

Disclaimer

This presentation is for entertainment and educational purposes only. The author is not a physician and the contents of this module should not be viewed or taken as medical advice. The views expressed are the opinions of the author only and should not be taken as an endorsement of any product or practice. Herbs can and do interact with pharmaceuticals. No herb or herbal product should be taken without consulting a qualified physician. The author and publisher disclaim any liability arising directly or indirectly from the use of this information or any product, plant or practice mentioned herein. Don't run with scissors. Don't immerse your head in a bucket of water for a prolonged period of time. Don't give your bank account number to deposed Nigerian princes on the internet. Don't stick your finger in a pencil sharpener. Don't read very small type without proper magnification.....

Copyright

Copyright © 2018 HomeGrown Herbalist, LLC

All rights reserved, including the right to reproduce this information or any portion thereof in any form whatsoever. For information, address HomeGrown Herbalist, LLC, PO Box 81, Buhl, ID 83316

Giving this document to people who haven't paid for it is stealing.

Stealing is bad.

Don't be bad.

HomeGrown Herbalist School of Botanical Medicine



HomeGrownHerbalist.net

10 Plants That Can Change Your Life:



Herbal Medicines In Your Own Backyard!

Dr. Patrick Jones & Carl The Herb Hound

HomeGrownHerbalist.net

Warning

This module contains graphic images of wounds and other unpleasanties.



**If you are a sensitive soul,
please watch with your eyes closed.**



They're Everywhere!

**We Are Literally Surrounded
By 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



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 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

What Are The 10 Most Important Herbs To Have?

Comfrey

Symphytum officinale



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!**



Growing Comfrey

**Comfrey is enthusiastic, invasive and impossible to get rid of.
Concrete is your friend!**



Growing Comfrey

**Another, less-invasive option is to grow Russian Comfrey
Symphytum x uplandicum.
It's a sterile hybrid and won't propagate by seed.**



Harvesting Comfrey

Be careful not to harvest more than every single bit of the plant...or it may take weeks to recover!

Wear gloves. The leaves are pretty prickly.



Comfrey Root

Gumweed

Grindelia spp.



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**



Growing Gumweed

**Throw the seeds on the worst ground you can find.
When your neighbors ask you about where it came from...
Play dumb!**

The gumweed will take it from there.

Any soil is fine. Full or partial sun.

Harvesting Gumweed

Gather flowers and buds when the plant is flowering.

The high oil content, makes it near impossible to dry,



Cone Flowers

Echinacea & Rudbeckia



Cone Flowers

Echinacea & Rudbeckia.

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



Growing Cone Flowers

Echinacea purpurea is a much hardier and more productive plant than E. angustifolia.

Easy to grow in flower beds with full or part sun.



Harvesting Coneflowers

Gather flowers when fully formed. Roots can be dug in the fall.



Note to the men...

The flowers are about as good as the roots.

**Your wife will be happier if you head to her
flower beds with a pair of scissors instead of a spade!**

Calendula

Calendula officinalis



Pot Marigold/Calendula

Calendula officinalis

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



Growing Calendula

**Calendula seeds must be planted near dirt...
or they won't grow at all!
Full sun is great. Partial sun is fine.**



Harvesting Calendula

**Gather flowers late in the morning
when they're really full of themselves.**



Chamomile

Matricaria recutita

Chamaemelum nobile



Chamomile

- **Flower is the medicine**
- **Insomnia, Anxiety, Stress**
- **Pain**

- **Antimicrobial & Anti-fungal**
- **Anti-inflammatory**

- **Fabulous for Gastro-Intestinal ills**
- **Liver Tonic**

- **Menstrual Cramps**
- **Kidney Restorative**



Growing Chamomile

Chamomile is easy to grow from seed.

Full or partial sun.

German chamomile is a self-seeding annual.

Roman chamomile is a perennial.



Harvesting Chamomile

**Gather flowers late in the morning
when they're really full of themselves.
Chamomile rakes are a neat idea...
they sort of work.**



Mallow

Malva neglecta



Mallow

Malva neglecta

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



Growing Mallow

**Stop spraying your lawn.
You'll have mallow next year.**



Harvesting Mallow

**Tell the children they're "wildcrafting"
instead of "weeding".**

It only works once with the smart kids.

