

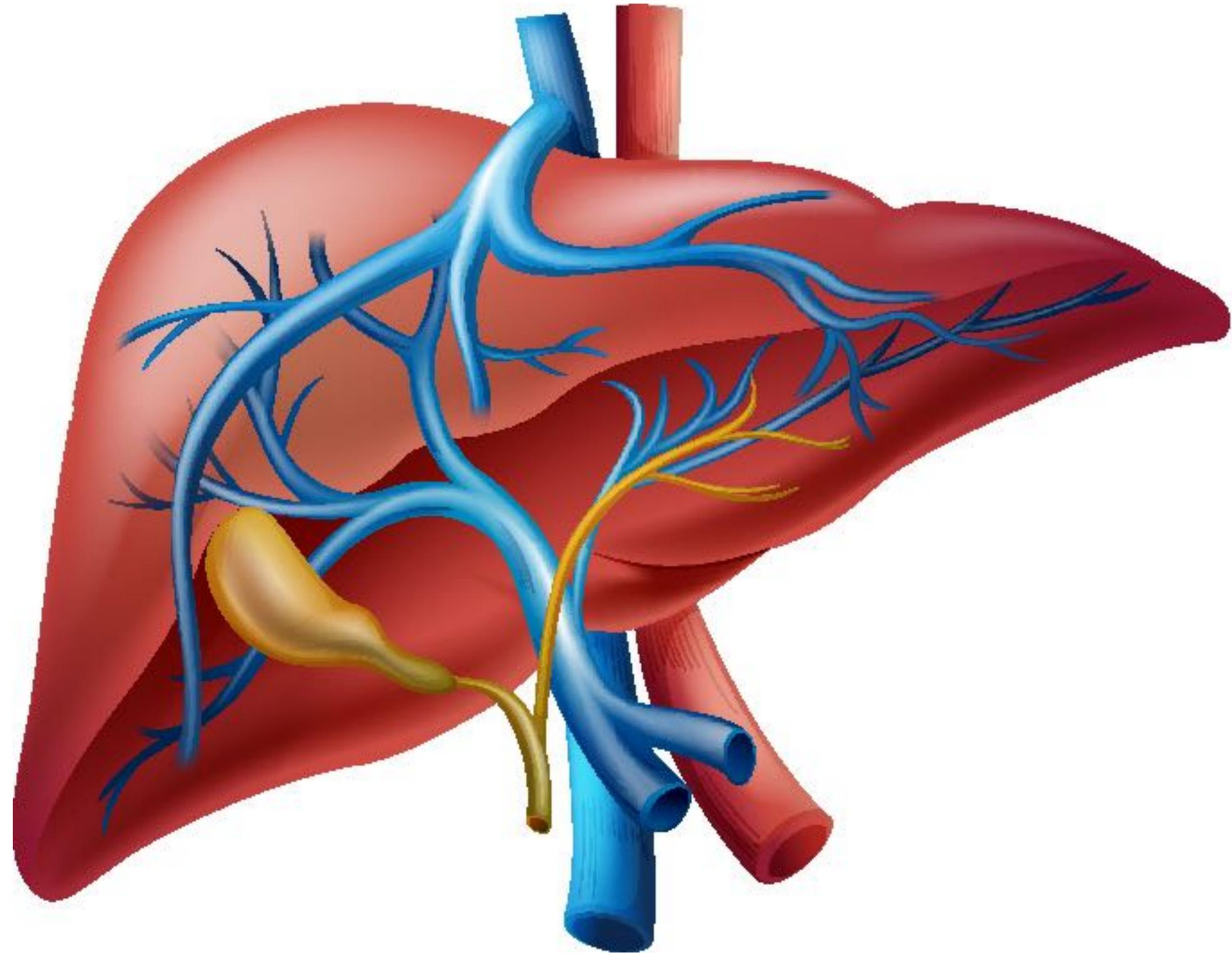
The background is a detailed botanical illustration featuring various plants and insects. On the left, there are yellow flowers with dark spots, a cluster of small white flowers, and purple flowers. In the center, a brown and orange butterfly is shown. On the right, there are purple flowers, a bumblebee, and yellow dandelion-like flowers. The overall style is a soft, watercolor-like botanical illustration.

# 5 Powerful Weeds for Clinical Practice

*with Rosalee de la Forêt*

# Why Weeds?











Dress Circle  
Upper Circle

E-L 1-14

alchemy  
OF HERBS

TRANSFORM  
EVERYDAY  
INGREDIENTS INTO  
FOODS & REMEDIES  
THAT HEAL

ROSALEE  
DE LA FORÊT

FOREWORD BY  
ROSEMARY GLADSTAR

THE NEW  
**Snow**  
HDD OF THE SE  
THE FAIREST

Tickets o

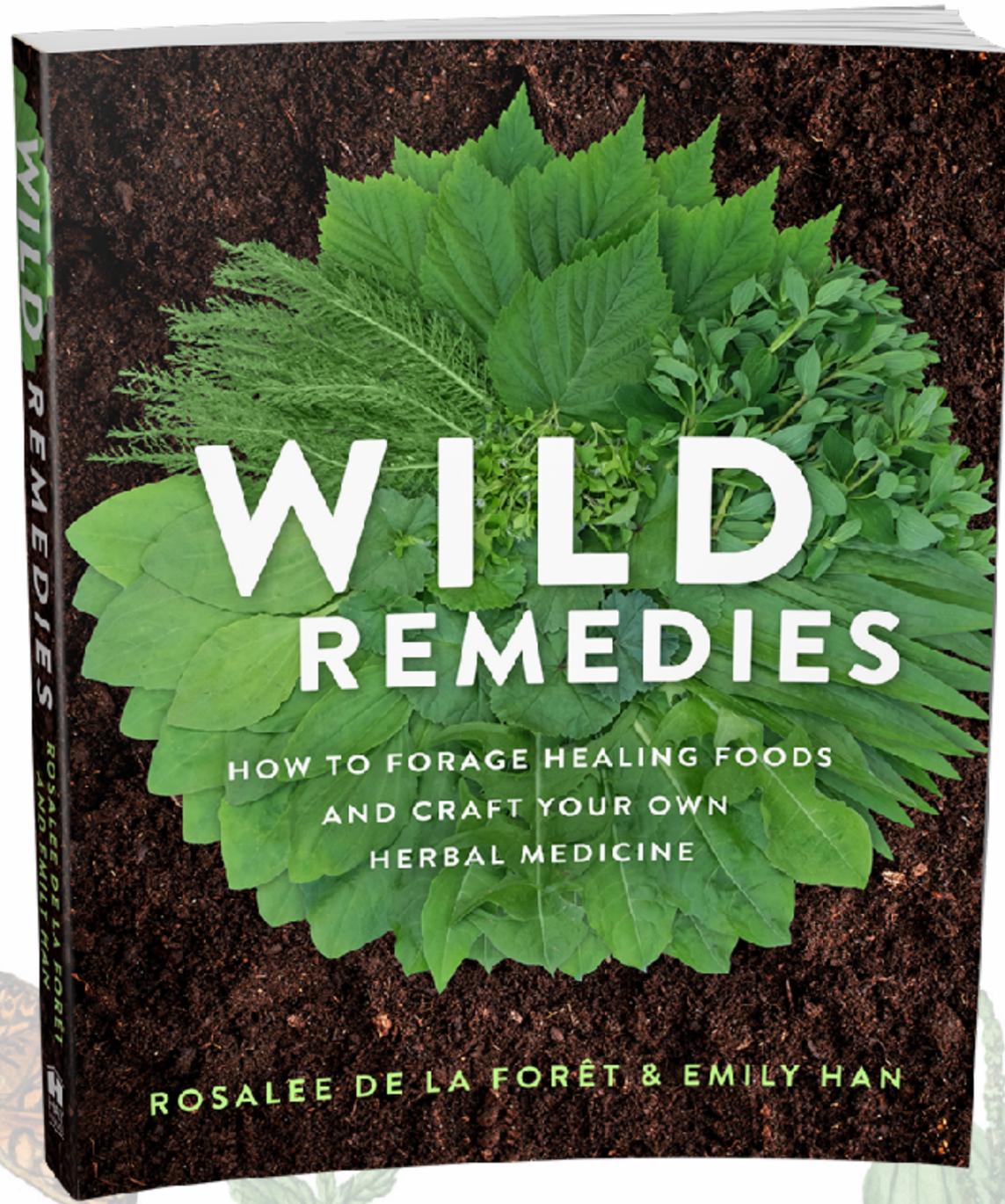
Thursday, 30 Novem

Times: Tuesday - Friday, 7pm | Sa

Tickets: €27.50, €33 & €35 | Family Pass

C/

Push bar to open



WILD REMEDIES ROSALEE DE LA FORÊT & EMILY HAN

# WILD REMEDIES

HOW TO FORAGE HEALING FOODS  
AND CRAFT YOUR OWN  
HERBAL MEDICINE

ROSALEE DE LA FORÊT & EMILY HAN





*Prof. Hutchin*

*Succow Sanguinea March 1857*

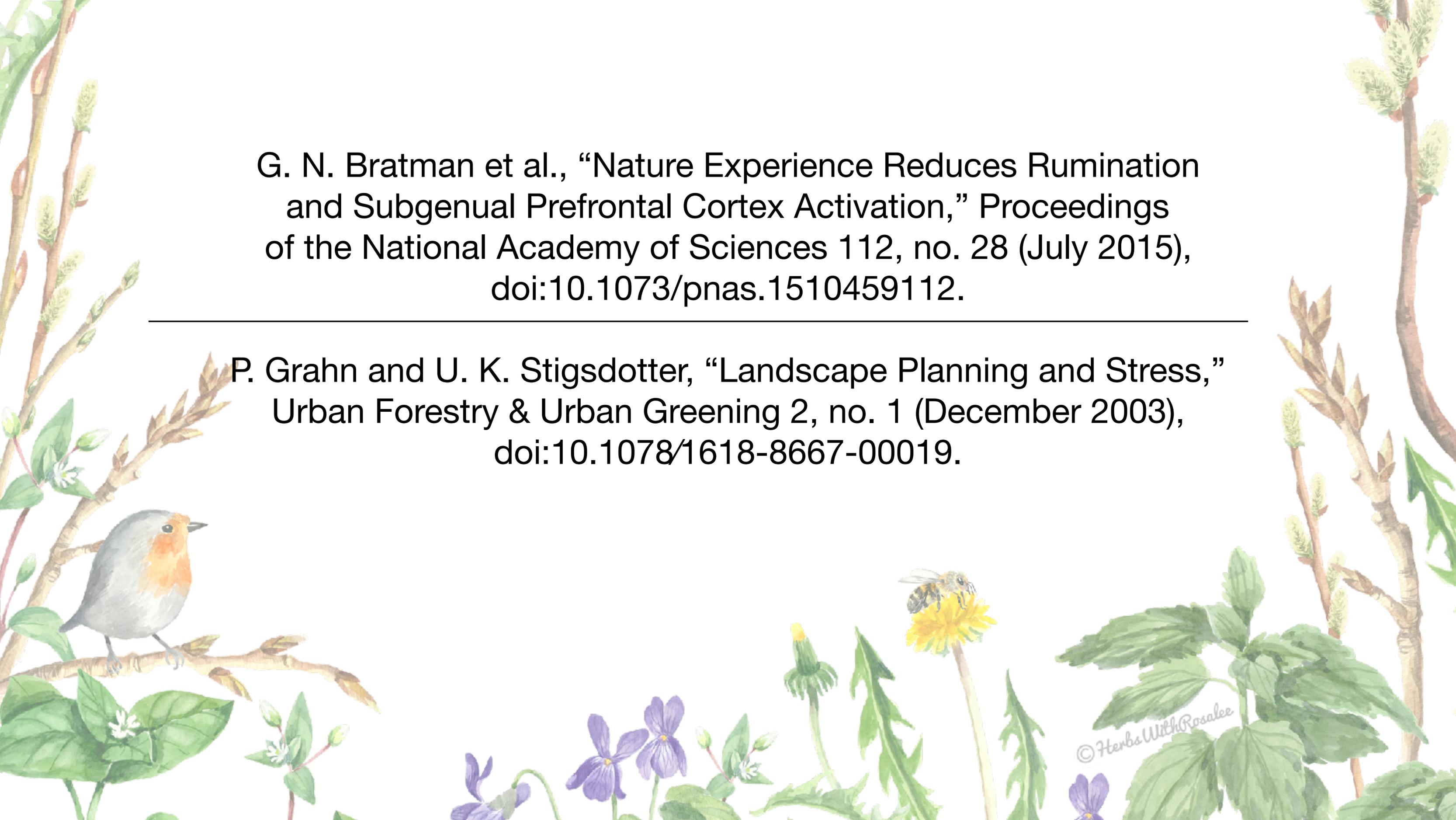


*Succow asparagoides 1844*

**depression**

**anxiety**

**insomnia**

A watercolor illustration of a natural scene. On the left, a robin with a grey back and a bright orange-red breast is perched on a brown branch. Below it are green leaves and small white flowers. In the center, a bee is on a yellow dandelion flower. Below the dandelion are several purple flowers with yellow centers and green leaves. On the right, there are more green leaves and a branch with small green buds. The background is white.

G. N. Bratman et al., “Nature Experience Reduces Rumination and Subgenual Prefrontal Cortex Activation,” *Proceedings of the National Academy of Sciences* 112, no. 28 (July 2015), doi:10.1073/pnas.1510459112.

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P. Grahn and U. K. Stigsdotter, “Landscape Planning and Stress,” *Urban Forestry & Urban Greening* 2, no. 1 (December 2003), doi:10.1078/1618-8667-00019.

Fresher and more potent than plants shipped from far away.



