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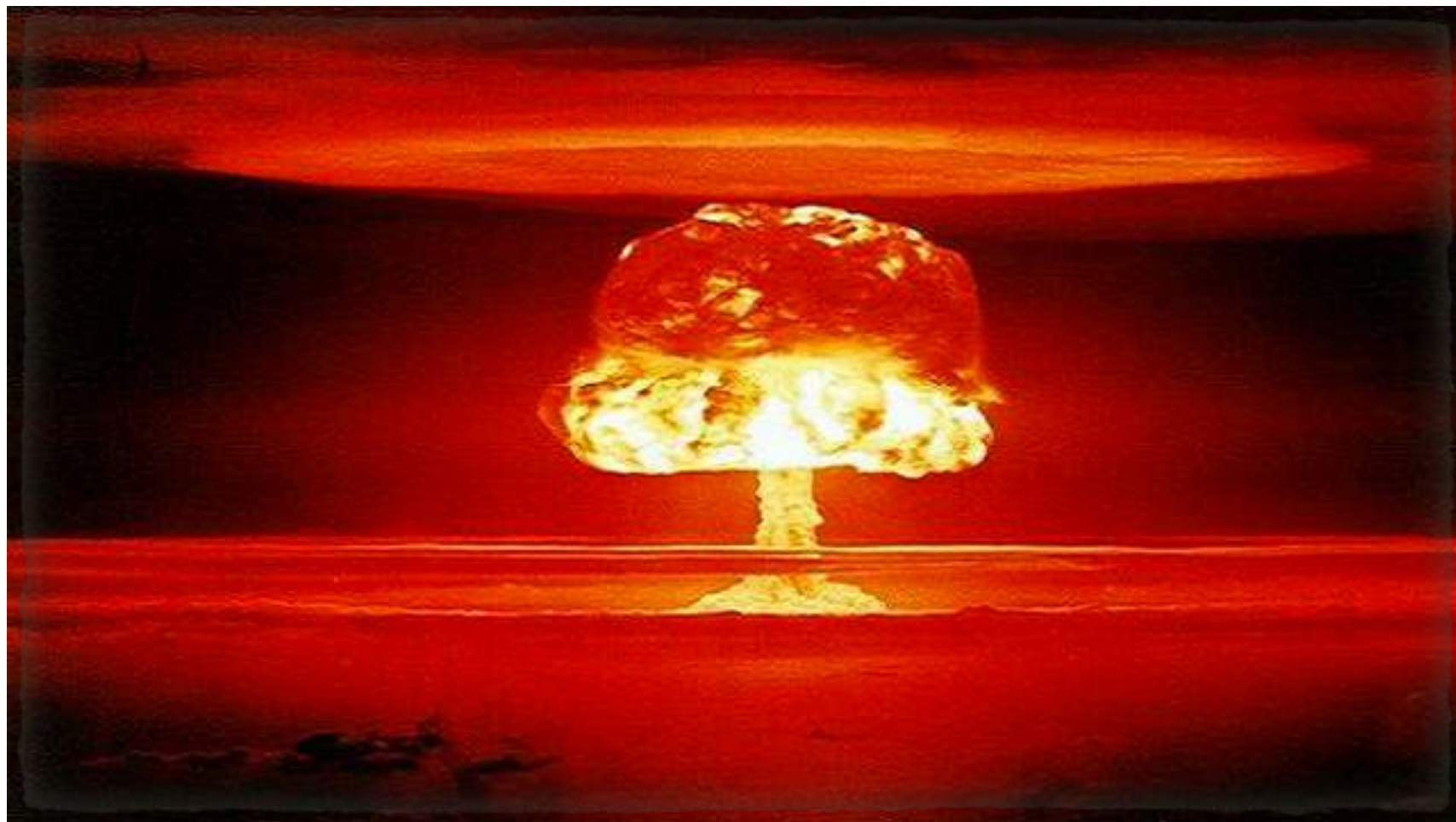


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# **Medicinal Plants:** **The Apocalypse Apothecary**

