



Herbs To Know *In the Wild*

Wild Medicinal & Edible Plants

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**Herbs to Know in the Wild
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By Kathy Wilson, Master Herbalist**

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2nd Edition, Revised and Updated 2019

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ISBN-10:09908014-5-4

ISBN-13:978-0-9908014-5-0

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, contained in *Herbs to Know in the Wild*. The information contained in this book should not replace the services of a qualified physician.

Dedication-Kathy

To my husband and best friend, Carv, for all his support and help in creating this book and taking most of the pictures. I couldn't have done it without him.

To my kids for being willing to try out the different remedies that I tried out on them.

To my mom and family for believing in me.

To Eileen Bills who loaned me her Dr. Christopher videos and inspired me to learn more.

To LaRee Westover and Darcy from the Forest who have taught me so much about herbs.

To Annie who has taught me so much and who is an amazing herbalist.

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 has been around for over twenty years and is nationally recognized. Back in the 90's my friend, Eileen Bills, inspired me to learn more about herbs. At the time she was taking Dr. Christopher's courses and would lend me her videos. She taught me a lot about herbs. I began using them with my family. Since then, 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, who offered internships to anyone who was willing to come and work and learn more about herbs. I spent time with her 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 house and which family members have different plants. My husband, Carv, has taken most of the pictures in this book. He has an eye for plants which seem to aid with better identifying them.

Academically I have a Bachelor of Arts degree in English and French. I am currently studying to be a Naturopath through Know your Wellness, an accredited school of Traditional Naturopathy.

Educating children has been very important to me. I served as an advisor to the Teenage Republicans from 2001-2019. Annie, our friend Tenna Hartman and I are the directors of Patriot Camp in Davis County. Personally, I continue to seek out additional learning that can help me to be more effective at treating disease, illness, and health 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 fail with the medical field. 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 a lot 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, www.mothersofinfluence.org.

Preface

This book is about being self-reliant and being prepared for the possibilities. The common foods we have been eating have now been genetically modified resulting in lower nutrition. Our hope is that this book and the others will help people get prepared for the times now and ahead. If you know what plants you can eat and their medicinal uses, then you can survive whatever comes.

As I began having kids, one of my greatest fears was that they would get an illness that doctors could not treat. The number of antibiotic resistant infections is on the rise with very few new antibiotics being offered by the pharmaceutical companies. Recent studies have shown that antibiotics when used with herbal remedies have been able to work on otherwise antibiotic resistant infections. Stephen Buhner wrote a couple of books on herbal antibiotics and herbal antivirals which are excellent for understanding the ways herbs can help fight infections. I have referenced his work throughout this book. By learning more about herbal antibiotics, I have come to realize that

there are many remedies available for my children when they get sick.

Annie has had to rely on herbs more due to her lack of health insurance. She has been able to treat many conditions such as ear infections, strep throats, kidney stones and the common cold. Her knowledge of herbs has given her the confidence to treat these conditions and many more on her own, helping her feel more self-reliant and avoiding large medical bills.

In *Herbs to Know in the Wild* we have used herbs that grow naturally without having to cultivate them. They are plants many consider as weeds. All the plants in this book can be found in the Rocky Mountains where we live. They are also widely distributed throughout the United States. We have a section on how Native Americans used the plants for further information. Annie has written the sections on how to use the herbs along with wildcrafting and harvesting. At the end of the book we have sections on how to harvest the herbs, a summary of their medicinal uses, and how to make herbal preparations. We also have a section on herbal antivirals, antibiotics, and Lyme disease.

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ALFALFA



Medicago sativa

Alfalfa means” father of all foods”, this is fitting since it has the largest array of vitamins and minerals which feed every body system and in turn brings balance to the body. It is one of the most mineral rich foods known, containing eight essential amino acids, digestive aiding enzymes, virtually all know vitamins, the highest chlorophyll content of any plant, a broad spectrum of vitamins and a balanced amount of minerals which promotes the best absorption. Because of its nutritive nature it is a tonic herb, helpful in treating many conditions including chronic issues and regeneration after and during illness. Whatever the body is lacking, alfalfa seems to have that which brings the body back into balance thus clearing up many health conditions (when used in addition to a whole food diet – no processed foods or refined sugar).

Alfalfa has been used as an anti-inflammatory for arthritis and rheumatism. It is a building herb which can go into the body and look for weaknesses that need mending and strengthening. It will cleanse and build the blood, liver and digestive system, heal tissue damage inside and out, detox and bring balance

to all areas of the body. It is a great women's herb that can help with menopause conditions, endometriosis, estrogen deficiency which leads to osteoporosis and can also be used to build the milk supply in nursing mothers.

Alfalfa is also a great herb for cuts, wounds, bruises and burns. It can slow bleeding and fight all types of infections, including fungal infections. It can reduce plaque deposits and reduce blood cholesterol. It stimulates white blood cell production which boosts the immune system to help the body fight off viruses and bacteria. Some studies have shown it to bind to carcinogens while in the colon for elimination which may prevent cancer.

- Nutrient rich food to balance and build body systems
- Cleanses and detoxes the blood and body
- Women's health and building milk supply
- Wounds, bruises and burns
- Immune stimulant for viruses, bacteria and infections.
- Reduce plaque deposits and blood cholesterol

Native American Uses: *Costanoan* held heated leaves near the ear to treat earache. *Keres* used leaves as a bedbug repellent.

Parts Used: Leaves and blossoms

Cautions: Best to avoid use during pregnancy due to the estrogenic effects.

How to Use:

- Tincture
- Tea (best form for highest nutrients)
- Powdered, capsules
- Eat as food, add to salads and dishes

Wildcrafting/Harvesting: A member of the clover family the leaves are divided into three oblong leaflets, toothed near the tip. Purple to blue flowers. Found in disturbed sites, agricultural areas, roadsides, lawns and gardens. It can also be cultivated by seed if you don't already have it growing in your yard as a "weed".

- Harvest the plant down to three inches once the plant starts blooming. You can also harvest the fresh leaves anytime during the growing season.

Multi-Vitamin Glycerite: 6 Tbsp. alfalfa, 6 Tbsp. dandelion root, 3 Tbsp. catnip, 3 Tbsp. nettle, 1 ½ Tbsp. spearmint. 2 ½ cups vegetable glycerine, 1 ½ cups distilled water. Follow instructions for making a glycerite on page 205.

ARROWLEAF BALSAMROOT



Balsamorhiza sagittata

Balsamroot is one of the best immune stimulants. It stimulates the body to produce more white blood cells to fight an infection. Balsamroot tincture is anti-bacterial and anti-fungal. Botanically it is related to the immune stimulant echinacea. Michael Moore, author of *Medicinal Plants of the Mountain West*, says, "It is indicated in any acute condition with heat, malaise, and a general sense of impending grunge, and the tea or syrup is a major herb for coughs, both acute and chronic." He says it is a great herb for kids. Balsamroot is also effective in treating urinary tract infections.

- Immune stimulant
- Anti-bacterial
- Anti-fungal thus great for athlete's foot
- Great for fighting viruses
- Use as you would its cousin echinacea
- Great for coughs
- Treats urinary tract infections
- Used for wounds, cuts, bruises and burns
- Helps headaches and stomach aches
- Good for kids

Native American Uses: *Blackfoot* use a poultice of chewed roots applied to blisters and sores.

Cheyenne tea of leaves, roots, and stems was taken for stomach pains and headaches. The plant was used for colds. Tea of root was taken for fevers. Root was chewed for sore mouth, throat, and toothaches. *Flathead* used poultice for burns. Tea of roots was taken for whooping cough. Infusion of roots was taken for tuberculosis.

Parts Used: Entire plant; root, flower, stems, leaves and seeds.

Cautions: Excessive use can cause nausea. If used for an extended period of time or in higher dosages balsamroot can cause kidney damage.

How to Use:

- Tincture (root)
- Tea (any plant parts), can inhale steam to alleviate headaches.
- Syrup: 1 part root to 4 parts honey. Bring to a simmer and maintain for a couple of hours. Take 1 tsp. twice a day to stimulate the immune system as you would take echinacea (Michael Moore). Take 2 tsp. every 2-4 hours for acute conditions or it can be applied externally.
- Poultice (both leaves and root), can be chewed and applied instantly.
- Powdered leaves: Dry and grind into a powder. Add hot water to make a paste

and cover with a towel or bandage. This works great for wounds, cuts, bruises, burns, bites, etc.

- Powdered root: Dry and grind into a powder. Use to treat athlete's foot, ring worm, jock itch or other fungal infections.
- Salve (use all parts)
- Food: stems can be peeled and eaten, seeds are oil rich, root can be steamed and eaten or dried and powdered for drinks.

Wildcrafting/Harvesting:

- Can be found in forest openings, meadows, valleys, slopes, road banks and hillsides.
- Resinous, aromatic perennial can be up to 30" tall.
- Large, grayish, basal leaves that are fuzzy and have the appearance of long arrows.
- Yellow, sunflower like blooms.
- Follow harvesting guidelines in the Collecting/Harvesting section of this book.

Immune System Formula by Darcy of the Forest:

Use to fight viruses and infection. 4 parts arrowleaf balsamroot, 2 parts lomatium, 2 parts gumweed and 1 part red clover. Make into a tea or tincture.

BIRCH



Betula occidentalis

When I first started learning about herbal medicine, birch was recommended to me for sore throats. It worked. Ever since then I have associated birch with its pain killing properties. It is a powerful, fragrant tree. In Britain it is known as their oldest tree. It has a long history of use. Some herbalists add a small amount of sodium bicarbonate to increase its ability to cut high uric acid levels which appears in arthritis and gout. Birch has a reputation for being able to dissolve bladder and kidney stones. According to Darcy from the Forest, "Medical tests are showing that birch leaves and bark have phytochemicals that show some anti-tumor, antiviral, and anti-cancer properties." Taken as a tonic, birch helps cleanse the body of toxins, thin the blood and relieve pain and inflammation. Birch contains salicylate which is used in aspirin and thus can be used in the ways you would use aspirin to reduce fevers, relieve pain, and reduce inflammation. Birch is a powerful remedy with a history of medicinal uses.

- Wonderful painkiller
- Reduces inflammation
- Anti-viral, anti-tumor, and anti-cancer
- Helps cleanse the body of toxins
- Cuts uric acid levels and thus is good for gout and arthritis
- Dissolves bladder and kidney stones

- Reduces fevers
- Great for detoxing the liver
- Used for urinary tract infections
- Treats diarrhea and dysentery
- Helps build bones and strengthens immune system
- Safe to use as a tonic

Native American Uses: *Cherokee* used birch leaves chewed or infusion taken for dysentery. Tea of bark was taken for stomach aches. Infusion was taken for colds.

Parts used: sap (tapped in early spring), buds, leaves (spring and early summer), inner bark.

How to Use:

- Sap: Drink fresh or gently simmer for a syrup.
- Fomentation: apply directly to skin conditions such as eczema, rashes, herpes, etc.
- Herbal Oil: massage over areas of pain in the body such as sore muscles, joints, areas of pain from fibromyalgia, etc. Can also be used over skin conditions.
- Salve: use as herbal oil above – a salve works as an herbal oil, but slowly releases into the body, where an oil absorbs more quickly.
- Leaf Tea: Use dried or fresh leaves (light green early summer at latest). 4-5 leaves per cup of boiling water, steep for 5-10 minutes. 1 cup 3-4 times a day.

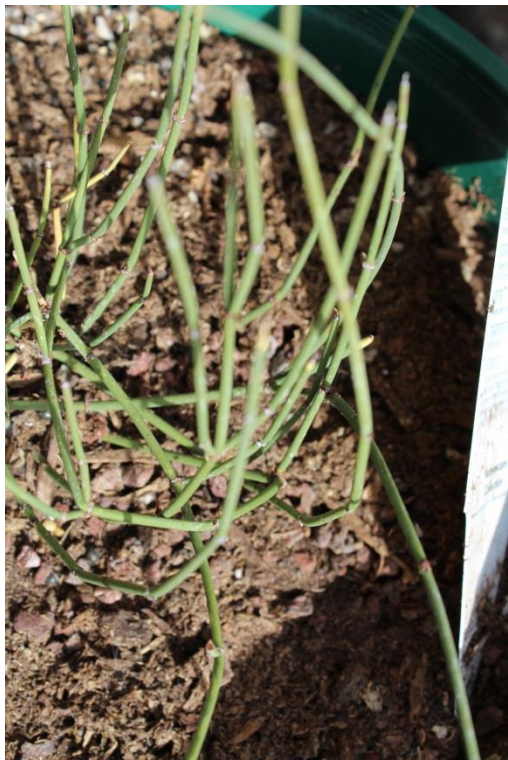
- Tincture
- Powdered – take in capsules or add water to make a paste for external use. Both root and leaves can be used.
- Food: early spring buds and leaves can be added to salads. Twigs and leaves to soups (remove twigs after simmering). Spring bark can be eaten from the branches.

Wildcrafting/Harvesting:

There are several medicinal species of birch. Found in moist, rich soils in forests, by streams and lake edges as well as mountain slopes. Bark can range from white to brown and peels in some species. Leaves are oval and serrated

- Harvest leaves in the spring or early summer when they are still light green. They can be dried for future use or used immediately to make a tea or herbal oil.
- Harvest sap by drilling a hole through the bark in early spring before leaves appear. Insert a straw or similar tube and put the other end in a collectible container (can be taped to the trunk). After a week remove the straw and plug with a fitted twig, so the sap stops leaking
- Inner bark can be collected while the tree is dormant. Take from the twigs and branches, never around the circumference of a tree.

BRIGHAM TEA



Ephedra viridis

Ephedra has gotten a bad rap over the last few years. Many people have confused Mormon tea with Chinese ephedra which is ma Huang. Ma Huang is actually a natural speed and has been used in weight-loss formulas and is now illegal in the United States. Mormon tea, however, has different constituents and is an excellent medicinal and edible plant. It is widely distributed and easy to identify. Most people know Mormon tea by other names such as American ephedra or Brigham tea. Mormon tea is a great decongestant. It is also a good anti-inflammatory. Traditionally it has been used to treat syphilis. In the 1800's, it was found in the waiting rooms of "houses". According to Michael Tierra, author of *The Way of Herbs*, "...studies have thus far established that only the Chinese species contains sufficient amounts of the ephedrine alkaloid to generate the specific anti-asthma and stimulant effects. Nevertheless, both the Native American varieties as well as the Chinese Ma Huang have been used for the treatment of arthritic rheumatic problems. Ephedra stimulates the sympathetic nervous system, which makes it particularly useful for the

treatment of asthma, emphysema, bronchitis, whooping cough, hay fever and urticaria.”

Mormon tea is also known to contain large amounts of calcium. It combines well with other plants including nettles, red clover, alfalfa, and dandelion. It has been used to reduce fevers, cure kidney disorders, and has blood purifying properties as well.

- High in calcium
- Decongestant
- Anti-inflammatory
- Used to help sores heal
- Great for arthritis and rheumatic problems
- Reduces fevers
- Stimulates the heart
- Diuretic
- Used for kidney disorders
- Has blood purifying properties
- Treats bronchitis and asthma
- Great for hay fever and allergies
- Combines well with other plants
- Has been used as an antiseptic for wounds
- Safe to use as a tonic

Native American Uses: *Paiute* use decoction of twigs or branches taken for rheumatism, blood purifier, and for colds. Tea was given to children for

diarrhea. Tea was taken as a kidney regulator and for the bladder. Decoction was used for syphilis or gonorrhea. *Shoshoni* used poultice of moistened, powdered stems applied to burns. Tea was taken as a tonic.

Parts Used: leaves, stems and twigs.

Caution: Not for use during pregnancy or while nursing

How to Use:

- Tea; place fresh or dried plant in simmering water for several minutes. Strain and add raw honey to taste.
- Tincture
- Powdered; dry stems and grind to a powder, use in capsules or add water to make a poultice for external use.

Wildcrafting/Harvesting:

Found on dry rocky slopes, canyons, bush scrub, deserts and woodlands. Densely branched and mostly evergreen shrub that turns yellowish as it matures. Can get up to 5 feet, leaves are scale like rounded stems that are grooved and jointed.

- Can be harvested anytime by just pulling off the stem like leaves and twigs.
- Can be used fresh for tea or tincture. Or dried and stored for future use.

CATNIP



Nepeta cataria

When I had just had my first baby, she had colic. The combination of catnip and fennel was recommended to calm her. Catnip is considered to be a great tonic for the nerves and for the digestive track. It is one of the best herbs for babies.

According to LaRee Westover, author of *Butterfly Miracles*, "Catnip is one of my favorite herbs, especially for infants and small children. This herb is especially useful for infants and children which have been prone to convulsions when feverish in the past. Catnip prevents or halts convulsions because it nourishes and soothes both nerves and muscles. Catnip halts convulsions almost instantaneously." It is also good for teething. In adults and children it is great for respiratory infections including bronchitis.

I have a daughter with asthma. I have watched her really struggle with the disease. Catnip is great for asthma. It is a wonderful remedy for relaxing the nerves and calming the muscles. Catnip is also great at the first signs of cold and flus and will effectively cool fevers. As a poultice it relieves pain and muscle spasm when applied directly on the sore muscle.

- Halts convulsions from high fevers
- Excellent remedy for infants and children

- Calms colicky babies and soothes teething
- Anti-viral and anti-microbial
- Digestive and nerve tonic
- Excellent for asthma and bronchitis
- Calming and relaxing
- Great for colds and flu
- Relieves pain and muscle spasms
- Supports the lungs, liver, and nerves
- Used for diarrhea
- Can be taken alone or with lemon balm for insomnia

Native American Uses: *Cherokee* used catnip tea for spasms and colds. Infusion for colds, especially for babies. *Iroquois* used the plant for babies with fevers.

Cautions: None Known

How to Use:

- Tea and bath
- Tincture and syrup
- Herbal capsules, pills
- Salve, ointment, cream
- Poultice, fomentation
- Fresh leaf: can rub directly onto body for insect repelling properties.
- Food: add leaves to salads or soups

Wilcrafting/Harvesting:

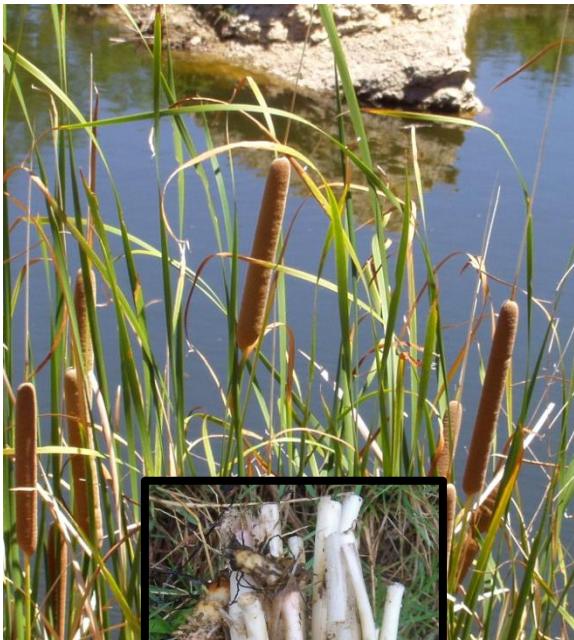
Found in disturbed areas, roadsides, streams, ponds, and waste ground. Leaves are soft and gray-green with jagged edges and a musky smell. Stems are squared as characteristic of all the mint family.

