

# MEDICINAL HERBS

The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, can trigger side effects and can interact with other herbs, supplements, or medications. This information is provided for education and reference only and is not intended to substitute for the advice physician.

Aloe Vera		Aloe vera is a succulent plant species. The species is frequently cited as being used in herbal medicine since the beginning of the first century AD to treat wounds and sunburn.
Calendula Pot marigold		Take the sting out of insect bites and rashes by applying the bruised, fresh flowers directly to the irritated skin.
Chamomile Matricaria recutita		Steep chamomile tea gently for relaxation, longer for digestive upsets. Dried chamomile flowers are used to make herbal baths, sleep pillows and poultices.
Comfrey Symphytum officinale		Fresh leaves can be applied to bruises, fractures, sprains, and other injuries.
Purple coneflower Echinacea angustifolia		Echinacea tea can be used in compresses and poultices for external applications. A few drops of echinacea tincture or a skin wash made from fresh flowers is used to reduce itching and take the sting out of insect bites and hives.
Feverfew Tanacetum parthenium		Feverfew is a bitter herb for tea, and not one you would drink just for the pleasure. To prevent headaches chew 2 or 3 fresh leaves per day.
Lavender Lavandula spp		Lavender adds a unique flavor to foods, and lavender sugar can be used to decorate baked goods, but use a light hand, too much lavender can overwhelm a dish. Lavender oil is also used for aromatherapy.
Lemon Balm Melissa officinalis		Lemon balm has antibacterial and antiviral properties, and like all of it's mint family relatives, a cup of hot lemon balm tea induces perspiration to help break a fever making the herb useful for treating colds and flu.

Peppermint <i>Mentha piperita</i>		Peppermint's uplifting aroma wafting up from a hot cup of tea can start to settle an upset stomach even before you drink it. Peppermint's antispasmodic effect calms nausea and helps prevent gas and bloating after a heavy meal.
Oregano <i>Origanum vulgare</i>		Oregano tea made from the fresh plant will relieve nervous headache or upset stomach. The leaves can also be used in poultices to reduce pain and swelling. Together with basil, oregano contributes much to the distinctive character of many Italian dishes.
Prickly Pear <i>Opuntia ficus-indica</i>		Prickly pear is used in traditional Mexican cooking and medicine. Prickly pear cacti are a source of calcium, magnesium, and eight essential amino acids. Pectin and water-soluble fiber from prickly pear cacti is effective in treating problems associated with diabetes.
Rosemary <i>Rosmarinus officinalis</i>		Rosemary lends itself well to roasted meats, chicken and hearty stews. Rosemary vinegars are an excellent and healthy way to dress cold vegetables and salads. Rosemary essential oil has a camphorous, piny aroma that lifts your mood and clears 'brain fog'.
Sage <i>Salvia officinalis</i>		Sage can be used fresh or dried both as a culinary herb and medicinal herb. Sage can be taken as a tea, and the infusion can be used externally as a skin and hair rinse, and as a gargle for sore throats.
Thyme <i>Thymus vulgaris</i>		Thyme is used as a cough and cold remedy. Thyme leaf is a healthy culinary herb, and makes a pleasant tea. Place sprigs of thyme among clothes or linens to dispel musty odors and deter insect pests. Both the leaves and flowers can be used to stuff sachets.
Yarrow <i>Achillea millefolium</i>		Tea can be made from both fresh and dried cut leaves and flower heads. The bitter taste can be masked with sweeter herbs and a bit of honey. Fresh leaves also can be used as a poultice to stop bleeding and chewed to relieve a toothache.

## Sources

<http://www.anniesremedy.com/chart.php>

University of Maryland Medical Center <http://umm.edu/Health/Medical/AltMed/Herb/>

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