



# **H E R B A L**

individual herbs with their uses,  
properties, care and harvesting,  
how to use, and cautions

# Herbal Properties and Definitions

**Adaptogenic:** increases the ability to handle stress.

**Alterative:** cleanses the blood, gradually restoring healthy bodily functions.

**Analgesic:** relieves or reduces pain.

**Anodyne:** relieves pain by lessening the excitability of the nerves and nerve centers, applied externally.

**Anesthetic:** numbs the nerves and causes lack of sensation.

**Antacid:** correct over acid conditions in the stomach and bowels.

**Anthelmintic:** kills or expels intestinal worms.

**Antibacterial:** prevents the growth of bacteria and kills it.

**Antibiotic:** destroy or inhibit the growth of viruses and bacteria.

**Anticatarrhals:** breakdown and eliminate mucus.

**Anticoagulant:** prevents the blood from clotting.

**Antidepressant:** alleviates or prevents depression.

**Antiemetic:** relieve nausea, vomiting and stomach problems.

**Antifungal:** kills fungal infections.

**Antigalactagogue:** lessens the production of milk in nursing mothers.

**Anti-inflammatory:** reduces inflammation.

**Antimicrobial:** inhibits the growth of micro-organisms.

**Antineuralgic:** stops nerve pain.

**Antioxidant:** Protects the body against free radicals.

**Antipruritic:** prevents and relieves itching.

**Antipyretic:** reduces and relieves fever.

**Antiseptic:** destroys or prevents the growth of bacteria.

**Antispasmodic:** relieves or prevents spasms, cramps and convulsions.

**Antisudorific:** stops perspiration.

**Antiviral:** weakens and kills viruses.

**Aperient:** mild laxative.

**Aromatic:** rich in aromatic volatile oils, used to aid digestion and expel gas.

**Astringent:** increases firmness and tone of tissues.

**Bitter:** promote the flow of digestive juices, good for digestion.

**Calmative:** mild sedative or tranquilizer.

**Cardiac:** improves the power and regularity of the heart.

**Carminative:** expels gas from the intestines.

**Cholagogue:** stimulates the flow of bile.

**Coagulant:** clots the blood.

**Counter-Irritant:** Induces local irritation of skin, drawing blood and other materials to the surface from deeper tissues, relieving congestion and inflammation.

**Decongestant:** relieves congestion.

**Demulcent:** soothes irritated or inflamed tissue internally.

**Deodorant:** eliminates offensive odors.

**Derivative:** Draws blood and other fluids from one part of the body to relieve congestion in another.

**Diaphoretic:** increases perspiration - good for fever and illness.

**Digestive:** promotes and aids digestion.

**Discussant:** dissolve and remove tumors and abnormal growths.

**Disinfectant:** kills infections and disease promoting germs.

**Diuretic:** increases the flow of urine.  
**Emetic:** induces vomiting.  
**Emmenagogue:** promotes and regulates menstruation.  
**Emollient:** softens the skin and soothes inflamed tissue - externally.  
**Expectorant:** promotes the discharge of mucous from the throat and lungs.  
**Febrifuge:** Reduces or prevents fevers.  
**Galactagogue:** promotes or increases the milk in nursing mothers.  
**Germicide:** kills germs  
**Hemostatic:** stops hemorrhaging.  
**Hepatic:** strengthens and tones the liver.  
**Hypotensive:** stabilizes blood pressure, whether too high or too low.  
**Hypolipidemic:** decreases the level of cholesterol in the blood.  
**Immunostimulant:** improves the body's innate healing capacity.  
**Insecticide:** kills insects.  
**Laxative:** promotes bowl action.  
**Lithotriptic:** dissolves and discharge urinary and gall bladder stone.  
**Lymphataic:** stimulates and cleanses the lymphatic system.  
**Nephritic:** influence the kidneys, used for kidney complaints.  
**Nervine:** supports, soothes and calms the nervous system.  
**Nutritive:** herbs containing a substantial supply of nutrients, building the body.  
**Ophthalmic:** supports and builds the eyes.  
**Parasiticide:** kills and removes parasites from the skin.  
**Parturient:** facilitates labor and childbirth.  
**Pectoral:** effects and supports the respiratory system.  
**Purgative:** powerful bowl action.  
**Refrigerant:** cools and lowers body temperature.  
**Regenerator:** promotes new growth or repair of tissue that is diseased or injured.  
**Relaxant:** reduces tension and produces relaxation.  
**Rubefacient:** stimulates and increases blood flow to the surface of the skin.  
**Sedative:** calms anxiety and promotes drowsiness.  
**Sialagogues:** increased the flow of saliva.  
**Soporifics:** tends to induce drowsiness or sleep, hynotic.  
**Stimulant:** excites or quickens an activity in the body.  
**Stomachic:** strengthens, stimulates and tones the stomach.  
**Styptic:** Reduces or stops external bleeding.  
**Sudorific:** promotes or increases perspiration.  
**Tonic:** strengthens and invigorates the entire body (or specific organs).  
**Vermifuge:** expels intestinal worms.  
**Vulnerary:** heals wounds.



### *Medicago sativa*

**Family:** *Leguminosae*, includes beans and peas

**Parts used:** Leaves and flowers, sprouts can also be eaten but the healing properties lie in the leaves.

Alfalfa means - father of all foods. This is very fitting since it has the largest array of vitamins and minerals which feed every body system and in turn brings balance to the body. This is one herb that cannot be given a list of what it does (although I have tried to do that here) because it does so many things. I find myself putting this into many blends as I feel directed by the spirit, even though it may not "fit" into a certain category. Keep that in mind when learning about and using this "King of Herbs".

## Properties:

Alterative, astringent, bitter, diuretic, nutritive, pectoral, refrigerant, tonic.

**Energetics:** sweet, neutral to cooling

**Systems Affected:** digestive, urinary, cardiovascular

## Uses:

Alfalfa aids in almost all health conditions due to the rich supply of vitamins and minerals, whatever the body is lacking, alfalfa seems to have that which brings the body back in to balance thus clearing up health conditions (when used in addition to a whole foods diet, see *Lesson 1, p.3*).

- Aids in arthritis and gout.
- Inflammation
- Blood cleansing and building.
- Anemia
- Gastritis
- Digestive problems.
- Ulcers
- Liver cleansing: helps with disorders and to strengthen and aid the liver.
- Aids in water retention conditions due to diuretic properties.
- Detoxifies kidneys, aids in cystitis and inflamed bladder conditions.
- Eczema
- Hemorrhoids
- Asthma
- Reduces blood cholesterol levels and plaque deposits on artery walls.
- Helpful in controlling high blood sugar.
- Constipation
- Body and breath odor.

- Bleeding gums
- Infections
- Burns, cuts, bruises, and prevention of scar tissue from forming.
- Athlete's foot and other fungal infections.
- Tonic for wasting conditions.
- Stimulates white blood cell production.
- Binds carcinogens in the colon and helps speed their elimination which can help prevent and fight cancer.
- Alkalizes and detoxifies the body.

## Women's Health:

- Estrogen- deficiency osteoporosis.
- Menopause conditions.
- Endometriosis
- Increase milk supply and nourishment in breastfeeding women.

\*Best to avoid use during pregnancy due to the estrogenic effects of this herb

## Nutrition:

- One of the most mineral rich foods known (due to the 30 foot tap root, which can go as deep as 125 feet).
- Digestive-aiding enzymes.
- 8 of the essential amino acids.
- Calcium, magnesium, phosphorus, potassium, folic acid, silicon, and other minerals.
- Virtually all know vitamins.
- Highest chlorophyll content of any plant.
- All minerals are balanced in alfalfa's whole form which promotes absorption.

## Methods of Use:

- Tincture
- Tea
- Powdered, Capsules, Sprinkle, Pills
- Fresh – add to salads and other culinary creations.

## Wildcrafting/Harvesting:

- You can easily grow alfalfa in your herbal garden...and chances are it could very well be growing in your yard already. This is a perennial herb that will come back year after year.
- Harvest once it starts blooming by cutting down to 3 inches, then dry. Or you can gather fresh as you want it.



### *Aloe barbadensis*

**Family:** *Liliaceae* - lily, tulip, garlic, onion

**Parts Used:** gel from inside the leaves

Aloe Vera is native to Africa and has 500 different species. It is known as a common household plant that has amazing burn healing properties, but did you know just how many other healing properties this common plant has?

### Properties:

Alterative, adaptogenic, anti-inflammatory, anti-bacterial (fresh plant only), anti-fungal, antiviral, bitter, demulcent, emollient, vulnerary.

**Energetics:** cooling

**Systems Affected:** liver, kidney, intestines

### Personal and Beauty Care:

- Skin healer and rejuvenator.
- Moisturizes, tones and firms the skin.
- Great for acne due to the anti-inflammatory and skin healing properties – use both internally and externally.
- Natural sunscreen, blocking 20-30% of UV rays.

### Uses:

- Soothes and heals all types of burns including sun burn, kitchen burns, first, second and even third-degree burns.
- Blisters, rashes, eczema, boils, rough skin, and skin eruptions (as long as no staph infection is present).
- Herpes (cold sores), apply several times a day, pain relieving and helps to dry up the blister.
- Mild pain reliever.
- Cuts, scrapes, wounds, and abrasions.
- Fresh gel can be used as a natural band aid, just make sure the wound is clean before applying.
- Nursing mothers can use for sore, cracked, dry, nipples.
- Canker sores and mouth problems, mix gel with an herbal tincture or essential oil and swish around the mouth. Can also apply directly to the sore or gums.
- Hives
- Insect bites and stings.
- Poison ivy, oak, and sumac.

- Heartburn
- Hemorrhoids
- Constipation
- Inflamed intestinal wall.
- Arthritis and bursitis – taken internally and/or externally as a liniment.
- Perineal Tears – Place gel on a menstrual pad and hold in place, this will relieve the pain as well as heal the tear quickly. Apply a new poultice when the pain returns.

## Methods of Use:

- Aloe vera comes in many forms, from the gel inside the plant leaves, to commercial gel and even freeze-dried powder. When choosing an aloe vera gel, look very closely at ingredients, you want pure aloe vera. Many brands use artificial colors and preservatives so be aware of what you are purchasing.
- If you have an aloe vera plant, you can cut a leaf off when needed. Only use the clear gel from the leaf, not the leaf itself or the brown gel near the leaf. Apply the gel to area of concern or take internally.
- Aloe vera juice: Cut one aloe leaf of the plant and set upside down in a jar of water for 15 minutes to drain the latex. Cut all the green leaf off so only the clear gel is left. Place in a blender with 1-2 cups of water and blend to desire consistency.
- Aloe vera liquid can be infused with other herbs, fill a jar ½ full of herbs, cover with aloe vera liquid by 1-2". Let sit for 2 weeks, shaking daily, strain and you now have a power packed aloe vera liquid. Use this for a toner or liniment on the skin or an herbal beverage.

## Care/Harvesting:

- Place in a sunny south-facing window, although it is not fussy.
- Water moderately and keep the soil well drained.
- Cut one leaf off at a time for use. A cut leaf can be stored in the refrigerator for several weeks. Slice open and scoop out the clear liquid gel with a spoon. Use as is or blend for a smoother gel.
- The plant will produce offshoots which you can remove and replant when they are a few inches tall.

## Cautions:

- Don't use on staph related infections as the aloe can seal in the bacteria, causing more problems.
- Be careful to not get the leaf part of the plant mixed in your gel if using internally. The leaf has very powerful laxative properties.
- Do not take internally if pregnant or nursing.





*Angelica archangelica*

**Family:** *Umbelliferae* - carrot, parsley, dill

**Parts Used:** roots, leaves, seeds

### Properties:

Anti-inflammatory, antiseptic, carminative, diaphoretic, digestive, emmenagogue, expectorant, stimulant, tonic.

**Energetics:** warming, drying, sweet or pungent

**Systems Affected:** cardiovascular, nervous, digestive

### Uses:

- Women issues – menstrual, menopausal, hormones, and other women concerns.
- Respiratory issues such as bronchitis and pneumonia.
- Digestive problems; nausea, diarrhea, vomiting.
- Cramps, massage oil over painful areas.
- Gas, appetite, and gastric ulcers.
- Improves circulation.
- Nourishes central nervous system.
- Stimulates fluid movement in the lymphatic system.
- Colds and flu
- Fever
- Addictions. Helps to curb cravings.

### Methods of Use:

- Food: leaves and stems can be steamed and eaten or added to soups and salads.
- Tea (leaves and seeds = mild)
- Decoction (root = strong)
- Tincture
- Syrup
- Herbal Oil for massage or cooking.

### Care:

- A biennial plant that grows in clumps 4-6 feet tall with a large tap root, umbels have clusters of yellowish green flowers.
- Grows in moist soil and full to partial shade, near streams, in sandy/loamy soil.
- Sow seeds in the fall or transplant by root divisions 1-2 weeks before the last frost.



- Moderate to heavy water.

## Harvesting:

- Harvest leaves and stems in the fall or anytime you desire.
- Roots should be harvested during the spring or fall of the second year.
- Seeds can be harvested from the umbels as the turn brown.

## Cautions:

- Avoid during pregnancy
- Raises blood sugar levels in the urine so those with diabetes should be cautious.



*Balsamorhiza sagittata*

**Family:** *Asteraceae* – sunflower, daisy

**Parts Used:** roots, leaves, flowers

### Properties:

Antibacterial, antifungal, antimicrobial, antiseptic, expectorant, diaphoretic, immune stimulant.

### Uses:

- Use as you would echinacea – it is the wild version on steroids.
- Immune stimulant, use at the onset of any illness.
- Cold and flu season for fighting viruses and bacteria.
- Respiratory issues such as coughs, croup, sore throat.
- Infections of all kinds including fungal infections like athlete's foot and ringworm.
- First aid herb for wounds, cuts, bruises, bites, and burns.
- Headaches

### Methods of Use:

- Tincture and Liniment (use alcohol for extracting root properties).
- Tea, Steam (inhale to alleviate headaches)
- Syrup, Honey
- Poultice (both root and aerial parts) can be chewed and applied instantly.
- Powdered leaves (make a paste with hot water and apply for first aid).
- Powdered root (sprinkle on fungal infections like athlete's foot and jock itch).
- Herbal Oil, Salve

### Wildcrafting/Harvesting:

- Resinous, aromatic perennial can grow up to 30" tall.
- Can be found in forest openings, meadows, valleys, slopes, road banks, and hillsides.
- Large, grayish, basal leaves that are fuzzy and have the appearance of long arrows. Yellow, sunflower like blooms.
- Harvest aerial parts anytime during the season. Roots are best in the fall.

### Cautions:

- Excessive use can irritate the kidneys and digestive system, nausea will be your guide.



*Ocimum* – variety of species

**Family:** *Lamiaceae* - mint family

**Parts:** leaves

### Properties:

Antibacterial, anti-infectious, anti-inflammatory, antioxidant, antiseptic, antispasmodic, antiseptic, antiviral, aromatic, carminative, decongestant, diaphoretic, expectorant, febrifuge, stimulant.

**Energetics:** cooling

**Systems Affected:** digestive, nervous

### Uses:

- Sinus and bronchial congestion, dissolves phlegm and mucous.
- Cold and flu
- Fever
- Increase milk flow in nursing mothers.
- Fatigue, clears the mind.
- Depression, stress, and anxiety.
- Insomnia
- Cleanses and tones the digestive system.
- Upset tummy (any digestive complaint).
- Nausea, vomiting, gas, stomach cramps.
- Headache
- Soothes insect bites and stings (use fresh as a poultice).
- Repels flies and insects.
- Purifies the air.

### Methods of Use:

- Food: pesto, use liberally in cooking dishes.
- Tea
- Tincture
- Poultice, Compress
- Vinegar Tincture for culinary use
- Herbal Oil
- Syrup, Honey
- Herbal Butter or Ghee

- Herbal Sprinkle
- Bath and Foot Soak
- Herbal Pillow
- Basil Essential Oil

## Care/Harvesting:

Basil is quite easy to grow from seed or you can transplant them from a nursery. It will grow in almost any garden and there are many varieties to choose from.

- If starting from seed, start indoors 4-6 weeks before the last frost. Keep in a warm, sunny location. Basil loves it warm.
- Transplant outdoors 12" apart in full sun after the last frost. You can sow seeds directly into the garden after the last frost also, it will take 7-10 days to sprout.
- Water regularly.
- Pinch back stems regularly to keep your plant full, bushy, and producing all season. Once the plant flowers it will go to seed and be done for the season.
- Companion plant next to peppers and tomatoes.
- To harvest cut leaves off the top of the plant throughout the growing season. At the end of the season cut the entire plant down to preserve for winter use. Basil is an annual so it will have to be planted each spring.

## Preserving Basil:

**Drying:** Dry as quickly as possible and only use the leaves that retain a healthy green color. If they turn dark or black the medicinal properties have been lost.

**Freezing:** There are two methods for freezing basil, first wash the leaves, dry with a towel and freeze them whole, wrapped in paper towels. You can also chop the leaves, place in an ice cube tray and pour water over the top. Freeze, then pop out the cubes and store in a freezer bag.

## PESTO

My favorite method for preserving and eating basil is by making pesto. I make big batches and freeze in ice cube trays. I use this all throughout the winter for a fresh from the garden basil taste and with all the medicinal properties of both the basil and the garlic.

½ cup olive oil  
 2 cups basil  
 1 cup leafy greens (kale, spinach, chard or other herbs of choice)  
 ½ cup nuts (pine nuts, walnuts, pecans, almonds, etc.)  
 3 garlic cloves  
 ½ teaspoon Real salt  
 ¼ c. Parmesan cheese



Blend together in food processor or blender until chunky or smooth, depending on your preference.



*Monarda fistulosa*

**Family:** *Lamiaceae* – lavender, bergamot

**Parts:** leaves and flowers

### Properties:

Antimicrobial, antiseptic, antifungal, carminative, diaphoretic, mild nervine.

**Energetics:** warming

**Systems Affected:** digestive

### Uses:

- Nausea and vomiting.
- Gas, bloating, tummy ache or rumbling, diarrhea, upset stomach.
- Respiratory infections and issues.
- Fever
- Tension headaches.
- Ear infection (use with mullein flowers).
- Fungal infections.

### Methods of Use:

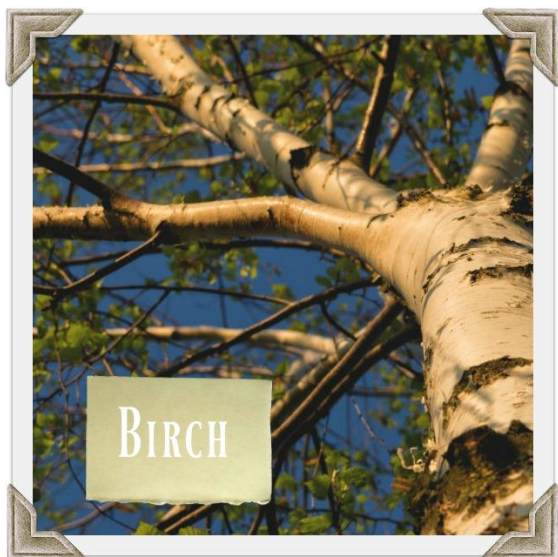
- Tincture
- Tea
- Syrup, Honey
- Poultice
- Herbal Oil, Salve

### Care/Harvesting:

- Can be found in the wild as well as cultivated in a garden. Look for plants from your local nursery. Be mindful it likes to grow and spread out.
- Prefers rich moist, soil in full to part sun.
- Gather leaves and blossoms as needed throughout the season.

### Cautions:

Do not use during pregnancy.



*Betula* (many species)

**Family:** *Betulaceae* - birch

**Parts Used:** sap, leaves, inner bark, buds

Birch is known as “The Giving Tree”, there are several species of medicinal birch the most common species are *B. pendula*, *B. pubescens*, *B. lenta*. Birch can be easily wild crafted but can also be cultivated as part of a home landscape.

### Properties:

Discutient, analgesic, diuretic, cleansing tonic (sap), astringent, bitter, anti-inflammatory, antiseptic, aromatic, stimulant, anti-sporadic, antiviral, anti-cancer, febrifuge, antibacterial.

**Energetics:** cooling

**Systems Affected:** urinary, joints, skin

### Uses:

- Cleanse and support urinary system.
- Dissolves kidney and bladders stones and gravel.
- Tonic and detoxifier.
- Treats diarrhea and dysentery.
- Reduces fluid retention and swellings.
- Cystitis
- Clears up many skin problems such as eczema and psoriasis (in addition to a clean diet).
- Cardiac or renal edema and dropsy.
- Pain reliever that is helpful for conditions such as fibromyalgia, arthritis, gout, and rheumatic conditions.
- Prevention and treatment of melanoma cancers (due to the betulinic acid).
- Reduces fevers.
- Cramps
- Wounds, boils, and sores.
- Sprains, strained muscles, and sport injuries.
- Headaches
- Canker and mouth sores.

### Methods of Use:

- Sap: drink fresh or gently simmer for a syrup.
- Compress: 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 like the herbal oil above, slowly releasing properties over a longer period.
- 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.

## 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 and never around the circumference of a tree.



*Juglans nigra*

**Family:** *Juglandaceae*

**Parts:** green hulls (nuts), leaves, inner bark

### Properties:

Antimicrobial, antiseptic, antifungal, antiparasitic, astringent, antioxidant, antiviral, blood tonic, carminative, diaphoretic, mild nervine, vermifuge, sudorific.

**Energetics:** warming, drying, bitter

**Systems Affected:** skin, digestive, heart, nerves, lymph

### Uses:

- Skin conditions such as eczema, psoriasis, acne, dermatitis.
- Fungal infections such as ringworm and athlete's foot.
- Shingles
- Boils, sores, and warts (long term daily use applied externally).
- Cleanses blood and intestines.
- Gut problems like diarrhea and constipation.
- Intestinal parasites, worms, and candida.
- Cold sores (apply tincture topically).
- Strengthens and build tooth enamel (a natural source of fluoride).
- Prolapsed uterus.
- Pink eye, conjunctivitis.
- Thyroid conditions.
- Natural form of iodine - protects against radiation.
- Sore throat and abscesses (use as a gargle).
- First aid remedy to disinfect cuts and wounds and treat infection.
- Helps body assimilate nutrients.

### Methods of Use:

- Tincture from green hulls (take internally as well as apply topically)
- Baths, Foot Soak, Fomentation
- Poultice
- Powder, Capsules, Sprinkle (sprinkle on fungal conditions).
- Tea (bark and leaves) – skin, eyes, digestion.
- Gargle, Mouth Wash

## Wildcrafting/Harvesting:

- Leaves can be harvested anytime but best in late spring, early summer. They can be dried for future use.
- Inner bark is best gathered in early summer from the twigs.
- Pick hulls when they are green. Wearing gloves, use a knife to cut the hull from the nutshell or crush the hull with a mallet or hammer. Tincture or dry immediately.

### ANTIFUNGAL POWDER

This is a modified version from Rosemary Gladstar's [Herbal Recipes for Vibrant Health](#)

½ cup bentonite clay  
1 tablespoon powdered chaparral  
1 tablespoon powdered black walnut hulls  
1 teaspoon powdered wormwood  
1 teaspoon tea tree essential oil

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



*Borago officinalis*

**Family:** *Boraginaceae* - comfrey, forget me not

**Parts:** leaves, stems, flowers

### Properties:

Anti-inflammatory, astringent, demulcent, diuretic, diaphoretic, emollient.

**Energetics:** cooling, moistening

**Systems Affected:** adrenal, liver, kidney, skin

### Uses:

- Cleanse and detox, rids the body of toxins.
- Supports the liver and kidneys.
- Induces sweating which can lower fever.
- Blood purification.
- Renew and revive adrenal glands.
- Coughs and colds.
- Softens skin, varicose veins, bruises, inflamed eyes, clear up skin.
- Dry leaves spark when burned and flame up easily.

### Methods of Use:

- Food: cucumber like flavor, chop and add to salads, dips, soups, and sandwiches.
- Tea – ¼ cup fresh plant per cup of water.
- Juiced
- Tincture, Vinegar
- Poultice – reduces inflammation
- Syrup, Honey

### Care/Harvesting:

- Plant seeds directly outdoors in late spring or transplant in late spring.
- Water moderately.
- Planting next to tomatoes, strawberries, and squash will boost their flavor, resist disease, and keep pests away.
- Pluck leaves and flowers as needs during the season, flavor is best when in flower.



*Ephedra viridis (and other species)*

**Family:** *Ephedraceae*

**Parts:** leaves, stems, twigs

Also known as Mormon tea, both names stemming from the use of this plant by the Utah pioneers.

### Properties:

Anti-inflammatory, antihistamine, antiseptic, astringent, diuretic, expectorant,

**Energetics:** drying

**Systems Affected:** lung, kidney, and bladder

### Uses:

- Lung issues such as asthma, hay fever, bronchitis, and coughs.
- Cold and flu.
- Fever
- Allergies
- Digestive tonic
- Joint pain and inflammation.
- Purifies the blood and promotes circulation.
- Kidney support, helping to prevent infection and disorders.
- Wounds and sores.
- Energy booster.

### Methods of Use:

- Tea, prepare as a decoction simmering for a few minutes.
- Tincture
- Powdered, Capsules
- Poultice (easiest way is to add water to the powder to form a paste)

### 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 five feet, leaves are scale like rounded stems that are grooved and jointed.

- Harvest anytime by pulling off the stem like leaves and twigs.

### Cautions:

Not for use while pregnant or nursing.



*Arctium lappa*

**Family:** *Asteraceae* – sunflower, daisy

**Parts:** root and leaves

### Properties:

Alterative, anti-inflammatory, antioxidant, demulcent, diuretic, hepatoprotective, lymphatic, prebiotic.

