



The Plants

The Plants That Surround Us

Since the dawn of Man, plants have been used as sources of food, medicine, clothing, and shelter. They continue to be an important part of our world even today. Plants are the foundation for all other living things. If not for plants and photosynthesis, we would not have the oxygen we breathe. Along with providing the oxygen we need to live; they also provide us with all of the food we eat. In one way or another, plants are also the food of all the animals we eat. Even those which are not herbivores, eat other organisms which do eat plants. In case providing food and oxygen is not enough to get you to view plants as rock stars, perhaps the fact that 75% of the pharmaceuticals used in Western Medicine were originally derived from plants.

You might be asking yourself a couple of questions. Is it difficult to find these plants? And must I journey into the deep dark forest? The answer to both questions is no. Plants grow everywhere, and that includes urban settings. There are many edible and medicinal plants growing in your yard, the yards of your neighbors, and local parks. The one caveat is to make sure you do not harvest plants from a yard or park that has been treated with herbicides.

Across the globe, there are countless thousands of edible and medicinal plants. Even in the most populated cities they are everywhere you look. My website, my foraging classes, and this book, are all designed to get you started on your journey toward learning to recognize and make use of the plants which surround us.

Most of the plants on the following pages are native to the United States or have become naturalized invasives. This book is not meant to teach you everything you need to know about plants and their uses. Simply put, that is not possible. You can only truly know about a plant by using it. My plant monographs are purposefully concise. I provided you with identifying characteristics, where the plants grow, and some of their myriad uses. This will aid you in locating and harvesting the plants. Only through use can you truly learn all the plant has to offer. Depending upon your location you can also grow many of these plants yourself.

As you read through this book you will notice that I have included five plants which do not grow in the US. I have included these because of their wonderfully healthful properties which cannot be replicated with a native species.

Along with finding or growing your own plants, many of the plants described on the following pages can be purchased through reputable online retailers.

The following pages include monographs for 156 plants. Six of those plants are toxic look alikes. A monograph is simply a document detailing the characteristics and uses of a plant. 123 of the plants listed have medicinal uses, and 116 are edible. As you can tell, many edible plants are also medicinal. This illustrates the herbalists adage "food is medicine".

When referencing plants and their families I use their scientific names. This is not because I want to sound like a pompous ass, or sound extremely smart, but rather because it is important to make sure everyone is on the same page; that we are all talking and thinking about the same plant. This is not me being pedantic. It is because consuming or using the wrong plant can literally be life threatening. Every year new words are added to the English language. Along with the additions, many existing words are given new meanings. This illustrates the evolution of living languages. A living language is one that is the native language of at least one country or peoples. Latin is no longer the official language of any country; it is therefore considered a dead language, and as such it does not evolve. Taxonomy is the science of classifying all living things. To maintain continuity of naming, taxonomists use Latin.

When talking about a plant, I recommend that you learn, and use the botanical name. The same plant can be

known by myriad common names. These names often vary not only from region to region, but also from person to person. To add even more confusion, the same common name is often assigned to multiple different plants. To illustrate this fact, let us discuss one of my favorite edible 'weeds'. *Portulaca oleracea* is commonly called purslane. It is also called pigweed, hogweed, and pusley. I have also heard people use "pigweed" as a common name for *Amaranthus* spp., (Amaranth) and *Chenopodium album* (Lamb's Quarters). When most people hear the name plantain, they imagine a fleshy banana-like fruit. You might be interested to find out that one of the most valuable, beneficial, and effective medicinal plants is *Plantago major*; its common name is plantain. And finally, everyone has probably heard of Socrates. Many are also familiar with the fact that he committed suicide by drinking a tea made from *Conium maculatum*. This plant is commonly called poison hemlock, or hemlock. There is even a suicide advocacy group known as the Hemlock Society. *Tsuga canadensis* is a wonderfully medicinal tree. It is an excellent treatment for kidney ailments. It will often support the highly prized medicinal mushroom *Ganoderma tsugae* (Reishi). This tree is commonly called Hemlock, or Eastern Hemlock. This illustrates how important it is to make sure you are talking about the correct plant.

