

Vitex Chasteberry

From "Chaste Tree"
uterine tonic

Botanical name: Vitex agnus-castus
Family name: Lamiaceae

Description: Growing 3-6ft tall in warm environments, found on the East coast of the US + UK. Height & time can vary, but most commonly done after flowers have come into full bloom. **APRIL**

Parts used: leaves, tender stems along w/ flower stems believed to be helpful for both male and female reproductive systems.

Properties: hormonal support, PMS management, **EMMENAGOGUE**

USES: AIDS IN MENSTRUATION, POSTPARTUM HEMORRAGE

Promotes healthy female fertility. Anti-inflammatory. Has been known to aid in PMS, anxiety, depression, insomnia. Was also been known to aid in PMS, PMADs and cognitive behavior due to chronic stress.

Preparation + doses:

- Tinctures
- Supplements

Tincture:
1 glass pint jar, fill half way with chasteberry, cover with vodka. Store in dark place. Shake once a day x 2-3 wks. 1-2 dropper fulls for pp.

Supplements:
can be taken as a liquid supplement, or capsule. good for PMS?

Contraindications:
* NOT FOR USE DURING PREGNANCY (PP OK)
- NOT for women who have hormone sensitive conditions.
- B for someone w/ ovarian cancer, uterine cancer, breast cancer. May be contraindicated w/ most hormonal birth control pills.

References:

- Image reference: Mountain Rose herb
- Chasteberry
- NCCIH.nih.gov/health/chasteberry
- Botanical.com/chasteberry
- Healthline.com/chasteberry
- Tincture from "The fungal man blog" (Chasteberry tincture on a budget)

Fennel

galactagogue

Botanical name: Foeniculum vulgare
Family: Apiaceae
Plant family: Carrot family

Background:
The use of fennel in medicine dates back to ancient Egypt as both food and medicine. Fennel was also used in Europe during the middle Ages to ward off witchcraft, ironically it was likely the "witches" that were using fennel at this time for its powerful medicinal properties.

Parts used: seeds, "bulb" typically the seeds are used for medicinal remedies

Properties: supports skin health, anti-inflammatory, aids in anemia, aids in upper respiratory tract infections, aids in digestion issues like IBS, GERD and heartburn. Believed to aid in milk production in the pp

USES: often used in the postpartum period, used to aid in milk production, also used during menopause for hormone regulation. Fennel is also safe to use ~~during pregnancy~~ for GI issues, in the postpartum period or before conception.



Preparation + dose:
Fennel tea for lactation
• 1-2 cups x day

Fennel tincture: for GI issues
- 1 pint jar, filled halfway w/ dried fennel seeds, cover w/ vodka. Steep for 3-4 wks in dark place. Shake daily.

Contraindications:

- NOT safe for use during pregnancy
- NOT safe for someone prone to seizures
- NOT safe in the pp for lactation for someone w/ blood sugar regulation problems or hormonal/thyroid issues like PCOS.
- * Do not use while taking antibiotics.
- * (Contraindications are not certain when it comes to mixing fennel with other medications (including antibiotics))

References:

- Image reference: iStock photo/fennel.com Alla Kozla
- drugs.com/mtm/fennel.html
- mountainroseherb.com/fennel
- botanical.com/botanical/mgmh/f/fennelof.htm
- en.wikipedia.org/wiki/Fennel
- NCCIH.nih.gov/pmc/articles/PMC4137549/
- herbal-education.net/fennel

Chamomile, Common

*Asteracea

botanical family: daisy

botanical name: Matricaria Chamomilla



*Image reference:
botanical.com

Parts used: whole. However, the value is gauged by the plants flower. The flower is traditionally used for medicinal benefits.

properties: Volatile oil

Uses: Tonics, infusions, extracts, oils

→ boiling breaks down and dissipates the oil.

The volatile oil is best yielded by distillation but is slowly lost in the preparation of an extract.

Preparation and doses:

A common preparation is infusion:

- 1oz of flower to 1 pint boiling water

Aids in: Hysterical and nervousness

Prepare in a covered vessel, stand for 10 min.

Lavender

BOTANICAL NAME: Lavandula
family: MINT!

*NOTE: There are roughly 45 different species and 450 varieties, 3 most common, ENGLISH, FRENCH + SPANISH

DESCRIPTION/BACKGROUND:
English: Narrow leaves
Spike: Coarser, broader leaves (FR+SP)

Historically: Lavender has been a plant with much value used for perfume (likely where its name originated "perfume for the bath" laven = to wash).

parts used: Flowers with volatile oil commonly distilled



Properties:

1. Used for flavoring dishes (in early days) as "comfort for the stomach"
2. Aromatically soothing for the heart and mind, can relieve feelings of nerve and feelings of fatigue, nervousness, and can provoke appetite these benefits can come from using the oil of lavender, consuming it and even using it topically.

uses:

oil - diffused for anxiety, nervousness, stress, fatigue, ingested - increases appetite, soothes colic, upset stomach, dispels flatulence. Relieves headache

Preparations + Dose:

- * for Stomach upset
Tea or 2 drops of oil in milk.
- Tea: Made by brewing the purple buds with hot water many used for anxiety, depression, fatigue, headaches, and boosting sleep.
Steep 1/2 Teaspoon loose buds in 1 C. Boiling water steep for a few min.
- Lavender Tincture:
Cover crushed buds with grain alcohol/vodka in a glass jar with a tight lid. Store for 2 wks shake daily
* Soothes cuts + burns can be taken for anxiety, one dropper full under tongue.

