

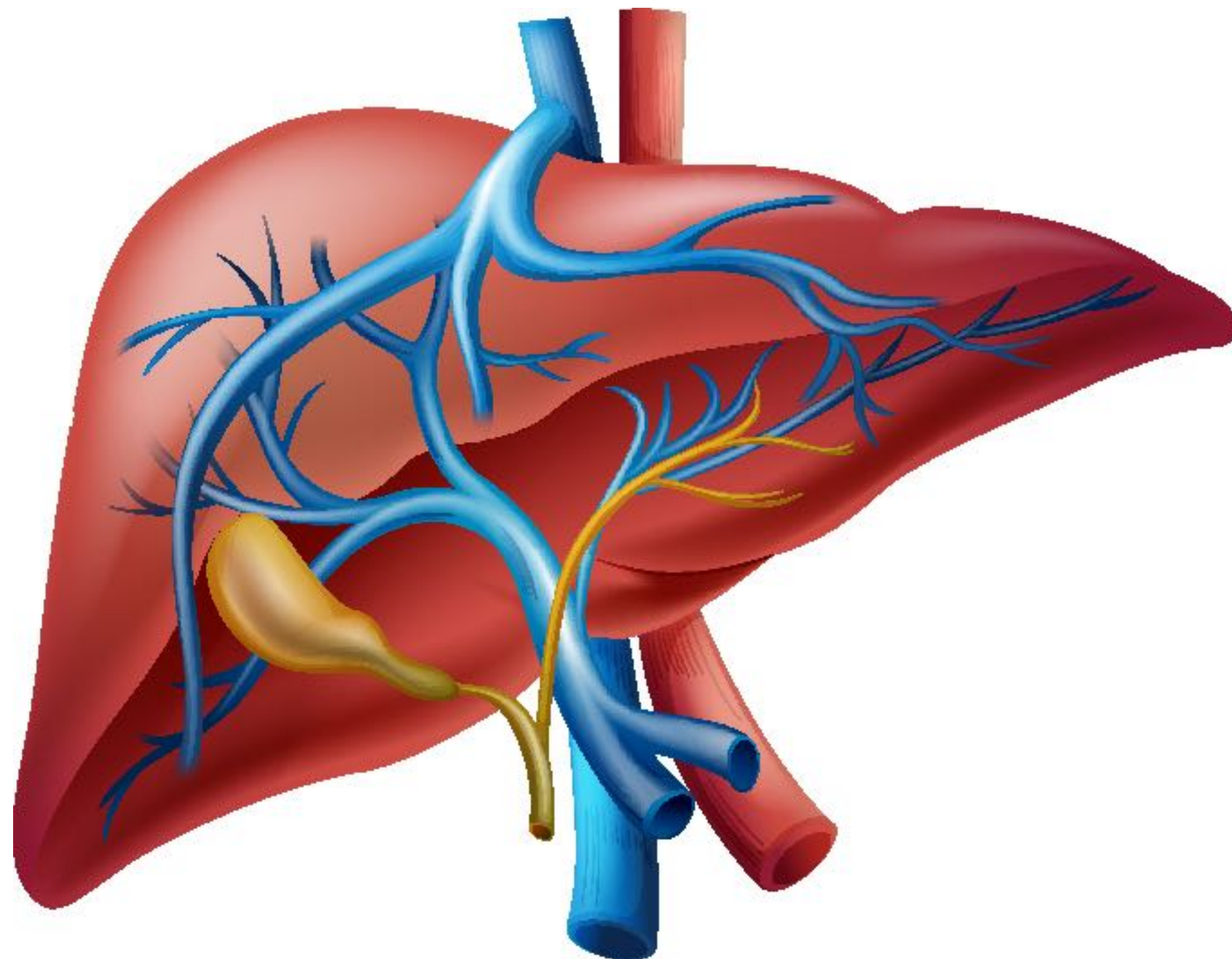
A detailed botanical illustration background featuring various plants and insects. On the left, there are yellow flowers with five petals and green leaves. Below them are small white flowers and purple flowers. In the center, a brown and orange butterfly is shown. To the right, there are purple flowers, a bumblebee, and yellow dandelion-like flowers. The bottom of the image shows more green foliage and small white flowers.

5 Powerful Weeds for Clinical Practice

with Rosalee de la Forêt

Why Weeds?