For this reason, we must always try to use the Latin name when we are speaking about a plant. Now this Latin naming convention is very specific in that the first word is the Genus, and it is always capitalized. The second word is the species, and it is always lowercase. Think about the Latin naming convention much the same as you would our own names. We each have a last name, and a first name. Think of the Genus as your last name, and species as your first name. For instance, my name is Kirk Wahl. I would be Genus Wahl, and species kirk, Wahl kirk. While I am closely related to and possess many of the characteristics of the rest of my immediate Wahl Family/Genus, I have my own special characteristics, or identity, so I am my own species. The next higher classification above Genus is Family. Think of this Family as being your extended family, grandparents, aunts, uncles, cousins, etc. Just as you share many characteristics with your extended family, so too can species of plants share edibility and medicinal actions with others in their genus and family. Familial characteristics can be useful to those looking to add plants to their diet or health regimes. If you know one member of a family has edible or medicinal value, then it is a good bet that other members of that family may possess similar benefits.

To illustrate this point, I will describe a scenario where I have a headache, and in keeping with the theme of Living Afield, I would much rather use something natural to treat it. The inner bark of *Salix alba* (white willow) works great to ease a headache. I do not, however, have one in my yard, and there are none close to where I live. I know the characteristics of the Salicaceae or willow family, and I know the chances are pretty good that the inner bark of the *Salix exigua* (sandbar willow) growing down the road will work just as well. Both are members of the Salicaceae family, and the *Salix* genus. This same rule holds true with edible plants.

I love a good carrot fresh from the garden. The family of our domesticated carrot is Apiaceae; the genus is *Daucus*, and the species is *carota*. I know the characteristics of the Apiaceae family are individual fernlike green stems which are covered in small hairs, and are arranged in a basal rosette, I should then be able to locate something similar in the wild. Growing wild along just about every roadside and in most fields and meadows across America is a weed many people know as Queen Anne's lace, while others know it as Bird's Nest, Bishops lace, or wild carrot. The scientific name of Queen Anne's lace is *Daucus carota*. Our common orange carrot was domesticated from the lowly Queen Anne's lace. As a matter of fact, if you allow the carrots in your garden to go for a couple of years, they will revert to their original form. The young first year root of *Daucus carota* (Queen Anne's Lace) can be eaten just as you would any other carrot. If you pull the plant from the ground, you will notice that although it is white, the root has a strong carrot smell. And while it may be smaller than the domesticated variety, if you close your eyes and take a bite, you will swear you are enjoying a delicious garden-fresh carrot. Perhaps the reason for this is because you are in fact enjoying a garden-fresh carrot. I mentioned eating the first year's plant. This is because once the plant sends up the flower stem, the root becomes too tough to eat fresh. It must be sliced thinly and cooked.

This brings me to a very important issue. Many delicious edibles and or wonderfully beneficial medicinal plants have look-a-likes that can make you quite ill, or even cause death. It is very important to make sure the plant you are looking at meets ALL the characteristics of the plant for which you are looking. If even one characteristic is missing, DO NOT use the plant. Find one that matches 100%. Case in point Water Hemlock, *Cicuta maculata*, looks very similar to *Daucus carota*. They both have white umbel-shaped flower heads consisting of numerous tiny white flowers borne in a cluster. The stems of wild carrots are an even green color, and covered in hairs, while those of water hemlock have a mottled purplish color or purple spots, are covered in a whitish 'bloom', and are hairless. Both plants are also roughly the same size and shape. *Cicuta maculata* however, is highly toxic. It is so deadly in fact that touching the plant and transferring the 'bloom' from the stem to your mouth can make you ill. This information is not meant to scare you; it is merely an indication that, as in the rest of your life, not everything in nature is as it first appears. Rest assured that once you know the characteristics of Queen Anne's lace, you would no more mistake it for Water Hemlock, than you would mistake an apple for a potato. Just as you can distinguish a head of lettuce from a head of cabbage, you can learn to distinguish *Daucus Carota* from *Cicuta maculata*.

I could go on and on about the groupings of plants, but to be honest, I am beginning to bore myself. Suffice it to say that *Living Afield* is not meant to teach you everything you need to know about the identification and usage of all plants. It is merely meant to start you on your journey down the path of assimilation into the natural world.



Yarrow

The Latin name *Achillea millefolium* is an homage to Achilles, son of the nymph Thetis and the Greek god Peleus. According to legend, when Achilles was born, Thetis tried to make him immortal by dipping him in the river Styx, however he was still vulnerable in the part of the body by which she held him, his heels. The Latin name *Achillea millefolium* comes from the story that it was said Achilles used the Yarrow plant to staunch the bleeding from the wounds his soldiers received on the battlefield. It was also used extensively for the same purpose by soldiers on both sides of the American civil war. That is where it came to be known by another popular name, soldier's woundwort.

