinally, marshmallow is an excellent demulcent. Demulcents are herbs that are rich in mucilage and can soothe and protect irritated or inflamed tissue. Marshmallow, mallow, comfrey, flax seed, lungwort, licorice, mullein, oats, and slippery elm are all considered demulcents.

According to David Hoffman the root of marshmallow is primarily used for digestive problems, inflammations of the digestive tract and for the skin as well. The leaf is used for the lungs and the urinary system. The leaf is great for bronchitis, coughs, and excess mucus. Marshmallow is great for acid indigestion, irritable bowel syndrome (IBS), and chronic bronchitis. I took marshmallow, blessed thistle, and red raspberry leaves when I was nursing my babies in order to increase my milk supply. The combination worked great. Marshmallow eases the passage of kidney and bladder stones. When astringent herbs such as juniper are used,

marshmallow is also taken to counteract the astringent affect. Marshmallow aids in the lubrication of joints. It is good for bruises, sprains, and muscle aches.

Marshmallow aids with irritations associated with diarrhea and dysentery plus helps with constipation. According to Matthew Wood, it has been used for diabetes, Crohn's disease, chemotherapy, and high blood pressure. He also says that marshmallow is the most anti-inflammatory of the herbs containing mucilage herbs. Externally, marshmallow is great for burns, boils, sores, and inflamed skin. Where most other foods are not tolerated, marshmallow is. LaRee Westover lists it as a heart tonic.

- Great for the lungs and respiratory system
- Helps acid indigestion, IBS, and Crohn's disease
- Helps ease the pain associated with kidney and bladder stones
- Soothes urinary, digestive and respiratory systems
- Helps with lung congestion
- Demulcent herb

**Parts Used:** leaves, flowers, and roots (root has the most medicinal properties)

Cautions: None known; safe to use as a tonic

#### How to Use:

Tea; best way to utilize mucilage properties

- Tincture, syrup (according to Matthew Wood most mucilage herbs do not tincture well in alcohol)
- Powdered, capsules
- Bath, foot bath; great for soothing irritated skin
- Herbal oil, salve, cream
- Poultice, fomentation
- Food: all parts are edible and nutritious

**Growing/Care**: Start from seed indoors and plant outside after the last frost. May also be able to find a plant at a nursery. Once established it will come back year after year.

## Harvesting:

- Leaves are best harvested before flowering but can be gathered anytime.
- Flowers are expectorant and make a great cough syrup. Snip off individually right before they fully open.
- Roots should be two years old before harvesting in the fall or early spring. Peel and slice roots before drying for best results.

<u>Heartburn Blend</u>: Mix equal parts; marshmallow, chamomile, catnip (or any member of mint family), fennel seed (crush first), and calendula. This formula works best as a tea so it can soothe and coat the digestive system all the way down.

# Mint



### Mint-Mentha spp

Spearmint activates the production of saliva and digestive enzymes in the mouth to aid in the beginning of the digestive processes. It is soothing to the stomach. Because of its antispasmodic properties, spearmint is able to stop vomiting and settles the stomach. It alleviates nausea and vomiting especially in pregnancy. Spearmint reduces gas, cramps, and slight spasms. Even the sickest person seems to be able to tolerate spearmint tea. It has even been used with infants. Spearmint is also great during pregnancy when peppermint is not well tolerated. Whereas spearmint works most with the stomach; peppermint works more with the intestines as well as the stomach.

Spearmint is milder than peppermint.
Peppermint has many of the same qualities, just stronger. The primary use of peppermint is fever, chills, flu, and indigestion. Peppermint is both antispasmodic or in other words prevents or relaxes muscle spasms and analgesic in that it relieves pain. A traditional remedy for colds, fevers, and flus is equal parts yarrow, elder, and peppermint. Peppermint acts as a nervine in strengthening the heart and digestive systems. Peppermint also acts as an anti-spasmodic releasing nerve tension in muscles. It acts on the smooth intestinal muscles, relaxing them to benefit IBS or irritable bowel syndrome. According to the website www.candida-cure-recipes.com , peppermint has

antifungal, antiviral, and antibacterial properties which have been demonstrated in numerous studies.

In Stephen Buhner's book *Herbal Antivirals*, he says that peppermint has some antiviral activity against influenza plus is good for calming the stomach. Peppermint is also used for toothache, nausea, colic, gas, headaches, insomnia, fevers, and dysentery. Pennyroyal, another plant from the menthe species is used for colds, flu, fever, jaundice, gas and epilepsy. Externally, pennyroyal lotion is soothing to shingles, chickenpox, measles, diaper rash, hives, psoriasis, scabies, poison ivy and poison oak. It also makes an excellent insect repellant.

- One of the best herbs for nausea, vomiting, and motion sickness
- Great for headaches
- Cools fevers
- High in iron, magnesium, phosphorus, potassium, riboflavin, thiamin, iodine, inositol, choline, iodine, and vitamins A,C,E
- Aids digestion; good for colic, constipation
- Acts as a sedative on the stomach
- Great for heartburn and indigestion
- · Great for colds, influenza virus A
- Used to relieve cramps including menstrual cramps

Parts Used: leaves and flowers

**Cautions:** Pennyroyal should not be used in pregnancy.

#### How to Use:

- Tea, tincture
- Syrup, honey
- Bath, foot soak, steam inhalation
- Poultice, fomentation; works great for soothing bug bites and stings
- Herbal oil, salve
- Sleep pillow (spearmint)
- Chew fresh leaves; makes a great breath freshener
- Food: a fun herb in the kitchen, makes great beverages, add to treats, include in pesto and salads, etc.

**Growing/Care:** Get a start from a friend or purchase from the nursery, there are many species of mint, but Annie likes to have both a spearmint and peppermint available. Mint can spread, so either keep it pulled back or plant in a pot. Frequent cuttings encourage more leaf growth.

**Harvesting**: Can be harvested anytime but before flowering yields a sweeter taste.

Decongestant Salve or Oil: 2 parts peppermint and yarrow, 1 ½ parts lavender and rosemary, 1 part thyme and mullein, ¼ part ginger. Make into an herbal oil (p.196) and then a salve (p.200). Optional: add eucalyptus essential oil. Apply to sinus, throat, chest and back when dealing with congestion of any kind. You can also apply to the feet for illness of any kind.

# Oregano



# Origanum vulgare

When I first started using herbs, I was told that oregano was one of the best antibacterial and antiviral herbs there were. I bought several ounces of oregano oil and planted oregano in my front herb garden for that purpose. According to the website <a href="https://www.herbwisdom.com">www.herbwisdom.com</a>, "The antimicrobial and antifungal properties of oregano are attributed to thymol and carvacol. Clinical studies have shown oregano to be extremely effective in inhibiting the growth of Candida albicans. Additional clinical studies demonstrate that oregano oil has antimicrobial properties against a large array of bacteria including Escherichia coli, Klebsiella pnumoniae, Salmonella enterica and Staphyloccoccus aureus."

Thus, it is great for colds and flus especially those accompanied by chills and shivering. One of oregano's greatest benefits is in inhibiting Candida which overgrowth causes a variety of health problems. Oregano is sold as a supplement in stores used to treat indigestion, heartburn and low stomach acidity. It also is helpful in reducing gas in the stomach. Oregano has been used for centuries by the Greeks for a variety of ailments from convulsions to heart failure.

Being in the mint family, oregano has a square stem like other mint family members. Thinking the plant was peppermint, I gave it to my son when he asked for the tea. He complained and asked me to get something better tasting for him. That night I took the leaves to an herb class. My friend took one look at the leaves and told me I had oregano. I now know that I have a beautiful oregano plant in my beds instead of the peppermint plant I thought it was. Because of its anti-microbial properties, I would rather have the oregano.

- Excellent for inhibiting Candida
- One of the best anti-microbial herbs
- Great for colds, flu, bronchitis, pneumonia
- Treats indigestion, heartburn, and low stomach acidity
- · Great for bad breath
- Great for sinus infections with a lot of nasal drainage
- Cools fevers

Parts Used: leaves and flowers

**Caution:** It is suggested not to take the essential oil internally.

#### How to Use:

- Tea, tincture
- Syrup, honey
- Powdered; capsules, culinary sprinkle

- Herbal oil, salve
- Bath, foot soak, steam inhalation
- Food: great herb to add to Italian dishes, marinades, sauces and as an herbal sprinkle on any food.

**Growing/Care:** Can start from seed indoors, 6 weeks before last frost or purchase a plant from the nursery. Plant after the last frost, it is a perennial so will come back from year to year.

**Harvesting**: Leaves are best harvested before flowering and if kept trimmed will continue to produce throughout the season. Once it flowers, it will stop growing for the year. Great plant to dry and utilize in the kitchen.

Anti-viral Honey: Equal parts oregano and thyme (crushed or chopped). Mix 4 tablespoons of herb blend to 1 cup of raw honey. Sit in a sunny window for 2 weeks. With the healing properties of the honey, this makes a strong anti-viral and anti-bacterial. Use on toast, make a tea with a spoonful of this in 1 cup of water. Also use as an ointment on fungal infections, skin ulcerations and wounds. Annie has successfully used this to treat impetigo and her family uses this all through the winter season to ward off and treat illness.

# **Parsley**



## Petroselinum crispum

Most people associate parsley with the refrigerated section of the grocery store. However, they probably are not aware of parsley's wonderful medicinal effects. According to LaRee Westover in her book Butterfly Miracles, "Parsley is more than just a kidney/bladder herb. It is specific to the adrenal glands and helpful in formulas for the removal of both gallstones and kidney stones. Parsley has properties that powerfully benefit the optic nerves, the nerves in the brain, and the entire sympathetic nervous system. Parsley is rich in vitamins and minerals and contains a lot of easily assimilated iron. Parsley contains whopping amounts of vitamins A, B, and C. The B vitamins alone make it worthwhile to add to your food recipes and to use frequently as a medicinal herb." Parsley is also high in potassium, magnesium, calcium, and protein.

The Greeks used to plant parsley near graves. They would give it to anyone who was near death. Romans believed that you should eat parsley after eating garlic because it would act as a deodorant and absorb the smell. It has been used in cases of jaundice, asthma, coughs, indigestion, and dropsy which is scanty urination. Traditional Greek/Arabic medicine used parsley to remove

obstructions of blood, lymph, sweat, urine, stool, and menstrual blood. It is great for bladder and kidney infections. Parsley has been used to maintain the proper function of the thyroid and adrenals. The mild bitterness increases digestion in the stomach and raises the internal heat. Parsley is of benefit to women who have irregular periods due to ovarian debility. According to WebMD it is also helpful for anemia, high blood pressure, asthma, and diabetes

- Great adrenal tonic; blood builder
- Kidney, bladder, liver, spleen support
- Breaks up kidney and gall stones
- Great for bedwetting, frequent urination, menstrual disorders, intestinal worms
- Stimulates optic nerve function
- Jaundice, asthma, coughs, indigestion
- Helps maintain proper adrenal and thyroid function
- Lowers high blood pressure
- Nourishes sympathetic nervous system

Parts Used: leaves and root

**Caution:** Do not use during pregnancy. Dries up milk in nursing mothers.

#### How to Use:

- Tea, tincture
- Powdered, capsules, culinary sprinkle

- Juiced
- Chew fresh leaves to freshen breath
- Food: add fresh leaves to salads, sandwiches, soups, stir-fry, and many other dishes. Can dry and used as a sprinkle in foods

**Growing/Care:** Parsley is a biennial, producing lots of foliage the first year and blossoms and seeds the second year. Start from seed 12 weeks before last frost, the seed takes from 4-6 weeks to germinate. Plant can also be purchased from a nursery. Transplant after last frost in a sunny spot, with well-drained soil. Parsley likes rich soil, due to the large tap root.

### Harvesting:

- Leaves are very abundant the first year and can be gathered at any time. In the fall cut plant stems off and dry for future use.
- Roots can be gathered in the fall of the second year; pull up, slice and dry for future use.