CAUTIONS:

While lavender is considered a very safe plant. It is important to not take too much. Oil is very concentrated and can be overdosed.

Resources:

- [Healthline.com/nutrition/lavender-tea-benefit-how-to-make-lavender-tea-possible-precautions](http://healthline.com/nutrition/lavender-tea-benefit-how-to-make-lavender-tea-possible-precautions)
- Botanical.com/mgmh/1/lavender13.html
- NCBI.nlm.gov/pmc/articles/PMC362440/ Lavender and the nervous system
- image reference: Mountain Rose Herbs (drawing+photo)

Oat Straw

Botanical name: Avena Sativa
family: Poaceae

Background: one of the oldest plant foods humans have consumed it's packed with nutrients.

Parts used: stem, fruit/leaf

Properties: Strengthens bones, soothes nervous system, stimulates blood sugar, relieves depression, nourishes the liver, adrenals, pancreas, and can aid in dental health.

Uses: Bone health, blood health, mental + emotional health.

Preparation + Dose:

Oat Tea:
1. Immerse dry herbs into boiling water and steep 5-10 min, sweeten with raw honey.



* This aids in emotional support
Bone and blood health.

Tincture: (Nerve tonic)

* Take 2-4ml per day

TO MAKE TINCTURE

- INGREDIENTS**
1. 200g dry oat straw or 400g fresh herb
 2. 1 L of 25% alcohol/H₂O (1 bottle of 37.5% vodka + 500ml H₂O)

INSTRUCTIONS:

1. Put herbs in jar
2. cover herbs with liquid
3. Seal jar
4. Shake daily x 2 wks

Dose:

• Take 1 TSP (5ml) daily

CAUTIONS + CONTRAINDICATIONS:

* Grain intolerances, please consider.

Resources:

- Henriettes-herbs.com/electrictings/avena.html
- neatog.com/garden-article/2020/4/28/oat-straw-and-how-to-use-it-infuse-it-and-tincture
- sungodmedicinals.com/page/herb-spotlight-oatstraw

Valerian

BOTANICAL NAME: Valeriana officinalis
Family: NO Valerianaceae
Genus: Valeriana

Description + Background:

Flowers bloom in early June to late September. Small flowers with a pink and flesh color. Its name has been thought to be after Valerius who was the first to use this flower in a medicinal way.



Parts used:
The root and the rhizome

Properties:

*Most commonly used for sleep. "Natures Valium"
Calms the nervous system, aids in helping someone move into the parasympathetic (rest and digest) nervous system. Calms anxiety.
Uses: Insomnia, restlessness, tension, stress

Preparation:

Most commonly used in the form of teas, tinctures, or capsules. The active constituents are volatile oils: Valerenic acids, Valerpotenes.

Combining botanicals:

Valerian is sometimes combined w/ other plants also used as mild sedatives for sleep.



Preparation + dose:

For sleep: 300-600mg 30m-2h before bedtime. For tea Soak 2-3g per 1c of water. *Recipe below.*

For anxiety: 120mg-200mg before bed

Tea recipe:

- 2-3g valerian root (dry)
- 1c. Boiling water (or just under)

Steep 10-15 min

Tincture recipe:

- 300-600mg valerian root (dry)

In a 1 pint jar, cover with vodka. Shake jar 2x per day for 6-8 weeks. Store in a cool, dark place.

Strain and pour into tincture containers. Take 1-4 dropper fulls (2-4ml) before bed or for anxiety 3x per day for several weeks.

Cautions:

May upset stomach, cause dizziness

References:

- [Healthline.com/health/food-nutrition/valerian-root#Safety](https://www.healthline.com/health/food-nutrition/valerian-root#Safety)
- [Botanical.com/botanical/mgmh/v/valerian/valer01.html](https://www.botanical.com/botanical/mgmh/v/valerian/valer01.html)
- [NCBI.com/valerian-safety-doses](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2731101/)
- [ods.od.gov/factsheets/Valerian-Health](https://ods.od.nih.gov/factsheets/Valerian-Health/)

Image reference:

Mountain Rose herbs - valerian

SKULLCAP

BOTANICAL NAME: Scutellaria
Family: Lamiaceae (MINT) *Lateriflora*



Description / History:
grows roughly 3 ft tall and is native to the Eastern United States. flowers from July to September. traditionally the flowers were dried and steeped in tea in many indigenous American communities, using the plant to promote menstruation. this was a part of ceremonial "coming of age" traditions.