Dress Circle
Upper Circle

E-L 1-14



✓ Push bar to open

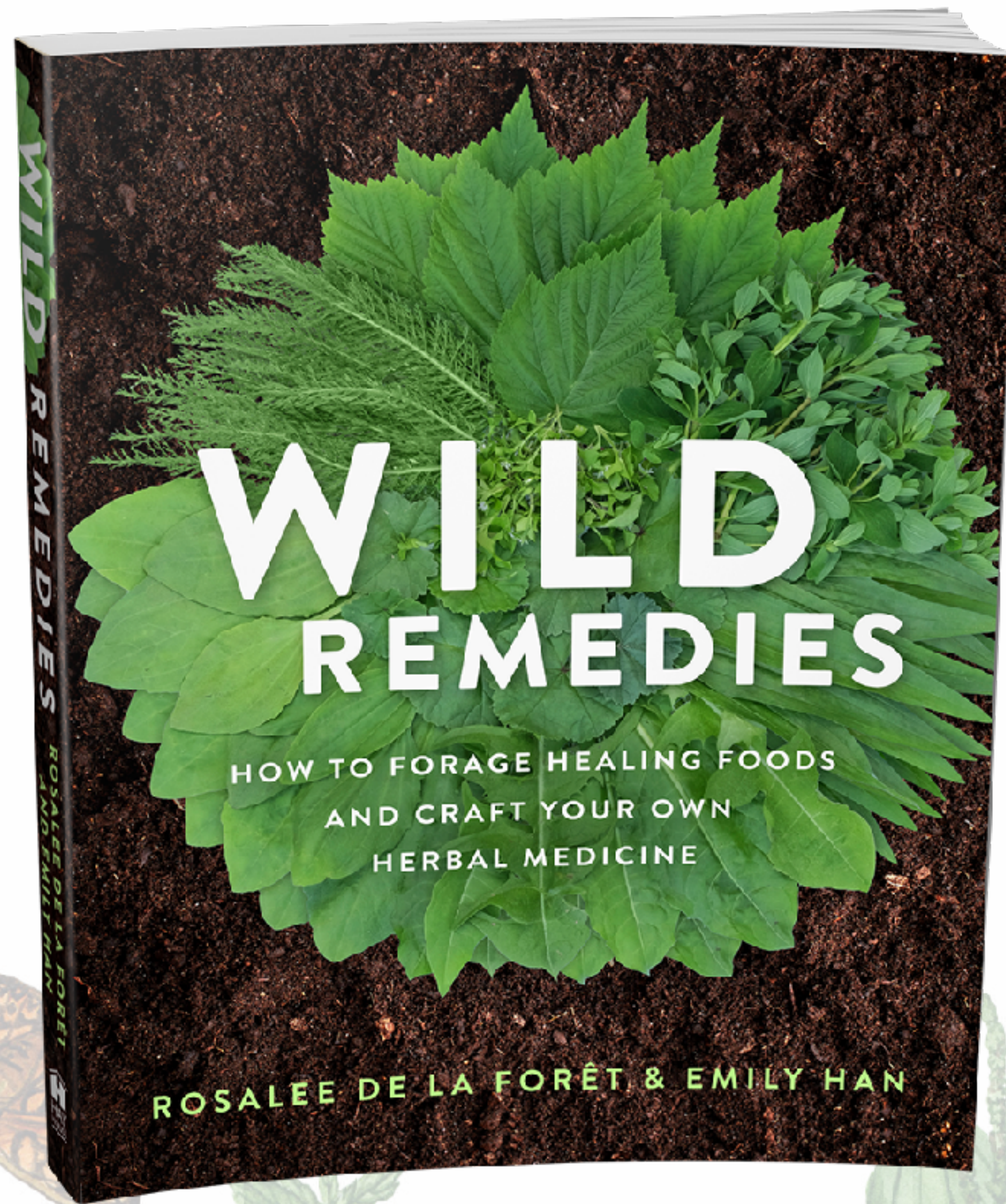
THE NEW
Snow
HDD OF THE SE
THE FAIREST

Tickets o

Thursday, 30 Novem

Times: Tuesday - Friday, 7pm | Se
Tickets: €27.50, €33 & €35 | Family Pass



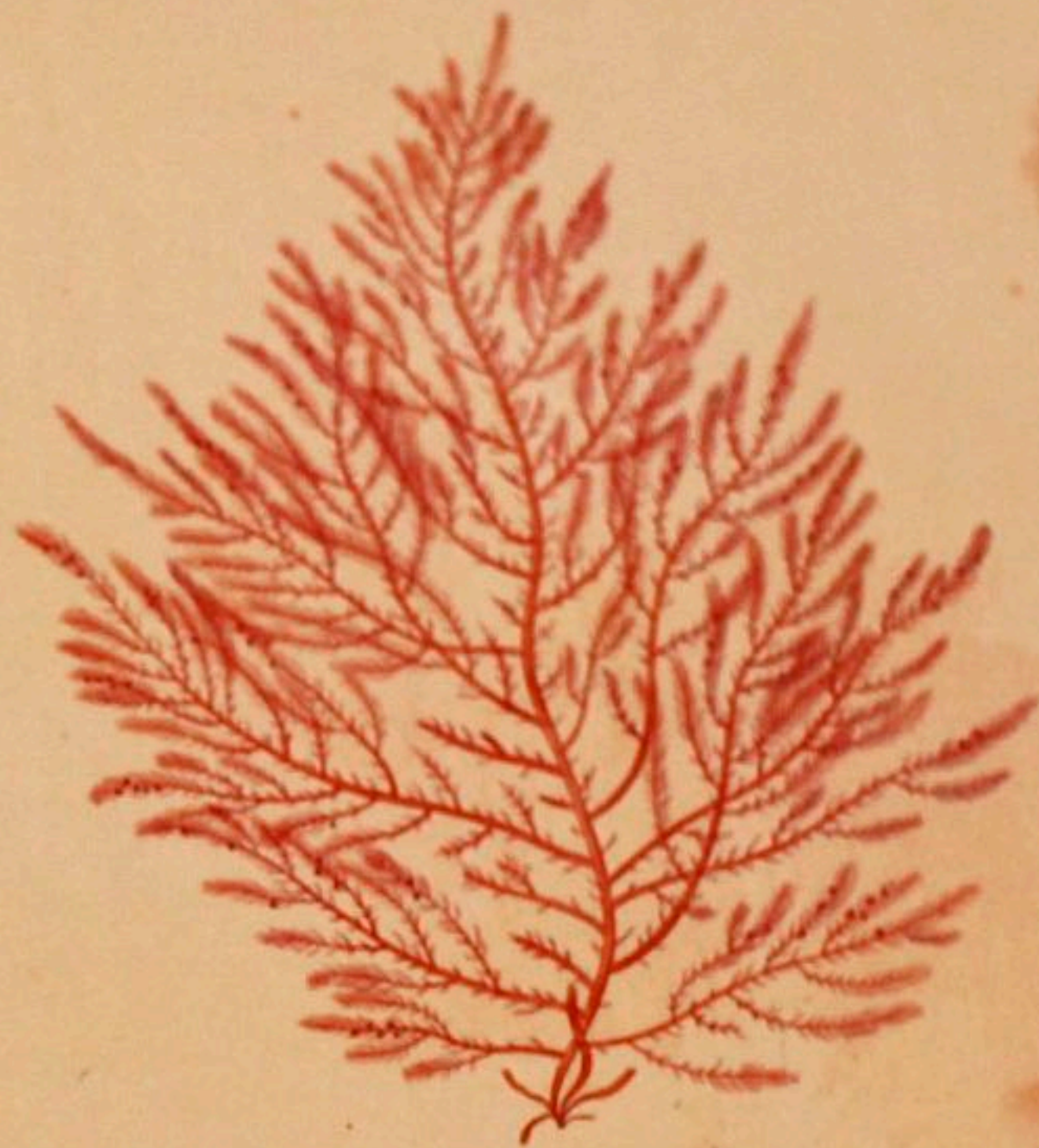






Prof. Hatcher

Succor Sanguineus March 1897



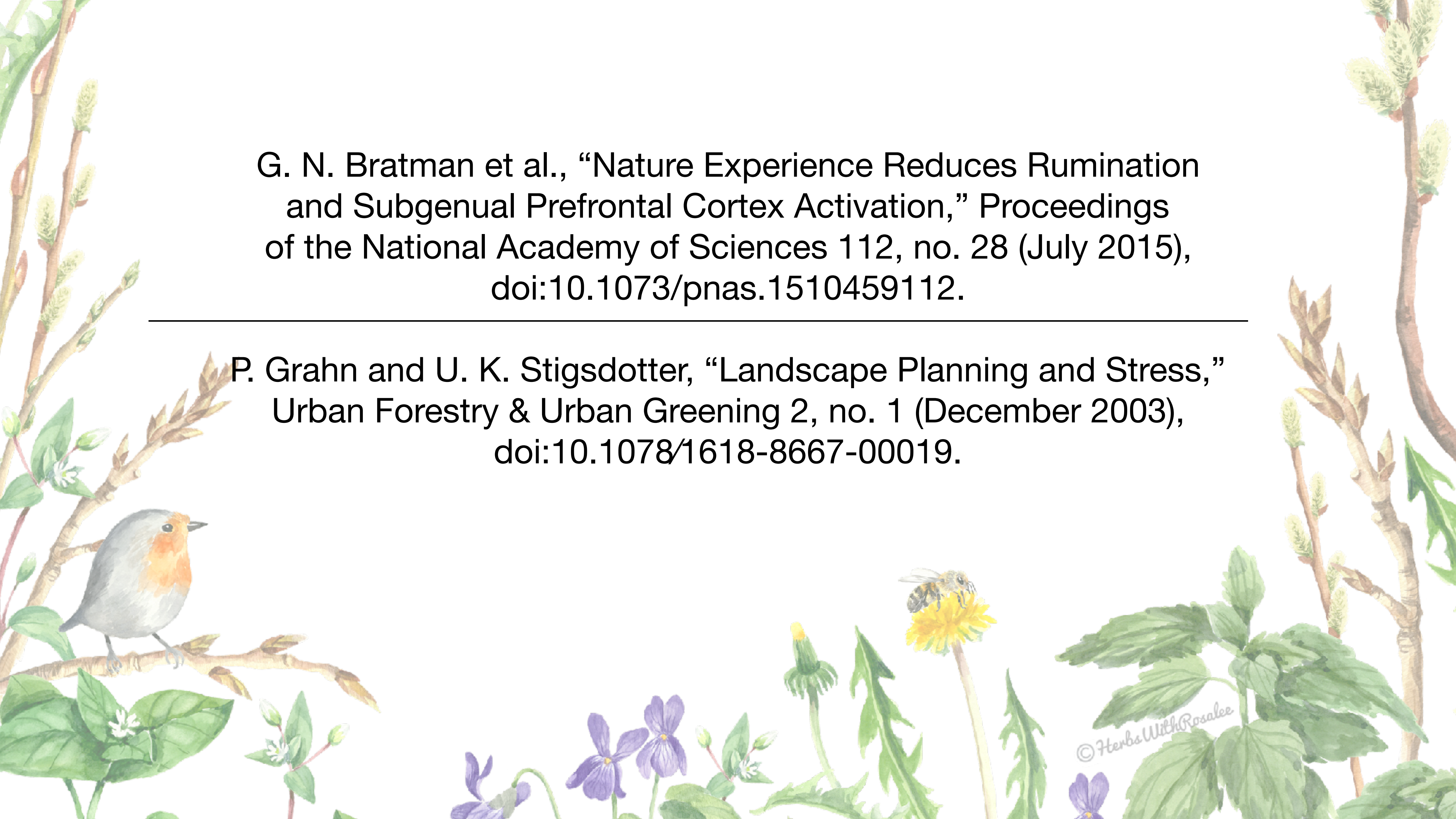
Succor asparagoides 1894

A close-up photograph of a cracked asphalt surface. The asphalt is dark grey with small, light-colored aggregate stones visible. A prominent crack runs diagonally from the top left towards the bottom right. Three white rectangular text boxes with rounded corners are overlaid on the image. The first box, in the top left, contains the word 'depression'. The second box, in the top right, contains the word 'anxiety'. The third box, in the bottom center, contains the word 'insomnia'.

depression

anxiety

insomnia



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.

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.