Cleansing Juice: 6 carrots, 2 stalks celery, 1 apple, 1 bunch of parsley, ½ inch piece of ginger, ½ cucumber. Run all ingredients through a juicer and drink to cleanse the body. Also works great for cleansing congestion in the lungs, coughs and respiratory issues.

**Red Raspberry** 



#### Rubus idaeus

Lasked Annie if she could choose one herb that she uses the most and was her favorite herb. she said red raspberry leaf. My favorite is varrow because of its many uses. However, I have used red raspberry guite a bit. When I was concerned about my endometriosis coming back, I asked a naturopath what was the best herb I could use. He said red raspberry. Consequently, I drink red raspberry leaf tea almost every day. I have noticed that it has really helped. It has a reputation as a wonderful female tonic, relieving excessive menstrual bleeding, diarrhea and dysentery. It is often used before childbirth to prepare the womb for birthing. After delivery it is used for postpartum pains and hemorrhaging. I used it to help with my milk supply when I nursed my kids. I would take two to three capsules of red raspberry, marshmallow root, and blessed thistle. It is also used as a male tonic for the prostate.

Red raspberry leaves are nutritive, tonic, alterative, stomachic and antiseptic. A tea can be used as a gargle for mouth sores, cankers, thrush and spongy gums. Because of its nutritive nature it is a restorative that feeds the body during, after and as a preventive to illness. The stomachic properties make it useful for treating constipation,

diarrhea, nausea and vomiting. It tones and nourishes the stomach and bowels. It can also be used to treat wounds, cuts and skin conditions. An all-around healing herb and female tonic.

The berries contain anthocyanin, a compound found to contribute to heart health, protecting the eyes, guarding against cancer and helping to protect against diabetes. The fruit is said to nourish the blood.

- Both a male and female tonic
- Relieves excessive menstrual bleeding, irregular flow, and pain
- Helps prepare the body for giving birth and then aids relieving postpartum pains
- Lactation-enriches milk
- Good for colds, fevers, influenza
- Treats mouth sores, cankers, thrush and spongy gums
- Berries contribute to heart health, guards against cancer, and helps protect against diabetes; very nourishing for the blood
- Great for diarrhea and vomiting associated with the stomach flu
- Mild astringent tonic for the eyes
- Use for cuts, wounds and skin conditions

Parts Used: berries and leaves

#### How to Use:

- Tea; best way to utilize properties
- Gargle, mouth wash, eye wash
- Tincture, syrup
- Powdered; capsules (although it doesn't powder well, just fluffs up)
- Poultice
- Douche
- Food: eat berries fresh. Nothing like fresh leaf tea, tastes like the berries.

**Growing/Care:** Purchase canes from your local nursery or get a start from a friend. Prefers sandy, loam soil, rich in organic matter. Water regularly, raspberry likes it moist, but well drained. Compost and mulch every fall. Prune canes that fruited during the season at the base once the leaves have died off. Train new canes up through wires.

**Harvesting:** Raspberries will send up shoots all through the season. As you pull these shoots you can just lay them on a screen to dry or use fresh. If harvesting from the actual plant, take the leaves as you need, no more than 1/3 of the plant.

<u>Herbal Eyes</u>. Use to build and strengthen the eyes, improving vision. 2 parts elderberry, 1 part bilberry, 1 part raspberry leaf, 1.5 parts eyebright. Make into a tea or tincture and take daily.

Milk Flow blend pg. 75

# **Rosemary**



## Rosmarinus officinalis

Rosemary is one of the best herbs for headaches. Many headaches are caused by stomach disorders and because rosemary contains both aromatic oils good for stomach problems and salicylic acid (the precursor to aspirin), it is a great herb for relieving headaches. It is also helpful for headaches related to high blood pressure. Traditionally, rosemary has been used to strengthen memory and recall.

Rosemary stimulates digestion and blood flow throughout the body, thus helping those with low energy levels. According to <a href="www.WebMD.com">www.WebMD.com</a> "Rosemary is used for digestion problems, including heartburn, intestinal gas (flatulence), liver and gallbladder complaints and loss of appetite. It is also used for gout, cough, headache, high blood pressure, and reducing age-related memory loss...rosemary is used topically (applied to the skin) for preventing and treating baldness; and treating circulation problems, toothache, a skin condition called eczema, and joint or muscle pain such as myalgia, sciatica, and intercostal neuralgia. It is also used for wound healing, in bath therapy (balneotherapy), and as an insect repellent."

Rosemary is one of the best heart tonics. One teaspoon of honey is added to a tablespoon of

rosemary tea to be a heart restorant and stimulant per Matthew Wood in his book *The Earthwise Herbal-Old World Medicinal Plants*. He goes on to say about rosemary, "Through nerve stimulation it increases muscle activity via the parasympathetic, thus strengthening the arteries, stomach, intestines, gall passages, and heart, while relaxing the sympathetic and voluntary muscles. It acts strongly on the 'blood organs,' especially the liver, also the heart, lungs spleen, and kidneys."

Some herbalists use rosemary as their cure-all herbs. It is great with wounds, even severe wounds, soothing and cleansing injured tissue as it helps the wound to heal. Research has shown it to be effective against different viruses. Rosemary is high in magnesium which causes a tranquillizing effect on frayed nerves.

- Helps improve memory
- Strengthens arteries, stomach, intestines, gall bladder, liver, heart
- Great for heartburn; calms digestive system
- Nervine, strengthens nervous system
- Improves circulation; good for headaches; has been used for high blood pressure

Parts Used: leaves and twig

Cautions: Do not use in pregnancy.

#### How to Use:

- Tea
- Tincture, liniment
- Syrup, honey
- Bath, foot soak, steam inhalation
- Herbal pillow; sleep, headache and aches
- Herbal oil, salve
- Food: use fresh or dry and crush to sprinkle on food and use in marinades.

**Growing/care:** Purchase a plant from the nursery, transplant after last frost. Rosemary likes it dry and hot. Only water until established and then rain water should suffice, it likes to be misted with a spray bottle, simulating the Mediterranean climate it comes from. Bring inside during the winter months or mulch heavily to keep the roots warm. **Harvesting:** Cut as needed, never taking more than 1/3 of the plant. Dry for future use.

Herbal Garden Sprinkle: All herbs should be dried and powdered; 6 Tbsp. chives, 4 Tbsp, parsley, 2 Tbsp. rosemary, 2 Tbsp. oregano, 4 tsp. thyme, 4 tsp. garlic, 2 tsp. basil, 1 tsp. ground pepper. Mix together and put in a spice jar, sprinkle on foods, use in sauces and marinades. As you can see this has a powerhouse of herbs that will kill viruses and bacteria and aid digestion.

Sage



### Sage-Salvia Officianalis

I have two different types of sage growing in my front herbal garden bed. I love the smell of it. Sometimes I will bring a few leaves in and burn them like you would incense. It seems to clean the air. According to Michael Moore in his book *Medicinal Plants of the Mountain West*, "Our sages are complex plants, with a variety of physiologic effects. Drunk hot, the aromatics in the tea or tinctures will stimulate sweating, salivation, and intestinal secretions. I carry a tincture of it on all field trips, dowsing any broken skin, rashes, and scratches, applying it to sore gums, and taking it as a first aid for sore throats, skin tineas, urethritis, prostate irritability, and gastritis."

Alfalfa when combined with sage is a traditional remedy for menopausal symptoms including sweating, hot flashes, and headaches. Recent research indicates sage to be a possible remedy for the early stages of dementia. Sage has tranquilizing properties that help relieve stress and anxiety as well as improve memory. Sage seems to influence the endocrine system, especially the hypothalamus which regulates temperature and the liquids in the body. In France it was planted in cemeteries to help relieve grief. Sage is a natural

antiperspirant. It is a wonderful first aid remedy for wounds and skin irritations.

- Astringent and antiseptic for wounds
- Sore throat remedy
- Muscle relaxant for nervous disorders
- Great for colds, flu, fevers
- Great for inflammation of the tonsils, gums, throat, and mouth
- Relieves symptoms of menopause hot flashes, sweating, headaches
- Improves memory; calms nerves

Parts Used: leaves

Caution: Avoid use during pregnancy.

#### How to Use:

- Tea; use both cold and hot depending on condition
- Gargle, mouth wash, body wash
- Tincture, liniment
- Syrup, honey
- Herbal oil; mix with other herbs for a great culinary oil for cooking and flavoring
- Salve
- Bath, foot soak, steam inhalation
- Poultice, fomentation; used both cold and hot depending on condition

 Food: crush or powder or use fresh and add to culinary dishes.

**Growing/Care:** There are many species you could purchase from a nursery. Find one (or several) you'd like to plant. Transplant after the last frost in full sun. Likes low to medium water. After the flowers die down, prune the plant to half its size. After three years it tends to lose its potency so start a new plant with cuttings from the mother or get a new plant from the nursery. Mulch in the fall to protect the roots.

**Harvesting:** Cut or pinch off leaves regularly to prevent it from getting too woody. Use the leaves or dry them for future use. Can also harvest the leaves at any time.

Garden Herbs Olive Oil: I tweaked this recipe from The Herbal Kitchen by Kami McBride. This is a great combination of herbs that can be used as a marinade, as a salad dressing oil, or any way you would use an oil in the kitchen. It also makes a great liniment and massage oil for sore muscles, spasms, swollen lymph glands, etc. All herbs should be chopped or crushed; 4 cups olive oil, 1/3 cup bay leaf, 1/3 cup rosemary, 1/3 cup thyme, 1/3 cup sage, 1/3 cup oregano, and 1/3 cup lavender. Make into an herbal oil.

# Sorrel



Rumex acetosa Garden Sorrel or R. scutatus

The first time I saw sheep sorrel was when I was doing an internship with Darcy from the Forest in McCall, Idaho. She said it was one of the best cancer remedies. I assumed it grew only in the high climates until a friend showed me she had it growing in her garden just five miles from my house. Apparently, it is easy to grow even in my climate. According to Darcy, "Fresh sheep sorrel is rich in chlorophyll. Chlorophyll has been shown in some lab studies to increase your resistance to x-rays, purify the liver, stimulate the regeneration of fresh tissue, relieve pancreas swelling, cleanse the wall of blood vessels, and strengthen the cell walls. It should be noted that vitamin A strengthens the immune system by increasing the production of white blood cells and T-cells. It is the white blood cells and the T-cells that destroy cancer.

The fresh plant makes a good poultice for sebaceous cysts and even skin cancers and tumors. Rub fresh leaves between the hands and apply to affected area several times daily. Once outward signs of the cyst or tumor have disappeared, continue treatment for a week to ten days longer to remove any abnormal cell growth beneath the skin."

Sheep sorrel is one of the main ingredients of a popular anti-cancer remedy called essiac. According to Matthew Wood, sheep sorrel has been held as a great secret for cancer in the Midwest since the early 1830's. A salve was used externally on skin

cancer. He said he has seen it stop lupus. Sheep sorrel is also a great fever remedy. It has been used to cool fevers, help with fainting, kills and expels worms, aid for the heart and as an anti-inflammatory. Again, according to Matthew Wood, garden sorrel and yellow dock leaves can be used as a substitute, at least for cooling.

- Cools fevers
- Expels worms
- Aids the heart; diuretic
- Cleanses and purifies the liver
- Blood cleansing
- Skin cancer, tumors, cysts

Parts used: leaves

**Cautions**: Contains oxalic acid, toxic in large and repeated internal dosages. It is advised to take a one week break every three weeks.

# How to Use:

- Tincture; juiced, fresh leaves
- Poultice
- Salve
- Food: eat leaves fresh or include in casseroles, soups, omelets, stir-fry, sautéed or steamed. Once cooked the oxalic acid is no longer viable.

Growing/Care: Garden perennial that can be

purchased in a nursery. Seed can also be sown in early spring. Likes lots of water and partial shade. In the wild look for it in moist, disturbed areas, roadsides and as a yard weed.