Other Names:

Bloodwort, Carpenter's Weed, Devil's Nettle, Knight's Milfoil, Nose Bleed, Sanguinary, Soldier's Woundwort, Staunch Weed

Range:



Family:

Asteraceae - Aster, Composite, or Daisy family

Growth Characteristics:

Growth Type:

Erect herbaceous perennial

Height:

Up to 3 feet tall

Leaves:

Arranged almost spirally down the stem. The leaves generally increase in size as you move down the stem, with the largest leaves appearing near the middle and bottom. Almost feathery in appearance, 2-8 in long. Cauline and more or less clasping

Stem/Trunk:

Stem - single to multiple. Solid green in color and covered in fine hairs

Root:

Shallow rhizome

Flower:**Season:**

May through June

Appearance:

Ray and disk flowers ranging in color from white to pink. There are generally 3 to 8 ray flowers that are ovate to round, while disk flowers range from 15 to 40.

Seed/Fruit:

Very small egg shaped seeds, approximately 2.5 mm long.

Miscellaneous Characteristics:

N/A

Habitat:

Disturbed soil of waste areas, Roadsides, Grasslands, and Open Forests

Parts Used:

Root/Rhizome

Culinary Uses:

Young leaves can be eaten raw in salads. A tea can also be brewed from plant leaves and stems.

Miscellaneous Uses:

According to an article I read, the US ARMY has conducted field trials of tinctured *A. millefolium* as an insect repellent. It was found to be far more effective than other and safer than DEET for repelling such things as mosquitoes, chiggers, sand flies, and ticks. I have conducted my own trials with Yarrow as an insect repellent. I have found tinctured yarrow to be effective for repelling mutant Michigan mosquitoes. I cannot say that it works as well or better than DEET, but I did not conduct side by side trials. I will say it works well, and I like the fact that it does not smell nearly as bad as DEET. Moreover it does not leave that horrible oily feeling and residue.

The following text is meant for informational purposes only. It is not meant to diagnose or treat any illness or injury. Always consult with a physician or other qualified medical care provider concerning the diagnosis and treatment of any illness or injury.

Energetics:

Taste: Bitter

Thermal: Cooling

Humidity: Drying

Indications:

A. millefolium is an amazing medicine for the cardio vascular system. Think anything to do with blood or the circulation of blood. It excels at stopping bleeding. It also breaks up and disperses the pooled blood associated with bruising.

Use For:

Amenorrhea, Candidiasis, Cirrhosis of the liver, Dysmenorrhea, Epistaxis, Hemophilia A and B, Hemorrhoids, Hyperlipidemia, Hypertension, Internal Bleeding, Liver Disease, Palpitations, Phlebitis, Varicose Ulcers, Varicose Veins, Venous Stenosis, Wounds

Herbal Actions:

Anodyne, Antiartherosclerotic, Antihypertensive, Anti-Inflammatory, Antimicrobial, Antipyretic, Antiseptic, Antispasmodic, Antiviral, Astringent, Diaphoretic, Diuretic, Emmenagogue, Haemostatic, Venotonic, Antiartherosclerotic

Contra Indications:

It is not admissible in any form of the disease where the pulse is hard and quick, or the skin dry and hot, or the mucous surfaces irritable. Its employment should be limited by the conditions of a depressed but not irritable pulse, cold skin, and relaxation of the mucous membranes. Bradycardia, coagulation disorders, nephritis. Hypersensitivity to the plant and or other members of the Asteraceae family. Gastric and duodenal ulcer, occlusion of the bile duct and gallbladder disease. Due to the traditional use of the drug as an emmenagogue, it is contraindicated during pregnancy.

Effective Herbal Preparations For *Achillea millefolium*:

- ~ Tincture Using Dried Whole Flowering Plant - 1:5 Ratio In 50% Ethanol. Dosage: 1/2 - 3/4 tsp Three Times Daily
- ~ Tincture Using Fresh Whole Flowering Plant - 1:2 Ratio In 50% Ethanol. Dosage: 1/2 - 1 tsp Three Times Daily
- ~ Ointment/Salve Using Dried Dosage: As Needed
- ~ Infused Oil Using Dried Dosage: As Needed
- ~ Tincture Using Fresh Root/Rhizome - 1:2 Ratio In 50% Ethanol. Dosage: 1/2 - 1 tsp Three Times Daily
- ~ Infusion - Standard Using Fresh Whole Flowering Plant Dosage: 2 - 4 oz Three Times Daily

Possible Side Effects:

A. millefolium is contained in some foods. It does contain the chemical thujone. Large amounts of thujone have been shown to be toxic. However, therapeutic amounts of 250 mg - 500 mg daily have been shown to be safe.

