



*Plantago major* - broad leaf (top right corner)

*Plantago lanceolata* - narrow leaf (left)

Family: *Plantaginaceae*

### Properties:

Alterative, antibacterial, anti-inflammatory, antiseptic, anthelmintic, antivenomous astringent, expectorant, decongestant, demulcent, deobstruent, diuretic, febrifuge, hemostatic, kidney tonic, ophthalmic, mucilaginous, refrigerant, restorative, vulnerary, laxative, mucilaginous, styptic

### Medicinal Uses:

Draws toxins from the body

Removes splinters and slivers (soak in hot tea for 20-30 minutes)

Stings, insect and spider bites (poultice)

First aid: cuts, abrasions, bruises, wounds, burns, etc. (excellent to use on animals also)

Skin eruptions: boils, goiters, acne, rashes, disorders, etc.

Eczema, psoriasis, rashes – including poison ivy

Stimulates new cell growth

Respiratory: bronchitis, coughs, chest congestion, colds, asthma, anything to do with the lungs

Sore throat, dry itchy throat, laryngitis, etc.

Athletes foot, ringworm or other skin fungus (soak in tea then apply poultice)

Infections

Eye infection and sties (poultice or compress over closed eyes)

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



## Annie's Place

Canker and mouth sores

Toothache

Stops bleeding (poultice -very effective when used with yarrow and/or nettle)

Hemorrhaging and stomach ulcers

Can be used to slow the flow of heavy menstrual cycles

Hemorrhoids

Boosts immune system

Cleanses the blood - #1 herb for blood poisoning (poultice external – tea internal)

Kidney, liver, stomach and bladder problems – cleanses intestinal tract

Bed wetting

Digestive complaints: diarrhea, constipation, indigestion, etc.

Gut healing, including leaky gut, IBS and other intestinal issues

Parasites in both humans and animals

Seasonal allergies

Nutrient dense-power food – great for emergencies

\*for best results when treating with plantain take internally as well as applying externally

### Methods of Use:

Poultice and/or compress

Infusion (tea), makes a great disinfectant

Tincture or syrup

Herbal oil

Salve, ointments and balms

Capsules and pills

### In the Kitchen:

Considered a super food so you can add to smoothies, salads and food for added nutrients. Also makes a good juicing green.

### Wild Crafting:

Grows wild on pathways, lawns, gravel and disturbed areas. It blossoms from April through September. To harvest cut above the root before seeds form being careful not to bruise, if leaves are discolored or darkened they have lost medicinal worth so discard. Must be dried or processed immediately for best results.