

Aloe Vera

Botanical Name: *Aloe vera*

Family: Aloeaceae

Description & Background: Aloe is called “kumari” in Sanskrit, which means “Goddess”. Aloe is a perennial with succulent leaves that grow up to 2 feet long and a spike of yellow or orange flowers. Native to Africa and commonly cultivated as a potted plant worldwide.



Parts Used: Mucilaginous gel found inside the leaves and the dried powder of the leaf

Body Systems Affected: lymphatic (spleen), digestive (liver), circulatory (heart), integumentary

Properties: vulnerary, laxative, emollient, hepatic,

Uses:

- As a laxative
- liver tonic
- support for skin either through healing or wrinkle reduction.

Preparations & Dose: for ingesting, take two tablespoons three times per day in juice. Powder form, take one half to one teaspoon daily. For skin, apply fresh gel from the leaves on sunburn, cuts and scrapes. Some people use it for application on wrinkles. A teaspoon of aloe in combination with turmeric root taken daily for at least three months helps to regulate liver function and counteract symptoms of PMS.

Comments, Contraindications, Cautions:

Do not use the bitter yellow juice from the base of the leaves (bitter aloes) on the skin. Do not take internally during pregnancy or breastfeeding. Do not take internally if suffering from hemorrhoids or kidney disease.



References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image source: <https://www.almanac.com/plant/aloe-vera>
<https://heublumen.net/aloe-vera-heilpflanze/>

Alfalfa

Botanical Name: *Medicago sativa*

Family: Fabaceae

Description & Background: Perennial herb growing to 32 inches. Has 3 lobed leaves, flowers that range in color from yellow to violet-blue, and spiraling seed pods. Grown as a fodder crop in temperate climates, it is harvested in summer. The seeds have been consumed as food for thousands of years.

Parts Used: aerial parts, seeds, sprouting seeds

Body Systems Affected: digestive, hematopoietic

Properties: Restorative, contains isoflavones, alkaloids, vitamins, coumarins. The isoflavones and coumarins are estrogenic. Nutritive tonic, antianemic, alterative. Contains- betacarotene, vitamins C, D, E and vitamin K. Contains minerals and salts including calcium, potassium, iron, and phosphorus.

Uses:

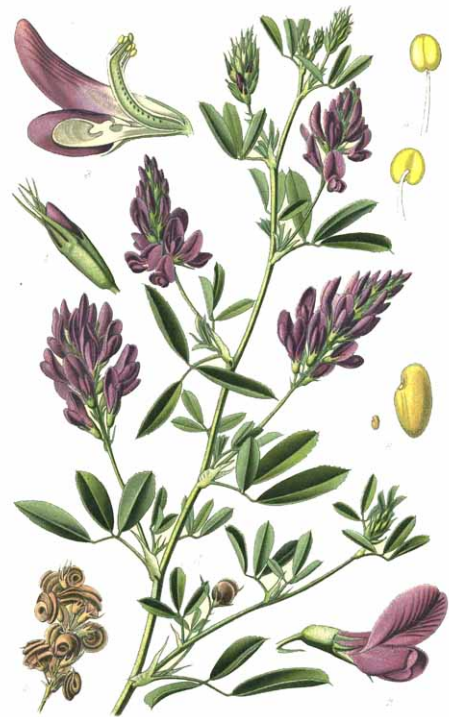
- Due to estrogenic activity, it can be used to treat problems relating to menstruation and menopause.
- Seeds are consumed to help lower cholesterol levels.
- Used to increase breastmilk

Preparations & Dose:

- Infusion of nourishing herbs- Raspberry leaf, alfalfa, red clover can help support a healthy milk supply and protect from mineral loss due to the rigors on the body during breastfeeding.
Sip throughout the day.

Comments, Contraindications, Cautions:

Do not take if also taking anticoagulant medication warfarin. Avoid sprouted seeds if in compromised immune states.



References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image source: https://en.wikipedia.org/wiki/Alfalfa#/media/File:75_Medicago_sativa_L.jpg
<https://www.clinicaladvisor.com/home/features/alternative-meds-update/alfalfa-weighing-the-risks-and-benefits/>

Lemon balm

Botanical Name: *Melissa officinalis*

Family: Lamiaceae

Description & Background: Lemon Balm has a long tradition as a tonic remedy that raises the spirits and comforts the heart. It is a perennial that grows up to 5 feet and has tiny white flowers and deeply veined, toothed leaves. It's leaves smell bright and light and just like lemons, hence the name. Best harvested just before the flowers open, when the volatile oil is at its highest. Propagated by seed or cutting.

Parts Used: aerial parts used either fresh or dried.

Body Systems Affected: Nervous, digestive, respiratory, cardiovascular, immune

Properties: carminative, antianxiety, antidepressant, relaxant, antiviral, nerve tonic, increases sweating, antispasmodic,

Uses:

- used to treat anxiety
- mild depression, restlessness, and irritability.
- Helpful for treating palpitations due to anxiety.
- Also helps with digestive issues when caused by anxiety, such as, nausea, bloating, and indigestion.
- Lemon balm can be given to folks who have an overactive thyroid.

Preparations & Dose:

- Infusion- for nervous headaches, drink 3/4 cup 3 times per day.
- Tincture- for anxiety and mild depression- take 1/2 tsp with water 3x per day.
- Infusion can be applied regularly to cold sores as well as cuts and scrapes.

Comments, Contraindications, Cautions: Do not consume essential oil internally except under professional supervision.



References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image Source:

<https://www.stylecraze.com/articles/health-benefits-and-uses-of-lemon-balm/#gref>
<https://redmoonherbs.com/products/lemonbalm>

Strawberry leaf

Botanical Name: *Fragaria vesica*

Family: Rosaceae

Description & Background: The strawberry plant is a creeping perennial vine with short woody stems and a basal rosette of compound leaves that have 3 coarsely toothed leaves. It has small white, 5 parted flowers that occur in small clusters. Strawberry plants are characterized by long arching runners, which form new plantlets at the tip. These allow the strawberry plant to reproduce vegetatively as well as by seed. The strawberry leaves and stems have a mild fruity flavor. There are many varieties of strawberry but all have healing properties in particular high amounts of tannins.



Parts Used: Leaves, stems, flowers

Body Systems Affected: digestive, endocrine (milk production), immune (many vitamins and minerals that support immune function), cardiovascular (vasodilation)

Properties: nutritive, galactagogue, digestive aid, vasodilator, rich in tannins and high in vitamin C, astringent, antioxidant,

Uses: Used to treat leucorrhea, aches and pains, nervousness, excessive menstrual bleeding, water retention, nutritive tonic, digestion issues such as diarrhea, boost milk supply

Preparations & Dose:

- cover either dried leaves or fresh leaves with boiling water and let steep for 5-7 minutes. Strain and drink. Sweeten with honey if desired.
- Steep the infusion for 20 minutes if using for nutritive purposes in particular or to boost milk supply and drink 3 x per day.
- If using as a douche to treat leucorrhea, let the infusion cool before use. Use the douche twice daily until symptoms subside.

Comments, Contraindications, Cautions:

Make sure to dry the leaves completely or use fresh, no in between. The strawberry leaves experience a toxic chemical change when drying and could cause nausea if consumed before completely dry. If picking fresh, use leaves immediately.



References:

<http://www.strawberry-recipes.com/strawberry-leaf-tea.html>

<https://www.healwithfood.org/health-benefits/wild-strawberry-leaf-tea.php>

<https://www.mountainroseherbs.com/products/strawberry-leaf/profile>

Moore, M. (1993) *Medicinal plants of the Pacific West*. Santa Fe, New Mexico, USA: Museum of New Mexico Press.

Zollinger, B. (2018) *Therapeutic Herbalism 9 month course at Orchard Botanicals Farm*

Image source: https://www.specialtyproduce.com/produce/Strawberry_Leaves_10674.php

https://www.etsy.com/listing/232125619/strawberry-botanical-illustration?ref=shop_home_active_7

Vitex

Botanical Name: *Vitex agnus-castus*

Family: Verbenaceae

Description & Background: Also known as Chaste Tree or Chaste Berries, Vitex was used in ancient times to suppress libido in temple priestesses and monks however there is little evidence that chaste berries have an anaphrodisiac properties. Vitex has pituitary stimulating properties and has an ability to increase luteinizing hormone (progesterone). Vitex has an amphoteric properties when used to balance menstrual cycles and PMS symptoms. Deciduous aromatic tree with palm shaped leaves and small lilac flowers. Berries harvested in autumn.



Parts Used: fruit

Body Systems Affected: Digestive (liver), spleen, endocrine (pituitary gland), reproductive

Properties: Tonic, emmenagogue, galactagogue

Uses: To create balance of the menstrual cycle. Some use it to treat fertility due to low progesterone levels. Some use it for treating insomnia due to low melatonin levels. Can aid in treating acne when combined with echinacea.

Preparations & Dose:

- Tincture- take 40 drops with water daily for 3 months to treat an irregular cycle or enhance fertility

Comments, Contraindications, Cautions:

Taking too much can cause a sensation of ants crawling on the skin. Avoid in pregnancy.