Harvesting: Leaves can be cut and used at any time. Many properties are lost once the leaves are dried, so it is best to use the fresh leaf or tincture immediately after harvesting. You could also juice the leaves and place in ice cube trays in the freezer for use all year.

Essiac Tea: An old Native American cancer cure given to Rene Caisse (essiac spelled backward) to treat cancer patients. Detoxes the body, attacks cancer cells, lessens the painful side effects of conventional therapies and boosts the immune system with powerful antioxidants. 1.5 lbs. burdock root, 1 lb. sheep sorrel, ¼ lb. slippery elm and 1 oz. turkey rhubarb root. Blend together herbs. For treating disease make a tea using ½ oz. of herb blend with 2 oz. water, daily. Gradually increase to 1 oz. of herb blend with 2 oz. water, daily. Do not exceed the 1 oz. of blend a day. The tea should be taken on an empty stomach before bed and more water can be added if it is too strong. Can also make a tincture. Dosage: ½-1 dropperful, 5 x a day. (www.thetruthaboutcancer.com).

# Southernwood and Wormwood



Southernwood-Artemisia abrotanumn Wormwood-Artimisia absinthium I am including two Artemisia species together as they are very similar in the way they smell and the way they are used medicinally. Southernwood used to be more common until it. was found that wormwood was much stronger. Wormwood is antimicrobial for the digestive system. Southernwood is considered to be an herbal bitter and a stimulant. Southernwood has proven to be a valuable remedy for menstrual problems, and it is effective for worms in children. It is a good stimulant tonic and possesses some nervine properties. It is extraordinary externally for easing pain, dispersing swellings, and arresting gangrenous conditions. And it has useful drawing properties for extracting splinters, thorns, etc. from skin." Wormwood has a reputation for protecting the body from radiation. Research has also shown wormwood to be a great remedy for being one of the best herbal antibiotics. According to Stephen Buhner in his book Herbal Antibiotics (1st edition), wormwood is active against malaria, staphlycocus aureus, candida albicans, Klebsiella pneumonia, intestinal worms, any internal amebic organisms. The essential oils are effective against most microbes. He says that the root is used for

infections of the throat and lungs. It numbs the pain from infection. "The leaf or above ground plant is generally used for malaria, for intestinal worms, as a liver and digestive tonic, and for colds and flu. Water infusions of the leaf have been shown to produce 89 percent inhibition of malaria at 1 part in 35... It is one of the most powerful herbs for the treatment of antibiotic-resistant disease available. Millennia of traditional use support its continued place in the herbal dispensatory."

According to Darcy from the Forest, "Wormwood depresses the central medullary part of the brain, which is the area concerned with pain and anxiety. Used occasionally, it will soothe the nerves and reduce the feeling of melancholy, anxiety and mild depression." It is an excellent antiseptic wash for infected wounds. In many European countries a tea of wormwood is prescribed for hepatitis and jaundice. The tea has also been used to help treat cancer of the liver. A tea or tincture of wormwood reduces gastric pain, heartburn and indigestion. Wormwood acts as an antispasmodic for menstrual cramps and will help in suppressed menstruation. It is also good for pain associated with menopause.

Annie has had success using it for helping her son's sugar cravings. According to Kulreet

Chaudhary in her book, *The Prime*, there are harmful bacteria residing in the gut that tap into our brain and send signals for sugar cravings to feed itself. No matter how hard a person tries to change their diet through self-control it can't be done with this bacteria present. Once the bacteria is killed off and swept out of the body, the person is back in control of what they choose to eat. Annie administered a dropperful of wormwood tincture in the morning and evening to her son for one week. After that one week she noticed the change that came over him and knew the bacteria had been killed.

Annie has also used wormwood to successfully treat a mystery condition that had meningitis type symptoms in the same son. One of the best bacteria fighters of the plant world, in Annie's opinion.

- Best herb for malaria
- Wormwood has a reputation for protecting the body from radiation
- Antibiotic, antibacterial, great for fevers
- Infections of all kinds including staph
- Stimulates digestive juices and enzymes
- Great herb for the liver, anemia
- Great for arthritis, gout; lower back pain
- Nausea, heartburn, constipation

- Used in parasite cleanses
- Kills harmful bacteria in gut
- Sugar addiction

Parts Used: leaves

**Cautions:** Not for use while pregnant or nursing. Strong herb so use with respect and as a potent medicine for acute conditions.

#### How to Use:

- Tincture (10-30 drops 6 x day)
- Tea (1 tsp. at a time up to ½ cup a day)
- Powdered, capsules (1-5 up to 4 x day)
- Poultice, fomentation, bath, steam
- Herbal oil, liniment
- Herbal pillow
- Enema; intestinal worms, parasites
- · Fresh herb; chew leaves as needed

**Growing/Care:** Both plants are perennials and like the same growing conditions. Purchase a plant from the nursery or get cuttings from a mother plant. It likes sunny open areas with well-drained soil.

**Harvesting:** Leaves can be harvested anytime during the growing season, can also be dried for future use

or as a powder for capsules. The plant is at its most potent before blooming.

Herbal Antibiotic Blend: 2 parts yarrow, 1 part wormwood. This is a powerful antibiotic for treating all manner of infections. Use the same doses as listed above in the How to Use section for internal use. This makes a great foot soak for athlete's foot. Use as a liniment on external infections from wounds, to all manner of insect or critter bites.

<u>Radiation Rescue</u>: In our modern world, we are exposed to increased amounts of radiation. It comes to us through our phones, microwaves, x-rays, etc... We created this formula for a defense against any type of radiation including nuclear fallout.

Equal Parts: Calendula Marshmallow Black Walnut Wormwood Raspberry Leaf

# **Stevia**



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#### Stevia rebaudiana

Stevia is best known as a wonderful sugar substitute. However, it has some really neat medicinal qualities as well. Stevia is best known for lowering blood sugar. It feeds the pancreas. Stevia's sweet taste and hypoglycemic action make it a great remedy for early onset diabetes. According to www.homeremediesweb.com, "Stevia is believed to have anti-bacterial, anti-septic, antimicrobial, anti-oxidant, anti-glycemic, and antihypertensive properties which may help with hypertension (high blood pressure), diabetes, chronic fatigue, indigestion, upset stomach, heartburn, weight loss, cold and flu, gingivitis, tooth decay, cavities, dandruff and hair loss, brittle bones or osteoporosis, streptococcus, candidiasis, bacterial infections, and skin conditions such as cuts, wounds, rashes, itchiness, blemishes, acne, seborrheic dermatitis, dermatitis, eczema, and wrinkles. It may also improve energy levels, strengthen immune system, stimulate mental activity, and may also help in withdrawal from tobacco and alcohol addiction...Studies and researches show that Stevia may stabilize blood sugar levels, increase insulin resistance, may even promote insulin production by promoting the

pancreas health, discourage glucose absorption in the blood, and inhibit candidiasis-a yeast infection that flourish with sugar...A few longer term studies over a period of 1 and 2 years show that stevia may lower elevated blood pressure levels. Simply drinking Stevia tea twice daily may help stabilize the blood pressure levels."

Stevia is very high in chromium and manganese. Chromium is an integral part of many enzymes and hormones and works as a cofactor with insulin to move glucose from the blood into the cells. Chromium is influential in reducing plaque buildup in arteriosclerosis. Manganese is an important component of several enzymes which are involved in the metabolism of carbohydrates, fats, and proteins. Stevia is considered by the FDA safe for use. There are now many sugar substitutes coming out that include stevia.

- Lowers blood sugar
- Great for diabetics
- Good for cuts, wounds, skin conditions
- Strengthens bones and teeth
- Good for weight loss
- Improves immune system
- Thirty to one hundred times sweeter than sugar
- Feeds the pancreas

- Inhibits candidiasis growth
- May lower blood pressure
- Reduces plaque buildup in arteriosclerosis
  - Antibacterial, antifungal, antiseptic,

Parts Used: leaves

Cautions: None known; considered safe by FDA

How to Use:

Stevia is very strong so just use as a sweetener and enjoy the medicinal properties that way. Stevia leaves are a great addition to other herbal remedies to sweeten as needed.

- Tincture
- Fresh or dried leaves; use 1 leaf per cup of tea to sweeten
- Powdered; 1 tsp. of powder is equal to 10 tsp. sugar, 2 Tbsp. is equal to 1 cup of sugar.
- Suck on a leaf to curb sugar cravings

**Growing/care:** Purchase a plant from the nursery and plant after last frost in full to part shade. Stevia is an annual so it will need to be replanted each year. **Harvesting:** Harvest leaves as needed or to dry for powder and future use.

<u>Stevia Simple Syrup:</u> Boil two cups of water and add one teaspoon of powdered stevia. Reduce heat to a simmer and stir until liquid is reduced by half.

# **Thyme**





## Thymus vulgare

Thymos comes from the Greek word meaning strength. In ancient Greece, thyme was a symbol of bravery. Like stevia, thyme is very high in chromium and would have similar benefits. It is also very high in iron and silicon. According to Donald Lepore, ND in his book *The Ultimate Healing System*, "Thyme contains a powerful germicide, Thymol, which is an antiseptic as well as a parasiticide. Thymol has been used to treat Hookworms. Thymol can cause mental excitement and has been used as 'Smelling Salts.'

Thyme is useful as a tincture to treat all throat and bronchial problems, especially bronchitis, laryngitis, and whooping cough. Thyme is good for all stomach and intestinal problems such as diarrhea, gastritis, lack of appetite, gas, and colic. Externally, an oil of thyme added to vegetable oil [we recommend olive oil] can be used as an antiseptic for ringworm, athlete's foot, scabies, crabs, and lice. For a bath add thyme to the water and soak for at least 45 minutes and itchiness will stop. A fomentation of thyme can help heal wounds, warts, and varicose veins...thyme tea can also take away headaches."

Thyme is a calming herb and aids nerve health. It has thus been used for ADHD a disorder

that is becoming more and more commonly diagnosed in children. It is also helpful for nightmares in that it calms the digestive and respiratory systems. It can be used externally for infected wounds, as well as internally for respiratory and digestive infections. Thyme is said to be an excellent cough remedy being an expectorant and reducing spasms.

As a mild astringent thyme has been used for childhood diarrhea and bed wetting. Externally it has also been helpful for nerve and arthritis pain. Thyme is useful in almost any problem affecting the ear, nose, throat, and chest, disinfecting air passages while it soothes coughs and clears mucus or phlegm.

- Excellent for whooping cough, bronchitis, pneumonia, asthma
- Good for diarrhea, gas and colic
- Used for athlete's foot, scabies, crabs, lice, and fungal infections
- Pain reliever for headaches
- Used for ADHD especially for children
- Great for cold and flu; antiviral
- Helps with childhood bed wetting
- Anti-parasitic, dispels parasites and worms
- Calming and aids nerve health; sedative

Parts Used: leaves and flowering tops

**Cautions:** Thyme can be toxic in large doses.

**How to Use:** Thyme reminds Annie of her days working in a chiropractic clinic. The doctor would prescribe a thyme bath for any type of illness, especially croup and respiratory issues. It was sold by the pound!

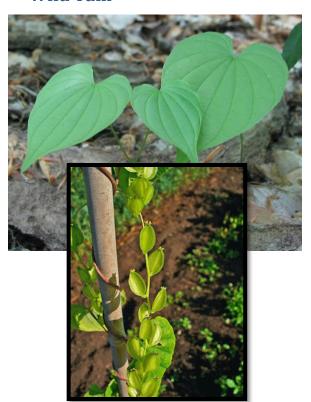
- Bath,foot soak, steam inhalation, compress
- Tea, tincture, liniment
- Powdered, capsules, herbal sprinkle
- Honey (a favorite in Annie's family)
- Herbal oil, salve
- Food: add to culinary dishes, use dried leaves to "spice" up foods.