Locally Abundant

# Why Weeds?



Affordable

Foster Empowerment

Inspire Nature Connection





**Plantain**  
*Plantago* spp.



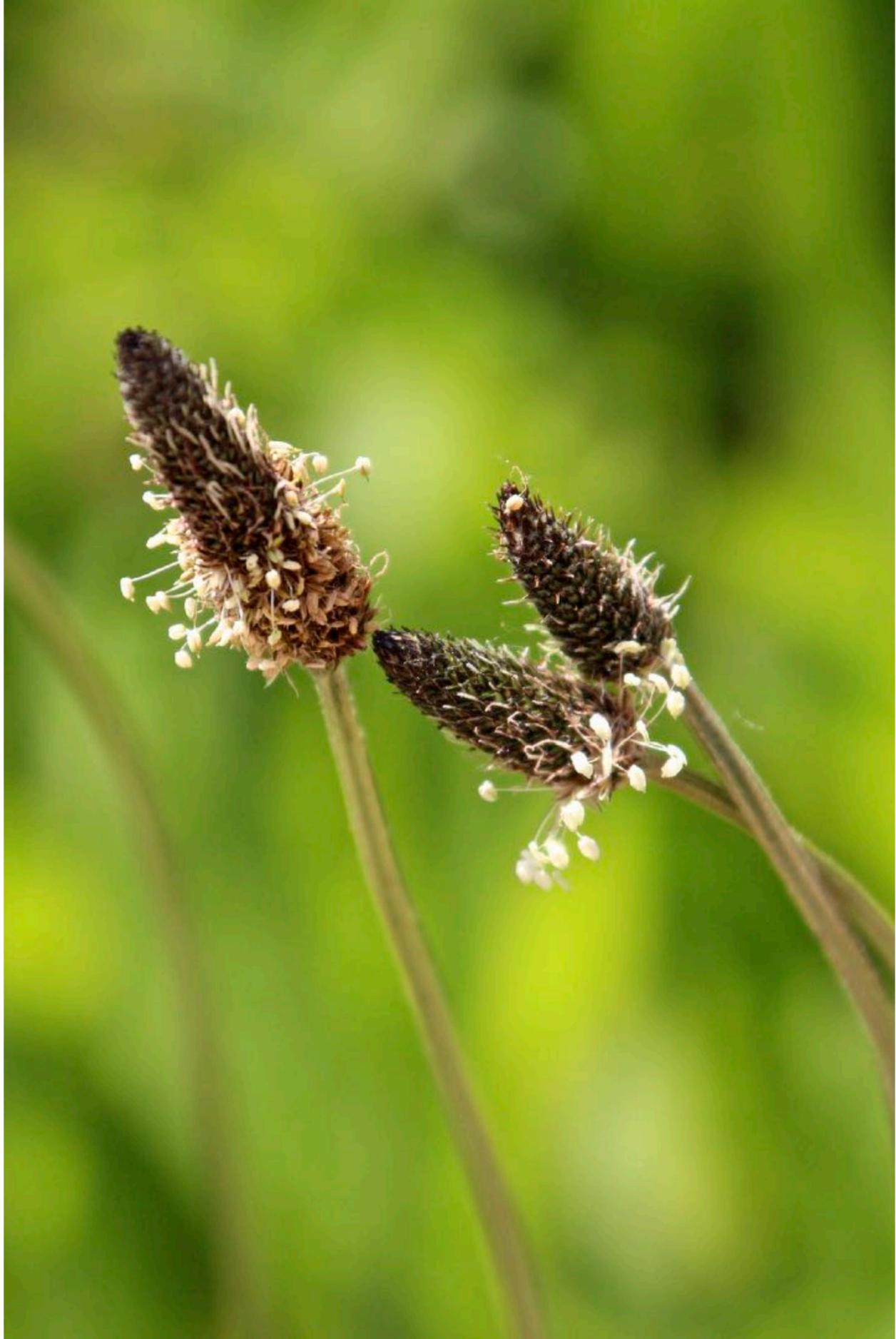




# **MEDICINAL PROPERTIES AND ENERGETICS**



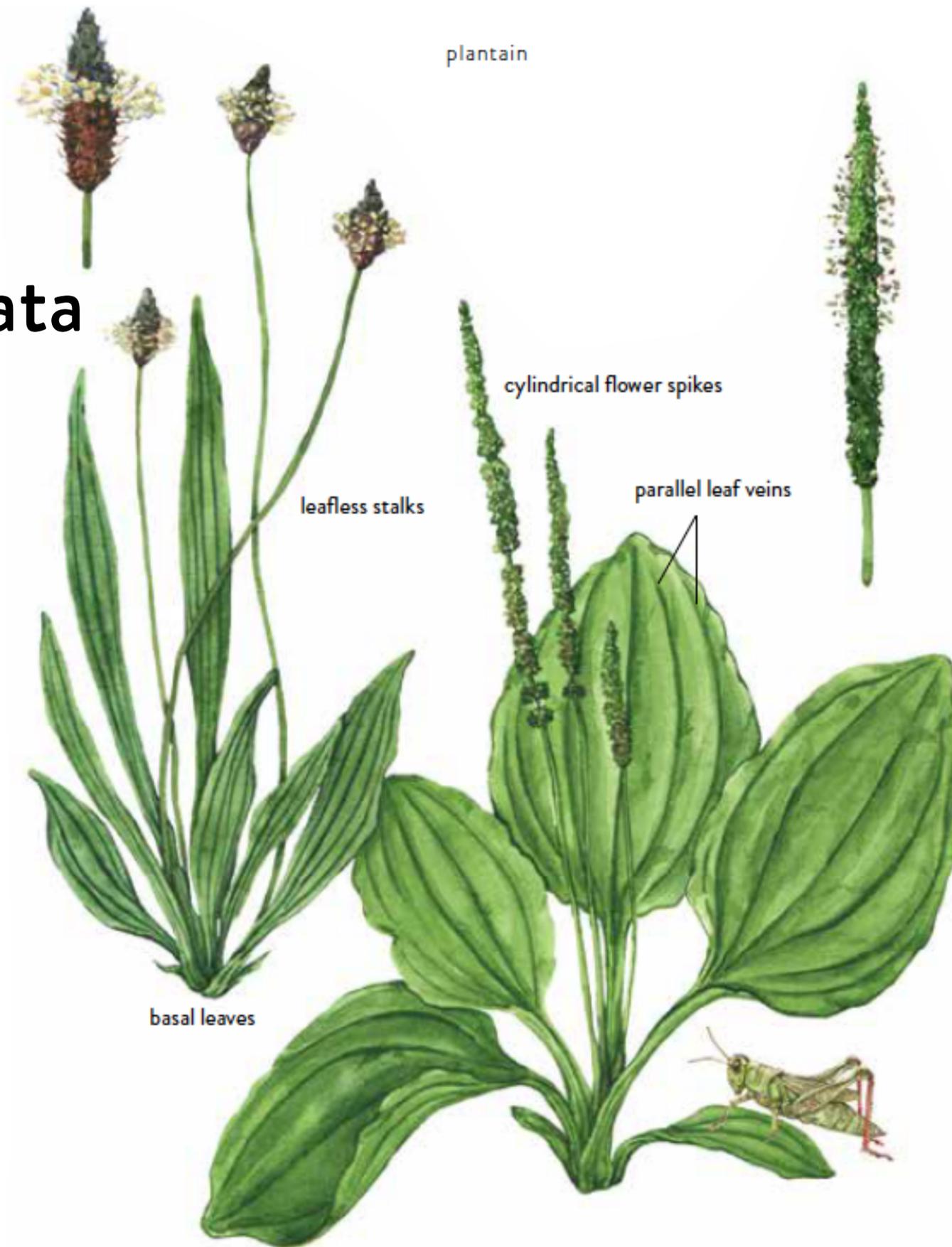






# Plantago lanceolata

How  
to  
Identify



# Plantago major



# Ecological Connections

# How to Harvest





# Plantain Tincture

Tincture (fresh leaf): 1:2, 75 to 95% alcohol; 3 to 5 ml, 3 to 5 times daily

---

- Topically as a wash for bug bites/stings.
- Seasonal allergies.
- Dry Spasmodic Coughs



# Plantain Tea

Tea (dried leaf): Up to 30 grams daily

- 
- Digestive healing
  - Sitz bath for hemorrhoids or postpartum
  - Dry spasmodic coughs



plantain

## HEALING DIGESTIVE TEA

Strong herbal teas are a powerful way to support digestive system healing. They are easy for your body to break down and absorb and are also a direct topical aid. This tea is carefully formulated to restore gut integrity and help heal damaged tissues. Rosalee has recommended this for people with ulcers or symptoms of intestinal permeability. To learn more about calendula and rose, download the bonus chapters at [wildremediesbook.com/adventures](http://wildremediesbook.com/adventures).

One caution: this tea is slightly bitter—don't expect it to taste like a lovely afternoon beverage! If it's too bitter for you, try adding a pinch of salt or a bit of honey. A teaspoon of mint could be used in place of the fennel seeds.

*Yield: 3 cups*

$\frac{1}{2}$  cup (8 grams) finely crumbled dried plantain leaves

$\frac{1}{2}$  cup (8 grams) dried calendula flowers

$\frac{1}{4}$  cup (3 grams) dried rose petals

1 tablespoon (2 grams) finely crumbled dried mallow or marshmallow leaves

1 teaspoon fennel seeds

3 cups water

1. Place all of the herbs in a quart jar (or quart-size tea press).
2. Bring 3 cups of water to a boil. Pour the water over the herbs, stir well, and cover. Infuse for 30 minutes.
3. Strain well and drink within 24 hours.



Link for recipes  
will be given at the  
end of the  
presentation



# Nettle

*Urtica dioica*





**MEDICINAL PROPERTIES  
AND ENERGETICS**





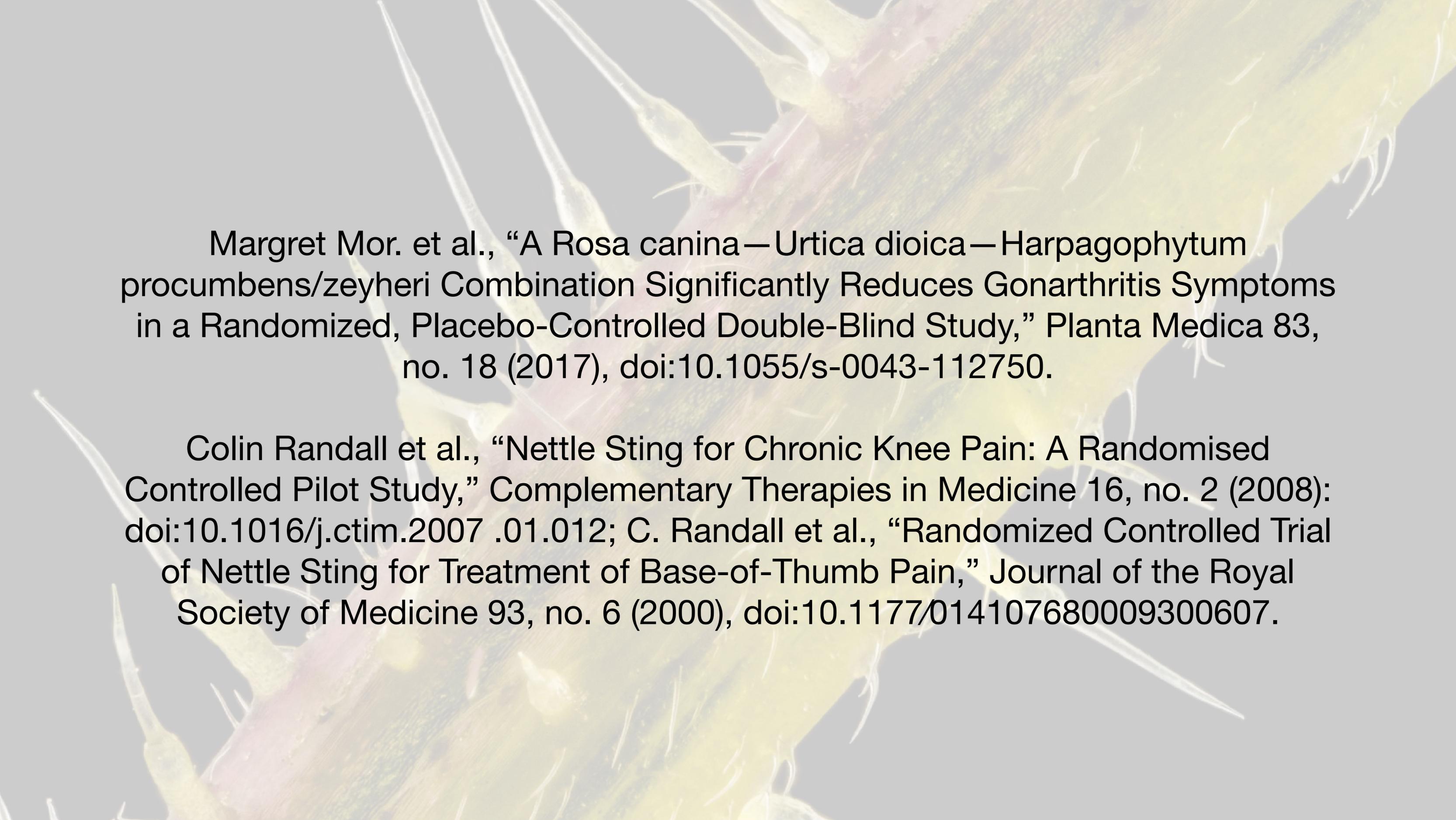
N. Namazi et al. "The Effect of Hydro Alcoholic Nettle (*Urtica dioica*) Extracts on Insulin Sensitivity and Some Inflammatory Indicators in Patients with Type 2 Diabetes: A Randomized Double-Blind Control Trial," *Pakistan Journal of Biological Sciences* 14, no. 15 (2011), doi:10.3923/pjbs.2011.775.779

