

COMMON NAME: Gumweed

BOTANICAL NAME: *Grindelia*

FAMILY: Asteraceae

PARTS USED: Flowers & Leaves

HABITAT: Native to Colorado, it favors dry areas, but grows on moist soils that lack other vegetation. It is most common in dry prairies, waste places, roadsides, railroads, depleted rangelands, and abandoned croplands.

TRADITIONAL USES: American Indians used the gummy secretions of curly cup gumweed to relieve asthma, bronchitis, and colic. Pawnee Indians boiled leaves and flowering tops to treat saddle sores and raw skin. Today, medicinal uses include treatment of bronchial spasm, whooping cough, asthma, and rashes caused by poison ivy.

Internal Uses:

Extract is valuable as a stimulant, sedative, astringent, purgative, emetic, diuretic, antiseptic, and disinfectant

Bronchitis

Bladder infections

Anti-microbial

Anti-inflammatory

Anti-spasmodic for dry/hacking coughs

Relaxing Expectorant

Asthma

Allergies

Calming to nervous heart palpitations

Indigestion

External Uses:

Wounds

Accelerates healing

Stimulates skin regeneration

Poison Oak/ Poison Ivy (combined with apple cider vinegar)

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

CAUTIONS: May cause allergic reaction in people sensitive to the Asteraceae/Compositae family (i.e. ragweed, chrysanthemums, marigolds, daisies, etc.). Do not use in high doses as it could be potentially irritating to the kidneys and gastrointestinal tract.

COMMON NAME: Mallow

BOTANICAL NAME: *Malva neglecta*

FAMILY: Malvaceae

PARTS USED: Entire Plant

HABITAT: Native to Europe, North Africa, and Asia, found on most soils, from coastal to marginally upland habitats, with most settings being adequate for this resilient plant. It loves waste-ground as well as grassland; gravel as much as coastal edges, and waysides and roadsides as well as hedges.

TRADITIONAL USES:

Internal Uses:

Demulcent

Anti-Inflammatory

Dry Cough

Constipation

Bronchitis

Diarrhea

Bladder infections

Rheumatoid Arthritis

Inflammation of the stomach

External Uses:

Acne

Hemorrhoids

Emollient

Mouthwash, gargle for inflammations of mouth and throat

Poultice for minor skin inflammations, eczema and wound healing

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

COMMON NAME: Burdock

BOTANICAL NAME: *Arctium lappa*

FAMILY: Asteraceae

PARTS USED: Root, leaf & seed

HABITAT: Native to Europe and Asia, burdock thrives along river banks, disturbed habitats, roadsides, vacant lots, and fields. It grows throughout North America but not in the southern regions.

TRADITIONAL USES:

Internal Uses:

Anti-microbial

Increases urine flow

Reduces fever

Purifies blood

Treat colds

Cancer

Anorexia

Stomach and intestinal complaints

Joint pain

Gout

Bladder infections

Diabetes

Complications of syphilis

High blood pressure

Hardening of the arteries (arteriosclerosis)

Liver disease

Can increase sex drive

External Uses:

(Use as wash, wet compress or poultice)

Skin conditions including acne, eczema, psoriasis, boils and dandruff

Wound healing

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

Bleeding disorders Upcoming surgery (stop 2 weeks before)

CAUTIONS: May cause allergic reaction in people sensitive to the Asteraceae/Compositae family (i.e. ragweed, chrysanthemums, marigolds, daisies, etc.). Do not take with other blood clotting or blood sugar lowering medications. Avoid large quantities of burdock during pregnancy as it may stimulate uterus.

COMMON NAME: Milk Thistle

BOTANICAL NAME: *Silybum marianum*

FAMILY: Asteraceae

PARTS USED: Seed (medicinal) roots, shoots, and stems (edible)

HABITAT: Native to Europe, grows in dry, rocky soils, preferring sunny or lightly shaded areas. It also likes waste places in many areas around the world.