References:

Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House

Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing

Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Zollinger, B. (2018) *Therapeutic Herbalism 9 month course at Orchard Botanicals Farm*

Image source: https://www.lgbotanicals.com/Vitex-Essential-Oil-Chasteberry_p_1146.html
<https://tropicalfloweringzone.wordpress.com/2015/08/12/vitex-agnus-castus-chaste-tree/>

St. Johns Wort

Botanical Name: *Hypericum perforatum*

Family: Hypericaceae

Description & Background: Erect perennial growing up to 32 inches, with bright yellow flowers in a flat-top cluster. The leaves are perforated and you can tell by holding them up to light. They flower around the summer solstice. Historically it was thought to heal all wounds and all down-heartedness.

Parts Used: flowering tops harvested in the summer.

Body Systems Affected: endocrine, nervous, musculoskeletal, integumentary

Properties: antidepressant, antiviral, wound healer, anti-inflammatory, nerve tonic

Uses:

- Infused oil can be used on sore muscles or to soothe neuralgia- *fresh plant is best for making medicine*
- Powerful antidepressant and mood stabilizer
- Strong antiviral activity, notably against influenza, herpes, and hepatitis B and C
- Restorative and neuroprotective to help nervous exhaustion and lowered mood
- Used to treat menopausal depression
- Used to treat PMADs

Preparations & Dose:

- Infused oil for muscle rubs
- Tincture for mood stabilization
- Capsules for mood stabilization

Comments, Contraindications,

Cautions:

Well researched and considered safe however it does interact with certain medications mostly by increasing the rate at which they are broken down by the liver. This is particularly applicable when considering birth control and St. Johns Wort use.



References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image Source:

<https://zenithsupplies.com/product/st-johns-wort-cut/>

<https://heirloomcottagegarden.weebly.com/blog/st-johns-wort-hypericum-perforatum>

Valerian

Botanical Name: *Valeriana officinalis*

Family: Valerianaceae

Description & Background: Perennial growing up to 4 feet. Flowering plant with sweetly scented pink or white flowers. Often times folks don't like the smell. Blooms in summer. Revered since ancient times as a sedative and relaxant

Parts Used: Rhizome

Systems Affected: Nervous, cardiovascular, hepatic

Properties: Sedative, hypnotic, nervine, antispasmodic, carminative, stimulant, anodyne, expectorant, diuretic, lowers blood pressure, milk anodyne

Uses:

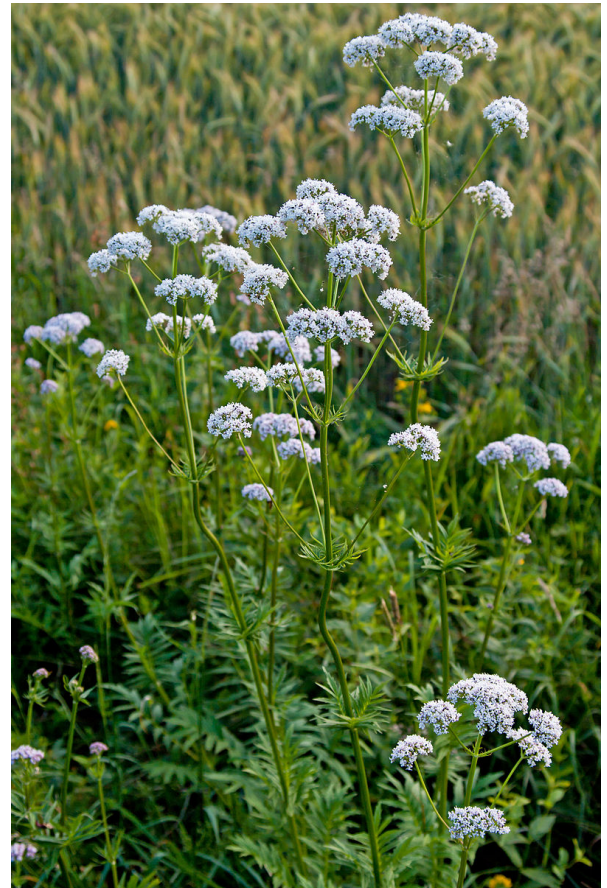
- To treat insomnia
- Effective for treating stress and nervousness
- Treat menstrual cramps
- Pain relief
- Relieves gas
- Spasms
- Headaches
- Hypertension

Preparations & Dose:

- **Tea:**
 - Combine equal parts: Valerian root, Skullcap, Passionflower, Cramp bark, Black cohosh, Ginger, Licorice
 - Make into tea or powder. Take 1 cup 3 times daily, ideally with a dose of calcium and magnesium
- **Tincture:**
 - 10 to 20 drops of Skullcap and Valerian in warm water. To sustain effect, use with Hops tea; sip slowly.

Comments/Contraindications/Cautions:

- Avoid high doses of leaves during early pregnancy, as it can stimulate the uterus
- Nontoxic, safe herb
- 95% of population find Valerian a relaxing, sedative herb, but in 5%, it acts as a stimulant. Discontinue use, if you find it stimulating
- Do not take for more than 2 to 3 weeks without a break
- Not to be confused with red "American" valerian, which has no medicinal properties



References

Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House

Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing

Foster, S., & Hobbs, C. (2002). *Peterson field guides western medicinal plants and herbs* (pp. 72-73). New York, New York, USA: Houghton Mifflin Company.

Tierra, M. (1998). *The way of herbs* (20, 26, 32, 34, 36). New York, USA: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 68-69, 80, 131). Woodstock, New York, USA: Ash Tree Publishing.



Image source:

<https://advicefromtheherblady.com/plant-profiles/perennials/valerian/>

Yarrow

Botanical Name: *Achillea millefolium*

Family: Compositae

Description & Background:

Perennial. Grows 2 to 4 feet tall. Fernlike leaves, colorful blooms. Large, flat topped flower clusters. Flower are typically white but can be yellow or pinkish.



Parts Used: Flower, leaf, root

Systems Affected: digestive, vascular, respiratory

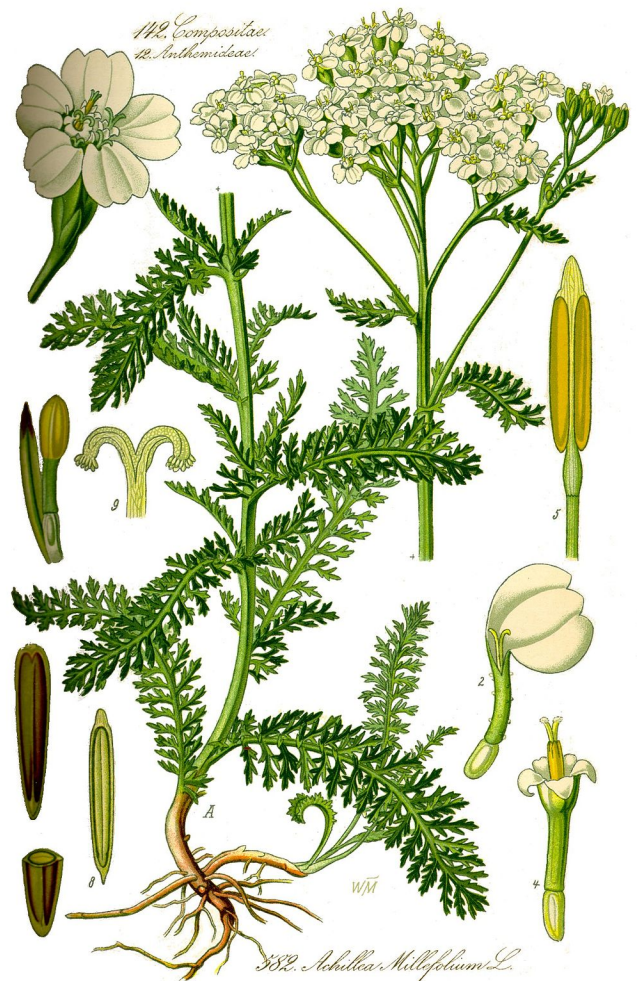
Properties: Diaphoretic, anti-inflammatory, antipyretic, carminative, hemostatic, astringent, antispasmodic, digestive stimulant, febrifuge, bitter

Uses:

- Leaves staunch bleeding
- Can be used to treat colds, Flus, Fevers
- Amenorrhea & Menorrhagia
- Leukorrhea
- Menstrual cramps
- Aids in labor and childbirth
- Used to treat hemorrhoids & Varicose Veins
- Treats hypertension

Preparations & Dose:

- **Topical:**
 - Crushed or powdered yarrow can be applied topically to cuts and abrasions
- **Tea:**
 - First stages of colds, flus, and fevers:
 - Combine equal parts: Elder flowers, Yarrow, Lemon balm, Mint. Steep 1 oz. of combination covered in 1 pint of boiling water until cool enough to drink. Take one or two cups, retire to bed with several covers, lying perfectly still until full sweating occurs. Do not sweat to exhaustion. Conclude with short, cool-water sponge bath from head to toe, return to bed immediately



- **Group beta strep:**

- Infuse equal parts of: Thyme, Calendula, Rosemary, Yarrow. 6 tbsp. of herbal mix per quart of water. Steep for 30 minutes. Strain into clean jar, Add ¼ sea salt, 10 drops lavender essential oil. Add entire jar to sitz bath once daily OR fill peri-bottle, use after each urination; spreading labia apart allows the rinse to be more effective

Comments/Contraindications/Cautions:

- Yarrow may cause severe allergic skin rashes in rare cases
- Avoid large doses in pregnancy, herb is a uterine stimulant due to its blood moving properties

References

Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House

Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing

Gladstar, R. (1993). *Herbal healing for women simple home remedies for women of all ages*. New York, New York, USA: Fireside.

Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland, Oregon : Timber Press, 2017

Tierra, M. (1998). *The way of herbs*. New York, USA: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year*. Woodstock, New York, USA: Ash Tree Publishing.

Image source: <https://theherbalacademy.com/yarrow-as-a-natural-remedy-for-fever-and-flu/>
<https://en.wiktionary.org/wiki/milfoil>

Witch Hazel

Botanical Name: *Hamamelis virginiana*

Family: Hamamelidaceae

Description & Background: Small deciduous tree growing up to 16 feet with coarsely toothed, broadly oval leaves. Distinctive flowers that bloom in the winter followed by brown fruit capsules that eject 2 seeds up to 13 feet away from the tree. Indigenous to Canada and eastern parts of the US. Grown from hardwood cuttings or from seed both of which are planted in the autumn.



Parts Used: dried or fresh leaves, dried or fresh bark.
Leaves and young twigs are distilled to make witch hazel.

Body Systems Affected: integumentary, vascular

Properties: astringent, anti-inflammatory, hemostatic

Uses:

- Tincture of bark used to dab on varicose veins
- Distilled witch hazel dabbed onto skin to treat sore skin, broken veins, stings
- Distilled witch hazel used to soothe and heal perineal and rectal tissue after childbirth
- Ointment of bark used to treat hemorrhoids

Preparations & Dose:

- Witch hazel spray can be used on any part of the skin. Best to use 100%, alcohol free.
- Tincture of bark- 1 tbsp diluted in ½ cup cold water and used to dab onto varicose veins
- Witch hazel infused olive oil can be applied to hemorrhoids
- Witch hazel spray can be applied to the face for a toning affect after exfoliating.

Comments, Contraindications, Cautions:

Only use internally under professional supervision
No known contraindications for topical use

References

Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House

Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing

Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.

Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.

Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books

Image Source:

<https://blackgold.bz/winter-witch-hazel/>

Yellow Dock

Botanical Name: *Rumex crispus*

Family: Polygonaceae

Description & Background: Perennial. Tall stalked, with narrow leaves curling along the edges. Seeds on stem are dark brown in mid to late August.

Parts Used: Roots dug up and harvested in the autumn
Often used in conjunction with burdock and dandelion root

Systems Affected: digestive- in particular intestines, colon and liver

Properties: Cholagogue, alterative, mild laxative, blood tonic

Uses:

- To treat anemia
- Skin diseases: Psoriasis, Herpes, Various eruptions, Eczema, Acne
- Liver congestion
- Liver and gallbladder disorders
- Gastrointestinal diseases
- Nutritive source of vitamin A
- Hemorrhoids

Preparations & Dose:

- **Decoction:**
 - For skin diseases such as eczema, acne, psoriasis combine: Yellow Dock, Burdock roots, Burdock seeds, Stillingia, Red Clover, Sarsaparilla root. Simmer 1 oz. of combination for 20 to 30 minutes. Take 3 cups daily
 - Anemia: 6 grams Yellow Dock root, 4 grams Ho Shou Wu, 4 grams Tang Quai root, 15 grams Chinese astragalus root. Take in decoction twice daily
- **Tonic:**
 - Increase iron levels: ½ oz. dried Yellow Dock, ½ oz. Dandelion roots, 1 pint boiling water, Combine in glass jar, cover, steep herbs for 4 to 8 hours. Strain liquid into small saucepan, reduce by simmering to 1 cup of liquid. Add ½ cup honey or combination of honey and molasses. Let cool to room temp and store in bottle in refrigerator. Keeps up to 2 weeks
- **Tincture:**
 - Prevent anemia: 25 to 40 drops of tincture daily

Comments/Contraindications/Cautions:

- No known adverse effect
- Some sources say to avoid during pregnancy





References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women simple home remedies for women of all ages* (pp. 32, 81-83). New York, New York, USA: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland, Oregon : Timber Press, 2017
- Tierra, M. (1998). *The way of herbs* (pp. 211-212). New York, USA: Pocket Books.
- Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 32-33, 36, 132, 139). Woodstock, New York, USA: Ash Tree Publishing.

Image Source: <https://www.herbco.com/c-101-yellow-dock.aspx>

<https://www.verywellhealth.com/the-benefits-of-yellow-dock-89534>

Red Raspberry Leaf

Botanical Name: *Rubus idaeus*, *R. strigosus*

Family: Rosaceae

Description & Background: Red raspberry leaf is a native, deciduous shrub that can grow up to 5 feet high. Leaves are primarily compounded with 3 to 5 leaflets. This plant has white to greenish flowers which droop in single or small clusters. Red raspberry has red berries when ripe. This herb has been recognized for centuries as a powerful uterine tonic, and became widely used in the West in the 1940s. This plant is rich in vitamins B, C and E. It is also a rich source of calcium, iron, phosphorus, and potassium. This herb is now known as a woman's herb. Its energy and flavors are mild, bitter, and cool.

Parts Used: leaves and fruit are commonly used, but for medicinal use, the whole plant can be used

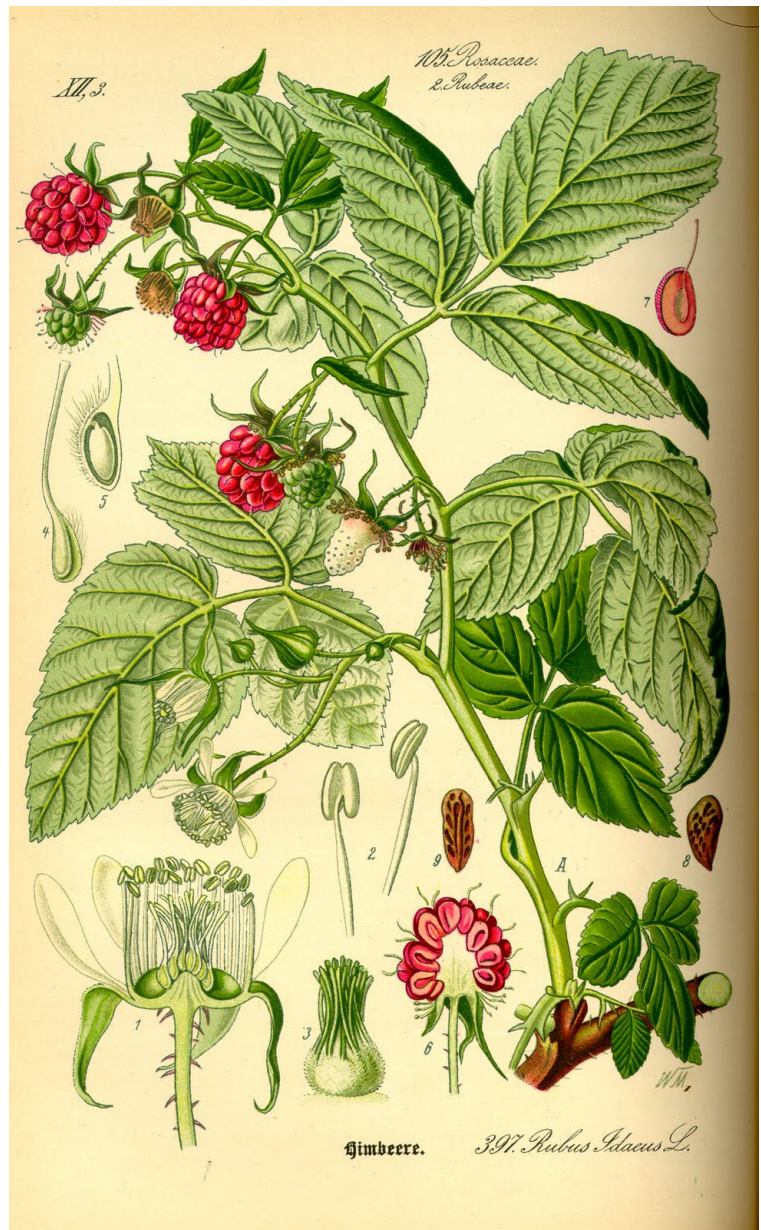
Systems Affected: liver, spleen, kidneys, reproductive organs

Properties: Astringent, preparative for childbirth, stimulant, digestive remedy, tonic, hemostatic, mild alterative, parturient

Uses: Promotes fertility, treats menstrual irregularities, eases leucorrhea, uterine and pelvic tonic, uterine relaxant, uterine stimulant, eases morning sickness, can lower blood sugar levels, treats fever, can stop excessive bleeding, nutritive, used to encourage safe and speedy childbirth by making contractions more effective, can help bring down an undelivered placenta, and stimulates milk production. RRL can also treat diarrhea or dysentery.