**Growing/Care:** Purchase a plant from the nursery, there are many species, but English Thyme has the most medicinal properties (*Thymus vulgaris*). Plant after last frost in well-drained soil. Likes full sun and should be mulched in the fall to keep the roots from freezing. Keep plants trimmed to keep from getting woody.

Harvesting: Cut leaves as needed.

Thyme Bath: Simmer four cups of water and one cup of thyme for 10 minutes. Fill the bath with water and then pour in the thyme tea after it has been strained. Check the water temperature before getting in. Soak for at least 30 minutes, pouring the water over the chest and back regularly.

# **Wild Yam**



### Dioscorea villosa

I was first introduced to wild yam as a natural progesterone cream that helped to balance hormones. According to Donald LePore, ND, in his book *The Ultimate Healing System,* "Wild yam roots contain two steroidal saponins; dioscin and diosgenin which provide antiseptic strength to the liver, spleen, pancreas, and gallbladder. The steroid diosgenin is a precursor of the sex hormone progesterone. Wild yam roots contain true estrogen. Wild yam root can yield as much as 40% diosgenin." In Andrew Chevallier's book *Herbal Remedies* he says, "Wild yam has been used within Native American traditions to help prevent miscarriage in the later stages of pregnancy and to relieve pain during childbirth."

Back when I was having children, I miscarried twice. I found out after, my progesterone levels were down and probably contributed to the miscarriages. I used the cream in conjunction with progesterone pills for my next two pregnancies and was able to avoid miscarrying. Donald LePore goes on to say, "Wild yam roots were used by the American Indians as a 'birth control pill'. They claim that if wild yam roots are eaten every day for over 2 months, conception will not occur as long as the wild yam roots are

consumed. Ovulation and the menstrual cycle will not be interrupted, but the woman's eggs are resistant to fertilization during the period that the wild yam is ingested. When the Indians decided to become pregnant, they merely stopped the wild yam ingestion and within one month the female would then become fertile again."

Wild yam is also used for menopausal symptoms including hot flashes, night sweats, and poor sleep. It has traditionally been used to ease cramps and muscle pain, especially menstrual pain and colic, throughout the body. Wild yam is of great use for rheumatoid arthritis, especially when there is intense inflammation. Wild yam has a reputation as a steroid replacement. Recently it has been used by body builders trying to enhance their performance by giving their bodies every chance to manufacture its own definition and strength increasing steroids, according to Marc Pederson in his book *Nutritional Herbology*.

- Used for birth control
- May help prevent miscarriages
- Has been used to treat any type of muscle spasm or inflammatory condition
- Provides relief of inflammatory bowel
- Used for cramps and muscle pain
- Good for colic

- Soothes nerves in neuralgia, urinary pain
- Effective for liver, gallbladder
- Helps balance hormones

Parts Used: roots

Cautions: Large doses of wild yam taken orally can cause vomiting. Women who are breastfeeding or pregnant, as well as those who have a form of reproductive cancer, endometriosis, or uterine fibroids should not take wild yam. This herb can interact with medications that contain estrogen, such as menopausal hormone replacement therapy.

## How to Use:

- Tea; best when blended with other herbs
- Tincture, liniment (absorbs properties into the body, like the cream)
- Powdered, capsules
- Commercial cream

**Growing/Care**: Can purchase the roots to plant from a nursery or online. Plant in a partly shaded spot in well-drained soil. Keep moist. Perennial, vining plant.

Harvesting: Dig up roots in late summer to early fall. Wild Yam Paste: This is the way Rosemary Gladstar takes her wild yam; blend wild yam powder with cardamom and cinnamon powder to taste then add a little raw honey and rose water to form a paste.

# Witch Hazel



## Hamamelis virginiana

Perhaps the first herb I can ever remember using is witch hazel. My mom had a bottle of it in the bathroom. I learned to use it whenever I got a cut before putting on a band aid. It is a valuable remedy for bleeding both externally and internally. It has a reputation for easing symptoms of hemorrhoids and treating bruises, inflammation, and varicose veins. At the Utah House Arboretum, near where I live, they have a witch hazel tree. The flowers look really cool, like little witches on brooms. The sticks are used for finding or 'witching water.' Internally it has been used for diarrhea, dysentery, prolapsed condition of the internal organs, and excessive mucus in the sinuses and respiratory passages. It is also great as a gargle for sore throat and tonsils.

According to Michael Tierra in his book *Planetary Herbology*, the alcoholic tincture is applied to relieve sprains, contusions, wounds, and swellings. Diluted with water or mixed with honey, the powder may be topically applied as a dressing for burns, scalds, abrasions, and crushed toes and fingers. It is an effective wash for burning skin, inflamed breasts, varicose veins and various rashes. It is often used as an after-shave lotion. Witch hazel

is one of the most valuable and versatile astringents." Taken internally witch hazel will stop excessive menstruation and hemorrhages from the lungs, stomach, uterus and bowels. It will also stop bleeding gums and aid in reducing inflammation in the throat and mouth. It will help inflamed eyes and insect bites.

Witch Hazel contains vitamins C, E, K, and P as well as iodine, manganese, zinc, copper, and selenium. Witch Hazel can be used as douche for vaginal discharges and infections. Like other astringent herbs, witch hazel has many uses, but perhaps its best one is a First Aid remedy as it stops bleeding inside and out.

- First Aid remedy for cuts, wounds, sprains, crushed toes and fingers
- Poultice great for burns, scalds, abrasions
- Has been used for hemorrhoids and varicose veins
- Helps stop bleeding from excessive menstruation
- Great for poison ivy rash, insect bites, bed sores and other skin problems
- Can stop hemorrhaging of lungs, stomach, nose, rectum, uterus, and kidneys
- Corrects problems with the venous structures and restores circulation

- Gargled for sore throats and tonsils
- Helps with bleeding gums
- Great for diarrhea and eases dysentery

Parts Used: bark, leaves, and twigs

### How to Use:

- Tea, gargle
- Tincture, liniment
- Powder, capsules
- Poultice, fomentation
- Bath, eye wash, foot soak
- Herbal oil, salve
- Commercial extract; make sure you are getting a true extract; grocery store brands are mostly alcohol. External use only.

**Growing/Care:** Perennial shrub. Plant in moist, rich, sandy or peaty soil in part shade.

Harvesting: Harvest leaves and twigs in the fall or spring, although you can anytime. Leaves can be gathered while on the tree. The seeds are edible. Wound Wash: Make a tincture using equal parts lavender, yarrow, thyme, and calendula, using witch hazel as the solvent. Mix 3 oz. of the witch hazel tincture, 3 oz. distilled water, 2 oz. aloe vera liquid, 1 Tbsp. castile soap, 30 drops tea tree essential oil and 15 drops lavender essential oil. Put in a spray bottle and gently swish. Spray on wounds and cuts to cleanse, disinfect and promote healing.

# Other Notable Herbs

Arugula-Eruca sativa

Traditionally it has been used as an astringent, diuretic, digestive, emollient, tonic, laxative, rubefacient, aphrodisiac and as a stimulant. It has been used for digestive and kidney problems. It contains anti-cancer compounds as well as anti-ulcer and antifungal properties. Studies have shown it to help regulate blood pressure, improve wound healing, and to support weight loss.

Parts Used: leaves and flowers

**How to Use:** Use and eat like you would lettuce. Add to salads, sandwiches and pesto. Best used fresh.

**Growing/Care:** Sprinkle seeds in the garden as soon as the soil warms. Keep moist, likes full sun or part shade. Harvest anytime.

French Tarragon/Tarragon - Artemisia dracunculus According to <a href="www.webmd.com">www.webmd.com</a>, "Tarragon is used to treat digestion problems, poor appetite, water retention, toothaches, to start menstruation, and to promote sleep." It also has antibiotic properties and could be used to fight infections. French tarragon is a good source of potassium. The above ground parts are used medicinally.

## Parts Used: leaves

### How to Use:

- Fresh leaves, crushed or chewed numbs the pain of mouth sores and toothaches.
- Tea
- Tincture
- Herbal sprinkle to add to foods, or fresh leaf can be chopped and added to food.

**Growing:** Must be purchased from a nursery or cuttings taken from a mother plant. Likes, rich, well drained soil in full sun. Divide root every few years to retain vigor.

# Lemon Verbena Aloysia triphilla

Lemon verbena is used medicinally for digestive disorders including indigestion, gas, colic, diarrhea, and constipation. It is also used for insomnia, asthma, fever, hemorrhoids, varicose veins, skin conditions, and chills. It is great for joint pain as well. Lemon verbena is antibacterial so it is good for colds. The leaves and flowering tops are used medicinally.

Parts Used: leaves and flowers

### How to Use:

- Tea
- Tincture
- Syrup, honey

- Fresh leaves chopped and added to foods, flowers are edible. Enhances desserts and fruit salads.
- Sleep pillow

**Growing:** Perennial, although acts as an annual in seasonal areas. Purchase plant from a nursery and plant in sun to part shade. Likes moderate to large amounts of water. Harvest leaves and flowers at any time.

# Lobelia Lobelia inflata

Lobelia is what most herbalists call a thinking herb. It goes where the body needs it. Taken internally, lobelia is both a relaxant and a stimulant. Small doses of lobelia will act as a tonic and a stimulant. Large doses of lobelia will act as a sedative. It is also a great respiratory stimulant for the lungs. According to Dr. Christopher, it is one of the greatest herbs ever given to the world. Its action is felt immediately on the serous, mucous, muscular and nervous systems, especially the sympathetic nervous system. It is a wonderful pain reliever and sedative. I have given it to my children to calm their nerves as they were experiencing growing pains. Lobelia is one of the best antispasmodics available calming tense muscles especially for asthma and whooping cough.

Parts Used: flowers and leaves

Caution: The body will warn you if you have consumed too much lobelia, you will get nauseous and maybe even throw up. Reduce your dosage. How to use: Lobelia is used as an enhancer for other herbal formulas, it helps deliver the herbal properties quickly and efficiently to areas of distress. It is mainly used in combination with other herbs.

- Tincture; use in low doses (3-5 drops, 2 x day)
- Liniment; pain reliever and great headache remedy. Annie's daughter gets headaches, and this is the only thing that will work for her. She applies the tincture along her spine as well as massaged into the temples.
- Dried or powdered herb added to herbal formulas in low doses as an enhancer.

### **Safflower** Carthamus tinctorius

Safflower has been used traditionally for children's complaints including fever, measles, chicken pox and to calm nerves. It has been used to treat liver disorders including jaundice and a sluggish liver. Safflower has been known for creating a form of natural sugar like compounds which induce the

adrenal gland to produce more adrenalin and the pancreas to produce more insulin. Safflower has the ability to remove hard mucus from the lungs and is thus a great remedy for the lungs. It has many of the healing properties as saffron but is much cheaper. Safflowers are high in chromium, potassium, selenium, and vitamin A. Safflower oil contains vitamin F which is needed to regenerate the skin and combat a wheat, corn, dust, feather, or wool allergy. Safflower tea produces perspiration which will detoxify the body of uric acids and is useful in alleviating the flu and fevers.

Parts Used: flowers

## How to Use:

- Tea
- Tincture
- Herbal oil
- Powdered, capsules
- Food: flowers and seeds are edible, substitute for saffron (known as poor man's saffron)

**Growing/care:** Sow seeds in early spring in full sun, any type of soil. Can also find in the wild in disturbed areas and way sides.

**Skullcap** *Scutellaria lateriflora*Skullcap's primary action is on the central nervous

system. It is one of the best nervines. It has been used for cholera, convulsions, tetanus, tremors, insomnia, nervous tension, neuralgia, anuressis, and used to cure rabies. Skullcap produces natural endorphins which act on the brain to aid in headaches and has a tranquilizing opiate effect on the body. It is known to have anti-bacterial properties. It has been used for epilepsy and muscular twitching. It has antispasmodic and sedative actions. Personally, I have only seen skullcap once in McCall, Idaho. It is a really neat looking plant named for the cap it resembles. Skullcap is high in zinc.