Warnings:

Patients presenting with hypersensitivity or allergic reactions that include the formation of vesicles should stop treatment with *A. millefolium* immediately. If signs of hypersensitivity reaction reappear upon further use, the crude drug should not be used again. Larger doses of this plant can cause dizziness.

Possible Drug Interactions:

Large amounts of *A. millefolium* may slow blood clotting. Taking this medication with drugs that inhibit or slow clotting may cause bruising, and or bleeding. Users should be careful using NSAID's and others, as well as anticlotting agents like warfarin and others. *A. millifoflium* may also interact with Lithium. Those taking lithium and wanting to take yarrow should have their physician adjust their lithium dosing.

Constituents:

Contains 0.2–1.0% of essential oil. Being a chemically polymorphic aggregate plant species, the chemical constitution depends on the number of chromosomes present. Diploid and tetraploid plants contain proazulene sesquiterpenes, which when exposed to heat will be transformed to coloured azulenes, including chamazulene (up to 25%) and achillicin. Other major constituents in tetraploid plants include α -pinene (23%), β -pinene (5%) and caryophyllene (10–22%). Hexaploid plants are azulene sesquiterpenefree, and contain approximately 50% mono- and sesquiterpenes, many of which are in the oxidized form, as well as camphor (18%), sabinene (12%), 1,8-cineol (10%) and α -pinene (9%), among other constituents. Octaploid plants contain approximately 80% oxygen-containing monoterpenes, with linalool being the major constituent. Among the non-essential-oil constituents are flavonoids, coumarins and tannins. Thujone

Achillea millefolium Photographs





References:

WebMD: Side effects of medicinal use. <https://www.webmd.com/vitamins/ai/ingredientmono-151/Yarrow>

Adaptogen:

Herbs that improve the body's ability to adapt to stress of any sort, including infection, mental stress, or fatigue. Adaptogens are important in herbal medicine. Western medicine uses drugs to act upon the body. They force the body into a specific targeted response. Often times this has unwanted side effects requiring additional drugs. Herbal medicine, on the other hand, seeks to understand the cause of a specific symptom or ailment. Herbal medicine then supports the body in its innate ability to heal itself. In that they offer broad support to nourish all of the systems of human physiology, Adaptogens are the stars of herbal medicine.

Examples:

[Ashwagandha Withania somnifera](#), [Astragalus membranaceus](#), [Chaga Mushroom Inonotus obliquus](#), Cordycep mushrooms, Eleuthero [Eleutherococcus senticosus](#), [Ginseng Panax quinquefolius](#), Holy Basil (Tulsi), [Maitaki mushroom Grifola frondosa](#), [Japanese Knotweed Polygomon cuspidatum](#), [Reishi Mushroom Ganoderma spp.](#), [Rhodiola Rhodiola rosea](#), Shisandra berry [Schisandra chinensis](#), [Turmeric Curcuma longa](#), [Valerian Valeriana officinalis](#)

Alternative:

Herbs that restore the proper function of the body. Alternative herbs are also tonic herbs. They differ from Adaptogens in that they typically nourish specific organs or systems. They usually act through altering metabolism by improving the tissues' ability to metabolize nutrients and eliminate wastes. Many of these herbs act through the kidneys, liver, lungs, bowels, or skin to eliminate wastes. Some stimulate digestion, some are antimicrobial, and some work through actions not as yet understood. Generally used as first line medicines in conditions of chronic inflammation or degeneration, for example, any sort of chronic skin condition, many types of arthritis, and auto-immune illnesses. Most herbs that have a primary action on the liver or kidneys can be considered alternative. Tonic herbs are Alternative, and Alternative herbs are Tonic.