Preparations & Dose:

- **Nourishment Tea:** 2 parts RRL, 2 parts nettle, ½ part rose, ½ part spearmint leaf. Mix herbs together, store in an airtight jar. ¼ cup of the mixture in a quart sized jar, top with boiling water. Let steep for a 30minutes-2hours. Strain, sweeten if desired. Drink 1 to 4 cups daily.
- **Tone & Prepare Uterus:** Combine equal parts RRL and milky oats. Steep 2 tsp. in hot water. Drink 1 cup 2 to 3 times a day.



- **Anti-yeast Tea:** 2 parts sage, 2 parts mullein, 2 parts red raspberry leaf, ¼ part goldenseal root. Use 4 to 6 tbs. of herb mixture. Add herbs to cold water. Cover and simmer over low heat. Let steep for 20 minutes. Strain and sweeten.
- **Infusions:** RRL is best taken as an infusion. From the 3rd month onwards, you can take this herb daily, increasing the amount as pregnancy progresses. When the birth is imminent, one teaspoon of composition essence can be added to tea can be taken every hour, with continued use of RRL tea for the postpartum period to aid the uterus and pelvis in childbirth recovery.

Comments/Contraindications/Cautions: Raspberry Leaf is safe and recommended for use during the entire pregnancy and postpartum period, as well as during the menstrual cycle, and is safely used in children for fever.

References

- Gladstar, R. (1993). *Herbal healing for women simple home remedies for women of all ages* New York, New York, USA: Fireside.
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care* (pp. 25). New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp.184-185). New York, USA: Pocket Books.
- Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 18-19). Woodstock, New York, USA: Ash Tree Publishing.
- Zollinger, B. (2018) *Therapeutic Herbalism*. nine month course at Orchard Botanicals farm

Image Source:

<http://ctgpublishing.com/raspberry-antique-botanical-print-circa-1903/american-raspberry-rubus-idaeus-botanical-illustration-from-flora-of-germany-circa-1903/>

- Lady's mantle can be used externally as a douche or lotion mixed with rose water for vaginal discharge, irritation, or infection
- Lady's Mantle makes a good skin lotion for rashes, eczema, cuts, and wounds, sores, and insect bites



- As a mouthwash or gargle it can be used for bleeding gums, mouth ulcers, and sore throats
- Use as a wash or poultice for wounds
- The tincture of the fresh root is an excellent blood coagulant in doses of 20-30 drops, repeated as necessary

Comments/Contraindications/Cautions:

- It has no known toxic or side effects and is recommended both as a remedial and a tonic herb
- Because of its uterine stimulating properties, some sources recommend it not be used in pregnancy

References

Gladstar, R. (1993). *Herbal healing for women simple home remedies for women of all ages* (pp. 176, 199, 245). New York, New York, USA: Fireside.

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care* (pp. 110). New York, New York, USA: Henry Holt and Company, Inc.

Tierra, M. (1998). *The way of herbs* (pp. 149-150). New York, USA: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 72). Woodstock, New York, USA: Ash Tree Publishing.

Image Source:

<https://topnaturalremedies.net/natural-treatment/3-plants-with-hemostatic-effects/>

<https://mens-en-gezondheid.infonu.nl/gezonde-voeding/108360-de-geneeskracht-van-vrouwenmantel.html>

Motherwort

Botanical Name: *Leonurus cardiaca*

Family: Labiatae

Description & Background: Motherwort is an upright, prickly bush, growing up to 5 feet tall and 2 feet wide. It is a square stemmed perennial. It has pale pink to purple flowers and is a very hairy plant. The leaves are dark green above, pale on the underside, opposite placement, oak-shaped and deeply lobed. Motherwort blooms June to August. It has bitter, spicy, and slightly cold energies. This herb has been used traditionally since ancient times to promote longevity due to its heart-strengthening abilities. It is a member of the mint family, and grows easily and willingly. Common name also known as Lions tail.

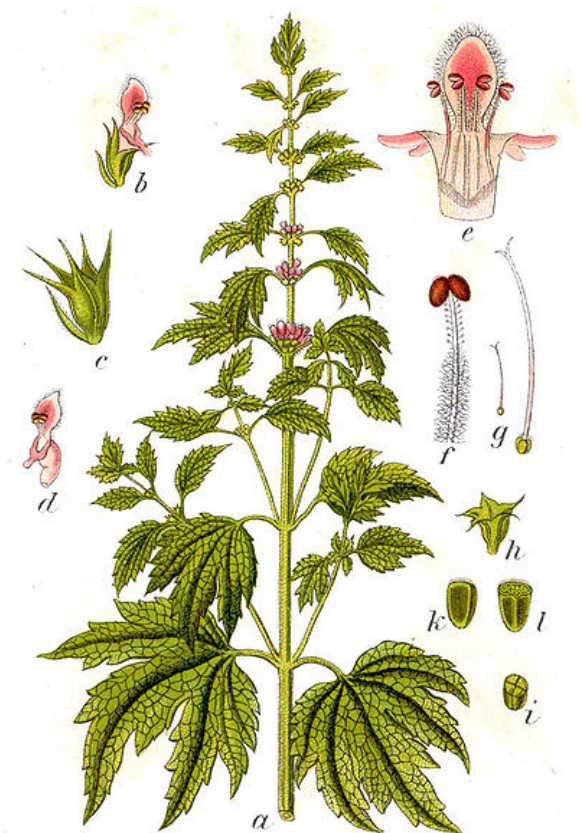
Parts Used: Leaves

Systems Affected: Nervous, digestive, cardiovascular

Properties: Emmenagogue, cardiac tonic, antispasmodic, nervine, diuretic, carminative

Uses:

- Can be used to bring on suppressed menstruation
- Can hasten childbirth by stimulating and coordinating uterine contractions, and is useful for easing anxiety or tension about the coming birth
- Promotes blood circulation
- Treats hypothyroidism
- Stimulates the immune system and can help prevent cancer
- Treats heart problems and arteriosclerosis, angina, heart palpitations, and neuralgia
- Helps with nervousness and insomnia, as well as other neurotic conditions
- Lowers blood pressure in the short term
- Can also treat restlessness, convulsions, headache, stomachache, poor digestion, and general debility
- Postpartum depression and anxiety



Preparations & Dose:

- Standard infusion: one ounce of motherwort to one pint of boiling water
- Tincture: 15-30 drops of tincture daily

Comments/Contraindications/Cautions:

- Excessive use of motherwort tincture (more than 4 doses a day for several weeks) can cause the user to become dependent on it
- Postpartum bleeding may be increased after repeated doses of tincture
- Because of its ability to stimulate uterine contractions, it is not recommended for internal use during pregnancy until the last few days, when it is used to stimulate labor.

References

- Foster, S., & Hobbs, C. (2002). *Peterson field guides western medicinal plants and herbs* (pp. 172). New York, New York, USA: Houghton Mifflin Company.
- Gladstar, R. (1993). *Herbal healing for women simple home remedies for women of all ages* (pp.248). New York, New York, USA: Fireside.
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care* (pp. 97). New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp.248). New York, USA: Pocket Books.
- Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 74, 84). Woodstock, New York, USA: Ash Tree Publishing.
- Zollinger, B. (2018) *Therapeutic Herbalism 9 month course at Orchard Botanicals Farm*
- Image sources:
- <https://thesagehoney.wordpress.com/2011/01/30/a-lion-hearted-herb-that-mothers/>
- <http://zimorodek.com/serdecznik-pospolity-leonurus-cardiaca/>

Skullcap

Botanical Name: *Scutellaria baicalensis*

Family: Labiatae

Description & Background: Skullcap is a perennial herb. Its leaves have ridges, and this plant boasts tiny bluish purple flowers that look like military helmets worn by European soldiers, hence the name. I have also heard of the caps being compared to old fashioned sleeping caps and that the description is fitting as skullcap calms racing thoughts, especially if taken before bed. This plant grows 1 to 4 feet in height. It has a bitter and cool energy. This herb relaxes the nervous system and induces inner calm.

Parts Used: Root, aerial portions

Systems Affected: Heart, lungs, liver, gallbladder, large intestine, nervous system

Properties: Diuretic, laxative, antipyretic, hemostatic, astringent, nervine

Uses:

- Treats high blood pressure
- Sedative, treats insomnia
- Helps with postpartum depression and anxiety
- Calms racing thoughts
- Can treat jaundice, sores, or pneumonia
- Used for neurological diseases such as epilepsy, MS, and chorea
- Effective to use for alcohol and drug withdrawal due to its detoxifying properties which lessen withdrawal symptoms such as delirium tremens
- Treats backache
- Treats pain of all kinds

Preparations & Dose

- **Standard Infusion:** 3-9 grams
- **Sedative:** equal parts skullcap, hops, and valerian root tea or tincture taken 3 times daily, and especially a half hour before retiring. Or 15-30 drops of fresh skullcap tincture.
- **For anxiety:** 15-30 drops skullcap tincture combined with 15-30 drops passion flower tincture and 15-30 drops motherwort tincture.