- Leaves can be harvested anytime by cutting all aerial tops to 4". It will continue to grow back giving several cuttings in a season. Flowers are very medicinal so include those in your harvesting.
- Can easily cultivate by getting a plant from the nursery or propagating from roots of a mother plant. Cats love catnip so you may want to put a cage around it. Plant in full sun to part shade with low to moderate water.

Teething Popsicles: Make a batch of tea using equal parts catnip and chamomile. Pour into popsicle molds and freeze. Let teething babies chew and suck on to soothe and relieve the pain.

Bug Off Insect Repellent: Make a tincture with fresh catnip and witch hazel as the liquid. Once strained use 1 oz. catnip tincture to 1 oz. grapeseed oil then add the following essential oils; 35 drops citronella, 20 drops peppermint, 15 drops lemon, 15 drop lemongrass and 15 drops cedarwood. Pour into a 2 oz. spray bottle. Shake well before each use.

CATTAIL



Typha spp

Where I live, there are many cattails. They grow along the path that runs across from my house. When I was taking my survival class at Weber State University, cattails were one of the plants that were suggested you could survive on if you needed to. Cattails are a highly medicinal plant. According to www.nativetech.org , “Pollen is hemostatic & astringent. Place directly on cut to control bleeding. Take internally for internal bleeding, menstrual pain, chest pains, and other forms of blood stagnation. Pollen is also mildly diuretic and emenagogue. Use fresh, pounded root directly as a poultice on infections, blisters, and stings. Sticky starch at the base of the green leaf is antiseptic, coagulant, and even a bit numbing. Boil the leaves for external skin wash. The starchy, mashed root can be used as toothpaste. Drink root flour in a cup of hot water or eat the young flower heads to bind diarrhea and dysentery.” They are great for treating skin infections and other skin problems. The root makes a poultice for burns, sores, cuts, insect bites, and even bruises. The gel-like sap that comes from the lower stems actually has antiseptic properties and acts as a powerful

painkiller. It is ideal for relieving toothaches and sore gums. Cattails have anti-inflammatory and antioxidant properties that may be used to slow the growth and spread of cancers of all types, especially of the lymphatic system.

- Stops bleeding
- Root used as a poultice for infections, stings, blisters, burns and wounds
- Antiseptic and pain relieving
- Used for diarrhea and dysentery
- Can be used as a toothpaste

Native American Uses: *Cahuilla* used roots for bleeding wounds. *Cheyenne* used infusion for abdominal cramps. *Dakota* used down as a dressing for burns and scalds. *Delaware* used roots for kidney stones.

Parts Used and Suggested Uses: Root, flowering head, and pollen.

Cautions: the fresh root can be acrid and burning during or after flowering; drying and cooking will make it edible. Other look alike plants are poisonous so make sure you have correctly identified before using. It stimulates the blood to coagulate which could negatively affect those with poor circulation. Not advised for pregnant

women to take internally.

How to Use:

- Poultice: break open rhizome and mash into a pulp, apply directly to skin.
- Tea; tincture
- Food: root can be peeled, cooked, eaten and made into flour. Young flower spikes can be husked, cooked and eaten. Pollen can be shaken off and used as a flour or sprinkled in food.

Wildcrafting/Harvesting:

Found in shallow, still or slow-moving fresh water, marshes, pond and lake edges and wet ditches. A perennial plant from creeping, tuberous rhizomes. Leaves are sword like and light green, about 1" wide. The flower head is a spongy, sausage shaped stalk.

- Roots can be harvested anytime, by pulling or digging up the plant. Make sure to only take what you need.
- Other parts can be gathered as the plant develops; young flower spikes in early summer, pollen during the summer months and seed head late summer to fall.

CHICORY



Cichorium intybus

Chicory is the one of the main ingredients of one of my favorite drinks called Dandy Blend. Most people use chicory as a coffee substitute. It has no toxic affect and thus large quantities can be drunk as a great tonic. Traditionally it has been used to dissolve kidney, urinary stones and gravel, although large amounts need to be drunk to do so. The root is a safe diuretic, increasing both the water and waste products in the urine. According to www.webmd.com , “Chicory is used for loss of appetite, upset stomach, constipation, liver and gallbladder disorders, cancer, and rapid heartbeat. It is also used as a “tonic,” to increase urine production, to protect the liver, and to balance the stimulant effect of coffee. Some people apply a paste of chicory leaves directly to the skin for swelling and inflammation.” It is known to help clear internal parasites. The inulin contained in chicory may be helpful for weight loss. According to www.botanical-online.com “It favors blood circulation by making blood more fluid and allowing it better travel through the veins and arteries. So it is a good remedy for hypertension, cholesterol or angina pectoris. At

the same time, it helps to eliminate possible fat concentrations and toxins from the vessels. Also, by the action of inulin, it reduces blood pressure, being very suitable to hypertensive people.”

Chicory can be used in many of the same ways as dandelion. It can help purify the liver and spleen. It has also been effective in eliminating uric acid thus helping gout, arthritis and stiff joints. Chicory tea is great for settling upset or sour stomachs.

- Supports the liver, spleen, and kidneys
- Gallbladder disorder
- Dissolves kidney and urinary stones
- Poultice reduces inflammation
- May be helpful for weight loss
- Clears internal parasites
- Effective for gout and arthritis
- Settles upset stomachs
- Safe to use as a tonic

Native American Uses: *Cherokee* Tea was taken as a tonic. *Iroquois* used decoction of roots as a wash and poultice and applied to chancres and fever sores.

Parts Used and Suggested Uses: Roots (medicinal properties) and leaves (edible)

Cautions: May cause rare allergic reactions

How to Use:

- Tea; tincture
- Powdered, capsules
- Food: Young leaves can be added to salads and eaten. Roots can be roasted, powdered and used as a coffee substitute or boiled and eaten.

Wildcrafting/Harvesting:

Found in disturbed areas, fields, and roadsides. Perennial plant that can get up to 4 feet with a taproot. Mostly basal leaves, lobed with a sharp point. Blossoms are blue to violet with squared petals.

- Gather leaves in the spring when they are young. Leaves can be harvested anytime but get more bitter as they age.
- Harvest roots from the fall to spring by grabbing plant at its base and pulling straight up. They can be used fresh or dried for future use.

Roasted Chicory Roots: Slice chicory root and spread evenly over a cookie sheet. Bake for 30-40 minutes, or until roots are dark brown. Mocha recipe page 53.

CHOKECHERRY, WILD CHERRY



I love the taste of chokecherry bark. It smells and tastes good much like cherries. I use it in a glycerin cough syrup along with willow bark. I have heard that chokecherry is one of the best remedies for coughs and thus is great for treating bronchitis and whooping cough. Chokecherry contains prunasin which has a powerful sedative action on the cough reflex. It reduces fevers and helps alleviate the aches associated with colds and flus. It is great for kids because it tastes good and is easy to get them to take. The tea is helpful for upset stomachs and indigestion. According to Dr. Christopher, author of *School of Natural Healing*, "The wild cherry is an excellent tonic for convalescence and is a valuable remedy for all catarrhal affections. Its tonic action is mild, soothing and slightly astringent to the mucous membranes (especially those of the respiratory organs and the alvine canal)...When prepared in cold water, it yields hydrocyanic acid to the solution, which acts as nervine sedative, quieting nervousness, irritability and relieving heart excitement." The bark can be powdered and then used to dry up runny sores and open wounds. The tincture can be taken to relieve pain of headaches. When used with brown's peony it can help dissolve kidney stones.

- Best cough reliever
- Relieves pain from headaches and aches from colds and flus
- Calms upset stomachs
- Soothes nerves and quiets nervousness
- Asthma, bronchitis
- Calms nerves; sedative

Native American Uses: *Cherokee* Tea was used for labor pains. Chokecherry was used for measles. *Cheyenne* used fruits for diarrhea.

Parts Used: Inner bark and fruit.

Cautions: Not for long term use, avoid taking if pregnant. Pits and leaves are toxic.

How to Use:

- Tea (cold infusion is best; a decoction will weaken the properties)
- Tincture
- Syrup
- Powdered, capsules
- Food: fruit can be eaten fresh, juiced or dried.

Wildcrafting/Harvesting:

Found in forests, woodland, rocky slopes and canyons. Deciduous tree or shrub, 8 - 20 feet. Other species can get up to 80 feet. Blackish, rugged outside bark, leaves oval with pointed tips and finely serrated edges. Blossoms are white and fruit

dark red or purple to black in other species.

- Harvest fruit during the late summer when it is dark red or purple to black in other species. Bark can be harvested anytime but is most potent in the fall. Cut branches as if pruning and pull off and discard the outer bark. Peel, one layer at a time the inner bark. Use immediately for tincture or syrup or it can be dried and used within a year.

Wild Cherry Syrup 1

Put 5 cups of wild cherries in a cooking pot with 2 cups of water on medium heat. Add 4 cups of food grade glycerin. Stir and let steep for 20 minutes. Add 1 cup fresh grated ginger (1/2 c. dried) and 1 cup fresh chopped mullein (1/2 c. dried). Let simmer for 20 minutes. Remove from heat and add 2 cups wild cherry bark. Let sit, covered for 2-3 hours. Strain and store in the fridge. Recipe from Shoshanna Easling of Bulk Herb Store.

Wild Cherry Syrup 2

1 part wild cherry bark tincture with 2 parts elderberry glycerite. Take 1 tsp. 3 or 4 times a day as needed. Halve this amount for children.

CLOVER



Trifolium pratense
(Red Clover)

When I was at a boy scout camp several years ago, I met a lady who was having severe menopause symptoms. I made her a tea from the fresh red clover growing naturally and it alleviated her symptoms. It contains weak estrogenic properties that help with menopause. Red clover is considered to be the best blood cleansers. It is often compared to alfalfa for its nutritional value and appearance. The flowers are used in folk medicine as a cure for any lump or tumor. It is one of the world's oldest and most common natural cancer remedies. Red clover contains genistein, an anticancer compound that prevents new blood vessels from forming with a tumor. Since tumors rely on new blood vessels to grow, the genistein effectively starves the cancer. It also contains phytoestrogens that block estrogen receptor sites, possibly inhibiting estrogen-dependent cancers. It contains isoflavonoid compounds which protect from inflammation and immune suppression induced by UV radiation. According to Darcy from the Forest, "Tincture or tea is taken as a tonic to assist the body in recovering from various diseases including cancer of the bowels, breast cysts, liver congestion, tuberculosis, herpes simplex and for

rebuilding energy levels after long and lingering illnesses. Red clover works well with other herbs, often boosting their healing powers.”

Red clover is a wonderful antispasmodic. I had a friend that was having severe asthma episodes and having to use her inhaler several times per day. When she started taking red clover she was able to leave her inhaler on the shelf. It is also good for flus and coughs. It has antibiotic qualities which make it good for colds and flus.

According to Matthew Wood, red clover has an affinity for the glands of the body, so it is a great remedy for the swollen parotid and salivary glands, lymph congestion, and wherever there is swelling of the glands. There are three types of clover; white, red, and yellow. The clovers are a natural blood thinner as they possess natural coumarins as is found in Coumadin.

Red clover is a nutritive plant which means it is so full of vitamins and minerals that it is very useful for chronic conditions and after illness care to restore vitality.

- Best blood cleanser
- Reduces inflammation in swollen glands
- Great antispasmodic for asthma
- May help reduce tumors
- Antibiotic and expectorant for colds, flus

- Helps with menopausal symptoms
- High in minerals, safe to use as a tonic
- Clovers contain coumarins which naturally thin the blood

Native American Uses: *Algonquin* Infusion taken for whooping cough; *Iroquois* Decoction of flowers taken as blood medicine; Infusion of flowers were taken by women for the change of life *Shinnecock*. Teaspoonful of powder mixed in boiling water for cancer *Thompson*. Infusion of heads used for stomach cancer.

Parts Used: Whole plant

Cautions: Safe to use as a tonic. Should be used with caution during pregnancy

How to Use:

- Tincture, syrup, liniment
- Tea, bath
- Powdered, capsules
- Poultice, fomentation
- Mouth wash, gargle
- Eye wash for pink eye and sties
- Douche
- Herbal oil, salve, ointment
- Fresh: Both the blossoms and the leaves can be eaten and mixed in salads, soups and other foods.

Wildcrafting/Harvesting:

Found in disturbed sites, fields and lawns. There are a variety of species, but red clover is the most medicinal. All varieties have the signature three-leaf oval shape that St. Patrick taught was symbolic of the trinity; God the Father, Jesus Christ and the Holy Ghost. The red clover variety has finely toothed leaflets with a whitish crescent in the center. Flowers are red to pink in a dense oval head.

- Red clover is a popular sprouting seed so you can purchase seeds and cultivate in your own garden. Plant in full sun in well-drained soil. Red clover is a perennial so plan on it coming back from year to year.
- Clip blossoms right as they open when they are bright pink or red in early summer. Harvested while dew is still on the blossoms and then drying will retain the bright color of the blossoms. Blossoms can be harvesting in the autumn but will not be as sweet as spring blossoms.
- Leaves can be harvested anytime; the blossoms have the strongest medicinal properties.

Blood Purifier Blend: The blood is the life of our body. Through it nutrients are delivered to the many body systems and then waste is carried out. When our blood is overly toxic problems begin to show up in many forms, some of which are skin conditions, tumors, disease, etc. The herbs in this formula are designed to detox the blood and bring nutrients back to it. Use for any conditions listed above as well as any skin problem. Many times the skin is the first place the body tries to rid itself of toxins. It is important to make sure that good things are going into the body to begin with. You should be consuming foods in their whole form and avoiding processed food and refined sugars for optimum health.

5 parts red clover

2 parts red raspberry leaf

2 parts alfalfa

Mix the herbs together for a basic tea blend or make into a tincture or capsules.

DANDELION/SALSIFY



Teraxacum officinale/ Tragopogon spp.

Dandelion is probably one of the most powerful medicinal herbs we have included in this book. I have a friend who has a history of cancer in her family. Her health was declining. She lacked energy. She felt like she needed to take steps to prevent cancer and increase her health, however she had limited funds. As she prayed about it, she got the inspiration to dig out the dandelions in her back yard and add the roots to smoothies. She said that the roots were bitter, but it was totally worth it because her health improved, and her energy increased. Another friend called me to ask what she could do for her husband. His diabetes was getting worse. My first thought was to have him take blessed thistle to help heal the liver. However, it felt like dandelion root could help him more. As he has taken dandelion root, his blood sugar levels have decreased, and he has been able to keep his diabetes better under control. The way that I remember dandelion uses is that the root is for the liver, the leaves for the kidneys, and the flower for the brain and heart. The root also supports the bones and joint health. Dandelion has been traditionally used for preventing and

treating cancer of most types. It aids in weight loss. It has been found to help reduce the cravings for sugar. Personally, I drink it in a combination called Dandy Blend which also has chicory root and tastes very similar to coffee.

According to www.montana.plant-life.org ,
“Salsify is considered to be a useful remedy for the liver and gallbladder. It appears to have a detoxifying effect and may stimulate the appetite and digestion. Its high inulin content makes this herb a useful herb for diabetes since inulin is a nutrient made of fructose rather than glucose units and therefore does not raise blood sugar levels. The root has medicinal properties that have been used for its ability to contract tissue, purify and cleanse the blood, induce urination, induce the (coughing up) of mucous secretions from the lungs, increase weight, and give strength and tone to the stomach.”

- Prevents and fights most cancers
- One of the best herbs for the liver
- May help reduce blood sugar
- Promotes strong bone and joint health
- One of the best sources of potassium for kidney health

- Good for arthritis; reduces inflammation
- Promotes weight loss
- Lowers cholesterol
- High in iron; helps with anemia
- Antibiotic; applied externally to fight bacteria and help heal wounds

Native American Uses: *Bella Coola* root taken for stomach pain. *Cherokee* root chewed for toothache. *Iroquois* dried plants taken for pain; infusion of roots and bark taken for back pain. *Kiowa* decoction of young leaves taken by women for menstrual cramps.

Parts Used: Root, leaf, and flower

Cautions: High in potassium thus caution should be used by those taking ACE inhibitors and by those who have diabetes; sap contains latex

How to Use:

- Tincture, honey
- Tea
- Powdered, capsules
- Poultice, fomentation
- Herbal oil, salve
- Milk: pull off a stem and squeeze the milk out; apply to warts, the milk will turn a dark brown color, reapply as that

absorbs and disappears until the wart is gone (usually 1-2 weeks). Can also use milk to fade aging spots.

- Vinegar; for culinary and medicinal
- Food; mix leaves in salads, pesto, smoothies or steam; roots can be roasted for a coffee substitute or eaten raw for medicinal benefits; blossoms can be added to any culinary dishes.

Wildcrafting/Harvesting:

You don't need to go searching for this plant, it is everywhere, and chances are you have it in your lawn. Don't harvest plants that have been sprayed.

- Leaves are at their best in the spring when young, they get more bitter with age.
- Blossoms can be harvested as they bloom.
- Roots are best harvested in the fall and have the strongest medicinal properties of the entire plant. Pull up the plant, brush off the dirt and then you can consume raw, roasted or dry for future use.

Roasted Dandelion Root: Chop root into equal portions and spread evenly on a cookie sheet. Bake for 30-40 minutes at 350. Let cool, then grind in a coffee grinder or blender.

Liver Cleanse and Support Blend:

The herbs in this blend cleanse and support the liver so it can effectively remove toxins and heavy metals in the body. Best results when you remove as many toxins from your environment as possible and partake of a whole foods diet. 3 parts nettle, 2 parts catnip, 1 part yellow dock root, 1 part dandelion root, 1 part Oregon grape root, ½ part ginger. Make into a tincture, capsules or loose herb for tea.

Blood Builder: Along with a diet of whole foods this blend will give your body the nutrients it needs to first cleanse toxins, then to strengthen weakened areas or even rebuild cells and tissue. 1 part dandelion root, 1 part kelp (or alfalfa), 1 part wheat grass, 1 part barley grass (or nettles), ½ part spirulina. Make into a tincture or capsules and take daily.

ELDERBERRY



Sambucus nigra

Stephen Buhner, author of "Herbal Antivirals," lists elderberry as one of the best antivirals. He says that it is especially good against influenza and respiratory illnesses. Traditionally, elderberry is well known to reduce the length and severity of cold and flu and can be used to prevent infections. Elderberry has been used by Europeans for over 2500 years for inflammation, sore throats, as an emetic, and for wounds among other symptoms. Elderberry is great for children because it can be tinctured in glycerin or made into a syrup and actually tastes good. It helps with sore throats and stuffy noses. According to Darcy from the Forest, elderberry keeps viruses from entering cells, so it helps protect against viruses.

Elder flowers are cooling and soothing and make a great skin remedy to clear complexion, soften and cool. Because of the cooling and anti-inflammatory properties, they can be used for hot flashes, sunburn, swelling, wounds and skin rashes (use a cold tea). They also induce sweating which makes it great for treating fevers. Due to the anti-catarrhal and anti-spasmodic effects of the flowers, they can

be used to treat respiratory congestion and inflammation, sinusitis, nasal discharge and help rid the body of excess mucus. They have also been used successfully to treat hay fever and allergies, especially when combined with nettles.

Berries:

- Antiviral and anti-bacterial
- Prevention and treatment of coughs, colds, flu and fever
- Viral infections including herpes and shingles
- Immune booster
- Used to treat colic in infants
- Soothes nerves
- Tonic

Flowers:

- Skin care and skin conditions
- Respiratory and sinus infections
- Fever
- Blood cleansing
- Relieves hot flashes
- Wounds, burns, rashes and swellings
- Diuretic
- Stomach cramps and constipation
- Hay fever and allergies

Native American usage: *Paiute* used elderberry for diarrhea. A decoction of flowers was taken for coughs and colds. A poultice of boiled, smashed root was applied to cuts and wounds. *Shoshoni* used it as a tuberculosis remedy.