**Energetics:** cooling, moistening

**Systems Affected:** skin, liver

### Uses:

- Blood purifier.
- Moves stagnant lymph.
- Skin tonic, helps clear up eczema, psoriasis, rashes, boils and acne.
- Liver and kidney support, helps process toxins.
- Joint pain and inflammation (leaf poultice externally while root internally).
- Bone spurs and calcified joints.
- Feeds the gut flora so great for gut health.

### Methods of Use:

- Decoction (root tea)
- Tincture
- Herbal Oil
- Salve
- Bath, Steam
- Food: add root to stocks and soups.

### Wildcrafting/Harvesting:

Found throughout the mountain west, in disturbed soils, waysides, and trails.

- Roots should be gathered before the flower stalk is sent up in the fall or spring of its first year.





### *Calendula officinalis*

**Family:** Asteraceae – daisy, sunflower

**Parts:** flower

I love this herb, it is not only beautiful, bright, and happy, it also has amazing healing and nourishing properties for your skin and body. Calendula can be used in the home pharmacy, the first aid kit, the cosmetic counter, the kitchen, and the flower garden.

**Energetics:** cooling, drying, bitter, pungent

**Systems Affected:** digestive, skin, lymph

## Properties:

Antifungal, antimicrobial, anti-viral, antispasmodic, anti-inflammatory, astringent, antiseptic, cholagogue, detoxifying, emmenagogue, lymphatic, vulnerary, emollient.

## Personal and Beauty Care:

- #1 skin care herb
- Wrinkles and maturing skin.
- Cleanses and moisturizes.
- Heals damaged skin such as acne, scars, chapping, and sunburn.
- Use for golden highlights (use in hair rinse or oil).

## Uses:

- Acute and chronic skin conditions, such as eczema, psoriasis, and acne.
- Cold sores, canker sores, swelling of the skin, tissue regeneration .
- Wounds, bruises, cuts, sores, abrasions, slow healing wounds.
- Burns, sunburn
- Skin ulcers, blisters, infections, and rashes.
- Chicken pox and measles.
- Great baby care herb for: cradle cap, diaper rash, thrush and as a skin soothing baby oil.
- Earaches
- Swollen glands and lymph health (along with exercise and stretching to keep the lymph moving).
- Sore throat, inflammation in the mouth.
- First aid care, bug bites.
- Fevers
- Eye strain and conjunctivitis (pink eye).
- Gastrointestinal problems, diarrhea, ulcers, cramps, indigestion, etc.

- Varicose veins
- Hemorrhoids (use in bath water and as a salve).

## Methods of Use:

- Herbal Oil
- Salve, Ointment, Balm
- Tincture
- Tea
- Poultice, Compress
- Powder, Sprinkle
- Herbal Bath, Foot Soak, Steam
- Gargle, Mouthwash
- Soaps and Personal Care Products
- Use as a food coloring for a golden color - add 1/2 cup of flowers to soup, broth or heated water.
- Petals can be removed and sprinkled into salads, omelets, cream cheese, butter, bread, smoothies, sandwiches, etc. As always get creative with this.

## Care/Harvesting:

- You can start seeds indoors or sow directly in the ground in the spring, 10" apart.
- Plant in full sun, but this herb is easy and will grow in some shade if that's all you have.
- Provide light to moderate water and dead head for non-stop blooming.
- Pick blossoms when just fully opened on a dry, sunny day before it gets too hot - yes they will be sticky.
- Don't pick flowers that have already begun to seed, they are no longer medicinally active.
- If you keep removing spent blossoms, the plant will continue to bloom right to the beginning of winter.
- Collect seeds in the fall to plant next spring or leave on the plant to self-seed.



*Nepeta cataria*

**Family:** Labiatae - mint

**Parts:** leaves and flowers

Catnip is one of the best children's herbs as it is gentle and safe, yet powerful for upset stomach, colic, and digestive problems. It also helps calm children and babies and aids in a restful sleep. It is great herb choice for pregnancy, nursing, and babies.

**Energetics:** cooling, drying

**Systems Affected:** digestive, nervous, lungs

## Properties:

Antispasmodic, analgesic, astringent, anodyne, anti-inflammatory, cholagogue, nervine, emmenagogue, antacid, sedative, anesthetic, carminative, diaphoretic, bug repellent.

## Infants and Children:

- Colic, fussy baby.
- Jaundice
- Sedative, helps induce sleep.
- Teething pain reliever (popsicles work great for this purpose).
- Relieves gas, bloating, and tummy aches.
- Alleviates many symptoms of childhood diseases and illness.

## Uses:

- Nourishes and soothes muscles and nerves.
- Anxiety, nerves, stress.
- Colds, flu, and fever (enema is the best method of use).
- Coughs, sore throat, chest congestion, croup, bronchitis, etc.
- Digestive complaints, gas, bloating, indigestion, diarrhea, constipation.
- Nausea, morning sickness, upset stomach, "butterflies" – nervousness.
- Relieves any type of muscle cramping, even those associated with pregnancy.
- Appendicitis (enema).
- Toothache (chew on the leaves).
- Headache
- Insomnia aids a restful sleep.
- Cataracts, eye health.
- Woman issues, before, during and after birth.
- Menstrual discomfort, painful cramps, afterbirth cramping.
- Relaxes the uterus, preventing contractions, so helpful to prevent miscarriage.

- Makes a great insect repellent, plant by doors or infuse into witch hazel, water, or oil for a bug spray.

## Methods of Use:

- Fresh Leaf: can rub directly onto body for insect repelling properties. Chew on leaves or add to foods (has a musky type of flavor).
- Tea (blends well with mint and chamomile, both great for children).
- Enema (best way to use with children).
- Bath/Foot Soak
- Tincture
- Syrup
- Poultice, Compress
- Powdered, Capsules, Sprinkle
- Salve, Ointment, Cream
- Herbal Honey
- Liniment
- Sachet make good sleep pillows
- Hydrosol

## Care/Harvesting:

- Can be foraged in disturbed areas, roadsides, streams, ponds, and waste ground.
- Sow seed directly in the garden in mid spring or start from seed indoors 4-6 weeks before last frost. Roots can be propagated or purchase from a nursery as a transplant.
- Transplant in full sun or partial shade, 12" apart after last frost.
- Grows well in any soil, give low to moderate amounts of water, catnip likes it dry more than wet.
- I highly recommend putting a cage around this plant as I have attracted every cat in the neighborhood with mine, I lost three different plants before I realized I needed to protect it with a cage.
- Can be harvested anytime during the season but catnip is at its most potent when flowering. Cut back to 3-4" and it will continue to grow, giving you several cuttings throughout the season.



*Capsicum annum*

**Family:** *Solanaceae* – nightshade, tomato, peppers

**Parts:** fruit

All peppers have medicinal properties, but cayenne seems to have the strongest and what is used the most for medicinal purpose.

**Energetics:** hot, dry, warming

**Systems Affected:** cardiovascular, digestive

### Properties:

Anti-inflammatory, stimulant, astringent, hemostatic, carminative, anti-tumor, anti-catarrhal, rubefacient, analgesic, antispasmodic, antibacterial, anti-ulcer,

anti-microbial, antiseptic, astringent, thermogenic, styptic.

### Uses:

- Circulation stimulant warms the body and extremities.
- Heart attack, stroke, shock (give victim 1 tsp. powder mixed with 1 cup warm water or dropperful of tincture under tongue-this is great to have in an emergency first aid kit).
- Heart tonic (supports arteries, blood vessels and heart).
- Rebuilds vein structures and removes plaque from veins.
- Prevents blood clots, keeps blood flowing freely through the veins.
- Lowers cholesterol and triglyceride levels, reducing heart disease.
- Hemorrhage
- Digestive aid - enhances digestion and absorption.
- Diarrhea related to infection
- Muscle and joint pain (internal and external)
- Cramps and menstrual pain.
- Sprains and strains.
- Ulcers
- Asthma
- Pain reliever (use topically).
- Relieves the muscle pain and tenderness caused by fibromyalgia.
- Relieves pain associated with shingles, chicken pox, and herpes.
- Relieves the pain and itchiness associated with psoriasis and eczema.
- Headaches
- Cold and flu
- Sore throat, respiratory congestion, tonsillitis, laryngitis.
- Oral health to prevent and heal dental issues.
- Used for self-defense in pepper sprays and for pest control in the garden.

## Methods of Use:

- Tea (use 1 tsp. cayenne to 1 cup warm water)
- Tincture
- Powder (sprinkle a small amount into slippers or shoes to warm frozen extremities)
- Capsules
- Honey
- Herbal Oil
- Salve, Ointment, Liniment
- Food: add to meals if you can handle the heat.

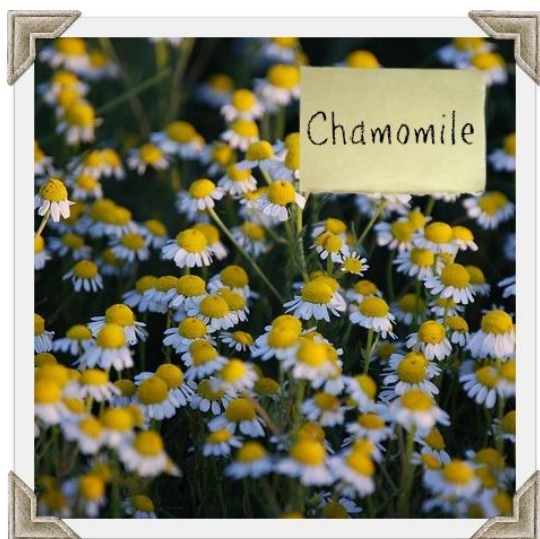
## Care/Harvesting:

- Cayenne likes a bright, sunny, and warm location.
- Transplant into full sun after the last frost.
- Prefers dry soil, requires little water.
- Plant next to basil and cilantro, but stay away from sweet peppers, it will make them hot.
- Use gloves when picking, pick the fruit when it is bright red.
- For dehydrating and making powder, wash with warm water and dry completely. Remove stems (keeping those gloves on) and slice in half. Place on dehydrator tray and set the temp. between 135 – 145 for 8-12 hours.
- Once dry, blend into a powder and store in a cool, dark location.

## Caution:

This is a perfectly safe herb but can be hot! Use appropriate dosages and watch for skin irritation. Not recommended for children under two and in small amounts for older children. Be careful when handling cayenne, it will burn, gloves are always recommended.





*Chamaemelum nobile* – German Chamomile

*Matricaria recutita* – Roman Chamomile

**Family:** *Compositae* – daisy

**Parts:** blossoms

There are two main types of chamomile, although there are many species, the most commonly used is German Chamomile which is true chamomile and has the signature, sweet, apple-like flavor. It is a self-seeding annual unlike its cousin, Roman chamomile, which is a perennial and known also as garden chamomile, it has larger blossoms and a more bitter flavor. True chamomile (German) has mild, gentle, and soothing properties while the garden chamomile (Roman) does not so it should not

be used as freely.

**Energetics:** cooling, drying, bitter/sweet

**Systems Affected:** nervous, digestive

## Properties:

Antibacterial, antifungal, analgesic, anticatarrhal, anti-inflammatory, antiseptic, antispasmodic, astringent, carminative, cholagogue, febrifuge, mucilage, nervine, sedative, vulnerary.

## The Children's Herb:

- Colic, fussiness.
- Tummy problems.
- Calming and soothing.
- Teething
- Sleeplessness
- Stress and anxiety.
- Irritable, cranky, restless.
- Fever
- Use in all personal care preparations for baby (powder, creams, oils, etc. - gentle and soothing for sensitive skin while leaving a pleasant aroma.

## Beauty and Personal Care:

- Mild cleanser and deodorizer.
- Heals and repairs skin tissue both externally and internally.
- Softens skin (soak roughened areas in the tea, use in salves and creams).
- Tightens and tones skin.
- Good addition to toners and facial cleansing grains to help remove blackheads and keep skin soft and clean.

- Puffy/dark circles under eyes (apply cool tea bags right over eyes or use a compress).
- Perfume or deodorant.
- Add powdered herb to Redmond clay for a natural body powder to deodorize feet, under arms and other areas.
- Softens, strengthens hair while also working as a mild hair.

## Uses:

- Relieves tension, stress, and anxiety.
- Helps the body and mind to calm down, resulting in a more restful sleep.
- Headaches
- Immune support to aid the body in fighting infection and getting rid of bacteria and viruses
- Fever, flu, cold, sore throat, cough, etc.
- Strengthens and supports the nervous system.
- Soothes gastrointestinal tract and mucous membranes.
- Mild pain reliever.
- Cramps, muscles spasms, sore muscles
- Joint pain and inflammation.
- Digestive support - use for nausea, morning sickness, stomachache, etc.
- Liver and gallbladder support - has been used for jaundice and gallstones.
- Ulcers
- Soothes and strengthens kidney, liver, and bladder.
- Treats both internal and external infection.
- Strengthens and tones the womb, helping to ease PMS symptoms and menstrual cramps
- Wounds, burns and infections.
- Itchy, irritated skin, rashes, and general skin tissue repair.
- Eyes - strain, irritation, dark circles, puffiness, infection, conjunctivitis, etc. (use as an eye wash or tea bags over eyes).

## Methods of Use:

- Tea, blend with lemon balm and rose petals for the nervous system. Use a weak tea for babies under 2 (1/2 teaspoon per one cup of water).
- Compress, Poultice
- Herbal Bath, Foot Soak, Steam
- Herbal Oil, Salve, Balm, Cream, Etc.
- Tincture
- Honey, Syrup
- Herbal Capsules, Powder, Sprinkle
- Sleep Pillow, Herbal Sachet
- Eye Wash or Compress (use tea bags or cloth soaked in tea).
- Douche, Enema

## Care/Harvesting:

German and Roman chamomile are different plants in the garden. Roman is a perennial that is best started with a transplant while German is a self-seeding annual that easily pops up when seeds are sown. I will be focusing on German, since it is the chamomile, I am familiar with and the most commonly used.

- Sow seeds directly in the garden in early spring, keep moist until germinated. If you already have chamomile in your garden, it will easily self-seed and come spring you will have little sprouts all over. Thin to about 10 inches apart.
- Because the seeds are so light and tiny you can mix them with sand first and then sprinkle around your area of choice or find a transplant in your local nursery.
- Prefers dry, well-drained soil. Provide light to moderate amounts of water.
- Chamomile likes partial shade and tends to shrivel in full sun.
- Harvest when flowers are fully open and fragrant. You can snip the blossoms off with scissors, but I prefer to run my fingers up the stems and pop off the tops right into a basket. This method is very therapeutic and you receive all the benefits of the chamomile as you do it.
- Chamomile makes a great companion to all other plants (except potatoes) as it tends to keep them healthy and disease free.
- Leave some blossoms on the plant in the fall if you would like them to self sow.

## Caution:

From the ragweed family so always check for allergic reaction before use.



*Stellaria Media*

**Family:** *Caryophyllaceae*

**Parts:** leaves and blossoms

Chickweed has very tiny flowers that close when overcast. It is one of the first plants to appear in early spring and full of nutrients and first aid healing properties. She is also known as Starweed because of her beautiful tiny, and I mean tiny, white flowers that resemble little stars.

**Energetics:** cooling, moistening, bitter/sweet

**Systems Affected:** skin, lung

## Properties:

Emollient, demulcent, drawing, febrifuge, expectorant, galactagogue, lymphatic, mucilaginous, emulsifier, nutritive, mild diuretic, vulnerary,

## Uses:

- Canker, mouth sores and abscesses.
- Sore Throat – gargle.
- Lung support - aids in healing respiratory conditions bronchitis, asthma and dry coughs.
- Conjunctivitis (pink eye) – poultice, compress, salve can even be rubbed around outside of the eyelid.
- Eye inflammation and sties - same as above, can be used cooled or warmed.
- Tired, sore, dry, irritated eyes.
- First aid – cuts, scrapes, abrasions, wounds, bruises, splinters - can be used immediately as an emergency herb by chewing up or crushing with hands and placing over wounds.
- Burns, including sun burn.
- Skin ailments – eczema, psoriasis, dry, chapped, itchy skin, rashes, boils, sores, irritation (use both inside and out).
- Blisters and warts.
- Diaper rash.
- Hives and heat rash.
- Chicken pox and shingles (bath, salve).
- Bug bites and stings.
- Sore and tired muscles – (bath, salve).
- Inflammation - both internal and external.
- Kidney, liver, gallbladder support, aids the body to heal blocks and inflammation.
- Internal healing and support for ulcers, urinary tract, stomach, and intestines.
- Constipation - especially for children due chickweed's gentle nature.

- Nutrient dense - high in Vitamins A and C, saponins (increase absorption on a cellular level) lots of minerals such as iron, magnesium, and calcium to name a few.
- Stimulates metabolism which can help in weight loss.
- Fresh herb contains saponins which give it a soap like quality, rub in your hands with a little water and hands will be cleansed and moisturized.

## Methods of Use:

- Poultice, Compress
- Tea
- Bath
- Tincture
- Herbal Oil
- Salves, Ointments, Balms
- Can be frozen for future use.
- Food - add to salads, smoothies, pesto or wherever else you would use greens (has a spinach like flavor so this is not a bitter one like most spring greens).

## Care/Harvesting:

- Search around your yard or neighborhood for this very common “weed”. Likes shady, cool areas so look under shrubs and bushes in the spring.
- Because of the shallow roots chickweed can provide a living type of mulch for your garden, in fact if you have chickweed growing it usually indicates fertile soil.
- Chickweed is an annual plant but self-seeds readily which is how she comes back year after year.
- Aerial parts can be harvested anytime, both leaves and flowers.



*Cichorium intybus*

**Family:** *Compositae* – daisy, sunflower

**Parts:** root (leaves are edible but not medicinal)

A common substitute for coffee, has much more to offer than taste.

**Energetics:** cooling, drying, bitter/sweet

**Systems Affected:** digestive, liver

**Properties:**

Anti-inflammatory, anthelmintic, diuretic, laxative, liver tonic, sedative, prebiotic.

**Uses:**

- Supports the liver, spleen, and kidneys. Increases bile production.
- Gallbladder issues, including gallstones.
- Can dissolve kidney and urinary stones.
- Eliminates uric acid, helping with joint pain, gout, and stiff joints.
- Feeds gut flora - makes a great gut health food.
- Digestive support - settles upset stomach, constipation, gas, bloating, diarrhea.
- Helps clear out parasites and worms.
- Moderates heart rate and lowers cholesterol.
- Regulates blood sugar levels as well as fatty acid breakdown, helps with diabetes.
- Bone health - can help prevent osteoporosis.
- Coffee substitute.

**Methods of Use:**

- Tea (made as a decoction)
- Tincture
- Powdered, Capsules
- Food: roots can be roasted or boiled, or dried, powdered for a drink.

**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.

- Harvest roots from the fall to spring.
- Leaves can be used as food, gather in the spring when young. They bitter as they age.





*Coriandrum sativum*

**Family:** *Umbellifer-*

**Parts:** Leaves and seeds (coriander)

Cilantro is a two for one plant, providing delicious leaves to accent Mexican and Mediterranean dishes in cooler weather. Then coriander seeds when the weather gets hot.

**Energetics:** cooling

**Systems Affected:** digestive

**Properties:**

Anti-bacterial, anti-catarrhal, antifungal, antiviral, antimicrobial, antioxidant, carminative,

emmenagogue, expectorant, sedative, vermifuge.

## Uses:

- Supports digestive system, nausea, gas, bloating, upset stomach, constipation, etc.
- Eases stomach and intestinal cramps.
- Detoxes the body of heavy metals.
- Calms the nerves, anxiety, and stress.
- Breaks down and eliminates mucus from lungs and digestive system.
- Coughs and lung congestion.
- Urinary tract infections.
- Fungal and bacterial infections.
- Intestinal parasites.
- Cankers, mouth sores.

## Methods of Use:

- Tea (made as a decoction)
- Tincture
- Juiced
- Food: the best way to utilize the properties.

## Care/Harvesting:

- Sow seeds in early spring, late summer in full to part sun.
- Keep moist, it loves water.
- Harvest leaves once the plant is 4". Gather leaves regularly before flowering. Heat will cause the plant to bolt to seed, at which point it become coriander.
- Gather coriander seeds once the plant turns brown.



*Cinnamomum verum (cassia)*

**Family:** *Lauraceae* – Laurel

**Parts:** inner bark

**Energetics:** warming, sweet/pungent

**Systems Affected:** digestive, lung, heart

### Properties:

Alterative, anthelmintic, antibacterial, anticatarrhal, antifungal, anti-inflammatory, antispasmodic, antiviral, antibiotic, analgesic, antiseptic, aromatic, astringent, carminative, expectorant, hemostat, hypotensive, prebiotic.

### Uses:

- Improves circulation and warms the body.
- Boosts immune systems and feeds gut flora which also aids immunity.
- Clear congestion in the sinus, lungs, and digestive system.
- Cold, flu, cough, sore throat, any respiratory problems.
- Stabilizes blood sugar levels (which is good for diabetics).
- Digestive aid, bloating, gas, diarrhea, constipation, nausea, vomiting, etc.
- Gum inflammation and pain (use as a mouthwash).
- Menstrual discomfort - relaxes uterine muscle and calms spasms.
- Fights virus spores, bacteria, and fungus.
- Infection fighter.
- Pain reliever.
- Flavor enhancer for mixing with other herbs that may not taste so good.

### Methods of Use:

Cinnamon is so fun to use, it tastes great and enhances the flavor of many culinary dishes. Add it to baked goods, breakfast foods and warm drinks like hot chocolate and herbal tea. Sprinkle it onto hot cereal, toast, desserts, and into drinks and smoothies.

- Honey, Syrup
- Bath, Foot Soaks - good for cold and flu season, congestion and warming up a cold body real fast.
- Tea, wonderful in tea blends (best to use the cinnamon sticks or chips for this purpose).
- Herbal Oil
- Tincture
- Powder, Capsules, Pills
- Boil some water on the stove with cinnamon sticks, orange slices and cloves for a natural air freshener.



*Galium aparine*

**Family:** *Rubiaceae* – coffee

**Parts:** leaves, flowers

Cleavers is the cleansing herb. Cleaning house throughout the body, especially the lymph system. As the body is cleaned out all types of issues can clear up as well, including many skin conditions.

**Energetics:** cooling, drying, cleansing

**Systems Affected:** lymph, urinary

### Properties:

Antibacterial, anti-inflammatory, astringent, alterative, diuretic, diaphoretic, lymphatic, febrifuge, vulnerary, tonic.

### Uses:

- Lymphatic system support and cleansing.
- Swollen glands, adenoid issues, tonsillitis, edema, and goiters.
- Shrink tumors, cysts, modular growth on skin.
- Support for blood, kidney, bladder, skin, and glands.
- Urinary conditions, reduce and eliminate stones.
- Jaundice, biliary obstruction, gallstones.
- Digestive issues, indigestion, diarrhea, constipation.
- Blood cleansing
- Cramps, migraines, neuralgia.
- Restlessness, insomnia, panic.
- Skin conditions of all kinds, eczema, psoriasis, rash, sores, bites, etc.
- Cuts, wounds, burns, itching, etc.
- Earache, sore throat, fever.

### Methods of Use:

As a member of the coffee family the leaves have a coffee like taste to them as well. The fresh leaves are more potent than dried.

- Juiced (best way to utilize, 1-2 teaspoons, 3 x day).
- Tea
- Tincture, Liniment (use alcohol).
- Herbal Oil
- Salve, Cream, Ointment
- Poultice, Compress
- Food: add leaves to culinary dishes.

## Care/Harvesting:

Cleavers can be foraged for in woods, fields, farmland, stream banks, hedgerows, and as a garden “weed”. A creeping annual with lance shaped leaves formed in a circle around the stem with tiny bristles that catch on clothing and other plants. Dainty, star shaped, white flowers bloom from April to September.

- Best harvested in the spring before flowering but can be harvested anytime.
- Cleavers are more potent when fresh, so it is best to immediately make your herbal preparations.
- You can also chop up or juice and then freeze for future use. (Use within 6 months)

## LYMPH MOVER BLEND

Make this blend into a tincture using alcohol as the menstruum. Use for any of the conditions listed above, but in particular swollen glands, swellings, edema, etc.

Equal parts:

Burdock root  
Echinacea root  
Cleavers  
Calendula



*Symphytum officinale*

**Family:** Boraginaceae - borage and forget-me-nots

**Parts Used:** root, leaf

Other names for comfrey include bruisewort, knitbone, boneset, and healing herb, all which refer to its amazing bone healing properties. I have used this herb more times than I can count on broken bones, lacerations, sprains, bone health, and many injuries. It truly is a bone and tissue repairing plant. One of my favorites!

**Energetics:** moistening, cooling

**Systems Affected:** bone, tissue, lung, first aid

## Properties:

Alterative, anti-inflammatory, anti-spasmodic, astringent, anti-tumor, cell proliferant, demulcent, emollient, expectorant, hemostatic, vulnerary, nutritive.

## Uses:

- Heals bone fractures and injuries.
- Heals damaged tissues and torn ligaments inside and out.
- Strains, sprains, and sports injuries.
- Bruises and varicose veins.
- Wounds, cuts, abrasions, boils, sores, rashes, skin eruptions, puncture etc.
- Burns
- Back, joint and muscle pain and inflammation, gout, rheumatism.
- Hernias
- Any type of inflammation.
- Any type of skin condition such as dry, chapped skin, sunburn, scar tissue, rashes, etc.
- Eczema and psoriasis.
- Use as an herbal steam for acne.
- Tones as well as heals skin.
- Breaks up milk knots in nursing mothers.
- Bone health, building and repairing. (My mom applies comfrey salve as a lotion over her body to keep protect her bones from osteoporosis).
- Respiratory support, croup, bronchitis, etc.

## Methods of Use:

- Salves, Balms, Ointments, Cream
- Bath, Foot Soaks
- Herbal Oil
- Compress, Poultice
- Powder, Sprinkle

- Tincture
- Boil in water to make a gel, soak a clean cloth in it and wrap around injuries.