Saeed Kianbakht, Farahnaz Khalighi-Sigaroodi, and Fataneh Hashem Dabaghian, "Improved Glycemic Control in Patients with Advanced Type 2 Diabetes Mellitus Taking *Urtica dioica* Leaf Extract: A Randomized Double-Blind Placebo-Controlled Clinical Trial," *Clinical Laboratory* 59, no. 9-10 (2013), doi:10.7754/Clin.Lab.2012.121019

N. Namazi, A. Tarighat, and A. Bahrami, "The Effect of Hydro Alcoholic Nettle (*Urtica dioica*) Extract on Oxidative Stress in Patients with Type 2 Diabetes: A Randomized Double-Blind Clinical Trial," *Pakistan Journal of Biological Sciences* 15, no. 2 (2012), doi:10.3923/pjbs.2012.98.102;

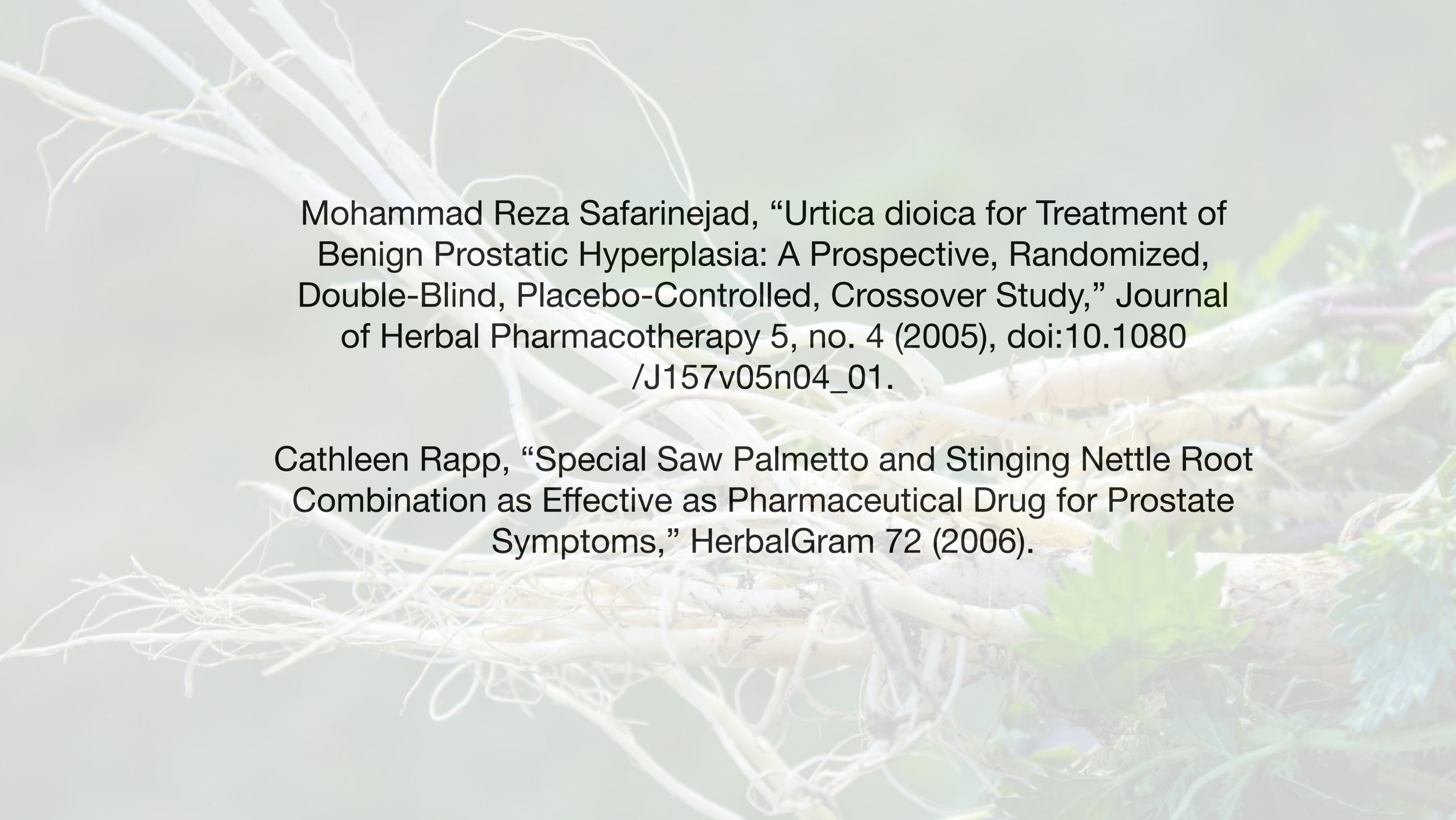
Nahid Khalili et al., "Silymarin, Olibanum, and Nettle, a Mixed Herbal Formulation in the Treatment of Type II Diabetes: A Randomized, Double-Blind, Placebo-Controlled, Clinical Trial," *Journal of Evidence-Based Complementary & Alternative Medicine* 22, no. 4 (2017), doi:10.1177/2156587217696929.

Alidad Amiri Behzadi, Hamid Kalalian-Moghaddam, and Amir Hossein Ahmadi, "Effects of *Urtica dioica* Supplementation on Blood Lipids, Hepatic Enzymes and Nitric Oxide Levels in Type 2 Diabetic Patients: A Double Blind, Randomized Clinical Trial," *Avicenna Journal of Phytomedicine* 6, no. 6 (2016), 686-695, PMID: 28078249; PMCID: PMC5206926.

A close-up photograph of a nettle stem, showing its characteristic stinging hairs (trichomes) and small, developing flower buds. The stem is reddish-brown and the leaves are a pale yellowish-green. The background is a soft, out-of-focus grey.

Margret Mor. et al., “A Rosa canina—Urtica dioica—Harpagophytum procumbens/zeyheri Combination Significantly Reduces Gonarthrosis Symptoms in a Randomized, Placebo-Controlled Double-Blind Study,” *Planta Medica* 83, no. 18 (2017), doi:10.1055/s-0043-112750.

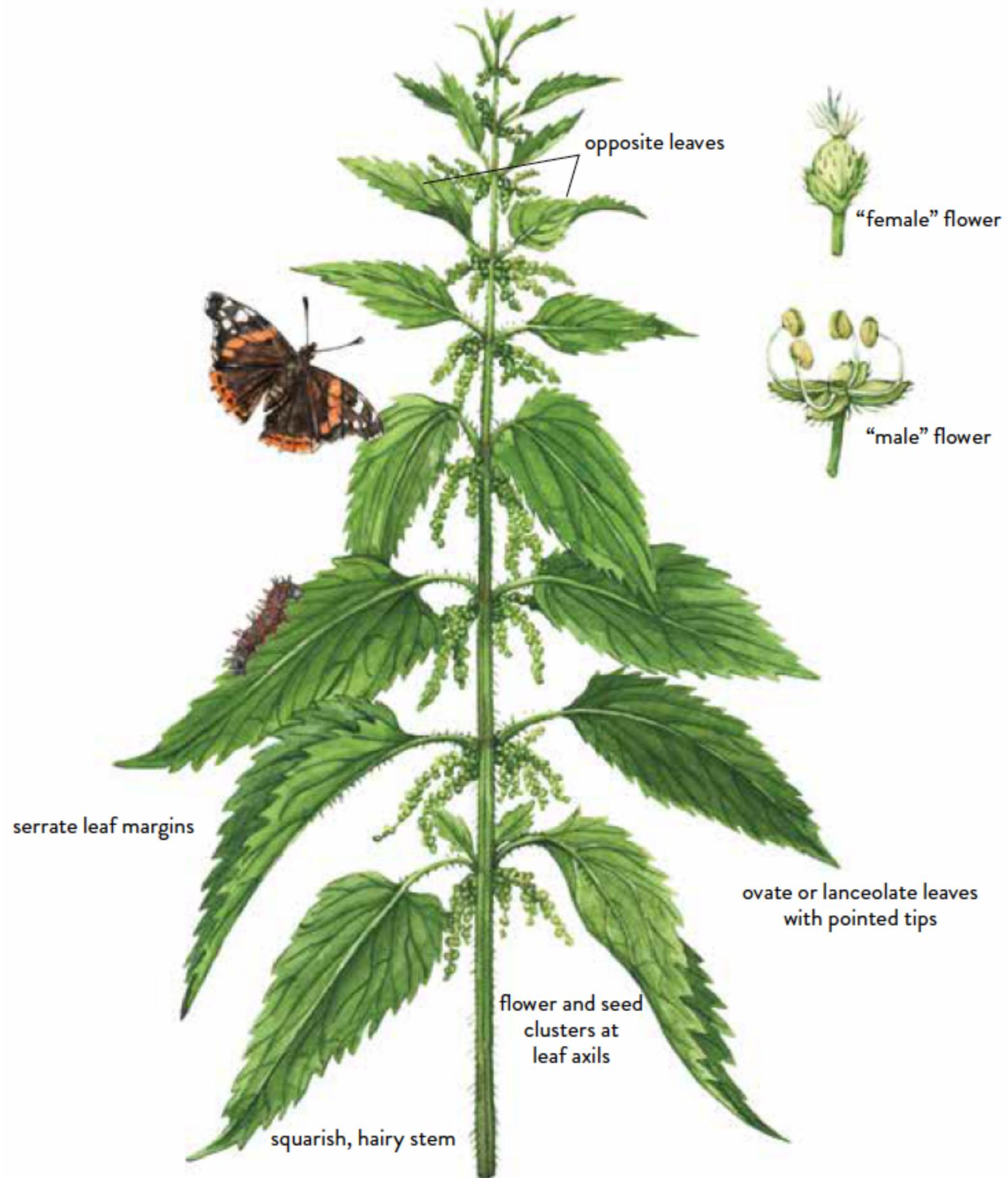
Colin Randall et al., “Nettle Sting for Chronic Knee Pain: A Randomised Controlled Pilot Study,” *Complementary Therapies in Medicine* 16, no. 2 (2008): doi:10.1016/j.ctim.2007.01.012; C. Randall et al., “Randomized Controlled Trial of Nettle Sting for Treatment of Base-of-Thumb Pain,” *Journal of the Royal Society of Medicine* 93, no. 6 (2000), doi:10.1177/014107680009300607.

The background of the slide features a collection of dried, light-colored roots and stems, likely from medicinal plants, arranged in a somewhat chaotic but organized manner. Some roots are thick and gnarled, while others are thin and fibrous. In the lower right corner, there are some fresh green plants with serrated leaves, possibly nettles, which are partially obscured by the dried roots. The overall image has a soft, slightly blurred quality, giving it a natural and organic feel.

Mohammad Reza Safarinejad, “Urtica dioica for Treatment of Benign Prostatic Hyperplasia: A Prospective, Randomized, Double-Blind, Placebo-Controlled, Crossover Study,” *Journal of Herbal Pharmacotherapy* 5, no. 4 (2005), doi:10.1080/J157v05n04\_01.

Cathleen Rapp, “Special Saw Palmetto and Stinging Nettle Root Combination as Effective as Pharmaceutical Drug for Prostate Symptoms,” *HerbalGram* 72 (2006).

# How to Identify



# Ecological Connections



**How  
to  
Harvest**





*Laportea canadensis*



*Boehmeria cylindrica*

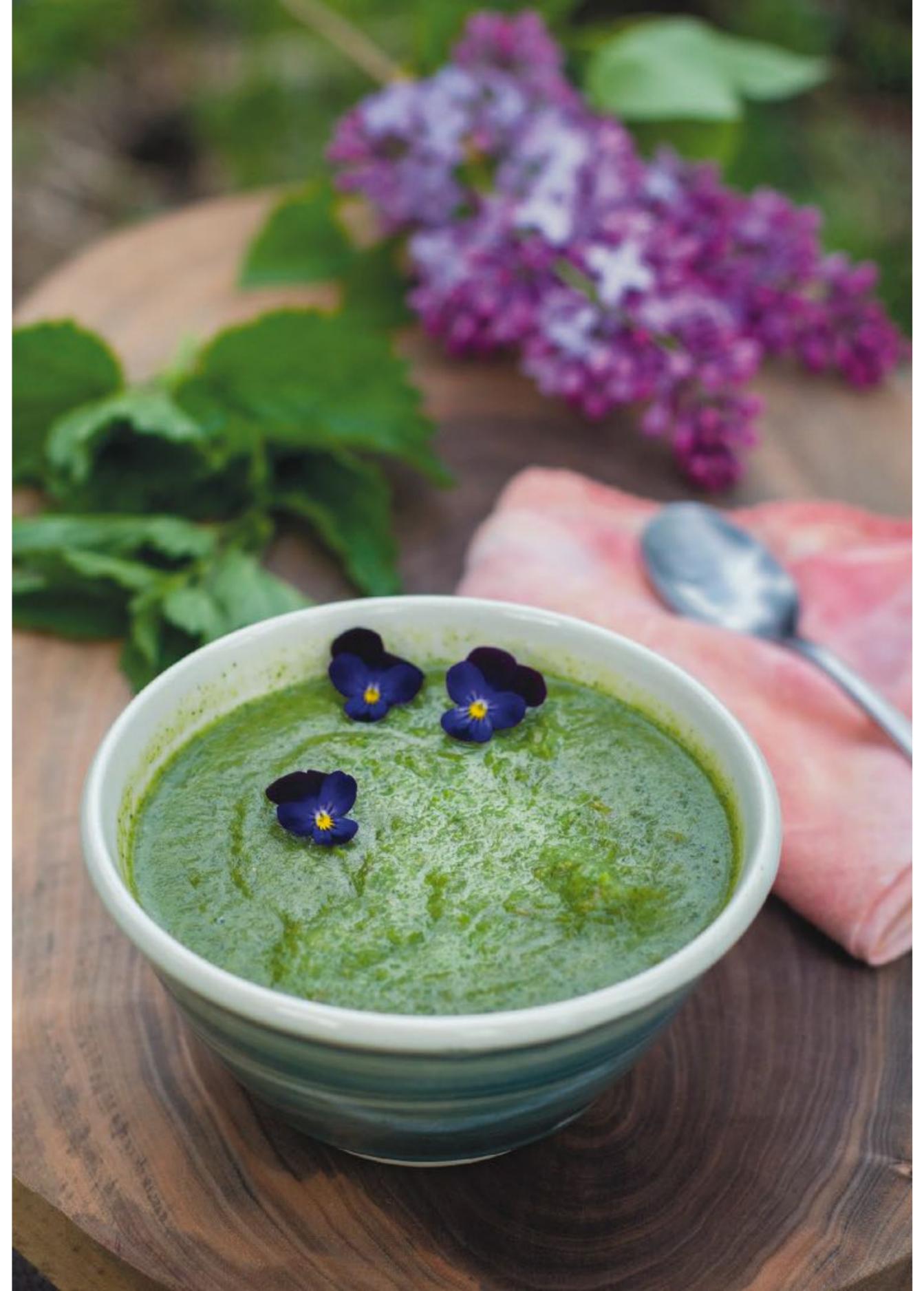


*Pilea pumila*



# Nettle & Asparagus Soup

Recipe in handouts  
(end of presentation)