Parts Used: Flowers and berries. Root, leaves and inner bark can be used externally.

Cautions: Bark, root, leaves and unripe berries are toxic. Berries are best used cooked or tintured.

How to Use:

- Tincture (berries/flowers)
- Syrup, honey (berries/flowers)
- Tea (berries/flowers) only steep flower for 3-5 minutes due to its delicate nature
- Poultice (all parts can be used)
- Herbal oil, salve, cream (flowers)
- Bath, foot soak, face steam (flowers)
- Toner, face wash, gargle (flowers)
- Food: berries can be juiced or made into jams, jellies and pies. Flowers can be added to foods; some people like to bread and fry them like fritters.

Wildcrafting/Harvesting:

Found in streambanks, open flats and valleys. Loves moist, fertile and well-drained soil. Deciduous shrub can get up to 30 feet. Cream colored blossom clusters in spring and early summer. Small black

berries in mid to late summer. Plants can also be purchased at a nursery and cultivated in your yard. Give it moist, rich soil and part shade to replicate the natural habitat of growing next to rivers and by water. Keep roots moist, although elder will survive if it gets dry and hot. Elder can get quite large so give it plenty of space to grow.

- Cream colored blossoms can be harvested as they bloom during the spring. Cut cluster heads off and dry for future use or use immediately for teas, tincture, toner, baths, soaks or syrup. Make sure you leave plenty of blossoms, so you get your berries in the fall.
- Unripe berries are toxic so only harvest when they turn black in late summer. Best used fresh for syrups and tinctures or they can be dried for future use.

Heal All Blend: This combination has many names and has been used for centuries to treat allergies, colds, flu, fever, digestive issues, respiratory, etc. Annie uses it for every illness or issue that comes up and it always seems to be just what is needed. This blend can be made into a tea, tincture, herbal bath or any of the recommendations above.

Equal Parts: Elder flower, peppermint and yarrow

Elderberry Syrup:

Add one part fresh berries to three parts water and bring to a simmer over low heat until the liquid has been reduced by half. Strain into a measuring bowl and add the same amount of raw honey then stir until dissolved. Store in the fridge. *If using dried berries use 1 part dried berry to 2 parts water.

Immune Booster Tea:

1 part elderberries

1 part hibiscus flowers

1 part nettles

1 part rosehips

¼ part ginger root

This is a delicious tea that can be made warm with raw honey to sweeten, in the winter for prevention and treatment of illness. Or use it cold in the summer in place of juice and in popsicle molds for an ice-cold treat.

FIREWEED



Epilobium angustifolium

While living at a scout camp in Wyoming, my kids and I used to love hiking through the woods and see all of the different plants. My favorite was fireweed. The plants are tall, majestic, and full of color. Fireweed has many medicinal uses. The fresh leaves can be crushed and made into a poultice for wounds and pulling splinters. Traditionally, it was used by doctors as a remedy for diarrhea, cholera, and typhoid. The tea has been used to aid digestion, IBS, heavy periods, mouth ulcers, sore throats, and prostate problems. Tinctured in glycerin it has been used to treat childhood diarrhea. According to Darcy from the Forest, one of fireweed's best uses is in treating hemorrhaging of the lungs, nose, bladder or uterus. The tincture of the leaves is also a great anti-inflammatory. The oenotherin contained in fireweed has been shown to have anti-tumor properties. Fireweed is a popular Bach Flower Essence Remedy. It is believed to help with shock or trauma especially after a devastating loss. It helps with grounding and restoring of one's self after a traumatic experience. Fireweed is one of

the first plants that appears after a fire has devastated an area.

- Heals wounds
- Stops internal bleeding or hemorrhaging
- Anti-inflammatory
- Treats sore throats
- Used for prostate problems
- Great for diarrhea
- Aids in digestion and is helpful for IBS
- Strengthens and supports the gut
- Has anti-tumor properties

Native American Uses: *Abnaki* roots were used for coughs. *Iroquois* poultice was applied wherever there was pain on the body. A poultice was also applied to swollen knees. Infusion of twigs and roots was taken internally for pain. *Kwakiutl* poultice of seeds, down, and oil was applied to wound after cutting open the tumor. *Snohomish* tea of roots was taken for sore throats.

Parts Used: Leaves, flowers, twigs, stalks and roots.

Cautions: None known

How to Use:

- Tea
- Tincture
- Poultice (leaves, flowers and roots)
- Food: young shoots and leaves are edible

as well as the flowers.

Wildcrafting/Harvesting:

Found in disturbed areas, roadsides, forest edges and clearings; including burn sites. Perennial plant with long, dark green on the top and silver below leaves. Flowers bloom pink to purple on a stalk from the bottom to the top. It is said once the blooms reach the top, the first snow is at hand.

- Mature leaves can be harvested after the plant blooms. Hold the plant under the blooms with one hand and use the other to drag down the stem, gathering the leaves. They can be used fresh or dried.
- Roots can be harvested anytime from spring to fall.
- Flowers can be harvested anytime.

Fireweed Ointment: Pack four cups of fresh fireweed flowers and leaves into a quart jar. Fill the jar with olive oil to one inch from the top. Loosely cover the jar and let stand in a warm place for three weeks. Strain the oil and place in the top of a double boiler. Add ½ cup of infused yarrow oil and 2 ½ to 3 ounces of shaved beeswax to the fireweed oil and heat slowly over simmering water. Pour into salve jars and cool completely before applying lid. (Recipe Darcy from the Forest)

GUMWEED



Grindelia Sp

Gumweed is one of my favorite herbs. I can never pass it by without picking a flower and smelling it. I use it in my tincture with lomatium and red clover. This formula is said to help kick any pneumonia or bronchitis that has settled in.

Gumweed relaxes the smooth muscles and the heart muscle thus making a great herb for treating asthma and the cough associated with bronchitis. Although it has not been proven, it may also help to lower blood pressure. Gumweed is so sticky that it binds with catarrh to carry it out of the system making it great for whooping cough, bronchitis, asthma, and upper respiratory infections. It is also great for ear and throat infections. Michael Moore says that gumweed is equal to calendula for tissue repair and skin regeneration, increasing surface blood supply and reducing inflammation.

Externally, gumweed makes a great poultice for wounds. It is anti-microbial, anti-inflammatory, and accelerates wound healing. I have heard of a chiropractor who used gumweed in an alcohol tincture to externally treat painful, sore muscles. It is also used to treat poison ivy and oak. With its sticky yellow blossoms, it is a very easy herb to identify.

- Used to treat allergies

- Great for asthma
- Relaxes coughs and helps remove mucous from the body
- Great for whooping cough
- Antimicrobial, anti-inflammatory
- Accelerates wound healing
- May lower blood pressure
- Relieves pain from sore muscles
- Especially effective for the spleen
- Has been used for sleep apnea
- Useful as a mild sedative and cardiac relaxant
- Tincture helpful with bladder and urethra infections
- Poultice applied to poison ivy and poison oak rashes
- Great for colds/flu
- Has been used to treat ear infections
- Great for sore throats

Native American Uses: *Paiute* took a decoction as an expectorant. They used the young shoots for pneumonia. *Shoshoni* used the plant for stomachaches. They used a decoction of the plant as an antiseptic wash to help heal broken bones. A poultice of the boiled plant was applied to broken leg bones. Gumweed was used to treat smallpox

and measles. They also used a decoction of the plant to treat venereal disease. *Ponca* gave a decoction of the whole plant for tuberculosis.

Parts Used: whole plant

Cautions: Not recommended for use with a weak heart as it lowers blood pressure.

How to Use:

- Tincture – in alcohol to extract all properties
- Syrup, lozenges
- Tea, gargle, fomentation
- Poultice – smash flower heads
- Herbal oil, salve, cream
- Food: leaves can be eaten as a survival food

Wildcrafting/Harvesting: Found in dry fields, plains, roadsides, streambanks, washes and sandy soils. Sticky, perennial, with oblong, lance shaped, sharply toothed leaves. Flower heads have a white-gummy center before yellow petal show.

- Gather buds with the white-gummy centers as they form on the plant. Also gather flower heads and leaves. The best medicine is made from the fresh plant, but you can dry for future use.

HORSETAIL



Equisitum spp

I had a dentist speak to us on how to strengthen your teeth. She said horsetail is one of the best ways. It contains large amounts of silica which strengthens teeth and bones. Many herbalists will recommend it to help heal broken bones. Silica adds elasticity to tissues, making them strong and not brittle. Its astringent quality makes it useful for internal hemorrhaging due to bleeding ulcers. It is a good remedy for first aid as it helps to stop bleeding and heals wounds.

According to Mark Pederson in his book *Nutritional Herbology*, "The major action of horsetail is as a urinary tract astringent and diuretic...Folk medicine refers to the ability of horsetail to tone organs of the urinary tract and soothe the bladder. This is best explained by the herb's ability to tighten epithelial tissues with tannins and purge the urinary tract of toxins by diuresis. Concurrently, the flavonoids present in horsetail exert a spasmolytic action the smooth muscles to ease the painful spasms often associated with urinary tract infections. Its flavonoids are also antiseptic and help fight infections of the urinary tract." It is a wonderful herb for bedwetting.

My experience with horsetail is that it needs to be used with other herbs to be most

effective. It likes company. Horsetail combines well with nettles, dandelion, alfalfa or other herbs rich in nutrients. For broken bones or when strengthening the skeletal system, I would use it with comfrey.

- Great urinary tract astringent and diuretic
- Good for gout
- Great for bedwetting
- Strengthens the bones and tissues
- Great first aid remedy for stopping bleeding, healing wounds and broken bones
- Recommended by dentists to strengthen teeth and gums
- Helps stop bloody noses
- It is often used with hydrangea for prostate troubles

Native American Uses: *Iroquois* used it for headaches and rheumatism; Raw stems chewed by teething babies. *Thompson* decoction of new plant tops taken for stoppage of urine. *Kwakiutl* poultice of rough leaves and stems applied to cuts and sores. *Okanagan-Colville* infusion of stems taken for backaches; used for poison-ivy; infusion of stems taken as a diuretic to stimulate the kidneys.

Parts Used: Whole plant

Cautions: None known.

How to Use:

- Tincture
- Tea
- Poultice
- Powdered, capsules
- Mouthwash, gargle
- Chew on fresh leaves, juiced

Wildcrafting/Harvesting:

Found in moist places, meadows, streambanks, disturbed areas, roadside ditches and even yards. Reed like, creeping perennial with hollow stems, ridged and jointed. Large, spore-producing scaled “cones” at the tip during the spring.

- Harvest anytime during the growing season by pulling up the plant.

Herbal Calcium: The silica in horsetail converts to calcium in the body. Calcium is needed for nerves, veins, artery walls, bone, teeth, etc. Calcium is leached from the body through consuming processed and refined foods, especially sugar and can cause varicose veins, cramps, bone density loss, nervous upsets, etc. This is a great formula for building the body systems with natural, absorbable calcium. 6 parts horsetail, 4 parts comfrey, 3 parts oat straw, 2 parts peppermint, 1-part lobelia.
(Adapted from Dr. Christopher)

HOUNDS TONGUE



Cynoglossum officiale

Hounds tongue is used in many of the same ways as comfrey. However, whereas comfrey is often grown in gardens, hounds tongue can be found in the wild. It can be found growing along my favorite mountain paths. It is considered to be a noxious weed because it can cause liver damage in horses and cattle. However, like comfrey, it is a valuable wound healing herb. A strong tea makes a good wash to speed the healing of burns. The fresh crushed herb is soothing and relieves pain, making it a good poultice for wilderness first aid when treating cuts, scrapes and insect bites. A tea made from the herb and roots can be used as a wash to speed the healing of wounds and external ulcers. It is wonderful remedy for broken bones. According to Darcy from the Forest, the story is told that racehorses in England that break their legs are returned to racing after using hounds tongue poultices on the fractures. She goes onto to say that the fresh bruised leaves produce a potent poultice for treating burns, goiters and inflammation.

Traditionally, hounds tongue was used as a lung aid taken as a antispasmodic for coughing and in more severe cases to treat the expectoration of blood, due to hemorrhage from the mucous

membrane of the lungs. Darcy from the Forest has used it for tuberculosis taking it internally and applied outwardly as a poultice. However, whenever she used hounds tongue internally, she always used yellow dock root and dandelion root with it to support the liver. Externally, it is a wonderful remedy for burns, cuts, wounds, and broken bones.

- Great for burns, wounds and cuts
- Has many of the uses as comfrey but unlike comfrey it can be found readily growing in the wild
- Great as a poultice for broken bones and regenerating tissue
- Traditionally used as a lung remedy
- Speeds the healing of wounds

Native American Uses: *Concow* grated roots used for inflamed burns and scalds. *Pomo*, *Potter Valley* grated roots used for stomachaches; root used for venereal diseases. *Ojibwa* plant burned on live coals and fumes inhaled for headaches.

Parts Used: Roots (not internally), leaves

Cautions: The root contains liver-toxic alkaloids, avoid internal use of the root. Mature leaves are best for internal use and for short periods of time to heal an acute condition.

How to Use:

- Liniment
- Herbal oil, salve, cream
- Poultice, fomentation

Wildcrafting/Harvesting:

Found in dry, grassy areas and the edges of woods. In sand, gravel or chalky soils. Stems are hairless and leaves large, ovate, mostly basal. Plant will flower through the summer with reddish purple to blue, funnel like blossoms.

Bone and Muscle Salve: 3 parts arnica, 2 parts calendula, 1 part peppermint, 1 part St. John's wort, 1 part plantain, 1 part hounds tongue (or comfrey). Follow instructions for making a salve on page 220. Use the following essential oils per cup of salve oil: 30 drops wintergreen, 20 drops helichrysum, 10 drops clove, 40 drops peppermint (equal to a teaspoon). Apply to sprains, strains, sore muscles, bone pain, etc. Do not use on open cuts, wounds or sores.

LOMATIUM



Lomatium Dissectum

One of my first introductions to herbs was with an iridologist who described it as the best antiviral there was. She gave me a tincture of LDM100 and said that it was so powerful that she used it for the Epstein-Bar virus. For me the tincture was extremely expensive at the time, so I treated it like liquid gold. Later, when I was on an herb walk with Darcy from the Forest, she pointed to the lomatium and said that it was the best antiviral in the world. I went home and found it was the same herb as found in LDM100. I then tinctured as much of it as I could afford and have used it successfully in treating colds and flus. It is said that during the great flu epidemic of 1917 when millions of people died worldwide, the Indians that had access to lomatium never died from the flu.

According to Thomas Easley in his book *The Modern Herbal Dispensatory*, “Lomatium is a powerful antiviral and antiseptic and is useful for a wide variety of viral conditions. It is also beneficial for respiratory problems. Applied topically, it can ease pain and promote healing of wounds, sprains, cuts, and other injuries.” According to Darcy from the Forest, “Lomatium’s antiviral properties often make it effective against chronic fatigue syndrome.

It is best taken in the Immune System Formula on page 17. This formula is also good for treating colds, flu, asthma and pneumonia. A tincture of Iomatium helps the immune system during serious illness and flu.” She goes on to say that Native Americans considered it to be a Bear Medicine plant used to heal the heart, liver and lungs. I have never seen it cultivated domestically. It can be found on rocky hillsides in the wild. The impression we have had is that the aerial parts can be used for pain similar to how you would use Helichrysum. I have tinctured it for pain with good results.

- Best anti-viral
- Aerial parts used as pain reliever
- Used to treat viruses including Epstein-Bar
- Immune stimulant
- Promotes healing of wounds, sprains, cuts and other injuries
- Lung, respiratory infections, congestion, pneumonia

Native American Uses: *Cheyenne* infusion of dried roots taken for stomach pains or internal disorders and taken as a tonic. *Gosiute* poultice of roots applied to wounds, bruises, and infected compound fractures. *Great Basin Indian* decoction of roots taken or steam inhaled for colds and flu; roots

burned on coals and smoke inhaled for asthma or bronchial troubles

Parts Used: Root (most potent) leaves and flowers

Cautions: May cause a rash in some people. Must have proper identification. Do not confuse with poisonous members of the carrot family such as poison hemlock which grows near water.

How to Use:

- Tincture (must use alcohol to extract all the properties from the root).
- Tea (decoction for the root, infusion of the leaves and flowers)
- Herbal oil, salve
- Bath, foot soak and steam (blossoms, leaves), poultice, fomentation
- Powdered, capsules (all parts)

Wildcrafting/Harvesting:

Grows on the side of and at the base of hills. Rocky, wooded, bushy slopes and coniferous forests. Looks similar to other carrot/parsley family members. Basal leaves with deeply lobed segments that grow umbel like flowers that are yellow or purplish.

- Harvest aerial parts anytime during the growing season.
- Roots are best harvested from autumn to early spring. Tincture, infuse in oil or dry immediately.

MALLOW, COMMON MALLOW



Malva neglecta

Mallow is one of the most common wild plants. It grows as easily as a weed in yards as it does in the wild. Yet, some believe it to be the most beneficial of all plants. According to www.webmd.com , “Mallow is used for irritation of the mouth and throat, cough, and bronchitis. It is also used for stomach and bladder complaints. To treat wounds, some people put mallow in a warm moist dressing (poultice) and apply it directly to the skin or add it to bath water...Mallow flower contains a mucus-like substance that protects and soothes the throat and mouth.” LaRee Westover, author of *Butterfly Miracles* recommends its use for gout. She says to get rid of uric acid build up, simply pick the leaves from your yard, make a tea and drink it two to three times a day until the symptoms of gout disappear. Dr. Patrick Jones recommends it in place of slippery elm which is found in the Eastern States. He said it contains many of the same properties. When other foods cannot be tolerated, mallow can. In Europe they have used it to treat plagues of former times. They have used it for dry coughs, colds, gastrointestinal upsets, stomach ulcers, and

urinary tract infections. It is part of the Malvacea family which is listed by Stephen Buhner as being one of the best antibiotics. As a poultice mallow helps break down and remove damaged tissues while increasing white blood cell activity in the area. Many mistake it for its cousin, marshmallow which has similar qualities.

- Cuts, insect bites, boils, and infections
- Relieves pain and inflammation
- Tea is great for sore throats and tonsillitis
- Acts as a mild expectorant and diuretic
- Stomach aid
- Helps Irritable Bowel Syndrome
- Treats indigestion
- Helps alleviate constipation
- Herbal antibiotic
- Used for gastric ulcers, bronchitis and bleeding from the lungs
- Helps respiratory complaints including asthma, bronchitis, and pneumonia
- Heals burns, wounds, and inflamed tissues

Native American Uses: *Iroquois* used a poultice to reduce swelling. Infusion and poultice were applied to broken bones. Decoction was applied to baby's swollen stomach. *Mahuna* used the plant for painful congestion.

Parts Used: Leaves, flowers fruits and root (most medicinal)

Cautions: None known

How to Use:

- Tea
- Tincture or syrup
- Poultice, fomentation, bath
- Powdered and capsules
- Salve/ointment
- Food: Whole plant can be used as a vegetable. Fruits, known as “cheeses” can also be eaten.

Wildcrafting/Harvesting:

Found along streams, marshes, ditches and low ground. Common “weed” found in the garden. A crawling annual with rounded leaves, pale pink flowers and fruits referred to as “cheeses”.