TRADITIONAL USES:

Liver protectant

Liver restorative

Liver poisonings

Fatty liver

Alcoholic hepatitis

Cirrhosis

Jaundice

Hepatitis

Gallbladder disorders

Psoriasis

Mild laxative

Lowers cholesterol

Giardia infections

Type 2 diabetes

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

Fibroid tumors or endometriosis

Breast, uterine, and ovarian cancers

CAUTIONS: May cause allergic reaction in people sensitive to the Asteraceae/Compositae family (i.e. ragweed, chrysanthemums, marigolds, daisies, etc.). May interact with certain medications such as the effectiveness of birth control.

COMMON NAME: Plantain

BOTANICAL NAME: *Plantago major*

FAMILY: Plantaginaceae

PARTS USED: Entire plant is edible & leaves are medicinal

HABITAT: Can be found growing throughout Ontario and most of North America as well as in Europe and Asia in meadows, pastures, lawns, roadsides, gardens, and waste places.

TRADITIONAL USES:

Internal Uses:

Bladder infection

Anti-bacterial

Sepsis

Bronchitis

Colds

Hemorrhoids

Diarrhea

External Uses:

Skin conditions using wash, wet compress or poultice on

Wounds

Boils

Draws out venoms/poisons

Eye irritations

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

CAUTIONS: People who are allergic to melons might also be allergic to plantain. Some may be allergic to the plantain family. Plantain helps blood clot and may decrease the effectiveness of warfarin (Coumadin). Hot tea can make anti-bacterial benefits ineffective.

COMMON NAME: Shepard's Purse

BOTANICAL NAME: *Capsella bursa-pastoris*

FAMILY: Brassicaceae

PARTS USED: Parts that grow above ground are medicinal

HABITAT: Native to Europe, can be found in disturbed areas, gardens, farmland, fallow lands, roadsides, and cultivated fields.

TRADITIONAL USES:

Internal Use:

Mild heart failure
Low blood pressure
Headaches
Vomiting blood
Blood in the urine
Diarrhea
Bladder infections
Premenstrual symptoms

External Use:

Poultice or web compress for
Minor cuts
Wounds
Nosebleeds
Mouthwash for inflammations of the mouth

DO NOT USE IN CASE OF:

Pregnant or breastfeeding
Kidney stones

CAUTIONS: Can cause drowsiness, changes in blood pressure, thyroid function changes, and heart palpitations. Can interfere with treatment for heart and thyroid conditions. Can have a moderate interaction with sedative medications (CNS depressants). Avoid use at least two weeks before scheduled surgery. Might decrease the effectiveness of thyroid hormone.

COMMON NAME: Showy Milkweed

BOTANICAL NAME: *Asclepasis speciosa*

FAMILY: Asclepiadaceae

PARTS USED: Roots (medicinal) young leaves and seed pods (edible)

HABITAT: Native to Western North America, grows in prairies, in sandy and loamy, moister soils, usually on roadsides, in fields, and wastelands. Extremely important food and habitat for the survival of monarch butterflies.

TRADITIONAL USES: Native Americans used the fiber in the stems for rope, baskets, and nets. The fluffy white floss, attached to milkweed's flat brown seeds, can be used to stuff pillows, mattresses, and quilts, and was carried as tinder to start fires.

Internal Uses:

Kidney stones

Kidney weakness

Expectorant

Anti-spasmodic

Gall bladder attacks

External Uses:

Latex used to cure warts

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

CAUTIONS: Some may have an allergic reaction to the sap and avoid getting sap in eyes. May be toxic when taken internally, without proper preparation. Seek consultation from a clinically certified herbalist prior to ingesting.

COMMON NAME: Puncture Vine

BOTANICAL NAME: *Tribulus terrestris*

FAMILY: Plantaginaceae (Zygophyllaceae)

PARTS USED: Seeds & Leaves are medicinal

HABITAT: An annual plant most commonly found in eastern Colorado at elevations below 6,500 feet, in disturbed soils and vacant lots.