# Dandelion

*Taraxacum officinale*

**WARNING!**

**Pesticide application**

**Harmful for plants,  
animals, insects and  
humans.**

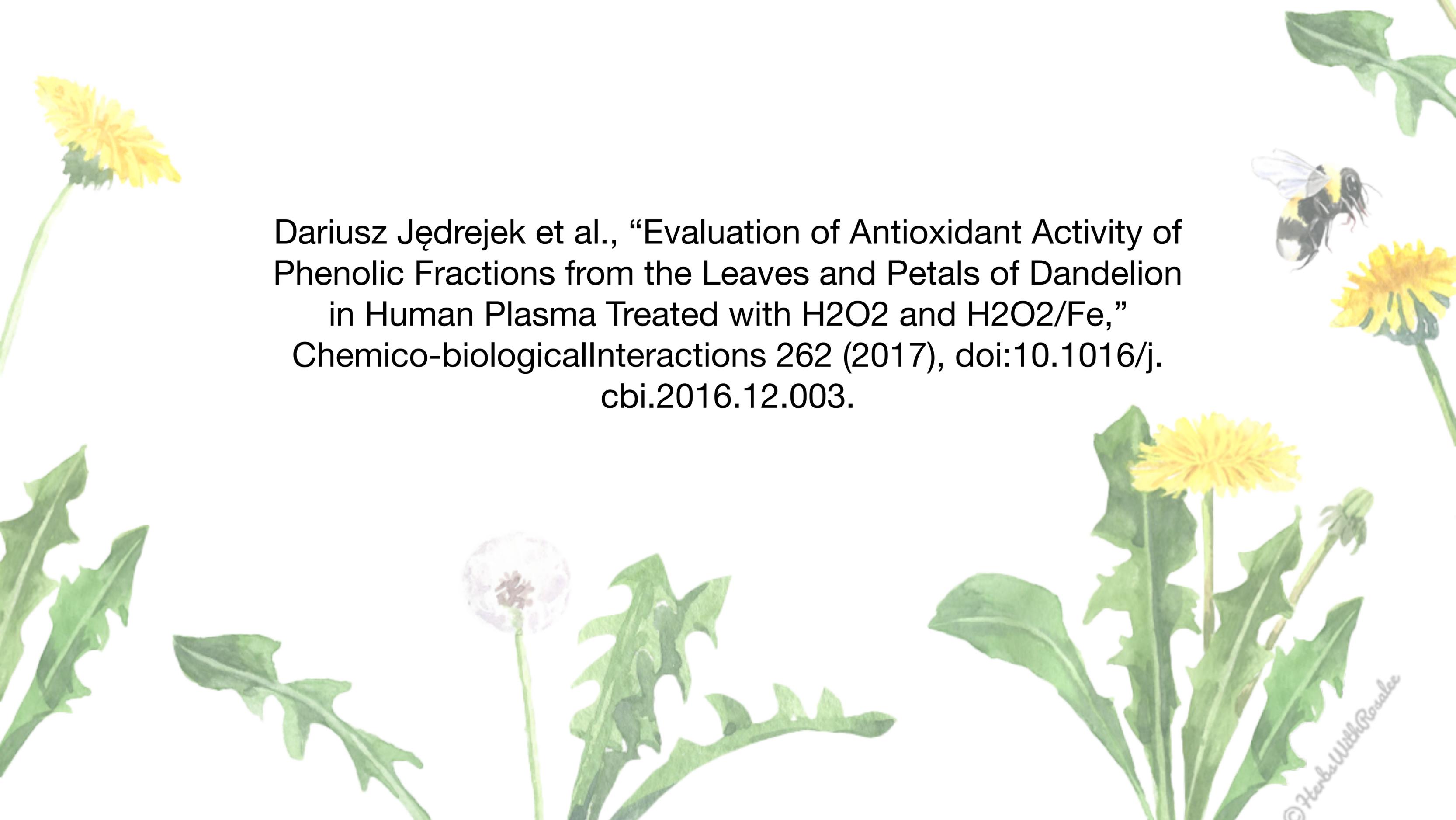




**MEDICINAL PROPERTIES  
AND ENERGETICS**



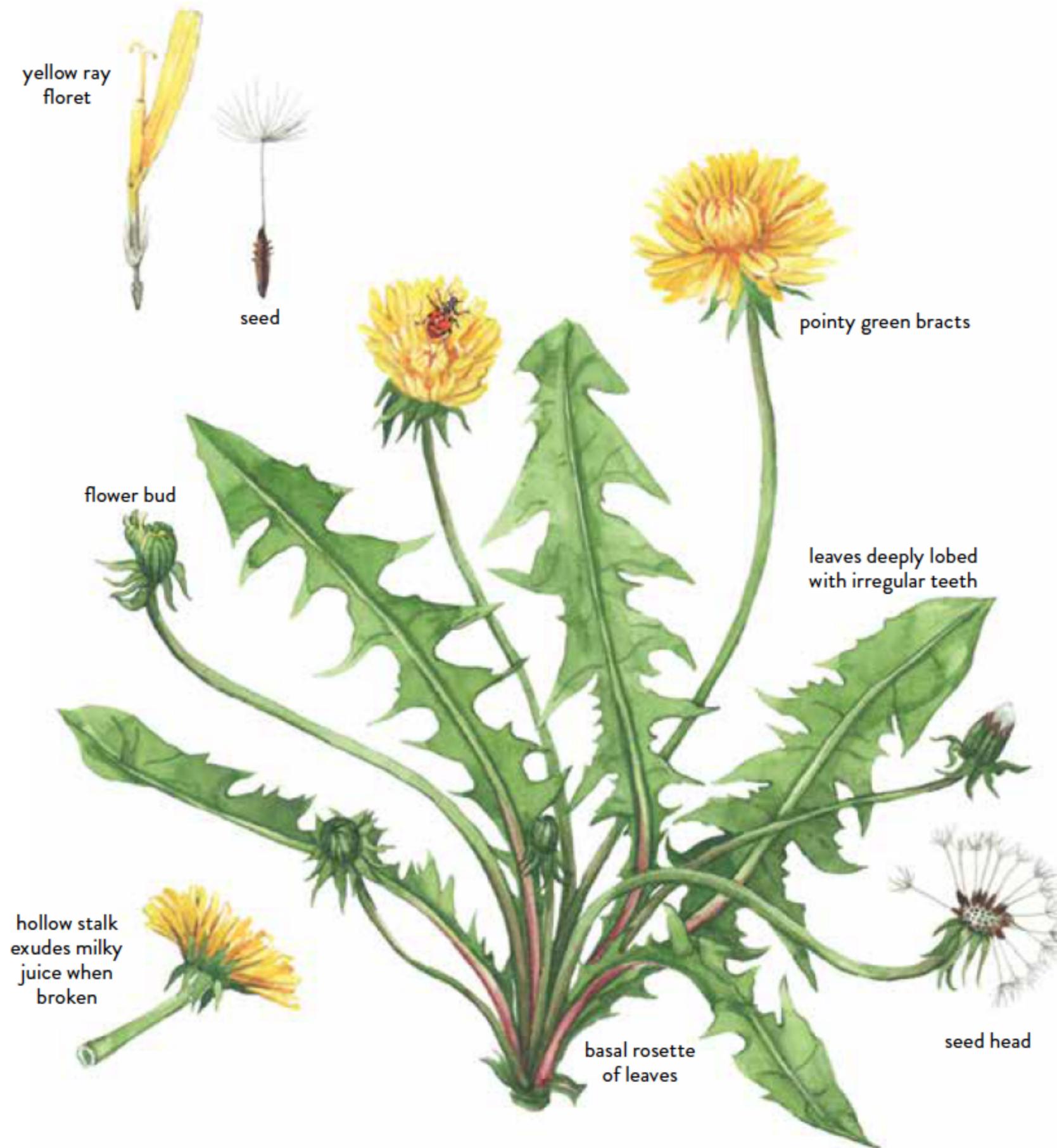


A watercolor illustration of dandelions and a bee. The scene is set against a white background. On the left, a single yellow dandelion flower is shown in profile, with its green stem and leaves extending downwards. In the center, a dandelion seed head is depicted as a soft, white, spherical cloud with a brown center, resting on a green stem. To the right, a bumblebee with black and yellow stripes and translucent wings is shown flying towards a yellow dandelion flower. Below the bee, another yellow dandelion flower is in full bloom, surrounded by several green leaves with serrated edges. In the bottom right corner, there is a small, faint watermark that reads "© Herbs With Rosalee".

Dariusz Jędrejek et al., “Evaluation of Antioxidant Activity of Phenolic Fractions from the Leaves and Petals of Dandelion in Human Plasma Treated with H<sub>2</sub>O<sub>2</sub> and H<sub>2</sub>O<sub>2</sub>/Fe,” *Chemico-biological Interactions* 262 (2017), doi:10.1016/j.cbi.2016.12.003.



# How to Identify



# Ecological Connections



# How to Harvest







*Sonchus* spp.



*Hypochaeris radicata*



*Hieracium pilosella*



*Cichorium intybus*



*Lactuca* spp.