- Leaves can be gathered any time but are best before flowering.
- Flowers should be carefully snipped so as not to bruise and used or dried immediately.
- Roots can be dug up in the fall or early spring. Or as you are “weeding” your yard.

MAPLE



Acer spp.

Maples are wonderful trees. They can be found in the woods as well as a part of the landscape of many homes. Annie has a Silver Leaf Maple her kids call Tree Beard, which is pictured here. This is a tree with personality. He has been known to whack those he doesn't like with his branches and throw snowballs at the kids for fun. Her kids have swung from his strong branches and love to read books in his boughs. He is dear to Annie's family. Medicinally, the bark of maples is useful for the treatment of coughs, cramps, and dysentery. It is especially useful for female complaints. As an antispasmodic, it great for treating asthma and dysmenorrhea. The bark and twigs have traditionally been used for diarrhea and intestinal problems. According to Robert Dale Rogers in his book *Sacred Trees of the North*, the stems, leaves and seeds have been tested in both water and alcohol extractions and found active against both gram positive and negative bacteria. It has also been shown to be effective against many viruses. Robert Dale Rogers also says that the Acertannins present in the leaves of most maples, show anti-diabetic potential. Maple can

be used as a substitute for crampbark. Many formulas use crampbark for reducing cramping and pain. It is known to be one of the best internal remedies for hemorrhoids. A decoction of the leaves or bark strengthen liver and spleen and relieves the pain which proceeds from them.

- Antispasmodic thus good for cramps
- Infection fighter for both bacteria and viruses
- Effective for asthma
- Tonic for liver and spine
- Soothes the nerves
- Great for coughs
- Internally taken for hemorrhoids
- Used for diarrhea
- Helpful for intestinal problems

Native American Uses: *Cherokee* infusion of bark taken for female cramps, dysentery, and for measles. *Iroquois* roots and bark taken for internal hemorrhage. Inner bark was used for sore eyes. Infusion of bark with another whole plant taken by forest runners for shortness of breath. Compound infusion of bark used as drops for blindness. Sap used for sore eyes. *Potawatomi* compound containing inner bark used as a cough

syrup. *Koasati* infusion of bark taken and used as a wash for gun wounds. *Ojibwa* infusion of root bark taken for gonorrhea and as a diuretic.

Parts Used: Inner bark, leaves, sap, seeds

Caution: Some seeds may be poisonous

How to Use:

- Tincture
- Tea
- Fresh sap can be drank as a tonic or simmered for a syrup.

Wildcrafting/Harvesting: There are over 150 different species of maple trees, all possessing these medicinal benefits. Maple is easily identified by the hand shaped leaves and is found in moist soils, streambanks and canyons.

- Both the leaves and bark have medicinal qualities and can be harvested at any time – although the bark is best harvested in the fall.
- Sap is harvested in the spring by drilling a hole through the bark before leaves appear. Insert a straw or similar tube and put the other end in a collectible container (can be taped to the trunk). After a week remove the straw and plug with a fitted twig, so the sap stops leaking.

MULLEIN



Verbascum thapsus

One of my first introductions to herbs was mullein. My oldest daughter had a lot of ear infections. To help with the pain I got E3 oil which contained mullein, lobelia, and olive oil. It helped ease the pain for my baby. Mullein flowers are mildly narcotic. Flower tea or tincture help relieve pain. It reduces inflammation as well. Mullein flowers have been used successfully in treating mild asthma attacks. When combined with one of my other favorite herbs, gumweed flowers, it can be taken as a tonic to help those with respiratory problems and asthma. One of the premier uses of mullein is on the lymphatic system. I have used it to reduce swelling of the glands, especially those along the neck. It helps reduce lymphatic congestion. Mullein is considered specific in bronchitis where there is a hard cough. Its anti-inflammatory and demulcent properties help reduce inflammation of the trachea. Mullein may be smoked for treating lung and bronchial congestion. It has been successfully used to clear intestinal obstructions. For cramps in the digestive tract one tablespoon of seeds is swallowed. Mullein has been proven helpful in

cases of bedwetting. It is an anti-inflammatory for the urinary tract. Native Americans have used mullein to help heal broken bones.

- Best lymphatic herb
- Anti-inflammatory
- Great pain reliever
- Sleep aid; calms inflamed nerves
- Helps pull infections out
- Branchodilator for asthma and persistent coughs
- Great ear remedy
- Soothes the GI tract and helps clear intestinal obstructions

Native American Uses: *Atsugewi* leaves taken for arthritis; roots used to make a necklace worn by teething babies; raw leaves applied to cuts
Catawba leaves applied to pain, swellings, bruises, and wounds; roots given to children with croup; leaves applied to sprains; *Iroquois* leaves taken for diarrhea with blood; heated leaves applied for earaches.

Parts Used: Roots, leaves and flowers

Cautions: None

How to Use:

- Tincture, tea, vinegar

- Herbal oil, salve
- Poultice, fomentation, bath, steam

Wildcrafting/Harvesting:

A biennial found in disturbed areas and poor soils. Leaves are soft, light green and in a basal rosette for the first year, then grows up into the picture above, will bloom yellow flowers on spikes.

- Leaves can be picked at any time, although late spring early summer is best.
- Flower tops can be handpicked when in full bloom or snip the upper 3-6" of stalk.
- Roots should be harvested in the fall of the first year or in the spring of the second year.

Glandular Oil (Dr. Christopher): 3 parts mullein to 1 part lobelia, make into an herbal oil. Massage into swollen glands and over chest for bronchial issues.

NETTLE



Urtica dioica

Stinging nettle fits its name. You know when you have touched it. It hurts. However, when heated as in a tea or taken as a dried herb, nettle has many wonderful benefits. According to Thomas Easley in his book *The Modern Herbal Dispensatory*, "Nettles are a nourishing herbal food, rich in iron, calcium, magnesium, protein, and other nutrients. Nettle helps to build healthy blood, bones, joints, and skin. Nettle are an excellent remedy for anemia, low blood pressure, and general weakness. They increase the excretion of uric acid and help with rheumatism and gout. Nettle have anti-inflammatory and anti-allergenic properties making them useful for respiratory allergies, asthma, and eruptive skin diseases. A blend of nettle, red raspberry and alfalfa makes a great tonic tea for pregnancy. Nettle seeds can slow, halt, or even partially reverse progressive renal failure. Studies have shown the root to improve benign prostatic hypertrophy."

Nettle is a blood purifier. According to Mark Pederson in his book *Nutritional Herbology*, "Its long list of traditional uses can be summed up in its ability to increase the production of urine, its mild laxative affect and its ability to increase the efficiency of liver and kidney function. Besides

these general effects, folk use points to the herb's affinity for treating imbalances of the mucous membranes. It has traditionally been used to treat asthma, ulcers, bronchitis, jaundice, nephritis, hemorrhoids, and spasmodic dysmenorrhea." It has often been called the energizer herb as it gives the body much needed energy in survival situations.

- Anti-inflammatory
- Great for allergies
- Nourishing herbal food high in iron, calcium, magnesium, protein, and more
- Combines well with horsetail to build healthy blood, bones, joints and skin
- Increases efficiency of liver and kidneys

Native American Uses: *Cherokee* taken for upset stomach and ague. *Hesquit* rubbed on body for aches, pains, and backaches; poultice of steamed leaves and roots used on swollen, sore, arthritic legs, ankles, and joints.

Parts Used: Whole plant

Cautions: The plant can cause skin irritation. Eaten raw, it has been shown to cause kidney damage. Heat inactivates the stinging. Dried or heated in a tea, it is safe to use as a tonic.

How to Use:

- Tea
- Tincture

- Herbal oil, salve
- Powdered, capsules, sprinkle
- Honey, vinegar
- Food: Steam or mash to rid it of the sting. Make into pesto, add to soups, casseroles or pureed.

Wildcrafting/Harvesting: Found in moist areas, disturbed sites, woodlands, thickets, along partially shaded trails and riversides. Perennial plant with ovate leaves that have stiff, stinging hairs. Leaves are opposite and coarsely toothed. Flowers are tiny green in drooping clusters.

- Always wear gloves, long sleeves and pants to prevent stinging. Harvest aerial parts before flowering, while still young and tender. Although they can be harvested at any time.
- Remedies for nettle stings: lambs ear, yellow dock, mint family, plantain, mashed nettles.

Osteo Capsules: Annie created this herbal blend as capsules for her mother after she learned she had some bone density issues that could lead to osteoporosis. She takes these capsules as well as using comfrey salve as a “lotion”. Equal parts: horsetail, nettle, cayenne, St. John’s wort, rosehips and sage. She takes 2 capsules, twice a day.

OAK and SCRUB OAK



Quercus sp.

In this section I am combining oak and scrub oak. Both are quite common. According to Dr. Christopher they have the same uses. Oak has a long history of medicinal uses both in America and in Europe. Oak is probably the best astringent. Astringents are the body's tighteners and driers, being effective in binding and toning tissue and reducing excess discharges. Oak is the premier herb used for diarrhea, taken frequently and in small doses. It is the best herb for the spleen. According to Matthew Wood in his book *The Earthwise Herbal-New World Medicinal Plants*, "My experience with oak led me to suppose that it must have a calcifying effect, since it is so beneficial for the teeth, improving both the hard parts and the tendons attaching the teeth to the jaw. It seems to put calcium into connective tissue, whether cartilage, tendon, or bone."

My first introduction to oak was when I bought Dr. Christopher's Medicine Kit. Oak powder is the sole ingredient in their tooth powder. It is one of the best herbs for gums and teeth. Oak is also one of the main ingredients of Christopher's BF&C Formula (Bone, Flesh, and Cartilage) which is the best formula I know of for bones. According to Dr. Christopher in his book *School of Natural Healing*, "There are some eighty species of oaks, ranging from shrubs (scrub) to trees that may, with their acorns, be used similarly. Because of its powerful astringent properties, oak bark

is used for both external and internal hemorrhages. It cleanses abraded surfaces of the skin and mucous membranes. It expels pinworms, increases the flow of urine, and removes gall and kidney stones. It has a cleansing and toning influence on the entire alimentary tract." Historically, it has been one of the best herbs for gangrene. According to Matthew Wood oak bark is also helpful for diabetes. Highly astringent.

- Best herb for diarrhea; helps hemorrhoids
- Wonderful for gums and teeth
- Stops bleeding internal and external
- Builds bones; great for osteoporosis
- Strengthens and tones cartilage, tendons and bones; whitens teeth
- Used to help remove gall and kidney stones
- High blood pressure and heart palpitation
- Strep throat, swollen glands and throat
- One of the best herbs for the spleen
- Historically used for gangrene
- High in manganese, zinc, calcium, and ash

Native American Uses: *Cherokee* bark used for chronic dysentery; bark used as an antiseptic; infusion of bark taken for asthma; bark used as an emetic; infusion of bark applied to sore, chapped skin. Bark used for indigestion and any debility of the system. *Delaware* infusion of bark used for severe coughs and for sore throats. Used as a disinfectant

Parts Used: Mainly inner bark, but also leaves, acorns

Cautions: None known

How to Use:

- Tea (made as a strong decoction, 1 oz. bark to 1 qt of water, simmered down to 1 pint)
- Cold fomentation; burns, wounds, injuries and skin inflammation
- Hot fomentation; swollen glands, sore throat
- Bath, foot soak, skin wash, douche, sitz bath
- Tincture
- Powdered, capsules, first aid sprinkle
- Poultice
- Herbal oil, salve

Wildcrafting/Harvesting: There are so many species of oak you could plant in your yard or find growing in the wild. Look for the signature wide lobed leaves and acorns. Leaves can be harvested anytime, a tea made with them makes a good sore throat gargle and eye wash. Acorns can be harvested as an emergency food, as well as the leaves but be warned, they are very bitter. Bark can be harvested from the twigs and branches in the fall or early spring.

Tooth Powder: 6 parts comfrey, 3 parts oak bark, 3 parts horsetail, 3 parts mint, 2 parts slippery elm (or marshmallow) 1 part lobelia, 1 part cloves, ¼ part stevia. Use to strengthen and build gums and teeth, tighten loose teeth, stop cavity formation and rebuild enamel. Can use as a tooth “paste” or poultice to pack in parts of the mouth. Also works for tooth pain.

OREGON GRAPE



Mahonia spp

Oregon grape root is one of the best antibacterial herbs I know. Whereas goldenseal does not grow in the part of the country I live in, Oregon grape does and has many of the same properties as goldenseal. It is a great alternative to goldenseal and is safe to use for children. Its antibacterial properties have shown activity against staphylococcus, streptococcus, salmonella, shigella and E-Coli. It is great for colds and flus. Oregon grape is the first herb I reach for when there is nausea and vomiting. According to Darcy from the Forest, "Since Oregon grape gently stimulates the liver while controlling excessive secretions of the mucous membranes, it is good for treating poor appetite, indigestion, insufficient nutritional absorption, diabetes, and hyperglycemia...Since Oregon grape shortens the duration of toxic exposures by increasing liver catabolism, use Oregon grape after working with solvents or to lessen allergic responses due to such toxic exposures as paints, pesticides, herbicides, and cigarette smoke...Oregon grape root helps to dilate blood vessels and thus lower blood pressure."

Oregon grape is a powerful bitter that increases secretion from the gastrointestinal tract, improving digestion, assimilation, and metabolism.

It is an important remedy when it comes to the skin and is great for chronic conditions including psoriasis and eczema. It is indicated when muscles, joints, and bones are inflamed and sore. This is because it encourages the removal of waste from the connective tissue. Oregon grape is one of my favorite herbs. I keep the tincture on my counter to taken whenever I start a cold or feel nauseas. It is a wonderful herb.

- Best herb for nausea and vomiting
- Antibacterial, great for colds and flu
- Antibiotic, anti-viral, antiseptic properties
- Improves liver and gallbladder functions
- Increases nutritional absorption
- Effective against E-Coli, staph, strep and other bacteria
- Helps lower blood pressure
- Good skin remedy especially for psoriasis and eczema

Native American Uses: *Blackfoot* decoction of roots used for hemorrhages; infusion of roots applied to boils and as an antiseptic to wounds; decoction of roots used for stomach troubles. *Shoshoni* decoction of roots taken for general aches and pains.

Parts Used: Root, stem, berries

Cautions: Safe to use as a tonic. Avoid if pregnant.

How to Use:

- Tea-decoction
- Tincture, liniment
- Powdered, capsules
- Herbal oil, salve, ointment
- Eye wash, gargle, skin wash, bath

Wildcrafting/Harvesting: Found on slopes, canyons, forests, woodland and open sites. Evergreen shrub that gets to 4-6 feet. Holly-like leaves that are leathery and shiny with scalloped edged spines. Greenish-yellow flowers that turn to purple berries covered with a whiteish film.

- Roots and stems are best harvested in the autumn but can be dug up at any time if needed. Avoid cutting the main root that extends down from the trunk and the plant will survive.

Healing Salve:

4 parts lavender, 3 parts Oregon grape root, 3 parts calendula, 2 parts plantain, 2 parts comfrey, 2 parts St. John's wort, 2 parts yarrow. Make an herbal salve on page 220 with this blend. Use for dry, patchy skin, eczema, cradle cap and diaper rash on babies, wound healing, and any type of skin condition. This is a great multi-purpose, go to salve.

PLANTAIN



Plantago major/

Plantain is often referred to as “Nature’s Band-Aid”. It is a valuable remedy for cuts, insect bites, bruises and injuries when applied externally. I was once teaching about plantain to a group of kids when one of them got stung by a bee. I had him get some fresh plantain that was growing nearby in the grass and apply it to the sting. It immediately stopped the pain. It is a wonderful First-Aid remedy.

Plantain, when used internally is effective for ulcers, inflammatory bowel disorders, and coughs. When used with gum weed it is helpful for drawing sticky phlegm out of the lungs. Folk literature notes it as a cure for cancers of the of the digestive system and soft tissues. It has been traditionally used to treat diarrhea, dysentery, hemorrhoids, breast cancer, thrush, and colon cancer. It also has a reputation for stimulating the immune system. The dried leaves or roots are useful in treating chronic lung problems in children. The seeds are closely related to psyllium seeds and can be used as bulk laxative. The fresh juice can be taken for stomach ulcers. Plantain is great for coughs acting as gentle expectorant while soothing inflamed and sore membranes, making it wonderful for coughs and mild bronchitis. It is said to be an inflammatory, astringent, diuretic, vulnerary, and

antimicrobial. Plantain has been used for a drawing agent to pull out infections, slivers, and venom from snakes and spiders.

According to Matthew Wood in his book *The Earthwise Herbal*, "As a drawing agent I find plantain particularly useful when there are abscesses around the teeth, inflamed roots of teeth, or old lingering infections after root canal surgery. It is a specific here and it will almost never fail to draw out the pus and stop the infection, sometimes even saving the tooth where it was thought to be lost."

Native American Uses: *Algonquin* decoction of herb taken for stomach problems; Poultice used for wounds, contusions, and headaches; Infusion used for poisonous bites, stings, and snakebites; Poultice of wilted or scalded leaf applied to burns. *Kawaiisu* infusion of leaves put in the ear for earaches. *Mahuna* plant used to dislodge and draw out poisonous thorns and splints. *Piute* root taken for colds; Decoction of root taken for pneumonia.

Parts Used: Whole Plant

Cautions: None Known

How to Use:

- Poultice; best for mosquito bites and drawing (just chew and apply)
- Tea, fomentation

- Tincture, syrup, liniment
- Herbal oil, salve
- Fresh leaves; can eat and add to food.

Wildcrafting/Harvesting: Found as a common yard weed in disturbed areas, roadsides and fields.

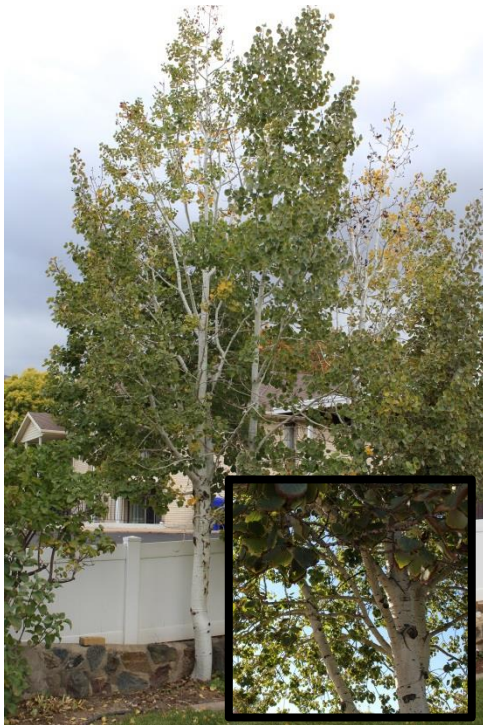
Plantain is identified by the parallel lines running up and down the oval leaf. When picked it has stretchy stems. Flowers are small on elongated spikes.

- Gather leaves anytime. Cut entire plant down before flowering and process or dry immediately. Will continue to produce more leaves.

Healing Powder: Equal parts oak powder, comfrey powder, plantain powder. Use for gum disease and tooth powder. Get a little bit wet to form a paste and tuck into the gums. Sprinkle over cuts to stop bleeding and aid healing in sores and wounds. Add cold water to make a cooling poultice for burns and skin inflammation.

Bite Bee Gone Salve: 3 parts plantain, 2 parts Oregon grape root, 1 part comfrey (or hounds tongue), 1 part lavender, 1 part rosemary. Make into a salve on page 220. Use the following essential oils: 20 drops tea tree, 15 drops blue spruce, 10 drops lavender, 10 drops peppermint per 1 cup of salve oil.