**Mallow roots are stringier than marshmallow roots.
Chop them fine before you dry them.**

Cramp Bark

Viburnum opulus



Cramp Bark

Viburnum opulus

- Collect Bark before plant flowers in spring.**
- Powerful antispasmodic**
 - Muscle cramps**
 - Uterine cramps**
- Threatened miscarriage**
- Bronchial spasms/Asthma**



Growing Cramp Bark

**Go to your local nursery and buy one.
They're easy to grow and require yearly pruning
which is just what an herbalist wants!**



Harvesting Cramp Bark

**Thin the bush in the spring before it blooms
and remove the inner bark from the pruned canes.**

**Viburnum also makes a red berry which is edible...
though only by the strictest definition.**



Plantain

Plantago major



Plantain

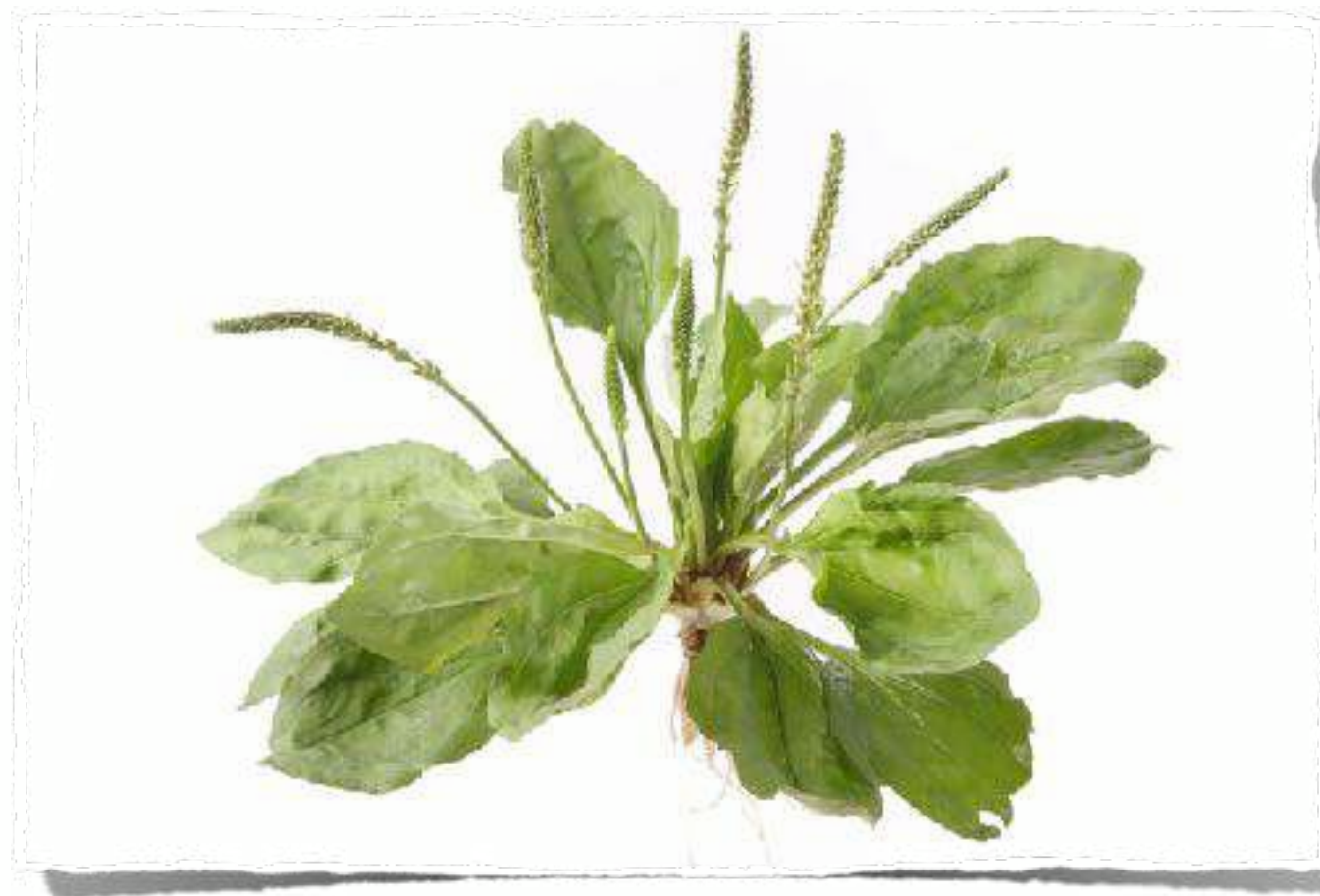
Plantago spp.