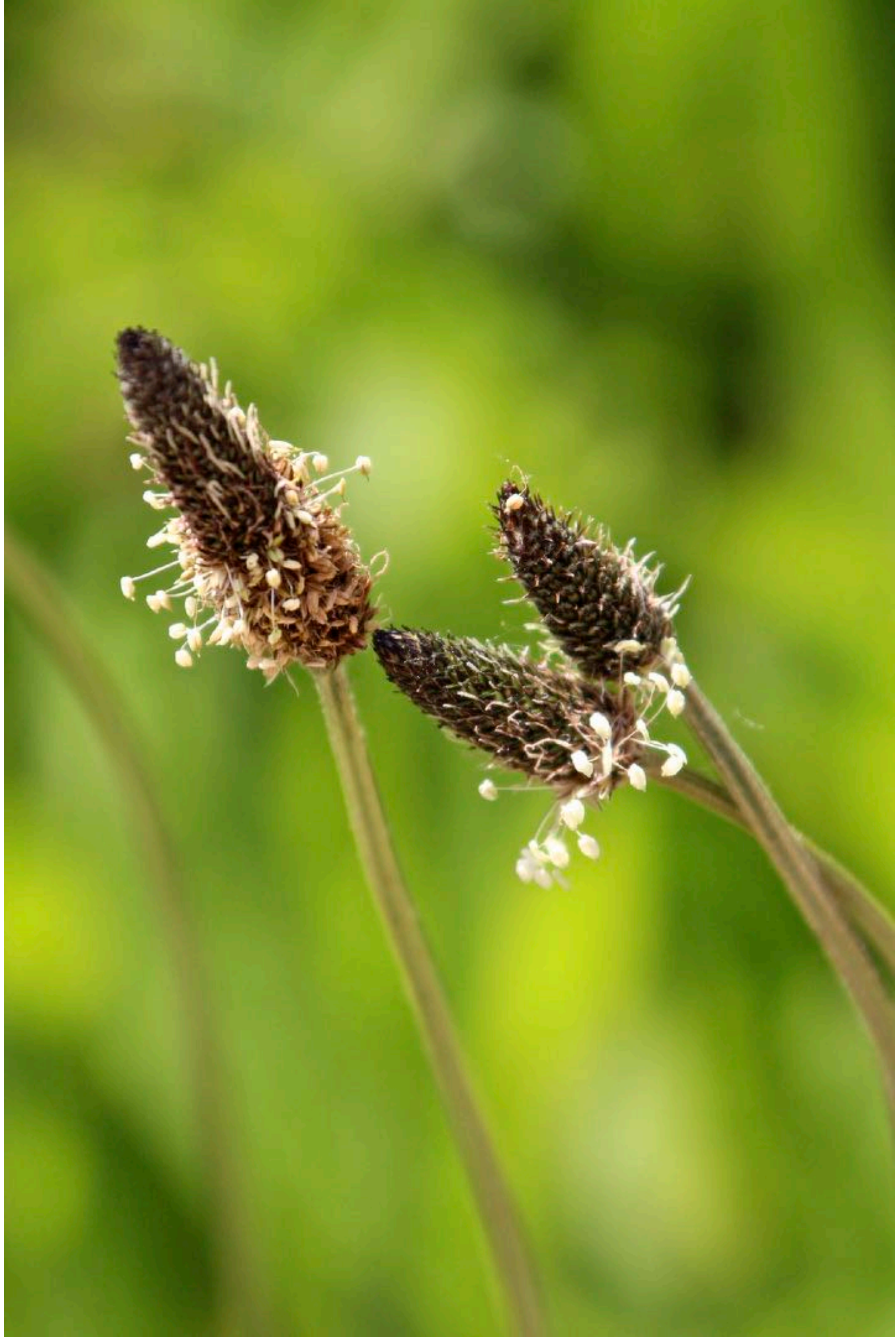




MEDICINAL PROPERTIES AND ENERGETICS









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.

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



A close-up photograph of a green plant stem with several serrated leaves. The leaves are bright green and have a distinct serrated edge. A small, developing flower bud is visible at the top of the stem. The background is a soft, out-of-focus green.