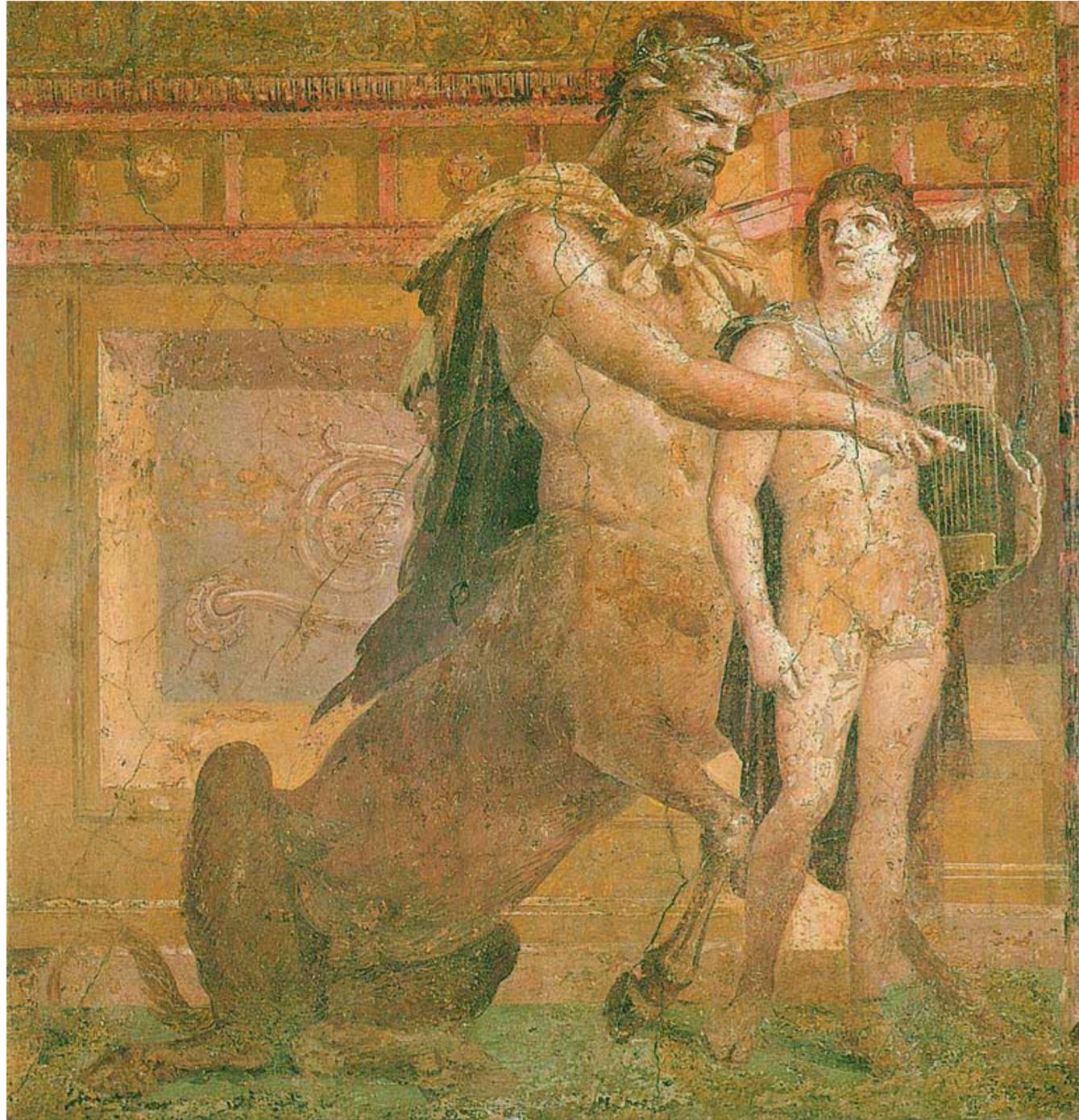
# Yarrow

*Achillea millefolium*





# **MEDICINAL PROPERTIES AND ENERGETICS**

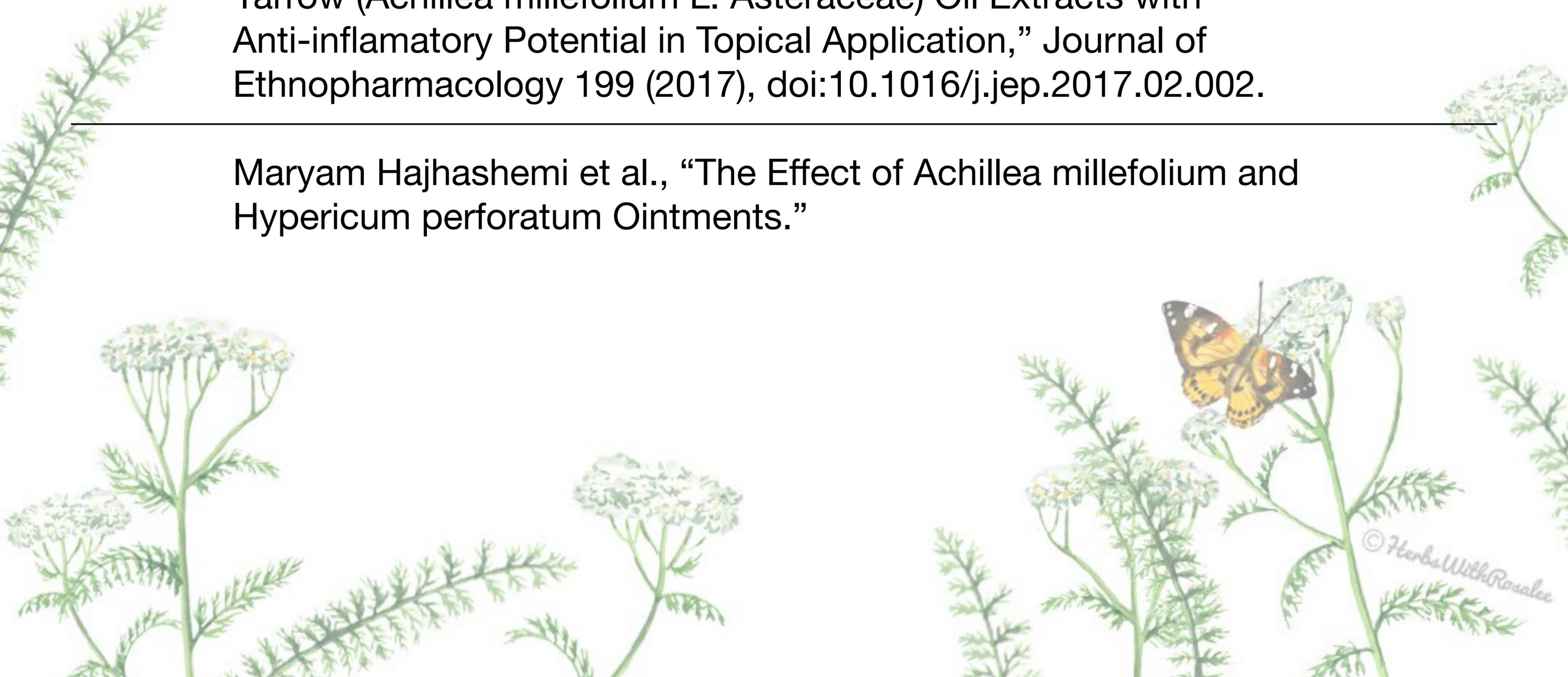


**Chiron instructs young Achilles -  
Ancient Roman fresco**

Vanja Tadić et al., “The Estimation of the Traditionally Used Yarrow (*Achillea millefolium* L. Asteraceae) Oil Extracts with Anti-inflammatory Potential in Topical Application,” *Journal of Ethnopharmacology* 199 (2017), doi:10.1016/j.jep.2017.02.002.

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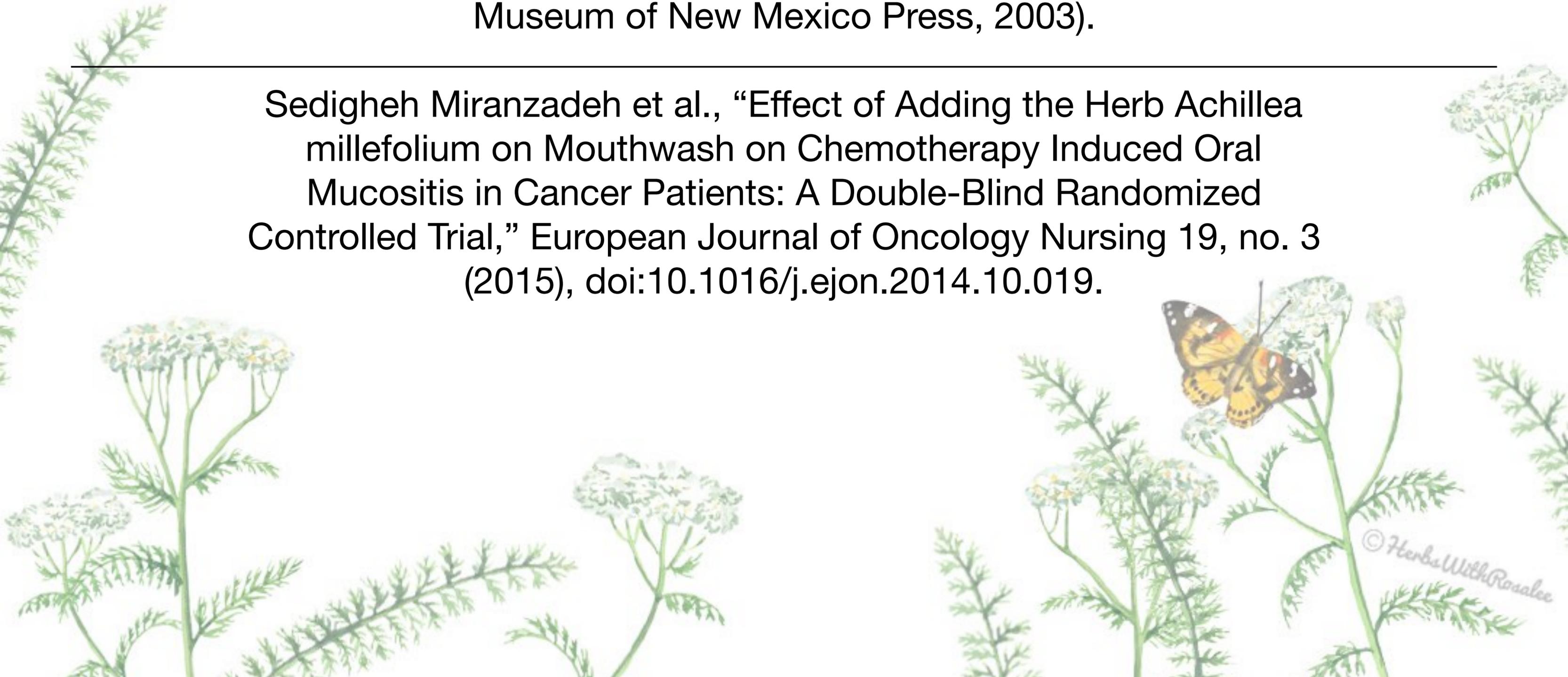
Maryam Hajhashemi et al., “The Effect of *Achillea millefolium* and *Hypericum perforatum* Ointments.”



Michael Moore, *Medicinal Plants of the Mountain West* (Santa Fe: Museum of New Mexico Press, 2003).

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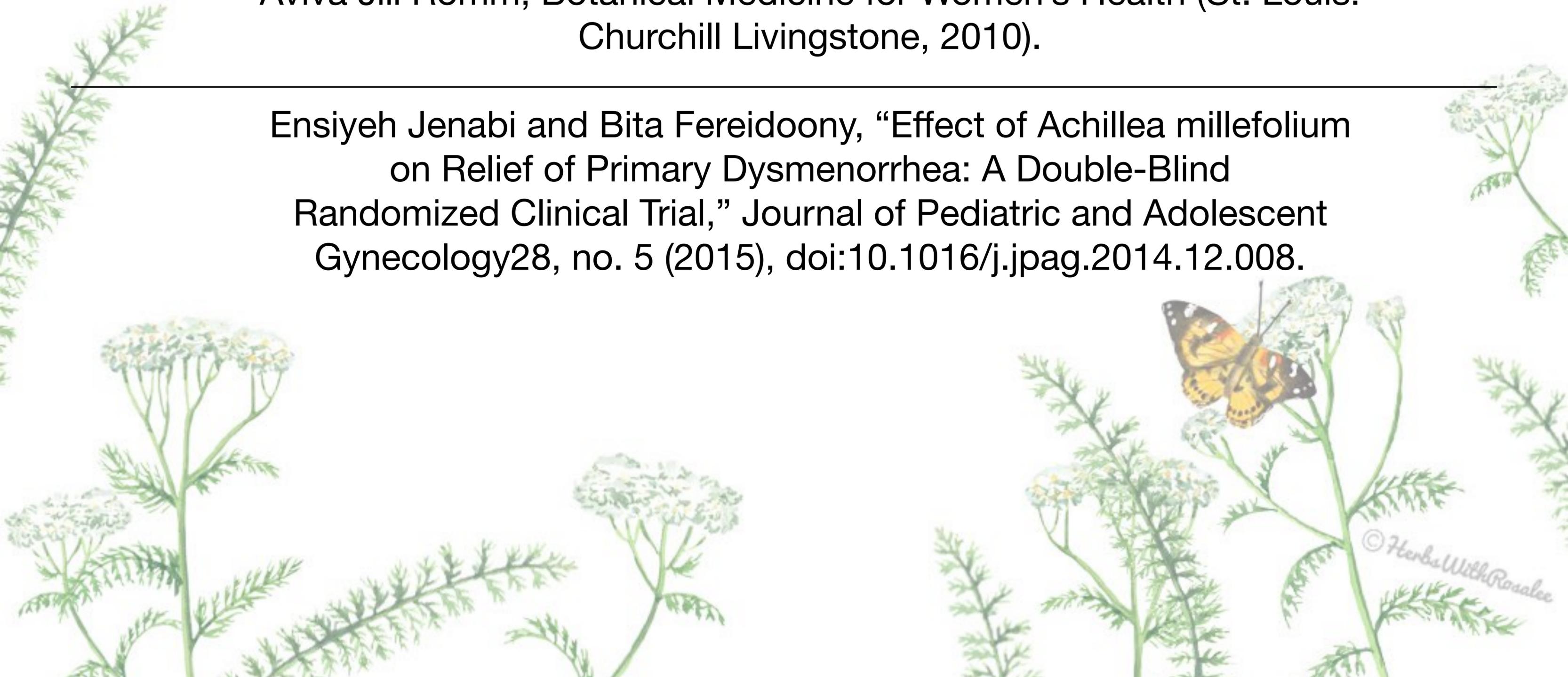
Sedigheh Miranzadeh et al., “Effect of Adding the Herb *Achillea millefolium* on Mouthwash on Chemotherapy Induced Oral Mucositis in Cancer Patients: A Double-Blind Randomized Controlled Trial,” *European Journal of Oncology Nursing* 19, no. 3 (2015), doi:10.1016/j.ejon.2014.10.019.



Aviva Jill Romm, *Botanical Medicine for Women's Health* (St. Louis: Churchill Livingstone, 2010).