## Care/Harvesting:

- Comfrey likes moist soil near streams and ponds with dappled sunlight.
- Hard to start with seed so it is best propagated by root, divide in mid-late spring or fall for replanting. Plant a one-inch piece of root and cover with about three inches of soil. Keep moist, but well drained. I've also seen plants at my local nursery.
- Space plants 18" apart, comfrey can be a vigorous growing herb so take care where you plant it.
- Snip leaves any time during the growing season, using gloves to protect from stiff hairs. You can also cut the entire plant down when it gets heavy and falls over. It will grow right back, and these are the leaves you want to use internally.
- Studies have shown the leaf to be just as potent as the root but there is some that say the roots are more potent. If you want to harvest the roots wait until the plant is done flowering and then dig up, wash well and dry in a dehydrator on the lowest setting.
- Some people plant comfrey just to be used for composting and mulching other garden plants. To use just grab a handful of leaves (with gloves on because it can be pokey) rip the leaves up and sprinkle around other plants for a multi-purpose mulch and fertilizer. You can also make a compost tea by stuffing a jar with leaves packed down and cover with a lid. The leaves will decompose into a "black tea". Dilute the tea with 10-20 parts water and use to fertilize garden plants. \*Just a warning that this tea is pretty stinky so don't be alarmed.

## Cautions:

There is a lot of controversy around the use of this herb for internal purposes. Some say it contains liver damaging chemicals, while others claim it to be perfectly safe when used prudently. Many herbalists love this herb and continue to use it internally for small periods of time to cure an ailment. Dr. Christopher recommends using the second cutting for internal use. Do your research on this herb to decide for yourself. Personally, I love comfrey and have used it internally with wonderful results in the Bone and Tissue Builder blend and Lung and Bronchial blend.

This can be an allergy herb so patch test before using and watch for an allergic reaction.

I highly recommend the book *The Healing Power of Trauma Comfrey* by Holly Lucille.





*Taraxacum officinale*

**Family:** *Compositae* - daisy, echinacea, marigold

**Parts Used:** root and leaf (blossoms are edible)

\*root has the strongest medicinal properties

For most people dandelions are simply a noxious weed that they work hard to eradicate each spring. For me it is another healing herb the Lord has blessed us with.

**Energetics:** cooling, drying, bitter

**Systems Affected:** digestive, liver, skin

**Properties:**

Aperient, antibacterial, antioxidant, anti-inflammatory, astringent, diuretic, cholagogue,

hepatic, laxative, lithotriptic, blood tonic.

**Uses:**

- #1 digestive aid, appetite, gas, bloating, heartburn, stomachache, diarrhea, constipation, etc. (tincture, capsules, or tea before meals).
- Bitter tonic good for liver, kidneys, spleen, and pancreas.
- Blood purifier and blood building, good for anemia. (Root has strongest action).
- Liver stimulant and decongestant.
- Bladder and kidney problems.
- Breaks down cholesterol and fat.
- Gall and kidney stone prevention and aid (root).
- Bladder infection - won't kill bacteria but helps wash microbes out a urinary tract.
- Use for high blood pressure and heart disease.
- Regulates blood sugar levels, helpful for diabetics.
- Increase milk supply in nursing mothers.
- Bloating and discomfort of PMS.
- Liver conditions such as jaundice and hepatitis.
- Chronic skin problems (by cleansing the liver and kidneys).
- Promotes strong bone and joint health.
- Wounds and lacerations, prevents and fights infection.
- Joint and muscle pain and inflammation.
- Eye support.
- Brain function.
- High in trace minerals, iron, calcium, potassium, and other nutrients including electrolytes
- Milk from the dandelion will dissolve warts (apply 2-3 times a day for 2-3 months).
- Milk can also fade aging spots (liver spots).

## Methods of Use:

- Food: use leaves and blossoms in cooking, roots can be roasted and brewed.
- Tea (decoction of roots or infusion of flowers and leaves).
- Powder, Sprinkle, Capsules
- Tincture, Liniment
- Vinegar
- Honey, Syrup
- Poultice, Fomentation
- Herbal Oil
- Salve, Ointment, Balm
- Bath, Steam
- Dandy Blend (commercial blend mixed with chicory with no bitter aftertaste, coffee flavor)
- Milk, pop of blossoms tops and use for warts and liver spots.

## Wildcrafting/Harvesting:

Don't spray the lawn with weed killer and there is your fresh supply, ready to go.

- Leaves are the best in early spring when they are young, but they can be harvested anytime.
- Pick flowers as they bloom.
- Roots are harvested in mid-summer for the highest medicinal properties, just dig them up, wash them, chop and dehydrate. For better flavor roast them after drying. Many use roasted root as a coffee substitute.

## Caution:

Some people are allergic to dandelion so patch test before using.

### 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.

**Dandelion Mocha** (Coffee Substitute or Yummy Beverage)

3 tablespoons roasted dandelion root (can also use chicory root or half and half)

1 tablespoon cocoa nibs

½ cup milk

1 tablespoon maple syrup or honey

½ teaspoon cinnamon powder

½ teaspoon vanilla extract

Dash of nutmeg or clove powder

Add dandelion and cocoa to 3 cups water and simmer for 30 minutes. Strain, add remaining ingredients to the tea, stir well and enjoy!

This recipe comes from Rosemary Gladstar's Medicinal Herbs book



*Echinacea angustifolia (purpurea)*

**Family:** *Compositae* – daisy, sunflower

**Parts Used:** entire plant but the root is the most potent

Also known as purple coneflower, echinacea has been used for centuries for stimulating the immune system to fight off illness or infection.

**Energetics:** cooling, drying, stimulating

**Systems Affected:** immune, skin, sinus

**Properties:**

Alterative, antibacterial, antiseptic, antifungal, anti-microbial, anti-inflammatory, anti-viral, anti-catarthal,

diaphoretic, immunostimulant, sialagogue

**Uses:**

Echinacea has a special property of not only stimulating the immune system but fortifying and protecting cells against foreign invaders such as viruses and bacteria. Because of this property it can be used for any type of illness or infection in the body. Here are just a few of the most common ailments echinacea has been used to treat:

- Any type of inflammation.
- Any type of infection including staph and strep.
- Bronchial and respiratory infections.
- Increases blood flow and stimulates lymph flow.
- Sinus and nasal infections.
- Sore throat and oral infections, tonsillitis, and strep.
- Ear infection
- Cold sores
- Bacterial and viral attacks, including meningitis.
- Venomous stings and bites, including snake bites (take internally as well as topically to area affected).
- Blood poisoning and gangrene, blood purifier.
- Yeast and bladder infections.
- Skin diseases, skin renewal properties.
- Helps resolve abnormal cells and tumors.
- Cold, flu and fever.
- Boils, sores, and abscesses.
- Cuts, wounds, and burns (increases cell activity that form new tissue).
- Mastitis and breast infection.
- Vaccination reaction
- Fungal infections such as athletes' foot and ringworm.
- Can increase white blood cells in cancer patients receiving chemotherapy or radiation which helps with immune system support.

## Methods of Use:

When treating external conditions take both internally and then apply externally as well.

- Tincture
- Tea
- Powder, Capsules
- Compress Poultice
- Mouthwash, Gargle
- Suppository for vaginal infections and abnormal pap smear.

## Dosages and How to Use:

For best results administer at the very first sign of illness and take it often for a short period of time, such as every hour (that you are awake) for a 24-hour period. Then evaluate and see if more is needed at which point you may lessen the duration of time to 3 times a day. I never go beyond a week just because the body has taken care of the problem by then. I almost always use echinacea in addition to other herbs specific to the ailment/condition I am treating.

Here are the dosage amounts I use, which can be adjusted per person and condition. Sometimes I feel I need to give it every half hour or maybe every two hours, you can read your body (or children's body) quite easily during an illness to see what will work best for you.

Tea - one cup of tea, 3-5 times a day (adult)  
one cup of tea, 2-3 times a day (children)

Tincture/glycerite - 1-2 dropperfuls every hour (children)  
2-3 dropperfuls every hour (adult)

Capsules - 2-3 capsules every hour

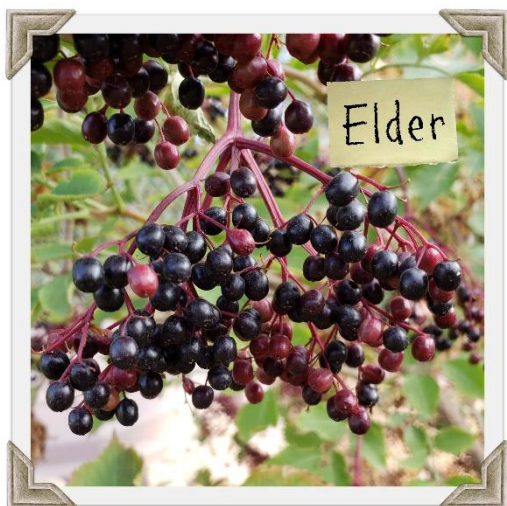
## Care/Harvesting:

You can purchase echinacea in your local nursery in the spring. It is in the perennial section under the name purple coneflower, just make sure you check the Latin name to be *Echinacea angustifolia*. You can also start from seed. The most common Echinacea is *E. purpurea*, this species can also be used, it is just not as potent as the *angustifolia* species.

- Plant in full sun, after the last frost, should do well in any soil conditions.

### Harvesting the entire plant (at least 3 years old):

- Leaves - In late spring
- When buds first begin to ripen, gather about 1/3 of the plant and dry.
- When the flowers bloom, gather several more blossoms, still leaving some remaining.
- Roots - In the fall when the plant dies back, its best to harvest a plant when 2-3 years old. Dig up plant, cut off top, scrub roots and chop to dry or use immediately.



*Sambucus nigra*

**Family:** *Adoxaceae*

**Parts Used:** flower, berry

This plant is another two for one, giving the healing power of the flower in the summer and the illness fighting power of the berry in the fall, just in time for winter. I refer to elder as the Illness Herb, because it is used for whatever may ail you. Super powerful in combination with echinacea.

**Energetics:** cooling, drying, sweet

**Systems Affected:** immune, respiratory

## Properties:

**Berries:** alterative, anti-inflammatory, anti-microbial, diaphoretic, diuretic, expectorant, laxative, aperient, anti-rheumatic, antiviral, antioxidant, nutritive.

**Flowers:** alterative, anti-inflammatory, diaphoretic, diuretic (cold infusion), demulcent, anti-catarrhal, anti-spasmodic, febrifuge, aperient, vulnerary.

## Uses:

- Enhances immunity.
- Respiratory congestion, infection, and inflammation.
- Sinusitis, nasal discharge, and drainage.
- Wounds, bruises, burns and swelling.
- Upset stomach, nausea, constipation,
- Prevention and treatment of cough, cold and flu (winter illnesses).
- Gum disease, mouth sores, cold sores.

### Flower

- Induces sweating making it perfect for treating fevers.
- Helps rid body of excess mucus.
- Hay fever and allergies (combine with nettles or use Heal All Blend).
- Earache
- Sunburn, night sweats and hot flashes (compress or spritz with cold tea).
- Promotes urination.
- Blood cleansing.
- Headaches
- Face wash or toner; softens skin and clears complexion.

### Berry

- Immune booster us for viruses and bacteria.
- Herpes, shingles.
- Sore throat.
- Rheumatic pain.

- Cardiovascular tonic.

## Methods of Use:

- Tincture, Vinegar
- Syrup, Honey
- Herbal Oil, Salve, Cream (flowers)
- Tea and Herbal Drinks (flowers only steep for about 3-5 minutes)
- Compress (flowers)
- Poultice (all part can be used).
- Bath, Foot Soak, Face Steam
- Toner, Face Wash, Gargle (flowers)
- Food: jams, jellies, preserves, pies, soda, or juice.

## Care/Harvesting:

Deciduous shrub can get up to 30 feet. Found in streambanks, open flats, and valleys. Love moist, fertile, and well-drained soil.

- Propagate from a cutting or purchase a transplant from the nursery. Space 5-6 feet apart. Pollination is stronger if you plant two shrubs verses one.
- Keep roots moist, although elder will still survive if it gets dry and hot
- To harvest the flowers, pick on a dry, sunny day when fully open. They should smell lemony and fresh. Pick the whole head of flowers and dry or use fresh.
- Berries are ripe when they look almost black in color, usually around August and September. They need to be prepared immediately or dried with gentle heat (dehydrator on low).

## Caution:

Raw, ripe berries can cause upset stomach, so it is best to cook or dry them before use. The leaves and bark can be toxic, but when used under professional care can be a strong antiviral for SARS and coronavirus.





*Foeniculum vulgare*

**Family:** *Umbelliferae* - carrot, parsley, dill, angelica

**Parts:** seed (other parts can be used for food but only the seed is medicinal)

From the time of the Pharaohs in Egypt, fennel has been a favorite herb as a digestive aid, support, and help. It has a licorice type taste and can naturally sweeten any herbal tea. If you are not a big fan of licorice flavor, dill seed could be used with similar properties.

**Energetics:** cooling, sweet

**Systems Affected:** digestive, liver, kidney

## Properties:

Antispasmodic, anthelmintic, antibacterial, anti-inflammatory, antifungal, carminative, demulcent, diuretic, expectorant, galactagogue, purgative, nervine, tonic.

## Uses:

- Digestive aid: upset stomach, cramping, diarrhea, constipation, expels gas, promotes bile secretion, IBS, colic, and even killing pathogenic bacteria in the gut.
- Heartburn and indigestion (chew a few seeds after each meal).
- Upset stomach due to nerves. Calms both the body and the mind.
- Nausea, belching, bloating, and heartburn.
- Women's Health: mild estrogenic effect, PMS symptom relief, help start periods if struggling with menstruation, increase milk production for nursing mamas, menopause.
- Colic in babies (mama can drink it for milk production and baby gets it through the milk).
- Improves vision and can help with eye inflammation and conjunctivitis.
- Helps break up and expel mucus from chest congestion. Use for coughs and respiratory issues.
- Breaks up stagnation anywhere in the body.

## Methods of Use:

- Chew the seeds (stimulates appetite before a meal, helps with digestion after).
- Tea - crush the seeds before making a tea or adding to a blend.
- Tincture
- Honey, Syrup
- Herbal Oil
- Bath, Foot Soak
- Powder, Capsules, Sprinkle

## Care/Harvesting:

You can find fennel in your local nursery or plant from seed. Fennel doesn't get along well with vegetable gardens so plant in a different area. It is drought tolerant and grows in any type of soil and condition. It will continue to self-seed if some seeds are left on the plant in the fall.

- Seeds: When the seed heads turn brown with grey stripes, they are ready to harvest by snipping off the umbel and shaking or rubbing the seeds off. If they have any moisture left in them, leave out in the sun for a couple of days or dehydrate before storing.
- Leaves: Can be harvested as food anytime.
- Bulb: The bulb can be harvested as a vegetable late summer early fall. It can be chopped and added to foods or dried.

## Caution:

High doses of fennel can stimulate the uterus which makes it great for menstruation but not so great if pregnant.

## MILK FLOW BLEND

This formula can help with anyone who feels they need to increase or enrich their milk production for nursing their babies.

3 parts Red Raspberry leaf  
2 parts Nettle  
1 part Blessed Thistle  
1 part Dandelion leaf  
1 part Fennel



These herbs can be blended together and made into a tea, tincture or powdered for capsules. Just as a warning the red raspberry leaf doesn't really powder, it just fluffs up like cotton so a tincture or tea might work best. Dosage will be different for each person, I would start out with 2 capsules or a cup of tea with each meal, you can increase or decrease as you see how your body responds. These are all nutritive herbs so no worries about 'overdosing'.



*Tanacetum parthenium*

**Family:** *Compositae* – daisy, dandelion

**Parts:** leaves

The migraine herb.

**Energetics:** bitter, cooling, stimulating

**Systems Affected:** nervous, stomach, uterus

**Properties:**

Antispasmodic, anti-inflammatory, analgesic, diaphoretic, febrifuge, vasodilatory.

## Uses:

- Migraines and headaches (must use fresh or dried leaves, chew two a day or 1 capsule).
- Digestive problems
- Women's health such as cramps, PMS discomfort, promotes menstruation.
- Insect bites, lice, flees, scabies.
- Helps to relieve tinnitus and dizziness.
- Aids circulation of the brain.
- Can reduce stress and related tension (also helping prevent headache).
- Varicose veins.
- Pain reliever.

## Methods of Use:

- Fresh leaves, chew two leaves per dose for headache and pain relief.
- Powdered, Capsules.
- Tea
- Poultice, Compress (apply to painful areas, including cramps of any kind).
- Tincture (not effective for headache)

## Care/Harvesting:

- Sow seeds in spring or purchase from the nursery and transplant after last frost.
- Prefers part shade with rich loamy soil but will tolerate any soil.
- Best harvested before flowering but can be harvested anytime.

## Caution:

Can cause mouth sores. May inhibit blood clotting, avoid if clotting issues are present or on blood thinners. Avoid when pregnant or nursing.



*Allium sativum*

**Family:** *Liliaceae* - lily, tulip, onion, chives

**Parts:** bulb (stalks are edible)

Garlic has many names, among them are heal all, the stinking rose, and nature's antibiotic. I not only love to eat garlic, but it is also my favorite go to for any ailment. No matter what illness I am treating, I always include garlic in the diet for its antibacterial, immune boosting properties.

**Energetics:** heating, drying, pungent

**Systems Affected:** cardiovascular, immune

## Properties:

Anthelmintic, antibacterial, antifungal, antioxidant, antispasmodic, antibiotic, carminative, expectorant.

## Uses:

- Antibiotic (4 cloves is equal to 1 dose of antibiotics).
- Cough, cold and flu.
- Sore throat, strep, tonsilitis.
- Respiratory ailments, bronchitis, croup, pneumonia, etc.
- Fever reducer.
- Heart health (it clears out the plaque in arteries).
- Lowers blood sugar (useful aid in treating type 2 diabetes).
- Immune booster (stimulates white blood cell production).
- Antiseptic (kills 99% of known bacteria on contact, the other 1% in 24 hours).
- Infection fighter.
- Ear infections (herbal oil, add mullein flowers for extra power).
- Circulatory issues.
- Poor digestion.
- Intestinal worms.
- Ulcers
- Food poisoning.
- Athletes foot and other fungal infections.
- Yeast infection.
- Meningitis
- Cancer prevention
- Lice

## Methods of Use:

- Garlic should be chewed, chopped, or bruised, then let it sit for 10 minutes before using, this allows for the highest concentration of healing properties to be released.
- Use it fresh in culinary dishes like pesto, guacamole, dressings, sauces, etc. Try replacing fresh garlic in your recipes that call for powdered garlic.
- Herbal oil. You can use this internally and externally, directly on area of concern. I will rub this onto the soles of the feet or wrists to get the garlic into the system quickly.
- Poultice, Compress - place over wrists to absorb right into the blood stream or over the area of concern. Make sure you wrap the crushed garlic in cheese cloth or flannel before placing on the skin to avoid irritation.
- Pickled Garlic - takes the burning bite out of fresh garlic and is so yummy, it retains all the potent healing properties of fresh garlic. (*below*)
- Honey, Syrup
- Tincture
- Juiced
- Powder, Capsules (not as potent as fresh garlic).

## Care/Harvesting:

- Garlic prefers open, sunny areas to partial shade in well drained, loamy soil.
- Plant in early fall, using cloves from an organic bulb. Plant pointed side up, 4 inches apart and 2 inches deep. Cover with soil, then mulch. It can also be planted in early spring for harvest in the late fall.
- Cut back flowering stalks (called scapes) to increase bulb size. These you can make into a delicious, infused oil. Fill a glass jar with the scapes and cover with olive oil. Let sit in a warm place for 2-3 weeks. You don't even have to strain, just store in a cool dark place. You can also throw the green stalks in any dish for a mild garlic flavor.
- Harvest bulbs in the summer when the stalks have fives leaves or have yellowed.
- Lift out of soil with a digging fork or shovel, shake off gently – don't bruise or wash.
- Dry on screens or tie together and hang.
- Once dry, rub off excess soil and store in a cool location but protect from moisture and freezing.

### PICKLED GARLIC

Fill a pint jar with whole peeled garlic cloves (make sure they are organic or from your garden). Add enough tamari and/or apple cider vinegar to completely cover the garlic. Place in a warm spot and let sit for 3 - 4 weeks.

Strain off the liquid and divide it in half. Use one half as a marinade or stir fry, the other half place in a saucepan and add an equal amount of raw honey. Warm over very low heat, you just want to incorporate the honey, but not kill its healing properties. Pour this back over the garlic, recap, and let it sit for another 3-4 weeks. They are now ready to eat! Store in a cool, dark location like a fridge where they will keep for a year or longer.



*Zingiber officinale*

**Family:** *Zingiberaceae* - turmeric, cardamom

**Parts:** rhizome

Ginger plays a close second to garlic for all of its natural healing benefits, just check out how long the healing properties list goes! Not only is this a great healing herb, but it also tastes great which makes it easier to take and enjoy. Studies have shown that the healing benefits are the same whether fresh or dried, however dried ginger tends to be more "hot" than fresh.

**Energetics:** warming, drying

**Systems Affected:** cardiovascular, immune

## Properties:

Antibacterial, antifungal, anti-inflammatory, analgesic, antispasmodic, antiemetic, antioxidant, antiviral, antimicrobial, carminative, circulatory stimulant, diaphoretic, expectorant, hypotensive, rubefacient.

## Uses:

- Taking a ginger bath at the onset of illness will stop it dead in its tracks.
- Poor circulation, cold hands, and feet
- Moves blood, activates brain function, and boosts immune system.
- Cold and flu symptoms.
- Sore throat, coughs, tonsillitis, etc.
- Respiratory ailments such as bronchitis, croup, sinus congestion, etc.
- Infections
- Earache
- Joint pain and inflammation.
- Heart Tonic, reduces cholesterol, lowers blood pressure, prevents clots.
- Cleanses the bowels and kidneys.
- Digestive aid, diarrhea, gas, constipation, nausea, motion and morning sickness, etc.
- Gastrointestinal infections and food poisoning.
- Lowers blood level triglycerides which helps with diabetes.
- Pancreas support also helpful for diabetes.
- Ulcers
- Relieves aches and pains throughout the body.
- Induces sweating which helps with fever and kills viruses and bacteria.
- PMS and menstrual cramps (warm cup of ginger tea and a ginger bath).
- Support for male and female reproductive systems.
- Removes excess toxins from the body.



- Ginger is high in potassium and contains manganese, silicon, vitamins A, C, B-complex, magnesium, phosphorus, sodium, iron, and zinc.

## Methods of Use:

- Tea with fresh ginger. This can be made warm for cold weather or chilled for summer months. To make an infusion with ginger combine 6 Tbsp. of fresh chopped ginger to 1 quart of water and bring just to a boil then take off heat and cover for 10 minutes.
- For treating external aches, pains and inflammations, simmer 5 oz. of chopped or grated ginger in 2 quarts of water for 10 minutes. Apply to affected area with a cloth and re-apply to keep warm - reddening skin indicates increased circulation.
- Herbal oil, combine the juice of fresh grated ginger with equal parts olive oil. Use for muscle pain, dandruff, and earache. For an earache, put a few drops of the oil on a piece of cotton and insert into the ear.
- Bath and Foot Soak
- Honey and Syrup
- Tincture, Vinegar, Liniment
- Salve
- Powder, Capsules, Pills, Sprinkle, Salt.
- Poultice (use for cramps, aches, and pain).
- Juiced, apply topically to skin infections or make into an herbal drink.
- Food: Indian food always contains ginger; you can add it to any dish.

## GINGER BATH

There is no simpler way for healing your body than taking a long, hot, ginger bath. A ginger bath can increase circulation and body temperature, killing bacteria, viruses, and fungal infections. Having a ginger bath can ease menstrual cramps and stop early labor by increasing oxygen to the uterus, allowing it to relax. Make sure to take a beverage to the bath with you, as your body perspires you want to replace the lost liquids. A nice cup of ginger lemonade would be a great place to start!

Use one of the following preparations of ginger:

3 tablespoons of ginger powder

3 tablespoons of fresh ginger wrapped in a muslin bag, tea bag or made into a tea

20-30 drops ginger tincture or

3-6 drops of ginger essential oil

Mix the ginger preparation of choice into a tub of hot water and soak for 30 minutes or so. If you are trying to heal an infection or sickness you want to keep your body warm after getting out of the tub, so wrap up in warm clothing and a blanket or a heavy robe. The idea is to sweat for at least 30 minutes after the bath, this is what kills the "bugs" and infection. For menstrual cramps and body aches go ahead and sip on a little ginger tea or ginger lemonade while soaking in the tub.



### *Centella asiatica*

**Family:** Apiaceae – celery, carrot, parsley

**Parts:** leaves

Most of the plants in my herbal are Western plants from my area but one year I found Gotu Kola at my local nursery and planted it. I loved the brain supporting properties of this Ayurvedic herb so I want to include it here in my herbal.

**Energetics:** cooling, moisturizing, stimulating

**Systems Affected:** nervous, brain, circulatory

## Properties:

Antimicrobial, antidepressant, anti-inflammatory, anti-aging, astringent, diuretic, nervine, nutritive, tonic, vulnerary.

## Uses:

- Nervous system and brain support.
- Stress, anxiety, and depression.
- Restorative - decreases fatigue and helps with insomnia.
- Mental disorders.
- Memory loss or poor memory - improves cognitive skills.
- Can help with epilepsy, schizophrenia, Alzheimer's, etc.
- Increase alertness and vitality.
- Blood issues, improves circulation, blood clots, varicose veins, high blood pressure, etc.
- Aids with elimination of fluids, use for swellings, edema, etc.
- Skin conditions, psoriasis, leprosy, lupus,
- Wounds both external and internal.
- Eye conditions such as glaucoma, cataracts, pinkeye, etc.