MEDICINAL PROPERTIES AND ENERGETICS





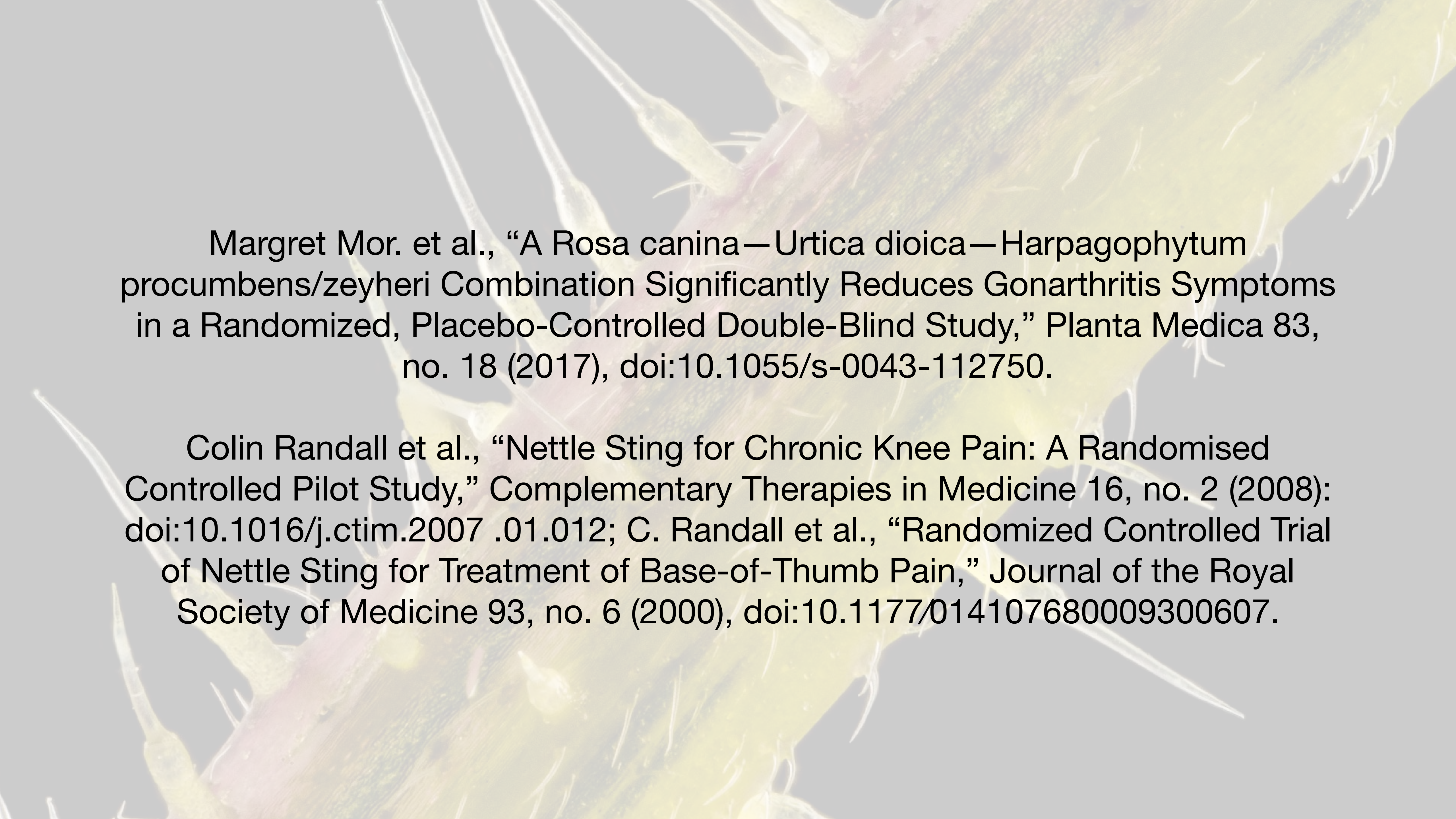
N. Namazi et al. "The Effect of Hydro Alcoholic Nettle (*Urtica dioica*) Extracts on Insulin Sensitivity and Some Inflammatory Indicators in Patients with Type 2 Diabetes: A Randomized Double-Blind Control Trial," Pakistan Journal of Biological Sciences 14, no. 15 (2011), doi:10.3923/pjbs.2011.775.779

