



Artemisia tridentata

Family: *Composite/Asteraceae* (wormwood and mugwort)

Parts Used: Leaves, stems, flowers and seeds.

Sagebrush grows all over the Rocky Mountains where I live. This plant is a relative of wormwood and will carry all of the healing benefits of that plant, but with more potency.

Properties: antibacterial, antifungal, anti-inflammatory, antiviral, antitumor, antiparasitical, antiseptic, antibiotic.

Medicinal Uses:

- Fungal problems such as nail fungus, athlete's foot, jock itch, ring worm, etc.
- Bacterial and viral infections of all kinds, including pneumonia, candida, E.coli, staph, MRSA, strep, etc.
- Cuts, wounds, sores, boils, acne, etc. (wash or poultice).
- Emetic when made with a strong decoction.
- Stomach cramps and indigestion.
- Helps with liver problems.
- Respiratory issues such as bronchitis, pneumonia, coughs, etc.
- Sinus and head colds.
- Stimulates uterine circulation, useful for suppressed menstruation or cramping.
- Sore throat, mouth sores and diseases such as gingivitis (gargle).
- Headache and pain reliever (compress or poultice over area).
- Radiation poisoning.
- Air purifier (hang bundles in a room or smoke a bundle).

- Hygiene: rub fresh leaves under arms for deodorant, powder for a body or tooth powder.

Methods of Use:

Because of the potency and bitter taste of this herb, it is best to start with a small amount of herb per water when making a tea for drinking. I do about 1 teaspoon per pint of water and that is still pretty potent. Think beyond just an herbal tea when using this plant, a poultice or compress and bath are good ways to use this herb without needing to drink the bitter tea.

- Tea (infusion for drinking, decoction for washes, gargle, or compress)
- Oil
- Salve, ointment
- Tincture/syrup
- Powder; capsules, body powder (also good for diaper rash or sores).
- Bath, foot soak, steam inhalation.
- Smoke for purification (tie dried stems in a bundle and burn).

Wildcrafting/Harvesting:

Found in dry, sandy and gravelly soils, high valleys, slopes and desert land. Very aromatic. Can be harvested anytime by "pruning" branches. Use immediately in a preparation or dry for future use.

Caution:

Artemisia species stimulate uterine circulation so its best not to take during pregnancy. Some individuals may have an allergic reaction to this plant such as contact dermatitis and hay fever.