## Methods of Use:

- Tea
- Tincture, Liniment
- Powder, Capsules or add to smoothies.
- Herbal Oil, Salve, Cream
- Food: add fresh leaves to salads and culinary dishes.

## Cautions:

High doses can cause headaches or aggravate itching in some individuals.



*Grindelia camporum*

**Family:** *Composite* - daisy, sunflower, etc.

**Parts:** flowering tops (most medicinal), leaves

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

**Energetics:** warming, moistening, bitter

**Systems Affected:** respiratory

## Properties:

Alterative, antiasthmatic, antispasmodic, antimicrobial, anti-inflammatory, demulcent, diuretic, expectorant, hypotensive, sedative, stomachic, vulnerary, cooling.

## Uses:

- Respiratory conditions of all kinds including bronchitis, whooping cough, pneumonia, allergies, asthma, etc.
- Coughs of all kinds including wet, dry, lingering, and irritating.
- Cold and flu.
- Sore throat and infections.
- Infections of the upper and lower respiratory tract such as ear and throat, tooth and gum, sinus, and lung. (1/2 teaspoon tincture or 1/2 cup tea four times a day until symptoms subside)
- Skin irritations such as poison ivy, rashes, hives, bites, and stings, etc. (salve, cream, or compress)
- Tissue repair and skin regeneration, use for chronic and acute skin conditions.
- Helps alleviate congestion of all kinds throughout the body including digestive, kidney, liver, spleen, and respiratory system mentioned above.
- Joint and muscle pain and inflammation (massage topically on area of concern).
- Urinary tract infection.
- Accelerates wound healing, including sores.
- Mild sedative and cardiac relaxant.

## Methods of Use:

- Tea, Gargle, Wash
- Steam Inhalation, Bath, or Soak
- Tincture (use alcohol as the menstruum)

- Syrup, Honey
- Poultice, Compress
- Oil, Salve, Cream

### Wildcrafting/Harvesting:

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

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

### Caution:

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



*Crataegus oxycantha* (many species can be used medicinally)

**Family:** *Rosaceae* - rose, apple, peach, strawberry

**Parts used:** fruits and flowers (most medicinal), leaves.

Also known as mayflower for in England it flowers in May, this is the same plant the pilgrim's ship was named for. Well known as one of the best heart supporting plants out there. It is best used as a long-term tonic to be taken every day as a nourishing "food" for the heart. Diet and nutrition play a critical role in heart health as well.

**Energetics:** cooling, moistening

**Systems Affected:** cardiovascular

## Properties:

Antioxidant, astringent, cardiotonic, diuretic, hypotensive, nervine, tonic, vasodilator.

## Uses:

- Heart support - opens arteries to improve blood flow, reduces blood pressure and cholesterol.
- Can balance blood pressure whether too high or too low.
- Dissolves calcium and cholesterol deposits which can help with hardening arteries and plaquing.
- Heart disease, congestive heart failure, palpitations, angina, etc.
- Hypertension
- Stroke prevention.
- Circulatory conditions, including blood clotting (best when blended with yarrow).
- Strengthens capillaries which helps with bruising and varicose veins.
- Repairs ligaments, tendons, and muscles.
- Strengthens joint lining, collagen, and spinal discs (best when blended with horsetail).
- Calms anxiety, bad dreams, insomnia and can lift the spirits.
- Helps with menopausal mood swings.
- Can quiet ADHD, fidgety, can't sit still, disruptive, etc.
- Urinary tract support and aid.

## Methods of Use:

- Tincture (a "whole" tincture can be made by gathering flowers and leaves in the spring. Then tincture berries in the fall and add both tinctures together for a powerful heart tonic).
- Tea (1 oz. berries to 1 pint water, simmer for 15 minutes).
- Powder, Capsules, Sprinkle
- Food: raw berries, jam, syrup, or jelly.

## Care/Harvesting:

Hawthorn has around 900 species and ranges from a hedge to a shrub or tree. It grows in woodland areas, abandoned fields, pastures and scrub and can be found in parks and garden. It can be easily cultivated in your garden by purchasing a tree or shrub from your local nursery.

- Plant in full sun with moist soil, although it isn't too picky about growing conditions.
- Gather blossoms and leaves in the spring when partially to fully open.
- Berries are harvested in the fall when deep red, avoiding any with rot. Be mindful of the stony seeds when processing.

## Caution:

Hawthorn can take up to three months for any effects to be noticed and it may need to be taken indefinitely since it does not stay in the system.

Do not take with other heart medications unless under the care of a physician.





*Humulus lupulus*

**Family:** *Cannabaceae* – hemp, marijuana

**Parts used:** strobiles (cones)

Also known as mayflower for in England it flowers in May, this is the same plant the pilgrim's ship was named for. Well known as one of the best heart supporting plants out there. It is best used as a long-term tonic to be taken every day as a nourishing "food" for the heart. Diet and nutrition play a critical role in heart health as well.

**Energetics:** cooling, drying, bitter

**Systems Affected:** nervous

## Properties:

Antispasmodic, anodyne, anthelmintic, digestive, diuretic, febrifuge, nervine, sedative.

## Uses:

- Nervous system tonic, alleviate nervous tension.
- Calms stress, anxiety, irritability, restlessness, and nerves.
- Can help with ADHD.
- Pain reliever use for headache, joint, and muscle pain.
- Clears obstructions of the liver and kidneys.
- Sedative action helpful for insomnia and sleeping (combines well with valerian and passion flower).
- Digestive issues including poor appetite.
- Alleviates hot flashes.
- Skin conditions and irritation (use both internal and external).
- Clears toxins and promotes urination.
- Cuts and wounds, infections, boils, cold sores, etc.
- Nutritive herb high in niacin, manganese, phosphorus, potassium, riboflavin, selenium, tin, and vitamin C.

## Methods of Use:

- Tea
- Tincture, Liniment
- Poultice, Compress
- Bath, Foot Soak, Body Wash (great for skin conditions and irritation)
- Powder, Capsules
- Sleep Pillow
- Herbal Oil, Salve, Cream

## Care/Harvesting:

Purchase from a nursery or use root cuttings from a mother plant. Hops is a climbing perennial so give it a place to climb up.

- Plant in hills, 3 roots per hill.
- Likes full sun with rich, moist soil.
- Water frequently.
- Gather cones in the fall when they feel firm, turn amber in color, and are covered in yellow dust.
- Dry quickly (using a dehydrator) or prepare immediately to retain medicinal properties.

## Caution:

Not to be used in cases of depression as it may make conditions worse.



*Marrubium vulgare*

**Family:** *Labiatae* – mint

**Parts used:** leaves and flowers

You may have heard of horehound from the nostalgic candy that was popular in the early 1900's and doubled as a remedy for coughs and colds. Today it is the main ingredient in Ricola cough drops and you can still find the candy.

**Energetics:** cooling, bitter

**Systems Affected:** respiratory, digestive

## Properties:

Antispasmodic, analgesic, antibacterial, antimicrobial, cardi tonic, demulcent, diaphoretic, diuretic, expectorant, hepatic, vasodilator, vermifuge, vulnerary, mild nervine.

## Uses:

- Respiratory issues such as cough, asthma, bronchitis, and other lung issues.
- Cleanses stomach and intestines of mucus.
- Calms the heart, opens blood vessel passages, relieve heart palpitations.
- Digestive issues such as bloating, gas, indigestion, poor appetite, etc.
- Liver and gallbladder issues, including jaundice.
- Wounds, rashes, eczema, sores, and skin issues. (apply topically)
- Cold sores, ulcers, shingles.
- Parasites and worms.
- Eases labor, helps with afterbirth and painful menstrual cycles.
- Cold, flu, and fever.
- Head and body aches.
- Tremors and seizures.

## Methods of Use:

- Tea
- Tincture, Liniment
- Poultice, Compress
- Syrup, Honey
- Bath, Foot Soak, Body Wash
- Powder, Capsules
- Herbal Oil, Salve, Cream
- Cough drops

## Care/Harvesting:

Transplants can be found in a nursery or taken from a mother plant. It is difficult to grow from seed. Can also be foraged in prairies, pastures, meadows, and dry, sandy areas. Leaves are furry like with flower clusters in ball shape, signature square stem of the mint family.

- Likes dry, sandy areas with moderate water.
- Do not overwater or it will not grow as well.
- This perennial plant will come back year after year.
- Cut leaves anytime during the growing season.

## Caution:

Not to be used during early stages of pregnancy then use moderately during pregnancy.

## HOREHOUND COUGH DROPS

1 cup chopped horehound  
1 cup water  
1 ½ cups honey

Simmer the horehound in the water in a covered pan for 25 minutes. Strain the herbs. Add the honey to the liquid and simmer until the mixture reaches 300 degrees, stirring constantly.

Pour onto a greased pan. Once cool enough to touch and pliable, pull off small chunks and roll into “drops”. Once completely cooled and hardened place in an airtight container and store in a cool, dry location.



*Equisetum arvense*

**Family:** *Equisetaceae* - horsetail

**Parts Used:** stems

Horsetail is one of the oldest plants, the only one left of the *Equisetaceae* family. Known as scouring rush, shave grass, bottle brush and corncob plant. The high silica content of this plant turns to calcium in the body which is used for building and strengthening bones, joints, tissue, and nerves. Horsetail is best absorbed into the body by being combined with a nutritive herb such as alfalfa, nettles, or red raspberry leaf.

**Energetics:** cooling, drying

**Systems Affected:** skeletal, muscles

## Properties:

Astringent, anti-inflammatory, diuretic, lithotriptic, nutritive, styptic, vulnerary.

## Uses:

- Strengthens and builds nails, hair, and skin. Use for brittle nails, thin hair with split ends and skin conditions.
- Strengthens and builds teeth, bones, joints, and tissue.
- Aids body in healing bone fractures, sprains, strains, and after surgery care.
- Strengthens and clears fluid channels of the body such as blood and lymph.
- Joint pain and inflammation conditions such as bursitis, tendonitis, rheumatism, and arthritis.
- Reduces hemorrhaging internally and externally. Use for heavy menstruation.
- Can stop bleeding and aid in healing ulcers and sores.
- Use for nosebleeds and bleeding wounds and sores. (Sprinkle with powder or use juice from plant).
- Aids in healing cuts, scrapes, wounds, burns, and sores.
- Kidney and urinary tract support, use for incontinence, bedwetting, bladder irritation and infections, stones.
- Gum infection, mouth sores, and throat inflammation (use mouthwash and gargle).
- Strengthens and cleans teeth.
- High source of calcium, combine with nutritive herbs.

## Methods of Use:

- Tea (prepare as a decoction)
- Tincture, Liniment
- Gargle, Mouthwash
- Syrup

- Poultice, Compress
- Herbal Oil
- Salve, Ointment, Cream
- Bath
- Powder, Capsules
- Juiced

## Care/Harvesting:

Horsetail has no leaves or flowers but spreads by spores. The immature plant is a solitary, hollow, jointed stem with a "cone" on the top that resembles asparagus. As it matures segmented, stems will sprout from the nodes and resemble pine needles. The mature plant has a higher source of silica than the single stem immature stage, therefore it is more medicinal.

- Found in roadsides, waste ground, trails, and gardens.
- Harvest in early summer by cutting several inches above the ground. Dry immediately or make into a tincture or tea.

### \*Note about Calcium:

Calcium is needed for nerves, veins, artery walls, bones, teeth, etc. It is leached from the body through consuming processed and refined foods, especially sugar. Lack of calcium can cause all sorts of problems within the body including varicose veins, cramps, bone density loss, and nervous upsets, to name just a few. Lesson 6 has an Herbal Calcium Formula using horsetail as the main herb with supporting nutritive herbs for a great absorbable source of calcium.





*Juniperus communis*

**Family:** *Cupressaceae* - cypress

**Parts Used:** berries

Juniper has long been known as a full body cleanser, physically and emotionally (use aromatics). Scrubbing out and removing filth. Combine with a demulcent herb to prevent irritation, such as marshmallow, alfalfa, or purslane.

**Energetics:** warming, drying

**Systems Affected:** urinary, stomach

### Properties:

Antimicrobial, antiseptic, carminative, diuretic,

emmenagogue, antibacterial, antispasmodic, astringent, rubefacient, sedative, vulnerary.

### Uses:

- Relives congestion and cleanses the entire body, helping with a myriad of conditions.
- Increases urine flow and eliminates congestion, removes waste and strengthens the kidneys, bladder and urinary passages.
- Bladder and kidney infection.
- Kidney stones with associated pain.
- Cramping, muscle aches, and joint pain. (Topical application)
- Cleanses uric acid build helping with gout and rheumatic issues.
- Stimulates digestion, reduces gas, upset stomach, and indigestion.
- Cleanses the kidney and liver.
- Aids healing of the adrenal glands.
- Intestinal worms and parasites.
- Stimulates uterus, helping with menstruation in women, help with bloating and water retention as well.
- Clears the minds, helping with confusion and exhaustion. (Use aromatically)
- Disinfects and heals wounds, sores, and skin conditions. (Apply topically)

### Methods of Use:

Crush berries before preparing in one or more of these methods.

- Whole Berry (soften first with water, chew 1-5 per day for no more than two weeks)
- Tea (prepare as a decoction)
- Tincture (use alcohol)
- Herbal Oil, Liniment
- Salve, Ointment, Cream
- Bath
- Powder, Capsules or Sprinkle (sprinkle over wounds)

- Essential Oil

## Care/Harvesting:

Juniper has over 70 species but *communis* is the most common one used medicinally. This evergreen has branches that are spreading and close, with reddish brown bark, sticky gum, and ½ inch needles. There are both male and female trees, the females produce the berries while the males produce yellow flowers that pollinate the female trees. If you want to plant them in your yard, be sure to plant both the male and female.

- Found on dry, sterile hills.
- Prefers sandy soil and full sun but adapt to many soil conditions.
- Harvest the mature berries, that are blue/black in color, in the fall. Dry thoroughly before use.

## Cautions:

Avoid use during pregnancy but can help encourage contractions during labor. Can be a kidney irritant so avoid taking longer than a six-week period without a break. Avoid completely if any type of kidney damage is present.



*Lavendula angustifolia* (many species)

**Family:** *Labiata/Lamiaceae* - mint

**Parts Used:** blossoms

I really can't pick favorites among herbs, but lavender is one of my favorites. I have dubbed it "The When in Doubt Herb" since it has so many uses and is gentle enough for all ages.

**Energetics:** warming, bitter, drying

**Systems Affected:** nervous, skin,

## Properties:

Analgesic, anti-bacterial, anticatarrhal, antifungal, anti-inflammatory, antiseptic, antispasmodic, aromatic, carminative, circulatory stimulant, expectorant, nervine, relaxant, sedative, vulnerary, mild anti-depressant.

## Beauty and Personal Care:

- Deodorizing
- Hair loss
- Dandruff, dry, itchy scalp.
- Tones skin and improves circulation.
- Acne and other skin conditions.
- Good for dry skin - especially when used as a facial steam.
- Perfume
- Mouthwash - freshens and deodorizes the mouth.

## In the Home:

- Potpourri
- Herbal Vinegar - use as a multi-purpose cleaner to disinfect, cleanse and deodorize.
- Laundry - fill a muslin bag with lavender flowers and toss in the dry with laundry to freshen and disinfect (you could also use a sachet).
- Sleep Pillow - tuck under pillow or next to the pillow for a good nights rest.
- Sachet, muslin bag, or sheer bag filled with blossoms - place in linen closets, drawers, closets, cupboards, etc.
- Burn the dried stalks like incense - can also burn in bundles to disinfect and deodorize, they can also be thrown in the fireplace to burn.
- Use in any of your favorite household cleaner recipes.

## Uses:

- Burns; household, sun, chemical, etc.
- Sedative, calming and relaxing - in small amounts.
- Stimulating - in large amounts.
- Relieves tension, stress, anxiety, and sleeplessness.
- Strengthens the nervous systems, calms anger, agitation, and irritability.
- Aids circulation, strengthens and soothes the heart.
- Headaches and migraines - especially when combined with feverfew.
- Very gentle and healing for any concern with babies & children; over tired, fussy, colic, skin problems, first aid, etc.
- Any skin condition; dry skin, rashes, diaper rash, eczema, infection, etc.
- Fungal infections like ringworm, athletes' foot, nail fungus, yeast infection, etc. (combine with tea tree essential oil for best results).
- First aid: disinfectant, cuts, wounds, sprains, strains, burns, etc.
- Indigestion; nausea, cramps, tummy ache, flatulence, loss of appetite.
- Colds, flu, decongestant, respiratory, asthma, whooping cough, bronchitis.
- Inflammation
- Insect repellent, parasites, and lice.
- Pain reliever
- Muscle aches, tension, and spasms.
- PMS symptoms
- After birth healing - take a lavender bath every evening before bed to speed healing.

## Methods of Use:

- Essential Oil – This is the best method for first aid purposes. Diffuse, apply to area of concern, put in bath, massage into feet or any area of the body.
- Tea – in addition to drinking, works great as a hair rinse and wash for cuts and scrapes.
- Herbal Sachets (bags) – toss in the dryer with laundry, use for headaches, aching body parts, and boo boo pack. Sleep and dream pillows for good rest. Place in drawers to freshen.
- Tincture, Liniment
- Powder, Capsules, Sprinkle
- Herbal Oil: Use as a massage oil for muscle tension, stress, headache and for calming at bedtime. This is great for baby massage and children.
- Herbal Vinegar, Honey, Tincture, Syrup, Salve, Creams, and Body Care Products.
- Bath, Foot Soak, Steam
- Compress, Poultice
- Herbal Water, Douche or Enema
- Culinary uses; pesto, soups, stir-fry, sauces, marinades, sprinkle, dips, vinegar, salad dressings, meat rub, salt, drinks, smoothies and more.

## Care/Harvesting:

- Place in a dry and sunny hot spot. It must have well drained soil and can be planted in full sun or part shade. Water lightly.
- Best to plant from a root division or get a plant from the nursery.
- Space plants at least 12-24" apart. Mulch in the fall.
- For highest quality medicinal properties harvest the lavender flowers when the buds are just opening. Cut the entire stem, keeping the plant in a mound shape. Both leaves and blossoms can be used but the most power lies in the blossom.
- Process or dry immediately to maintain medicinal quality.



I love herbal pillows (see *Methods* section), I always keep one we dubbed the Boo Boo Bag in the freezer for headaches, owies, and general aches and pains. The freezer not only keeps the pack very cold, which is soothing, it also keeps the herb(s) fresh. You can use any herb(s) for your bags but I love to have a lavender and peppermint one ready to go. Place in a ziplock freezer bag for storage in the freezer and you have an owie pack ready to go. I use mine for every time a child comes inside crying because they got hurt. They put the Boo Boo Bag on the owie for a few seconds and they are miraculously healed and off to play again. I also use these for headaches and general aches and pains.

## LAVENDER LEMONADE

2 cups lavender tea  
2 cups water  
 $\frac{1}{2}$  cup fresh squeezed lemon juice  
 $\frac{1}{2}$  cup raw honey  
Lavender flowers and lemon slices for garnish

Pour lavender tea into a pitcher, add lemon juice. Dissolve honey into the water and add to lavender mixture, mix well. Garnish with flowers and lemon slices.

Use this same ratio to make any kind of herbal lemonade, the sky is the limit.







*Melissa officianalis*

**Family:** *Labiata/Lamiaceae* - mint

**Parts Used:** leaves

Even before my herbalist days I loved growing lemon balm in my yard because of its strong aromatic lemon scent and beautiful leaves. I love running my hands over the top of the soft leaves and then inhaling the calming aroma. Not only do humans love this plant but bees go crazy over it, in fact the scientific name of Melissa, means bee.

**Energetics:** cooling, drying

**Systems Affected:** nervous, digestive

## Properties:

Antiseptic, antibacterial, anti-viral, antispasmodic, antioxidant, diaphoretic, carminative, nervine, anti-depressive, hypotensive, anti-microbial, hepatic, sedative, calming.

## Household and Cosmetic Uses:

- Use in potpourri or herbal sachet to freshen drawers, closets and furniture.
- Use as a moth repellent in cupboards and linen closets.
- Bug repellent.
- Concentrated tea can darken hair and cover gray when used regularly.

## Uses:

- Strong antiviral, use for any type of viral illness.
- Cold sores, mouth sores.
- Cough, cold, flu, allergies.
- Fever, induce sweating for a good skin cleanse.
- Strep throat
- Protects brain from powerful stimuli making it useful for those with high energy.
- Aids those suffering with add and ADHD, calming & soothing for restless children.
- Nervous system support.
- Digestive system support.
- Strengthens the heart.
- Cramps, PMS, menopausal symptoms, and other women's health concerns.
- Hormone regulator.
- Tension headaches and migraines.
- Depression, heartache, melancholy, hysteria, seasonal affective disorder (SAD), anxiety, etc.
- Relax the body and mind, uplift the spirits, balance mood swings.



- Insomnia, sleep aid & nightmares.
- Fatigue
- Herpes, shingles, chicken pox.
- Thyroid aid, for overactive thyroid, hyperthyroidism, or Grave's disease.
- Bug bites and stings.
- Wounds, bruises, and cuts.

## Methods of Use:

- Tea, makes delicious drinks
- Food: add leaves to salads, and culinary dishes for subtle lemon flavor.
- Poultice (or chew and apply immediately), Compress
- Herbal Oil (use in cooking, on salads, to cleanse and disinfect wounds, etc.)
- Tincture, Glycerite, Liniment
- Salve, Balm, Ointment
- Bath, Foot Soak
- Honey, Syrup
- Herbal Popsicles (great for strep throat, mouth sores, cough, cold, etc.)

## Care/Harvesting:

Lemon Balm is a cultivated plant grown in gardens; it is not found in the wild. It will grow readily, self-seeds and is frost hardy, coming back year after year.

- Transplant or sprinkle seeds in rich, moist soil in part shade.
- Keep the soil moist, watering daily if needed.
- Feed compost tea monthly for added growth and vigor.
- Harvest frequently by cutting leaves as needed and/or cutting back entire plant to 4" several times during the season.
- Most potent and aromatic before the plant blooms but can gather leaves all season long.
- Can be dried and stored, but most potent used fresh.
- Stir up the soil around the plant in the fall, cut down to 4" and cover with mulch for winter protection.
- Plants can also be grown indoors during the winter months.



*Cymbopogon (many species)*

**Family:** *Gramineae* - grasses

**Parts Used:** leaves

I came across lemongrass at the nursery when I was looking for my spring plants. It seemed like a fun plant to try, and I ended up loving the fresh scent and simple beauty.

**Energetics:** cooling, drying, sweet/sour

**Systems Affected:** digestive, nervous

### Properties:

Antibacterial, anti-inflammatory, antifungal, antiviral, antiseptic, antispasmodic, analgesic, astringent, carminative, diaphoretic, diuretic, nervine, vasodilator.

### Uses:

- Supports the thymus and thyroid.
- Clears congestion in the lymph system and spleen.
- Relieve nausea, stomachache, gas, diarrhea, and vomiting.
- Cleanses liver and kidney, helps with bedwetting.
- Muscle spasms, pain, cramping, etc. (Apply topically)
- Sprains, strains, dislocations, and sports injuries, tightens and repairs tissue damage.
- Headaches, pain reliever.
- Cold, cough, flu, and fevers.
- Anxiety, stress, insomnia.
- Insect repellent

### Methods of Use:

- Tea (prepare as a decoction 10 leaves (chop first) per cup of water)
- Food: add to soups, stir-fry, marinades, sauces, drinks, etc.
- Tincture, Liniment
- Syrup, Honey
- Herbal Oil, Salve, Ointment, Cream
- Bath and Foot Soak
- Powder, Capsules or Sprinkle
- Sleep Pillow
- Essential Oil (not for internal use)

### Care/Harvesting:

Lemongrass is a tropical perennial but in areas where there are four seasons, it acts as an annual. Likes it hot and moist but will tolerate dry climates if watered regularly. Best harvested in mid to late summer since the heat concentrates the oils in the leaves, giving it more flavor and stronger medicinal properties. Cut all the leaves off and prepare or dry for future use.



### *Glycyrrhiza glabra*

**Family:** *Leguminosae* – beans and peas

**Parts Used:** root

Licorice root is 50 times sweeter than sugar and makes a great addition to tea blends for a natural sweetener. It is generally used as part of a formula with other herbs.

**Energetics:** warming, moistening

**Systems Affected:** blood, lungs, immune, general affects over the entire body

### Properties:

Anti-viral, anticancer, antimicrobial, anti-inflammatory, antispasmodic, antihepatotoxic, aperient, cathartic, demulcent, emollient, expectorant, laxative, tonic.

### Uses:

- Soothes and heals all the mucus membranes in the body systems, including respiratory and intestinal tract.
- Cough, cold, sore throat.
- Respiratory issues of all kinds including asthma, bronchitis, croup, cough, etc.
- Stimulates and regulates the adrenal glands and pancreas.
- Tones and strengthens the endocrine system, helping to produce hormones.
- Strengthens nerves.
- Blood cleansing, strengthens heart, and circulatory systems.
- Reduces and balances blood sugar.
- Weak pulse and/or palpitations.
- Digestive issues, heartburn, acidity, intestinal infections, constipation.
- Ulcers
- Healing to glandular system.
- Boosts immune system.
- Skin conditions that are inflamed and weepy. (Apply topically)
- Detoxing
- Hemorrhoids
- Alleviates thirst.
- One of the top herbs used in Chinese medicine. Known as a “guide herb”, directing other herbs to the area of the body where they are most needed.