Parts Used: Leaves, stems + flowers

Properties:

- Reduces pain
- Soothes anxiety
- Removes toxins
- aids in heart health
- possibly helps w/weight loss
- Anti-viral
- Aids in menstration
- *Most commonly used to aid in sleep and restlessness

Uses:

Because skullcap helps calm the nervous system it is able to help with emotional, mental and physical fatigue. Overall skullcap has many benefits and can improve overall health. Because it originates in the United States geographically people that have lived here a long time have a closer connection to this plant.

Preparations / doses:

- Teas 2-3c (max) per day
- Tinctures 1/4 tsp daily
- capsule forms (varies)

Rosemary & lavender headache blend:

- STEEP 30 min
- 2 parts lemon balm
 - 2 parts skullcap
 - 1 part chamomile
 - 1 part feverfew

DRINK 1/4c. every 30m. until headache is gone.

Skullcap tea for calming nerves:

- STEEP 10-15 min
- Rose
 - oat
 - skullcap

Skullcap tincture:

- Fill jar w/ 1/3c. skullcap leaves (dry) cover w/ vodka steep 4-6 wks. strain. take 1 dropperful per day for health benefits.

CAUTIONS:

Too much skullcap can cause giddiness, confusion, mild twitching rapid pulse.

Resources / References:

- botanical.com/botanical/mgmh/s/sculle34.html
- sawmillherbfarms.com/herb-profile-skullcap
- organicfacts.net/health-benefits/herbs-and-spices/skullcap.html
- ncbi.nlm.gov/books/NBK548757/#skullcap

IMAGE REFERENCE:

dreamstime.com/skullcap/drawing

DANDELION

Botanical name: *Taraxacum officinale*
family: Daisy, Asteraceae



Background: ok. now. I just want to note here that dandelions are BT-FAIR Natures unsung hero. I feel like it would take a life-time to fully appreciate this beauty. Historically these handy-dandy's were used in as early as the 17th century, but I am sure these plants were used for much longer.

Parts used: All parts. Not feeling well. Just eat a dandelion. seriously. BUT make sure it's coming from a clean, not sprayed source! Remember lawn treatment can stay in the soil for years!

USES: Nearly EVERYTHING!

- cold + flu like symptoms
- Digestive issues
- Skin complaints
- UT issues
- blood cleansing
- fungal overload
- High in vits + minerals

Properties:

- soothing, cleansing and anti-fungal, anti-pathogen, general health anti-inflammatory properties

Preparations:

- Teas (root + leaf) → + flower
- Tonics (root) → but can be all
- extracts
- Juiced
- Salads (leaf + flower)

as Nutritive: contains carbs, carotenoids, diterpenes, fatty acids, vitamins, minerals, potassium and more.

For tea:

- Root, flower, leaves (fresh 2c.)
- Steep in 140° H₂O (Dried 1/2c.)

Tincture:

- 5-8 min
- vodka over dried dandelion plants
- Steep 1 month + strain (1-2 dropper fulls a day)

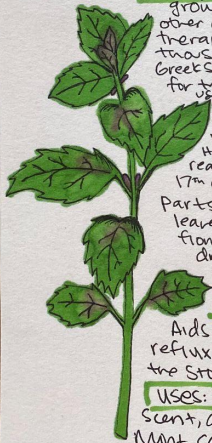
Cautions: Latex allergy! Also the Asteraceae family is a common allergy.

References:

- Picture - Maitian Rose herbs
- Herbalgram.org/resources-dandelion
- Rootsy.org - Dandelion Tea + tincture
- Botanical.com/botanical/mgmt/fl/dandelion

MINT (PEPPERMINT)

Botanical Name: *Mentha Piperita*
Family: Labiatae



Description + Background: growing along streams and other damp places used for therapeutic reasons for thousands of years. The Greeks and Romans went nuts for this plant. They would use it to adorn their tables, flavor their wines and food. There is some debate on when it was used for medicinal reasons, but for sure by the 17th century (likely earlier).
Parts used: Above ground leaves, stem * cut before flowering * harvest on a dry, sunny summer day, late morning. After dew dries.

Properties: Menthol
Aids in digestion, colic, reflux, flatulents, sickness of the stomach, nausea

Uses: For its taste, pleasant scent, and cooling properties
Mint can aid in many ways

From GI support, to therapeutic support
Peppermint can aid in temperature control, curing flu-like symptoms. Peppermint can also aid in heart palpitations.

Preparation + doses:

- 1-2 drops on a sugar cube
than placed in hot water to calm the GI tract.

- Peppermint tea, COMBINED w/ Elderflower can cure a cold, espes if taken @ onset of symptoms

- Teething
* 1/2 oz peppermint (cut) 1/2 Rue 1/2 oz Wood Betony mix well place 1 TBS in teacup Steep for 20 min Strain + Sweeten + fire before bed.