Parts Used: leaves and flowers

#### How to Use:

- Tincture
- Tea
- Liniment
- Powdered, capsules

**Growing:** Start seed indoors a few weeks before the last frost. Transplant outdoors after last frost in well drained, moist soil. Likes full sun to part shade.

# **Harvesting Herbs**



### **Roots**

Generally, roots are harvested in the fall after the plant has died back and sent all its energy back into the roots. This is not an absolute and can also be harvested in the spring or really, anytime of the year. The most potent plant material is in the fall. Plants like common mallow and dandelion can be harvested as you pull them from your yard and garden throughout the year. Some plants you can merely pull up and out of the ground, but most will need to be dug up with

a shovel or spade. Brush the dirt off the root, wash under running water and then pat dry. Chop roots before drying.

### **Barks**

Barks should be harvested from the twigs and branches not the main trunk of the tree. "Prune" off a branch of the tree or shrub and then peel the outer bark off. This can be composted or discarded. Peel the next layer, which is the inner bark and where the living medicine is located. You can tell it is living because of the moist, sticky feel to it.

### Leaves

Leaves can be harvested anytime of the growing season but are most potent before flowering. They should be gathered in the morning, after the dew has dried or the evening after the heat of the day where the plant is not "depleted". Aromatic herbs such as basil, thyme, rosemary, etc. should be harvested in the hottest part of the day since the oils are at their strongest. Simply cut what leaves you want off the plant, leaving two thirds of the plant.

#### **Flowers**

Flowers are best harvested right before they open. If harvesting from a plant that will give you both blossoms and fruit, leave enough blossoms to turn into fruit for a fall harvest.

# Saps and Pitches

Best harvested in early spring by drilling a hole through the bark. Insert a straw or similar tube and put the other end in a collectible container. After a week remove the straw and plug with a fitted twig so the sap stops leaking. For pitch you can snap off a twig and the pitch will ooze from the broken end. You can also collect the sap crystals that form on the bark.

### Seeds

Most seeds are harvested by allowing them to dry on the plant. Once brown and "crisp" they can be placed in a paper bag or container. Shake the container to disperse the seeds. Seeds come in many shapes, sizes and forms so this will need to be adjusted from plant to plant.

# **Drying and Storing Herbs**







When drying herbs, it is important to make sure they are in a well-ventilated area out of direct sunlight and moisture. Some of these methods may not work if you live in more humid areas, but for those of us in the drier climates of the western United States, they work great. If you are drying roots, the dehydrator method will work best because of how thick and moist they can be, just scrub the root and chop before drying. These methods will work for all aerial parts. Just remember to dry in a shaded area if outside and keep them dry. Annie dries all of her herbs in her basement on the rack shown above.

You really don't need to wash or rinse herbs, just brush off what dirt you may see and pull out any other kind of debris, such as cobwebs, seed tufts or other plant material. In his book, *Eat Dirt*, Dr. Josh Axe says that consuming the dirt from the food we pick in our gardens (or forage in the wild) adds beneficial microbes to our intestinal flora. So, by not washing off our herbs we will also be strengthening our gut health, which equals a stronger immune system.

## Dehydrator

Place herbs, roots or bark on dehydrator trays in a single layer. Leaves and aerial parts can be dried at 80-100 degrees while roots and barks need a bit higher temperature of 150 degrees. Once crisp to the touch they are ready to store. Do not overheat or you will lose potent properties.

# **Screens**

Simply lay your herbs on screens that have air flow on all sides. Annie uses large screens from an old dehydrator, you could also use a window screen or make something with screen or mesh material. Annie then lays these on a laundry rack to get good air flow (see picture). Lay the herbs in single layers on the screen making sure you have air flow and check on them each day. Lift and fluff them as needed.

## **Basket Drying**

Place the herbs in a basket with a looser weave where air flow can come in. Hanging the baskets helps to get better air flow but laying on tables will still dry well.

# **Hanging Bundles**

Take a small bundle of herbs, small enough that there is room for air flow, and tie them up and hang them. You can use elastics to tie and attach to rafters, bars, the laundry rack shown above or any other creative devise you may come up with.

## STORING DRIED HERBS

Once your herbs are crisp and snap when you break them it's time to store them for future use. Keep the herbs in as whole of form as possible to preserve the medicinal properties longer. Crushing herbs will start the decomposition process, as will light and moisture. Glass is the best way to store your herbs, they keep out air and moisture because it doesn't "breathe" like other containers and bags can. Re-use jars from food you buy at the grocery store and canning jars are great. Annie has a friend, whose family has an addiction to pickles, so she buys the

Costco size pickles and gives her all the jars. Herbs in large quantities can be stored in 5-gallon storage buckets. Just make sure whatever container you use is air tight. Once "bottled", label your herbs and keep them in a dark, cool place.

Many books and sources will tell you that dried herbs will only last a year and then discard them. Annie still has a jar of peppermint leaf that was dried and stored 3 years ago and it is still as potent as the day it was stored. When it comes to dried herbs your "expiration date" depends on three factors; color, smell and taste. As long as your herb still has a vibrant color, smells aromatic and tastes potent, they are still good. Once they lose their color and potency, it is time to discard them.



# **Herbal Preparations**

There are so many ways to utilize the healing properties and nutrients of herbs. Here we will go over in detail all the ways you can put those herbs to use. When you see parts in a recipe, a part is any measurement you decide upon. If making a small batch of something you may use a teaspoon as your part. If making something in bulk than a cup might be your part. Parts can be in spoons, cups, ounces or any other measurement.





Teas are the best way for the body to absorb and utilize the properties of herbs. When using to treat any condition you will generally be taking 3-4 cups of tea a day, so the best way to make it is by the quart, although you can make it by the cup. Measurements are given at the end of this section, although they can be made stronger or weaker depending on the person and what their body needs. Once you have prepared your tea following one of these methods, strain the herbs from the water using a mesh strainer or cheesecloth. You can even purchase mug strainers that fit over the top of your mug. You can then sweeten to taste with raw honey (for added nutrients and microbes) or natural sweetener of choice. You can even add a stevia leaf or two to the infusion for a natural sweetener. The tea will stay good for about 72 hours.

There are two basic types of herbal teas: an *infusion*, which is made from the aerial parts; leaves, fruit or flowers and involves steeping the herb. And a *decoction*, made from the bark, seeds or root of the herb and involves simmering to extract the harder to reach constituents. There are a variety of ways to make tea, find

which method works best for you. Annie uses different methods based on the season and time. **Common method**: The most common way to make an infusion is by pouring boiling water over the herb and letting sit for ten to twenty minutes. For a stronger tea you would put the herb in cold water in a pan and let heat until it is gentling boiling. Remove from heat and strain. If you would like an even stronger tea, use either method then let the herbs sit in the tea over night before straining.

<u>Decoction</u>: This method is to be used with the tougher parts of bark, seeds or root. It is also used when making a tea blend that has roots or bark in it. Add herbs to a pan and pour cold water over them. Turn heat to medium low and wait for the water to simmer. Cover and continue to simmer for 20-40 minutes, for a more concentrated tea, leave the cover off. Strain.

<u>Solar Infusion</u>: This is Annie's favorite way to make tea during the summer months. Place your herbs in a glass jar and fill to the top with water then cover with a lid. Set the jar in direct sunlight for a few hours.

<u>Cold Infusion</u>: The same method as solar infusion except you place the jar on your kitchen counter for a couple of hours or overnight.

**Tea Bags:** You can purchase empty tea bags and fill them yourself. Pour boiling water into a cup and place the tea bag in the water for 10-15 minutes. Squeeze the bag to get all the goodies out, then sweeten with raw honey to taste if needed.

<u>French Press/Tea Pot Strainers</u>: You can purchase a French Press, which you can put your herbs in, pour water over the herbs and place the lid on. Follow instructions for whatever method you'll be using from above. A similar device is a tea pot with a strainer in the middle. You fill the strainer portion with the herbs and pour water to fill the pot.

#### Tea Measurements

# **Dried Herb**

1 cup water – 1 teaspoon of herb

1 quart water – ¼ cup herb

## Fresh Herb

I cup water – 2 tablespoons of herb

1 quart water – ½ cup herb

# **Tea Dosages**

When treating acute conditions, make a quart of tea and sip on it throughout the day. Rosemary Gladstar suggests ¼ cup of tea every half hour. Continue a quart a day until symptoms subside. For chronic conditions follow the same quart a day, just do it for several weeks, taking a break for a day or two each week.

#### **TINCTURES**







Tinctures are highly concentrated liquid herbal extracts made with either dry or fresh herbs. They are the most convenient way to take your herbs and have a longer shelf life than other methods. There are generally three kinds of solvents (called a menstruum) that are used to extract the medicinal properties of herbs into a liquid extract. Each have pros and cons, which will be explained so you can decide what would work best for your situation. The three

menstruums to choose from are alcohol (the most commonly used), vegetable glycerin and vinegar.

**Alcohol:** This is Kathy's favorite method and the most common way of making a tincture as well as the easiest. Alcohol has many benefits over the other two solvents. It has the longest shelf life, indefinitely, and it makes a more potent tincture due to its ability to extract more of the constituents in the herb than any other liquid. In fact, there are some herbs that require alcohol in order to get to the medicinal qualities. These herbs include; lomatium, St. John's wort, black walnut hulls, gumweed, teasel and usnea. Some people are uncomfortable with taking tinctures made with alcohol. It is interesting to note that one dose of an alcohol-based tincture has approximately the same alcohol content as eating a very ripe banana. Some will put the tincture made with alcohol under their tongue for about a minute, which is long enough for the herb to get into the blood stream and then will spit it out. Others have added the tincture to hot water and allowed the alcohol to evaporate. These may be good alternatives for those who

would like the benefits of the tincture made with alcohol without taking it in.

Always use alcohol that is ethanol, which is found in wines and liquors, the most common being Vodka. Rubbing alcohol is made from isopropyl alcohol and must never be taken internally.

Alcohol Tincture How To: First prepare your herbs by chopping them finely. Let them sit to dry wilt for a couple of hours to remove some of the moisture. This is not a set rule but will make a more potent tincture. Fill a jar ¾ full of the herbs, then pour alcohol over them, leaving ¼ inch head space. Cover with a tight lid and let sit for anywhere from 2 – 6 weeks. After the first day, check the bottle to see if the herb has absorbed all the vodka. Add more alcohol to keep at the ¼" head space level. Strain and then pour into airtight containers and keep in a dark, cool place.

<u>Vegetable Glycerin (called a glycerite)</u>: Glycerin has the capacity to break down and remove certain chemicals and preservatives from the body. It is demulcent, emollient, soothing and healing when diluted with distilled water. It also

has a sweet flavor which is more suited for children and elderly. It also has the benefit of being heated over a short period of time, which will make a fast tincture. On the downside, a glycerite will only last 3–5 years and is not as potent as an alcohol tincture. Storing them in a fridge will help prolong the shelf life. Stephen Buhner says that if you add 10% vodka to a glycerin tincture, it will store indefinitely. Glycerites are Annie's favorite way to make a tincture and has never had one go bad keeping them stored in a garage fridge.

Make sure you purchase food grade vegetable glycerin. This can be purchased online or at a health food store. The most cost-effective place is online; Azure Standard, Bulk Apothecary and Amazon have good deals on gallon size vegetable glycerin. There are a couple of ways you can make a glycerite:

Method 1: Fill a jar ½ full if using dried herbs or ¾ full using fresh, chopped herbs. Bring some distilled water to a boil and then pour over the herbs until they are just barely covered. Fill the rest of the jar up to ¾" headspace with glycerin. Shake to incorporate well and place in a warm, sunny spot for 4-6 weeks.