**Dr. Patrick Jones**



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# **Warning**

**This module contains graphic images of wounds  
and other unpleasanties.**

**Viewer discretion advised.**

# Bad Things Happen



# **Bad Things Happen**

**Revolutions**

**EMP**

**Earthquakes**

**Tornados**

**Economic Collapse**

**Tsunamis**

**Plagues**

**Etc...**

**On any given day in this world, it seems there is plenty  
of “apocalypse” to go around!**





So...  
**Prepper s Are  
Prepping!**

# **Preppers Are Prepping!**

**More and more, people are seeking ways to be prepared to contend with personal, local or large-scale disasters.**

**We expend enormous resources.**

**We have basements full of stuff “Just in case.”**



**But....Bad Things Happen!**

**What if all your stuff was lost?**

**Theft**

**Emergency Evacuation**

**Earthquakes and floods are hard on basements**

**Hoarding laws/Confiscation**

**or**

**Maybe You're Nowhere Near Your Stuff  
When the SHTF!**

# **Good News!**

**As long as the weeds survive,  
You'll be OK.**







**They're Everywhere!**

**We Are Literally Surrounded  
By Food & Medicine!**



# **Plants Are Powerful!**

**I've had amazing success  
Treating a variety of illnesses  
and serious wounds using the “weeds”  
growing on my property.**

**You Can Too!**

**For Example...**

# **If you knew Four Plants... You Could Do This!**

**Calendula, Comfrey, Plantain, Yarrow**





# Miracle Max

Before

After



Max knew someone that knew 4 plants!

# **If you knew Four Plants... You Could Prevent This!**

- Dandelion root,**
- Echinacea,**
- Plantain,**
- Mallow, Marshmallow or Hollyhock**
- Equal Parts**
- Topically & Internally Every 4 Hours**



**Brown Recluse Spider Bite**

# **If you knew Four Plants... You Could Prevent This!**

- Dandelion root,**
- Echinacea,**
- Plantain,**
- Mallow, Marshmallow or Hollyhock**
- Equal Parts**
- Topically & Internally Every 4 Hours**



**Rattlesnake Bite**



# **If you knew Four\* Plants... You Could Pass One of These!**

- Parsley Root**
- Uva Ursi**
- Juniper**
- Mallow or Hollyhock Root**
- Lobelia**
- Equal Parts**
- Internally Every 4 Hours**

**\*Remember: There are three kinds of people in this world,  
those who can count...and those who can't.**



**Kidney Stone**



# Purslane

## Portulaca oleracea



- **High in Omega 3**
- **Vitamins A,C & E**
- **Use as Aloe Vera**
- **Burns**
- **Venomous Bites**
- **Bladder infection**
- **Really Tasty!**