Peppermint tea recipe:

- 1 handful of Peppermint leaves (preferably dried)
- 2 c. Boiling water
- Steep 5 min

Tincture: (Mouth wash/topical w/ dilute)

- Pack fresh peppermint into jar
- cover w/ vodka
- Steep for 3 days
* Can burn skin very strong!

CAUTIONS: Like mentioned above menthol is the active ingredient and can be very powerful. Use caution

Resources:

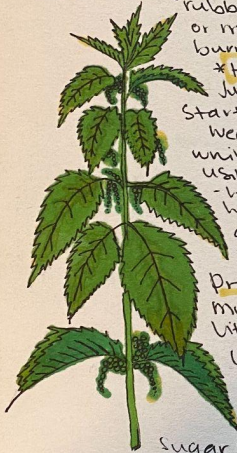
Picture: Mountain Rose herbs.com
Botanical.com/botanical/mghm/m/mint
WebMD.com/diet/ssfs/elderflower-health-benefits-peppermint

healthline.com/nutrition/peppermint-tea

NETTLE

Botanical Name: *Urtica dioica*
Family: Urticaceae

Description: Roughly 500 species
Nettle stings can be soothed by rubbing Rosemary, Sage or mint leaves on the burn.



* Harvest in May or June, BEFORE nettle starts to flower.
Wear protective gloves while harvesting. Before using wash well!
- Harvest after dew has dried on a fair day. Cut just above the roots.

Properties: formic acid, mucilage, minerals, vitamins antioxidants

Uses: Reducing joint pain, reducing inflammation, regulates blood sugar levels, aids in overall health.

Preparation + doses:

* Avoid consuming fresh leaves!
Nettle can be taken in many forms including teas, tinctures, and added to stews, soups, stir-fries. Nettle is very nutritive and adds much

value to hearty meals.

Nettle Soup: **PP RECIPE!**

- 1/2 large Shopping bag of fresh Nettle tops
- Salt
- 1 TBS EVOO
- 1/2c. Chopped Shallot
- 1/2c. chopped Celery
- 1 lb potato (peeled + chopped)
- 4c. CHX Stock
- 2 c. H2O
- 1 bay leaf
- 1 tsp thyme
- 1 1/2 TBS lemon juice
- 2-3 TBS heavy cream

DIRECTIONS:

* blanch nettle leaves. Sauté veggies
COOK potatoes in stock (reserve)
combine all ingredients + puree. Season.
Finish w/ cream.

CAUTIONS: Besides stinging properties, also blanched safe to use!

Resources:

Simply Recipes.com/nettle-soup/
IMAGE REFERENCE: Mountain herbs.com
botanical.com/botanical/mgmt/n/nettle03.html
webMD.com/diet/health-benefits-nettle-leaf#1
~~Nettle soup~~
www.healthline.com/nutrition/stinging-nettle

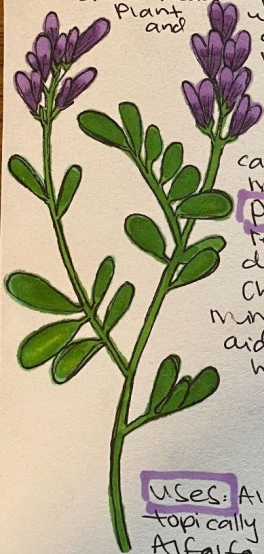
ALFALFA

BOTANICAL NAME: Medicago Sativa

Family: Fabaceae

Description/History:

clover-like plant, Alfalfa has a dense head of purple leaves. A hearty plant and with resistance to drought, other harsh conditions. Most often consumed as sprouts, these are very nutrient dense offering high levels of vit C, amino acids, potassium, calcium, and can aid in metabolism health.



Properties: Hormonal regulation, aids in digestion, lowers cholesterol levels.

Mineral rich → Iron, aids in circulation.

helps with:

- * nose bleeds
- * bruising
- * hemorrhoids
- * urinary tract

Uses: Alfalfa can be used topically or taken internally. Alfalfa can be eaten raw

or taken in supplement form. Tinctures are most commonly combined with other herbs and used as a multivitamin option.

Multivitamin Tincture:

- 3 parts Alfalfa
- 2 parts Red Raspberry leaf
- 2 parts Dandelion leaf

Fill jar with herbs (dried) and cover with vodka. Shake daily for 1 month, take 1 dropperful daily.