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;

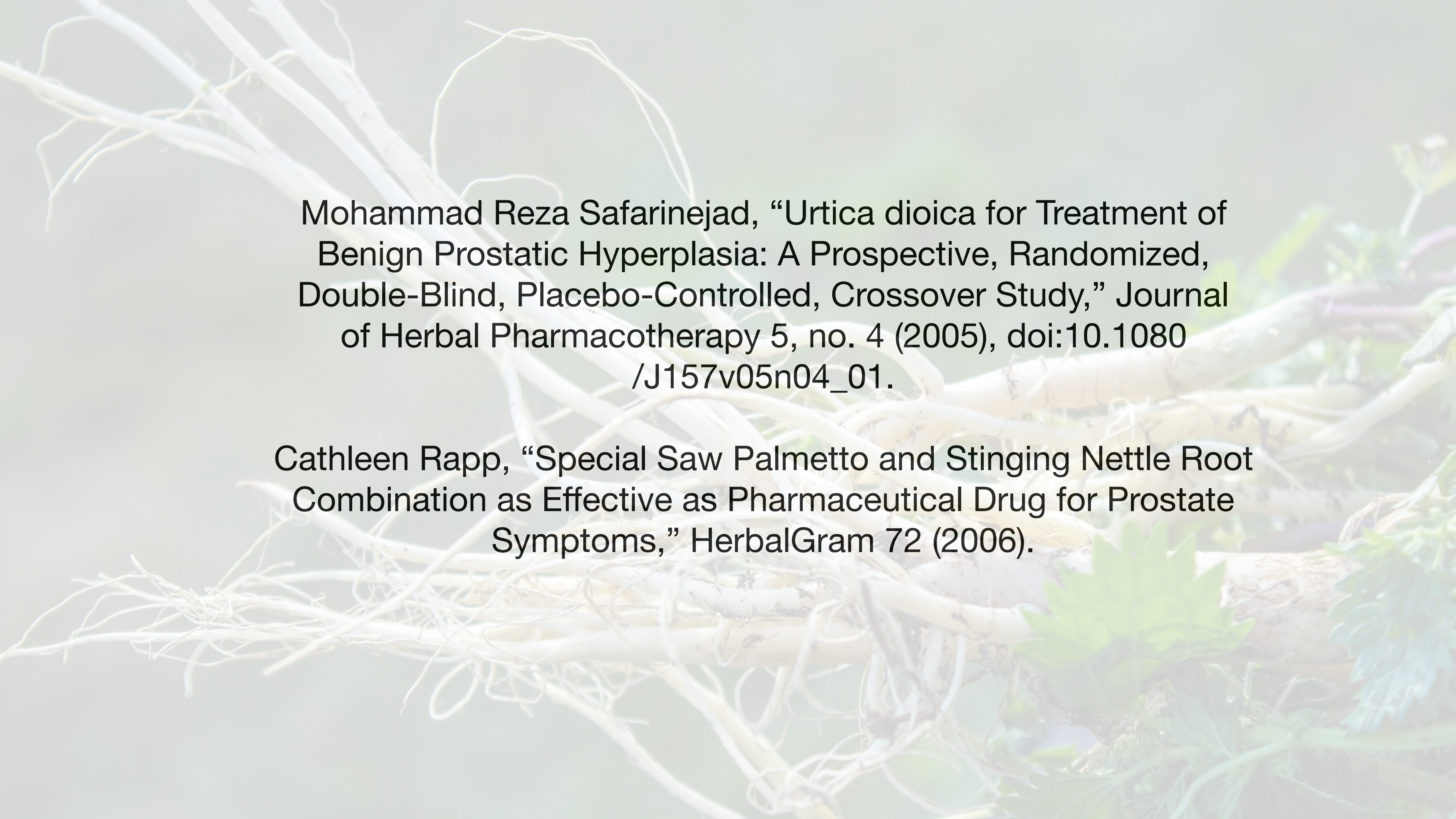
Nahid Khalili et al., "Silymarin, Olibanum, and Nettle, a Mixed Herbal Formulation in the Treatment of Type II Diabetes: A Randomized, Double-Blind, Placebo-Controlled, Clinical Trial," Journal of Evidence-Based Complementary & Alternative Medicine 22, no. 4 (2017), doi: 10.1177/2156587217696929.