Method 2: If you want a faster version, put the jar in a crockpot filled to the top with water and let it steep on low setting for 3 days. Keep the water level to the top by adding more water as it evaporates. Strain and bottle. Keep stored in a dark, cool location. Alternatively, you can put a towel in the bottom of a large pot, place your jar in it and fill with water to just below the rim of the bottle. Keep the pan on low for several hours, up to three days, keeping the water level to just below the rim.

Method 3: Place the herbs in a crockpot with distilled water covering them. Leave the crockpot on low heat for an hour to two hours, making sure there is always enough water to cover the herbs. Next, add the glycerin. You will want to use at least 10% more glycerin than you used water. In other words, the ratio of water to glycerin is 40% water to 60% glycerin. Leave the crockpot on low for two to three more hours. Then, turn the crockpot off and leave to cool. Strain them through a cheese cloth or a light cotton towel and ring out every bit. For stronger tinctures, leave herbs in crockpot after cooling for up to four days before straining. Store tincture in a dark, cool place.

Apple Cider Vinegar: Vinegar tinctures are used mainly for culinary and personal care purposes, they do not pull medicinal properties as well as alcohol and glycerin and they only have a shelf life of 1 year. You can also use white distilled vinegar for making herbal tinctures used for cleaning purposes, such as a multi-purpose cleaner (never take internally). Advantages for using ACV; it's a renewable resource that you can make at home, it is high in vitamins and minerals and can be easily incorporated in your regular meals, making it a great choice for a tonic. It's also great for your hair and body, making it a good match for hair rinses and skin toner.

The only difference for making a vinegar tincture vs. an alcohol tincture is warming the vinegar before adding it to the herbs. This will help release the herbal properties from the herb since vinegar doesn't break down the constituents as well. Keep it in a warm, sunny spot for 4-6 weeks. Then strain and bottle.

# Make Your Own Vinegar:

For every quart of water add ¼ cup of sugar and stir until dissolved. Fill a jar with apple scraps (peel, core, stems, etc.) and pour the sugar water to just below the rim. Keep the scraps submerged in the water. Cover loosely with a lid. Keep in a dark location for a week. After a week check for bubbles, if there are bubbles, strain the liquid out and place in a new jar. If no bubbles, wait until there are some before straining. Cover the new jar with cheesecloth or a coffee filter and place in a dark location for 6 weeks. Check for a vinegar smell, if it still smells like alcohol, let it sit longer until it gets the vinegar smell. It's ready to go now.

<u>Other solvents</u>: You can also use witch hazel or aloe vera liquid as solvents for external uses. Annie makes facial toners with aloe vera tinctures and wound wash and bug repellents with witch hazel tinctures. Make them the same way as an alcohol tincture.

## Notes on tincturing:

Powdered herbs can be used but are difficult to tincture. If using powdered herbs only fill the

jars ¼ full and use a fine mesh cheesecloth to strain them. You may need to strain several times to remove all the herb material.

### **Tincture Dosages**

When treating acute conditions use ¼ to ½ teaspoon every hour or 1 to 2½ dropperfuls, for a total of up to 6 teaspoons a day. When treating chronic issues or using as a tonic ½ to 1 teaspoon or 2½ to 5 dropperfuls, two or three times a day for up to 3 teaspoons daily.

These are just guidelines; the body is the best healer and will know if you need more or less. Annie has taken 2 dropperfuls of Echinacea (as well as her children) every half hour for as long as symptoms have continued for some infections and illness. It was what the body needed to heal, so always listen to your body.

### **HERB INFUSED HONEY**



To make a truly medicinal honey it is important to use raw honey. Raw honey is full of nutrients, microbes that build the flora in your gut, as well as antimicrobial and antibiotic properties. Add herbs to that and you have a potent medicine. Annie has used raw honey alone in healing conditions such as impetigo, cold sores, wounds, stings and diabetic sores. She has also made many types of medicinal honey which get used quite a bit throughout the winter months, spread on hot toast, stirred into water as a tea or by the spoonful.

Herbal Honey How To: If you want a long shelf life with your herbal honey always use dry or powdered herbs, the exception to this rule is thyme, which makes an amazing antiviral and

delicious honey. Use four tablespoons of dried or powdered herb per 1 cup of raw honey. If your honey is hard you want to heat it over low just until soft enough to pour (never go above 100 degrees or you will kill all those beneficial bacteria and nutrients). Put your herbs in a jar and pour the honey over them. Stir to combine well and cover with a lid. Keep in a warm, sunny spot for at least two weeks before using. Herbs do not need to be strained and would be quite a task if you tried. Herbal honey should keep indefinitely.

# **Honey Dosages**

You can use medicinal honey just as you would any other remedy, syrup, tincture or medicine. The typical dosage for an adult is one teaspoon, three times a day. Children half a teaspoon, three times a day until symptoms subside. You can simply swallow the honey by the spoonful or mix it into some warm water to dissolve and drink as a tea.

### **SYRUP**







Syrups are made by mixing a concentrated herbal tea with a sweetener. Syrups are used to add sweetness to a remedy, making it easier to take your medicine. Depending on the herb they can also be used as a topping for breakfast foods and desserts.

Syrup How To: Using 2 oz. of herbs per one quart of water, heat in a pan over low heat. Simmer the liquid down by half. Strain the herbs and pour the liquid back into the pot. Now add your sweetener, raw honey is the best because of its own healing and nutritional benefits. You want to use two parts tea concentrate to one-part sweetener. Warm over low and stir until it is well combined. Remove from the heat and pour into a bottle with a label. Store in the fridge. This should last for several weeks, up to months.

# **Syrup Dosage**

For acute conditions use half to one teaspoon of syrup every two hours, for a total of up to ten teaspoons a day. For chronic conditions use one to two tablespoons of syrup twice daily or as needed. These are guidelines so follow the body.

### **CAPSULES**







Capsules are a good way to go for those who cannot handle the taste of herbs through the other methods mentioned above. Some herbs have a very strong, even unpleasant taste and these would be great for encapsulating. They are also good for those who like the convenience of popping a pill and they are pretty easy to make. You will need to purchase a capsule machine and some glycerin capsules. There are two common sizes: 00 is the most common and 0 is a little smaller for those that have a hard time swallowing the larger capsules.

Capsule How To: Grind your herbs of choice in a coffee grinder or high-powered blender after they have been dried thoroughly. You can also purchase powdered herbs. Place the capsules in the capsule machine and fill with the powdered herbs. Join the two side of the capsule machine together and press down firmly, then pop out. The capsule machine has detailed instructions.

# **Capsule Dosage**

These dosages are based on the size 00 capsules. Adjust as needed for the smaller 0 size. For acute conditions one or two herbal capsules every two hours, for a total of eight capsules a day. For chronic conditions two to three capsules two or three times a day for a total of up to six capsules a day. These are just guidelines, go with what the body needs.

### LINIMENTS

Liniments are made just like a tincture but when it is used externally the name is change to a liniment. They are used to disinfect wounds and for sore, aching bones and muscles. They can be made with 80-100 proof Vodka, witch hazel, oil or rubbing alcohol.

#### **HERBAL OIL**









Herbal oils are also known as oil extracts and medicinal oil. These can be used to make salves, massage oils, liniments, creams and even for cooking. There are several different methods you can use for infusing herbs into an oil so find what works best for you.

Herbs: You can use either fresh, dried or even a combination of both when making an herbal infused oil. There are a couple of differences in how you prepare the herbs for infusion. When using fresh, let them dry wilt for a few hours to remove some of the moisture. Finely chop them and then fill the jar 3/4 full of herb. If using dried herb, crush them up if you have a whole dried herb, if you purchased the herbs they will already be chopped finely. Fill your jar 2/3 full. If using powdered herbs, use one part powdered herb to five parts oil. If doing a mix of fresh and dried, just be sure to dry wilt the fresh herb first and fill the jar just under 3/4 full.

Oil: You can use any type of oil to infuse your herbs and what you choose may depend on what you want to achieve. Some of the factors in differing oils are the weight; some are heavy, some light, some solidify at room temperature; shelf life, some oils go rancid quicker than others; healing properties, each oil has its own set of healing properties and functions that can play into the overall product. Extra virgin olive oil is one of the best oils to use, it has a pretty long shelf life and full of nutrients and skin soothing properties. Other commonly used oils are; coconut (which will solidify), sweet almond, grape seed and sesame oil. Olive oil and coconut oil are the most stable, others will go rancid auicker.

Solar Infusion: Choose your herbs and follow the method for preparing them as outlined above. Once your jar is filled with herbs, pour your, high quality, oil of choice over the herb up to the rim line of the bottle. You want to have about 1-2 inches of head space to shake the mixture around. Place a lid on the jar for dried herbs or a coffee filter or cheesecloth fastened with an elastic or canning ring, for fresh

herbs. This allows the moisture left in the herbs a place to evaporate. Label the jar and place outside in the sun, or even on a windowsill that gets a lot of sun coming in. Leave the jar for two weeks or more

Hot Extract – Stove Top: This method allows you to have your oil ready within a day rather than waiting the two weeks. Prepare your oil as above and place the jar in a pan of water with a towel or rag on the bottom to prevent your jar from breaking. Next fill the pan with water to where the herbal infusion starts or to just below the top of your pan, depending on how big the pan is. Bring the water to a soft simmer on low heat and let the oil sit in the simmer water for a minimum of 4-5 hours and up to 72 hours, keeping the water filled as it evaporates.

Hot Extract – Crock Pot: This is the best of hot extraction, not only do you not have to worry about watching the stove, you can fit two to three jars in at one time. Line your slow cooker with a towel, just like we did for the stove method. Place in your jars and then fill the crock pot up to the top with water. Set on low for 2-3

days, keeping the water filled to the top. Annie's cooker only does 10 hours of slow cooking and switches to warm, which is fine, but I just restart the time on low and go the full 3 days.

Simmer Extract: Place herbs in a pan with enough olive oil to cover the herbs. Turn the heat on low until it begins to simmer. Let simmer for a few minutes, and then remove from heat. Let cool. Strain herbs from oil. Be careful with this method because you do not want to burn your oil or herbs. Watch carefully and go by smell. You can also use a double boiler to heat the oil and herbs together.

#### SALVE







A salve is the way to take the medicinal properties of an herbal oil and make them into a solid form. Once applied to the skin the healing properties will slowly absorb into the body over a longer period. Salves are also known as ointments and balms.

Salve How To: For every cup of herbal oil use one ounce of beeswax. Put both the oil and beeswax in a pan and melt the beeswax over low heat. Remove from the heat and pour into a container. Optionally you can add essential oil to your salve after removing from the heat for added medicinal properties. If you would like your salve softer or harder adjust the beeswax. Label and store in a dark, cool location. Salves should last for several months to years depending on the herbs and how well it is stored.

It is no longer good when it loses its color and smells like rancid oil.

#### **POULTICE**







Richo Cech describes a poultice perfectly in his book, *Making Plant Medicine*: "A poultice is simply vegetable material, whole or mashed, which is layered or spread on the skin. Its primary function is to pull poisonous or infected matter from swollen tissues, wounds or cysts. The hot poultice increases circulation, while the cold poultice reduces inflammation. Poultices also permeate the injured area with healing substances from the plant."







Poultices are simple but a very effective and powerful way of healing wounds, splinters,

infections, inflammation, swollen glands, skin eruptions, bug bites and stings, breaking up mucus, pull toxins from the body, accelerate healing, and decrease pain and inflammation. Poultices can be made from fresh or dried herbs and mixed with infusions, tinctures, olive oil, or honey. There are many ways you can prepare a poultice depending on material and equipment available to you:

<u>Fresh Poultice</u>: The most basic of poultices is to simply place the fresh herb or plant over the area of concern. You could also crush, mash, or chew the plant material to release more of its healing properties.

<u>Powdered or dried herbs</u>: You can easily hydrate powdered or dried herbs by pouring a small amount of boiling water over the plant material and letting it sit for a few minutes. Strain without squeezing out the liquid, wrap in cheesecloth or thin cotton fabric and apply. You can also apply the poultice directly to skin and cover with a cloth or ace bandage to keep it from rubbing off.