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



Growing Plantain

**Easy to grow from seed or just collect it
from the shady parts of your lawn.
No dogs please!**



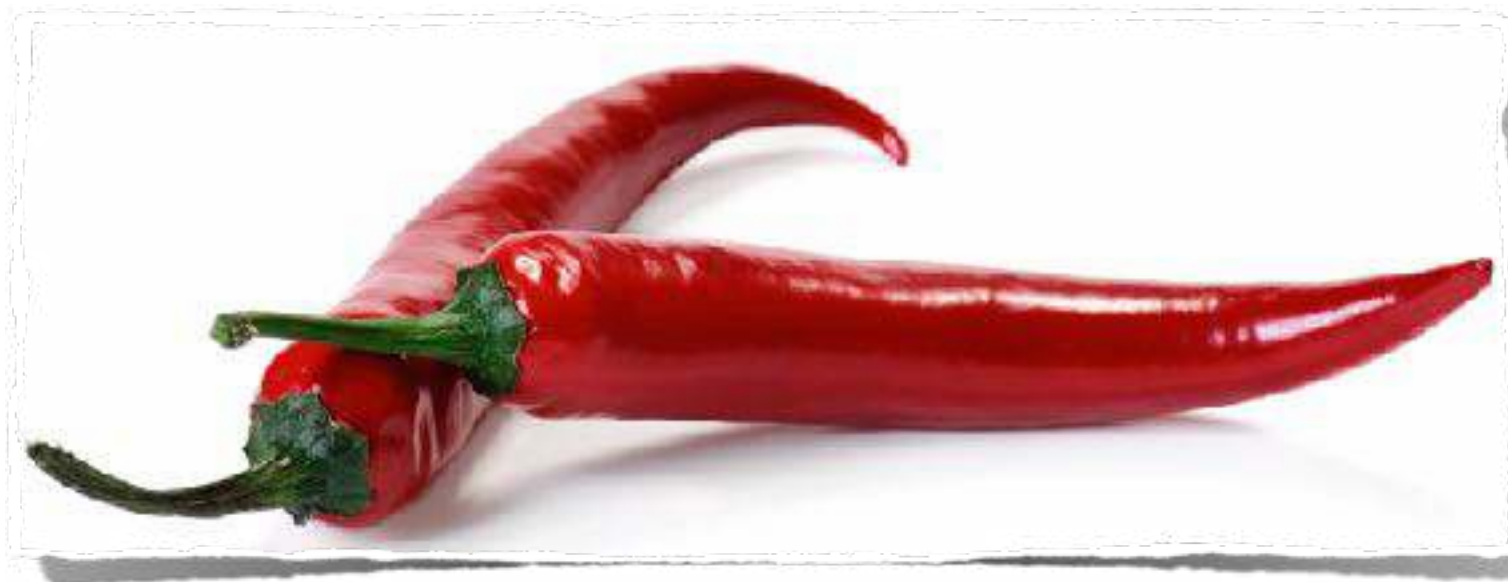
Harvesting Plantain

**The leaves are the medicine.
Harvest when there are leaves.
Fresh is best. Has a pretty short shelf life when dried.**



Cayenne

Capsicum anuum



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**



Growing Cayenne

**Go to your local nursery and buy some plants.
Grow them like any other pepper plant.**



Harvesting Cayenne

**When the peppers are red, they're ready.
Remove the seeds for eating, but leave them in for medicine.
Dry and grind.**



Dandelion

Taraxacum officinale



Dandelion

Taraxacum officinale

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



Growing Dandelions

Grasp seed head between fingers.

Pucker.

Blow.



Harvesting Dandelions

High-Tech Dandelion harvesting equipment is available.

Tell your kids to go get one from the garage.

Leaves in the spring.

Roots in the fall.



Yarrow

Achillea millifolium



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 during**
- **Pregnancy**



Growing Yarrow

**Yarrow does well in sun or shade.
It tends to be pretty aggressive so put it where you want it.**



Harvesting Yarrow

**When the plant is in bloom,
Harvest the top 1/4 to 1/3.**





Thanks for Listening!

Dr. Patrick Jones

HomeGrown Herbalist School of Botanical Medicine

HomeGrownHerbalist.net