# Dandelion

**Taraxacum officinale**

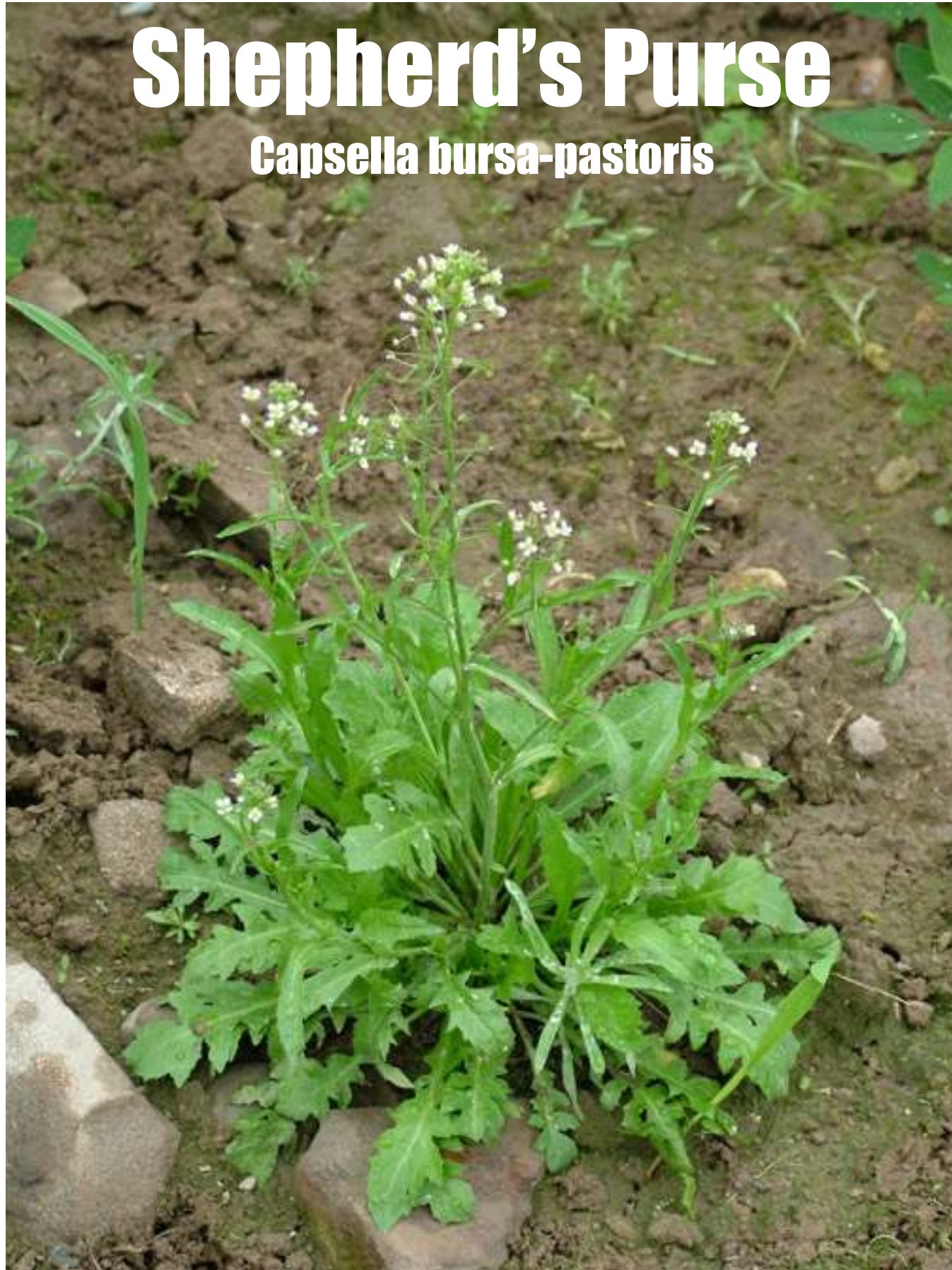
- **Entire Plant is Edible**
- **Vitamins A,C &E**
- **High Potassium**
- **Great Liver & Kidney Tonic**
- **Bladder Infections**
- **Jaundice**
- **No Contraindications**





# Shepherd's Purse

*Capsella bursa-pastoris*





# Shepherd's Purse

*Capsella bursa-pastoris*

- Entire Plant is Edible
- Stops Bleeding  
internally or externally
- Bladder Infections
- Gout





# Mallow

*Malva neglecta*





# Mallow

**Malva neglecta**

- **Entire Plant is Edible**
- **Entire Plant is Medicinal**
- **Bronchitis**
- **Diarrhea**
- **Bladder Infections**
- **Gangrene**
- **No Contraindications**



# Plantain

**Plantago spp.**

- **Entire Plant is Edible**
- **Entire Plant is Medicinal**
- **Topically or Internally**
- **Draws out Venoms/Poisons**
- **Wounds**
- **Venomous Bites/Stings**
- **Bladder Infections**
- **Sepsis**
- **No Contraindications**





# Cleavers

**Galium aparine**



- **Entire Plant is Medicinal**
- **Topically or Internally**
- **Bladder Infections**
- **Liver Restorative**
- **Make a Tea to soak burns**
- **Swollen Lymph Nodes**
- **Lymphatic Congestion**
- **Edema**
  
- **No Contraindications**

# Gumweed

**Grindelia spp.**

- **Flowers and leaves are medicinal**
- **Topically or Internally**
- **Bladder Infections**
- **Wounds**
- **Antimicrobial**
- **Anti-inflammatory**
- **Accelerates healing**
- **Anti-spasmodic**
- **Expectorant**
- **Asthma**
  
- **No Contraindications**





# Burdock

## **Arctium lappa**

Burdock is an excellent “Blood Cleanser” and detoxifier. It is a general kidney and liver tonic and helps the body remove wastes and toxins.

Burdock is a biennial. The first-year plant forms a low, leafy rosette on the ground. The second year plant forms flowers that later become seed-filled burrs. The late first-year or early second-year root is the cleansing medicine. No contraindications.