**Tea Bag:** A very easy and convenient way to make a poultice is by simply making a cup of tea and using the tea bag as the poultice. These can be used either hot, straight from the cup, or cold, letting the bag cool to room temperature or placing in the fridge.

Hot Poultice: You want to use a hot poultice when you need a pulling action such as for splinters, infection, or any type of skin eruption. They are also used to break up the mucus in respiratory and sinus infections. Use either fresh or dried herb but heat it with a small amount of hot water for a few minutes. Strain, but don't squeeze. Once applied, cover with plastic wrap to hold in the moisture and heat, then apply a thick towel or a heated water bottle. As it cools change it for a fresh, hot poultice until desired results are reached.

<u>Cold Poultice</u>: A cold poultice is used to reduce swelling and inflammation. They also are soothing for puffy, irritated eyes and very effective when treating eye infections. Prepare poultice from one of the methods above but let

the material cool to room temperature or place in the fridge.

# **FOMENTATION/COMPRESS**



Fomentations are also known as a compress. They are used to relieve pain, inflammation, reduce swelling and relax areas of the body. Any liquid can be used including; herbal tea, herbal infused oil, castor or olive oil, essential oils added to water, Epsom salts dissolved in water, apple cider vinegar, tinctures, etc. Like poultices they can be used hot or cold, depending on what you are treating.

Fomentation How To: Prepare your liquid and use either hot or let it cool to room temperature or refrigerate. You can also alternate hot and cold when dealing with stagnation, like with lymph conditions or circulation issues. Soak some gauze, cheesecloth or cotton cloth or towel in the liquid and wring out lightly – just enough that

the liquid doesn't drip. Apply to area of concern and if using it hot, follow instructions for the hot poultice. Change as it cools, several times a day. For a cold compress keep applied until the cloth warms from the body heat, re-soak in cool water and re-apply until desired results are achieved.

### **HERBAL BATH & FOOT SOAK**



An herbal bath is like immersing yourself into a big pot of tea. The warm water opens up the pores of the skin allowing it to absorb the medicinal properties of the herb, while also eliminating toxins. This is one of the easiest ways to administer herbs to children. Here are a couple ways to prepare an herbal bath:

<u>Herbal Infusion</u>: This is the most effective method. Make a very strong batch of herbal tea, strain and then pour the tea into the bath. A

strong batch could be one-part herb to two parts water.

**Tea Bag Method:** Fill a muslin bag with herbs and tie up. Hang over the faucet as the hot water fills the bath, then throw the whole bag into the bath water while bathing. Alternatively, you can also place the herbs in a washcloth, handkerchief or nylon stocking and tie up the ends.

Loose Herbs: Throw your herbs directly into the bath water, the heat from the water will extract the properties into your bath water. This is messy and you will need to filter out the herbs before draining your bath water.

Foot Soak: A foot soak is more concentrated than a bath and sometimes easier to administer. The feet have the largest pores of the body, therefore absorbing the herb more quickly into the blood stream. Just fill a basin, bucket or tub with water as hot as you can stand. Use the same methods as the bath.

## STEAM INHALATION

Steam inhalation is good for opening the sinus and respiratory systems. It is also used for deep cleansing the pores of the skin. Heat a large pot of water until it is steaming. Add a handful of herbs, good ones for sinus; mullein, peppermint, lavender, thyme, and rosemary. Set the pot on a table, be careful, it is hot. Lean head over the pot and cover with a towel. Inhale the steam for 5-10 minutes or as long as you feel.

#### OTHER METHODS

<u>Powdered:</u> After drying your herbs, you can put them in a coffee grinder or high-powered blender to grind into a powder. These can be used to make herbal capsules, poultices, pastes, gruel and a culinary sprinkle. As a sprinkle for cooking, just crush to a coarse powder. These can then be put in old spice jars and used to incorporate into meals. Sprinkles can also be used over cuts and wounds.

<u>Gruel:</u> Place powdered herbs in a bowl and add enough water, honey, pure maple, or other liquid to form a stew like consistency.

<u>Paste</u>: A paste is made just like a gruel except your consistency is going to be thicker.

Herbal Pillow: Also known as herbal sachets. These can be used for many different purposes such as, headaches, aches, pains, stress relief, sweet dreams, deep sleep and freshening laundry – to name a few. These can be as simple as placing herbs into a drawstring muslin bag, a re-usable tea bag or sheer fabric drawstring bag and then pulling the drawstring tight. You could fill a sock and tie up the end or sew your own little pillow and fill with the herbs. Keep in the freezer for aches and pains and soothing inflammation. Tuck inside your pillowcase for a good night's rest or into drawers or dryer to freshen laundry.

<u>Culinary methods</u>: You can mix herbs into butter or ghee to make an herbal butter. Culinary vinegars made with apple cider vinegar can be used in cooking and salad dressings. Sprinkles for shaking away on your food, as mentioned above. Fresh herbs chopped and added to soups, stews, stir fries, marinades, salads, etc.

# **Herbal First Aid**

Kurt King wrote my favorite book on Herbal First Aid called Herbs to the Rescue. He recommends drinking a tea for taking herbs internally while in the woods. He suggests two to three cups a day while the symptoms persist. For external complaints he recommends poultices. Personally, when I get a cut or want to treat a wound while I am out camping or hiking, I will look for yarrow or another herb that is so easily available and apply it directly to the wound. You can wad the herb up and apply directly to the cut. For internal use, another way to take herbs besides making a tea is to just eat them. Be sure you have identified the plant correctly before taking it. I have noticed immediate results from just chewing on the herb.

In my opinion, the easiest and fastest way to get results from using herbs is by taking a tincture. The dose in these conditions would be about a half teaspoon to a teaspoon one to three times a day while the symptoms continue. Which herb or herbs you choose is dependent on what is available at the time. For example, when I got a deep long cut on my leg, I saw my tincture

of yarrow on the counter. I poured the tincture on the wound and noticed pain relief almost instantly. The yarrow helped close the wound and kept it from getting infected.

**DOSAGE:** ½ to 1 tsp of tincture 3 times per day or...one cup of tea 3 times per day-or in other words 3 cups per day. Take while symptoms persist. A poultice can be applied externally multiple times per day to heal.

In an emergency first aid situation it is best to both take the herb orally two to three times a day and to apply a poultice directly to the wound. For example, if you were to get a fracture, you could drink horsetail and nettles, birch, plantain, or yarrow in a tea to strengthen bones. Externally you would apply a poultice of herbs to the area. You would do the same for burns in that you would take the herb(s) orally as a tea or tincture while externally treating the affected area.

For colds, bronchitis, or pneumonia a fomentation or poultice can be applied to the chest over the area of the lungs or sinuses to help break up congestion. I have made a list of conditions and the herbs that could be used for them:

# **Ailment List**

**Acid Indigestion/Reflux:** angelica, calendula, marshmallow, mints, oregano, peppermint, stevia

Acne: calendula, lavender, witch hazel

ADHD: borage, lavender, lemon balm,

hawthorne, thyme

Adrenals: parsley, safflower

Allergies: aloe vera, feverfew, lemon balm

Anemia: feverfew, pennyroyal, peppermint

**Antifungal:** arugula, black walnut, chamomile, chives, garlic, mints, stevia, thyme, wormwood

**Antiseptic:** black walnut, hops, horehound, lavender, lemon balm, stevia, wormwood

**Antibiotic:** calendula, chamomile, chives, coriander, cleavers, french tarragon, garlic, hops, horehound, lemongrass, oregano, southernwood, wormwood, skullcap, stevia

**Anti-inflammatory:** calendula, cleavers, feverfew, horehound, wild yam

Antispasmodic (calms muscles): calendula, chamomile, anise, caraway, dill, hops, horehound, lavender, lemon balm, lobelia, peppermint, skullcap, spearmint, rosemary, sage, wild yam

**Anti-tumor/cancer:** angelica, arugula, chickweed, chives, cleavers, fennel, feverfew, sorrel

**Antimicrobial:** angelica, basil, calendula, chamomile, coriander, cleavers, hops, oregano, peppermint, sage, southernwood, wormwood

**Antiviral:** angelica, basil, garlic, lemon balm, peppermint, oregano, rosemary, thyme

**Arthritis/Gout:** basil, chickweed, chives, fennel, feverfew, hyssop, lemongrass, rosemary, southernwood, wormwood, thyme, wild yam

**Asthma:** angelica, calendula, chamomile, chickweed, anise, fennel, thyme, horehound, hyssop, lavender, lobelia, mints, parsley, sage, thyme

**Astringent:** arugula, black walnut, cleaver, hawthorne, raspberry leaf, sage, thyme, witch hazel

**Back Problems/Pain:** lavender, skullcap, southernwood, wormwood

Bedwetting: lemongrass, parsley, thyme

Bladder: cleavers, feverfew, hyssop, parsley

Bleeding: lemongrass, raspberry leaf, witch hazel

**Blood Purifier:** black walnut, cleavers, parsley (blood builder), raspberry leaf, lobelia, sorrel

**Blood Pressure:** arugula, feverfew, chives, garlic, lemon balm, hawthorne, horehound, hyssop, parsley, rosemary, stevia

**Brain:** basil, coriander, fennel, feverfew, lemon balm, rosemary, sage

Broken Bones: angelica, comfrey, stevia

**Bronchitis:** angelica, calendula, chickweed, comfrey, garlic, hyssop, lavender, lemon balm, marshmallow, mints, peppermint, thyme

Note: Take herbs orally and also apply a poultice or fomentation of herbs externally to the chest for faster results. A salve could also be used.

**Bruises/Sprains:** calendula, comfrey, hyssop, lemongrass, raspberry leaf, witch hazel

**Burns:** aloe vera, calendula, comfrey, lavender, witch hazel

Candida/Yeast: black walnut, calendula, oregano, peppermint, stevia, wormwood

Catarrh/Congestion/Sinuses: basil, coriander, comfrey, garlic, hyssop, lemon balm, marshmallow, mints, oregano, thyme

**Cholesterol (reduce):** fennel, garlic, lemongrass, hawthorne

**Chronic Fatigue/Mono/Epstein Bar:** cleavers, lemon balm, raspberry leaf, stevia

**Circulation:** angelica, cayenne, garlic, hawthorne, rosemary, witch hazel

**Colic:** calendula, coriander, dill, fennel, hops, lavender, lemon balm, mints, oregano, raspberry leaf, thyme, wild yam

Colds/Flu: angelica, basil, calendula, chamomile, coriander, fennel, feverfew, garlic, hops, horehound, hyssop, lemongrass, lemon balm, marshmallow, mints, oregano, raspberry leaf, sage, stevia, thyme

**Constipation:** aloe vera, black walnut, fennel, raspberry leaf, southernwood, wormwood

**Coughs:** basil, borage, chamomile, anise, fennel, garlic, hops, hyssop, lavender, lemon balm, parsley, thyme

Crohn's: aloe vera

**Cuts/Wounds:** aloe vera, arugula, black walnut, calendula, chickweed, comfrey, horehound, hyssop, lavender, lemongrass, lemon balm, raspberry leaf, rosemary, sage, southernwood, wormwood, stevia, thyme

**Depression:** basil, borage, lavender, lemon balm, rosemary

Diabetes: See hyperglycemia

**Diarrhea:** aloe vera, black walnut, feverfew, horehound, lemongrass, mints, raspberry leaf, thyme, witch hazel

**Digestive Aid:** aloe vera, angelica, arugula, bay, chamomile, caraway, anise, dill, fennel, french tarragon, garlic, hyssop, lemongrass, spearmint, peppermint, marshmallow, parsley, rosemary, southernwood, wormwood, thyme