### Methods of Use:

- Tea (prepare as a decoction)

- Tincture
- Honey, Syrup
- Powdered, Capsules, Pills
- Herbal Oil
- Salve, Ointment, Cream
- Chew on the root

## Cautions:

Extremely high doses can cause nausea, vomiting, and heart rate irregularity in certain people. If there is a history of heart conditions, use under the care of a health care practitioner. Some herbalists suggest not taking during pregnancy.

## DR. CHRISTOPHER'S ADRENAL FORMULA

This formula corrects any imbalance in the adrenal glands and compensates for stress placed on the heart. The adrenals are responsible for the fight or flight response and also help the body maintain a healthy balance of sugar and salt. This formula helps counteract the effects of long-term stress by providing nutrition that supports the adrenal glands.

Equal Parts:

Mullein	Hawthorn berries
Licorice	Lobelia
Siberian Ginseng	Cayenne
Gotu Kola	Ginger

## SOOTHING THROAT BALLS

This recipe comes from *Rosemary Gladstar's Medicinal Herbs* book. She says these pills work wonders for sore throat, laryngitis, and other infections of the throat and mouth.

2 parts licorice root powder  
 1 part echinacea root powder  
 1 part goldenseal root powder (or substitute Oregon grape root)  
 1 part marshmallow root powder  
 Honey  
 Peppermint essential oil  
 Cocoa powder

Place herbs in a bowl and mix with enough water and honey to make a sticky paste. Add a drop of essential oil and mix well. Thicken the mixture with enough cocoa powder (or use cinnamon) to form a thick, smooth paste. Knead until the dough is as smooth as bread dough. Break off small bits and roll into small balls, the size of pills. Dry in a dehydrator or the sun. Once dried, store in airtight container where they should keep indefinitely. Take 1 or 2 balls as needed.



*Tilia platyphyllos* (europea and cordata)

**Family:** *Tilliaceae* (Lime family, not the citrus fruit - the lime trees of Europe)

**Parts Used:** flowers, bracts

Also known as lime tree, common lime and American basswood (wild species). Even though linden has no immune boosting actions, it does have an effect on the body's resistance to infection. I believe this is because of the positive, uplifting properties that affect the mood, which in turn affect the immune system. Just standing under the tree in bloom and inhaling the fragrance uplifts the spirit. Here are some other great benefits of using linden.

**Energetics:** cooling, moistening

**Systems Affected:** nervous, cardiovascular

## Properties:

Antispasmodic, antidepressant, mild astringent, diaphoretic, diuretic, cardiotonic, carminative, nervine, relaxing, hypotensive, calming, tonic.

## Medicinal Uses:

- Affects heart, liver, nerves, and digestion.
- Calms stress, anxiety, nervousness, and worry.
- Lifts and calms the mood.
- Depression and grief.
- Use for colds, flu, and fever.
- Immune strengthening, resistance to infection.
- Balances blood pressure for either high or low.
- Relaxes and heals blood vessels, destressing the arterial walls.
- Relieves tension and aids in restful sleep.
- Warming and relaxing to digestive system.
- Helps with PMS pain.
- Cools hot flashes from menopause (drink cold tea or apply compress).
- Child friendly herb for colic, toothache, stomachache or pain, relaxing, trouble sleeping, calming.
- Mild pain-reliever.
- Inflammation relief such as boils, rashes, bites, burns and sore eyes (compress or massage tea into area).

## Methods of Use:

- Tea
- Honey, Syrup
- Tincture
- Bath
- Herbal Oil
- Compress
- Poultice

## Care/Harvesting:

Linden trees are popular in landscape gardening and can usually be found in parks, community buildings and gardens. The American basswood species can be found in wooded areas and can grow to 130 feet! To cultivate they are best grown in rich, moist soil.

- There is a small window during the summer months in which to harvest linden blossoms. Look for them in June and August.
- Harvest blossoms while fully open and fragrant, knowing the bees will be harvesting with you. You can rake your fingers through the blossoms to collect or use scissors.
- Sap can be boiled into syrup.

## Cautions:

Consult a professional if taking with other pharmaceuticals.





*Lobelia inflata*

**Family:** *Campanulaceae/Lobeliodeae*

**Parts Used:** leaves and flowers (aerial parts), seeds are twice as potent as the herb.

Dr. Christopher loved using lobelia! He referred to it as “The Thinking Herb” because of its ability to know what to do in each individual with their particular constitution. It is generally used in formulas to enhance their properties and deliver them wherever they are needed in the body.

**Energetics:** cooling, moistening

**Systems Affected:** whole body, especially nervous

## Properties:

Antispasmodic, anti-emetic (low doses), emetic (larger doses), nervine, relaxant, vasodilator.

## Medicinal Uses:

- Strengthens blood vessel action allowing blood to flow freely, health throughout the body.
- Carrier for all other herbs, delivering them quickly and efficiently to area of distress.
- Removes obstructions and congestion throughout the body and blood.
- Cleansing of all body systems.
- General corrector of the whole body, it will know what to do (The Thinking Herb).
- Relaxant and sedative (small doses).
- Asthma, bronchitis, pneumonia, and respiratory issue.
- Stop vomiting (2-6 drops tincture).
- Induce vomiting (1 teaspoon tincture).
- Abscesses (administer both internally and externally).
- Appendix attack.
- Blood pressure regulator.
- Cold, flu, fever, and illness of any kind.
- Digestive issues.
- Blood, heart, and circulatory issues.
- Muscle, joint, bone pain and inflammation.
- Diseases of all kinds.
- Infection of any kind.
- Poisoning
- Insect bite and stings.
- Convulsions, tremors, spasms, lock jaw, epilepsy, etc.

## Methods of Use:

Combine with other herbs as part of a formula and usually with a stimulant herb such as cayenne, peppermint, or ginger. Start with one drop and then increase drop by drop until relief comes. Chills and/or nausea will be your key if too much has been taken or applied. Use small amounts when applying topically or dilute in water or carrier oil, watching for the nausea marker.

- Tea
- Tincture (lose doses such as 1-3 drops, 2 x day)
- Liniment (apply to temples and spine for pain, aches, and illness).
- Powder, Capsules
- Poultice, Compress
- Syrup, Honey
- Bath (2 Tbsp. per 1 quart of water, steep for 30-60 minutes, strain and pour in bath)
- Enema (blend with catnip)

## Care/Harvesting:

Lobelia is an annual that can be found in the nursery. It can be found in meadows, pastures, woods, and grassy places in nearly all parts of the United States. It flowers from July to September with pale blue blossoms that are followed by a seed pods the size of a white bean. It grows from 4-36 inches tall in patches. The seeds are twice as strong as the herb.

- Harvest between the end of July through October. Using gloves, cut all aerial parts

## Cautions:

Prudence is needed for using this herb. It is very powerful and should be used in small doses as part of a formula, even when using topically. Your body will alert you when too much has been administered with a chilly feeling or if way too much has been taken, nausea, cramps, vomiting and diarrhea. These discomfort symptoms however are not life threatening, just the “cleansing” properties jumping into full gear.

Do not use if pregnant or nursing.



### *Lomatium dissectum*

**Family:** *Apiaceae* – parsley, carrot, angelica

**Parts Used:** root, seeds (most potent), leaves, blossoms

Known by many herbalists as the best antiviral in the world. The Native Americans that used this herb during the great flu epidemic of 1917 never died.

**Energetics:** cooling, drying

**Systems Affected:** lung, immune

## Properties:

Antiviral, antibacterial, analgesic, antifungal, antispasmodic, antimicrobial, antiseptic, diaphoretic, expectorant, stimulant.

## Medicinal Uses:

- Bacterial infections like meningitis, strep, e coli, ebola virus, etc.
- Viral infections like mono, Epstein-Bar, swine and avian flu, west nile, SARS, etc.
- Any illness including fever, cold and flu.
- Respiratory conditions like asthma, bronchitis, pneumonia, congestion, infection.
- Coughs, sore throat, sinus issues, hay fever.
- Immune stimulant.
- Chronic fatigue syndrome.
- Promotes healing of wounds, sprains, cuts, sores, burns, bruises, and other injuries.
- Cold sores, herpes.
- Pain reliever (aerial parts)

## Methods of Use:

- Tea (decoction for roots, infusion for aerial parts)
- Tincture (use alcohol- best way to utilize the properties of this herb)
- Bath, Foot Soak, Steam
- Herbal Oil, Salve
- Poultice, Compress
- Powdered, Capsules

## Wildcrafting/Harvesting:

Lomatium is a wild plant, not easily cultivated. It grows on the sides of and at the base of hills, rocky, wooded, bushy slopes and coniferous forests (not along creek beds!). Looks similar to other carrot family members with umbel flowers and basal leaves that are finely divided. Flowers are yellow and may also be red. It can grow up to 3 feet tall.

- Harvest aerial parts anytime during the growing season.
- Roots are best harvested in the spring but can be harvested anytime from fall to early spring. They should be strongly aromatic and oily; this is a sign of the medicinal properties.
- Because of the resinous quality of the root, it needs to be dried a few days before cutting into smaller pieces for full drying and storage.

## Cautions:

Do not confuse with other members of the carrot family such as poison hemlock which is very deadly and grows near water. Correct identification is a must!

Do not use if pregnant or nursing.

## ANTIVIRAL FLU TINCTURE

Combine equal parts:

Lomatium  
Licorice  
Astragalus  
Yarrow  
Ginger

Because Lomatium is best used and purchased as a tincture blend the individual herb tinctures together in equal parts. Typical dosage would be 60 drops (about ½ teaspoon) every hour or for more severe flu take 1-2 teaspoons every waking hour until symptoms subside.



*Althaea officinalis*

**Family:** *Malvaceae* - hibiscus, hollyhock, okra

**Parts Used:** roots, leaves, flowers

Mallow is best known for its soothing and anti-inflammatory properties. Two main mallows are used medicinally, Common Mallow, found in yards, ditches, marshes and low ground as a weed and Marshmallow, which is cultivated in gardens. They can be used interchangeably and in the place of slippery elm.

**Energetics:** cooling, moistening

**Systems Affected:** lung, digestive

## Properties:

Expectorant, diuretic, demulcent, emollient, anti-inflammatory, nutritive, vulnerary, laxative.

## Uses:

- Support and soothe kidney, bladder, and urinary system.
- Urinary disorders such as kidney stones and urinary tract infections.
- Respiratory issues such as bronchitis, irritating coughs, pneumonia, etc.
- Wounds, burns, boils, sores, and skin ulcerations of any kind (poultice or compress).
- Bug bites and stings (make a poultice with the leave by chewing or rubbing).
- Soothes irritation and inflammation in the digestive and urinary systems.
- Helps neutralize stomach acid, aiding in stomach ulcers and heartburn.
- Gout
- Eye infections and sore eye (eye wash with the tea).
- Mastitis (use hot compress or fomentation).
- Sore nipples (gel or salve).
- Soothes skin irritation (gel or salve).
- Venereal issues (douche with tea, salve, bath).

## Methods of Use:

- Tea
- Poultice
- Gruel: chop root and add water (or use root powder) once a gel forms this can be used internally or externally to soothe inflammation and irritation.
- Tincture, Syrup
- Herbal Oil
- Salve, Ointment, Balm
- Powder, Capsules
- Bath (soothe and moisturize skin)



- Food: all parts can be used as a vegetable. Root can be used as a thickener and to make marshmallows! Flowers will turn into “cheeses” that can be eaten.

## Care/Harvesting:

The plant can be grown from seed, sown directly in the spring, or started indoors and transplanted. It can also be started from cuttings or root divisions in the autumn. Space about 2 feet apart. Loves loamy, moist soil (hence the name “marsh”). The wild version, Common Mallow, is a well known “weed” found along streams, marshes, ditches, and low ground. It is a crawling annual with rounded leaves, pale pink flowers and fruits referred to as “cheeses”.

- Flowers can be harvested in the summer right before they are fully open. They are expectorant and used to make cough syrup. They can be dried for future use but must be stored in a dark container. Carefully remove the flowers with snips so they do not get bruised.
- Leaves are best harvested after flowering in the late summer – although they can be used anytime.
- Roots can be harvested in the fall or winter after the plant is over 2 years old. Pull or dig out tap root and wash, peel and then use immediately or dry them in slices, may need to use a dehydrator on low setting to dry thoroughly.



## MARSHMALLOWS

1 cup water  
 1 Tbsp. marshmallow root powder  
 2 Tbsp. plus 1 tsp. gelatin  
 1 cup honey  
 1/2 tsp. vanilla extract  
 pinch Real salt



Simmer 1 cup of water and 1 tablespoon of marshmallow root for 5 minutes. Let cool and strain to remove any lumps then divide in half. Pour half of the marshmallow root “tea” over the gelatin and mix together. Pour the other half of the marshmallow root “tea” in a saucepan with the honey, vanilla, and salt. Bring to a boil on medium-high until the mixture is 240 degrees or soft ball stage.

Pour hot mixture over the gelatin mix and start to blend with a hand mixer on low and work up to high. Continue to blend until light and fluffy, about 5-8 minutes. All of the sudden this mixture just transforms into a beautiful light fluffy marshmallow cream. Pour into a buttered 8x8 pan for the big marshmallows or a 9x13 pan for the small ones.

When they are “bouncy”, use a knife dipped in hot water to cut into strips and then into squares. They will be a bit sticky. You can shake them up in a mixture ¼ cup arrowroot powder (or cornstarch) and ¼ cup powdered sugar (blend raw sugar in a coffee grinder to create powdered sugar for a better option) to prevent them from sticking to each other.





*Silybum marianum*

**Family:** *Compositae* – daisy, calendula

**Parts used:** seeds

For more than 2,000 years milk thistle seeds have been used to support and heal the liver and connecting conditions. "Silymarin (found in milk thistle seeds) benefits the liver in several ways. It binds tightly to the receptors on liver cell membranes that allow toxins in, thus locking them out." *The New Healing Herbs*

**Energetics:** cooling

**Systems Affected:** liver

**Properties:** hepatic, trophorestorative (re-

establishes balance of the cellular structure of the liver), hepatoprotectant (liver support), antihepatotoxic (protects liver from toxic substances), galactagogue, demulcent, cholagogue (stimulates bile flow), antioxidant, anti-inflammatory.

## Uses:

- Liver tonic, support, and protection.
- Can help restore liver function impaired by liver diseases such as toxin exposure, cirrhosis, viral hepatitis, alcohol damage, drug induced liver damage, mushroom poisoning, etc.
- Liver cell regeneration.
- Liver cleansing and rebuilding.
- Stimulates liver repair, blocks toxins from entering the liver and protects it from free radicals.
- Jaundice, liver enlargement, and liver congestion.
- Gallbladder problems, including gallstones.
- Fibroids, linked to liver problems so stimulating it may help shrink fibroids.

## Methods of Use:

- Tincture
- Powdered, Capsules
- Tea (crush seeds first and then make a decoction)

## Wildcrafting/Harvesting:

A common weed found growing in disturbed areas, waysides, and mountain trails.

- Seeds can be harvested in the fall when the blossom head dries, and seeds are visible. Cut the tops and use your method of choice to dry them for a couple of weeks before removing the seeds by placing in a bag and shaking or rubbing them out with your fingers.



*Mentha piperita* (peppermint), *spicata* (spearmint)

**Family:** *Labiatae* - mint

**Parts used:** seeds

There are hundreds of varieties of mint and has a variety of shapes, sizes, colors, and smells - although most have the familiar minty aroma. The two main mints commonly used are peppermint and spearmint. Peppermint has stronger properties due to its high menthol content; spearmint is not as strong which makes it a better fit for use with children.

**Energetics:** cooling

**Systems Affected:** digestive, lung, nervous

## Properties:

Analgesic, antibacterial, anti-inflammatory, antiseptic, antispasmodic, antiviral, stimulating, diaphoretic, digestive, decongestant, antibiotic, antifungal, anti-depressant, astringent, calmative, nervine, purifying.

## Uses:

- Sinus and bronchial congestion.
- Coughs and colds.
- Sore throat
- Pain reliever
- Toothaches and mouth wash.
- Nausea, motion sickness, abdominal pain.
- Aids digestion.
- Digestive complaints: gas, constipation, diarrhea, cramps, bloating, etc.
- Parasites
- Bug bites and stings.
- Repels mosquitoes, flies, fleas, moths, ants, and spiders.
- Infections
- Headache
- Mental strain.
- Boosts memory and thinking.
- Nervous system.
- Women's health including PMS.
- Clogged milk ducts and milk knots in nursing mothers (best used as a fresh poultice).
- Burns
- Fever reducer.
- Skin conditions, including rashes.

- Stimulant
- Cooling (spray bottle with a few drops essential oil or tea, spritz over body for a refreshing coolant on hot days).
- Cleaning agent: deodorizes, disinfects, and removes noxious odors.
- Increases oxygen supply.

## Methods of Use:

- Tea (best way to utilize)
- Bath, Foot Soak, Steam (opens sinuses)
- Herbal Oil
- Tincture/Extract
- Vinegar (makes a great fly, ant, spider repellent to spray around the house)
- Sleep Pillows and Sachets
- Powder, Capsules, Pills
- Syrup, Honey
- Salve, Ointment, Balm
- Poultice (best for bug bites, stings, and milk knots)
- Food: drinks, smoothies, herbal water, salads, pesto, pastas, chop and include in cookies and treats.
- Essential Oil

## Care/Harvesting:

- Must plant from a cutting, when planted from seed the plant loses potency, smell, and taste. The nursery has many varieties to choose from.
- This is a vigorously spreading plant so watch carefully and only plant next to other vigorous plants, in a container or where you don't care to let it spread.
- Mint likes rich, moist, well-drained soil in full sun to part shade.
- Frequent cuttings encourage bushiness. Harvest leaves anytime during the season, in the morning when it is sunny and dry is a good time. Never harvest wet leaves and pick out those that are shriveled or diseased. Leaves cut before flowering yield a sweeter taste.
- Cut the entire plant back within a few inches of the ground when the first flowers appear.
- Not a good bed mate with other plants, including other mints. They easily cross pollinate with other mint varieties, making them less potent. I do plant mine next to yarrow, which is another vigorous plant, and they seem to tolerate each other. St. John's wort is another vigorous plant that would get along with mint. Chamomile on the other hand gets along well with mint and when planted next to each other their oil content is increased. Never plant next to potatoes.
- Planted in pots around the garden mint discourages ant, controls aphids and cabbage caterpillars. Mint will also aid the growth and flavor of cabbages, pea, and tomatoes.



*Verbascum thapsus* (*blattaria*)

**Family:** *Scrophulariaceae*

**Parts Used:** leaves, flowers, roots

There are around 300 different species of mullein throughout the world, but the known species of the United States is *thapsus*.

**Energetics:** cooling (root is warming), bitter

**Systems Affected:** lungs, lymph

**Properties:** Anti-inflammatory, antifungal, anti-inflammatory, demulcent, diuretic, analgesic, antispasmodic, emollient, expectorant, astringent, antiseptic, pectoral, nervine, vulnerary, alterative, hemostatic, germicide, vermicide.

## Uses:

- Respiratory support, use for any type of lung condition including shortness of breath. (leaves)
- Calms and strengthens the nerves, digestive and urinary systems.
- Affects the glands and lymphatic system.
- Relieves lung congestion as it can moisten and loosen "stuck" mucus. (leaves)
- Eases dry, irritable coughs and sore throat.
- Soothes inflamed mucus membranes throughout the body.
- Glandular imbalances, swollen glands, and lymph congestion. (leaf)
- Boils, abscesses, tumors, bruises, insect bites, any kind of swelling and irritation. (leaf)
- Pain relief (flowers and root).
- Disinfectant for fighting infection internally and externally.
- Fungal infections.
- Earache: pain relieving, infection fighting and antiseptic properties (flowers).
- Supports body structure and alignment. Use after a chiropractic adjustment to maintain the benefits. (root)
- Improves the health of cartilage in joints and spinal vertebrae. (root)
- Aids in healing spinal and nerve injuries. (root)
- Soothes joint pain and inflammation. (root)
- Hemorrhoids, use both internally and externally.

## Methods of Use:

- Tea
- Herbal oil
- Salve, Ointment
- Tincture

- Poultice/Fomentation
- Capsules
- Bath, Steam

## Wildcrafting/Harvesting:

A biennial found in disturbed areas and poor soils. The first year is a basal rosette of soft, green leaves, not the common stalk with flowers that may be more familiar. The second year the stalk is formed with yellow flowers on spikes. Make sure to only harvest away from roadways and areas where there may be toxins.

- Root: Best harvested the first year while in the rosette stage either in spring or fall. Dig up the entire plant since the leaves can be dried and used as well. Chop root before drying.
- Leaves: Handpick leaves anytime, although the best time would be late spring, early summer.
- Flowers: Mullein flowers slowly over several days so you may need to gather for several days, picking the blossoms while in full bloom or maybe find a “crop” of them growing together. Alternatively, you can cut the entire flowering head off and chop it up before drying or using in preparation.

## Caution:

Seeds are toxic so do not consume. The fine hairs can be irritating so strain well when making a tea, tincture, or oil.

## MULLEIN FLOWER OIL

This oil works wonderfully for ear infections, as it helps fight the infection while reducing pain. It can also be used for any type of skin issues with its anti-inflammatory and emollient properties. I've heard it is also good for afterbirth healing as it decreases swelling, heals any tears, prevents infections, and reduces pain and for those same reasons would be a good for wounds and after surgery care.

Use fresh or dried flowers or even the flower stalk cut up (as explained above). Fill a jar  $\frac{3}{4}$  full of fresh or  $\frac{1}{2}$  full of dried material then cover with olive oil. Choose one of the ways to prepare an herbal oil from the methods section. Strain the herb material and your oil is ready to use. I like to have some in a dropper bottle for easy application, especially for ear infections.

### Ear Infection:

Place 2 to 3 dropperfuls of warmed oil down both ears and plug with a cotton ball. Repeat two or three times a day or as often as needed for pain relief. I like to warm the oil by placing the dropper bottle in a mug of hot water. Test the temperature on your wrist before pouring in ears.





*Urtica dioica*

**Family:** *Urticaceae* - nettle family, meaning "burn"

**Parts Used:** leaves and roots

Nettle has such a wide range of healing due to the high amounts of absorbable vitamins and minerals. It makes a nutrient dense food and potent medicine but also packs a sting if you aren't protected when harvesting.

**Energetics:** cooling, drying

**Systems Affected:** respiratory, urinary

**Properties:**

Astringent, alterative, diuretic, nutritive, hemostatic, hypotensive, tonic.

**Uses:**

- Enhance immunity, protects against infection and illness.
- Expels mucus from lungs, stomach, and urinary tract.
- Can relieve allergies, asthma, hay fever and mucus conditions in the lungs.
- High source of digestible iron and chlorophyll, making it a blood tonic that can aid in treating anemia.
- Cleansing and purifying to all body systems.
- Builds and nourishes blood, nerves, bones, joints, and skin (best used with horsetail).
- Blood purifying and cleansing, regenerates blood and forms new corpuscles. Useful after childbirth, surgery, and hemorrhaging.
- Women's health: reproductive system support, fertility issues, induce menstruation, regulate bleeding, relieves bloating, menopausal issues, and edema.
- Fatigue and exhaustion, use to build and fortify energy.
- Useful for "growing pains" in children, and "creaky" joints in the elderly.
- Nourishes the mind aiding the body with memory and Alzheimer's help.
- Strengthens hair, skin, and nails.
- Soothes irritation and speeds healing in burns, cuts, wounds, and rashes.
- Stems internal bleeding, heavy menstruation, and hemorrhoids.
- Reduce blood sugar levels and stimulate circulation and can lower blood pressure.
- Fresh root decoction and leaf is good for dissolving kidney stones.
- Prevention and treatment of urinary tract infection.
- Increase milk flow in nursing mothers.
- Joint pain and inflammation, gout.
- Prostate enlargement (root).
- Bacterial and fungal infections (root).



## Methods of Use:

- Food: steam leaves, add to soups, casseroles, pesto, etc. Young tender leaves of spring are best for food.
- Tea (2 teaspoons dried plant per 8 oz. water) 3-4 cups a day as needed.
- Tincture (1/4 to 1 teaspoon up to twice a day)
- Powder, Sprinkle, Capsules - 2 capsules up to four times a day.
- Juiced
- Poultice, Compress
- Herbal Oil, Salve
- Honey, Syrup

## Wildcrafting/Harvesting:

Found in waste places, woods, riverbanks, farms, roadsides, field edges, and even gardens. Wear pants, long sleeves and heavy gloves when gathering nettles to avoid direct contact with the plant.

- Gather young nettles in the spring for a nutrient rich food, when they are two to four inches in height. They will grow back and can be harvested over and over again.
- Mature nettles can be gathered in May or June for more medicinal properties, right before the plant blossoms.
- Roots can be gathered in late fall.

## Caution:

Be careful when harvesting since the plant hairs inject an irritant under the skin that causes burning, itching and pain. Heat, mashing, and drying destroys the "stinging" hairs. Do not take the root if pregnant.

If you get stung, rub the area with any of these plants: mint, plantain, dock, sage, comfrey, plantain, and nettle juice.



*Quercus alba* (other species as well)

**Family:** *Fagaceae* – beech

**Parts Used:** inner bark (mainly used), leaves

White Oak is preferred by herbalists, but Western scrub oak and English oak are similar in properties. One of the best astringents herbs available.

**Energetics:** cooling, drying

**Systems Affected:** digestive, respiratory, urinary

### Properties:

Astringent, alterative, antiseptic, antio-inflammatory, diuretic, antioxidant, antimicrobial, antiparasitic, hemostatic, laxative, prebiotic, vulnerary.