Cautions: Because Alfalfa does regulate hormones, if someone is hormone-sensitive, conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, uterine fibroids

Resources:

www.webMD.com

wellnessmama.com/8218/multivitamin-tincture

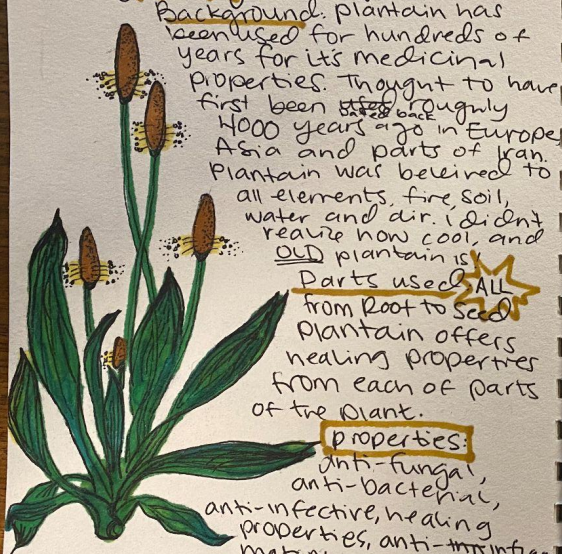
botanical-online/en/medicinal-plants-alfalfa-properties

Britannica.com/plant/alfalfa.com

Image reference: Mountain Rose Herbs.com

Plantain

Botanical name: Plantago
family: plantaginaceae



Background: plantain has been used for hundreds of years for its medicinal properties. Thought to have first been used roughly 4000 years ago in Europe, Asia and parts of Iran. Plantain was believed to all elements, fire, soil, water and air. I didn't realize how cool, and OLD plantain is.

Parts used: All from root to seed. Plantain offers healing properties from each of parts of the plant.

properties:

anti-fungal,
anti-bacterial,
anti-infective, healing
properties, anti-inflammatory,

in tissue repair, wound healing, reduce fevers, has been used in many forms
USES: Most common uses are uses for wounds because of its multi-functional properties listed above. Also used to aid in overall health from its therapeutic elements.

Preparation + dose:

infused oil: → ≈ 2c.

1. Harvest leaves (on a dry afternoon)
2. Rip or cut leaves w/ scissors
3. Allow leaves to wilt overnight
4. Place leaves in a glass jar
5. Fill w/ oil

Allow to infuse in oil for several weeks, can be taken by dropperful or used topically.

Tincture

1 part leaves
2 parts vodka
steep 4 wks, shake daily.

* 1-2 dropperfuls internally or externally
Contraindications: While plantain is a relatively safe herb, too much can cause GI upset, nausea, vomiting, diarrhea, ~~at~~ bloating when ingested. Externally plantain may cause hyper-sensitivity or rash. If any of these symptoms are noticed, stop use.

Resources:

- NCJ.nlm.gov/pmc/articles/PMC587803
- [image reference istockimage.plantain.com/stock image](http://image.reference.istockimage.plantain.com/stock-image)
- Tincture recipe: theherbyfarmwife.com
- Botanical.com/plantain
- mountainroseherb.com/plantain

Calendula

BOTANICAL NAME: calendula officinalis

Family: Asteraceae

Description: This sweet little flower packs a big punch and has been used for its medicinal purposes for hundreds of years! Calendula has also been known as "Mary-bud", "pot Mary-bud", "poormans Saffron" and is one of the oldest cultivated flowers. Calendula has been used since the 1200s for its medicine and in the gardens of France since the 5th century, originating in England and imported across Europe. Blooming in July and continuing to bloom until the first frost.



Properties: Antifungal, antimicrobial, helps to prevent infection, heals injuries and body tissue.

Parts Used: Petals/flower, leaves are edible but do not have healing properties in them. Some will add leaves to a garden salad for nutrients.

USES: Externally and internally. Externally: Wound healing, Soothing cramps + spasms, GI upset. Internally: Brings on a period, Soothe cramps, reduces a fever, prevents muscle spasms.

Preparation + dose:
SITZ bath:

- 1 oz dried comfrey leaves
- 1 oz calendula flower
- 1 oz lavender buds
- 1/2 oz dried Sage leaves
- 1/2 c Epsom salts

Steep herbs and Salt + Soak

CONTRAINDICATIONS: Calendula itself ~~is~~ does not have many contraindications, with that being said the Asteraceae family is a common allergy family which could lead to an allergic reaction for some Acup.

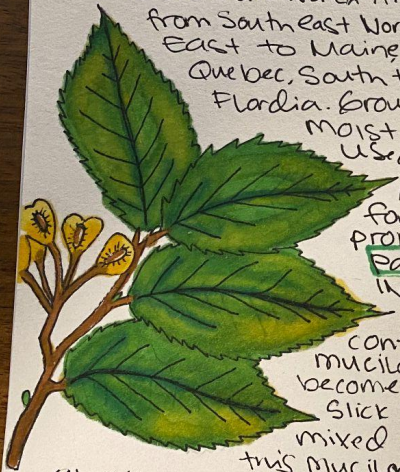
REFERENCES:

- image: [istockphoto.com/calendula.com](https://www.istockphoto.com/calendula.com)
- harvesting-history.com/calendula
- SITZ bath: [Mantian Rose.com](https://www.MantianRose.com)
- [midwiferytraditions.com/2015/08/09/sitzbath/](https://www.midwiferytraditions.com/2015/08/09/sitzbath/)
- [Botanical.com/mgmt/calendula.com](https://www.Botanical.com/mgmt/calendula.com)
- [Verywellhealth.com/calendula/contraindications/allergy.com](https://www.Verywellhealth.com/calendula/contraindications/allergy.com)

Slippery Elm

BOTANICAL NAME: Ulmus rubra
family: ulmaceae (Elm)

History: Slippery Elm is native to Eastern North America ranging from Southeast North Dakota, East to Maine Southern Quebec, South to Northern Florida. Growing in ~~dry~~ moist uplands.