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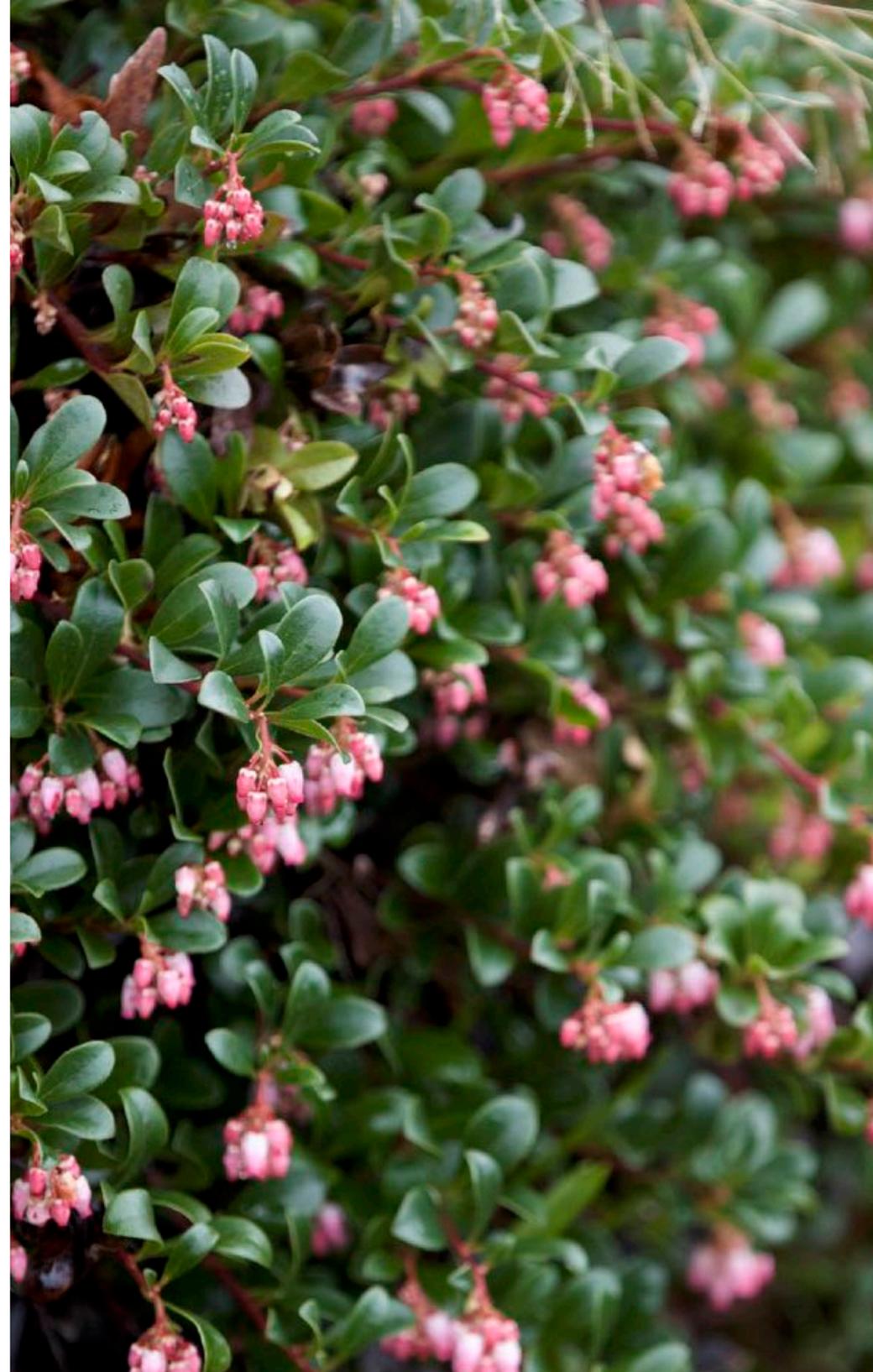
Ensiyeh Jenabi and Bita Fereidoony, "Effect of *Achillea millefolium* on Relief of Primary Dysmenorrhea: A Double-Blind Randomized Clinical Trial," *Journal of Pediatric and Adolescent Gynecology* 28, no. 5 (2015), doi:10.1016/j.jpag.2014.12.008.







*Achillea millefolium*



*Arctostaphylos uva-ursi*

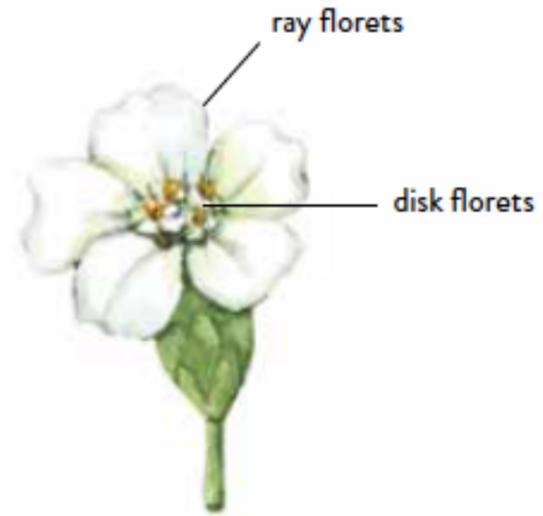


*Juniperus communis*



Achillea  
millefolium

# How to Identify



finely divided lanceolate leaves

yarrow (*Achillea millefolium*), shown with  
goldenrod crab spider (*Misumena vatia*)



# Ecological Connections



# How to Harvest





*Daucus carota*



*Conium maculatum*



# Yarrow Dosage

Tincture (fresh leaves and flowers):  
1:2, 95% alcohol; 2 to 4 ml, 3  
times daily (or as needed for acute  
situations)

Tincture (dried leaves and flowers):  
1:5, 40% alcohol

Tea (dried): 3 to 9 grams daily





**Mullein**  
*Verbascum* spp.

# MEDICINAL PROPERTIES AND ENERGETICS



# MULLEIN FOR

# THE LUNGS



- Dry, Irritated Coughs
- Smoke Exposure
- Asthma
- Stopping Smoking







# MULLEIN ROOT

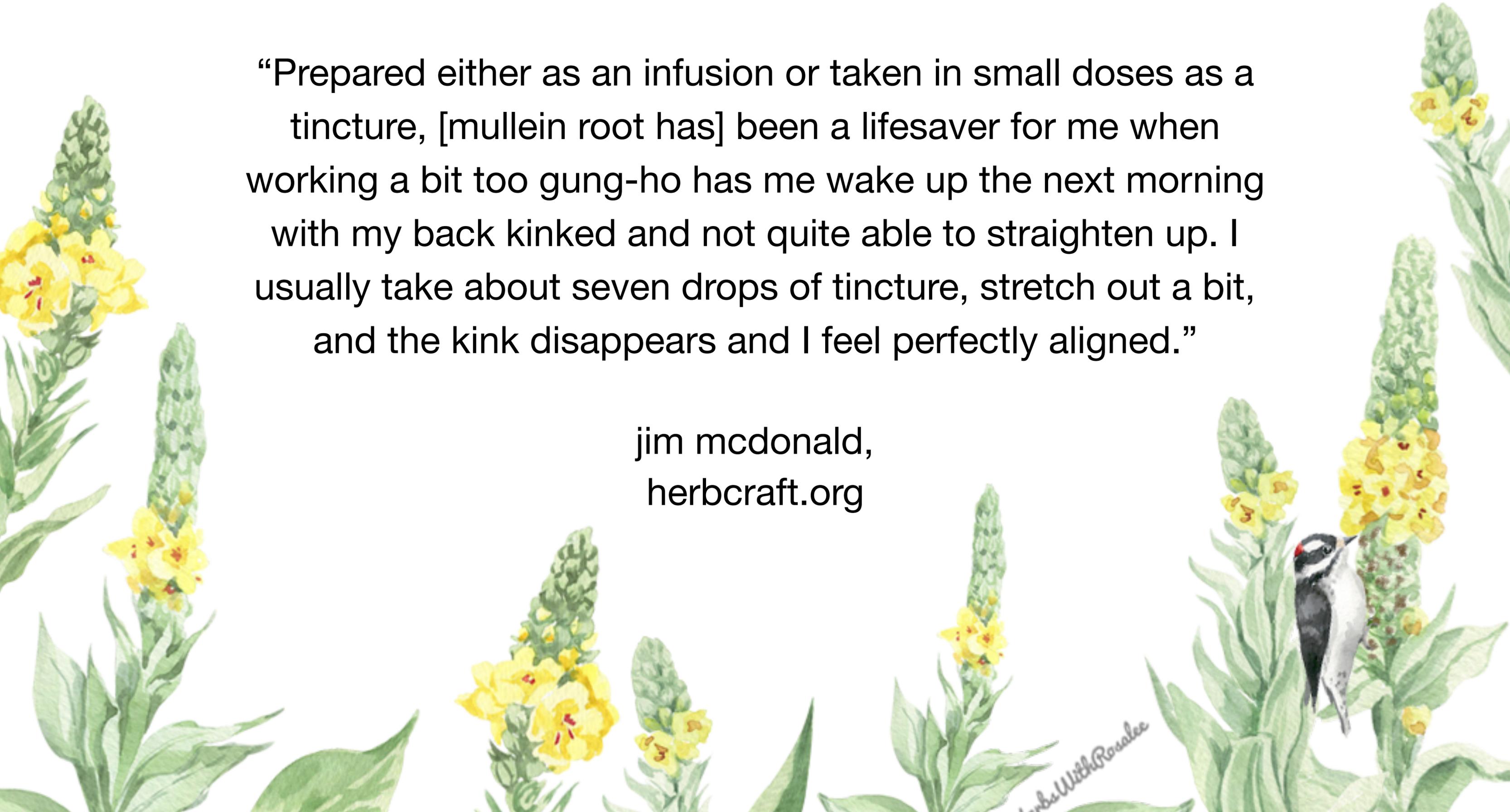


➤ Back Pain

➤ Bladder Weakness

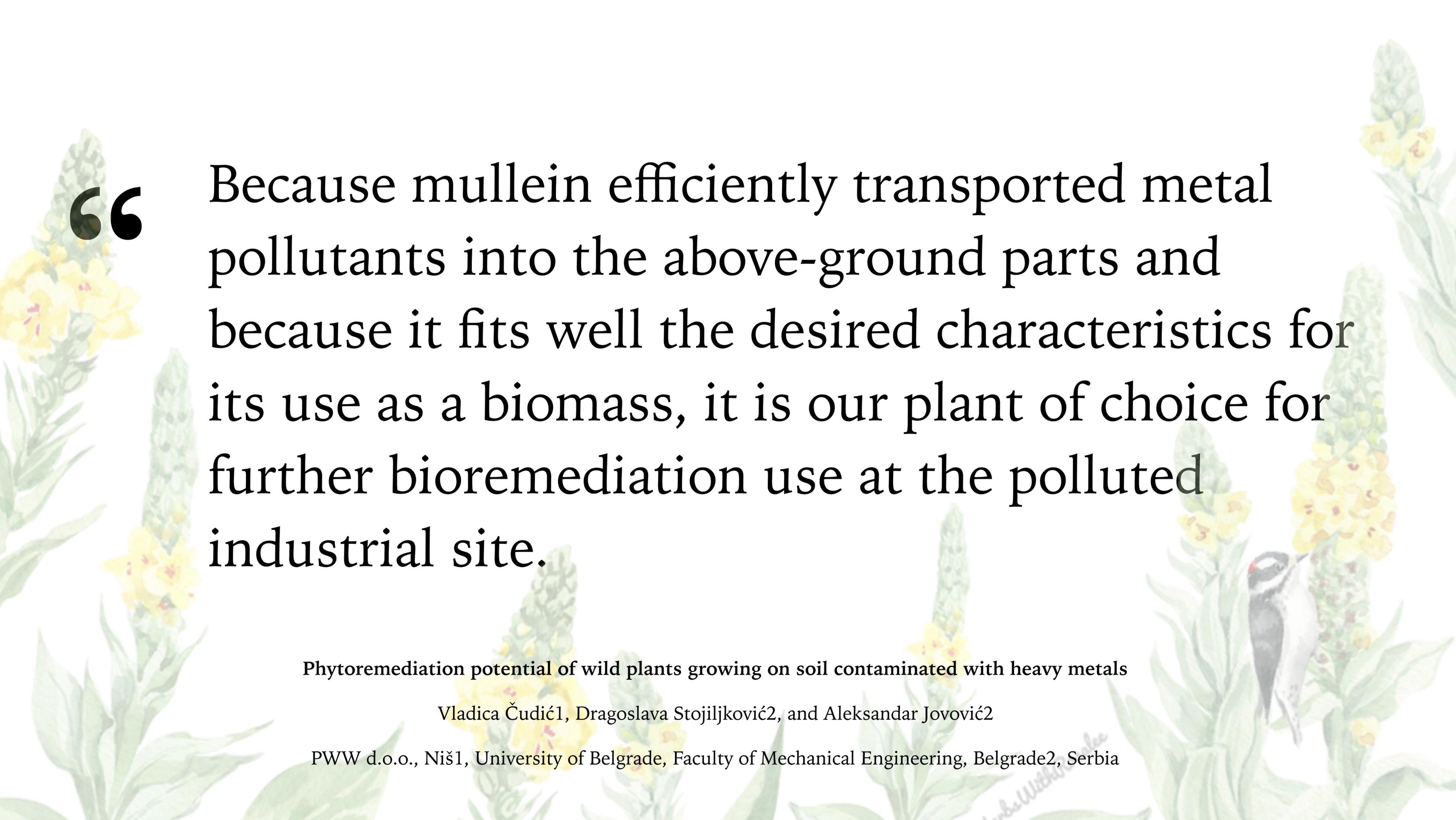
“Prepared either as an infusion or taken in small doses as a tincture, [mullein root has] been a lifesaver for me when working a bit too gung-ho has me wake up the next morning with my back kinked and not quite able to straighten up. I usually take about seven drops of tincture, stretch out a bit, and the kink disappears and I feel perfectly aligned.”