- **For withdrawal from drugs/alcohol:** take 15-20 drops of skullcap tincture every hour or two
- **For backache:** 15-20 drops St. John's Wort combined with 15-30 drops Skullcap tincture in a glass of water.
- **For blood pressure:** Steep a handful of equal parts skullcap, hops, and valerian in a quart of water and drink a cup full every 2 hours. Repeat as necessary
- **Postpartum depression brew:** ½ ounce dried licorice root, 1 oz dried RRL, 1 oz rosemary leaf, 1 oz dried skullcap. Infuse 2 tsp. per cup of boiling water. 2 cups daily.

Comments/Contraindications/Cautions: Germander, often sold as skullcap, can cause liver toxicity.

References

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care* (pp. 38). New York, New York , USA: Henry Holt and Company, Inc.

Romm, A. J. (2014). *The natural pregnancy book* (3rd ed.), (pp. 183, 198 205) . New York: Ten Speed Press.

Tierra, M. (1998). *The way of herbs* (pp. 194). New York, USA: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 39, 43, 48, 68-69, 84, 156). Woodstock, New York, USA: Ash Tree Publishing.

Image Source:

<https://fosterfarmbotanicals.com/products/skullcap-scutellaria-lateriflora>

Slippery Elm

Botanical Name: *Ulmus rubra*, *U. fulva*

Family: Ulmaceae

Description & Background: Slippery Elm, or common name, Red Elm, has long, rough, unequally toothed branches. The leaf buds are hairy on both sides with dense, yellow wool. They have stalk-less flowers. Slippery elm is a wonderfully soothing remedy for the mucous membranes throughout the body.

Parts Used: Inner bark

Systems Affected: Lungs, Digestive system

Properties: Nutritive demulcent, yin tonic, expectorant, emollient, mild astringent, mucilaginous, and vulnerary

Uses:

- Soothes an irritated sore throat
- Nutritive anti-nauseous food
- Internally or externally treats gastrointestinal ulcers
- Dryness of respiratory tract
- Helps heal sores, wounds, cuts, burns
- Relieves heartburn
- Can soothe and nourish a colicky baby

Preparations & Dose:

- **Tea/mucilage:** Mix slippery elm powder with a bit of water and honey to soothe sore and irritated throats, coughs, and dryness of the throat and lungs
- **Gruel:** Gradually mix warm honey water with 4 to 6 tbs. of slippery elm root powder until desired consistency is attained. Add a dash of cinnamon or cloves for flavoring. Use as needed.
- **Lozenge:** Great for relieving heartburn. Best taken on a regular basis or during a bout of heartburn. Suck on two to four lozenges per dose. Take up to 3 times daily.
- **To heal ulcers, bedsores, and wounds:** combine powders using equal parts slippery elm, comfrey root, marshmallow root, and echinacea root. Make into a poultice by adding a small amount of hot water to form a paste. This is then directly bandaged onto the affected area. This dressing should be changed at least daily.
- **For colic:** add one or more servings of slippery elm to the diet to help quiet the intestines



Comments/Contraindications/Cautions:

- Despite rumors of being dangerous, slippery elm has no toxic properties when taken as tea or food
- Can safely be used in babies, kids, and adults

References

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care* (pp. 125). New York, New York , USA: Henry Holt and Company, Inc.

Tierra, M. (1998). *The way of herbs* (pp. 194). New York, USA: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 108). Woodstock, New York, USA: Ash Tree Publishing.

Image Source:

http://www.rjwhelan.co.nz/herbs%20A-Z/slippery_elm.html

<https://thenaturopathicherbalist.com/2015/09/13/ulmus-fulva/amp/>

Calendula

Botanical Name: *Calendula officinalis*

Family: Asteraceace

Description & Background: Daisy-like, bright orange or yellow terminal flower heads, Pale green leaves, Native to southern Europe, Egypt, and the Mediterranean

Parts Used: Flower heads, petals

Systems Affected: Liver, heart, lungs, and integumentary system

Properties: Astringent, antiseptic, anti-fungal, anti-inflammatory, wound healer, menstrual regulator, stimulates bile production

Uses:

- Bruises and injuries
- Burns and sunburns
- Earaches
- Skin issues associated with Shingles
- Eruptive skin diseases

Preparations & Dose:

- **Cream of Salve:** Apply calendula cream for any problem involving inflammation or dry skin, wounds, eczema, sore nipples during breastfeeding, scalds, or sunburns
- **Infusion for yeast infections:**
 - Mix 1 oz. of each herb: Calendula, Lavender, Thyme
 - Combine the herb mixture with 4 cups water and boil for 20 minutes, then strain
 - Once cooled, use the infusion to rinse the affected area during active yeast infection
 - External use only, not to be used as a douche
- **Infusion for Group Beta Strep:**
 - Infuse equal parts: Thyme, Calendula, Rosemary, and Yarrow – 6 Tbsp. herbal mixture per 1 quart of water
 - Steep for 30 minutes, then strain into a clean jar, add ¼ cup sea salt and 30 drops Lavender EO
 - Add entire jar to sitz bath once daily OR fill peri-bottle, use after each urination; spreading labia apart allows the rinse to be more effective
- **Comments/Contraindications/Cautions:** Should not be taken internally during pregnancy



References

Foster, S., & Hobbs, C. (2002). *A field guide to western medicinal plants and herbs*. New York, New York, USA:

Houghton Mifflin Company.

Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.

Romm, A. J. (2014). *The natural pregnancy book: your complete guide to a safe, organic pregnancy and childbirth with herbs, nutrition, and other holistic choices* (3rd ed.). Berkeley, CA, USA: Ten Speed Press.

Tierra, M. (1998). *The way of herbs*. New York: Pocket Books.

Image Sources:

http://www.schoolhousesoaps.com/images/Calendula_web.jpg

Cramp Bark

Botanical Name: *Viburnum opulus*

Family: Caprifoliaceae

Description & Background: Cramp bark is a large deciduous shrub, growing up to 15 feet wide. It is native to the moist lowland forests of England and Scotland, and naturalized to the moist forests of the United States and southern Canada. The bark is striped before the leaves change color in the fall, or before the buds open in the spring. It is a member of the honeysuckle family. Cramp bark bears large white flowers, up to 5 inches across that yield red berries in the fall. The berries are eaten like cranberries, although moderation is recommended. Historically, the berries, once they are dried, have been used for making ink.



Parts Used: Bark, young stems, root bark

Systems Affected: Nerves, heart, genitourinary organs

Properties: Antispasmodic, astringent, nervine, sedative, muscle relaxant, cardiac tonic, uterine relaxant, and anti-inflammatory

Uses:

- Relieves menstrual cramps
- Acute treatment of heart palpitations and rheumatism
- Helps with Asthma
- Treats colicky conditions of the intestine, gallbladder, and urinary system
- Helps with hypertension

Preparations & Dose:

- **Tea:** equal parts of: ginger, angelica root, and cramp bark, plus 3 parts chamomile. Simmer 20 minutes
- **Decoction:** ½ oz. cramp bark, 1 pint boiling water. Dose: 1 cup of tea, 3 times daily
- **Tincture:** 4 oz. cramp bark in 1 pint of alcohol. Dose: 1 tsp., 3 times daily
- **Hypertension Tincture:** Combine 1 oz. each: cramp bark, hawthorn, black cohosh, motherwort, with 4 oz. alcohol. Dose: 1 tsp. tincture per day after the first trimester of pregnancy

Comments/Contraindications/Cautions:

- No known toxicities
- Taking large quantities of the fruit may cause diarrhea
- Some reports have shown that those with aspirin sensitivities may also have a sensitivity to cramp bark; exercise caution and moderation

References

Foster, S., & Hobbs, C. (2002). *A field guide to western medicinal plants and herbs*. New York, New York, USA:

Houghton Mifflin Company.

Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.

Romm, A. J. (2014). *The natural pregnancy book: your complete guide to a safe, organic pregnancy and childbirth with herbs, nutrition, and other holistic choices* (3rd ed.). Berkeley, CA, USA: Ten Speed Press.

Tierra, M. (1998). *The way of herbs*. New York: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year*. Woodstock, New York, USA: Ash Tree Publishing.

Image Sources:

<http://natural-remedies-and-health.blogspot.com/2014/09/cramp-bark.html>

http://www.rjwhelan.co.nz/conditions/periods_dysmenorrhoea.html

Dandelion

Botanical Name: *Taraxacum officinale*

Family: Compositae

Description & Background: Dandelions have golden yellow flowers, and when they go to seed, they have round fluffy seed heads. The entire plant contains a white milky juice. The plant has a large, thick, fleshy taproot, which extends well into the ground. Dandelions were named after the lion's tooth in the 15th century.