Used by many indigenous Americans for its healing properties.

Parts used:
INNER BARK.

Properties:
containing a mucilage that becomes a thick slick gel when mixed with water.

this mucilage has the ability to soothe, coat and relieve inflammation.

USES: Slippery Elm can coat and soothe the mouth, throat, stomach, GI tract. used to relieve cold and flu-like symptoms. GI upset, constipation, irritable bowel + more.

Preparation + doses:

The Slippery elm inner bark is dried and often powdered. most often taken in tea form because of waters ability to activate the healing properties of the mucilage. up to 2 cups of tea a day is safe during pregnancy.

Slippery Elm tea:

~ 2 TBS powdered Slippery Elm
1 C hot water

Steep and enjoy!

Lozenges can be taken for GI upset, heartburn, acid reflux + cold and flu symptoms.

CONTRAINDICATIONS: Avoid "whole bark" Slippery Elm in early pregnancy. Too much can cause GI upset.

References:

- American pregnancy association
Americanpregnancy.org/health-pregnancy/15-14
- Safe-herbs-and-pregnancy/SlipperyElm
- rxlist.com/Consumer-Slippery-Elm/drugs
- www.healthline.com/slipperyElm
- Image Reference iStockPhoto.com/SlipperyElm
- MountainRoseHerb.com/slipperyElm
- Botanical.com/mgmt/SlipperyElm

(American)
Witch hazel

BOTANICAL NAME: Hamamelis

Family Name: Hamamelidaceae

HISTORY: Dating back to the Native Americans who first discovered the healing properties of ~~witch~~ witch hazel by using

the roots, stems and bark, boiling it down into a similar product which is used today.

The Native Americans used this decoction to treat swelling, burns and other external wounds.

Parts used:

Roots, stems, and bark of the tree.

Properties: Witch hazel contains tannins which reduce swelling, help repair skin, and is antimicrobial.

USES: Over the years witch hazel has grown in popularity

- relieves inflammation
- reduces skin irritation
- protects damaged skin
- antibacterial
- soothes skin
- heals burns



Preparations + doses:

DIY padsicles for PP

- 1 cotton pad (unscented)
 - Squirt of no-dye aloe gel
 - Soak with witch hazel
 - add a few drops lavender oil
- Place in freezer and use in the immediate postpartum for soothing and healing the perineum.

SITZ bath:

- 1 c witch hazel (liquid)
- 1/2 c Epsom salts
- 2 TBS baking soda
- 1 TBS oil
- 8 drops chamomile EO
- 8 drops lavender EO

Fill tub with warm water, add liquid sitz bath ingredients

Contraindications: None known however some witch hazel is preserved w/ glycerine and glycerine can be a possible allergy

Resources:

- image reference [iStock.com/witch hazel](https://iStock.com/witch-hazel)
- [webrd.com/vitamins/ai/ingredientsmono-witch hazel](https://webrd.com/vitamins/ai/ingredientsmono-witch-hazel)
- Sitz bath + padsicles recipe: alldelish.com/the-reasons-you-should-be-doing-sitz-baths
- [botanical.com/witch hazel](https://botanical.com/witch-hazel)



* EMMENAGOUGE *

Yarrow

BOTANICAL NAME: Achillea Millefolium
family: Asteraceae



Description/History: Yarrow was named after Achilles the Greek mythical hero who had the to stop the bleeding wounds of his soldiers by utilizing the healing powers by using Yarrow during the Trojan war in 1200 BC. Yarrow has also dated back to medieval times. Records have shown that Yarrow was rolled up and placed in noses to stop nosebleeds. Much smarter than using mace pets as Merkins and 'eyebrow wigs.'

PARTS USED: Flowers, leaves and roots

leaves can be used raw, rubbed directly onto wounds, bruises, flowers can be steeped into tea. Root, harvested in the fall can be used for toothaches & symptoms, stomach pain + bloating

Preparation + doses:

Yarrow tea:

- 1 TBS dried Yarrow flowers
- 1 c. boiling water
- Steep 30 min, strain + serve. Add local raw honey to taste.

Yarrow-Mint-Neemsea remedy tea

- 1 TBS dried Yarrow flowers
- 1 TBS dried peppermint leaves
- 1/2 TBS. Ginger
- 1 c. water (Boiling)
- Steep 20-30 min. Add raw honey

CONTRINDICATIONS + CAUTIONS:

Yarrow belongs to the asteraceae family which is a common allergy family. ~~avoid internally~~ Avoid Yarrow internally during pregnancy.

