

Medicinal Herbs

**Nature's Medicine From
Your Backyard**

Medicinal Herbs

- Why Grow Herbs
- Where To Get Them
- 18 Common Herbs
- How To Use Them
 - Tinctures
 - Oils and Salves
 - Teas, baths, and steams



Why Grow Herbs

- Easy to Grow
- Mostly Drought Tolerant
- Less Expensive Than Pharmaceuticals
- Aesthetically Pleasing

Where to Get Them

- Avoid “Big Box” Stores
- Buy “Local” When Possible
- Start Seeds Yourself
 - Some Slow to Germinate
 - Some Require Stratification or Scarification



Basil, Holy (A)

Ocimum sanctum

- Leaves used
- Sacred plant in India
- Culinary and medicinal
- Lowers blood sugar levels
- Reduces fevers
- Lowers blood pressure and cholesterol
- Helpful in coughs and colds
- Helps hot flashes in menopause
- Powdered herb heals cold sores



Calendula (A/R)

Calendula officinalis

- Flowers are used
- Edible and medicinal
- Antifungal, antiseptic, antibacterial and antiviral
- As a salve, treats all types of skin conditions
- Helpful for the digestive system
- Cleansing herb, especially for the liver and gallbladder
- Reduces menstrual pain
- Effective douche for yeast infections



Catnip (P)

Nepeta cataria

- Leaves are used
- Stimulates sweating and reduces fever
- Settling to the stomach
- Excellent for colds and flu
- Antiflatulant, settling indigestion and colic
- Suitable for children
- **CAUTION:** Do not use during pregnancy



Chamomile (A/R)

Chamomilla recutita

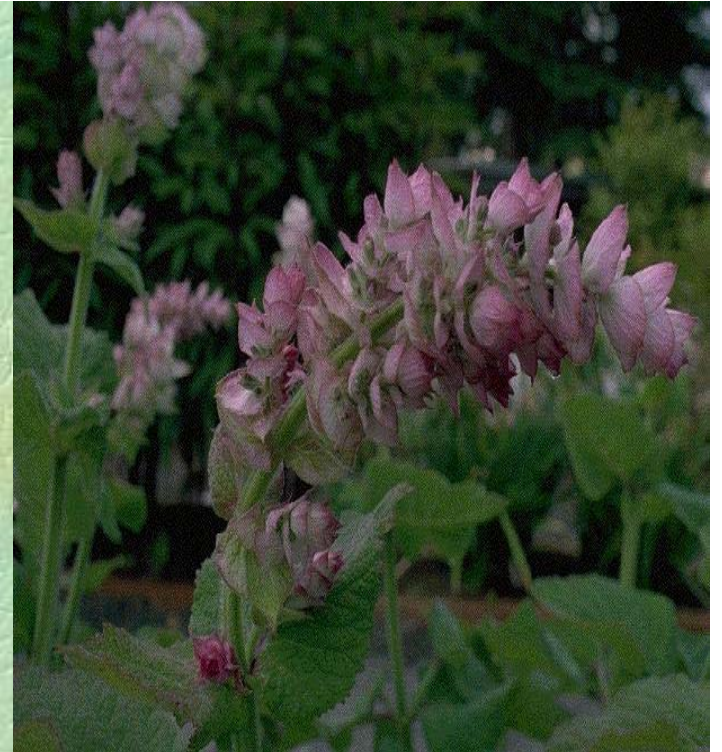


- Flowers are used
- Digestive tonic; indigestion, gas, colic, bloating, hiatus hernia, ulcer, & Crohn's disease
- Relaxant; relieves irritability and promotes sleep
- Eases menstrual pain and morning sickness
- As a salve, heals sore skin and eczema
- As a steam helps hay fever and asthma
- Suitable for children
- CAUTION: Can be invasive

Clary Sage (P)

Salvia sclarea

- Leaves and seeds are used
- A tea of the seeds will draw out splinters and thorns
- Digestive tonic; treats gas and indigestion
- Excellent for menstrual pain, PMS and menopause
- **CAUTION:**Do not use during pregnancy



Dill (A/R)

Anethum graveolens

- Leaves, flowers and seeds are used
- Keeps the witches away
- Remedy for thre stomach, relieving gas and calming digestion
- Chewing the seeds relieves bad breath.
- Makes a useful addition to cough, clod and flu remedies.
- Increase milk production and helps avoid colic in babies.