### Uses:

- Strengthens gums and teeth.
- Bone building and strengthening.
- Strengthens and tones cartilage and tendons.
- Hemorrhaging both internal and external.
- Varicose veins.
- Cleanses mucus membranes.
- Expels intestinal worms. (1 cup of tea, 2 capsules, or 2 droppers 3 times a day)
- Cleansing and toning effect on the digestive tract.
- Colon problems, diarrhea, dysentery, prolapsed anus, or uterus. (suppository)
- Kidney, liver, spleen issues.
- Aids the removal of gall or kidney stones.
- Sore mouth and throat, including strep throat.
- Swollen glands, goiters, boils, tumors, skin eruptions, etc.
- Ulcers and sores anywhere in the body.
- Wounds, bleeding, ulcers, sores, burns, bites, etc.
- Inflammation anywhere in the body.
- Gangrene

### Methods of Use:

- Tea (make as a decoction)
- Gargle, Eye Wash (leaves work great for this as well as the bark)
- Tincture
- Powder, Capsules (makes a wonderful gum powder, *p. 44, 202*)
- Poultice
- Cold Compress for burns, wounds, injuries, and skin inflammation.

- Hot Compress for swollen glands, sore throat.
- Herbal Oil, Salve (*Bone and Tissue Builder* p. 108)
- Bath, Skin Wash
- Douche, Suppository

## Care/Harvesting:

Western Scrub Oak can be found in the wild. White Oak can be cultivated in zones 3-9. It can grow from 50-80 feet and spreads that wide as well.

- Prefers full sun but can tolerate partial shade.
- Prefers, deep, moist, well-drained soil but can adapt to a variety of conditions.
- Bark can be harvested from the twigs and branches in the fall or early spring.
- Leaves can be harvested anytime. They are good for making a tea that works as a gargle for sore throat and inflamed mouth conditions and an eye wash.

## DR. CHRISTOPHER'S GUM PASTE

I came across this simple gum formula when I was taking the Family Herbalist Course from The School of Natural Healing. It can be used for receding gums, spongy gums, gum issues of any kind including infection, and toothaches, to name a few.

1 part slippery elm powder  
 ½ part white oak powder  
 ½ part comfrey powder

Make a paste by adding a small amount of warm water until desired consistency is reached. Apply directly to gums at the area of concern.



*Origanum vulgare*

**Family:** *Labiatae* – mint

**Parts Used:** leaves and blossoms

Oregano comes from the mint family and can be used interchangeably with marjoram as they are so closely related, in fact wild marjoram is actually oregano! It has highly antibacterial and antiviral properties making it a favorite for winter use. Use in your culinary dishes all through the winter season to ward off viruses and bacteria and to strengthen the immune system.

**Energetics:** cooling, drying

**Systems Affected:** digestive, respiratory, nervous

## Properties:

Analgesic, antibacterial, antifungal, antioxidant, antispasmodic, anti-inflammatory, antiseptic, antiviral, antiparasitic, carminative, emmenagogue, expectorant, nervine, digestive

## Uses:

- Fungal infections such as athlete's foot, ringworm, etc.
- Vaginal yeast infections and candida.
- Respiratory problems - can ease lung congestion and heal bronchial inflammations.
- Sinus congestion.
- Cough, cold and flu.
- Promotes sweating which helps rid the body of toxins during sickness.
- Fever and heat stroke.
- Measles and chicken pox.
- Bronchitis, spasmodic coughs.
- Muscle, uterine and stomach cramps, and spasms.
- Aching joints and muscles, rheumatism, swelling.
- Digestive aid; gas, flatulence, bloating.
- Diarrhea, vomiting.
- Urinary problems.
- Bacterial infections and sores.
- Parasites
- Tooth ache, mouth sores, dental inflammation.
- Headache and pain reliever.
- Cuts, scrapes, and wounds.
- Nervousness, insomnia, tension, and anxiety.
- Can dissolve milk knots in nursing mothers (apply a fresh poultice or salve).
- Nutrient rich: vitamins a, c, k, iron, calcium, manganese, antioxidants.

- Deters food borne bacteria and parasites.
- Pest control to kill fleas and other bugs on contact (essential oil is best for this).
- Dandruff
- Lice
- Cleanses and disinfects, makes a great hair rinse.
- Eczema, sore and other skin issues, and infections.
- Anti-aging (internal consumption).

## Methods of Use:

- Food: add liberally to culinary dishes
- Tea
- Powder, Capsules, Sprinkle
- Vinegar
- Tincture, Liniment
- Herbal Oil
- Salve, Ointment, Balm
- Honey, Syrup
- Bath, Foot Soak, Steam
- Gargle, Mouthwash
- Essential Oil (different species with stronger properties)

## Care/Harvesting:

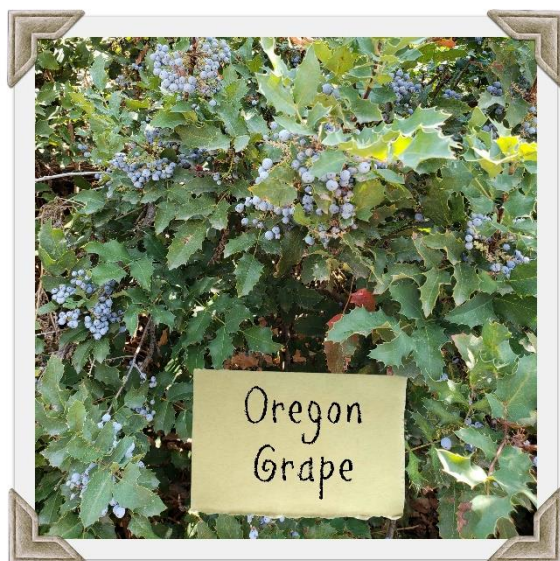
Oregano can be easily grown in your garden. You can start your seeds indoors 6 weeks before the last frost, purchase a start from your local nursery, divide an established plant or directly sow the seeds outdoors after the last frost date.

- Choose a sunny, warm location in rich soil, space 12" apart.
- Water light to moderately.
- Oregano is beneficial to any plant it is planted to next to, improving the growth and flavor of the plant and keeping off pesky invaders.
- Harvest just before blooming and keep cutting as blossoms appear to keep the plant producing.

## HERBAL GARDEN SPRINKLE

You can use this sprinkle to flavor any dish or for marinating meats and in salad dressings. Dry and powder herbs before mixing together. Place in a spice jar and sprinkle away!

6 Tbsp. chives  
 4 Tbsp. parsley  
 2 Tbsp. rosemary  
 2 Tbsp. oregano  
 4 tsp. thyme  
 4 tsp. garlic  
 2 tsp. basil  
 1 tsp. black pepper



*Mahonia/Berberis aquifolia*

**Family:** *Berberidaceae*— barberry

**Parts Used:** roots

Oregon grape, also known as mountain grape, grows all over the Rocky Mountain area I live in. It has many of the same properties as goldenseal that grows in the Eastern United States but unlike goldenseal is not endangered, in fact, it is the opposite of endangered. It can be a substitute for goldenseal in formulas.

**Energetics:** cooling, drying, bitter

**Systems Affected:** digestive, liver, immune, skin

## Properties:

Antibacterial, antimicrobial, antifungal, antiviral, anti-inflammatory, antioxidant, antiparasitic, astringent, antiseptic, alterative, antiemetic, cholagogue, diuretic, hepatic, lymphatic, laxative, tonic.

## Uses:

- Skin conditions (greater affinity to skin).
- Eczema, psoriasis, dermatitis, acne, scaly skin.
- Highly antibiotic – infection fighter.
- Inhibit E-coli, strep, staph, and other bacteria, strep throat and staph infections.
- Cold, coughs and flu.
- Eye and mouth infections.
- Candida and yeast infection.
- Improves liver and gallbladder functions, helps with imbalances.
- Hepatitis, jaundice, and other liver conditions.
- Urinary tract infection and vaginal infections.
- Boosts white blood cell count, which boosts the immune system.
- Balance hormones.
- Regulates blood sugar.
- Boost sluggish glandular system.
- Constipation, gas, bloating.
- Gall bladder problems including gall stones.
- Ulcers
- Inflammation
- Cuts, scrapes, wounds.
- Nausea, diarrhea, bloating, constipation, vomiting.



## Methods of Use:

Use both internally and externally.

- Tea (prepare as a decoction, 2 ounces 3 times a day)
- Eyewash, Gargle
- Bath
- Powder, Capsules
- Tincture, Liniment
- Herbal Oil
- Salves, Ointments, Balms
- Douche

## Wildcrafting/Harvesting:

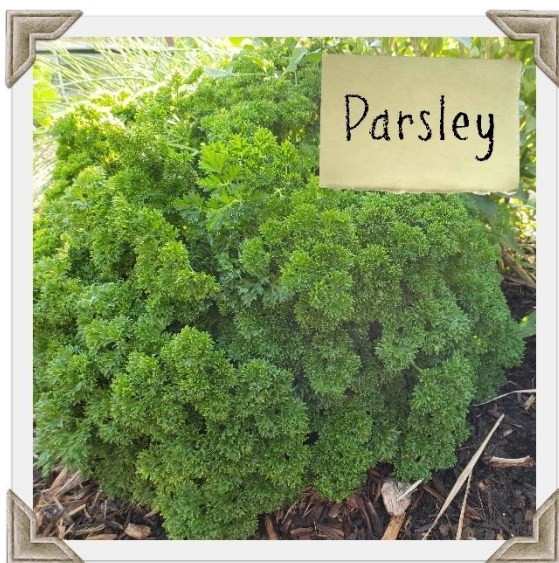
Found on slopes, canyons, forests, woodland, and open sites. Can also be purchased at a nursery. Evergreen shrub that grows up to 4-6 feet. Holly like leaves that are leathery and shiny with scalloped edged spines. Greenish yellow flowers that turn to purple berries covered with whiteish film.

- Roots are best harvested in the fall 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.

## Cautions:

Avoid if pregnant.

Don't use with herbs that have a high tannin content, they can neutralize the alkaloids which give Oregon Grape Root its healing properties.



*Petroselinum crispum*

**Family:** *Apiaceae* – carrot, dill, caraway, celery

**Parts Used:** leaves, roots (most medicinal)

This common garden herb and garnish is more than just for culinary purposes.

**Energetics:** cooling, moistening, stimulant

**Systems Affected:** urinary, digestive

**Properties:**

Antioxidant, anti-inflammatory, anthelmintic, demulcent, diuretic, carminative, emmenagogue, expectorant, nutritive, stimulant.

**Uses:**

- Cleansing
- Full of vitamins and minerals, high iron content good for anemia.
- Boost immune system.
- Digestive aid, helps regulate bowel movements, bloating, gas, edema, acid reflux, etc.
- Adrenal and thyroid tonic.
- Support for kidney, bladder, liver, and spleen.
- Nourishes the nervous system.
- Eye and skin health.
- Removes obstructions in the blood, lymph, sweat, urine, and stool.
- Helps break up kidney and gallstones.
- Urinary issues of any kind including bedwetting and frequent urination.
- Intestinal worms
- Jaundice
- Menstrual disorders.
- Asthma, coughs, and bronchial issues.

**Methods of Use:**

- Food: add liberally to culinary dishes
- Chew on leaves to freshen breath.
- Juiced
- Tea
- Tincture
- Powder, Capsules, Sprinkle

## Wildcrafting/Harvesting:

Parsley is a biennial plant, producing abundant foliage the first year and sending up a stalk with umbels that blossom and seed the second year. Harvest leaves from the first year's growth.

- Start seed 12 weeks before the last frost. The seed takes from 4-6 weeks to germinate. Can also be purchased at your local nursery.
- Transplant after the last frost in a sunny spot, with well-drained soil.
- Prefers rich soil due to the large tap root.
- Leaves are very abundant the first year and can be gathered anytime. In the fall cut the entire plant and dry for future use or to crush and make your own parsley flakes for cooking.
- Roots should be harvested in the fall of the second year.

## Cautions:

Avoid while pregnant and nursing in medicinal amounts. Dries up milk in nursing mothers.

## CLEANSING JUICE

Run the following ingredients through a juicer and drink to detox and cleanse the body. Also works great for clearing congesting in the lungs when dealing with respiratory issues.

6 carrots  
2 stalks celery  
1 apple  
1 bunch of parsley  
½ inch piece of ginger  
½ cucumber



*Pinus* variety of species

**Family:** *Pinaceae* -pine, fir, spruce

**Parts Used:** leaf (needles), inner bark, sap (resin)

There are about 115 species of the pine family throughout the world. They are commonly referred to as conifers due to the cones, which are the fruits and flowers of a pine tree. Many share these same healing properties although the White Pine (*Pinus strobus*) is the most studied and used.

**Energetics:** warming, pungent

**Systems Affected:** respiratory, urinary

## Properties:

Antibacterial (sap), antioxidant, antiseptic, antiviral, analgesic, astringent, diuretic (inner bark), demulcent (inner bark), decongestant, diaphoretic, expectorant, rubefacient, vermifuge

## Uses:

- High in vitamin C (5-6 lemons worth).
- Immune booster that also decreases healing time for illness.
- Cold, flu, fever.
- Respiratory conditions, congestion, cough, sore throat, etc.
- Sinus congestion and infection (steam inhalation and tea).
- Kidney and bladder problems (inner bark).
- Disinfectant and drawing for splinters, boils, insect bites, abscesses, etc.
- Cuts, wounds, burns, and skin conditions.
- Can relieve muscle and joint pain and stiffness.
- Repel ticks and fleas.
- Disinfectant and cleansing. Use to freshen the air and clean your home.
- Essential oil diffused or inhaled can help with insomnia and depression. It lifts the mood and cleanses the mind and body.
- Survival food to get vitamins and minerals in the body. Leaves, inner bark, and sap can be chewed (though generally not swallowed due to texture) or made into a tea. The tea will get the vitamins and minerals absorbed into the body. Depending on the season the pinecones will have nuts in them that are edible and will give protein and other nutrients.

## Methods of Use:

- Tea, Gargle
- Syrup, Honey
- Bath, Wash, Steam Inhalation

- Oil, Salve, Ointment
- Tincture, Vinegar
- Powder
- Essential Oil (always use with a carrier oil or salve for topical use)
- Add to home cleaners for disinfecting, cleansing and fresh smell.
- Survival Food

## Care/Harvesting:

Found in forests, mountain areas, slopes and in neighborhoods and parks.

- Leaves: can be gathered at any time during the season, chop before preparing.
- Sap: can be found already oozing from the bark either fresh and sticky, or dried. It can be gathered fresh in the early spring when the sap is flowing by boring about two inches into the bark.
- Inner bark: gather from twigs and branches, not the trunk.
- Any of the gathered parts can be dried and stored for future use.

## Caution:

There are a couple species of pine that are not edible - Single-leaf Pinyon (*Pinus californiarum*) and Loblolly Pine (*Pinus taeda*). Only the inner bark is edible on the Eastern Hemlock.



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

*Plantago lanceolata* - narrow leaf (left)

**Family:** *Plantaginaceae* - plantain

**Parts Used:** leaves

Plantain has over 200 different species in its family, but the most common species found in North America are the two listed above. This is one of my favorite herbs because it can be used safely with babies, children, adults, pregnant and nursing mothers as well as animals, everyone can benefit from this herb! Known as a common yard weed you can probably find it in your yard or neighborhood.

**Energetics:** balanced

**Systems Affected:** skin, blood, lungs, urinary

## 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, tonic.

## Medicinal Uses:

- Draws toxins from the body.
- Removes splinters and slivers (soak in hot tea for 20-30 minutes).
- Stings, and 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).
- Canker and mouth sores.
- Toothache
- Stops bleeding (poultice -*First Aid Powder p. 106*).
- 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 and urinary conditions.
- Digestive complaints: diarrhea, constipation, indigestion, etc.
- Gut healing, including leaky gut, IBS, and other intestinal issues, (*Gut Soother Blend* p. 15).
- Parasites in both humans and animals.
- Seasonal allergies
- Nutrient dense-power food – great for emergencies.

## Methods of Use:

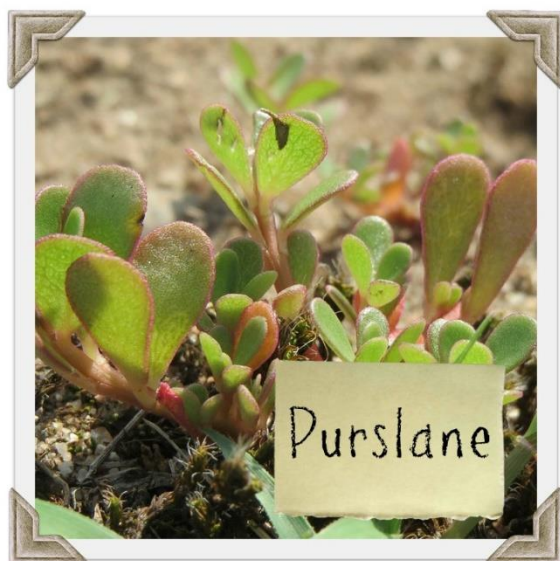
For best results when treating with plantain take internally as well as applying externally

- Poultice and/or Compress (best way to use abscesses, boils, bites, and stings)
- Tea (makes a great disinfectant)
- Tincture, Liniment
- Honey, Syrup
- Herbal Oil
- Salve, Ointments, Balms
- Powder, Capsules, Pills, Sprinkle
- Food: add to smoothies, salads, juicing, and sprinkling away,

## Wild Crafting/Harvesting:

A common “weed” found on pathways, lawns, gravel, fields, and disturbed areas. Can be easily identified by the parallel lines running up and down the broad leaf or lance leaf. When picked it has stretchy strands. Flowers are found on elongated spikes and bloom from April to September.

- Leaves can be harvested anytime but picking or cutting as needed. Cut the entire plant down before flowering to dry for future use or process in one of the methods above. It will continue to produce more leaves for continual harvesting.



*Portula oleracea*

**Family:** *Portulacaceae* – purslane

**Parts Used:** whole plant

Another common garden weed that is easily found growing anywhere you may look. I find these nutrient rich plants as special gifts from God, there for the taking.

**Energetics:** cooling, moistening

**Systems Affected:** digestive, urinary, skin

**Properties:** Antioxidant, antimicrobial, antibiotic, antifungal, antiparasitic, anti-inflammatory, diuretic, demulcent, emollient, febrifuge, tonic, nutritive, cooling, noradrenaline (hormone that reduces

bleeding).

## Uses:

- Rich in omega-3 fatty acids supporting brain and heart health.
- Can lower cholesterol and high blood pressure.
- Can help with chronic fatigue syndrome.
- Useful for fungal infections such as athlete's foot, jock itch and ringworm.
- Supports and strengthens the lungs and aids in respiratory conditions, opening airways.
- Aids in digestion, helpful for diarrhea and stomachache.
- Soothes inflammatory conditions throughout the body, including the gut.
- Urinary tract infections and dysentery.
- Strengthens the immune system.
- Earache (use leaf juice).
- Soothes and helps heal bruises, burns, skin conditions and sores (poultice or juice).
- Insect bites and stings (poultice).
- Intestinal worms (ingest crushed seeds).
- Rich in vitamins and minerals.

## Methods of Use:

- Food: the best way to utilize this plant is to pick it and eat it. The leaves have a citrus taste. Add to salads, stir fry, soup or just pop leaves in your mouth and eat.
- Juicer
- Poultice, Compress
- Tea
- Tincture
- Honey, Syrup

## Wild Crafting/Harvesting:

Purslane is a common weed found in disturbed areas, lawns, and gardens. It has branching, low creeping red stems with succulent leaves.

- Harvest at any time. Pick the leaves as you need them, or you can pull up the entire plant.
- It is best used fresh but can be dried for future use.

## Caution:

Hairy stemmed spurge looks similar to purslane. The differences would be that spurge has hairy stems, while purslane has smooth. If the stem is broken spurge will have a milky sap, where purslane does not.

## DRY COUGH SYRUP

This syrup is specifically for those dry, irritated coughs that are unproductive.

Run the purslane through a juicer and add enough raw honey to a syrup consistency.

Take as needed to soothe the cough.

Store in the refrigerator.



*Rubus idaeus*

**Family:** *Rosaceae* – rose

**Parts Used:** leaves

Raspberry leaf is one of the most nutritive herbs out there for building all systems in the body, including the immune system. When someone is not feeling well, this is the #1 herb I turn to, to strengthen the body and get the systems back in working condition. It is a great addition to any herbal blend.

**Energetics:** cooling,

**Systems Affected:** digestive, urinary, skin

## Properties:

Astringent, alterative, anti-inflammatory, stomachic, anti-emetic, parturient, hemostatic, cathartic, emmenagogue, antiseptic, antiabortive, nutritive, stimulant, tonic.

## Uses:

- Drink the tea to replenish lost fluids and nutrients when sick with vomiting and diarrhea.
- Restorative for after illness, surgery, trauma, or other health conditions.
- Anemia and other blood conditions, works as a blood cleanser while being high in iron and other nutrients to build the blood.
- Sore throat, colds, fever, flu, etc.
- Mouth sores, cankers, spongy gums - use as a mouth wash and swallow.
- Tones and strengthens the stomach and bowels.
- Constipation, diarrhea, nausea, vomiting, indigestion, etc.
- Appendix complaints.
- Hemorrhoids, ulcers, abscesses.
- Infant issues: colic, jaundice, thrush.
- Wounds, cuts, and skin conditions.
- Acne - take internally as well as using the tea as a facial toner.
- Infection in the body or on the skin.
- Inflamed mucous membranes.
- Use as an eyewash/rinse for sore, inflamed, infected eyes.
- Has been known to stabilize the pancreas making is useful for diabetics.
- Raspberries: contribute to heart health, protects eyes, guards against cancer, helps protect against diabetes, nourishes the blood.

## The Woman's Herb:

Red Raspberry leaf tea can be consumed before, during and after pregnancy to strengthen and tone the uterus, balance hormones, and bring relief to the pain of cramps and/or labor. Make a quart of tea at the beginning of the day and sip on it all day long.

- Before pregnancy: Prepares the body by feeding the proper nutrients to the reproductive system and other body systems so they are ready and in prime condition when the time comes for conception.
- During pregnancy: Tones the uterus, uterine hemorrhage, assists contractions and labor, relieves after birth pains, and enriches milk.
- PMS: helps alleviate all symptoms of PMS, decrease menstrual flow, relieves painful cramps, balances hormones.
- Used to treat prolapsed or enlarged uterus.

## Methods of Use:

- Tea - the best way to utilize the properties of this herb, make a quart of tea in the morning and sip on it throughout the day.
- Tincture, Syrup
- Capsules (doesn't turn into a powder very well, just fluffs up)
- Poultice, Compress (skin conditions and
- Gargle, Mouthwash
- Eye Wash
- Douche - this puts the nutrients right in the place it is needed for uterus issues.

## Care/Harvesting:

Raspberries are a perennial plant that act like a biennial, the canes producing the berries for the year are cut off in the fall and new canes are produced for the next years berries.

- Plant in sandy soil, rich in organic matter in full sun.
- It is a good idea to plant in rows about 2-3 feet apart, the plants themselves space about every 18"- 2 feet, but they spread like crazy.
- Water regularly, they like to be moist but well drained.
- Keep mulched and all weeds and grass at bay.
- Lay a thick layer of compost down each fall.
- Train the canes up a fence, trellis, or stakes with wire strung between them.
- The leaves can be harvested anytime but are the most medicinal after the berries have been produced and picked. You can harvest up to 1/3 of the plants leaves without doing any harm to the plant.
- Leaves can also be harvested from the new shoots the plant sends out that are pruned each spring and fall.
- Only use leaves that are fresh and green, do not use brown, spotted, or bruised leaves.



### *Trifolium Pratense*

**Family:** *Legumiosae* – pea, bean

**Parts used:** blossoms (most medicinal), leaves

As a spring sprouting perennial, red clover is well known for its cleansing properties, from the blood to lymph, lungs and digestive tract. As it cleanses it eliminates toxins by increasing the flow of urine and bile as well as moving mucus out of the lungs and other areas of the body. Because of its cleansing property this is a great herb for treating different chronic conditions.

**Energetics:** cooling, moistening

**Systems Affected:** liver, heart, lungs

## Properties:

Anti-inflammatory, antacid, alterative, antiemetic, antispasmodic, detoxing, discutient, diuretic, expectorant, nervine, sedative.

## Uses:

- Blood and lymph cleanser. Can reduce blood clotting and plaque in arteries.
- Stroke prevention.
- Swollen glands and lymph (cleanses and expels waste).
- Natural source of phytoestrogens which help the body to deal with, menopause symptoms, balancing hormones, hot flashes, mood swings, night sweats, etc.
- Promotes breast health.
- Sore throat, coughs, bronchitis, asthma, whooping cough, tuberculosis, etc. - moves mucus from the lungs.
- Skin conditions: eczema, psoriasis, sores, infection, rashes, fungus, etc.
- Eye conditions: pink eye, sties, inflammation, etc.
- Chronic illness, degenerative diseases, restores vitality after prolonged illness - due to the high nutrient content, all the areas of the body receive the proper nutrition to cleanse and rebuild.
- Maintains healthy bone density.
- Digestive issues including chronic constipation and chronic ulcers.
- Painful urination and urinary tract infection.
- Calming effect on the whole nervous system.
- Dr. Christopher among other herbalists and herbals praise this herb as a prevention and treatment for cancer. Red Clover was the key ingredient in Dr. Christopher's cancer formula because of the cleansing, purifying properties it has on the blood.



## Methods of Use:

- Food: eat as is, throw the blossoms into salads, smoothies or any fresh dish, seeds can be soaked and sprouted. The blossoms have a salty, sweet flavor.
- Tea
- Bath
- Poultice, Compress
- Tincture, Liniment
- Powder, Capsules
- Syrup, Honey
- Herbal Oil, Ointment, Salve
- Eye Wash
- Mouthwash, Gargle
- Douche

## Wildcrafting/Harvesting:

Found in disturbed sites, fields, and lawns. There are a variety of species but red clover is the most medicinal. Look for the three-leaf oval shape of clover with a whitish crescent in the center. Flowers are red to pink in a dense oval head. You can also find sprouting seeds and plant those in your home garden.