Examples:

Alfalfa [Medicago sativa](#), [Ashwagandha Withania somnifera](#), [Astragalus membranaceus](#), [Barberry Berberis vulgaris](#), Bayberry (Sweet gale, Wax-Myrtle) [Myrica gale](#), Trillium (Birthroot) [Trillium spp.](#), Bistort [Persicaria bistorta](#), [Black Cohosh Actaea racemosa](#), [Black Nightshade Solanum nigrum](#), Black Root [Leptandra Virginica](#), Black Walnut Bark [Juglans nigra](#), Blessed Thistle [Cnicus benedictus](#), Blue Flag [Iris versicolor](#), Boxwood [Buxus spp.](#), [Burdock Arctium lappa](#), [A. minor](#), [Pot Marigold Calendula officinalis](#), [C. arvensis](#), Cayenne [Capsicum annuum](#), Chaparral [Larrea tridentata](#), [Chickweed Stellaria media](#), [Cleavers Galium aparine](#), [Comfrey Symphytum officinale](#), Devil's Claw [Harpagophytum procumbens](#), [Dandelion Root Taraxacum officinale](#), Dogwood [Cornus spp.](#), [Echinacea L.](#), [Elder Sambucus L.](#), Eyebright [Euphrasia L.](#), Fringe Tree [Chionanthus L.](#), Fumitory [Fumaria](#), Garlic [Allium sativum](#), [Ginseng Panax quinquefolius](#), [Goldenseal Hydrastis canadensis](#), Gotu Kola [Centella asiatica](#), Guaiac [Guaiaacum L.](#), Holly Ilex, Ironweed [Veronica spp.](#), Kelp, Licorice Root [Glycyrrhiza lepidota](#), Mandrake [Mandragora L.](#), [Maitaki mushroom Grifola frondosa](#), [Marshmallow Althaea officinalis](#), Mezereum [Daphne mezereum](#), [Milkweed Asclepias L.](#), [Stinging Nettles Urtica dioica](#), Oregon Grape Root [Mahonia Nutt.](#), Pilewort [Ranunculus ficaria](#), [Pipsissewa Chimaphila umbellata](#), [Plantain Plantago spp.](#), Pokeweed [Phytolacca americana](#), Prickly Ash [Zanthoxylum L.](#), Purple Loosetrife [Lythrum salicaria](#), [Raspberry Leaf Rubus idaeus](#), [Red Clover Trifolium pratense](#), Rockrose [Cistus L.](#), [Reishi Mushroom Ganoderma spp.](#), [Rose hips Rosa palustris](#), Rhubarb [Rheum rhubarbarum](#), Sarsaparilla [Smilax aristolochifolia](#), [Sassafras Sassafras albidum](#), Soapwort [Saponaria L.](#), Speedwell [Veronica L.](#), Spikenard [Nardostachys grandiflora](#), Black Spruce [Picea mariana](#), [St John's Wort Hypericum perforatum](#), Twinleaf [Jeffersonia diphylla](#), [Uva Ursi Arctostaphylos Uva-Ursi](#), Virginia Creeper [Parthenocissus quinquefolia](#), Wafer Ash [Ptelea trifoliata](#), Wahoo [Euonymus atropurpurea](#), Walnut [Juglans nigra](#), Wheatgrass [Triticum aestivum](#), [Willow Bark Salix spp.](#), Wild Indigo [Baptisia L.](#), Wood Betony [Stachys officinalis](#), [Curly Dock Rumex crispus](#), Water Dock [Rumex orbiculatus](#), [Yarrow Achillea millefolium](#), Yellow Jessamine [Gelsemium sempervirens](#), Yellow Parilla, Yerba Santa [Eriodictyon spp.](#), Yucca Root [Yucca schidigera](#)

Analgesic:

Herbs that relieve pain.

Examples:

[Black Birch Betula lenta](#), [Black Cohosh Actaea racemosa](#), [Black Nightshade Solanum nigrum](#), [Boneset Eupatorium perfoliatum](#), Buttercup [Ranunculus L.](#), Chamomile [Anthemis L.](#), Celandine, Clove, [Comfrey Symphytum officinale](#), [Corydalis Corydalis DC.](#), Cow Parsnip [Heracleum maximum](#), [Echinacea Echinacea L.](#), Ginger [Zingiber officinale](#), Henbane [Hyoscyamus niger](#), Hops [Humulus lupulus](#), [Licorice Glycyrrhiza lepidota](#), [Mandrake Mandragora L.](#), [Maitaki mushroom Grifola frondosa](#), [Marshmallow Althaea officinalis](#), [Meadowsweet Galium aparine](#), [Mullein Verbascum thapsus](#), [Nightshade](#), Noni Fruit [Opium Papaver somniferum](#), [Passion Flower Passiflora incarnata](#), [Pipsissewa Chimaphila umbellata](#), Pokeweed [Phytolacca americana](#), Poplar, Prickly Ash [Zanthoxylum L.](#), Primrose, Saffron, [St John's Wort Hypericum perforatum](#), [Sassafras Sassafras albidum](#), Skullcap [Scutellaria spp.](#), [Turmeric Curcuma longa](#), [Valerian Valeriana officinalis](#)

Glossary Of Medicinal Actions

Anhidrotic:

Herbs that decrease sweating.