Echinacea (P)

Echinacea angustifolia & *E. purpurea*

- Flowers and 4 year old roots are used
- Stimulates the immune system to combat viral and bacterial infections.
- Effective gargle for sore throats
- Flowers in salve aid in healing of skin conditions
- Best used as a tincture



Fennel (P)

Foeniculum vulgare

- Seeds are used
- Relieves gas and bloating; stimulates digestion
- Seeds help treat kidney stones
- Great gargle for sore throats and expectorant
- Increases breastmilk production
- Aid in weight loss
- Suitable for children



Lavender (P)

Lavendula officinalis

- Flowers are used
- Lavender has a soothing and calming effect.
- Soothes indigestion and colic
- A bath of lavender helps relieve tension and bring a good nights sleep
- Excellent for the skin and insect bites.



Lemon Balm (P)

Melissa officinalis



- Leaves are used
- A wonderful herb to lift the spirits
- A tonic for depression and anxiety
- Relieves cold sores
- Helps overactive thyroid
- Excellent skin remedy for cuts and bug bites

Mugwort (P)

Artemisia vulgaris

- Leaves and roots are used
- Digestive tonic
- Improves absorption of nutrients and increase bile flow
- Eliminates worms from the body
- Induces the onset of menstruation
- Antiseptic
- Used in the treatment of Malaria
- CAUTION: Do not use during pregnancy

Mullein (B/R)

Verbascum thapsus

- Flowers are used
- Relieves coughs and congestion especially bronchitis.
- Reduces mucous formation and aids in the coughing up of phlegm
- Combines well with thyme for a cold remedy
- Externally, helps to heal wounds
- Infused oil relieves ear infections and hemorrhoids



Peppermint (P)

Mentha x piperita

- Leaves are used
- Digestive tonic; reduces colic, cramps, and gas
- Soothes an irritated bowel
- Peppermint relieves pain on the skin
- Excellent for respiratory infections
- CAUTION: Can be invasive



Red Clover (P)

Trifolium pratense

- Flowers are used
- Used to treat skin conditions
- It is an expectorant and used for spasmodic coughs
- Helps with menopausal complaints



Rosemary (A)

Rosmarinus officinalis

- Leaves are used
- Stimulates circulation of blood to the head, helping memory and relieving headaches
- Helps raise low blood pressure
- Raises the spirits and treats depression.
- Helps heal skin wounds
- Applied to the scalp stimulates hair growth
- Makes a wonderful bath



Sage (P)

Salvia officinalis

- Leaves are used
- Excellent gargle for sore throats
- Helps relieve cold sores
- Digestive tonic and stimulant
- Reduces hot flashes in menopause
- Encourages suppressed menstruation
- Externally relieves bites and stings



Valerian (P)

Valeriana officinalis



- 2 year old roots are used
- Herb that “Valium” was derived from
- Has a calming not sedative effect
- Useful for insomnia
- Effective relaxant for shoulder and neck tension, muscle spasms, and menstrual pain.
- Relieves high blood pressure
- Best as a tincture

Yarrow (P)

Achillea millefolium

- Flowers are used
- Good for what ails you!
- Achilles used Yarrow to heal wounds
- Regulates the menstrual cycle and reduces heavy bleeding
- Helps colds and flu
- Lowers high blood pressure and improves venous circulation



Tinctures

200 g dried herb or 300 g fresh herb

1 liter of 100 proof vodka

1. Place herb in large glass jar and cover herbs with alcohol. Shake well. Store in a cool, dry place for 10-14 days.
2. After 2 weeks pour mixture through cheesecloth and squeeze any remaining liquid out of herbs.
3. Pour into dark glass bottles, cap tightly, and store for up to two years.

Use 1 tsp of tincture diluted in water

Alcohol free tinctures: use glycerine or apple cider vinegar.

Infused Oils

Fresh or Dried Herb

Olive Oil

1. Fill a clear glass jar with desired herb(s).
2. Cover completely to the top with olive oil.
3. Cap lightly and place in a warm, sunny place for 2 days.
4. Add more oil if necessary and cap tightly. Place in a cool dry location for two weeks.
5. Pour through cheesecloth and store in a dark glass bottle.

Salves

Infused Oil

Beeswax

1. Gently heat infused oil.
2. Add about about 1 tb of beeswax to each cup of oil and heat untill beeswax melts.
3. Pour into glass containers.
4. Let cool and cap tightly.
5. Store in a cool, dark place.

Teas, Baths, and Steams

2 tsp. fresh or 1 tsp. dried herb

Water

1. Boil water
2. Pour over herbs in a cup.
3. Steep for 3-5 minutes.
4. Strain and enjoy.

For baths: Make about 1 quart of tea and pour into tub with bath water.

For steams: Make about 1 quart of tea in a large bowl, place a towel over your head and breath in the vapors until tea cools.