- GOOD FOR POSTPARTUM HEMORRHOIDS
- PERINEAL WOUND HEALING.

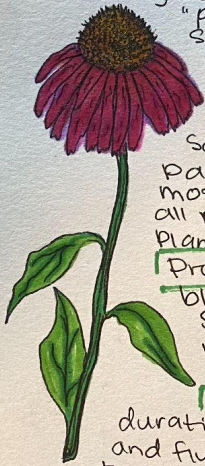
Resources:

- [Drugs.com/yarrow/contrindications](https://www.drugs.com/yarrow/contrindications)
- [Healthline.com/yarrow](https://www.healthline.com/yarrow)
- [Handmadeapotnecary.co.uk-yarrow-tea-recipes](https://www.handmadeapotnecary.co.uk/yarrow-tea-recipes)
- image reference Yarrow-istock
- [Botanical.com/yarrow](https://www.botanical.com/yarrow)

Echinacea

BOTANICAL NAME: Echinacea purpurea
Family: Asteraceae

BACKGROUND: Originating in the North American continent and used by indigenous people the "purple cone flower" was sought after for its medicinal properties. used to treat poisonous bug bites, stings, toothaches, reduce inflammation, sore throats, and colds.



Parts used: Leaves + petals most commonly, however all parts of the Echinacea plant can be used in medicine.

Properties: anti-anxiety, blood purifier, blood sugar regulator, anti-inflammatory, immune booster.

USES: can shorten the duration of the common cold and flu and can reduce symptoms such as a sore throat, cough, fever. Also recommended to boost the immune system, cleanse the blood and regulate blood sugar. Can be used in many forms to encourage soothing and reducing inflammation of the respiratory system.

Preparation + doses:

Cold calm tea

1/4 c. echinacea flowers
1/4 c. peppermint leaves
1/4 c. lemon balm leaves

*DRIED

2 TBS dried elderberries

combine ingredients in a jar

Take 3 large spoonfuls per serving, boil water + let steep for 5-10 minutes, strain add honey and enjoy. 1-2 c. x daily

* Echinacea tincture:
(immune boosting)

- fill large mason jar full of echinacea petals and cover with vodka. Steep 1-3 months and shake daily.

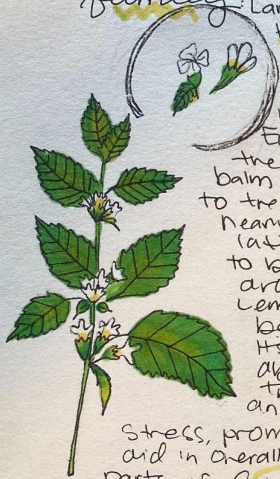
Contraindications: Not safe for those with autoimmune disorders.

References + resources:

image reference | Stock photo.com
familydoctor.com/echinacea/contraindications
Biotony.com/echinacea/mgmt/history
Mountainrosesherb.com/echinacea-herb
Healthline.com/echinacea.com
Cold calm recipe + Tincture recipe
Rosmary gladstar herbalist - YouTube.com

Lemon balm

Melissa
BOTANICAL NAME: MELISSA OFFICINALIS
family: Lamiaceae (MINT)



History: Originating in the Middle East and North Africa becoming naturalized in Europe around the 1500's. Lemon balm made its way to the Americas nearly 200 years later, estimated to be naturalized around the 1700's. Lemon balm has been used for its beautiful ability to calm the nerves, soothe anxiety, reduce stress, promote sleep and aid in overall GI upset.

Parts used: Leaves

PROPERTIES: Nervine, Sedative, Mild antidepressant.
uses: calming, used to reduce stress, anxiety, promote sleep, improve appetite, ease pain and discomfort from GI symptoms, can aid in gas, colic and bloating.

Preparation + doses:

Lemon balm can be consumed in normal "raw" culinary doses or in small medicinal amounts. Lemon balm can be consumed in a salad, tincture, tea.

Lemon balm vinaigrette:

3/4 c. EVOO
3 TBS white vinegar
1 tsp garlic
splash of lemon juice
8 large fresh lemon balm
salt + pepper to taste. ^{leaves}

*blend all ingredients together in a food processor until emulsified.

contraindications: thyroid meds
References:

- NCBI.nlm.nih.gov/pmc/articles/PMC5871149/
- Botanical.com/mgmt/melissa-officinalis.
- Mountainroseherb.com/lemonbalm
- Image reference:
 - iStockPhoto.com/lemonbalm
- RECIPE: Stepawayfromthecarbs.com/lemon-balm-vinaigrette
- DoTerra.com - lemonbalm (melissa)

Yellow Dock

BOTANICAL NAME: Rumex crispus
Family: Polygonaceae

History: Yellow dock has a rich history in many cultures spanning from traditional Chinese medicine to Greek's Hippocrates yellow dock has been used both medicinally and spiritually. Yellow dock originates in Europe and western Asia and has been a beloved "old world" plant for many, many centuries.