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.



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.

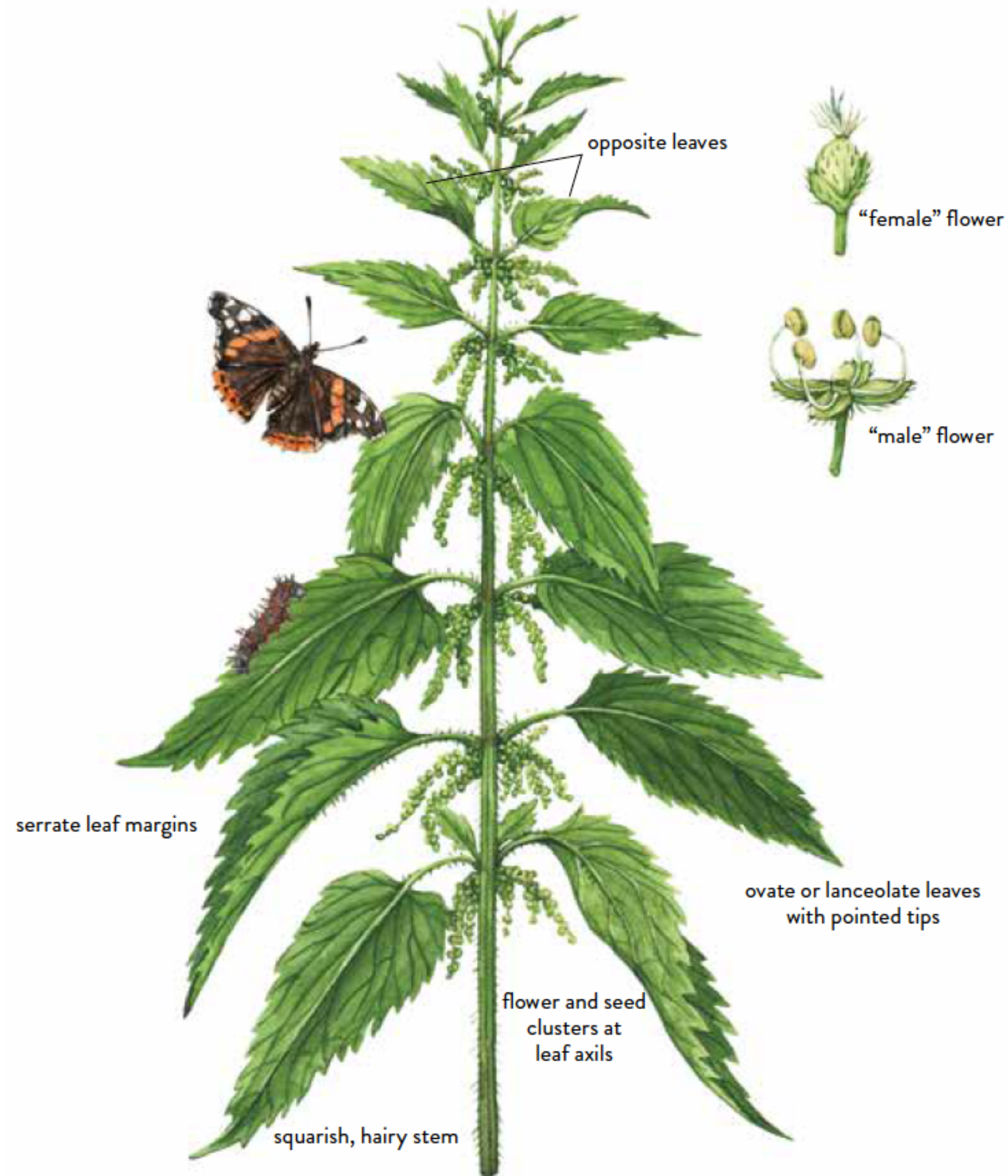
Colin Randall et al., “Nettle Sting for Chronic Knee Pain: A Randomised Controlled Pilot Study,” *Complementary Therapies in Medicine* 16, no. 2 (2008): doi:10.1016/j.ctim.2007.01.012; C. Randall et al., “Randomized Controlled Trial of Nettle Sting for Treatment of Base-of-Thumb Pain,” *Journal of the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

The background of the slide features a close-up, slightly blurred image of dried, light-colored roots and some green leaves, likely from the plants mentioned in the text.