Parts Used: Whole plant

Systems Affected: Liver, spleen, stomach, kidneys, gallbladder, pancreas, blood

Properties: Hepatic and digestive tonic, alterative, aperient, diuretic, lithotriptic, cholagogue, galactagogue

Uses:

- Clears obstructions and stimulates the liver to detoxify
- Clears obstructions in the spleen, pancreas, gallbladder, bladder, and kidneys
- Stabilizes blood sugar
- Lower's blood pressure
- Treats folic-acid anemia
- May decrease swelling
- Treats constipation, headaches, jaundice, hepatitis, and gallstones, UTI, and skin eruptions

Preparations & Dose:

- Infusion: drink 1-2 cups daily until relief is obtained
- Tea: Dandelion roots and can be combined with other herbs depending on the ailment or support needed. Dandelion leaves are a great addition to pregnancy tea because of the benefits to the liver, urinary tract, and for nutritive purposes. Drink ½ cup of tea 2-3 times daily.
- Tincture: 10-30 drops

Comments/Contraindications/Cautions:

- Generally considered safe, and can be used in pregnancy and for children
- If children consume too much of the fresh milky juice, it can cause stomach upset and diarrhea
- Some people may be allergic to dandelion, especially the pollen



References

Gladstar, R. (1993). *Herbal healing for women simple home remedies for women of all ages* (pp.175, 240). New York, New York, USA: Fireside.

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care* (pp. 91). New York, New York , USA: Henry Holt and Company, Inc.

Tierra, M. (1998). *The way of herbs* (pp.127-128). New York, USA: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 35, 50, 85, 102). Woodstock, New York, USA: Ash Tree Publishing.

Image Sources:

http://plantgenera.org/illustration.php?id_illustration=124866

Cayenne

Botanical Name: *Capsicum anuum*, *Capsicum frutescens*

Description & Background: Originating from South America, cayenne was used by the natives to treat many different diseases and ailments. This herb is easily cultivated in hot climates. The plant is identified by its red chilies.

Parts Used: Chili

Systems Affected: Circulation, heart, lungs, skin, stomach, and intestines

Properties: Stimulant, astringent, carminative, antispasmodic, antiseptic, antibacterial

Uses:

- First aid remedy for many conditions
- Benefits the heart and circulation; heart attack and strokes preventative
- Treats colds and flu
- Treats headaches and toothaches
- Treats indigestions and improves sluggish bowels
- Treats arthritis
- Helps with depression
- Stops bleeding immediately

Preparations & Dose

- **Daily Tonic:** ¼ tsp, every 15 minutes during a crisis
- **Powder or Tincture:** Rub on a toothache, swelling, inflammations
- **Poultice:** Combine with plantain and apply to flesh can help draw out any foreign object embedded in the flesh

Comments/Contraindications/Cautions:

- May increase congestion in the veins
- Not recommended for postpartum hemorrhage; slows bleeding but increases circulation
- Handle cayenne powder carefully
- May sting or burn when applied externally
- Avoid therapeutic doses in pregnancy and breastfeeding
- Do not use in open wounds



References

Foster, S., & Hobbs, C. (2002). *A field guide to western medicinal plants and herbs*. New York, New York, USA:

Houghton Mifflin Company.

Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.

McIntyre, A. (1994). *The complete woman's herbal: A manual of healing herbs and nutrition for personal well-being and family care*. New York: Henry Holt & Company, Inc.

Tierra, M. (1998). *The way of herbs*. New York: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year*. Woodstock, New York, USA: Ash Tree Publishing.

Image Sources:

<https://www.herbal-supplement-resource.com/cayenne-pepper-herb.html>

Nettle

Botanical Name: *Urtica urens*, *Urtica dioica*

Family: Urticaceae

Description & Background: Nettle has heart-shaped leaves. It is bristly and is a stinging perennial plant. Nettle has been long valued as both food and medicine.

Part Used: Leaves, bark, seeds

Systems Affected: Small intestines, bladder, lungs, urinary tract, stomach, liver

Properties: Diuretic, astringent, tonic, hemostatic, galactagogue, expectorant, nutritive

Uses:

- Tonic for the whole body, especially for the lungs, urinary tract, and stomach
- Can be used to treat: Diarrhea, dysentery, hemorrhoids chronic arthritis, gout, rheumatic problems
- Used to treat allergies
- Prevents postpartum hemorrhage as well as other internal/external bleeding
- Eases leg cramps and muscle spasms
- Detoxifies the body
- Promotes fertility in men and women
- Helps treat varicose veins
- Promotes lactation and milk supply
- Can treat chronic and acute urinary complaints, urinary stones, nephritis, cystitis, and enlarged prostate
- Treats asthma, iron deficiency, burns, and nosebleeds

Preparations & Dose:

- Tincture: 10-30 drops
- For internal/external bleeding: heat nettles over a low heat then squeeze them through a cloth; a tablespoon of this juice is taken every hour to stop bleeding. Applied to the scalp, this can stimulate hair growth.
- Standard Infusion: one ounce of nettle to 1 pint of boiling water can be used to treat urinary tract infections and urinary stones, diarrhea, hemorrhoids, arthritis, and rheumatic problems. Drinking a standard infusion daily during pregnancy can aid the kidneys as well as nourish mother and baby.



- For uterine bleeding or endometriosis: combine equal parts of nettle leaf, agrimony, bayberry, and cinnamon barks. Steep in boiling water for 20 minutes and take a cupful every hour, tapering off as bleeding subsides.
- Anemia Prevention Brew: equal parts nettle leaves, parsley leaves, comfrey leaves, yellow dock root, and one half part peppermint leaves. Place in a jar and pour boiling water, let steep 8 hours. 4cups/day

Comments/Contraindications/Cautions:

- Nettle is a stinging plant. When harvesting, if you approach the plant wisely, quietly, and with respect, you can pick the plant with your bare hands. If you are uncertain, the plant will sting you rather rudely. Nettles can be picked with bare hands, or gloves can be worn.
- Nettle is food as well as medicine. It can be used over long periods of time.
- It is safe for use during pregnancy and breastfeeding
- It can be consumed fresh, dried, pickled, or cooked
- The sting from nettles can produce painful and irritating dermatitis presenting as itchy, hot welts. Nettle juice applied to nettle stings can reduce the reaction, as well as treat other bites or stings

References

Gladstar, R. (1993). *Herbal healing for women simple home remedies for women of all ages* (pp. 252-253). New York, New York, USA: Fireside.

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care* (pp. 39). New York, New York , USA: Henry Holt and Company, Inc.

Tierra, M. (1998). *The way of herbs* (pp. 166-167). New York, USA: Pocket Books.

Weed, S. S. (1986). *Wise woman herbal for the childbearing year* (pp. 31, 45, 151, 157). Woodstock, New York, USA: Ash Tree Publishing.

Image Sources:

https://en.wikipedia.org/wiki/Urtica_dioica

Chamomile

Botanical Name: *Matricaria chamomilla*, *M. recutita*

Family: Compositae

Description & Background: White, small, and thin petals, large yellow flower center. Feathery like leaves. Plant grows up to 20 inches tall.

Parts Used: Flowers, leaves

Body Systems Affected: Nervous, digestive, renal, respiratory, integumentary

Properties: Calmative, nervine, antispasmodic, anodyne, diaphoretic, emmenagogue

Uses:

- Relieves stress, nervous tension, and anxiety
- Relieves stomach tension, indigestion, diarrhea, and constipation
- Helps with inflammation: burns, scalds, wounds
- Can be used in the treatment of ulcers
- Helps heal bladder inflammation and cystitis
- Can treat allergies, asthma, and fever
- Helps relieve morning sickness, especially when combined with ginger
- Relieves menstrual cramps and the symptoms of menopause
- Pain reliever: headaches, toothaches, and general pain

Preparations & Dose:

- **Cream/Salve:** Externally, chamomile is an excellent antiseptic healer for wounds, ulcers, sores, burns, and scalds. Can relieve sore nipples while breastfeeding or in the case of thrush. Can be used in an eye-wash. Relieves stings and eczema.
- **Steam:** Inhale chamomile steam to help with allergies, asthma, hay fever, and sinusitis
- **Sitz/Douche:** Reduces inflammation from vaginal infections, postpartum tenderness, and irritation from hemorrhoids
- **Tea:** Steep 1 tsp. dried herb per one cup of water. Chamomile tea can be consumed throughout labor to help relax tension and lessen the pain of contractions. Tea is also useful for accessing the digestive benefits of chamomile.



- **Infusion:** 1 oz. dried chamomile to 1 pint boiling water, place in a jar and screw on the lid. Because chamomile is a volatile herb, do not infuse longer than 30 minutes

Comments/Contraindications/Cautions: safe to use during pregnancy and for children. Chamomile should not be decocted; best utilized by cream/salve, steam, sitz/douche, tea, or infusion. Possible allergen.

References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.
- Image Sources:

<http://www.botanical.com/botanical/mgmh/c/chammo49.html>

Echinacea

Botanical Name: *Echinacea augustifolia*

Family: Asteraceae

Description & Background: Sometimes referred to as Snake Root for its use in treating snake bites. Also known as purple cone flower. Perennial that grows to 4 feet with upright stems and pink to purple daisy like flowers. Native to central US. Three species are used medicinally. Chewing on fresh root causes a fun tingly mouthwatering sensation that lasts up to an hour. Four year old roots are lifted in the fall for use.

