

Attachment 1

Herbs and Plants Medical Uses

Alder Tree

The inner bark is boiled in vinegar and rubbed on skin to kill lice and scabies mites and also dries up scabs.

Aloe

The sticky juice softens the skin and is also used for minor wounds and burns. It's good for diaper rash. An extract from the dried leaves can be taken internally for a strong laxative.

Anise

The seeds are used to relieve gas pain, colic and nausea. It is also used to sweeten breath and as an aphrodisiac.

Barberry

The root bark and stem bark is made into a tea and used for treating diarrhea.

Bedstraw

The whole plant is used for stuffing mattresses. It doesn't break down as fast as straw and it repels fleas and other insects. A tea made from it is used for dissolving kidney stones and used as a lotion to fade freckles and sunburn.

Black Birch Tree

Oil made from the bark is used as a pain reliever for wounds and sore muscles. It also smells like wintergreen mint.

Borage

Bees love it. It has a cooling effect when added to beverages. The leaves are made into tea and used to soothe irritated and inflamed mucous membranes. It will also reduce fevers.

Buckeyes

If you carry buckeyes in your pocket they will ward off rheumatism and hemorrhoids.

Burdock

The boiled root is used for rheumatism, gout and lung disease. A poultice of the crushed leaves is used for skin irritations and sores.

Burnett

Soldiers used to drink a tea before going into battle so they would not bleed to death if wounded.

Caraway

The seed relieves gas. Folklore states that caraway would prevent the theft of any item they contained it, so they would feed it to their chickens, geese and pigeons to keep them from straying. This property gave it power as a love potion. Feed it to your lover and he cannot be stolen from you.

Chamomile

The tea made from the flower is very soothing. It aids in sleeplessness, sore muscles, relieves pain caused by injury or arthritis.

Chestnuts

Tea made of the leaves relieves whooping cough.

Coltsfoot

The leaves and flowers are made into cough syrup and also relieves asthma. The crushed plant is used for burns. A hair rinse is made from the flower to highlight blond hair.

Comfrey

A poultice is used to heal broken bones and skin sores. A tea is good for bronchial and intestinal disorders. It is also good to feed your livestock. Chickens lay more eggs when eating it.

Cone Flower

The juice from the plant is used for snakebites, insect stings, toothaches, and enlarged glands. The Indians inhaled the plant smoke to cure headaches.

Corn Flower (Bachelor Button)

A decoction of dried flower is used as a treatment for eye inflammations. Steeping the seed and seed in wine will reduce fevers. Juice from the leaves applied to a wound will stop the bleeding. Research has confirmed this as true.

Cow Parsnips

A pinch of ash from the burned leave can act as a salt substitute. Stuffing a piece of the raw plant in a tooth cavities will alleviate toothaches.

Caraway

The seed are used as gas relief, which is why they are added to sauerkraut. Large doses may cause liver damage.

Catnip

Tea is given to babies for colic. Chewing on the leaves relieves toothache pain.

Celery

The seed relieves gas pains. The stalk works as a breath freshener.

Chicory

The roasted roots are used as a coffee substitute.

Dandelion

Tea made from the leaf is used as a tonic and works as a mild laxative. Tea made from the root will cure heartburn and is good for the liver, gallbladder and other digestive problems. Tea made from the roasted root is a coffee like drink.

Dead Nettle

A tea made from the flowering plant is a remedy for diarrhea.

Dill

Oil from the seeds sooth colicky stomachs of infants. Dill water or "gripe water" is use to relieve digestive discomfort.

Dogwood

During Civil War, blockades of southern ports the source of quinine was not obtainable, dogwood bark tea was used a substitute for treating malaria. It is also use to help break a fever.

Elderberry

Tea from the berry is used for cold and cough discomforts. Hot toddies of mulled elderberry wine were of great comfort. Tea made from the flower was a mild laxative and promoted sweating. The roots were used for black dye, the leaves for green and the berry for purple.

Eye Bright

An infusion of the flowering part of the plant is used as an eyewash.

Fennel

Hung over the door of a house it will repel evil spirits. Extract of the root is used for treatment of cataracts, the whole plant for blindness. A tea made from the crushed seed is used for an eye wash and also stomachaches and cramps.

Feverfew

The whole plant is a remedy for fevers of all kinds. It's planted around the house to purify air. The flowers keep bee away and a tincture of the blossoms works as an insect repellent and soothes their bites. It can also be use to treat nervousness, hysteria and low spirits. Tea made from the leaves is used for colds, indigestion and diarrhea. Tea made from the flowers promotes menstrual flow.

Flax

This plant is used to protect against witchcraft. The fiber of this plant is used to spin linen.

Forget-Me-Not

A poultice of this plant is used for insect bites and venomous animal bites.

Garlic

For colds, cough or sore throats either eat raw or make a syrup by boiling in water for half a day. It is a potent antiseptic.

Goldenrod

Tea made of the leaf alleviates intestinal gas and promotes sweating for fevers.

Holly

Bushes were planted near the house to ward off lightening and protect against witchcraft.

Hops

The flowers have sedative properties and the dried flowers relieve toothaches. It also promotes sexual activity.

Horehound

Cough syrup is made from mixing honey with a decoction of the boiled plant.

Lavender

Women quilted into their hats to “comfort the brianes”. Essential oil, extracted from the flowering stalks eases head pain, apoplexy and cramps. Lavender water made by steeping the flower in wine was prescribed for intestinal gas and as a gargle. The dried flowers repel moths and make your linens smell good. Sachets were made from the flowers.

Mountain Ash

A tea made from the fruit aides in diarrhea and hemorrhoids.

Horse Tail

The whole plant is use as a scouring pad for cleaning pots and pans. A poultice made of crushed stems stops bleeding. Liquid extract from boiled stems is used as a mouthwash for oral infections.

Mayapple**Mint****Motherwort****Mullein****Onion****Pumpkin****Queen Anne Lace****Red Clover****Rosemary****Sage****St. Johns Wort****Sedum****Slippery Elm****Tansy****Violet****Water Lilly****Mustard****Witch Hazel****Yarrow**