POPLAR: QUAKING ASPEN/COTTONWOOD



Populus spp.

Two of the most common trees belong to the *Populus* species. The cottonwood and quaking aspen trees are both edible and medicinal. Poplar trees contain salicin and populin the precursors to aspirin and can be used in the same way. Thus, it reduces fevers and is a good anti-inflammatory. Tea of the bark will aid in diarrhea. It has also been used to treat burns and other skin irritations. The inner bark is most effective, but the leaves can also be used. Quaking aspens can be used for chaffing of the skin and for diaper rashes. The outer bark contains a powder like substance that is soothing to the skin. The inner bark is edible and has been used in times of famine. It treats the laryngitis that is accompanied by loss of voice. For burns, the salve lessens the pain, is an antiseptic and stimulates the regeneration of skin.

- Anti-inflammatory; reduces fevers
- Balances hormones; great for menstrual problems including pain and cramping
- Antiseptic for burns and stimulates the regeneration of skin
- Inner bark is edible; used in famines

Native American Uses: *Iroquois* used for bedwetting. Infusion of bark taken for cramps.

Parts Used: Bark, inner bark, leaves, and buds.

How to Use:

- Tea; tincture
- Powder – capsules
- Poultice, fomentation
- Herbal oil and salve
- Food: Inner bark can be scraped out and eaten, leaves and catkins are also edible.

Wildcrafting/Harvesting

Quaking Aspen:

Found along streambanks, meadows, slopes, woodlands and cultivated in yards. Deciduous tree up to 100 feet. Bark is smooth, light grey with a powdery film. Leaves are nearly round with scalloped edges and pointed tips.

- Powder can be scraped from the bark and used on cuts, wounds and to stop bleeding.
- Leaves can be harvested anytime. Use fresh as a poultice for wounds, bug bites and stings and other external conditions. Can also be dried for future use.
- Inner bark is best harvested in the autumn and early spring from the branches, but it can be used anytime.
- Buds usually appear sometime between April and May, these can be gathered and dried before using.

Cottonwood – several species:

Found in wetlands, stream sides, valleys and floodplains. Deciduous tree that can get up to 150 feet. Bark ranges in various shades of grey that gets rougher as it ages. Leaves are heart shaped and grow alternately along branches.

- Buds are the most medicinal and used parts. Gather in the late winter and early spring when they are sticky with resin and still tightly closed. Test by squeezing the bud, if a sticky substance comes out, time to harvest. Dry buds before using.
- Leaves can be gathered and used anytime.
- Inner bark is harvested in the autumn and early spring from the branches.

Cottonwood Oil – fill a jar half full of dried buds, then fill the rest of the way with olive oil. Keep in a warm spot for a couple of weeks and then move to a dark place for several more weeks. No need to strain the buds until you are ready to use as an herbal oil or salve. Use this oil on skin conditions, massage into chest and throat for respiratory issues and coughs.

Throat Syrup – mix equal parts of cottonwood tincture and raw honey. Stir well to combine and use for sore throats. Great antimicrobial and pain reliever. (www.herbalremediesadvice.org)

PRICKLY PEAR CACTUS



Opuntia rhodantha

Not many cactuses can be found in the northern mountains of Utah where I live. However, prickly pear cactus can be found on almost any trail. It can survive a variety of climates from Canada to Arizona. It is quite common. The filleted pads can be used for wounds, burns, and bruises. It decreases the pain of any injury. It works a lot like aloe vera in the way you use the gel to put directly on the wound or burn. For gum infections and mouth sores the pad can be used to deaden the pain. It is a great anti-inflammatory and a diuretic. Whether used for pain of the kidneys or bladder, prickly pear cactus can lessen pain. For those with adult-onset diabetes, it is effective in lowering blood sugar levels. According to Michael Moore, author of *Medicinal Plants of the Desert and Canyon West*, "The dried flowers, high in flavonoids, are a useful and elegant treatment for capillary fragility, particularly when the mucosa has shown stress and inflammation for any period of time. Examples of conditions where it is helpful would be chronic colitis, pulmonary problems like asthma and mild bronchiectasis, benign prostatic hypertrophy,

chronic vaginitis, and diverticulosis. It won't reverse the condition, but it will help to strengthen the capillary beds and the submucosa, enabling the tissues to regenerate better."

- Great pain reliever
- Herbal antibiotic
- Anti-inflammatory
- Diuretic
- Treats wounds, burns, and bruises
- Lowers blood sugar
- Helps asthma and bronchitis
- Easy to identify and find

Native American Uses: *Dakota* used poultice of peeled stems bound on wounds. *Lakota* used cut stems for rattlesnake bites. *Pawnee* used poultice of peeled stems bound on wounds. *Shuswap* used poultice of heated quills applied to swollen throats.

Parts Used: Pad and flowers (fruit is edible but not medicinal)

Cautions: Needles are sharp; be careful in harvesting

How to Use:

- Tincture

- Poultice (peel and use inside of pad)
- Food: Fruit can be eaten raw, juiced or made into jam. Pads and seeds are also edible.

Wildcrafting/Harvesting:

Found in deserts, slopes and gravelly washes.

- Fruit is ready to harvest when dark red to purple color in late summer. Use gloves and be careful when removing not to touch the “glochids”, small circles of very irritating hairs. Pull off with tongs or twist off while wearing gloves. Cut the ends off and scoop out the insides or blend whole fruit and strain out the juice, which is very cooling – only use in small amounts.
- Harvest flowers as they are blooming by plucking off the plant.
- Pads are best harvested in early spring before the spines emerge but can be harvested anytime. Use long tongs to hold the pad while cutting off at the bottom of the pad. Cut out spines. Pad can then be cut in strips and sautéed, cooked whole or peeled and used raw.

PURSLANE



Portulaca oleracea

In Europe purslane is used as a vegetable. It is ranked as the eighth most common plant in the world. However, it is also ranked ninth most troublesome weed in the world. It has been known for medicinal qualities since the days of Hippocrates. Traditionally it was used as a diuretic, anti-parasitic, and as a laxative. In ancient days they used purslane as anti-magic plant that protected against evil spirits. It is anti-fungal; treating athlete's foot, jock itch and ringworm. As a lung aid it acts as a bronchodilator opening airways in cases of asthma and bronchitis. It is often combined with mullein to support the lungs. Purslane contains pectin which helps lower cholesterol aiding the heart. Research has shown it improve insulin levels; thus, it is great for diabetes. Purslane is also rich in omega-3 fatty acids which support the brain and heart. Like mallow and slippery elm, purslane has mucilaginous properties that aid in digestion. Thus, it is soothing to the stomach and small intestines. Because purslane is high in magnesium, it has been found helpful in treating chronic fatigue syndrome, depression, multiple sclerosis, and high blood pressure.

James Duke, author of *The Green Pharmacy*, even uses it externally to lessen wrinkles.

- Anti-fungal and anti-parasitic
- Dilates the bronchioles making it great for asthma
- Anti-tumor aid
- Treats chronic fatigue syndrome, depression and high blood pressure
- Contains omega-3 fatty acids which support the brain and heart
- Aids digestion
- High blood pressure
- Has helped multiple sclerosis
- Aids diabetes
- Diuretic
- Lowers cholesterol
- Easy to identify and to find
- Safe to use as a tonic
- Has a relaxant effect on the smooth muscles of the digestive tract

Native American Uses: *Iroquois* used poultice of mashed purslane on burns. *Keres* used infusion of leaf stems for diarrhea. Tea of stems used as an antiseptic wash for blood clots. *Navajo* used plant for pain. It was also taken for stomach

aches. Plant was used as a lotion for scarlet fever. *Cherokee* used leaf juice for earache.

Parts Used: Whole plant; leaves, flowers, stems, and seeds.

Caution: Avoid use during pregnancy

How to Use:

- Tea
- Tincture
- Poultice
- Food: the easiest way to gain the health benefits from this plant is just eating the leaves. They can also be juiced, dried and cooked.

Wildcrafting/Harvesting:

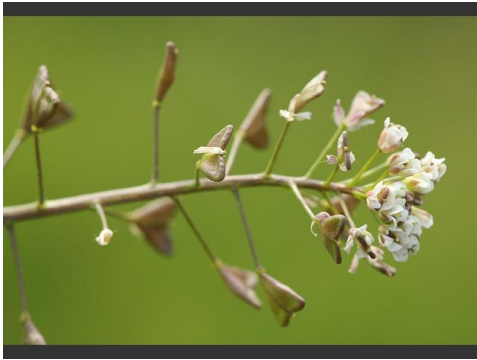
Common “weed” found everywhere; disturbed areas, gardens and lawns. Branching, low creeping annual. Leaves are dark green, smooth, rounded and succulent. Stems have a reddish hue. Flowers are yellow.

- Can be gathered and used anytime.

Dry cough syrup:

Juice the purslane and add enough raw honey to a syrup consistency. Take as needed to soothe a dry, irritated cough. Store in the fridge.

SHEPHERDS PURSE



Capsella bursa-pastoris

Shepherds purse is one of the best remedies for hemorrhaging. It is great for stopping bleeding whether internal or external. According to Matthew Wood in his book *The Earthwise Herbal*, "*Capsella* is suited to conditions where muscle tone is poor. When the uterus does not expel the blood quickly, it sits and clots and is dark, the muscular wall atrophies, and fibroids may form. This is a good remedy for pre-menopausal women with uterine weakness, fibroids, profuse bleeding, and dark clotted blood...shepherds purse is indicated when the walls of the bladder are atrophic, leading to weak expulsion of urine. Deposits and sediments may build up and the urine is heavy, dark, and in some cases bloody. It is also a remedy for abdominal hernia, a condition that is often seen when the other pelvic muscles are weak and atrophic."

Shepherds purse helps to constrict blood vessels and may increase low blood pressure. It can be used to soothe the bladder and treat blood in the urine. As an astringent it is great for diarrhea, wounds, nosebleeds, intestinal hemorrhage, gastric hemorrhage, and dysentery. It is great externally for strained muscles, bleeding piles, and rheumatic joints. Traditionally it has been used to simulate

the menstrual process as well as to reduce excess menstrual flow. I once had a friend call me from the rest room of a conference she was attending. She could not stop her menstrual bleeding. I brought her additional pads and a tincture of shepherds purse. Within minutes of taking the tincture the bleeding had slowed and she was able to attend her conference. I have used it to stop the bleeding when I was hemorrhaging during a miscarriage. Shepherds purse saved me from a trip to the emergency room as it stopped the bleeding.

Annie used shepherd's purse to stop a bloody nose that had gotten out of control and the nurse on hand had tried everything in her power to stop the bleeding, without any results. Seconds after administering shepherd's purse tincture under the tongue, the bleeding stopped, and clots began to form.

- Stops bleeding internally and externally
- Strengthens weak muscles
- Used for abdominal hernias
- Great diuretic
- Astringent for diarrhea, wounds, nosebleeds, intestinal hemorrhage
- Alleviates water retention due to kidney problems
- Reduces menstrual bleeding

Native American Uses: Cheyenne cold infusion of leaves and stems taken for head pains. *Chippewa* decoction of whole plant taken for dysentery and cramps. *Mohegan* infusion of seed pods taken for stomach pains. Used to kill intestinal worms

Parts Used: Whole plant

Cautions: Not for used during pregnancy.

How to Use:

- Tincture
- Tea
- Poultice, fomentation
- Powdered, capsules
- Bath, wash

Wildcrafting/Harvesting: Found in disturbed sites, roadsides, and as a garden weed. Leaves are in a basal rosette, deeply lobed. Stem leaves are small with heart-shaped seed pods and white flowers on top of stalk.

- Plant can be harvested anytime during the growing season.

ST. JOHNS WORT



Hypericum Perforate

When I think of St. John's wort I think of relief from pain. As a salve, it can relieve the pain of bruises, sciatica, neuralgia, and sprains. It speeds the healing of wounds and bruises, varicose veins, and mild burns. It is both antibiotic and antiviral, thus great for colds and flus. St. John's Wort helps normalize the stomach in cases of both high acidic and low acidic conditions. According to Matthew Wood in his book *The Earthwise Herbal*, it is suited to weakness of the digestive nerve reflexes and the enteric brain or animal instincts in the gut. Like other balsams (cf. *Melissa*) St. John's wort has a powerful effect on the nervous system. It is best known as a first aid remedy for injuries to nerves—and is suited to injuries to parts rich in nerves (eye, fingertips, spine) where there are sharp shooting pains, inflammation along nerves, acute sensitivity and pain, blood poisoning from injuries to fingers and toes, and colonic spasms and convulsions from inflamed nerves...It builds tissue tone, helps the liver process complex toxins."

St. John's wort has a reputation for being a good antidepressant. I have used it with great success when I have felt myself going into a low. It helps relieve anxiety. According to David Hoffman in his book *Medical Herbalism*, it is good for

“painful injuries to sacral spine and coccyx, traumatic shock, hemorrhoids with pain and bleeding, facial neuralgia after dental extractions and toothache, neurasthenia, chorea, and depression.” I think that St. John’s wort is the best herbal pain remedy especially when it comes to nerves. It is also helps relieve inflammation thus reducing pain.

- Great pain remedy for both emotional and nerve pain
- Antidepressant
- Helps balance stomach acids
- Speeds the healing of bruises, wounds and burns; reduces inflammation
- Antiviral for infections such as shingles, herpes, mononucleosis, and flu
- Stimulates nerve regeneration and repair
- Helps regulate the solar plexus, which are the nerves that regulate digestion

Native American Uses: *Cherokee* used to promote menstruation; Infusion taken for fever; Infusion taken for bloody flux and bowel complaint; Crushed plant sniffed for nosebleed; Used for venereal disease; Root chewed, a portion swallowed, and rest used as poultice for snakebite.

Parts Used: Blossoms (most medicinal) and leaves

Cautions: May cause light sensitivity. Not for internal use while pregnant.

How to Use:

- Tincture, liniment, syrup
- Tea
- Powdered, capsules
- Herbal oil, salve, ointment

Wildcrafting/Harvesting: Found in dry soils and disturbed sights. Can cultivate in your garden. Be mindful of its spreading nature. Perennial, bush like plant up to three feet tall. Leaves are small, narrowly oblong with translucent dots when held up to light. Yellow buds that spurt red liquid when squeezed and bloom into a five-petal flower.

- Gather buds and flowers just as they begin to open on a dry, sunny day. Cut the upper 3-4 inches of flowering tops. Process immediately or dry for future use.

Nerve formula: 2 parts yarrow, 1 part St. John's wort, 1 part valerian blossoms (or root), 1 part skullcap, 1 part hawthorn berries, ½ part lobelia. Make this blend into a tea, tincture or capsules. Use to build, strengthen and soothe nerves. Can be used to calm the nerves as well as heal damaged nerves.

TALL SAGEBRUSH



Artemisia tridentata

Tall sagebrush also known as big sagebrush can survive a variety of climates. It is as common in Nevada as it is in Northern Idaho. Leaves can be gathered any time of the year. A tea of the leaves makes a great antiseptic wash for cuts, wounds, or sores. The tea can also be used externally as an underarm deodorant. Sagebrush tincture has been used for relieving stomach cramps and indigestion. A poultice of the leaves applied to the forehead will help relieve headaches. As an antifungal, sagebrush is great for athlete's foot. According to Stephen Buhner, author of *Herbal Antibiotics*, sagebrush has been found effective against *Kelebsiella pneumonia*, *candida*, *e-coli*, *staph*, *MRSA*, and *strep*. Sagebrush contains large amounts of artemisinin which is antibacterial, antifungal, anti-inflammatory, antiviral, antitumor, and anti-parasitical. I have heard from several people that sagebrush is the best plant for radiation poisoning. I have a friend who had a dream where in the future she was teaching others about the benefits of sagebrush. Where I live, there is lots of sagebrush. It is comforting to know that if ever our area were exposed to excess amounts of radiation, we have a great plant to help us. For its wide range of medicinal uses tall sagebrush and other plants in

the artemisia species are great plants to be able to identify and use.

- Relieves stomach cramps and indigestion
- Antiseptic for cuts, wounds, and sores
- Helps relieve headaches; reduces fevers
- Great for diaper rash and chafing
- Antifungal, anti-inflammatory, antitumor, anti-parasitical, antibacterial, antiviral
- Good for radiation poisoning
- Steam inhalant for respiratory problems such as bronchitis and pneumonia
- Helps with liver problems

Native American Uses: *Navajo* used for headaches, fevers, and stomach aches.

Parts Used: Leaves, flowers, stems and seeds.

Caution: Some people may have an allergic reaction from touching the plant. Can cause hay fever and contact dermatitis.

How to Use:

- Tea
- Tincture
- Poultice; mash the leaves and place over chest for respiratory issues, gums for toothache, forehead and/or back of neck for headaches and wounds for disinfectant.
- Cold fomentation; use for headache and

other body pain.

- Powder, capsules, sprinkle
- Herbal oil, salve
- Bath, foot soak and steam inhalation
- Food: Seeds can be eaten. Leaves can be used as a flavoring agent but not to be eaten as a survival food. Leaves can be chewed and swallowed as medicine for colds, indigestion, gas, etc.

Wildcrafting/Harvesting:

Found in dry, sandy and gravelly soils, high valleys, slopes and desert land. Aromatic evergreen up to 8 feet. Gray-green branches usually twisted. Leaves are soft, silvery with three lobes at the top. Flowers are small yellow heads.

- Plant can be harvested anytime and used in pretty much any form possible.

Radiation Rescue: 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 radiation of all forms, including nuclear fallout. Equal Parts:

- Sagebrush
- Alfalfa
- Common mallow
- Purslane

THISTLE, BULL THISTLE



Cirsium vulgare

Some herbalists use the species of thistle interchangeable as they have similar medicinal effects. For example, bull thistle could be used in place of milk thistle to strengthen and rebuild the liver. My kids hate the pricklies as they call them, as they stick in their bare feet. However, I am hesitant to take the plants out because of their medicinal qualities and beauty. Common thistle aka bull thistle is best used as an anti-viral. According to the website www.herbs2000.com, the flower bull thistle can be used to kick viral infections. It is also an immune stimulant. The leaves and the roots are believed to help stiff necks, seizures and nervous disorders. The roots have also been made into a poultice for aching jaws. A tea can be taken internally and externally to treat joint pain as well as bleeding hemorrhoids. A tea of the roots can also be taken to aid with digestion and stomach cramps. According to www.ehow.com, "Europeans have applied bull thistle for medical purposes for centuries, contributing to its adoption as Scotland's national emblem, according to the Sierra Club PRO Hiker's Notebook. The plant's anti-inflammatory

qualities made it a standard for toothaches, and it also served as an anti-worm treatment.”

- Great anti-viral
- Wonderful for the liver
- Anti-inflammatory
- Helps stomach cramps
- Used for aching jaw
- Immune stimulant
- Treats joint pain and stiff necks
- Good for seizures and nervous disorders
- Effective for bleeding hemorrhoids
- Toothaches
- Anti-worm treatment

Native American Uses: *Cherokee* used an infusion of thistle leaves for neuralgia. *Delaware* used hot infusion of roots or twigs as a steam treatment for swelling of the muscles and joints. *Iroquois* used the plant for cancer. It was also used for bleeding hemorrhoids. *Ojibwa* used the root for stomach cramps.

Parts Used: Roots, leaves, flowers, stems, seeds.

