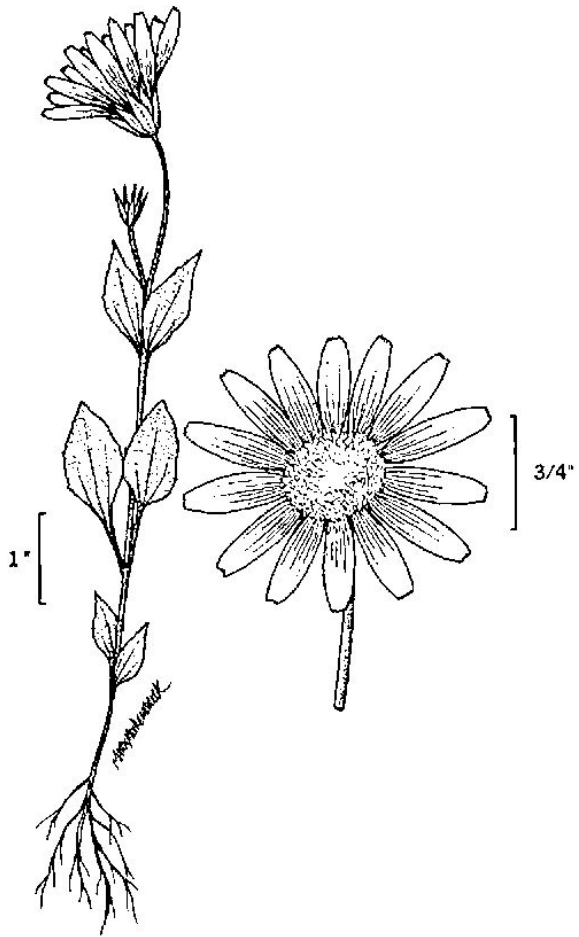


Medicinal Plants on Swale

by Dr. Julie Ramos



Arnica Arnica montana

Arnecca – sore muscles and joints,

Calendula – Anti-fungal and antiseptic qualities. Mouthwash to treat mouth and throat swelling. Cross-reacts with a ragweed allergy though. Dye your hair with it.



Calendula
Calendula officinalis

Chamomile – not as strong as valerium.
But does same things.



Camomile *Matricaria chamomilla*



Catnip *Nepeta Cataria*

Catnip –herb from Europe came over in 1796 with colonists. 2000 yrs of medicinal use, like valerian – mild tranquilizer and ascetative when taken after a meal relieves heartburn and indigestion. Cut back leaves to encourage second bloom. Bedtime tonic for sleep. Boil in water and then drink!

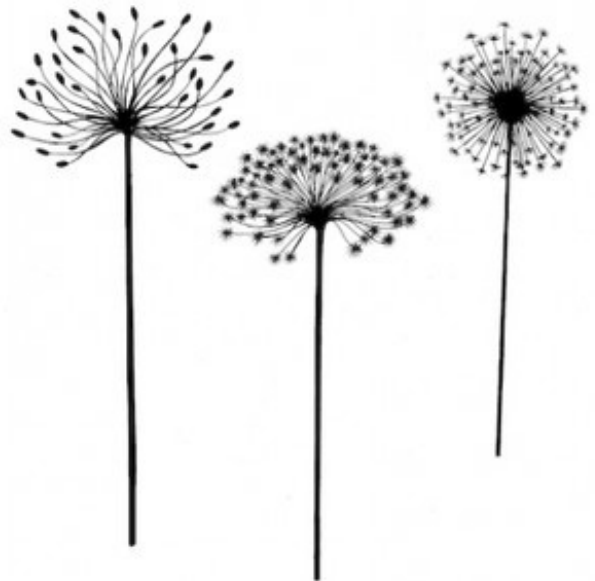


Celery *Apium Graveolens*



Comfrey *Symphytum*

Dandelion – heartiness to zone 3 – use entire plant. Use as diuretic, it has vitamin a, although traditional diuretics make you low in potassium, dandelion is high in potassium. Helps digest fat – the roots. Minced and added to butter, and used to make wine. Used as a natural dye.