Parts Used: Roots both fresh and dried, flowers

Body Systems Affected: Immune, digestive, integumentary

Properties: Immune modulator, Antimicrobial, Anti-inflammatory, Detoxifying, heals wounds, stimulates saliva

Uses:

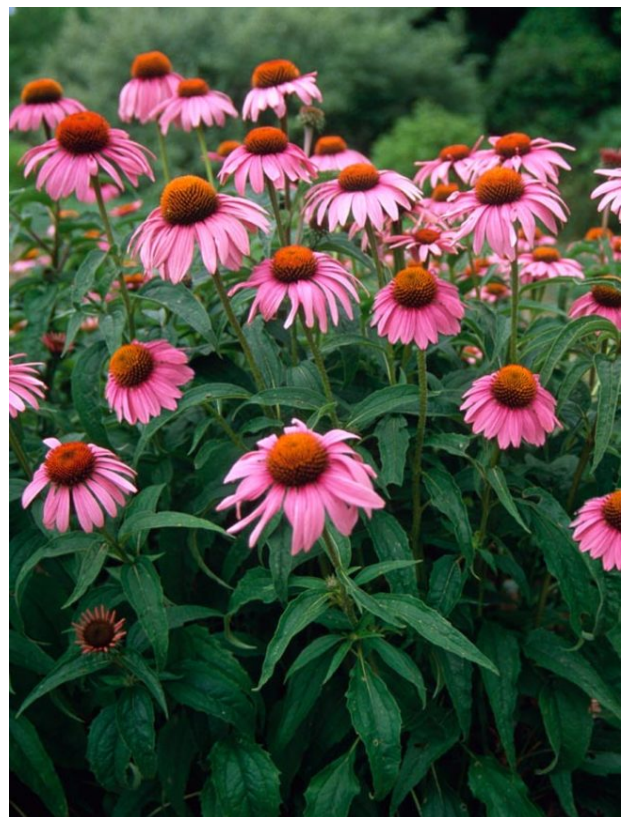
- Used to treat many viral and fungal infections
- Toothache
- Sore throat
- Immune system modulator for supporting the body in fighting off infections

Preparations & Dose:

- Tincture of root- 1-2 droppers in water up to 3x per day when fighting off infection.
- Decoction of root- gargle for throat infections. Decoct and blend with other infection fighting herbs and herbs for flavor.
- Capsules- for colds take 500 mg capsule up to 3x per day

Comments, Contraindications, Cautions:

Can cause allergic reaction in rare cases. Safe in pregnancy and during breastfeeding.



References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Echinacea purpurea by Barbara Clemence
<https://www.bluestoneperennials.com/ECPU.html>

Marshmallow

Botanical Name: *Althaea officinalis*

Family: Malvaceae

Description & Background: Downy perennial growing up to 7 feet. It has thick white roots, heart shaped leaves, and pink flowers. Native to Europe and naturalized in Americas. Aerial parts gathered in summer as plant begins to flower and roots unearthed in autumn. Marshmallow used to be a key ingredient in the confection.

Parts Used: Roots, leaves, flowers

Body Systems Affected: Digestive, renal and urinary, integumentary, respiratory

Properties: Mild laxative, demulcent, emollient, alterative, soothing and healing for inflamed skin, root is used as an ointment for boils and blisters, can be used as a mouth wash for inflammation of the mouth.

Uses:

- Coats mucous membranes
- Urinary infections

Preparations & Dose:

- Cold infusion
 - Place a handful of dried root in a mason jar and cover with cold water for 20 minutes or more. It will make a syrup like infusion to be drank, gargled with, or applied topically.
- Cold infusion of the root used for digestive tract or mucous membrane coating
- Cold infusion for treatment of urinary infections
- Peeled root may be given as a chew stick to teething babies.

Comments, Contraindications, Cautions:

No known contraindications



References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image Sources:



[https://en.wikipedia.org/wiki/Althaea_officinalis#/media/File:Althaea_officinalis -
_K%C3%B6hler%E2%80%93s_Medizinal-Pflanzen-008.jpg](https://en.wikipedia.org/wiki/Althaea_officinalis#/media/File:Althaea_officinalis_-_K%C3%B6hler%E2%80%93s_Medizinal-Pflanzen-008.jpg)

https://www.thegrowers-exchange.com/Marshmallow_Althaea_officinalis_p/her-mrh01.htm

Lavender

Botanical Name: *Lavandula angustifolia*,
L. officinalis

Family: Ranunculaceae

Description & Background: Lavender, originating from the Mediterranean, is a beautiful and aromatic plant. It has a special affinity with women's spirits. It has purple-blue flowers and a fragrant pungent odor. Lavender has been long valued for its ability to bring courage and strength to the user. Traditionally, springs of lavender were tied in bundles and placed in the hands of women in labor. Squeezing the fragrant bundles released the aroma providing added strength, and helped the mother relax. Lavender has spicy, fragrant, mildly bitter, and cooling energy.

Parts Used: Flowers

Systems Affected: Respiratory, nervous, integumentary, digestive

Properties: Aromatic carminative, limonene, cadinene, coumarins, ursolic acids, flavonoids (luteolin)

Uses:

- Extensively used in perfumery
- Insect and moth repellent
- Treats: headaches, muscles spasms, cramps,
- Can be used in herbal baths, steams, and massage oils
- Brings heat and redness out of a mild burn, treats exzema, sores, ulcers, acne and reduces scarring
- Soothes colic by relaxing smooth muscle in the digestive tract
- As a tea, inhalation, or vapor rub, lavender can treat: colds, coughs, asthma, bronchitis, tonsillitis and laryngitis
- Helps eliminate toxins via urine
- Lavender baths can help comfort and quiet baby as well as provide relaxation for pregnant women



Preparations & Doses:

- For stress, place sprigs of lavender or lavender oil in the rooms of the home to bring calmness and inner strength
- Tincture: Use 10-30 drops
- Tea: can be added to any tea for a lovely flavor, aroma, and provides a relaxing component. A good formula for emotional upset and nervous depression is as follows: equal parts lavender flowers, lemon balm, skullcap, chamomile, and half part each of licorice and ginger roots. Steep once ounce in a pint of boiling water, cover and steep for 20 minutes, and take one cup 2-3 times daily. (be mindful of licorice root used in pregnancy)
- Bath: Add 1 cup of Epsom salt and a few drops of lavender essential oil or some lavender flowers to a warm bath. Lavender baths are recommended in pregnancy and to calm fussy or wild children.
- Hydrosol: use as a room spray, body spray, pillow spray

Comments/Contraindications/Cautions:

- Lavender is a potent herb that is often used in combination with other herbs
 - For headaches, combine lavender with lemon balm and skullcap
 - For muscles spasms and cramps, combine with valerian
 - For depression, mix with borage flowers
- There are no reported side effects or toxic reactions from the use of lavender

References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Mints- Spearmint, Peppermint

Botanical Name: *Mentha piperita* (peppermint) *spicata* (spearmint)

Family: Lamiaceae

Description & Background: Dried peppermint leaves were found in egyptian tombs dating from around 1000 BC. It was also highly valued by Greeks and Romans. It is a strongly aromatic, square stemmed annual, that grows up to 32 inches. It has serrated leaves and flower stalks. Spearmint is a milder form of mint.



Parts Used: Aerial parts

Body Systems Affected: Digestive, respiratory, integumentary,

Properties: Antispasmodic, carminative, antiemetic, analgesic, stimulates sweating

Uses:

- most often used for digestive upset.
- Diluted oil can be used as an inhalant and chest rub for chest infections.
- Hydrosol and essential oil can be used to uplift the spirit

Preparations & Dose:

- Infusion of whole plant- often used in conjunction with other plants such as skullcap, chamomile, motherwort, echinacea. Infusion can be used to alleviate diarrhea and relieve a spastic colon. Helps reduce cramps and gas. Drink $\frac{3}{4}$ of infused plant after a meal.
- Essential oil- mixed with a carrier oil for topical use
- Hydrosol- spray in the air for uplifting the spirit, spray on the body for a cooling affect, also used for nausea

Comments, Contraindications, Cautions:

Has been used to help a postpartum person urinate after having a baby.

Could potentially reduce milk supply if one is sensitive to the plants effects or if it is used in excess.

Could be an irritant to the skin.





References

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image Sources:

<https://mypatriotssupply.com/products/peppermint-herb-seeds>
<https://lovebackyard.com/spearmint-vs-peppermint-plants/>

Fennel

Botanical Name: *Foeniculum vulgare*

Family: Apiaceae (Umbelliferae)

Description & Background: Ancient Greeks and Romans believed fennel bestowed strength, courage, and longevity. In Medieval times, fennel and St. John's Wort were hung over doors on Midsummer's Eve to ward off evil spirits and prevent witchcraft. Fennel has spread through the coast of California and into Oregon and Washington, growing in dense colonies on roadsides and disturbed sites. Once planted, it is difficult to eradicate. (My alleyway is covered in fennel!) It is a tall plant with feathery leaves and compound umbel shaped flower.



Parts Used: The fruits (seeds), bulb and leaves.