jim mcdonald,  
herbcraft.org









“

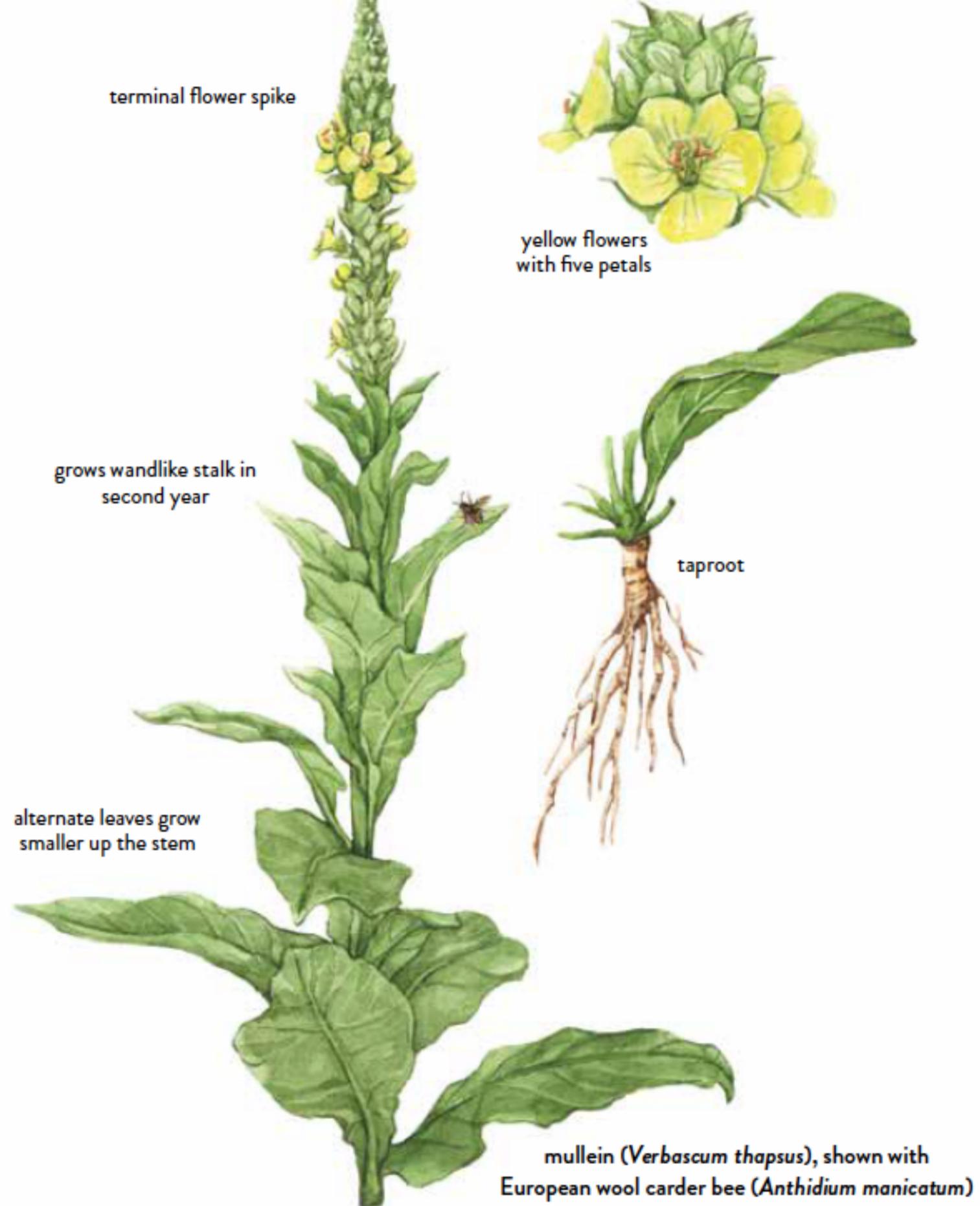
Because mullein efficiently transported metal pollutants into the above-ground parts and because it fits well the desired characteristics for its use as a biomass, it is our plant of choice for further bioremediation use at the polluted industrial site.

Phytoremediation potential of wild plants growing on soil contaminated with heavy metals

Vladica Čudić<sup>1</sup>, Dragoslava Stojiljković<sup>2</sup>, and Aleksandar Jovović<sup>2</sup>

PWW d.o.o., Niš<sup>1</sup>, University of Belgrade, Faculty of Mechanical Engineering, Belgrade<sup>2</sup>, Serbia

# How to Identify



# Ecological Connections



# How to Harvest

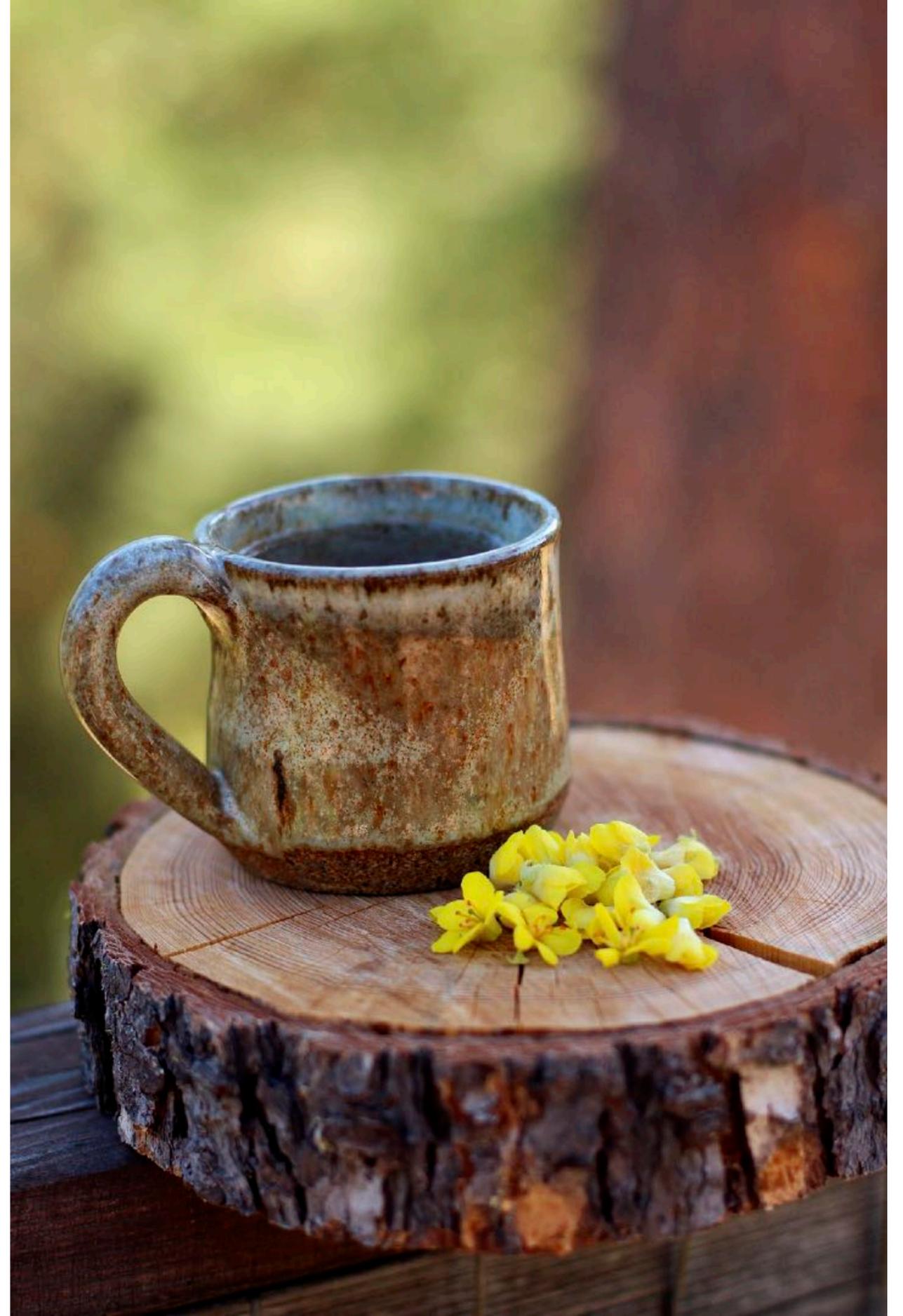




*Digitalis purpurea*



*Stachys byzantina* (by Stan Shebs)



# Mullein Dosage: Leaves

**Tea:** 10 to 30 grams daily (more if desired)

**Tincture (dried):** 1:5, 40% alcohol; 90 to 120 drops (1 to 1 1/4 teaspoons), 3 times daily



# Mullein Dosage: Flowers

**Tea:** 5 to 10 flowers per cup, 3 cups a day

**Tincture (fresh):** 1:2, 40% alcohol; 30 to 90 drops (1/4 to 1 teaspoon), 3 times daily



# Mullein Dosage: Roots

Decoction or powder: 15 grams

Tincture (fresh): 1:2, 50%  
alcohol; 30 to 60 drops (1/4 to 1/2  
teaspoon), 1 to 3 times daily