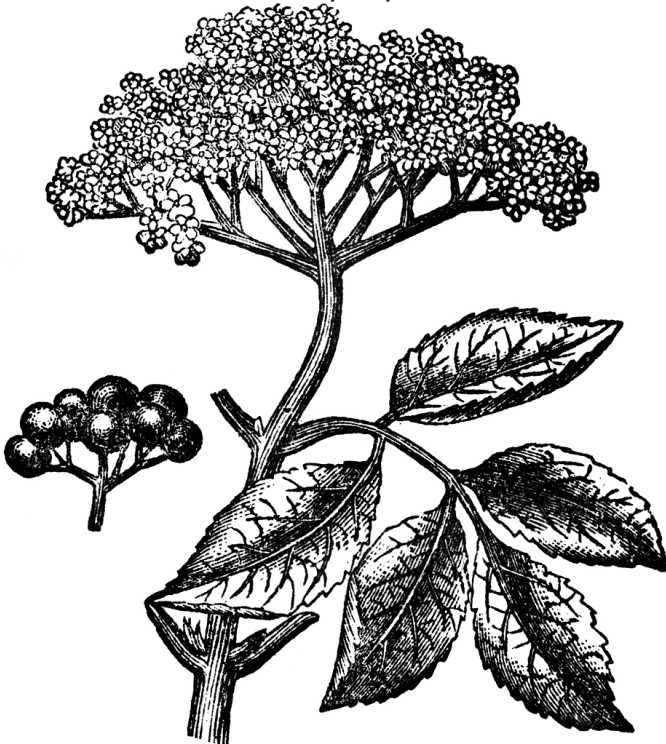


Dandelion *Taraxacum*



Echinacea aids in colds and upper respiratory infections

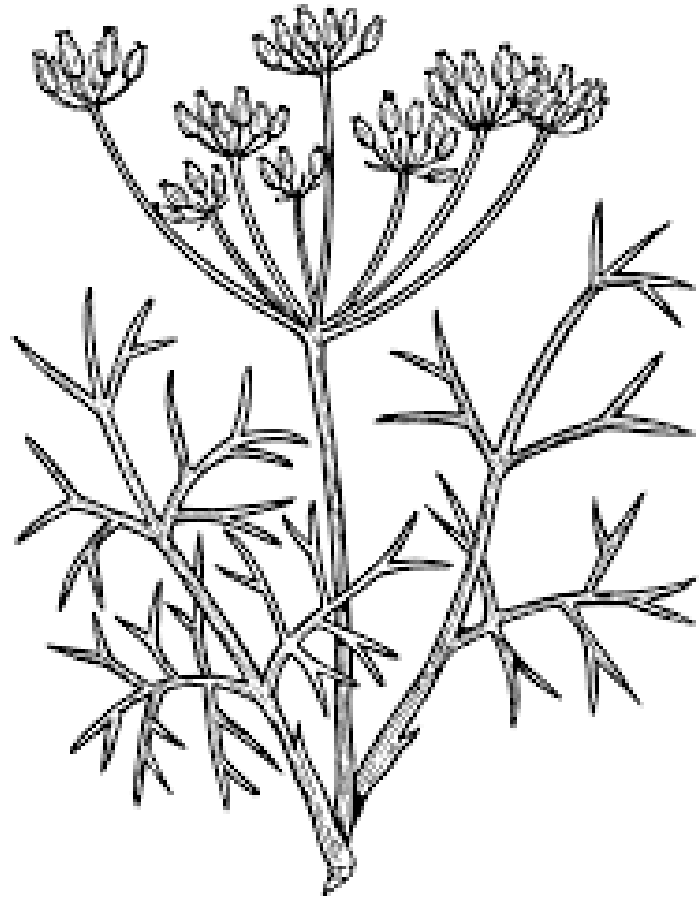
Echinacea *Echinacea purpurea*



Use elder flower and elderberry to sweat out the flu

Elderflower *Sambucus nigra*

Fennel seeds – anti inflammatory
like elderflower, good skin and
hair balm.