Cautions: None known

How to Use:

- Tea
- Tincture

- Poultice
- Food: All parts are edible. Seeds are the easiest to eat but other parts can be harvested and cooked (see below).

Wildcrafting/Harvesting:

Found on dry slopes, prairies, disturbed areas, waysides and a noxious weed in gardens. A spiny biennial, first year is a rosette and the second year a stalk is sent up with the purple flower head, which will turn to a cotton down.

- Harvest leaves by stripping off the spiny green part of the leaf, leaving the midrib, rub off wooly hairs and eat raw or cook.
- Cut stalks at the base of the rosette in the spring. Hold upside down and cut off green parts, exposing the inner stalk that can be eaten raw or cooked. Older stalks are too fibrous to be eaten.
- Flowers should be harvested before opening, cook and then squeeze out the core and eat like an artichoke.
- Roots can be dug and harvested anytime.

USNEA



Usnea sp

Usnea is not actually a plant, but a lichen. It grows on trees. It is one of the very best natural antibiotics known. It has a long history of use. Ancient Egypt, Greece, and China used it over 3,000 years ago to treat infections. According to Darcy from the Forest, "The lichen helps the body to resist and kill unwanted organisms such as bacteria, virus, fungus, and parasites...Usnea appears to kill bacteria by disrupting their metabolic function." She goes on to say, "Usnea is specific for treating the lungs. It is recommended by herbalists and naturopathic doctors for acute and chronic lung infections, such as pleurisy, pneumonia, colds and flu, and as an adjunct to tuberculosis treatment. Usnic acid, the constituent of the usnea species has been studied most extensively, inhibits gram-positive bacteria such as bacterial pneumonia in adults and a related organism. *Streptococcus pyogenes*, is responsible for the clinical condition pharyngitis, which is commonly referred to as strep throat." As a great antibiotic, it is great for treating open wounds being an excellent antibacterial dressing. It speeds healing. Stephen Buhner, author of *Herbal Antibiotics* lists usnea

as one of the most powerful natural antibiotics. In his other books, he talks about usnea being especially efficient in supporting and treating the lungs. The easiest way to identify usnea is by the elastic white thread that grows in the middle of it. It can be distinguished from other lichens by this white thread. Usnea as a mild diuretic helps drain toxins as they are broken down and eliminated from the body. It is a nutritive and restorative herb for chronic conditions that create fatigue and weakness.

- Best antibiotic; anti-microbial
- Anti-viral, anti-bacterial, anti-fungal
- Treats pneumonia; cough medicine
- Used for urinary tract infections
- Good for lung infections including pleurisy
- Excellent for strep throat
- Effective for colds and flu
- Stimulates digestion and thus great for indigestion
- Antibacterial for open wounds
- Best herb for treating the lungs

Parts Used: Whole lichen

Cautions: Not for use during pregnancy. It should

not be taken for longer than 3-4 weeks at a time without a rest for a couple of weeks as it can build toxicity in the liver over time.

Native American Uses: *Nitinaht* used usnea for wound dressing material and as bandages.

How to Use:

- Tincture
- Powder – capsules
- Herbal oil/salve

Wildcrafting/Harvesting:

Found in the tops of very tall, dead or dying trees in moist, cool areas. Thrives where the air is clean and fresh. Usnea is a combination of an algae and fungus growing together. The algae is a green- gray, hairy like “beard” covering the white thread like fungus. It can be identified by pulling apart and finding the stretchy, white core.

- It is best to harvest from fallen tree branches. Lichens grow very slowly so first check the ground before taking from trees. If you must take from a tree, only take exactly what you need.
- A tincture is the best way to prepare. Can be dried for future use and makes a great addition to salves.

UVA URSI, KINNIKINICK



Arctostaphylos uva ursi

Uva ursi is one of the best herbs for the urinary system. It alkalinizes the urine as it strengthens and tones urinary passages. It also increases the flow of urine. For the kidneys uva ursi is helpful for kidney stones when gravel and calcium have built up. It is great for bladder and kidney infections. What I love about bearberry or kinnikinnick is that it is easy to identify with its glossy thick leaves. When I lived at a scout camp in Wyoming, I noticed that uva ursi was quite common in the forests. Medicinally it is one of the very best herbs for lowering blood sugar. It has also been used for arthritis, cystitis and nephritis. It has been used postpartum to reduce hemorrhaging and uterine contractions.

According to www.webmd.com “ Uva ursi is used primarily for urinary tract disorders, including infections of the kidney, bladder, and urethra; swelling (inflammation) of the urinary tract; increased urination; painful urination; and urine that contains excess uric acid or other acids. Uva ursi is also used for constipation and a lung condition called bronchitis. Uva ursi, hops, and peppermint are also used in combination to treat people with compulsive bedwetting and painful

urination...Uva ursi can reduce bacteria in the urine. It can also reduce swelling (inflammation)...and have a drying (astringent) effect on the tissues.”

- Treats kidney and bladder stones
- Herbal antibiotic and antiseptic
- Tones and builds the urinary system
- Has been used for arthritis, cystitis and nephritis
- Great for bedwetting, painful urination
- Bladder and kidney infections
- Increases flow of urine
- Used post labor to reduce hemorrhaging and uterine contractions

Native American Uses: *Cheyenne* took an infusion of stems, leaves, and berries for back pain. Berries have been taken for coughs. *Cree* used decoction of stems and blueberry stem taken to prevent miscarriage without causing damage to the baby. *Flathead* used poultice of pulverized leaves for burns. Smoke from leaves was used of earaches. *Thompson* raw leaves were chewed to alleviate thirst.

Parts Used: Leaves, stem and berries. Leaves have all the medicinal properties.

Caution: Do not use during pregnancy. Large or frequent doses may be irritating to the stomach. Long term use could result in constipation. It may turn urine greenish color, which is not harmful.

How to Use:

- Tea; can be used as a mouthwash for mouth sores and gums
- Powdered, capsules, tincture
- Poultice; can be applied to burns, boils, wounds and skin ulcerations
- Fomentation
- Food: The berries can be eaten raw or cooked

Wildcrafting/Harvesting:

Found in rocky outcrops, gravel and poor, sandy soils. An evergreen, branching, ground cover. Leaves are shiny-leathery, oval shaped. Flowers are white to pink and urn shaped. Berries are a dry, red ball.

- Leaves are best harvested in the autumn before the first frost but can be used anytime.
- Berries are ready to harvest when bright red.

Kidney Stone Capsules:

Annie's husband came home from a scout camp out on a Saturday night with a kidney stone. Not wanting to pay emergency room prices with no insurance, she was able to treat it naturally. In addition to drinking lots of distilled water with lemon juice and applying essential oils over the kidneys and reflex points on the foot, this formula was also used:

3 parts uva ursi, 3 parts marshmallow root, 2 parts juniper berries, 2 parts gravel root, 2 parts skullcap, 1 part Oregon grape root (or echinacea root) and 1 part valerian. Make into a tincture or powder herbs and make into capsules. He took 2-3 capsules every waking hour until the symptoms subsided. Two days later he was feeling better. He hasn't had a problem since and never had to go to the doctor. This formula does have pain relieving herbs in it but he also used Ibuprofen along with it to help with the intense pain.

Urinary Tract Infection Capsules:

Here is another formula that has been successfully used for treating a UTI. It is adapted from Rosemary Gladstar and was used in addition

to drinking a lot of distilled water with pure cranberry juice:

2 parts uva ursi, 1 part echinacea, 1 part Oregon grape root, 1 part marshmallow root, ½ part horsetail. Make into a tincture or powder for capsules. Suggested dosage 2 capsules every 3-4 hours or ½ - 1 tsp. tincture every 3-4 hours.

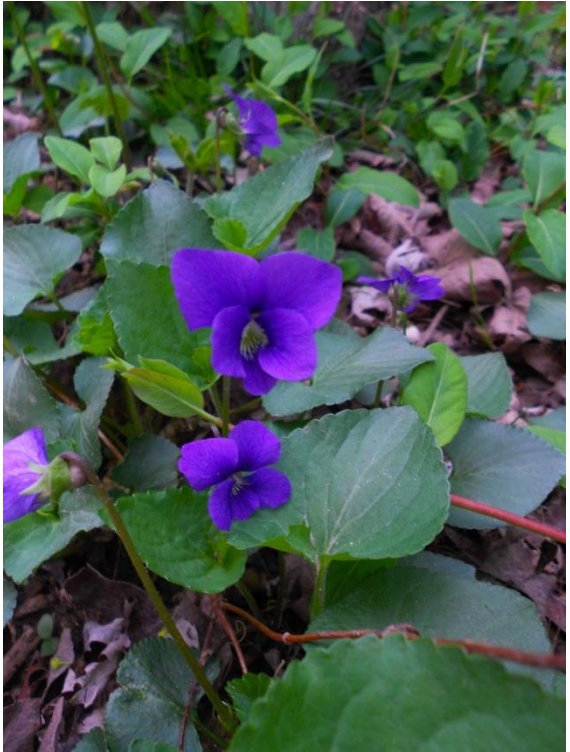
Cystitis Remedy:

Another one from Rosemary Gladstar:

2 parts cleavers, 2 parts fresh or dried cranberries, 2 parts uva-ursi, 1 part chickweed and 1 part marshmallow. Mix the herbs together and make a quart of tea. Drinking it ¼ cup at a time, finish the quart by the end of the day.

- Drink plenty of distilled water with lemon
- Keep the kidney area warm
- Avoid sugar and alcohol and include plenty of probiotic foods
- Lots of rest
- Several cups of cranberry juice a day
- Several teaspoons of echinacea tincture daily, to boost immune system

VIOLET



Viola spp.

When I think of violets, I think of a great cancer aid. According to Darcy from the Forest, “Wild violet leaves can help to shrink tumors and cancers. They are most effective when taken both internally and used externally as a poultice. They are also helpful in clearing up other growths and lumps such as cysts, mastitis, and fibrocystic breasts. Wild violet tea has historically been used in treating cases of blood and bone cancer because it is very purifying to the blood.”

Michael Tierra, author of *The Way of Herbs* concurs saying that violets can be used to “soften hard lumps such as tumors and cancerous neoplasms.” Wild violets can be used in treating sinus infections, bronchitis, sore throats and coughs. It is a diuretic. Wild violet also supports the immune system, helping to clear infections. Externally it can help clear eczema, psoriasis, and acne. It is also good for treating arthritis by taking it internally and as a poultice over the area. It is especially good for wrist pain. Tierra lists it as helping to lower blood pressure. Darcy from the Forest uses the flowers as a syrup for coughs including 4 cups of flowers, 2 cups water, and 2 lbs. of sugar.

- Anti-tumor and anti-cancer
- Softens tumor and cancerous lumps
- Great for coughs and treats sinus infections, bronchitis, and sore throats
- Can help clear eczema, psoriasis, acne
- Helps lower blood pressure
- Great for the lymphatic system
- Supports the immune system
- Clears infections

Parts Used: Flowers and leaves

Cautions: If skin conditions develop from prolonged use, rest between series treatments; do not eat roots or seeds.

How to Use:

- Tea, gargle
- Tincture or syrup
- Herbal oil, salve or balm
- Poultice
- Fomentation
- Food: Both flower and leaves can be added to any culinary creation. Can be eaten raw or cooked. Flowers are a popular use made into syrups, jams and jellies, also candied.

Wildcrafting/Harvesting:

Found in shady, moist environments, by streams and in woodland areas. There are many species of viola, all are medicinal. Pansy's are the cultivated variety you can plant in your yard. Low growing perennial that spreads by runners and seeds. Leaves are heart shaped and flowers are generally purple but can also be white or yellow in wild varieties.

- Can be harvested any time before and during flowering. Take as many blossoms as you like, more will be produced.
- Leaves are more tender and sweeter in the spring months. They get tougher as the plant matures.

Violet Cough and Cold Syrup:

Add 2 ounces of violet to 1 quart of distilled water and over low heat, simmer down to 1 pint. Strain the herbs and add 1 cup of raw honey and stir until well combined. If needed you can warm over low heat to get the honey to thoroughly blend. Optionally you can add a couple drops of spearmint or peppermint essential oil (make sure it is genuine essential oil). Administer by the spoonful as needed.

WILD LETTUCE



Lettuca quercina

Wild Lettuce is one of nature's best pain killers. Much like opium, wild lettuce is extremely effective at reducing pain. Many equate its pain control to that of ibuprofen or aspirin according to skilledsurvival.com. Wild lettuce is so effective that the hippie community adopted it and started using it as a legal psychotropic, in order to get high. Wild lettuce has been used as an opium substitute in cough remedies as it is much milder and has fewer side effects. It is easily identified and so widespread that it is easy to find. According to Web MD, "Wild lettuce is used for whooping cough, asthma, urinary tract problems, cough, trouble sleeping (insomnia), restlessness, excitability in children, painful menstrual periods, ...muscular or joint pains, poor circulation, ..., and as an opium substitute in cough preparations. The seed oil is used for "hardening of the arteries" (atherosclerosis) and as a substitute for wheat germ oil. Some people apply wild lettuce latex directly to the skin to kill germs. Web MD goes on to say, "Wild lettuce has a calming, relaxing, and pain-relieving affects". According to LaRee Westover author of *Butterfly Miracles*, Wild lettuce is great for

relieving nightmares especially in children. It is a great plant to be able to identify and use.

- Pain reliever
- Opium substitute
- Whooping cough
- Asthma
- Cough
- Insomnia
- Great for muscular and joint pains
- Aids poor circulation
- Opium substitute for cough syrups
- Anti-bacterial
- Relieves nightmares especially in children

Native American Uses: Native Americans used wild lettuce for sedative purposes, especially in nervous complaints. It has been used for treating dropsy, colic, insomnia, cough, anxiety and stress.

Parts Used: Leaves, sap, and seeds.

Cautions: Do not take large amounts as can cause slower breathing. Can cause contact dermatitis. Avoid during pregnancy. Not enough is known on effects during pregnancy and nursing.

How to Use:

- Tea, tincture
- Herbal oil/salve
- “Milk”; cuts and wounds to kill bacteria
- Food: Can be eaten raw or cooked, but best eaten as a cooked green. Boil for 10 minutes.

Wildcrafting/Harvesting:

Found in dry, sandy, or rocky areas, disturbed sites and waysides. Large, biennial with long, deeply lobed leaves, sharply toothed. Abundant with milky sap. Can get up to 6 feet.

- Most medicinal when harvested in flower during late summer, although it can be harvested any time.
- Cut all aerial parts. Can be dried for future use.
- As an edible the lettuce is most palatable when harvested before it gets over 12” high.

Pain Tincture: 2 parts birch bark, 1 part St. John’s wort, 1 part lomatium (aerial parts), 1 part valerian, 1 part wild lettuce, ½ part cayenne. Make into a tincture. Take 20-30 drops every few hours as needed. (adapted from LaRee Westover)

WILD ROSE



Rosa spp.

When I think of wild rose I associate it with the vitamin C found in rose hips. Rose hips have thirty times as much vitamin C as what can be found in oranges. Plus, they are full of Vitamins A, B, and K. According to the Seals, authors of *Back Yard Medicine*, “Rose hips and petals offer support to the body’s immune system and help fight infection in the digestive tract; they are also diuretic, i.e., assist in elimination of wastes through the urinary system, as well as cooling to the body, bringing down fevers and reducing heat on the skin in the form of rashes and inflammations. This threefold action-supporting immunity, helping elimination, and being cooling-makes rose a superb natural reliever of cold and flu symptoms, sore throats, runny noses and blocked chests.” The Seals go on to say, “Today’s herbalists use them in hormone-balancing formula and for support in life-cycle stages. Rose hips, petals, and essential oil all buttress the nervous system, relieving insomnia, soothing the nerves, and lifting depression, as well as evening out heart palpitations and arrhythmias.” Wild rose petals

are also a good anti-viral especially when combined with St John's wort.

- Anti-viral
- Lowers blood sugar
- Stops diarrhea
- Reduces fevers; decreases inflammation
- Lifts depression, calms nerves, relieves insomnia
- Evens out heart palpitations and arrhythmias
- Relieves cold and flu symptoms

Parts Used: Flowers, petals, hips, and leaves.

How to Use:

- Tea; gargle, mouthwash, eyewash, douche
- Tincture, syrup
- Herbal oil, salve
- Fomentation
- Toner; cooling skin inflammations, acne, boils, rashes, etc.
- Food: Flowers and hips are edible

Wildcrafting/Harvesting:

Found in dry to moist, open or shaded forests, scrubland, and field sides. Deciduous shrub with thorny stems, small oval leaflets with toothed

edges. Stems and stalks hairy to spiky. Flowers are generally pink to rose in color, depending on the species.

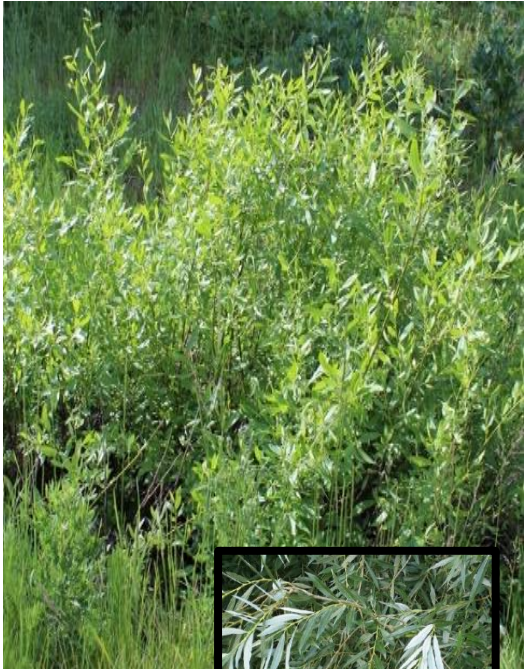
- Rose petals can be gathered as they bloom during the summer months. Snip off the entire flower head and lay on a screen to dry.
- Rosehips are gathered in the fall when they turn a deep red. Twist and pull or snip off. Hips can be dried or used immediately.

Cold Kicker Blend:

3 parts elderberry, 2 parts echinacea, 2 parts alfalfa or nettles, 1 part rosehips. Can be made into a tea, tincture or syrup. Use when illness strikes. It works with the body to kill the virus or bacteria causing the problem. Can be taken every hour until symptoms subside.

Rose Facial Toner: In a jar add 3 Tbsp. rose petals and 3 Tbsp. calendula petals. Pour 2/3 cup of witch hazel over herbs and let sit for two weeks. Strain herbs and add 1/3 cup of aloe vera liquid and 20 drops of lavender, geranium or rose essential oil. Apply to face after cleansing to tone the skin, close the pores, and soften the skin.

WILLOW



Salix spp.

When I think of willow, I think of pain relief. Willow was the precursor of aspirin. Willow bark has been used to treat pain such as rheumatism, headaches, fever, arthritis, and gout. Historically, it is mentioned in ancient Egyptian, Assyrian and Greek manuscripts as being a great pain reliever. In the 1700s it was used to treat malaria. During the late 1800s willow bark was found to be effective against rheumatic fever. Willow is astringent and thus great for internal bleeding. It has antiseptic qualities and thus great for wounds and to heal infections. It reduces inflammation including inflamed gums and tonsils. Personally, I make a glycerin tincture along with chokecherry for colds and coughs. It has been great for kids since it naturally lowers fevers and the chokecherry reduces coughs. The advantage to taking willow over aspirin is that the salicin in willow bark is not converted to salicylic acid until after it leaves the stomach, thus the salicylic acid does not irritate the stomach lining as aspirin can. According to LaRee Westover, Author of *Butterfly Miracles*, "Clinical trials have repeatedly shown that natural willow bark is more effective than

aspirin because of other active compounds that are found in the bark but processed out of any drug made from the bark and not present at all in the synthetic versions.” Thus, willow bark is much safer to use than aspirin yet has many of the same benefits.