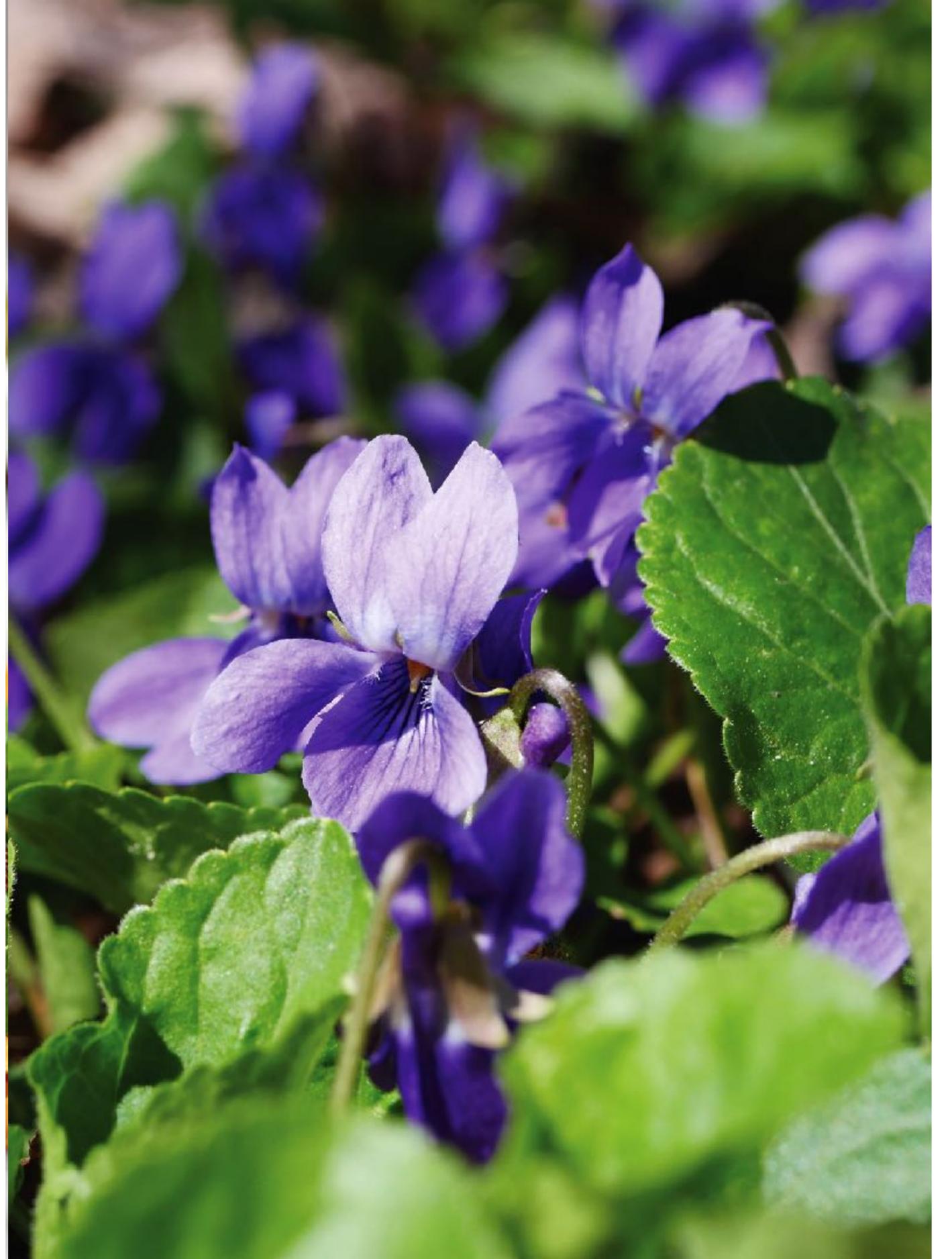




**Violet**  
*Viola* spp.



**MEDICINAL PROPERTIES  
AND ENERGETICS**

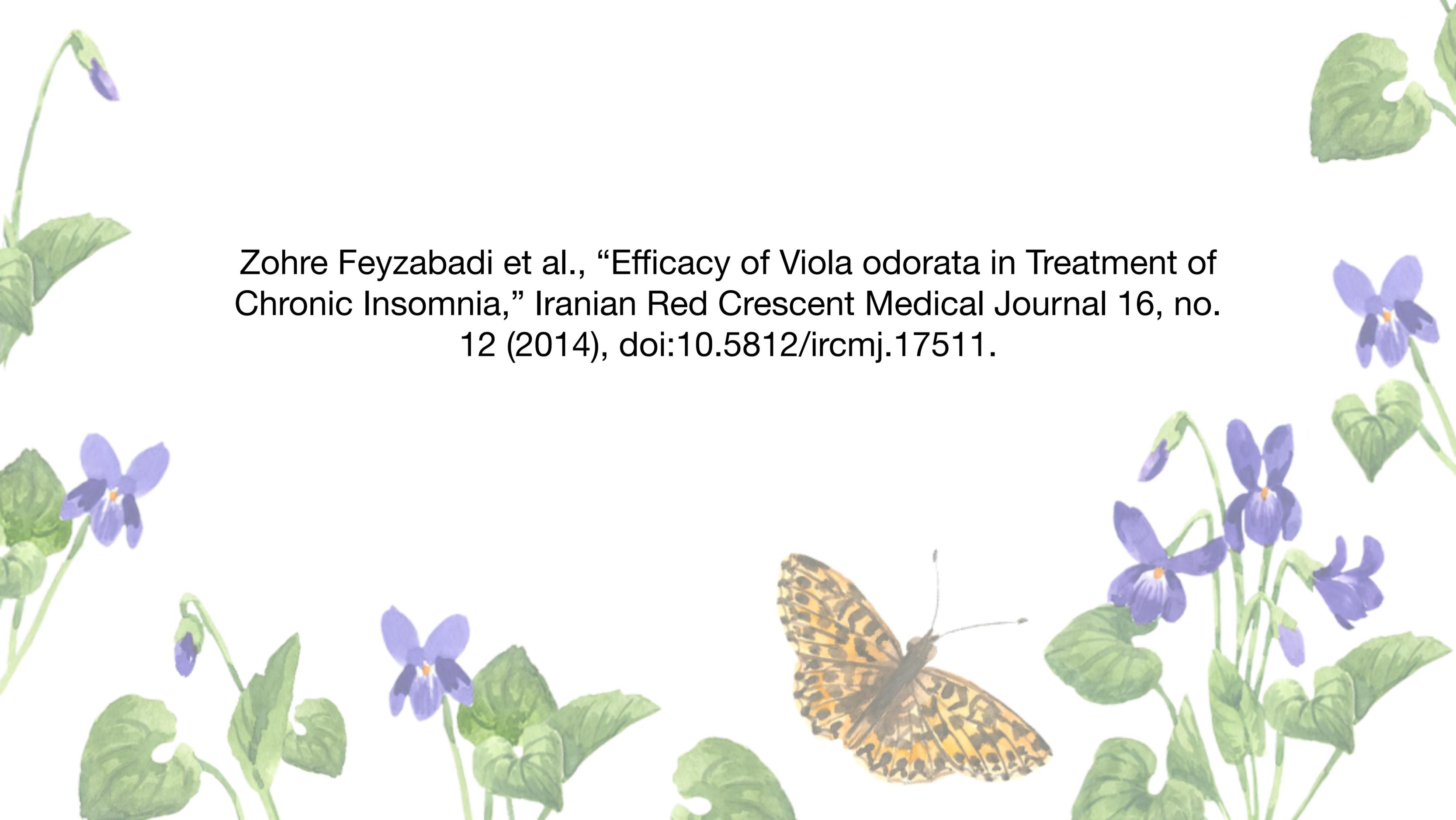




Mohammad Javad Qasemzadeh et al., “The Effect of Viola odorata Flower Syrup on the Cough of Children with Asthma: A Double-Blind, Randomized Controlled Trial,” *Journal of Evidence-Based Complementary & Alternative Medicine* 20, no. 4 (2015), doi:10.1177/2156587215584862.



Zohre Feyzabadi et al., "Efficacy of *Viola odorata* in Treatment of Chronic Insomnia," Iranian Red Crescent Medical Journal 16, no. 12 (2014), doi:10.5812/ircmj.17511.



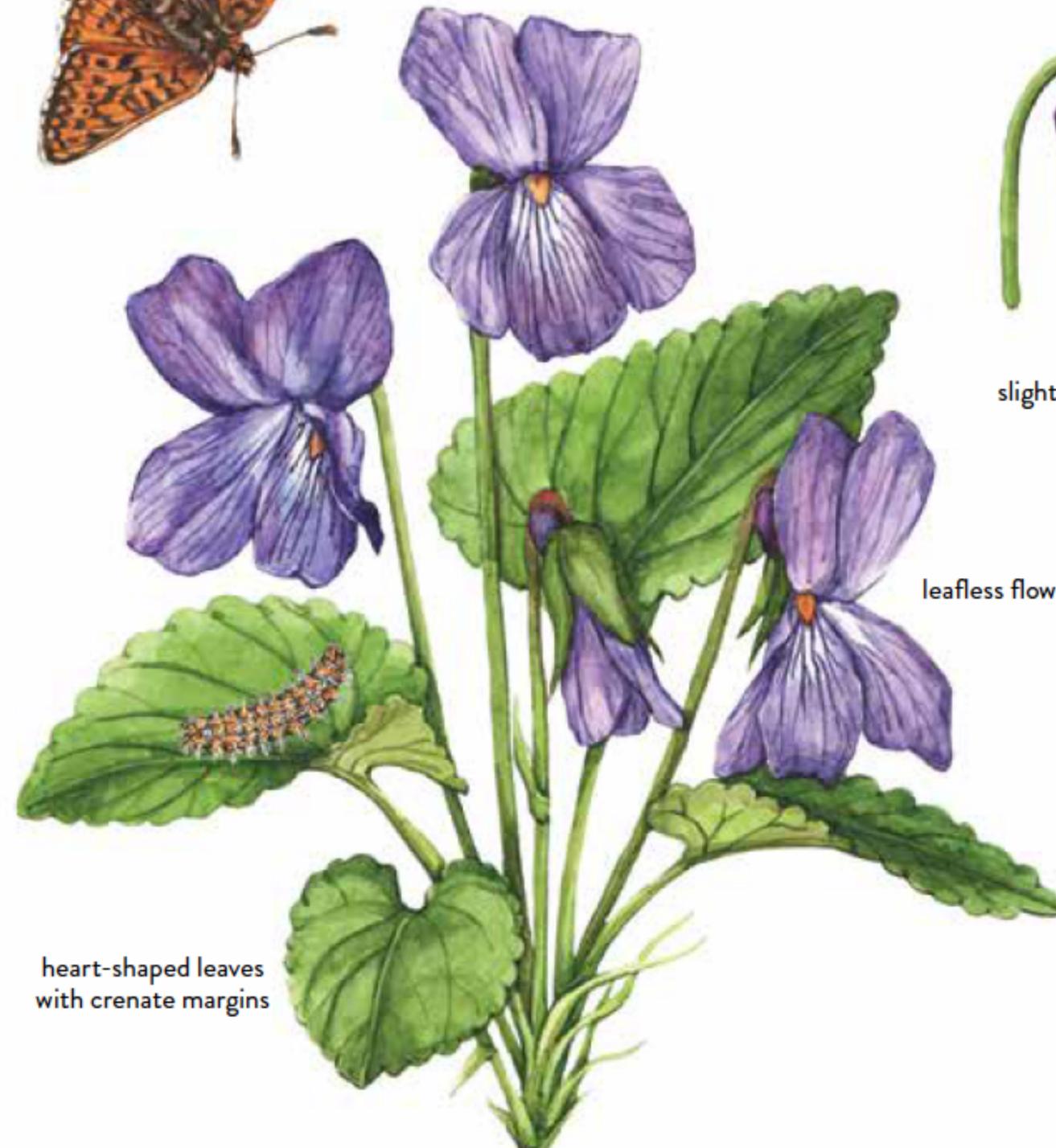
# How to Identify



five petals



slightly drooping flowers



leafless flower stalks

heart-shaped leaves  
with crenate margins

# Ecological Connections

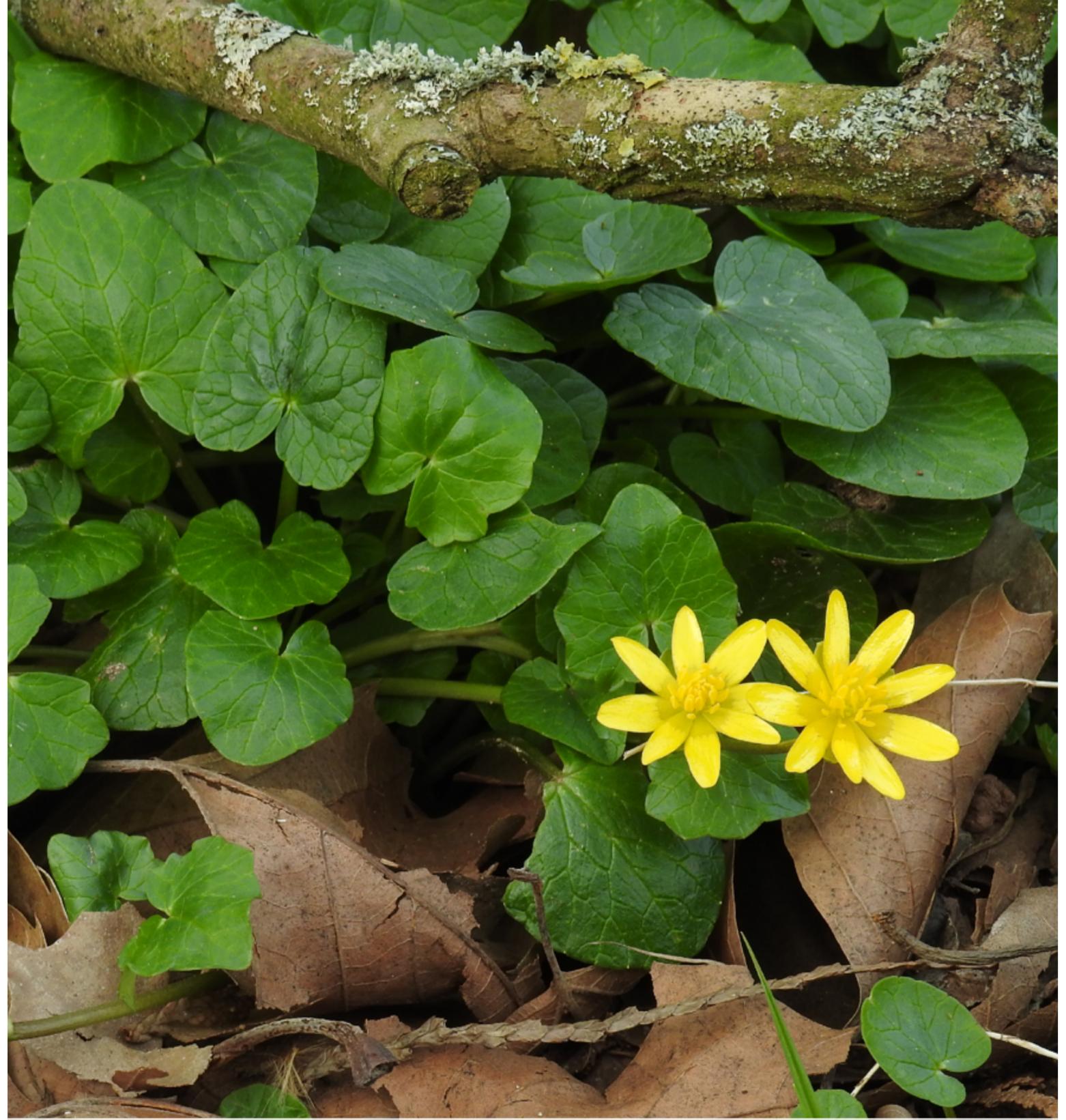


# How to Harvest





*Aconitum* spp.



*Ficaria verna*



# Violet Dosage

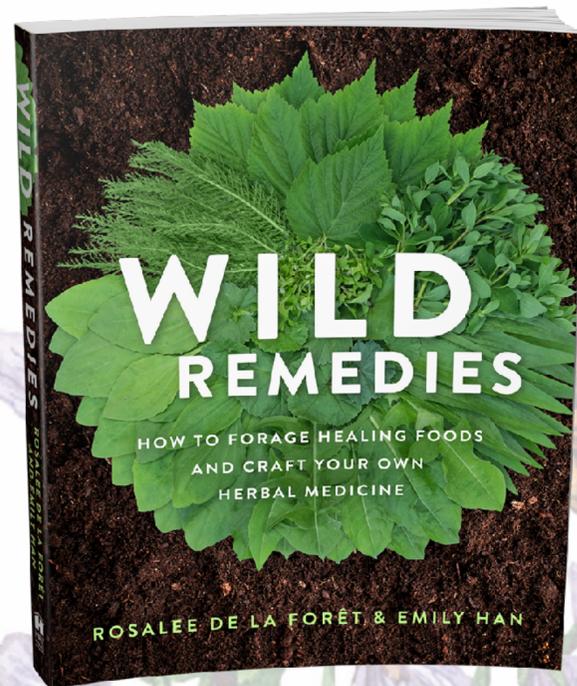
Violet leaves and flowers can be used therapeutically in large, foodlike amounts.

Tea (dried leaves/flowers): 5 to 28 grams daily

Tincture (fresh leaves/flowers): 1:2, 40% alcohol; 3 to 5 ml, 3 times daily



# Q & A



[WildRemediesBook.com](http://WildRemediesBook.com)

# Rooting Weeds Into Your Practice



A detailed botanical illustration background featuring various plants and flowers. On the left, there are green leaves and a purple flower. In the center, there are orange flowers, a bee, and purple flowers. On the right, there are pink flowers, a yellow butterfly, and a ladybug. The text is centered in the middle of the image.

**Meet your client where they are,  
draw out further interest.**



Share the story of  
the herbal medicines you give.





# Spending 20 minutes experiencing nature reduces stress

**Original study:**

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00722/full>

**Easy to read article:**

<https://www.treehugger.com/health/20-minutes-nature-lowers-stress-hormone-levels-reveals-new-study.html>



© Herbs With Rosalee

# Encourage nature learning experiences

A woman with dark hair, wearing a white short-sleeved shirt and dark pants, is leaning over in a field of tall grass and plants. She is holding a small plant stem with her right hand and appears to be smelling it. The background is a soft-focus field of similar vegetation under bright, natural light.

Guided plant walks

Bird watching

Local interpretive centers

Botanical Gardens

Forest Bathing

A wicker basket filled with white flowers sits on a wooden surface. The background is a soft, out-of-focus green landscape. The text is overlaid in the center of the image.

**Advanced:  
Encourage foraging for wild foods and  
medicines.**

A bouquet of flowers is the background of the slide. It features several yellow daisy-like flowers, a prominent purple flower with many thin petals, and clusters of small white flowers. The bouquet is held in a light-colored container, possibly a vase or basket, which is partially visible at the bottom. The background is softly blurred, showing hints of green foliage and a light-colored surface.

# Thank you!

Download slides and recipes at:

<https://www.herbalremediesadvice.org/5-powerful-weeds-for-clinical-practice.html>

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