Examples:

[Astragalus Astragalus membranaceus](#), [Black Nightshade Solanum nigrum](#).

Anodyne:

Herbs that reduce pain by reducing the sensitivity of the nerves. Synonymous with [ANALGESIC](#)

Antacid:

Herbs that relieve excessive stomach acid. They may also possess demulcent effects to protect the stomach lining.

Examples:

[Comfrey Leaves or Root Symphytum officinale L.](#), [Corydalis Corydalis DC.](#), Flax Seed, [Dandelion Root Taraxacum officinale](#), Kelp, [Mullein Verbascum thapsus](#), [Passion Flower Passiflora incarnata](#), [Raspberry Leaf Rubus idaeus](#), [Slippery Elm Ulmus americana](#), Wood Betony [Stachys officinalis](#)

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Anthelmintic:

Destroy or expel worms from the digestive system. There are two categories of anthelmintics; Vermicides - these destroy worms without necessarily expelling them. They should be used with laxative herbs. Vermifuges - These herbs expel parasites and worms from the bowels. These will evacuate the upper intestines and the bowels very rapidly. There are two other categories that deal specifically with tapeworms, but most of the herbs will fall into the two mentioned. For informational purposes Taeniifuges expel tapeworms, and Taeniocides kill tapeworms in the body.

Examples:

Garlic [Allium sativum](#), [Mayapple Podophyllum peltatum](#), [Queen Anne's Lace Daucus carota](#), Tansy [Tanacetum L.](#), [Wild Bergamot Monarda fistulosa](#), [Wormwood Artemisia absinthium](#)

Antiabortive:

Herbs that could help to reduce abortive tendencies. Usually taken in small quantities during the early stages of pregnancy. They will not prevent miscarriage when the fetus is damaged or improperly secured.

Examples:

American Mistletoe [Phoradendron leucarpum](#), Cramp bark [Viburnum opulus](#), Pennyroyal [Mentha pulegium](#), Ragwort [Packera spp](#), ragwort [Senecio jacobaea](#), Raspberry leaf [Rubus idaeus](#).

Antiangiogenic:

Herbs that help to inhibit abortive tendencies. The herbs will not interfere with the natural process of miscarriage when the fetus is damaged or improperly secured.

Examples:

[Reishi Mushroom Ganoderma spp.](#)

Antiarteriosclerotic:

Glossary Of Medicinal Actions

Adaptogen

Herbs that improve the body's ability to adapt to stress of any sort, including infection, mental stress, or fatigue

Alterative

Herbs that restore the proper function of the body, usually through altering metabolism by improving the tissues' ability to metabolize nutrients and eliminate wastes.

Analgesic

Herbs that relieve pain.

Anesthetic

Causes temporary loss of bodily sensations

Anhidrotic

Herbs that decrease sweating.

Anodyne

Herbs that reduce pain by reducing the sensitivity of the nerves. Synonymous with ANALGESIC

Antacid

Herbs that relieve excessive stomach acid. They may also possess demulcent effects to protect the stomach lining.

Anthelmintic

Destroy or expel worms from the digestive system.

Antiabortive

Herbs that help to inhibit abortive tendencies.

Antiangiogenic

Herbs that reduce the growth of new blood vessels needed by tumors to grow and metastasize

Antiarrhythmic

Herbs that normalize heart rhythm

Antiartherosclerotic

Reduces or eliminates Arteriosclerosis

Herbal Actions And The Plants That Provide Them

The following text is meant for informational purposes only. It is not meant to diagnose or treat any illness or injury. Always consult with a physician or other qualified medical care provider concerning the diagnosis and treatment of any illness or injury.

Plants which demonstrate an Adaptogen action.