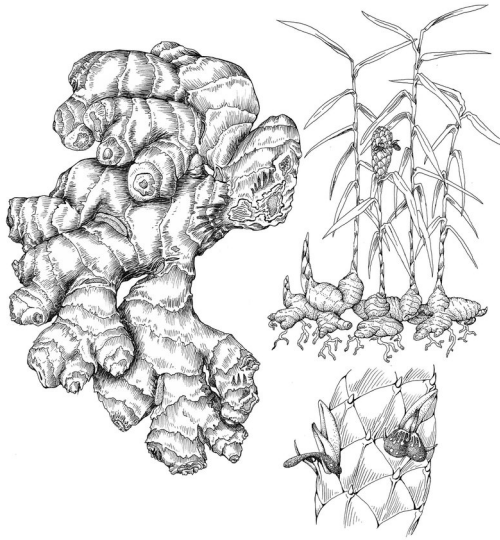
Fennel *Foeniculum vulgare*



Can increase breast milk production

Fenugreek
Trigonella foenum-graecum

Ginger - Stomach ulcers, nausea, diarrhea



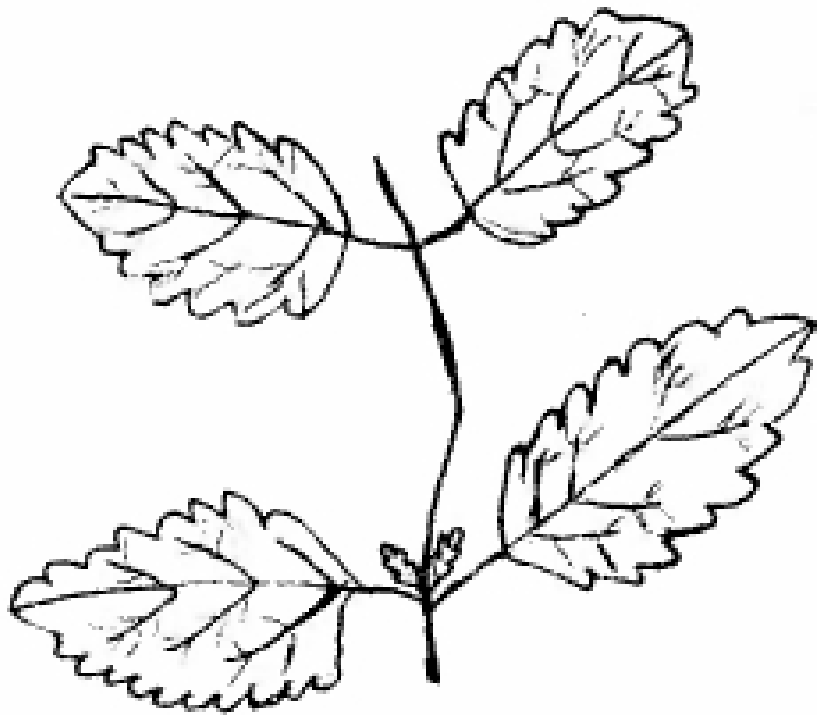
Ginger *Zingiber officinale*

Lavender oil may treat various mental disorders. It is known to alleviate anxiety and can treat insomnia and sleeping disturbances. It is sedative, has a tranquilizing effect. It is known to be a headache remedy. Disinfects wounds and helps with stress.



Lavender *Lavandula*

The herb is used for nervous agitation, sleeping problems, functional gastrointestinal complaints, menstrual cramps and urinary spasms. Contains muscle relaxing chemical. Especially in the bladder, uterus and stomach.



Lemon Balm *Melissa officinalis*

The herb treats hypertension perspiration and nervous conditions.

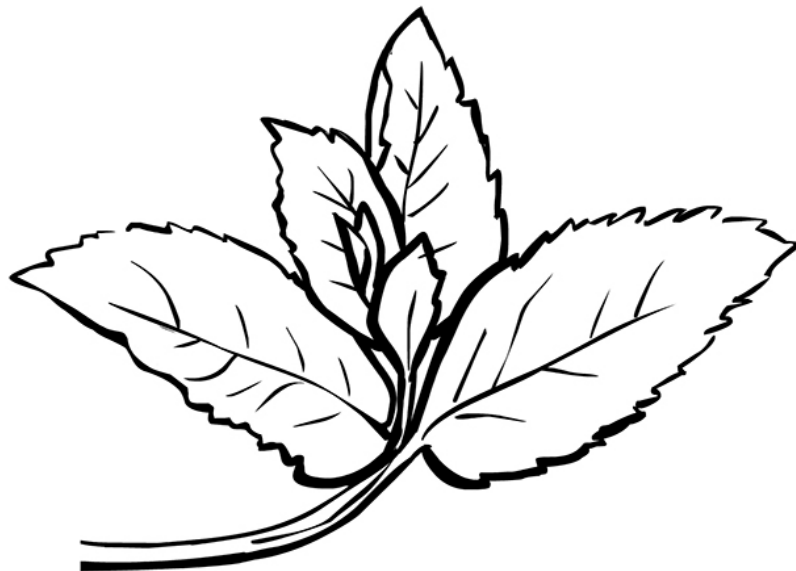


Linden *Tilia*

Orgeano has antifungal properties. Can also treat indigestion, heart-burn and low stomach acidity. Great in tea, either from fresh or dried orgeano. Orgeano oil has to be 50% diluted and can be applied with fungal infections twice daily.



Orgeano *Origanum vulgare*



Mint *Mentha*

To treat stomach weakness and diarrhea. It restores the functions of the stomach, stops vomiting, can cure hiccups, colics, depressions and promotes digestion.



Motherwort *Leonurus cardiaca*



Nettle *Urtica*

Nettle: leaves, stems, and roots – use everything – nettle juice can treat snake bites and coughs. Improved tolerance of cold temps. Use fibers to make cloth and paper. Vitamin A and C, anti inflammatory skin conditions. Use for enlarged prostate. That usually happens from too much estrogen. Used externally as postis to relieve joint pain for arthritis.

Widely used to treat stings, cuts, sunburns, insect bites, rashes, burns and blisters. The leaves can be heated to treat swollen joints, sore feet, sprains and sore muscles. Also been used to treat coughs, sore throats, bronchitis, mouth sores and tuberculosis.