- Red clover likes loamy, well-drained soil but will grow anywhere.
- Sprinkle seeds in full sun in the early spring or fall, keep moist until sprouting.
- Blossoms are ready to harvest right as they open and have a bright pink or red color.
- Leaves are also medicinal, just not as potent as the blossoms.
- Spring blossoms have the sweetest flavor, come fall they lose some of the sweetness.

## Caution:

Some of red clover properties have blood thinning properties so you do not want to combine it with heart or blood thinning medications or if you have blood thinning problems. Use with caution during pregnancy.



*Rosa* (many species)

**Family:** *Rosaceae* - peach, apple, almond

**Parts Used:** petals, fruits (hips)

There are more than 10,000 varieties of cultivated roses. They are not only beautiful to look at and fragrant to smell, but as a bonus, they are loaded with healing properties.

**Energetics:** cooling, toning

**Systems Affected:** skin, urinary

**Properties:** Antibacterial, anti-inflammatory, aperient, astringent, nutritive, tonic. Petals: alterative, hemostatic, nervine, cleansing. Hips: antioxidant, antispasmodic, carminative.

## Uses:

### Petals

- Sedative and calming qualities make it good for sleep issues, stress, and anxiety.
- Hormone balancing and female tonic.
- Can help ease PMS symptoms such as headache, bleeding, and irritability.
- Helps with depression, mood swings, broken heart, and grief.
- Aids the body in cooling fevers, heat rash, sunburn, and inflammation. (Hydrosol, vinegar, toner or tea in a spray bottle or use a compress)
- Acne, boils, rashes, wrinkles, burns, scars, helps heal any type of skin condition.
- Shrink capillary redness and inflammation, good for thread and varicose veins and capillary damage.
- Mouth sores such as cankers (swish tea around mouth before swallowing).
- Helps with hemorrhoids (bath or spritz).
- Affinity for the skin so use away in personal care products such as toner, facial masks, creams, steams, etc.

### Hips (fruit)

- High in Vitamin C, A, B, and K.
- Immune support and strength.
- Aids absorption of nutrients.
- Help fight infection and inflammation in the digestive tract.
- Assists in the elimination of waste through the urinary tract.
- Kidney tonic.
- Cough, cold, flu, fever, sore throat, sniffles, chest congestion, etc.
- Rose hips have many of the same properties as the petals.

## Methods of Use:

- Food: Chop both hips and petals and incorporate into culinary dishes. Hips can be made into jam, jelly, syrup, and beverages.
- Tincture, Vinegar
- Tea
- Syrup, Honey (makes a great face mask and ointment)
- Oil, Salve, Balm
- Powder, Sprinkle
- Facial Toner (soothes skin inflammation).
- Gargle, Mouthwash (sore throat and mouth sores).
- Bath, Foot Soak
- Compress
- Essential Oil or Hydrosol (rose water).
- Poultice (using the petals).

## Care/Harvesting:

Roses love sunshine! Give them fast draining, moisture retentive soil. These can be planted anytime during the season and any variety. Wild roses are found in dry to moist, open, or shaded forest, scrubland, field sides and parks. Make sure any variety you use has not been treated with pesticides or chemical fertilizers.

- Dig a hole 2 feet wide and deep enough to place the plant with the bud union 1-2" below soil level to protect from freezing.
- Rose petals can be gathered as they bloom during the summer months. Snip off the entire flower head to dry for future use or remove petals for immediate fresh use. If you want to harvest the hips in the fall don't cut the flower head.
- Rose hips are ready to harvest in the fall when they turn deep orange or red and begin to soften, usually after the first frost. Twist and pull or snip off hips. Cut in half and scoop out the seeds and "hair" for drying. Those hairs can be fine and pokey, so strain very well when preparing.

## ROSE TONER

3 Tbsp. rose petals  
3 Tbsp. calendula petals  
2/3 cup witch hazel  
1/3 cup aloe vera liquid  
20 drops lavender, geranium or rose essential oil



Add the rose and calendula petals to a jar and pour the witch hazel over them. Cover and shake gently. Let sit for two weeks and then strain the herbs. Add the aloe vera liquid and essential oil. Stir to combine. Apply to the face after cleansing to tone and soften the skin. Can also use for any type of skin inflammation.



*Rosmarinus officinalis*

**Family:** *Labiatae* - mint

**Parts Used:**

Rosmarinus means “mist of the sea”, isn’t that beautiful? I have loved rosemary long before I even knew what to do with it. I love to just rub my fingers along the sprigs and inhale deeply the aromatic essence that immediately calms and lifts my spirit.

**Energetics:** warming, drying, pungent, bitter

**Systems Affected:** respiratory, digestive, nervous

**Properties:**

Antibacterial, antimicrobial, antiviral, anti-inflammatory, antidepressant, antiseptic, antifungal, antioxidant, antispasmodic, astringent, carminative, cholagogue, diaphoretic, emmenagogue, nervine, rubefacient, mild analgesic, mild stimulant.

**Body Care:**

- Hair tonic.
- Stimulates circulation to scalp, encouraging hair growth.
- Helps with dandruff and itchy scalp.
- Can darken gray hairs in brunettes (use with sage for best results).
- Improves skin tone.
- Use for oily to normal skin.
- Cell regeneration.

**Uses:**

- Brain tonic - improves concentration and memory.
- Improves circulation, invigorating, energy booster.
- Improves circulation, good for headaches and migraines.
- Canker sores, gum inflammation, mouth sores (gargle with tea).
- Strengthens nervous system, helps with depression, lifts the mood.
- Strengthens arteries, heart, digestive system, gall bladder, and liver.
- Joint pain and inflammation, rheumatism, and joint damage.
- Digestive aid, intestinal infections, gas, heartburn, colitis, etc.
- Slows the growth of bacteria which makes it a great preservative and infection fighter.
- Aids cardiovascular system, poor circulation, low blood pressure, and anemia.
- Cold and flu.
- Respiratory and sinus congestion.
- Liver and gall bladder support.
- Muscle and nerve pain.

- Mild pain reliever
- Menstrual pain, PMS.
- Bruising and varicose veins.
- Calming

#### Methods of Use:

- Fresh sprigs - put in baths, burn as incense, or lay on beds, under pillows, etc.
- Bath, Steam, Foot Soak
- Tea
- Honey, Syrup
- Tincture, Liniment
- Herbal Oil
- Salve, Ointment, Balm
- Herbal Pillow (sleep aid, headache, aches in body).
- Powder, Capsules, Sprinkle
- Cooking, marinating meat will slow spoilage, add to any culinary dish.
- Essential Oil
- Hydrosol

#### Care/Harvesting:

Propagate from root cuttings or purchase a transplant from the nursery and plant after the last frost.

- Loves rich, fertile soil in full sun.
- Rosemary can be a picky little thing so do not let the soil dry out or have too much moisture. Because it is native to the Mediterranean rosemary likes it hot yet moist, so it is a good idea to mist the leaves weekly after all it is the “mist of the sea”.
- Cover with a thick layer of mulch in the fall to protect from freezing temperatures. You still may lose the plant if temps go below freezing.
- It can be brought indoors during the winter months but mine has made it through the winter as long it has full sun and is mulched well.



### *Salvia Officinalis*

**Family:** *Labiata* – mint

**Parts Used:** leaves

There are hundreds of salvia species and all of them are medicinal but the most commonly used is the salvia officinalis or the common garden sage. In the Latin salvia means "healthy and whole" and that describes this herb perfectly.

**Energetics:** warming, drying

**Systems Affected:** respiratory, digestive, nervous

### Properties:

Antibacterial, anticatarrhal, antifungal, anti-inflammatory, antioxidant, antimicrobial,

antispasmodic, antiviral, astringent, antiseptic, carminative, digestive, diaphoretic, disinfectant, emmenagogue, expectorant, nervine, nutritive, stimulant.

### Body Care:

- Body odor - reduces sweating.
- Hair loss, dandruff, graying.
- Strengthens hair roots and scalp.
- Oily skin and hair (facial steam, compress, toner, rinse).
- Shrinks large pores of the skin.
- Blemishes, acne, any type of facial impurity.
- Any type of skin condition.
- Sunburn
- Cleanse and disinfect the mouth, freshen breath (chew or rub leaf, gargle).
- One sage leaf can be an emergency toothbrush and mouth care.

### Uses:

- Prevent and treat any type of illness.
- Cough, cold, fever and flu.
- Sore throat, tonsillitis, laryngitis, any inflammation of the throat or mouth.
- Sinus and respiratory congestion and infections.
- Chest cold, lung congestion, bronchitis, croup, asthma, any condition with the lungs.
- Canker sores, mouth sores.
- Sore, inflamed, bleeding gums, gingivitis, gum infection.
- Indigestion
- Helps lower cholesterol and regulate blood pressure.
- Balance blood sugars.
- Cleanse and supports the kidney, liver, and bladder.



- Balance hormones, PMS, menopause.
- Relieves hot flashes (tea/compress).
- Headache
- First aid herb for cleansing and preventing infection in cuts and wounds.
- Itching, rashes, other skin conditions.
- Stress relief, calms nerves.
- Sleep aid, insomnia.
- Clears thoughts and mind, good for memory.
- High mineral content.
- Insect and mice repellent.

## Methods of Use:

- Tea
- Compress, Poultice
- Bath, Facial Steam, Foot Soak
- Herbal Oil
- Salve, Ointment, Balm
- Tincture, Liniment, Vinegar
- Powder, Capsules, Sprinkle, Body Powder
- Honey, Syrup
- Gargle, Mouthwash
- Douche
- Food: add to culinary dishes, use as a sprinkle
- Cut fresh blossoms for a centerpiece to kill airborne bacteria and freshen the room.
- Essential Oil

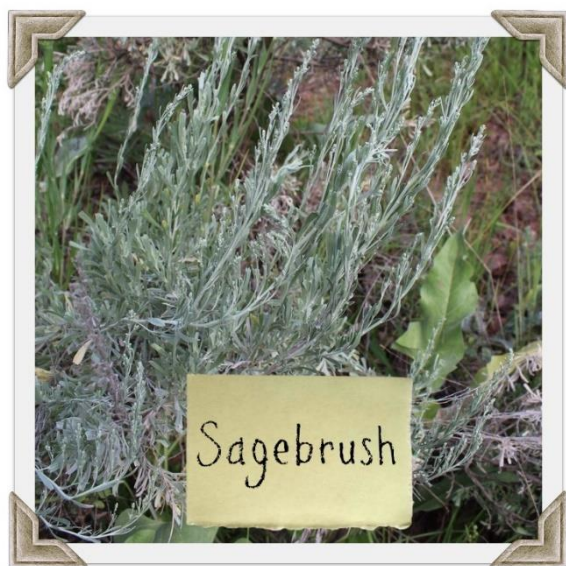
## Care/Harvesting:

Sage is hard to start from seed, so it is best to purchase a start from the nursery or propagate from root cuttings.

- Loves full sun and well-drained soil, more dry than wet.
- Give low to medium amounts of water.
- Companion plant with tomatoes, strawberry, and carrots.
- Cut or pinch off leaves regularly to prevent it from getting too woody.
- After flowers die down, prune plant to half its size.
- Sage loses potency after three years so it's best to start a new plant with cuttings from the old.
- Mulch in the fall.

## Cautions:

Avoid use when pregnant, nursing and if you suffer from seizure disorders. Sage will dry up a nursing mothers milk supply.



### *Artemisia tridentata*

**Family:** *Composite* – wormwood, mugwort

**Parts Used:** leaves, stems, flowers, seeds

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

**Energetics:** warming, drying

**Systems Affected:** immune, respiratory

**Properties:** Antibacterial, antifungal, anti-inflammatory, antiviral, antitumor, antiparasitic, antiseptic, antibiotic.

## 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.

- Tea
- Gargle, Wash
- Bath, Steam
- Poultice, Compress
- Herbal Oil
- Salve, Ointment

- Tincture, Liniment
- 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. An aromatic evergreen that can grow up to 8 feet tall. Gray-green branches are usually twisted. The leaves are soft and silvery with three lobes at the top. Flowers are small yellow heads.

- Can be harvested anytime by "pruning" branches. Use immediately in a preparation or dry for future use.

## Caution:

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

## 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. The list goes on and on. This formula can be used for a defense against radiation of all forms, including nuclear fallout.

### Wild Plant Version

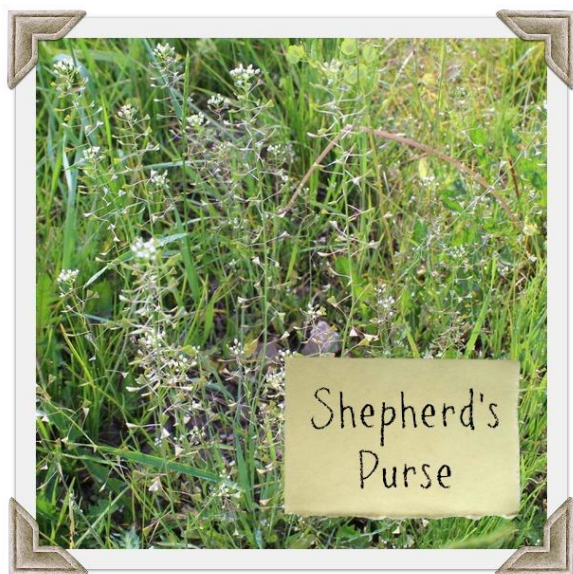
Equal parts:

Sagebrush  
Alfalfa  
Common mallow  
Purslane

### Cultivated Plants Version

Equal parts:

Wormwood  
Raspberry leaf  
Marshmallow  
Calendula  
Black walnut hull



*Capsella bursa-pastoris*

**Family:** Cruciferae - cabbage, broccoli, cauliflower

**Parts Used:** aerial parts, leaves, blossoms

I always loved this "weed" as a child because I love hearts and this particular plant has heart shaped seed pods that I always thought were the leaves. I find it interesting that the main use of Shepherd's purse is for stopping bleeding of all types when the seed pods are shaped like the heart which pumps blood.

**Energetics:** cooling, drying

**Systems Affected:** cardiovascular

## Properties:

Astringent, detergent, diuretic, hemostatic, styptic, vulnerary.

## Uses:

- Stops bleeding of all types both externally and internally.
- Cuts, wounds, and scrapes.
- Nosebleeds and hemorrhoids.
- Internal bleeding anywhere such as intestines, lungs, bladder, and kidney (as seen in urine), stomach (ulcers), uterus, etc.
- Help to regulate menstrual flow, heavy bleeding, and reduce postpartum bleeding.
- Can be used to stimulate uterine contractions for inducing labor in childbirth.
- Can equalize high and low blood pressure (combines well with hawthorn and linden blossoms).
- Hastens blood coagulation and constricts blood vessels while also expanding arteries and improving blood flow.
- Irregular heartbeat, heart disease and cardiac insufficiency.
- Shock (tincture under the tongue).
- Corrects prolapses of uterus, bladder, and other organs, moving them back into their correct positions.
- Aids with rheumatic aches and pains.
- Strengthens weak, strained, or pulled muscles.
- Kidney and bladder irritation, including blood and mucus in the urine.
- Earache

## Methods of Use:

- Tea (not very tasty)
- Tincture (best way to utilize this plant)

- Poultice, Compress
- Powder, Capsules
- Bath, Wash, Gargle

## Care/Harvesting:

This is one of the easy to identify plants by the heart shaped seed pods, topped with little white flowers. It also flowers and seeds all year long so can be picked anytime. Found in disturbed sites, roadsides, and as a garden weed.

- Cut aerial parts or pull up the entire plant if you are "weeding" for drying or processing.



## Caution:

Can stimulate uterine contractions so avoid taking while pregnant.

I have a personal story about this wonderful plant. I was on a pioneer trek with youth from our community and one young man had a horrible bloody nose. The trek nurse did all she could to stop the bleeding but couldn't get it under control. She knew I had brought my bag of herbal goodies and sent for me to help. I immediately pulled out the shepherd's purse tincture and gave him two squirts under the tongue. Within seconds the bleeding stopped. He had lost so much blood that he had to spend the evening lying down and I gave him some nutritive herbs to help build the blood back up. By the next day he was up and walking again, but I had to leave him my shepherd's purse tincture which he clung to the remainder of the trek. When we returned home my nurse friend came by to get her own bottle as she was so impressed with how well it had worked.



### *Scutellaria lateriflora*

**Family:** *Lamiaceae* - mint

**Parts Used:** aerial parts, leaves, blossoms

**Energetics:** cooling, drying, bitter

**Systems Affected:** nervous

### Properties:

Antibacterial, analgesic, antifungal, antiviral, anti-inflammatory, antispasmodic, antitumor, antioxidant, antimicrobial, decongestant, diuretic, febrifuge, nervine, sedative.

### Uses:

- Supports and strengthens the nervous system.
- Calming for insomnia, sleeplessness, mind racing, stress and anxiety.
- Convulsions, tremors, muscle twitching, cholera, epilepsy.
- Nervous tension, neuralgia.
- Tranquilizing, opiate like effect.
- Quiets mind and thoughts.
- Fatigue and exhaustion.
- Tetanus and rabies.
- Joint pain and inflammation.
- Helps breaks addictions and ease issues associated with withdrawal. (1/2 cup of tea every hour to two until symptoms subside).
- Cold, fever, and flu.
- Detoxes while reducing swellings.
- Painful urination and dysfunction.
- Shortness of breath, palpitations, cardiac pain.
- Digestive concerns, improves appetite, diarrhea, dysentery.

### Methods of Use:

- Tea (steep for 20-30 minutes)
- Tincture, Liniment
- Powder, Capsules

### Care/Harvesting:

Can start from seed indoors a few weeks before the last frost. Transplant outdoors after the last frost in well drained, moist soil. Likes full sun to part shade. Harvest leaves just before the plant begins to flower. Can also harvest after it has bloomed, but leaves are most potent before.





*Rumex acetosa* (garden)

*Rumex scutatus* (French - wild)

**Family:** *Polygonaceae* – buckwheat, yellow dock

**Parts Used:** leaves

Sorrel has been used as part of a popular herbal cancer remedy since the early 1800's. It can be cultivated in the garden or foraged for in the wild as French or sheep sorrel (*acetosella*). Both species have the same properties to cleanse the liver and blood and boost the immune system.

**Energetics:** cooling, toning, sour

**Systems Affected:** digestive, kidney, liver

## Properties:

Anti-inflammatory, antimutagenic, antioxidant, astringent, diuretic, refrigerant, styptic.

## Uses:

- Purifies and cleanses the liver.
- Stimulates regeneration of tissue.
- Heart support and blood cleansing.
- Strengthens cell walls and blood vessels.
- Immune booster.
- Sore throat (gargle).
- Old time cancer remedy, lupus, skin cancer, tumors, cysts, warts (poultice and internal).
- Fever
- Kills and expels worms.
- Dysentery, jaundice, kidney stones.
- Hemorrhaging
- Cold sore, herpes.
- Quenches thirst.

## Methods of Use:

- Tincture
- Tea
- Juiced
- Herbal Oil, Salve
- Food: include leaves in culinary dishes (heat will cook out the oxalic acid)

## Care/Harvesting:

Garden sorrel is a perennial that can be purchased in a nursey. It can also be found in dry open fields, disturbed areas, and yards as French or sheep sorrel.

- Prefers partial shade and a lot of water.
- Harvest leaves anytime.
- Leaves lose their potency after drying so best to use the fresh leaf in preparations or chop and freeze for future use.

## Cautions:

Contains oxalic acid which can be toxic in large and repeated internal dosages. It is best to take a one week break every three weeks.

## ESSIAC TEA BLEND

An old Native American cancer cure that was given to Rene Caisse (essiac spelled backward) to treat cancer patients. This blend detoxes the body, attacks cancer cells, lessens the painful side effects of conventional therapies and boosts the immune system with powerful antioxidants.

1.5 lbs. burdock roots  
1 lb. sheep sorrel  
¼ lb. slippery elms  
1 oz. turkey rhubarb root

Use this blend to make an herbal oil or salve for external use while taking internally as a tea or tincture.

For treating disease make a tea (decoction) using ½ oz. of herb blend with 2 oz. water, daily. Gradually increase to 1 oz. of herb blend with 2 oz. water, daily.

Do not exceed the 1 oz. of blend a day.

The tea should be taken on an empty stomach before bed and more water can be added if it is too strong.

Tincture use:

½ - 1 dropperful, 5 times a day

[www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com)



*Hypericum perforatum*

**Family:** *Hypericaceae* – St. John's wort

**Parts Used:** bud, flower (most medicinal), leaf

St. John's wort has long been associated with the nervous system, aiding in sleep, and calming the mind, nerves, and pain signals. It is also a great skin healer, repairing damaged tissue and protecting against infection.

**Energetics:** cooling, drying

**Systems Affected:** nervous, liver, skin

## Properties:

Antibacterial, antiseptic, antiviral, anti-inflammatory, analgesic, antifungal, antioxidant, sedative, astringent, nervine, antidepressant, vulnerary.

## Uses:

- Anxiety, stress, tension, grief, depression, fatigue (taken for a 2–3-week period).
- Insomnia, sleep aid.
- Support and strengthen nervous system, digestive system, and liver.
- First aid: cuts, wounds, bruises, sprains, strains, burns, boils, blisters, injuries of all kinds.
- Skin Healing: repairs damaged tissues, eczema, psoriasis, dry skin, itching, scars
- Promotes healing and protects against infection.
- Strengthen and smooth fingernails
- Strong effect on nervous system making it useful for nerve damage and pain.
- Shingles
- Pain killer – take internal and apply externally.
- Joint and muscle pain and inflammation, gout.
- Back and spinal pain, neck pain, concussion, shock, or any injury to spinal column.
- Eases fibrositis, sciatica and rheumatic pain.
- Sore muscles, spasms, cramps, and torn ligaments.
- PMS – tea or tincture internally for regulating and lessen bleeding and staunch cramps.
- Cold sores, herpes.
- Cold and flu, immune system support.
- Respiratory conditions such as bronchitis and tuberculosis.
- Infection fighter; viral and bacterial.
- Best antiviral for enveloped viruses such as hepatitis.
- Varicose veins and hemorrhoids.
- Ulcers – prevention and treatment.

## Methods of Use:

- Squeeze the “blood” from fresh flowers over area of concern.
- Herbal Oil (made with the fresh flowers is one of the most potent ways to use this herb for first aid purposes).
- Salve, Balms, Ointments
- Liniment
- Tea
- Bath, Foot Soak, Steam
- Tincture (best way to utilize the properties internally)
- Poultice, Compress
- Powder, Capsules
- Toner for blemished or oily skin or as a facial steam

## Care/Harvesting:

Cold stratify the seed (keep in freezer) for 4 weeks. Start indoors 10 weeks before last frost or sow directly outdoors in early spring. Can also plant the root of an already established plant.

- Space 12” apart, loves full sun, and drier conditions than most plants.
- It can be invasive so plant where it can spread, or in a pot.
- Harvest the flowers, buds and leaves just as the flowers are opening, on a dry, sunny day. Pinch between fingers to see if red spurts out, if not they are not yet ready to harvest, check often and test again. Pick flowers fresh to make oil, salves, tincture, and tea or cut the upper 3-4 inches off the plant and hang or lay on a screen to dry.

## Caution:

Use caution when pregnant or nursing. St. John’s Wort can cause photosensitivity in some people so be cautious when harvesting (use gloves) and also keep covered when going outside after applying the oil or salve. Patch test on skin before using as some people have allergic reactions.



*Thymus vulgaris*

**Family:** *Labiatae* - mint

**Parts Used:** leaves, blossoms

There are over 60 species of thyme and just walking down the herb aisle at the local nursery you get a little sampling of the varieties. Common garden thyme (*vulgaris*) is the most aromatic, hardy and medicinal of the varieties, but I like to plant a few different types throughout my garden.

**Energetics:** warming, drying

**Systems Affected:** respiratory, digestive

## Properties:

Antibacterial, antibiotic, antifungal, antioxidant, antimicrobial, anti-spasmodic, antiseptic, anthelmintic, anti-viral, astringent, carminative, diaphoretic, diuretic, emmenagogue, expectorant, germicide, nervine, preservative, vulnerary.

## Body Care:

- Cleanses and deodorizes the skin.
- Tones and firms the skin.
- Acne
- Herbal steam, toner, cleanser, cream.
- Soap, deodorant
- Mouth wash
- Toothpaste
- Stimulates hair growth.
- Strengthens fragile hair.
- Helps with alopecia and hair loss.
- Head lice

## Uses:

- Sore throat and inflamed tonsils.
- Stuffy noses, coughs, cold, and flu.
- Aids the respiratory system helping with bronchitis, whooping cough, asthma, chest colds, etc.
- Respiratory infections and support.
- Hay fever
- Stimulates the immune system which aids the body in fighting colds, flu, and illness.

- First aid; antiseptic and disinfectant properties cleanse wounds, prevent infection and aid in healing.
- Mild anesthetic
- Infection of all kinds including bacterial such as ringworm, athlete's foot, and other fungal infections.
- Skin infection, sores, cankers, mouth ulcers.
- Eye infections, conjunctivitis (pink eye), sties.
- Gum inflammation and infection.
- Digestive complaints: cramps, gas, colic, tummy ache, indigestion, vomiting, etc.
- Food poisoning.
- Headaches and minor pain.
- Worms and parasites.
- Gout discomfort.
- Strengthens and supports the glandular system.
- Strengthens and supports the nervous system.
- Supports good skin health and aids body in healing skin conditions.
- Liver and gall bladder support.
- Stimulates the appetite and helps fats digest more readily.
- Sleeplessness, nightmares, and dizziness.
- Full of trace minerals, including iron - helps with anemia.
- Use as a natural food preservative to keep dishes from spoiling.
- Disinfects, sterilizes, and deodorizes - use in all your household cleaners.
- Repels gnats and mosquitoes.