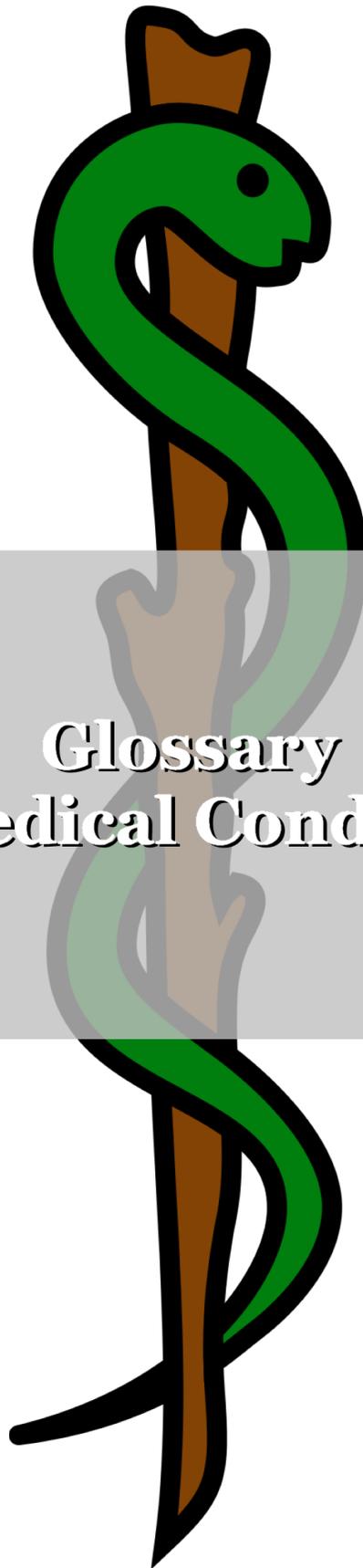
Herbs that improve the body's ability to adapt to stress of any sort, including infection, mental stress, or fatigue

| | |
|---|--------------------------------|
| * Astragalus propinquus (Astragalus) | Sweet, Warming, Drying |
| * Eleutherococcus senticosus (Siberian Ginseng) | Sweet, Warming, Drying |
| * Inonotus obliquus (Chaga) | Sweet, Warming, Drying |
| * Ocimum tenuiflorum (Tulsi) | Pungent/Sweet, Warming, Drying |
| * Panax ginseng (Chinese Ginseng) | Sweet, Cooling, Neutral |
| * Panax quinquefolius (American Ginseng) | Sweet, Warming, Moistening |
| * Polygonum cuspidatum (Japanese Knotweed) | Sour, Warming, Drying |
| * Schisandra chinensis (Shisandra) | All Tastes, Warming, Neutral |
| * Turnera diffusa (Damiana) | Pungent, Warming, Drying |
| * Withania somnifera (Ashwagandha) | Salty, Warming, Drying |

Plants which demonstrate an Alterative action.

Herbs that restore the proper function of the body, usually through altering metabolism by improving the tissues' ability to metabolize nutrients and eliminate wastes.

| | |
|--|-----------------------------------|
| * Arctium lappa (Burdock) | Bitter, Cooling, Drying |
| * Berberis vulgaris (Barberry) | Bitter, Cooling, Drying |
| * Chimaphila umbellata (Pipsissewa) | Sweet, Warming, Drying |
| * Collinsonia canadensis (Stone Root) | |
| * Echinacea angustifolia (Narrow-Leaved Purple Coneflower) | Pungent, Cooling, Drying |
| * Echinacea purpurea (Purple Coneflower) | Pungent, Cooling, Drying |
| * Eleutherococcus senticosus (Siberian Ginseng) | Sweet, Warming, Drying |
| * Galium aparine (Cleavers) | Salty, Cooling, Moistening |
| * Hydrastis canadensis (Golden Seal) | Bitter, Cooling, Drying |
| * Inonotus obliquus (Chaga) | Sweet, Warming, Drying |
| * Mahonia aquifolium (Oregon Grape) | Bitter, Cooling, Drying |
| * Plantago lanceolata (Plantain - English) | Salty/Bitter, Cooling, Moistening |
| * Plantago major (Plantain - Common) | Salty/Bitter, Cooling, Moistening |
| * Prunella vulgaris (Self Heal) | Bitter, Cooling, Drying |
| * Rubus idaeus (Red Raspberry) | Sweet/Sour, Warming, Drying |
| * Rumex crispus (Curly Dock) | Sour, Warming, Drying |
| * Salvia miltiorrhiza (Red Sage (Dan-shen)) | Bitter, Cooling, Drying |
| * Sambucus nigra (Elder) | Salty, Cooling, Drying |
| * Sassafras albidum (Sassafras) | Pungent/Sweet, Warming, Drying |



Glossary
Of Medical Conditions

Glossary Of Medical Conditions

Abrasion

An abrasion is a partial thickness wound caused by damage to the skin and can be superficial involving only the epidermis to deep, involving the deep dermis.