Properties: yellow dock has been used as an anti-inflammatory, anti-fungal, anti-bacterial, GI tract support, respiratory support, emotional mood regulation and anelgic over the years.

USES: while yellow dock's properties are well spread so are its many uses. from treating sexually transmitted infections to supporting liver function yellow dock is a medicine cabinet

"go-to"

- pain
- Swelling
- nasal passage clearing
- liver support
- laxative
- Bacterial infections
- can be used in tincture form to reduce a swollen cervix.

Parts Used: Roots

Preparations:

yellow dock tea for colds:
(Not pregnancy safe)

- 1 tsp yellow dock root
- 1 TBS oat straw
- 1 TBS rose hip
- 1 TBS Hibiscus
- 1 TBS Holy Basil

2 cups water. Boil + Steep. 20 min

Contraindications:

- * Not safe DURING pregnancy
- * Not safe for someone w/ gallstones
- * Not safe for someone w/ GI cancer

References:

- www.reference1stockphoto.com/yellowdock
- indigo-herbs.co.uk/natural-health-dock
- Botanical.com/benefits-of-yellow-dock
- MountainRoseHerb.com/yellowdock
- Mmmypotamus.com/yellowdock-tea-detox-recipe
- medline.com/yellowdock-contraindications

Ginger

BOTANICAL NAME: Zingiber officinale
Family: Ginger family

History: Ginger has been used for over 5000 years!

Ginger has been used for its culinary uses along side its medicinal uses for that entire time. Originating in India and China ginger quickly became a flavor staple in many cuisines India is currently the largest producer of ginger world wide.

Properties: Antioxidant, mood regulator, aids in digestion, regulates blood pressure, promotes healthy aging

parts used: Root

USES: COIDS, GI upset, migraines, hypertension, detoxing, cleansing, warming.

Soothes sore muscles, eases inflammation even in cases of chronic inflammation like arthritis. regulates



Preparations + doses:

Morning sickness tea recipe:

- 1 tsp lemon balm leaf
- 1 tsp fresh ginger root
- 2 tsp peppermint leaves
- 8 oz boiling water
- honey to sweeten
- Boil, Steep 10-15 min 1-2 c x day for nausea relief.

Ginger tincture for digestion:

- * add to fresh juice, smoothies or teas!
- * can be made w/ fresh or dried ginger, adding turmeric for extra health benefits (also anti-inflammatory)

1/2 c. Ginger in jar

- * fill and cover w/ vodka, shake daily for 3-4 wks. 1-2 dropper fulls per day.

Contraindications: Blood thinning medications, diabetes medications
SAFE DURING PREGNANCY.

References:

- www.reference1stockphoto.com/ginger
- mountainroseherbs.com/ginger/contraindications
- MountainRoseHerb.com/ginger
- Botanical.com/ginger
- NCCIH.com/NCCIH.nih.gov/ginger
- NPL.nlm.gov/ginger

MOTHERWORT

Uterine Tonics

Family: Lamiaceae (MINT)

BOTANICAL NAME: Leonurus
cardiaca

Description/History:

Motherwort is really such a unique beautiful plant. I don't think I have ever seen this plant in person before, I was truly captivated by the unique aspects of this plant as I was drawing it. Motherwort is considered a "old-timey" herb by the Herbal Academy. Motherwort's history traces back to the ancient Greeks, they used this herb for pregnant



women who were suffering from anxiety. It was mashed up with vinegar and salt, at least that is what was thought to have happened. While there is not solid evidence there are some strong theories to suggest.

Parts used: AERIAL

Motherwort should be harvested in full bloom. The upper stem parts are typically more soft + supple. This part is the recommended part of use.

Properties:

- Reduces risk of heart disease
- Decreases blood pressure
- Decreases heart rate if raised by stress or anxiety
- Relaxing tonic for late in pregnancy
- Reduces pp blood loss
- Decreases inflammation

USES:

* Motherwort can be used in PPH to stop bleeding → * Aids in RELEASING the placenta.

- Regulate HR in labor
- Relieve anxiety in labor
- Strengthen uterus in late pregnancy

Preparations + Dose:

Motherwort Tincture:

• Combine dried Motherwort + vodka, cover motherwort completely + let sit for 6 wks, shake daily, store in a cool dark place. 1 dropper full for anxiety in late pregnancy.

PPH Tincture:

- 1 part ~~water~~ capsicum
- 2 parts bayberry
- 2 parts yarrow
- 2 parts Blue cohosh
- 1 part Ladies mantle
- 1 part witch hazel
- 1 part Motherwort

- 2 dropper full under tongue for 2-3 min x 5 min

Contraindications:

- * Do NOT use if someone is taking sedative meds
- * Not for someone w/ low BP
- * Not for someone w/ bleeding disorders
- * Someone planning to undergo surgery