TRADITIONAL USES: Has been used as a ceremonial medicine by southwestern Navajo tribes.

Internal Uses:

Essential hypertension

Lowers cholesterol

Atherosclerosis

Improves male & female dysfunction

Infertility

Enlarged prostate

Menopausal symptoms

Polycystic ovary syndrome

Coughs

Intestinal gas

External Uses:

Eczema

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

CAUTIONS: Might decrease blood sugar levels so diabetes medication may need to be adjusted. Might interfere with blood sugar and blood pressure control so avoid use at least two weeks before and scheduled surgery. Spiny seeds can puncture human skin and bike tires.

COMMON NAME: Cleavers

BOTANICAL NAME: *Galium aparine*

FAMILY: Rubiaceae

PARTS USED: Entire plant above ground

HABITAT: Native to Europe and western Asia, cleavers commonly grow in hedgerows and field margins. They also grow near crops, orchards, waste areas, disturbed areas, pastures, open woodlands and in gardens. This plant is commonly found in temperate environments but it can be found in some sub-tropical areas. Covered with velcro-like hairs, it is known to stick to your clothing.

TRADITIONAL USES: The use of cleavers is dated back to ancient Greeks, who often wove it together to make a sieve for straining milk, which added healing properties to the milk. This method of straining milk is still being used in some parts of Sweden today.

Internal Uses:

Increases urine flow to relieve fluid retention bladder infections

Mild laxative

Ovarian cysts

Support lymphatic system after an infection

Enlarged or infected lymph nodes

External Uses:

Psoriasis

Apply directly to the skin for ulcers, enlarged glands, breast lumps, and skin rashes

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

Diabetes

CAUTIONS: Some people develop a rash when they touch this plant, if so, do not ingest. Taking with lithium could cause dangerous dehydration.

COMMON NAME: Dandelion

BOTANICAL NAME: *Taraxacum officinale*

FAMILY: Asteraceae

PARTS USED: All parts used

HABITAT: Native to Europe, they grow in temperate regions of the world, in lawns, on roadsides, on disturbed banks and shores of water ways, and other areas with moist soils. There is also a high population of dandelions in areas such as burned forests, overgrazed ranges, avalanche areas, and marshy floodplains.

TRADITIONAL USES:

Internal Uses:

Vitamins A, C, & E
High in potassium
Great liver & kidney tonic
Gallbladder congestion
Constipation
Tonsillitis
Bladder infections
Kidney infections
Diuretic (leaf) for edema
Jaundice
Breast cancer

External Uses:

Skin Problems

DO NOT USE IN CASE OF:

Pregnant or breastfeeding
Eczema (may be more prone to allergic reactions to dandelion)
Blood disorders (might slow blood clotting and increase the risk for bleeding and bruising)

CAUTIONS: May cause allergic reaction in people sensitive to the Asteraceae/Compositae family (i.e. ragweed, chrysanthemums, marigolds, daisies, etc.). Dandelion might reduce how much oxalate is released through urine. In theory, this might increase the risk for complications in people with kidney problems. May reduce the effectiveness of antibiotics.

COMMON NAME: Purslane

BOTANICAL NAME: *Portulaca oleracea*

FAMILY: Portulacaceae

PARTS USED: Leaves, shoots & seeds (medicinal), entire plant (edible)

HABITAT: Likely native to India, it is widely distributed throughout the United States. Common purslane can grow in a variety of soil types, and is highly tolerant of drought conditions.

TRADITIONAL USES:

Internal Uses:

High in omega 3 and Magnesium

Vitamins A, C, & E

Diarrhea

Bacterial dysentery

Diuretic

Bladder infections

Fever

Hypertension

Anti-bacterial

Intestinal worms

External Uses:

Juice can be used to cool/heal burns and reduce inflammations and swelling from injuries

Skin sensitivities

Venomous bites

DO NOT USE IN CASE OF:

Pregnant or breastfeeding

Digestive ailments

Kidney stones