Body Systems Affected: Digestive system, endocrine system, respiratory

Properties: galactagogue, carminative, mild laxative, mild diuretic, digestive bitter, moderate expectorant

Uses:

- The fruits (seeds) are used as medicine.
- The bulb and leaves are used for culinary purposes.
- Taken over a few months, fennel can help improve menstrual regularity and will tend to reduce cramps.
- Is often used as a weight loss aid.
- Fennel seed has galactagogue actions, increasing the supply of breast milk.
- Additionally, the carminative properties pass through the breast milk and may be used to reduce infant colic.
- Fennel is safe for children.

Preparations & Dose:

- Tincture: Fresh or dry seed tincture, consume 15-60 drops, up to three times a day.
- Glycerite: consume 15-60 drops, up to three times a day.
- Acetum Extract: Fresh [1:2, 95% organic apple cider vinegar] or dry seed [1:5, organic apple cider vinegar]; consume 30-90 drops, up to three times a day.
- Tea: The seeds can be prepared as a standard infusion, cold infusion, or a decoction. Consume up to 32 ounces per day of the tea. Fennel decoction has a richer flavor and creamier consistency than the infusion. A fennel milk decoction can be prepared by simmering the crushed seeds in milk for 10 minutes on a low temperature.



and pepper.

- **Honey and Syrups:** One option is to make infused syrup. Decoct fennel seeds to half the original volume, strain the seeds, and sweeten to taste with honey, maple syrup, or simple syrup. Consume one teaspoon, up to four times a day. Store the syrup in the fridge for up to one month.
- **Culinary Uses:** Add the seeds to breads, cookies, and other baked goods. Fennel bulbs are delicious sautéed with a little butter, cream, sherry, onions, salt,

Comments, Contraindications, Cautions: Fennel seeds are very gentle, but there are rare cases in which fennel causes allergic reactions in the skin and respiratory tract. Fennel seeds are not considered dangerous; however, the essential oil can be toxic in high doses.

Fennel seed essential oil use should be avoided during pregnancy. It has been reported to have estrogen-like activities; therefore, internal consumption of the essential oil should be avoided by individuals with estrogen-sensitive conditions (reproductive cancers, tumors, or cysts). Internal use of the essential oil should be avoided by lactating women and children under the age of ten. The essential oil can overexcite the nervous system, and may cause convulsions in sensitive individuals. Avoid use with existing nervous system conditions such as epilepsy, Parkinson's, or multiple sclerosis. An overdose of the essential oil can cause skin irritation, allergy, nausea, vomiting, seizures, or pulmonary edema.

References:

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York, USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image sources:

<https://gardenerspath.com/plants/herbs/fennel/>

<http://www.herbaleducation.net/fennel>

Ginger

Botanical Name: Zingiber officinale

Family: Ginger/ Zingiberaceae

Description & Background: Perennial that grows up to 2 feet with lance shaped leaves and spikes of white or yellow flowers. It has been revered in Asia since ancient times and in medieval Europe it was thought to have derived from the Garden of Eden. Propagated by dividing the rootstock. Rhizome is unearthed when the plant is 10 months old. Can be grown in pots. Used both medicinally and for culinary purposes for its pungent, warming, and slightly lemony flavor.



Parts Used: Root

Body Systems Affected: Digestive, circulatory, immune

Properties: Anti-inflammatory, antiviral, antiemetic, carminative, diaphoretic, cardiac tonic
Some consider it an adaptogen.

Uses:

- All manner of digestive upset
 - Morning sickness
 - Motion sickness
- Also used as a digestive stimulant.
- Used to treat pain from inflammation.

Preparations & Dose:

- fresh
- dried
- powdered/capsules- for morning sickness: take a 75 mg capsule every hour
- candied
- infusion
- essential oil- mixed with carrier oil to apply to sore muscles.
- Tincture- to improve digestion, take 30 drops with water daily



Comments, Contraindications, Cautions:

Often used in conjunction with garlic and/or turmeric to boost anti-inflammatory and immune boosting properties. Consult with a physician before use if taking anticoagulants. Max dose in pregnancy is 4 g. fresh or 2g. dried per day. Do not take ginger in medicinal doses if suffering from peptic ulcers. Do not take EO internally.

References:

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image Source:

<https://gardenerspath.com/plants/herbs/how-to-grow-temperate-ginger/>

Plantain

Botanical Name: Plantago Lanceolata

Family: Plantain/ Plantaginacea

Description & Background: Traditionally called the “healing plan” and is native to Europe and temperate Asia. It grows wild and is rarely cultivated, growing wild meaning it shows up in all kinds of places including urban areas. Perennial plant with oval leaves that form basal rosettes. It has dense clusters of flowers that grow on a long spike and has a hairless stem.

Parts Used: Whole plant but most commonly the leaves

Body Systems Affected: integumentary, musculoskeletal, digestive, renal, urinary

Properties: iridoid, flavonoids, tannins, mucilage, diuretic, expectorant, anti-inflammatory, alterative, antimicrobial, vulnerary,

Uses:

- Topically it can be used to staunch blood flow and encourage tissue repair.
- It can be used as a replacement for comfrey in treating broken bones and bruises.
- Internally it is a universal decongestant, expectorant, anti-inflammatory, diuretic, antihemorrhagic, soothes gastrointestinal distress.

Preparations & Dose:

- infusion and tincture work well and are best absorbed in these ways.
- Poultice for scrapes, sores, bee stings.
- Max dose is 50g/ week.

Comments, Contraindications, Cautions: In rare cases it may cause dermatitis.



NARROWLEAF PLANTAIN
Plantago lanceolata L.
PLANTAIN FAMILY

References:

Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House

Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing

Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.

Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image source: <https://www.dreamstime.com/stock-illustration-plantago-lanceolata-herbs-illustration-theme-image44103434>

Oatstraw

Botanical Name: *Avena sativa*

Family: Grass/ Poaceae

Description & Background: Grown worldwide as a cereal crop although originally native to northern Europe. It was historically used to stuff mattresses. Annual plant, grows up to 1m. The plant has a hollow stem with blade like leaves and spikes that contain the seed. Immature spikes are milky inside and harvested at the milky stage for making a nervine tincture.

Parts Used: Fresh plant, dried seed, dried stem

Body Systems Affected: Nervous, integumentary, circulatory

Properties: nervine, nutritive, antidepressant

Uses:

- Internally- used to support a healthy nervous system function
- Treats anxiety and depression
- Mood stabilizer
- Sleep support
- Strong infusion for strengthening capillaries associated with varicosities.
- Externally- soothes mild to moderate skin irritation

Preparations & Dose:

- Tincture
- Capsule
- Infusion
- Max dose 100 gl week

Comments, Contraindications, Cautions:

Commonly consumed as a food. No known contraindications.



References:

- Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House
- Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing
- Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.
- Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press
- McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.
- Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Garlic

Botanical Name: Allium sativum

Family: Amaryllidaceae

Description & Background: Cultivated worldwide and originally grown in Asia. Perennial plant growing 1-3 ft tall with a stalk like stem that has alternating leaves. Small flowers are grouped in umbrels.

Parts Used: Whole plant is edible, the bulb is used medicinally - The bulb with its numerous cloves should be unearthed when the leaves begin to wither in September. They should be stored in a cool dry place

Body Systems Affected: respiratory, digestive, circulatory, integumentary, tonic

Properties: Anti-microbial, diaphoretic, cholagogue, hypotensive, anti-spasmodic, carminative, cardiac tonic, stimulant, antioxidant, vasodilator

Uses:

- Widely used to promote health, wellness, and fight all manner of disease.
- Used to promote healthy cardiovascular function
- Used to treat bronchial and digestive tract infection.
- Some women find success using garlic to treat mild hypertension.
- Used to treat vaginal/vulval infections, thrush, genital herpes, genital warts
- Lowers blood sugar levels making it useful as a dietary addition in type 2 diabetes.

Preparations & Dose:

- Fresh plant- whole clove daily
- Capsules of dried garlic
- Pearls containing garlic oil

Comments, Contraindications, Cautions:

- Used medicinally with ginger and turmeric for anti-inflammatory properties.
- May cause garlic smelling body odor if taking long term in higher doses
- Consult with a care provider before giving garlic as a medicine to children under 12. Also consult before taking blood thinning meds.
- Can be used as an infused oil to treat ear pain and infection as long as the ear drum is intact.



References:

Chevallier, A. (2016) *Encyclopedia of herbal medicine*. London: DK/Penguin Random House

Chevallier, A. (2018) *Herbal remedies handbook: More than 140 plant profiles: Remedies for over 50 common conditions*. NY, NY: DK Publishing

Gladstar, R. (1993). *Herbal healing for women*. New York: Fireside.

Kloos, S. (2017) *Pacific northwest medicinal plants*. Portland Oregon: Timber Press

McIntyre, A. (1994). *The complete woman's herbal a manual of healing herbs and nutrition for personal well-being and family care*. New York, New York , USA: Henry Holt and Company, Inc.

Tierra, M. (1998). *The way of herbs* (pp. 150-151). New York, USA: Pocket Books.

Image source: <https://www.britannica.com/plant/garlic>

