



## Healing for Health

Name	Latin Name	Common Uses	Common Preparations
Alfalfa	Medicago sativum	Allergies, arthritis, depression	Tea, tincture
Anise seeds	Pimpinella anisum	Upset stomach, runny nose, constipation	Culinary herb, oil
Calendula	Calendula officinalis	Wounds, burns, diaper rash	Tea, tincture, salve, infusion
Catnip	Nepeta cataria	Insect repellent, fever, digestive upset	Tea, tincture
Chamomile	Chamomilla recutita/ Matricaria recutita	Toothache, allergies, headaches	Tea, tincture, salve, poultice
Cinnamon	Cinnamomum cassia	Bronchitis, inflammation, infection	Culinary herb, tea
Dandelion	Taraxacum officinale	Liver support, digestion, detox	Tea, leaves as salad, tincture
Elderberry	Sambucus canadensis	Flu, common cold, constipation, cancer	Syrup, tea, juice
Garlic	Allium sativum	Common cold, coughs, infection	Ferment, raw, infusion
Lavender	Lavandula spp. *	Rash, sunburn, insect bite, headache	Oil, infusion
Lemon Balm	Melissa officinalis	Digestive upset, stress, headache, insomnia	Tea, tincture, poultice
Marshmallow	Althea officinalis	Pain, swelling, diarrhea, dry cough	Poultice, tea, tincture
Nettle	Urtica dioica	Joint pain, hay fever, bleeding, eczema	Cooked, tea
Oatstraw	Avena sativa, A. fatua	Stress, anxiety	Tea, infusion
Plantain	Plantago spp. **	Insect bites, rashes, diarrhea	Tea, tincture, poultice
Raspberry	Rubus idaeus/ Rubus spp.	PMS, diarrhea, common cold	Tea, tincture, infusion
Rose hips	Rosa spp. ***	Common cold, flue, arthritis	Syrup, tea
Rose petals	Rosa spp. ***	Sunburn, acne, rashes	Syrup, rinse, tea, infusion
Slippery elm	Ulmus rubra	Sore throat, cough, constipation	Tea, poultice
Spearmint	Mentha spicata	Nausea, sore throat, bloating	Tea, infusion
Thyme	Thymus vulgaris	Bronchitis, sore throat, whooping cough	Tincture, tea, culinary herb
Valerian	Valeriana officinalis	Insomnia, anxiety, menstrual cramps	Tea, tincture

\* Matricaria recutita

\*\*Lavandula angustifolia, L. officinalis, L. vera \*\*\*Plantago lanceolata, P. major, P. ovata, P. psyllium

\*\*\*\*Rosa spp. (including R. canina, R. multiflora, R. nutkana, R. palustris, R. rugosa, R. woodsii, and many other species)