Plantain *Plantago*

Primrose oil – 3 fatty acids that you either have to ingest or apply to your skin to live. Primrose are also anti-inflammatory. Primrose oil would be the best.

Use it as a tea, salve, tincture, treat hypertension, to treat skin wounds or sores. Key ingredient in many natural skin products.



Primrose *Primula vulgaris*



Raspberry used for uterus and cervical health helps with tone, post partum cits bath as well, and vitamin content.

Raspberry Rubus



Red Clover – a, d e and k vitamins – isoflavonoides treating – treats menopausal symptoms, an expectrant used as cough syrup, ground up to make exima paste – anti inflammatory.

Red Clover Trifolium pratense



Elderberry *Sambucus*

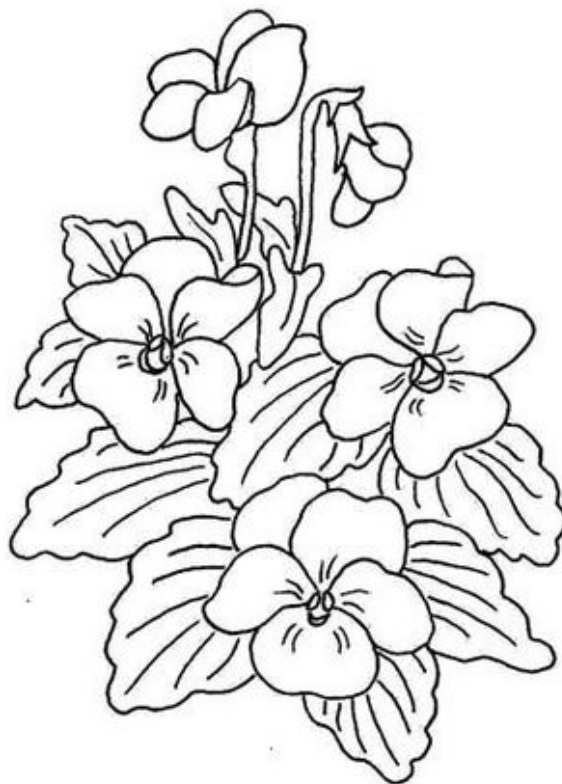
Elderberry: wine and juices with elderberry. Colds, sinusitis, flu-like symptoms, sweat promoting – heat. Use as a deep blue dye. Careful when harvesting elderberry, leaves, stem, roots, and unripened fruit can be toxic. Wild plants also can be highly toxic.



Rose *Rosa*

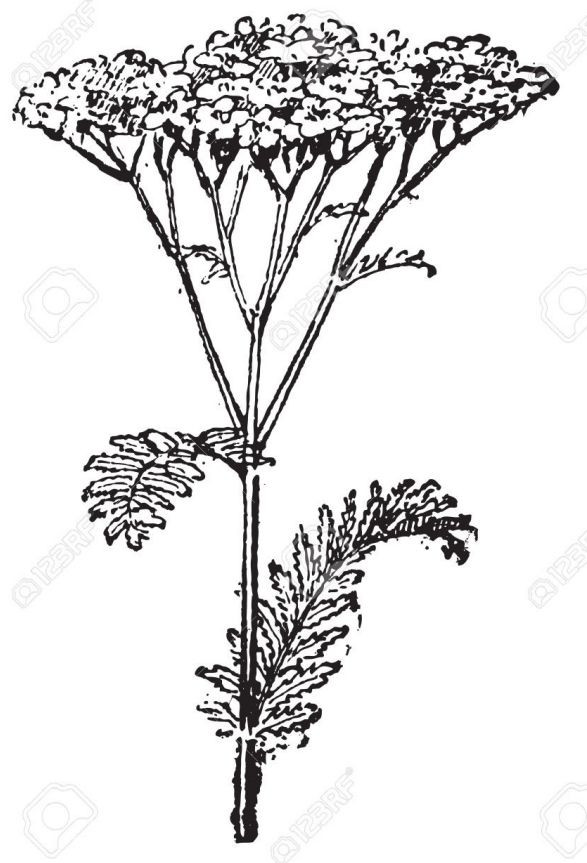
Rose – Aromatherapy mildly anti depressant...

It has the power to ease inflammation, roughness of the mouth, pains in the head, help with sleeplessness and comforts the heart. It is employed as a laxative.



Violet Viola

Yarrow – use leaves and flowers. Used as substitute for hops in beer. Used to treat stomach cramps, anti inflammatory and anti spazmotic – irritable bowel. May experience skin inflammation if you have an allergy to it if touched. It's used for healing in bones and connective tissues. Herbal band aid.
Dye – yellow-olive



Yarrow *Achillea millefolium*

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