# Burdock

**Arctium lappa**

- **Root is Edible**
  - **Liver & Kidney Tonic**
  - **Cancer**
  - **Arthritis**
  - **Eczema**
  - **Psoriasis**
  - **Anemia**
  - **Edema**
- 
- **No Contraindications**



# **Prickly Pear**

## **Opuntia spp.**



**-Flower & Fruit are Edible**

**-Excellent for Burns  
(Use like Aloe Vera)**

**- Ulcers**

**- Diabetes**

**- No Contraindications**



# Lobelia

**Lobelia spp.**

- **Entire plant is medicinal**
- **Antispasmodic**
- **Asthma**
- **Muscle spasms**
- **Wounds**
- **Expectorant**
- **Induces vomiting in higher doses**
  
- **Do not take in pregnancy, lactation or cases of low blood blood pressure.**

*L. inflata*



*L. cardinalis*





# Juniper

**Juniperus spp.**

- Berry & Leaf are Medicinal**
  - Bladder Infections**
  - Kidney Stones**
  - Diabetes**
  - A Good Stomach Bitter**
- 
- Avoid during pregnancy**





# Comfrey

**Symphytum officinale**

- **Leaf & Root are Medicinal**
- **Markedly accelerates bone and tissue healing**
- **Wounds**
- **GI tract inflammations**
- **Expectorant**
- **Bronchitis**
- **Do not feed to 6-week old rats!**





# Oregon Grape

**Mahonia spp.**

- Root is Medicinal**
  - Berries are edible**
  - Antibiotic**
  - Fevers**
  - Laxative**
  - Hepatitis**
  - Jaundice**
  - Liver Cleanse**
- 
- Avoid during pregnancy**





# Cone Flowers

**Echinacea spp. & Rudbeckia Spp.**

- **Root & Flower**
- **Immune Stimulant**
- **Anti-bacterial**
- **Rattlesnake Bites**
- **Hobo & Recluse Spider Bites**
- **Cartilage Healing**
- **Sepsis**
- **Joint Healing**
  
- **Avoid during pregnancy**





# Cayenne

**Capsicum anuum**

- **The Pepper & Seeds**
  - **Any hot pepper will do**
  - **Stops Bleeding internally or topically**
  - **Stomach Ulcers**
  - **High or Low Blood pressure**
  - **Sinus Congestion**
  - **Shock/Heart Attack**
  - **Clears Phlegm from lungs**
- 
- **No Contraindications**





# Pot Marigold/Calendula

*Calendula officianalis*

- Entire plant is edible
- Flower is medicinal
- Anti-bacterial
- Anti-inflammatory
- Accelerates Healing
- Menstrual Cramps
- Stomach Ulcers
- Shingles
  
- Avoid in pregnancy!



# **Uva Ursi (aka Kinnikinnick)**

**Arctostaphylos uva-ursi**

- Berries are edible**
- Leaves are medicinal**
- Bladder infections**
- Kidney infections**
- Kidney Stones**
- Thrush**
- Topically for hives**
  
- Avoid in pregnancy!**





# Yarrow

*Achillea millifolium*

- **Flower & Leaf are Medicinal**
- **Fevers**
- **Colds & Flus**
- **Stops Bleeding internally or topically**
- **Menstrual Cramps**
- **Root is local anesthetic good for Dental Pain**
- **Avoid in Pregnancy**





# Mullein

**Verbascum thapsus**

- **Leaf & Flower**
- **Expectorant**
- **Cough Suppressant**
- **Sore Throat**
- **Root for Back Pain**
- **Root for urinary incontinence**
- **Infused oil of Flowers for earache**
- **Worms**
- **Toilet Paper!**
  
- **No Contraindications**





# Yellow Dock

**Rumex crispus**

- **Entire plant is edible**
- **High in iron!**
- **Dry seeds ground for flour**
- **Mild laxative**
- **Psoriasis & Eczema internally**
- **Anemia**
- **Jaundice**
  
- **No Contraindications**



# Elm

**Ulmus spp.**

- **Green seeds are edible**
- **High in mucilage**
- **Inner bark can be used like slippery elm.**
- **Bronchitis**
- **Sore Throats**
- **Intestinal ailments**
- **Bladder inflammation**
  
- **No Contraindications**





Aspen

# Willow, Aspen, Birch, Poplar

- **Young, green bark is like aspirin.**
- **Headache**
- **Pain**
- **Inflammation**
- **Fever**
  
- **No Contraindications**



Willow



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