- Pain reliever
- Reduces fevers
- Good for aches and pains from colds and flus
- Reduces inflammation of arthritis
- Helps inflamed gums and tonsils
- Has been used to treat malaria
- Antiseptic for wounds
- Helps heal infections
- Reduces internal bleeding
- Easier on the stomach than aspirin

Native American Uses: *Seminole* took an infusion of willow bark for fevers, dizziness, sore muscles, headaches, stomach ache, and diarrhea. *Micmac* poultice of scraped root applied to bruises, sprains, and broken bones.

Parts Used: Bark

Cautions: Avoid use if allergic to aspirin. Do not use if pregnant.

How to Use:

- Tea; gargle, soak
- Tincture
- Powdered, capsules
- Poultice; for rashes, cuts and sores
- Fomentation
- Food: Can be used as a survival edible; leaves and branches.

Wildcrafting/Harvesting:

Found along streams, ponds, ditches roadsides, in yards and fields. Deciduous tree, up to 75 feet. Bark is a rough, grayish brown. Leaves are silvery green, silky, narrow and pointed at the tip, small glands can also be seen along the edge. Produces catkins in the spring.

- Gather inner bark from branches anytime. They easily separate from the tree. Strip off the outer bark then separate inner bark layers. They can be dried for future use.

Wart Remedy:

Soak a willow bark chip overnight in castor oil, tape to wart each day for five days. (From the book *Practical Herbalism*)

YARROW



Achillea millefolium

Yarrow is my favorite herb. It is the first herb that I reach for whether I have a cold or first aid. When I had a ramp fall on my leg, leaving an open gash, I reached for the tincture of yarrow I had sitting on the counter. Yarrow closed the wound, reduced the pain, and minimized the scarring. I was first introduced to it by LaRee Westover on an herb walk. She said they call it the soldiers wound wort. It is best known for its ability to stop bleeding and prevent infection. During the Civil War medics would carry yarrow in their pouches to apply to wounded soldiers. It is antiseptic, antispasmodic, astringent, anti-inflammatory, digestive tonic, antihistamine, analgesic, antiviral, antimicrobial, antibacterial, expectorant, hepatic herb. I use it for colds and flus both respiratory and stomach. It can assist with almost every system in the body. According to the alchemistkitchen.com, anciently yarrow was thought to be richly endowed with spiritual powers and was thus preserved in temples and treated with special reverence. Yarrow helps regulate blood pressure, reduces fever, and helps with migraines. It has been used to help burns

heal. Yarrow is useful for urinary tract infections, reducing the pain and fighting the infection. It is great for stomach and intestinal upsets. Women use it to reduce pain, cramping, and bleeding during periods. I was told on an herb walk that yarrow will even disinfect water. In my opinion it is the best first aid and all-around healing herb available. It has the most uses out of any plant I have ever studied about or used.

Annie had an experience where she learned that yarrow will actually regenerate nerves- even though there are no books or studies that confirm this. After her son had a tooth injury the dentist said the nerve was dying and the only option was to have a root canal, nerves will not regenerate. She prayed with her son about other options and yarrow was the answer they received. She used the healing powder from page 107 to pack the gums and help with pain. She then administered the Heal All tincture from page 58 morning and evening for two weeks. The pain subsided and at the next dental visit an x-ray confirmed that the nerve, had indeed regenerated and was healthy. This experience not only opened her eyes to the many wonders of the plant kingdom, but also

that God created all these plants for our use. He knows His creations and can share their healing properties with all who ask in faith.

- Stops bleeding; promotes tissue repair
- Anti-inflammatory; reduces pain
- Antibiotic, antiviral, antimicrobial
- Antispasmodic; great for asthma
- Stops hemorrhaging; reduces bleeding
- Helps with migraines; blood pressure
- Promotes sweating which reduces fevers
- One of the best first aid herbs for wounds and burns
- Nerve regenerator

Native American Uses: *Blackfoot* infusion of plant used to soothe the pain of gastroenteritis; infusion of leaves taken when labor pains started to ease the delivery and also taken to expel the afterbirth; infusion used for liver troubles; taken for sore throats. *Cherokee* used for hemorrhages and spitting blood; used for fevers. *Cheyenne* infusion of leaves and flowers taken for chest pains; infusion of fresh or dried plant taken for nausea;

Parts Used: Leaves and flowers

Cautions: Avoid during pregnancy but use for childbirth.

How to Use:

- Tea
- Tincture, liniment
- Powder, capsules
- Herbal oil, salve
- Poultice, fomentation
- Bath, foot bath, steam inhalation; one of the best fever remedies is a yarrow bath while sipping on yarrow tea (or Heal All as a tea -pg. 58)

Wildcrafting/Harvesting:

Yarrow is a perennial and easily identified in the wild and for many people in their lawns. It has small fernlike leaves with flower topped clusters that are white or pink (avoid the yellow variety). They are found in dry to moist open places, woods, and roadsides. This can also be a cultivated plant, just be aware it spreads and could possibly be invasive, but Annie has never had a problem.

- Leaves and flowers can be gathered anytime but is the most medicinal when in bloom, in mid to late summer. Dry on

stalks and then run your fingers down the stalk once dried to remove the leaves and blossoms for future use.

First Aid Powder:

This is a favorite in Annie's home, with two crazy boys and some accident-prone girls there are always injuries a foot. Mix equal parts dried yarrow, comfrey and plantain then blend with a coffee grinder into a powder. Pour in a spice jar to sprinkle away on cuts, wounds and anything bleeding. Annie has seen this powder do miraculous things. Her niece cut her fingers when a mirror was broken in her hand and it sliced it pretty good. Blood grosses Annie out so she just covered it all up in this powder, threw on a bandage and let it be for a day or two. When she pulled the bandage off, the powder had pulled all remaining glass shards out and sealed the cuts, it was a matter of just brushing the powder off and putting some Healing Salve (page 103) on it to complete the healing process. She also had a child with a tooth through the lip, again, packed it with the powder and let it be. As the wound healed the powder just moved up and out, leaving behind a sealed cut.

YELLOW DOCK



Rumex crispus

When my daughter was told by doctors that she had anemia, yellow dock was the herb I reached for to give to her. Yellow dock is extremely high in iron. It also helps free up iron stored in the liver making it more available to the rest of the body. It is used in most herbal formulas for the liver. It is a great remedy for jaundice, and as a tonic for the liver and gall bladder. Yellow dock improves the function of the kidneys, liver, lymph glands, and intestines. It has been used to help the body eliminate pollutants, including heavy metals such as lead and arsenic. It is used as a blood purifier for skin disorders and general liver problems. It was used in medieval times to cure boils and as a poultice for burns, scalds, blisters and syphilitic lesions. Yellow dock root is indicated for esophageal reflux where there is an excess of hydrochloric acid. It also helps for Crohn's disease or colitis. It helps remove excess stomach acid and strengthens the walls along the GI track. It has a strong cathartic action on the bowel reducing heat and irritation along the digestive tract. The powdered root is a great dental remedy as it strengthens the gums, heals sores, and hardens them. Yellow dock has antimicrobial uses as well. According to Michael Moore in his book *Medicinal Plants of the Mountain*

States, “Yellow dock root will help reduce bleeding piles or inflamed diverticula of the colon and rectum....Its primary uses are for treating constipation, blood disorders, skin diseases, rheumatism and indigestion.” It is said that the plants you need are the ones that are attracted to grow where you live. In our area I know a lot of people with gastrointestinal issues. I have noticed this plant grows plentiful as a weed. It is a powerful medicinal plant.

- Anemia-high in iron, helps build the blood
- Helps detox heavy metals
- Wonderful gastrointestinal herb, reducing inflammation and high stomach acid
- Skin disorders including blisters and syphilitic lesions as well as treating burns
- Strengthens kidneys, liver, intestines
- Strengthens and hardens gums

Native American Uses: *Cherokee* tea was taken for dysentery; roots taken for blood. *Cheyenne* poultice was given for wounds or sores; tea of the root was given for lung hemorrhages. *Iroquois* decoction of the root was taken for colds, cramps, abdominal pains, upset stomachs; used for kidney trouble; taken for bleeding

Parts Used: Whole plant

Cautions: The leaves contain oxalic acid. Eaten fresh in very large amounts and frequently it can prevent the absorption of calcium.

How to Use:

- Tincture
- Tea (decoction root, infusion, leaf)
- Poultice (both root and leaf)
- Herbal oil, salve, fomentation
- Survival Food: cook the leaves, seeds can be eaten once they turn brown.

Wildcrafting/Harvesting: Found in disturbed areas, dry soils, waysides and as a yard weed. Basal rosette with green, curly edged leaves. Seed stalks shoot up with green/yellow flowers that turn brown.

- Harvest root in early spring or the fall. Root is yellow in color, odorless and twisting.
- Seeds can be harvested as a survival food when they turn brown.
- Leaves can be harvested as need for poultices, tea and salves.

Herbal Iron: Equal parts; raspberry leaf, nettle leaf, dandelion leaf, alfalfa leaf, and yellow dock root. Use to increase absorbable iron in the blood. From *Making Babies* by Shoshanna Easling.

OTHER NOTABLE HERBS

Alder

Alnus tenuifolia or *Alnus incana tenuifolia*

When I was looking for the very best antibiotic herbs to use in this book, I came across alder. According to Darcy from the Forest, “A tincture of the dried bark has an antibiotic activity against many strains of bacteria, including methicillin-resistant staphylococcus aureus and Pseudomonas aeruginosa.” It is also good for head lice or scabies, eczema, and poison ivy. Alder is great for internal hemorrhaging. Three capsules of the dried powdered cone can be taken three times daily until the bleeding has stopped. Alder improves food absorption and fat metabolism thus it could be good for losing weight. It can also be effective in stopping diarrhea.

Parts Used: The medicinal uses are found in the inner bark, which must be dried before using due to its emetic properties when fresh. Other parts can be eaten as a survival food; stems, twigs, shoots, catkins, buds, and sap.

How to Use: Dry bark first. Can be made into tea,

tincture, and powdered for capsules. Externally a compress and/or wash for rashes and skin issues. Sap can be applied externally to cuts, wounds and sores, as well as a poultice from the buds and/or inner bark.

Wildcrafting/Harvesting: Found along streambanks in wet areas and moist woods. Harvest sap in the late winter. Buds and catkins in the spring. Inner bark can be harvested anytime but best in the fall.

Camas, Blue Camas Lily

Camassia quamash

Camas has been used as a cough medicine. A decoction of the roots was used by Native Americans to induce labor and to treat bleeding after birth.

Caution: Do not confuse with other members of the lily family which are toxic. Only harvest when in bloom and with a sure identification.

Parts Used: Bulb

How to Use: Tea and syrup. Also makes a great survival food; roast, boil or steam the bulb until tender.

Wildcrafting/Harvesting: Found in moist meadows and cultivated gardens. Only harvest

after positive identification. Best harvested after the plant sets seed in mid-summer, although it can be harvested anytime for emergency food.

Dyer's Woad

Isatis tinctoria

Dyer's woad is one of the very best antivirals. It is included in Stephen Buhner's book *Herbal Antivirals*. The roots and leaves are used. Leaves and roots need to be heated before tincturing. It is water soluble, so it can be tinctured in glycerin. Dyer's woad is a very broad antiviral. It is active against influenza viruses, rubella virus, avian infectious bronchitis virus, mumps, measles, varicella virus, Epstein-Barr, and many more viruses. It is also a great antibiotic being effective against staph, e-coli, candida, strep and more. It is one of the very best antivirals and antibiotic herbs available. Dyer's woad is widely distributed being considered a highly invasive plant.

Parts Used: Roots and leaves

How to Use: Tincture; 2 oz. root, ground
4 oz dried leaf (must be dried at 100 degrees),
ground, ½ oz. piece of licorice root, ground, 3 ½
cups water, 1 Tbsp. apple cider vinegar,

1-inch piece of fresh ginger root, peeled and grated, 1 cup 100 proof vodka. In a pot, mix the leaves, root, licorice, water, and ACV. Bring to a simmer. Cover the pot and simmer for 30 min. Cool it rapidly to room temperature by placing the pot of water in a sink of cold water. Once cooled, pour all contents into a 1 quart, wide-mouth Mason jar with a lid. Add the fresh, grated ginger root. Add the alcohol. Cap tightly. Shake once a day. After 2 weeks, strain the liquid and store in a dark, airtight jar. Dosage for prevention: 30 drops up to 6 times per day. Acute conditions: 1 tsp every 2 hours up to 10 tsp per day. Do not use the full dose for longer than 3 weeks. *(From theherbalacadamy.com)*

**Lamb's Quarters, Lambsquarter, Goosefoot,
Pigweed**

Chenopodium album

Lamb's quarters is best known as a great wild edible. The leaves are thick and filling. Medicinally it has been used to treat scurvy as it is high in Vitamin C. It has also been used for burns, painful limbs and intestinal problems. Lamb's quarters is easy to identify and easy to find.

Parts Used: leaves, shoots and flowers.

Caution: Contains oxalic acid so consume raw leaves in moderation. Best steamed, cooked or added to soups.

How to Use: Tea, poultice. Wild edible. Can be dried.

Wildcrafting/harvesting: Found near streams, rivers, fields, waste places and disturbed areas. Leaves are light green on top and whitish underneath, shaped like a triangle and many describe it looking like a goosefoot. Flowers are tiny light green, in clusters on top of spikes.

Miner's Lettuce, Indian Lettuce, Winter Purslane

Montia perfoliata or *Claytonia perfoliata*

Once in a while botanical names are changed. This is one of those situations so miner's lettuce could be labeled as either. Miner's lettuce is not known for its medicinal uses. However, like lamb's quarters it is a great wild edible. The leaves can be used as a gentle laxative. Apart from its value as a nourishing vegetable that is rich in vitamin C, it can also be taken as an invigorating spring tonic and an effective diuretic. A poultice of the mashed plants has been applied to rheumatic joints. Also

used to soothe sore eyes and improve vision.

Parts Used: Leaves, stalks and flowers

How to Use: Tea, poultice and wild edible.

Wildcrafting/Harvesting: Found in moist, shady places and disturbed sites. From the purslane family so the leaves are hairless and fleshy, oval to triangle in shape with a little white flower on top (when in bloom). Leaves are more tender in the spring, getting more bitter during the summer months. Can be eaten raw or cooked.

Yucca

Yucca spp.

Yucca is a great plant to be able to identify and use. It has great medicinal qualities, especially for pain. According to www.webmd.com "Yucca is used for osteoarthritis, high blood pressure, migraine headaches, inflammation of the intestine (colitis), high cholesterol, stomach disorders, diabetes, poor circulation, and liver and gallbladder disorders. Yucca contains chemicals that might help reduce high blood pressure and high cholesterol. It might also reduce arthritis symptoms such as pain, swelling, and stiffness." Native Americans used the tea for diabetes. A

poultice of the roots was applied to broken bones and sprains. It was used to stop bleeding.

Parts Used: Roots (medicinal uses), flowers and fruits (wild edible)

Caution: The root contains saponins which can be potentially toxic.

How to Use: Tea, tincture, poultice, wild edible.

Wildcrafting/Harvesting: Found in dry desert areas, sandy or rocky slopes and ornamental landscapes. Flowers can be picked and eaten raw as they bloom. Fruits eaten raw or cooked.

HERBAL ANTIBIOTICS & ANTIVIRALS

One of the areas that herbs can be extremely useful in is treating bacterial and viral infections. In this book I have included the best antibiotic and viral herbs that I could find. For additional information, Stephen Buhner's books *Herbal Antibiotics* and *Herbal Antivirals* are some of the best books written on the subject. Buhner actually has two books titled *Herbal Antibiotics*. The first one is smaller, but it includes more of the plants that are more common and grow in the United States. The second one has much

more information including the research that has been done to show how herbal antibiotics work. In this book, I have quoted Stephen Buhner's books a lot. I have read almost all of his books. He is one of my favorite authors when it comes to plants.

Most herbs that have antiviral properties are also antibiotic or antimicrobial as well. From all of the research I have done, goldenseal is one of the best antibiotics around. However, because it is not widely found in the United States and is not native to our country, I have not included it in any of our books. Instead, I have included Oregon grape. It has many of the same qualities as goldenseal, but is considered safer to give to children and can be found as readily in the wilderness as a beautiful landscape feature of many gardens. Usnea is also an excellent antibiotic. It has been used to treat strep and other infections. Other antibiotics included in both books are alder, arrowleaf balsamroot, catnip, chamomile, Dyer's woad, echinacea, elderberry, juniper, licorice, lomatium, mallow, mountain ash, pine, prickly pear cactus, sage, sagebrush, St. John's wort, usnea, uva ursa, wild lettuce, and yarrow.

Lomatium is considered by Darcy from the Forest as being the very best antiviral in the world. Personally, I have used lomatium and would have to agree. It is excellent. However, it can be difficult to find and not readily available. For this reason, I consider elderberry to be best overall. It can be grown in gardens and also be easily found in the wilderness. Darcy suggests that Elderberry will keep you from getting the virus. Elderberry can actually keep the virus from entering into the blood cells. The tincture can be taken as a tonic every day. The dose would be ½ tsp of tincture once a day. Other antivirals include arrowleaf balsamroot, catnip, chamomile, Dyer's woad, echinacea, juniper, lemon balm, licorice, mallow, Oregon grape, pine, plantain, prickly pear cactus, sagebrush, St. John's wort, thistle, usnea, wild rose, and yarrow.

Once a person gets a virus or bacterial infection, begin taking the tincture or tea often in order to fight it. You could take it as often as three to five times per day while symptoms persist. Arrowleaf balsamroot and/or echinacea could also be taken to increase the number of white blood cells to fight the infection. Both herbs strengthen the immune system. Yarrow

can also be taken to strengthen the blood vessels and to keep the blood vessels from leaking. It is excellent for helping fight infections.

Other herbs can be used to treat the symptoms that come with the illnesses. For example, chokecherry is great for helping to reduce coughs. Gumweed and salsify are great for removing mucus from the lungs. Willow and the poplars contain salicin which reduce fevers and help with the aches and pains associated with getting sick.

The same herbs that treat infections internally can also be used on cuts and wounds to prevent or treat infections much like a triple antibiotic ointment. What you choose to use is according to what is available at the time. Some excellent antiseptic herbs for treating wounds include Brigham tea, cattail, elderberry, poplar, quaking aspen, purslane, sagebrush, usnea, uva ursula, and yarrow.

Once an infection has passed, it is a good idea to support the liver. The liver is responsible for helping to remove the toxins from the body. The best herbs for the liver are yellow dock, dandelion, and burdock. Other herbs are birch seed and leaves, catnip, chicory,

sagebrush, salsify, milk thistle, teasel, and yucca. Darcy from the Forest recommends drinking a quart of yellow dock tea per day for a week. The next week a quart of 2 parts burdock, 1 part dandelion, and 1 part yellow dock is taken. By cleansing and supporting the liver, it will help the other systems that will have been affected by the infection.

The advantage to using herbs to treat illnesses is that herbs not only fight the infection, but also nourish and strengthen to body. They are also readily available and don't require prescription. I still believe antibiotics have their place. Stephen Buhner's research shows that herbs can actually help increase the effectiveness of antibiotics especially when fighting antibiotic resistant infections.