## Methods of Use:

- Tea
- Herbal Oil
- Bath, Foot Soak, Steam Inhalation Compress/fomentation
- Tincture, Vinegar, Liniment.
- Honey, Syrup
- Salves, Ointments, Balms
- Herbal Pillow
- Essential Oil (make sure to use a carrier oil if applying directly to the skin).
- Food: Use a lot of thyme in cooking preparations during cough and cold season. You can also make thyme butter, thyme honey, thyme oil and herbal salts and sprinkles.

## Care/Harvesting:

Best started from a root division or nursery plant.

- Plant in full sun, with well-drained soil, even sandy soil would be good.
- Likes it dry so water lightly. Too much moisture will rot the roots.
- Grows well in a container, it can then be brought in for the winter months.



- Mulch in the fall to protect from frost.
- Separate and replant every three years to keep it growing strong and healthy.
- Trim plants back in the spring and summer to contain woody growth and keep bushy. Do not trim in the fall or frost could harm the plant during the winter.
- Remove and replace areas that die out.
- Plant thyme with cabbage to deter root fly and cabbage moths.

#### Harvesting:

- Harvest any time by cutting leaves as needed or cutting branches from the base and hanging to dry.
- Blossoms are at their medicinal best when first opening.
- Use fresh in recipes or dry for future use. Once dried run your fingers down the stalk to remove the leaves.

## GARDEN HERBS OLIVE OIL

This recipe is my tweaked version from the book *The Herbal Kitchen* by Kami McBride.

Crush or chop the following herbs before adding to jar:

1/3 cup bay leaf  
 1/3 cup rosemary  
 1/3 cup thyme  
 1/3 cup sage  
 1/3 cup oregano  
 1/3 cup lavender  
 4 cups olive oil

Prepare as an herbal oil in Methods section. This oil can be used as a marinade, salad dressing oil, or any way you would use an oil in the kitchen. It also makes a great massage oil for sore muscles, spasms, swollen lymph glands, etc.



*Curcuma longa*

**Family:** *Zingiberaceae* - ginger

**Parts Used:** rhizome (root)

Turmeric is among the most antioxidant-rich, anti-inflammatory, and immune-enhancing herbs available. Many experts say that combining turmeric with black pepper enhances its effectiveness and absorption significantly.

**Energetics:** warming, drying, bitter

**Systems Affected:** immune, cardiovascular

### Properties:

Adaptogen, alterative, anti-inflammatory, antibacterial, antiviral, antifungal, anticancer,

anticoagulant, antioxidant, carminative, cholagogue, hemostat, vulnerary.

### Uses:

- Arthritis, osteoarthritis, rheumatoid arthritis, and other inflammatory conditions.
- Liver and gallbladder disorders, including jaundice.
- Enhance and supports the liver.
- Digestive aid - use to treat any digestive problems including food poisoning.
- Enhance and support immune system, stimulates immune cells that fight cancer.
- Chest colds and coughs, flu.
- Can lower blood cholesterol and prevent formation of blood clots.
- Aids circulation and improves blood vessel health.
- Enhances heart and cardiovascular system.
- Strong antioxidant properties can be helpful in treating many forms of cancer.
- Fights off free radicals, stops the proliferation of rapidly dividing cancer cells.
- Prevention and treatment of degenerative conditions, due to high antioxidant and immune stimulant properties.
- Cataracts, due to strong antioxidant content.
- Can cross blood-brain barrier which helps with mental conditions of all kinds.
- Gut health.

### Methods of Use:

- Tea (*Golden Goodness Mix p. 36*)
- Powder, add right to your food, include in your dishes such as curry and golden milk.
- Capsules
- Honey, Syrup
- Tincture
- Herbal Oil



### *Usnea barbata*

**Family:** *Usneaceae* - lichen

**Parts Used:** whole lichen

Also known as Old Man's Beard, I'll let you guess why. There are several species of this unique algae/fungus combination, that can be identified by the elastic white thread that grows in the middle. Stephen Buhner lists it as one of the most powerful herbal antibiotics.

**Energetics:** cooling, drying

**Systems Affected:** respiratory

### Properties:

Antibiotic, antibacterial, antiviral, antifungal, antimicrobial, vulnerary.

### Uses:

- Lung support, infections, pleurisy, pneumonia, tuberculosis, bronchitis, etc.
- Colds, flu, sore throat, strep throat.
- Infections of all kinds including strep, staph, impetigo, sinus, urinary tract, etc.
- Wounds and sores, especially those that won't heal such as diabetic sores.
- Immune tonic.
- Lymph balance.
- Chronic fatigue, herpes, and other chronic conditions.

### Methods of Use:

- Tincture (best form for internal use)
- Powder, Capsules
- Herbal Oil, Salve, Balm

### Care/Harvesting:

Grows on trees in moist, cool areas with clean, fresh air. Hangs like a green beard in the tops of trees and on branches.

- Collect from fallen branches first. Lichens grow very slowly so check the ground first, if you must take from a tree, only take exactly what you need.

### 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.



*Arctostaphylos uva ursi*

**Family:** *Ericaceae* - heather

**Parts Used:** leaves

One of several species referred to a bearberry, due to the love of these berries by bears. Mainly used for anything to do with the urinary tract.

**Energetics:** cooling, drying

**Systems Affected:** urinary

### Properties:

Antimicrobial, astringent, antiseptic, anti-inflammatory, antiviral, antifungal, astringent, analgesic, diuretic, antilithic

### Uses:

- Tones and builds the urinary systems.
- Kidney and bladder stones.
- Bladder and urinary infections, cystitis, nephritis, urethritis, etc.
- Painful urination, increases the flow of urine, helps with bedwetting.
- Vaginal infections, discharge, and diseases.
- Promotes contractions, helps with difficult labor and postpartum bleeding.

### Methods of Use:

- Tea
- Mouthwash, Gargle (sore, inflamed gums).
- Powdered, Capsules
- Tincture
- Poultice, Compress (apply to burns, boils, wounds, and sores).
- Fresh, chew leaves

### Wildcrafting/Harvesting:

Found in rocky outcrops, gravel, 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 fall before the first frost but can be used anytime.
- Berries can be harvested as food (not medicinal) when they are bright red.

### Cautions:

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



### *Valeriana officinalis*

**Family:** *Valerianaceae* – valerian

**Parts Used:** root (most potent), blossoms, leaves

Valerian has been used for nervous system conditions since the Greeks and Romans. It makes a cheery addition to the garden, even if the blossoms smell a bit like a baby diaper.

**Energetics:** warming, pungent

**Systems Affected:** nervous

### Properties:

Antispasmodic, analgesic, antiseptic, carminative, diuretic, nervine, sedative, stimulant.

### Uses:

- Nervous systems disorders.
- Blossoms cleanse, purify, and enliven the nerves.
- Tension, stress, anxiety, depression, hysteria, and sleeplessness.
- Pain relief, headaches, migraines.
- Tremors, cramps, muscle spasms and pain.
- Chronic fatigue, ADHD.
- Painful, spastic, or unproductive coughs, croup, etc.
- Palpitations, irregular heartbeat, high blood pressure.

### Methods of Use:

Use modest doses for 2-3 weeks, take a week break, resume 2-3 weeks, one week break, and so on.

- Tea (make a decoction, although not very tasty – stinky sock flavor)
- Powder, Capsules
- Tincture
- Bath, Foot Soak, Compress

### Care/Harvesting:

A natural woodland plant that can be purchased at a nursery or sow seeds in early spring, giving 12" spacing.

- Prefers part share in moist conditions with rich soil. Moderate to heavy water.
- Harvest leaves and blossoms anytime for a mild potency.
- Roots are harvested in the fall of the first year or spring of the second. They begin to deteriorate in quality by the fall of the second year.

### Cautions:

Not recommended if taking pharmaceuticals, or kava.





*Viola odorata* (many more species)

**Family:** *Violaceae* – violet, pansy

**Parts Used:** flowers, leaves

There are over 500 species in the viola family, including pansies, all are medicinal. *Odorata* is a wild variety.

**Energetics:** cooling, pungent

**Systems Affected:** nervous, lymph, immune

### Properties:

Antioxidant, antitussive, anticancer, cathartic, emollient, laxative, nervine, nutritive.

### Uses:

- Lymph cleanser and support.
- Immune support.
- Female breasts and reproductive system support.
- Blood cleansing.
- Clears infections of all kinds.
- Coughs, sore throat, respiratory issues, sinus infection.
- Mouth and throat infection and sores.
- Cools fevers, buns, hot inflammation.
- Lubricates dry membranes, eyes, throat, sinus, digestive tract.
- Cysts, tumors, lumps, mastitis, fibrocystic breasts, boils, carbuncles, etc.
- Cancer
- Shock, trauma.
- Skin issues, eczema, acne, sores, burns, rash, wounds.
- Sprains, broken bones, injuries.
- Urinary tract infections

### Methods of Use:

- Tea
- Gargle, mouthwash (mouth and throat infections)
- Tincture
- Honey, Syrup
- Herbal Oil, Salve, Balm
- Poultice, Compress
- Food: Both flower and leaves can be added to culinary dishes, raw or cooked. Flowers can be made into syrups, jams, jellies, and candied. Used as culinary decorations.



## Care/Harvesting:

Found in shady, moist environments, by streams, woodland areas, and parks. Leaves are heart shaped and flowers are generally purple but can also be white or yellow in the wild varieties. Pansies are the cultivated variety you can plant in your yard.

- Prefers shady, moist conditions.
- A perennial plant that spreads by runners and seeds.
- Gather anytime both leaves and flowers. The more you take, the more will be produced.
- They are more tender and sweet in the spring and get tougher into the summer and fall.

## VIOLET SYRUP

Use this syrup throughout cold and flu season to soothe hot inflammation, sore throat, and coughs, while boosting the immune system and clearing out toxins.

2 ounces violet flowers and leaves  
1 quart distilled water  
1 cup raw honey

Add violets and water to a pot over low heat and simmer down to 2 cups. Strain the violets and add the honey, stirring until well combined. If needed, you can warm over low heat to get the honey to thoroughly blend.

Optionally add a couple drops of spearmint or peppermint essential oil (make sure it is a genuine essential oil).

Administer by the spoonful as needed.



*Prunus virginiana/serotina*

**Family:** *Rosaceae* - rose, apple, peach

**Parts Used:** inner bark (medicinal), fruit

Wild cherry is also known as choke cherry and can be either a scrub bush or tree.

**Energetics:** cooling, drying

**Systems Affected:** respiratory, nervous

### Properties:

Nervine sedative, analgesic, antibacterial, anti-inflammatory, antioxidant, astringent, expectorant, digestive,

### Uses:

The main use of wild cherry bark is for coughs as it has a sedative effect on the cough reflex. The cough reflex is useful for a productive cough that is expelling mucus from the lungs. When it turns to an irritating cough that is painful, not expelling any mucus or preventing a person from resting, it is time to use wild cherry bark.

- Bronchitis
- Whooping cough
- Unproductive cough
- Eye inflammation (use a wash with the bark).
- Fevers (cooked cherry juice with equal parts honey).
- Calms indigestion and upset stomach.
- Pain reliever for headache and aching from cold and flu.
- Relaxes muscles.
- Lowers blood pressure.

### Methods of Use:

These preparations are meant to be made with the inner bark of the wild cherry. The cherries are edible, and delicious, but not medicinal.

- Tea (only make with a cold infusion, heat will destroy properties)
- Syrup (p. 81)
- Tincture
- Powdered, Capsules
- Eye Wash, Gargle
- Food: Fruit can be eaten fresh, cooked, juiced, or dried.

## Care/Harvesting:

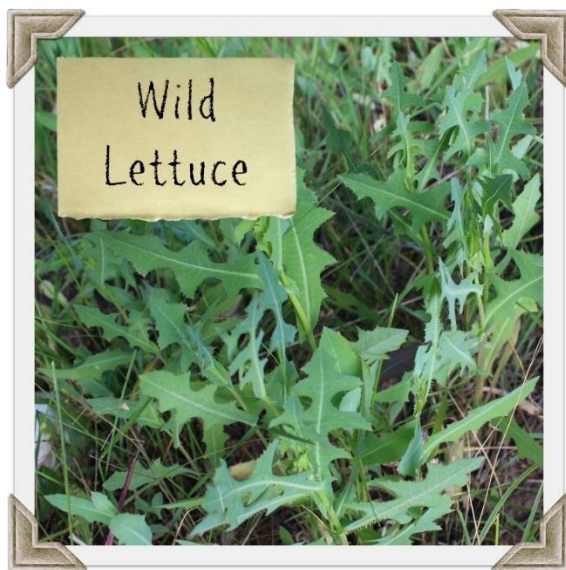
Found scattered in open woods, grasslands, rocky slopes, canyons, and clearings. Deciduous tree or shrub that can range from 8 to 20 feet. Blackish, rugged outside bark, leaves oval with pointed tips and finely serrated edges. Blossoms are white and fruit is dark or purple to black in some species. Can also purchase from a nursery and cultivate in the yard.

- Fruit is ready to harvest in the autumn and will be dark red to black.
- Bark can be harvested anytime but is most potent in the spring or fall. Dry bark before making preparations due to cyanide content in fresh plant.

## Cautions:

Heat will destroy the properties of the bark.

Leaves and pits are toxic, do not consume. Not for long term use (inner bark), just to treat conditions. Avoid taking if pregnant. Do not give to small children.



*Lactuca virosa*

**Family:** *Compositae* - daisy

**Parts Used:** leaves, sap, seeds

Also known as prickly lettuce, wild opium and compass plant. This common weed can be used as a pain reliever and the sap is a wonderful natural wart remover.

**Energetics:** cooling, bitter

**Systems Affected:** liver, lung

**Properties:** Antibacterial, analgesic, sedative.

## Uses:

- Pain reliever (opium substitute).
- Cramps, muscle, and joint pain.
- Sleep aid and helpful for nightmares.
- Calming and relaxing. Helps with restlessness, nervousness, anxiety, and stress.
- Whooping cough and other types of coughs.
- Urinary tract problems.
- Milky sap dissolves warts and helps with aging spots.
- Milky sap can also disinfect wounds.

## Methods of Use:

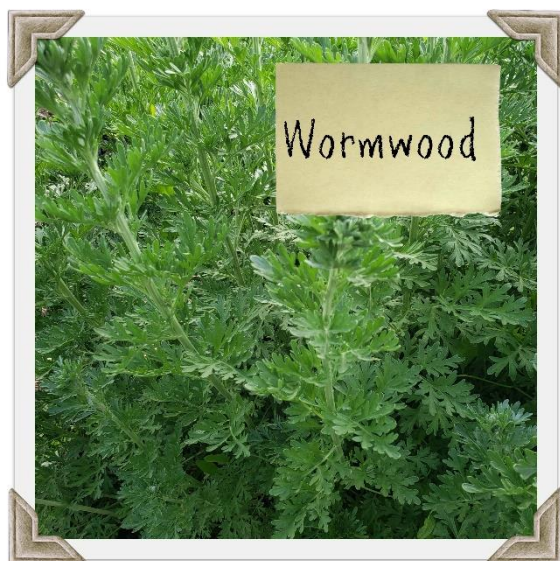
- Milk (sap)
- Tea
- Tincture
- Herbal Oil, Salve
- Fresh Leaves

## Wild Crafting:

Can be found in dry, sandy, or rocky areas and waysides. Long, deeply lobed, sharply toothed leaves. Abundant with milky sap. Can harvest this plant anytime. I usually "harvest" by weeding my garden. Can be dried for future use or tincture fresh leaves. To collect sap just snap a leaf off or pull the plant up.

## Caution:

Use in moderate doses internally. May cause contact dermatitis in some individuals that are more sensitive. Not enough research for pregnant and nursing mothers so best to avoid internal use.



*Artemisia absinthium* (more species)

**Family:** *Asteraceae* – sagebrush, mugwort

**Parts Used:** leaves mainly but root can also be used as a powerful medicine

Not only is wormwood a strong herbal antibiotic it is also a beautiful plant to have in the yard, sporting deep green foliage in the fall and frosty green in the spring. A relative to sagebrush, wormwood has become one of my favorite herbs for mystery illnesses and any type of infection.

**Energetics:** cooling, drying, bitter

**Systems Affected:** stomach, liver

## Properties:

Antibacterial, antifungal, anti-inflammatory, antibiotic, antiseptic, anthelmintic, bitter, carminative, choleric, diaphoretic, febrifuge, immunomodulator, narcotic, smooth muscle relaxant, stomachic.

## Uses:

- Any type of infections, internal or external.
- #1 treatment for malaria.
- Antibiotic resistant bacteria, staph, candida, salmonella, etc.
- Parasite and intestinal worms.
- Can kill off the harmful bacteria in the gut that causes sugar cravings and food addictions.
- Fungal infections such as athletes' foot, ringworm and thrush.
- Strengthens the stomach and spleen.
- Stimulates appetite, gas, vomiting, bloating.
- Scabies
- Detoxes the liver, jaundice.
- Promotes urination, edema, urinary problems, etc.
- Liver and digestive conditions.
- Clears toxins.
- Radiation protection.
- Colds, flu, fevers.
- Bites and stings.

## Methods of Use:

- Tea (administer 1 tsp. at a time up to 1/2 cup day)
- Tincture, Vinegar (typical dosage would be 10-30 drops 6 times a day)
- Powder, Capsules (1-5 capsules up to 4 times a day)

- Fresh leaf can be chewed up (very bitter so be prepared).
- Poultice (use for bites and stings and external infections, boils, sores, etc.)
- Foot Soak, Bath (great for treating athletes' foot and getting the properties of the herb into the body if other methods are just too bitter)
- Herbal Steam
- Herbal Oil
- Salve, Ointment, Balm
- Liniment
- Enema (intestinal worms and parasites).

## Care/Harvesting:

Mugwort is a weaker species that grows in the wild. You can purchase a plant from the bursary or get a start from a mother plant if you know of someone that has it.

- Likes wild places and seems to be happy in any soil conditions, it likes full sun and well-drained soil.
- Leaves can be harvested any time but are the most potent if cut before blooming. They can then be dried and stored for future use or made into a fresh plant tincture or tea.

## Cautions:

Not for use while pregnant or nursing. Strong herb that needs to be used with prudence and as a potent medicine for acute conditions.

# HERBAL ANTIBIOTIC

This is a powerful antibiotic for treating all manner of infections. This can be used for any of the Methods of Use above. Makes a great first aid wash and liniment on fungal infections, wounds, bites, etc.

2 parts yarrow  
1 part wormwood leaf

### Dosage Recommendations:

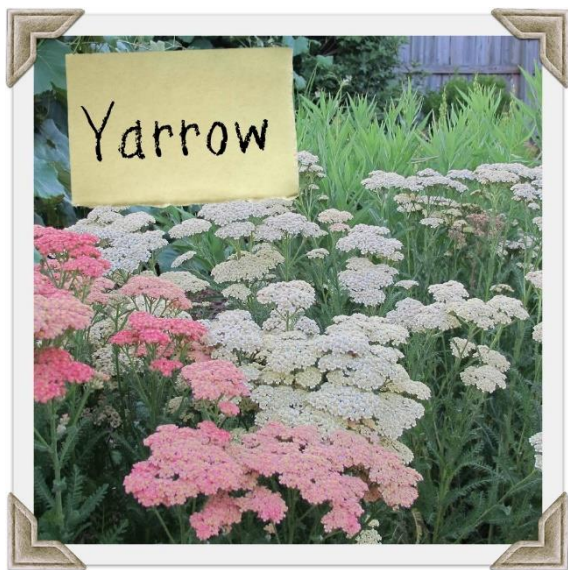
Tincture: 10-30 drops 6 times a day

Tea: 1 teaspoon at a time up to ½ cup a day

Capsules: 1-5 capsules up to 4 times a day







### *Achillea millefolium*

**Family:** *Compositae* – daisy, aster, sunflower

**Parts Used:** leaves, flowers

I refer to yarrow as "Cure-All" because that is what it seems to do. There are about 500 different varieties of yarrow, worldwide. The white variety is the most medicinal. Fun fact about the genus name *Achillea*, sounds a bit like Achilles because it was named for him, using it in battle to staunch his soldiers' wounds.

**Energetics:** cooling, drying, bitter

**Systems Affected:** lungs, skin, circulatory, urinary

### Properties:

Adaptogenic, antibacterial, diaphoretic,

hypotensive, astringent, antiseptic, antispasmodic, vulnerary, anti-inflammatory, diuretic, antimicrobial, antiviral, bitter, hepatic, emmenagogue

### Body Care:

- Acne and complexion problems.
- Good for oily skin.
- Great skin cleanser and toner.
- When used as an herbal steam yarrow will open pores and clean them out.
- Cleanses and removes oily residue from hair.
- Hair loss (apply externally to area of concern using an herbal infusion or herbal oil).

### Uses:

- Cleans and disinfects and heals wounds, cuts, and burns.
- Reduces redness, swelling and pain in bruises, blood blisters, sprains, strains, and other injuries.
- Staunches bleeding and coagulates blood.
- Nosebleed (tincture-soaked cotton ball, powder or fresh chewed or mashed, make into a nose plug and insert).
- Skin eruptions such as boils, pimples, bug bites, blisters, etc.
- Hemorrhaging; intestinal, uterine, hemorrhoids.
- Digestive problems and complaints.
- Nausea and upset stomach.
- Fever (bath or foot soak is the most effective).
- Cold and flu.
- Toothache (chew on fresh leaves).
- Earache
- Winter illnesses.
- Respiratory issues, bronchitis, croup, cough, etc.

- Hemorrhoids, varicose veins, and circulatory issues (take internally and externally with a poultice, compress or salve).
- Stimulates circulation.
- PMS and menstrual cramps, regulates flow, prevents painful periods.
- Menopause
- Headache
- Joint pain and inflammation, rheumatism, gout.
- Lowers blood pressure (most effective when used in combination with hawthorn).
- Prevents and clears blood clots.
- Bladder problems including infection and cystitis.
- Liver support, cleanses, tones and may also protect.
- Stress, anxiety, and insomnia.
- Measles and chicken pox.
- Water retention.

## Methods of Use:

- Tea
- Poultice, Compress
- Powder, Sprinkle, Capsules, Pills
- Tincture, Liniment
- Honey, Syrup
- Bath, Foot Soak, Facial Steam
- Herbal Oil, Salve, Ointment

## Care/Harvesting:

Yarrow is easily identified in the wild with its small fernlike leaves and flower topped white clusters. It can be found in dry to moist open places, woods, trails, and as a weed in lawns. It can also be found in the nursery as a cultivated plant, only use the white and pink varieties.

- Transplant or propagate with root divisions in spring or fall, space 12" apart.
- Provide low to moderate amounts of water and plant in full sun. Yarrow will grow in any type of soil condition and especially likes it dry.
- This is a perennial plant and should be divided every few years.
- Yarrow can be invasive, and the roots are hard to eradicate so make sure you keep an eye on it and plant only where you will be happy with it growing forever.
- Harvest the leaves and flowers in mid to late summer when it is in full flower, it is most potent just after the blossoms open.
- Yarrow is a great compost plant and will speed decomposition, especially if mixed with comfrey, nettles and dandelion.

## Caution:

Yarrow can be a uterine stimulant, so it is best to avoid taking internally during pregnancy, however it is wonderful to use during labor and childbirth. Always check this herb for allergic reaction if you have an allergy to the ragweed family.



*Rumex crispus*

**Family:** *Polygonaceae* - buckwheat

**Parts used:** root

Also known as curled or curly dock. Yellow dock combines really well with other herbs for supporting different body systems and aids the body in absorbing their properties and nutrients.

**Energetics:** cooling, drying, bitter

**Systems Affected:** liver, kidney

**Properties:** Antimicrobial, alterative, anti-inflammatory, astringent, laxative, hepatic, cholagogue, tonic, nutritive.

## Uses:

- Liver and gallbladder strength and support.
- Improves function of kidneys, liver, lymph glands and colon.
- One of the great detox herbs, cleanses heavy metals from the body.
- Liver, lymph, and spleen cleanser (take small doses over a long period of time).
- Blood purifier which can help clear up skin conditions, liver problems, blood disorders.
- Hemorrhoids and vein health.
- Acne, skin eruptions, eczema, boils, skin conditions of any kind.
- Liver congestions, jaundice, and other liver issues.
- Helps remove excess stomach acid, help for heartburn, reflux, and indigestion.
- Gut health herb as it removes heat and irritation from intestinal walls while supporting and strengthening.
- Constipation, diarrhea, colitis, and dysentery.
- Rich in minerals, especially iron and aids the body in absorbing them which makes it a great blood builder and aid for anemic conditions or lack of period due to iron deficiency.
- Helps the body absorb nutrients from our food, use for poor absorption.
- Root powder can strengthen gums, heal mouth sores and hardens soft, squishy gums.
- External tumors, ulcers, or any eruptive skin condition (root poultice or salve).
- Leaves are cooling and astringent and can be used to ease the irritation or nettle stings, bug bites, stings, rashes and other skin eruptions and conditions. This can also be done with a root poultice.

## Methods of Use:

- Tincture (best extracted with alcohol)
- Tea (decoction)
- Poultice (both leaf and root)

- Herbal Oil
- Salve
- Compress

### Wildcrafting/Harvesting:

Found in disturbed areas, grassland, riverbanks, dry soil, mud, waysides, trails, and as a yard weed. Basal rosette with green, curly edged leaves. Seed stalks shoot up with green/yellow flowers that will turn brown.

- Harvest the root any time after the seed heads have matured and the tops begin to die until early spring before new growth starts.
- Leaf can be harvested as needed for poultices or survival food.
- Seeds can also be harvest as a survival food when they turn brown.

### Caution:

Use with caution while pregnant and nursing due to the detoxing effects. Leaves contain a good amount of oxalic acid so should be steamed or cooked for eating.