**Dislocated joints:** comfrey, hawthorn, lemongrass

**Diuretic:** arugula, cleavers, fennel, hawthorn, hops, parsley, sorrel, wild yam

**Dysentery:** black walnut, garlic, lemon balm, peppermint, raspberry leaf

**Earache:** cleavers, feverfew, lavender, garlic, thyme

**Emmenagogue**: chamomile, horehound, parsley, raspberry leaf, southernwood, wild yam

**Endocrine System:** black walnut, borage, cleavers, lemongrass, lemon balm, parsley

Exhaustion: borage, parsley, raspberry leaf

**Expectorant:** angelica, anise, dill, caraway, comfrey, fennel, garlic, horehound, lemon balm, mints, oregano, parsley

**Eye Disorders:** black walnut, parsley, raspberry leaf

**Female Problems:** angelica, raspberry leaf, sage, wild yam, witch hazel (stops bleeding)

**Fever:** aloe vera, angelica, borage, horehound, hyssop, lemongrass, lemon balm peppermint, oregano, raspberry leaf, sage, safflower, sorrel

**Flatulence/Gas:** basil, caraway, dill, fennel, feverfew, horehound, lemongrass, mints, oregano, wild yam

**Gall Bladder:** calendula, chamomile, southernwood, wormwood

**Gallstones:** chickweed, parsley

**Gout:** See arthritis

**Gums/Teeth:** black walnut, comfrey, feverfew, French tarragon, peppermint, raspberry leaf, sage, stevia, witch hazel

**Headaches:** fennel, hops, lavender, lemongrass, lemon balm, rosemary, sage, skullcap, thyme

**Heart:** aloe vera, bay, borage, hawthorn, horehound, rosemary, sorrel

Hemorrhoids: raspberry leaf, witch hazel

**Hemorrhaging:** cayenne, hawthorn, raspberry leaf, witch hazel

**Hepatitis/Jaundice:** horehound, parsley, raspberry leaf

Hormones (Balances): angelica, borage, calendula, lemon balm, raspberry leaf, wild yam

Hypoglycemia (Low Blood Sugar): angelica

Hyperglycemia (Diabetes-High Blood Sugar): garlic, parsley, stevia

**Improve Immune System:** calendula, echinacea, raspberry leaf, sorrel, stevia

Indigestion/Gas/Bloating: see digestive aid

Insect/Bee Stings/Spider Bites: black walnut, calendula, echinacea, feverfew, lemon balm, lobelia, rosemary, witch hazel

**Insect Repellent:** basil, chives, lavender, garlic, mints, pennyroyal, rosemary

**Infections:** aloe vera, black walnut, calendula, echinacea, garlic, lemon balm, mints, wormwood

**Intestines:** aloe vera, dill, lemongrass, mints, raspberry leaf

**Irritable Bowel Syndrome:** chamomile, lavender, peppermint, marshmallow, mints, raspberry leaf

Insomnia/Sedative: basil, borage, chamomile, coriander, French tarragon, hops, lavender, lemon balm, mints, skullcap, thyme

**Kidneys:** cleavers, fennel, hops, hyssop, lemongrass, parsley, rosemary

**Kidney Stones/Bladder Stones:** chickweed, marshmallow, parsley

Laxative: aloe vera, arugula

**Liver:** aloe vera, basil, calendula, chamomile, coriander, cleavers, anise, dill, caraway, fennel, feverfew, hops, horehound, rosemary, safflower, southernwood, wormwood

**Lymphatic System:** angelica, black walnut, calendula, cleavers, horehound, hyssop, lemongrass, lemon balm, parsley

**Lungs:** angelica, basil, borage, chickweed, caraway, comfrey, horehound, hyssop, lemon balm, rosemary, safflower

Menopause: hops, raspberry leaf, sage, wild yam

**Menstrual Cramps**: lavender, mints, raspberry leaf, wild yam

Migraines: anise, fennel, feverfew, lavender

**Morning Sickness:** chamomile, fennel, lavender, lemon balm, raspberry leaf, spearmint

Mucilage: chamomile, comfrey, horehound, marshmallow, mints, parsley, raspberry leaf

Nausea/Vomiting: basil, calendula, chamomile, coriander, caraway, anise, dill, fennel, feverfew, lavender, lemongrass, lemon balm, raspberry leaf, spearmint, peppermint, marshmallow, southernwood, wormwood, stevia

**Nervous tension/anxiety:** basil, chamomile, coriander, hops, horehound, lobelia, lemon balm, peppermint, rosemary, safflower, skullcap, thyme

**Nerves:** angelica, basil, chamomile, coriander, hawthorn, hops, horehound, hyssop, lavender, lobelia, mint, parsley, rosemary, sage, safflower, skullcap, thyme, wild yam

**Nursing (Increase Milk Supply):** fennel, dill, raspberry leaf

Pain Relief: basil, bay, chamomile, coriander, fennel, feverfew, hops, horehound, hyssop, lavender, lemongrass, lobelia, peppermint, rosemary, skullcap, wild yam

Pancreas: safflower, sorrel, stevia

**Parasites:** basil, black walnut, dill, caraway, anise, hops, horehound, southernwood, wormwood, thyme

Pituitary/Hypothalamus: borage

**Pneumonia:** basil, calendula, comfrey, hyssop, lavender, mints, thyme, wormwood

Radiation Poisoning: black walnut, wormwood

Rheumatoid Arthritis: borage, wild yam

Scars: calendula, comfrey

**Skin Problems (Eczema and Psoriasis):** borage, calendula, chickweed, horehound, lavender, sorrel, stevia, thyme

**Snakebites**: black walnut, echinacea, lavender, lemon balm

**Spleen:** basil, dill, caraway, anise, hyssop, parsley, rosemary

**Sore Muscles:** comfrey, feverfew, hawthorn, lavender, mints, sage, skullcap

**Sore Throat:** chamomile, chickweed, cleavers, hyssop, lavender, lemon balm, mints, raspberry leaf, sage, witch hazel

**Stomach:** aloe vera, spearmint, raspberry leaf, rosemary

**Stomach Cramps:** basil, coriander, hops, horehound, lemongrass, lemon balm, raspberry leaf, spearmint, peppermint

**Sunburns:** aloe vera, calendula, comfrey, lavender, marshmallow, witch hazel

**Thyroid:** black walnut, borage, cleavers, lemon balm, parsley

**Tonsils:** cleavers, echinacea, lemon balm, mints, witch hazel

**Urinary Tract Infections:** coriander, echinacea, garlic, parsley, marshmallow, raspberry leaf, wormwood

**Ulcers:** arugula, calendula, cayenne, lobelia, marshmallow

**Vermifuge (Expels Worms):** black walnut, hops, horehound, sorrel, southernwood, wormwood, thyme

Varicose Veins: chickweed, hawthorn, thyme, witch hazel

Weight Loss: arugula, chickweed, fennel, stevia

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# **Glossary of Terms**

**Alterative**- blood purifier; gradually restores health and vitality to the body by helping the body assimilate nutrients, eliminate waste, and restore proper function

**Analgesic, anodyne**- relieves pain when given orally or externally

**Antibiotic**- inhibits the growth of or destroys microbes including bacteria, viruses, yeast, amoebas

Anticatarrhal- helps the body remove excess mucus or catarrh from various parts of the body Antimicrobial- helps the body destroy or resist pathogenic microorganisms, including bacteria, fungi, and viruses

**Anti-neuralgic-** relieves or reduces nerve pain **Antiseptic-** inhibits or destroys microbes externally

Antispasmodic- prevents or relaxes muscle spasms including smooth muscle spasms
Anti-viral- inhibits the growth of a virus
Astringent- contracts, firms, and strengthens body tissues and has a drying effect on fluid secretions, usually because of its high tannin content.

**Bitter**- stimulates the normal secretion of digestive juices, benefiting digestion.

**Carminative**- relieves gas and severe pain in the bowel, soothes stomach, supports healthy digestion

**Demulcent**- mucilaginous herbs which relax, soothe, and protect tissue

**Diaphoretic**- induces sweating **Diuretic**-increases flow of urine

Emetic- causes vomiting

**Emmenagogue**- facilitates and regularizes menstrual flow

**Emollient**- reduces inflammation and irritation **Expectorant**- supports the respiratory system by assisting it to remove excess mucus

**Febrifuge**, **antipyretic**- assists the body to reduce fever

Hepatic-strengthens and tones liver
Hemostat, styptic- stops the flow of blood
Mucilage-contains gelatinous constituents which
are demulcent

Nervine- calms nervous tension

**Sedative**- calms the nervous system by reducing stress and nervous irritation throughout the body **Stimulant**- increases body energy, especially by increasing blood circulation; breaks up

obstructions and congestion

**Tonic**- stimulates nutrition by improving assimilation which improves system tone, giving increased vigor and strength to the tissues of body organs

**Vasodilator**- expands blood vessels, allowing increased circulation

Vermifuge- destroys worms

**Vulnerary**- promotes healing of wounds

## Conclusion

Are you prepared? Are you ready for the possible difficult times ahead? Do you have the knowledge you would need to survive a downturn in the economy or a natural disaster? With the information contained in our three books on herbs with over 100 plants including their edible and medicinal uses, we hope these books will help you get prepared. This book includes plants that are easy to grow and that can be purchased at your local nursery. By planting your own, they are easy to identify and use because there is no mistaking them for other plants. Part of your food storage could be in your front yard and none of your neighbors or those passing by would know the difference. By knowing what plants are

medicinal, your drug cabinet could be as close as your front flower beds.

I once heard that we grow in our gardens those plants that can help us medicinally. For example, I talked to a woman who had bought a house with feverfew growing in it. While they lived there her migraines were greatly reduced. Often, I will look to see what herbs are growing in people's gardens and ask if they have the problems that those plants aid. Many times, it is the plants growing in their yards that could help their health ailments.

When I talked to my printer about using herbs for her husband's health problems, she said there was no way he would ever take any herbs for it because he has never believed in them. With this book she can learn about the seasonings she could easily add to his food and help improve his health without ever having him know the difference. It is an easy way to add nutrition to foods without having to take pills. Many of the herbs found in this book are commonly used in food preparation to add flavor and improve the taste. It is a great way to start using edible and medicinal plants.

## Resources

#### HERBS AND SUPPLIES

The easiest place to get herbs is at a local health food store. They have tinctures, capsules, and teas of many of the plants listed in this book. Often times they will sell cut herbs that can be made into tinctures or teas. Here are some online sources for herbs and herbal products:

### **Bulk Apothecary**

www.bulkapothecary.com

Herbs, supplies and containers

#### **Bulk Herb Store**

www.bulkherbstore.com

Herbs, blends, books and accessories

## **Butterfly Express**

www.butterflyexpress.net

Large supply of botanicals, tinctures, essential oils,

herbal products and supplies, etc.

## **Christopher's Original Formulas**

www.drchristopher.com

Herb blends, capsules, tinctures and other botanicals.

### **Mountain Rose Herbs**

www.mountainroseherbs.com

Herbs, essential oils, herbal products, supplies and accessories.

### **EDUCATIONAL RESOURCES**

While these are some great resources for furthering your herbal education, we do not necessarily agree with everything taught in the courses. It is important to use your intuition to discern truth for yourself as well.

### **Sage Mountain**

www.sagemountain.com
Rosemary Gladstar's website with herbal courses

The Herbal Academy www.theherbalacademy.com

School of Natural Healing www.schoolofnaturalhealing.com Dr. Christopher's herbalist program

Trinity School of Natural Health www.trinityschool.org

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I have studied herbs and alternative medicine to prepare for whatever life throws at me. I receive a sense of peace by knowing that I can help my friends and family in times of need. I hope this book will spark your desire to learn more of herbs. It has been a great blessing in my life and I hope it will be for you.

Kathy

I love learning, it is a daily part of my life and I have learned that the more I study and apply what I learn, the more power I have. I hope this book can be a step in your own learning process and provide you with power to become more prepared and self-reliant.





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www.anniesplacetolearn.com