Whether the herbs work as fast as the antibiotics I believe depends on the infection. If taken at the beginning of an illness, herbs can be highly effective in possibly keeping you from getting sicker. Once an illness has had the opportunity to take root and has spread, it would take longer for the herbs to take effect.

TEASEL- *Dipsacus fullonum*



LYME DISEASE

My sister and members of her family have Lyme disease. I think that it often goes undiagnosed. For this reason, I am including a section on it. The best books on Lyme disease are by Stephen Buhner. Darcy from the Forest, my favorite herbalist, wrote a paper on Lyme disease. The following quotes are pieces of the newsletter she wrote. Symptoms of Lyme disease, according to Darcy from the Forest are, "usually a circular rash called erythematic migraines. This rash occurs in approximately 70-80% of infected persons and begins at the site of a tick bite after a delay of 3-30 days. A distinctive feature of the rash is that it gradually expands over a period of several days, reaching up to 12 inches across. The center of the rash may clear as it enlarges, resulting in a bull's-eye appearance. It may be warm but is not usually painful. Some patients develop additional lesions in other areas of the body after several days.

Patients also experience symptoms of fatigue, chills, fever, headache, and muscle and joint aches, and swollen lymph nodes. In some cases, these may be the only symptoms of infection. Left untreated, the infection may spread to other parts of the body within a few days to

weeks, producing an array of discrete symptoms. These include loss of muscle tone on one or both sides of the face (called facial or "Bell's palsy), severe headaches and neck stiffness due to meningitis, shooting pains that may interfere with sleep, heart palpitations and dizziness due to changes in heartbeat, and pain that moves from joint to joint. Many of these symptoms resolve, even without treatment.

After several months, approximately 60% of patients with untreated infection will begin to have intermittent bouts of arthritis, with severe joint pain and swelling. Large joints are most often affected, particularly the knees. In addition, up to 5% of untreated patients may develop chronic neurological complaints months to years after infection. These include shooting pains, numbness or tingling in the hands or feet, and problems with concentration and short-term memory... With early detection, most cases of Lyme disease can be treated successfully with four weeks of herbal antibiotics. The disease is rarely fatal in and of itself. However, chronic Lyme can cause severe disability and morbidity. Oregon grape root and usnea tinctures are both effective when taken as recommended. Two weeks of Oregon grape root is taken in ½ tsp. doses five times daily. The following

two weeks, usnea tincture is taken in ½ tsp. doses five times daily. According to Darcy from the Forest, “Much of the success for treating late-stage cases of Lyme disease has been attributed to teasel. Teasel is considered a common weed that can frequently be found growing alongside highways. It is not an herbal antibiotic that destroys the *Borrelia burgdorferi* bacteria itself. Teasel actually changes the environment in the body in order to engage the body’s own capabilities to kill off Lyme bacteria. By warming the cells and muscles, it invites the Lyme bacteria into the bloodstream, where the body can then detoxify.

The detoxification or herx (Herxheimer) reaction from teasel occurs when large quantities of toxins are released into the body as bacteria die during treatment. Typically, the death of these bacteria and the associated release of endotoxins occur faster than the body can remove the toxins. It is manifested by fever, chills, headache, myalgia (muscle pain), and exacerbation of skin lesions. The intensity of the reaction reflects the intensity of inflammation present. Individuals using teasel as a part of Lyme treatment notice this reaction starting in about the second week of use.

In individuals with advanced symptoms of Lyme disease, a few drops of the teasel root

tincture can cause reactions. It is therefore wise for individuals to begin treatment slowly, adding a few more drops of the tincture to their treatment regime to maintain a reasonable herx comfort level.”

Teasel is now also being recommended for arthritis and fibromyalgia. Teasel is excellent for chronic inflammation of the muscles, with limitation of movement and great pain. Darcy also says, “Teasel exerts influence over the nervous system, resulting in a feeling of comfort and exhilaration. It causes wakefulness when taken in large doses and may cause nervousness—similar to that experienced after drinking too much coffee. The tea can bring about greater mental alertness for short periods of time.” Teasel is good for the liver, helping with jaundice and gallbladder problems. A tincture of the flowering heads helps relieve nervous headaches. It has also been used externally for warts, boils, and abscesses. Teasel is easy to identify.

According to Stephen Buhner and Darcy from the Forest, Japanese knotweed is one of the premier herbs for Lyme disease. ½ tsp is taken 3 times a day. It acts as an antibiotic, reduces inflammation and interrupts cytokine cascades that make you feel terrible.

WILD EDIBLES

Alfalfa *Medicago sativa* - leaves, sprouts, and flowers

Amaranth *Amaranthus retroflexus* - leaves and seeds

Angelica *Angelica atropurpurea* – root, herb, seed

Arrowleaf Balsamroot *Balsamorhiza sagittata* - leaves and seeds

Balsam Fir *Abies balsamea* – bark and twigs

Barberry *Berberis vulgaris* – root, bark, berries

Birch *Betula occidentalis* - Inner bark, sap, tender buds, twigs, young leaves, catkins

Brigham Tea *Ephedra viridis* - seeds and twigs

Buffaloberry *Shepherdia canadensis* -fruit

Burdock *Arctium spp.* - whole plant

Black Walnut *Juglans nigra* - nut

Catnip *Nepeta cataria* - leaves

Cattail *Typha spp.* - root, young stems, heads

Chamomile *Matricaria* - flowers, leaves

Chickweed *Stellaria media* -flowers, leaves

Chicory *Cichorium intybus* - roots and leaves

Chokecherry *Prunus virginiana malanacarpa* - fruit, inner bark

Dandelion *Taraxacum officinale* - whole plant

Echinacea *Echinacea spp.* – leaves

Elderberry *Sambucus caerulea* - berries, flower

English Daisy *Bellis perennis* - leaves, flowers

Fillaree *Erodium cicutarium* - leaves
Fireweed *Epilobium angustifolium* - flower buds, young leaves, stalks, young shoots, root
Flax *Linum lewisii* and *L. perenne* - seed
Gumweed *Grindelia squarrosa*. - leaves for tea
Hawthorn *Crataegus* spp. – berries
Honeysuckle *Lonicera periclymenum* - flowers
Juniper *Juniperus* spp. - berries
Lamb's Quarter *Chenopodium album* - leaves, seeds
Lemon Balm *Melissa officinalis* - whole plant
Lichens *Usnea* spp. -whole lichen
Licorice *Glycyrrhiza* spp. - root
Lomatium *Lomatium macrocarpum* and *Lomatium cous* - root, seeds
Lycium (goji berry) *Lycium barbarum* - berries
Mallow *Malva neglecta* - whole plant
Milkweed *Asclepias speciosa* & *Asclepias syriaca* - flower buds, flowers, fruit, young leaves
Miner's Lettuce *Montia perfoliata* or *Claytonia perfoliata* – leaves
Mint *Mentha* spp. - leaves, flower
Mountain Ash *Sorbus scopulina* - berries
Mullein *Verbascum thapsus* - leaves and flowers
Nettle- leaves, stems, root (cooked, dried)
Oak *Quercus* spp. - acorns
Oregon Grape *Mahonia* spp. - fruit
Pine *Pinus* spp. - inner bark, needles, cones, nuts,

pollen, shoots, flower clusters

Pineapple Weed *Matricaria matricarioides* -

flowers and leaves

Plantain *Plantago spp.* - leaves, seeds

Poplar *Populus spp.* - inner and outer bark, catkins, leaves

Prickly Pear Cactus *Opuntia rhodantha* - fruit, pads (leaves), seeds

Purslane *Portulaca oleracea* - leaves, stems, seeds, buds

Red Clover *Trifolium pratense* - whole plant

Raspberry *Rubus spp.* - flowers, fruit, young shoots, leaves

Rose *Rosa spp.* -flowers after white base removed, leaves for tea, hips

Sagebrush *Artemisia tridentata* – leaves, seeds,

Salsify *Tragopogon spp.* - roots, young leaves, shoots, flower buds

Sedum *Sedum spp.* - young stems, leaves,

Serviceberry *Amelanchier spp.* - fruit, shoots, leaves

Shepherds Purse *Capsella bursa-pastoris* - leaves

Slippery Elm *Ulmus rubra* – leaves, inner bark

Spring Beauty *Claytonia lanceolata* - whole plant

St John's Wort *Hypericum perforatum* – leaves for tea, flowers

Sunflower *Helianthus annuus* - seed

Sumac *Rhus glabra* - berries (not white ones)
Thimbleberry *Rubus parviflorus* - flowers, fruit, young shoots, leaves
Thistle, Bull *Cirsium spp.* - roots, flower buds, seeds, leaves
Thistle, Milk *Silybum marianum* - young stalks, leaves, flowers, roots, seeds
Uva Ursi, Kinnikinnick *Arctostaphylos uva-ursi* - fruit
Violet *Viola spp.* - flowers, leaves, buds
Wild Lettuce *Letuca quercina* - leaves
Wild Rose *Rosa spp.* - hips, flowers, leaves, roots
Willow *Salix spp.* - bark, shoots, leaves, catkins (flowers)
Yarrow *Achillea millefolium* - leaves
Yellow Dock *Rumex crispus* - whole plant, leaves
Yucca- *Yucca spp.* - fleshy fruits, flowers, buds

CAUTION: Never eat a plant you have not positively identified. Some wild plants are poisonous or can have serious adverse health effects. It is not worth the risk to eat a plant that may be poisonous.

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



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.

Decoction: 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.

Solar Infusion: 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.

Cold Infusion: 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.

French Press/Tea Pot Strainers: 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

1 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 $\frac{1}{4}$ 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 $\frac{3}{4}$ full of the herbs, then pour alcohol over them, leaving $\frac{1}{4}$ 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 $\frac{1}{4}$ ” head space level. Strain and then pour into airtight containers and keep in a dark, cool place.

Vegetable Glycerin (called a glycerite): 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 $\frac{1}{2}$ full if using dried herbs or $\frac{3}{4}$ 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 $\frac{1}{4}$ " 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.

Other solvents: 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon every hour or 1 to 2 $\frac{1}{2}$ dropperfuls, for a total of up to 6 teaspoons a day. When treating chronic issues or using as a tonic $\frac{1}{2}$ to 1 teaspoon or 2 $\frac{1}{2}$ 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 $\frac{3}{4}$ 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 $\frac{2}{3}$ 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 $\frac{3}{4}$ 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 quicker.

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



Fresh Poultice



Tea Bag 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.”



Dried Herb Poultice



Cheesecloth Wrap



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:

Fresh Poultice: 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.

Powdered or dried herbs: 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.

Cold Poultice: 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:

Herbal Infusion: 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

Powdered: 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.

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

Paste: 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.

Culinary methods: 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 one 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 wash 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 a 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 would 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.

AILMENT LIST

Acid Indigestion/Reflux: mallow

ADHD: alfalfa, catnip, lemon balm, mallow, plantain, St. John's wort

Allergies: Brigham tea, chamomile, elderberry, nettle

Antifungal: arrowleaf balsamroot, lomatium, Oregon grape, purslane, usnea

Antiseptic: Brigham tea, cattail, elderberry, Oregon grape, lomatium, poplar, quaking aspen, purslane, sagebrush, usnea, uva ursi, wild lettuce, willow

Antibiotic: alder, arrowleaf balsamroot, catnip, chamomile, dyer's woad, elderberry, lomatium, mallow, mountain ash, pine, prickly pear cactus, sage, sagebrush, St. John's wort, usnea, uva ursi, wild lettuce, and yarrow

Anti-inflammatory: birch, Brigham tea, chicory, fireweed, poplar, quaking aspen, prickly pear cactus, sagebrush, St. John's wort, thistle, wild rose, willow, teasel, yucca

Antitumor/cancer: birch, clover, dyer's woad, fireweed, thistle, violet

Antiviral: arrowleaf balsamroot, catnip, chamomile, dyer's woad, elderberry, lomatium, mallow, Oregon grape, pine, plantain, prickly pear cactus, sagebrush, St John's wort, thistle, usnea, wild rose, and yarrow

Arthritis/Gout: birch, Bringham tea, chicory, elderberry, horsetail, nettle, uva ursi, willow, yucca

Note: A fomentation or poultice can be applied to the inflamed area for pain relief and to reduce swelling. The herbs should also be taken orally in order to reduce the uric acid.

Asthma: Bringham tea, catnip, chokecherry, lomatium, mallow, poplar, quaking aspen, prickly pear cactus, purslane, wild lettuce

Athlete's Foot: arrowleaf balsamroot, Oregon grape

Back Problems/Pain: chamomile, pineapple weed, poplars, wild lettuce, willow

Bandage: usnea

Bedwetting: poplar, quaking aspen, uva ursi

Bleeding: cattail, fireweed, nettle, shepherd's purse, willow, yucca

Blisters: cattail

Blood Purifier: birch, Bringham tea, clover, dandelion, nettle, Oregon grape

Blood Pressure: dandelion, purslane, prickly pear cactus, thistle, violet, wild rose, yucca

Brain: purslane

Broken Bones: birch, horsetail, hounds tongue, mallow, yarrow, yucca

Note: Apply herbs externally as a poultice and take horsetail and nettles internally to help knit bones.

Bronchitis: Bringham tea, catnip, chokecherry, elderberry, gumweed, lomatium, mallow, Oregon grape, poplar, quaking aspen, prickly pear cactus, sagebrush, usnea, violet

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.

Burns: cattail, hounds tongue, mallow, poplar, quaking aspen, prickly pear cactus, wild rose

Candida/Yeast: lomatium, usnea

Catarrh/Congestion: Brigham tea, mallow, salsify

Cholesterol (reduce): dandelion, prickly pear cactus, wild rose, yucca

Chronic Fatigue/Mono/Epstein Bar: lomatium, Oregon grape, purslane

Circulation: elderberry, nettle, wild lettuce, yucca

Colic: chamomile, catnip, elderberry

Colds/Flu: arrowleaf balsamroot, chamomile, catnip, chokecherry, clover, elderberry, lomatium, Oregon grape, salsify, usnea, yarrow

Constipation: mallow, nettle, Oregon grape

Coughs: arrowleaf balsamroot, chokecherry, gumweed, poplar, quaking aspen, salsify, violet, wild lettuce

Cuts/Wounds: arrowleaf balsamroot, cattail, elderberry, gumweed, fireweed, mallow, prickly pear cactus, shepherd's purse, sagebrush, usnea, wild rose, willow, yarrow, yucca

Depression: catnip, prickly pear cactus, purslane, St. John's wort, wild rose

Diabetes: See hyperglycemia

Diarrhea: alder, birch, catnip, cattail, chokecherry, fireweed, poplar, prickly pear cactus, quaking aspen, purslane, wild rose

Digestive Aid: catnip, chokecherry, mallow, prickly pear cactus, Oregon grape, purslane, salsify, usnea

Diuretic: Brigham tea, cattail, elderberry, mallow, prickly pear cactus, purslane

Dysentery: birch, catnip, cattail, purslane

Earache: gumweed, mullein, shepherd's purse, St. John's wort

Eye Disorders: elder, pine (eyewash), plantain, wild rose

Female Problems: elderberry and red clover (hot flashes), fireweed (stops bleeding) raspberry, shepherd's purse.

Fever: birch, Brigham tea, catnip, chokecherry, poplar, quaking aspen, sagebrush, wild rose, willow, yarrow

Fungus: arrowleaf balsamroot

Giardia (Gastrointestinal Parasites): black walnut, burdock, chicory, wormwood

Gall Bladder: chicory, salsify, teasel, yucca

Gangrene: nettles, plantain, shepherd's purse, yarrow

Gout: See arthritis

Gum/Teeth: horsetail, hound's tongue, plantain, oak, willow

Headaches: arrowleaf balsamroot, birch, chokecherry, sagebrush, wild lettuce, willow, yucca

Heart: chicory, purslane, wild rose

Heat Stroke: alfalfa, horsetail and nettles

Hemorrhoids: thistle

Hemorrhaging: alder, fireweed, shepherd's purse, uva ursi, willow

Hypoglycemia (Low Blood Sugar): juniper (taken with raspberry leaf

Hyperglycemia (Diabetes): prickly pear cactus, salsify, ursi, wild rose, yucca

Hypothermia: cayenne, nettles

Improve Immune System: arrowleaf balsamroot, birch, elderberry, prickly pear cactus, thistle, violet

Indigestion/Gas/Bloating: catnip, mallow, sagebrush, salsify, usnea

Infections: cattail, Oregon grape, usnea, willow

Inflammation: birch, Brigham tea, chicory, fireweed, poplar, quaking aspen, prickly pear cactus, sagebrush, St. John's wort, thistle, wild rose, willow

Irritable Bowel: fireweed, mallow,

Insect/Bee Stings/Spider Bites: arrowleaf balsamroot, cattail, mallow

Insect Repellent: catnip

Insomnia/Sedative: catnip, wild lettuce, wild rose

Kidneys: Brigham tea, chicory, uva ursi

Kidney Stones/Bladder Stones: birch, chicory, uva ursi

Liver: birch, catnip, chicory, dandelion, sagebrush, salsify, teasel, yellow dock, yucca

Lowers Blood Sugar: prickly pear cactus, uva ursi, wild rose

Lymphatic System: elder (flowers), violet

Lungs: catnip, gumweed, hounds tongue, lomatium, mallow, sagebrush, usnea

Nausea: arrowleaf balsamroot, catnip, Oregon grape

Nervous tension/anxiety: chamomile, chokecherry, elderberry, St. John's wort, wild lettuce, wild rose

Pain Relief: birch, catnip, mallow, poplar, quaking aspen, prickly pear cactus, thistle, wild lettuce, willow, teasel, yucca

Parasites: chicory, purslane, sagebrush

Pituitary/Hypothalamus: milk thistle,

Poison Ivy: alder, gumweed, mullein, plantain

Pneumonia: mallow, salsify, usnea, violet

Prostate: fireweed

Radiation Poisoning: black walnut, sagebrush, wormwood, yellow dock

Skin Problems (Eczema and Psoriasis): alder, clover, cottonwood, plantain, poplar, quaking aspen, sagebrush, violet, wild rose

Snakebites: Oregon grape, plantain, St John's wort, prickly pear cactus

Spleen: chicory

Sore Muscles: St. John's wort, wild lettuce, willow, teasel

Sore Throat: birch, fireweed, mallow, usnea, violet

Stomach Cramps: arrowleaf balsamroot, cattail, chicory, chokecherry, elderberry, mallow, pineapple weed, sagebrush, thistle, yucca

Sunburns: hounds tongue, mallow

Teething (Babies): catnip

Urinary Tract Infections: arrowleaf balsamroot, birch, mallow, Oregon grape, usnea, uva ursi

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CONCLUSION

Are you prepared? If there were a disaster and the hospitals were full and your food ran out, would you know how to survive? Do you know enough about the plants in your area to be able to use them? This book is designed to give you the information you need to get started. By beginning now, if difficult things do happen you will be ready for whatever comes.

We hope this book and *Herbs to Know in the Garden* will help you get prepared and inspire you to get to know more about plants and their wonderful uses. In the past, plants were our medicine. For a time, we went away from that. Now, more and more people are returning to natural medicines to treat their illnesses and improve their health. This book contains those plants which can be found in the wild and that have a variety of uses which could help you survive in case of any type of disaster whether financial or otherwise. Now is the best time to get prepared.

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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www.friendsofthewildflowergarden.org

www.herballegacy.com

www.wildfoodgirl.com



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.

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.

Annie



Please check out our websites
www.herbstoknow.com
www.anniesplacetolearn.com