Acne

A condition resulting from clogged or plugged hair follicles present under the skin. It presents as small to large, red bumps on the skin which may be painful and pus-filled in some cases.

ADHD

Attention-Deficit/Hyperactivity Disorder

Adrenal Insufficiency (Adison's Disease)

A long-term endocrine disorder resulting from insufficient amounts of hormones released by the adrenal glands.

AIDS

A condition caused by HIV, in which progressive failure of the immune system allows life-threatening opportunistic infections and cancers to thrive

Alcohol Use Disorder (Alcoholism)

A pattern of alcohol use that involves problems controlling your drinking, being preoccupied with alcohol or continuing to use alcohol even when it causes problems.

Allergic Rhinitis (Hay Fever)

Commonly called hayfever, is caused by an allergic response to a harmless outdoor or indoor allergens.

Alopecia (Hair Loss)

An autoimmune disease presenting as non-scarring hair loss characterized by bald spots in various areas of the body.

Alzheimer's

Degenrative disease causing loss of congition

Amenorrhea (Absence of menstruation)

Absence of or missed menstruation after normal menstrual cycle.

Anaphylaxis (Allergic Reaction)

A rapidly progressing, life-threatening allergic reaction.

Andropause

Male change of life

Medical Conditions And The Plants That Treat Them

The following text is meant for informational purposes only. It is not meant to diagnose or treat any illness or injury. Always consult with a physician or other qualified medical care provider concerning the diagnosis and treatment of any illness or injury.

Plants used to treat Abrasion

An abrasion is a partial thickness wound caused by damage to the skin and can be superficial involving only the epidermis to deep, involving the deep dermis.

- * *Plantago lanceolata* (Plantain - English) Salty/Bitter, Moistening, Cooling
- * *Plantago major* (Plantain - Common) Salty/Bitter, Moistening, Cooling
- * *Symphytum officinale* (Comfrey) Salty/Sweet, Moistening, Cooling

Plants used to treat Acne

A condition resulting from clogged or plugged hair follicles present under the skin. It presents as small to large, red bumps on the skin which may be painful and pus-filled in some cases.

- * *Calendula officinalis* (Pot Marigold) Pungent, Drying, Warming
- * *Cichorium intybus* (Chicory) Bitter, Drying, Cooling
- * *Hamamelis virginiana* (Witch Hazel)
- * *Plantago lanceolata* (Plantain - English) Salty/Bitter, Moistening, Cooling
- * *Plantago major* (Plantain - Common) Salty/Bitter, Moistening, Cooling
- * *Sassafras albidum* (Sassafras) Pungent/Sweet, Drying, Warming
- * *Symphytum officinale* (Comfrey) Salty/Sweet, Moistening, Cooling

Plants used to treat ADHD

Attention-Deficit/Hyperactivity Disorder

- * *Cannabis sativa* (Cannabis) Bitter, Drying, Warming
- * *Passiflora incarnata* (Passion Flower) Bitter, Drying, Cooling

Plants used to treat Adrenal Insufficiency (Adison's Disease)

A long-term endocrine disorder resulting from insufficient amounts of hormones released by the adrenal glands.

- * *Glycyrrhiza lepidota* (Licorice - American) Sweet, Moistening, Warming
- * *Panax quinquefolius* (American Ginseng) Sweet, Moistening, Warming

Plants used to treat Alcohol Use Disorder (Alcoholism)

A pattern of alcohol use that involves problems controlling your drinking, being preoccupied with alcohol or continuing to use alcohol even when it causes problems.

- * *Oenothera biennis* (Evening Primrose)

Plants used to treat Allergic Rhinitis (Hay Fever)

Commonly called hayfever, is caused by an allergic response to a harmless outdoor or indoor allergens.

- * *Galeopsis tetrahit* (Hemp Nettle) Pungent, Drying, Warming
- * *Leucanthemum vulgare* (Oxeye Daisy) Pungent, Drying, Cooling