HomeGrown Herbalist
School of Botanical Medicine

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Be Nice To Your Weeds
They Just Might Save Your Life

Dr. Patrick Jones

Caution

Many of the herbs mentioned in this module are **not safe** to take during pregnancy or while nursing. Carefully research each plant mentioned in each formula and consult a physician before using them in those cases.

Don’t combine herbs with pharmaceuticals or add herbal supplements to your regimen without consulting your physician.

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In the Beginning…

There Were Weeds!

And The War Began!

Over The centuries,
Our Weapons Have Improved

Our Technology Has Advanced!

Our troops are well Armed!

Our Resolve is Firm!

And yet...
The Weeds are still winning!

They Invade our lawns!

They Corrupt Our Children!

We Are Weary
And We're Losing
The War.

It's Time For a New Strategy!

Embrace The Chaos!

And Join
The Other Side!

Good News!
Most Weeds Are Medicinal!

Shepherd's Purse

Capsella Bursa-Pastoris

Shepherd's Purse

Capsella bursa-pastoris

- Entire plant is edible
- Entire plant is medicinal
- Stops bleeding internally & Topically
- Bladder infections
- Gout
- Do not take during pregnancy or lactation

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Cleavers

Galium aparine

Cleavers

Galium aparine

- Entire Plant is Medicinal
- Bladder Infections
- Liver Restorative
- Make a Tea to soak burns
- Swollen Lymph Nodes
- Lymphatic Congestion
- Edema

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Dandelion

Taraxacum officinale

Dandelion

Taraxacum officinale

- Entire Plant is Edible
- Leaf & Root are medicine
- Vitamins A,C &E
- High Potassium content
- Great Liver & Kidney Tonic
- Skin problems
- Bladder Infections
- Jaundice
- Breast Cancer

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Mallow

Malva neglecta

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Mallow

Malva neglecta

- Entire Plant is Edible
- Entire Plant is Medicinal
- Bronchitis
- Diarrhea
- Bladder Infections
- Gangrene

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Gumweed

Grindelia squarrosa

Gumweed

Grindelia squarrosa

- Flowers and leaves are medicinal
- Bladder Infections
- Antimicrobial
- Anti-inflammatory
- Accelerates healing
- Wounds
- Antispasmodic
- Expectorant
- Asthma

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Burdock

Arctium lappa

Burdock

Arctium lappa

- Root is Edible & Medicinal
- Liver & Kidney Tonic
- Cancer
- Arthritis
- Eczema
- Psoriasis
- Anemia
- Edema
- PreBiotic

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Burdock

Arctium lappa

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 medicine.

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Stinging Nettle

Urtica Dioica

Nettles

Urtica Dioica

- Entire Plant is Edible & Medicinal
- Antihistamine/Allergies
- Lowers Blood sugars
- Bladder Infections
- Ulcers
- Arthritis (sting)
- Prostate enlargement (root)
- Kidney restorative (seed)

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Mullein
Verbascum thapsus

Mullein

Verbascum Thapsus

- Leaf, flower & Root medicinal
- cough suppressant
- Expectorant
- Antiviral (Corona, Influenza)
- Earache (infused Oil made of Flowers)
- Urinary incontinence (root)

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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
- Leaky gut
- Sepsis

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Sweet Wormwood

Artemisia annua

Sweet Wormwood

Artemisia annua

- Aerial Parts are Medicinal
- Worms
- Anti-Viral
- Prevents Covid Attachment & Reproduction
- Malaria
- Anti-Cancer
- Anti-protozoal
- Autoimmune Diseases
- Don't take during pregnancy or lactation

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Teasel

Dipsacus spp.

Teasel

Dipsacus spp.

- Roots are Medicinal
  (fall of 1st year or spring of second)
- Nerve Pain (even chronic)
- Anti-inflammatory
- Multiple Sclerosis
- Lymes Disease
- Aids Healing of wounds, Bones & Cartilage
- Migraines
- Liver support
- Don't take during pregnancy or lactation

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Milk Thistle
Silybum marianum

Milk Thistle

Silybum marianum

- Seed is the medicine
- Liver protectant
- Liver restorative
- Jaundice
- Hepatitis
- Poisonings
- Lowers cholesterol
- Giardia infections

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Milkweed

Aesclepias speciosa

Milkweed

Asclepias speciosa

- Root is the medicine
- Kidney stones
- Kidney Weakness
- Expectorant
- Antispasmodic
- Gallbladder attacks
- Young leaves & seed pods are edible.
- Do not take during pregnancy or lactation

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Purslane
Portulaca oleracea

Purslane

Portulaca oleracea

- High in Omega 3
- Vitamins A,C & E
- Really Tasty!
- Use like Aloe Vera
- Burns
- Venomous Bites
- Bladder infection
- Do not take during pregnancy or lactation

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Puncturevine
Tribulus terrestris

Puncture Vine

Tribulus terrestris

- Seeds and leaves are medicinal
- Essential hypertension
- Lowers cholesterol
- Atherosclerosis
- Improves male fertility/libido

- Do not take in cases of kidney, liver or heart illness. -
- Do not take during pregnancy or lactation

the margin of safety for puncture vine isn't as broad as most herbs. Don't exceed 1/2 to 1 teaspoon of powder a day

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A Blessing of Briars

Patrick Jones, DVM

God Once Made a Garden
Where Father Adam dwelled
And from which,
When he displeased God,
He found himself expelled.

When pain and sickness came
He learned
That God's love still was true.
For thorns and briars and noxious weeds
Are all a blessing too.

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Thanks For Listening
Doc Jones

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Have a Look at his Books!

Doc's Books

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Herb Kits

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