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

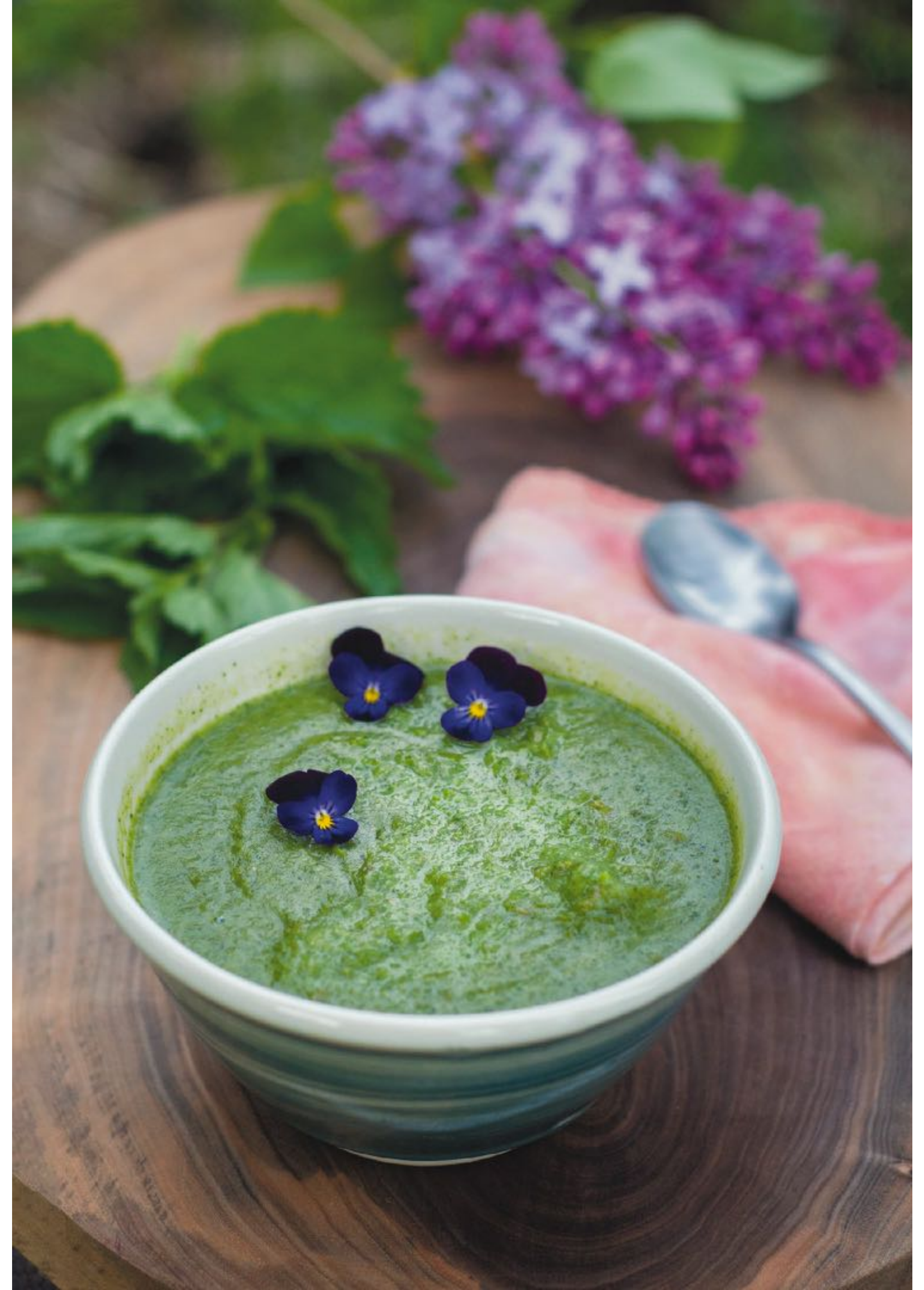


Pilea pumila



Nettle & Asparagus Soup

Recipe in handouts
(end of presentation)






Dandelion
Taraxacum officinale

WARNING!

Pesticide application

Harmful for plants,
animals, insects and
humans.

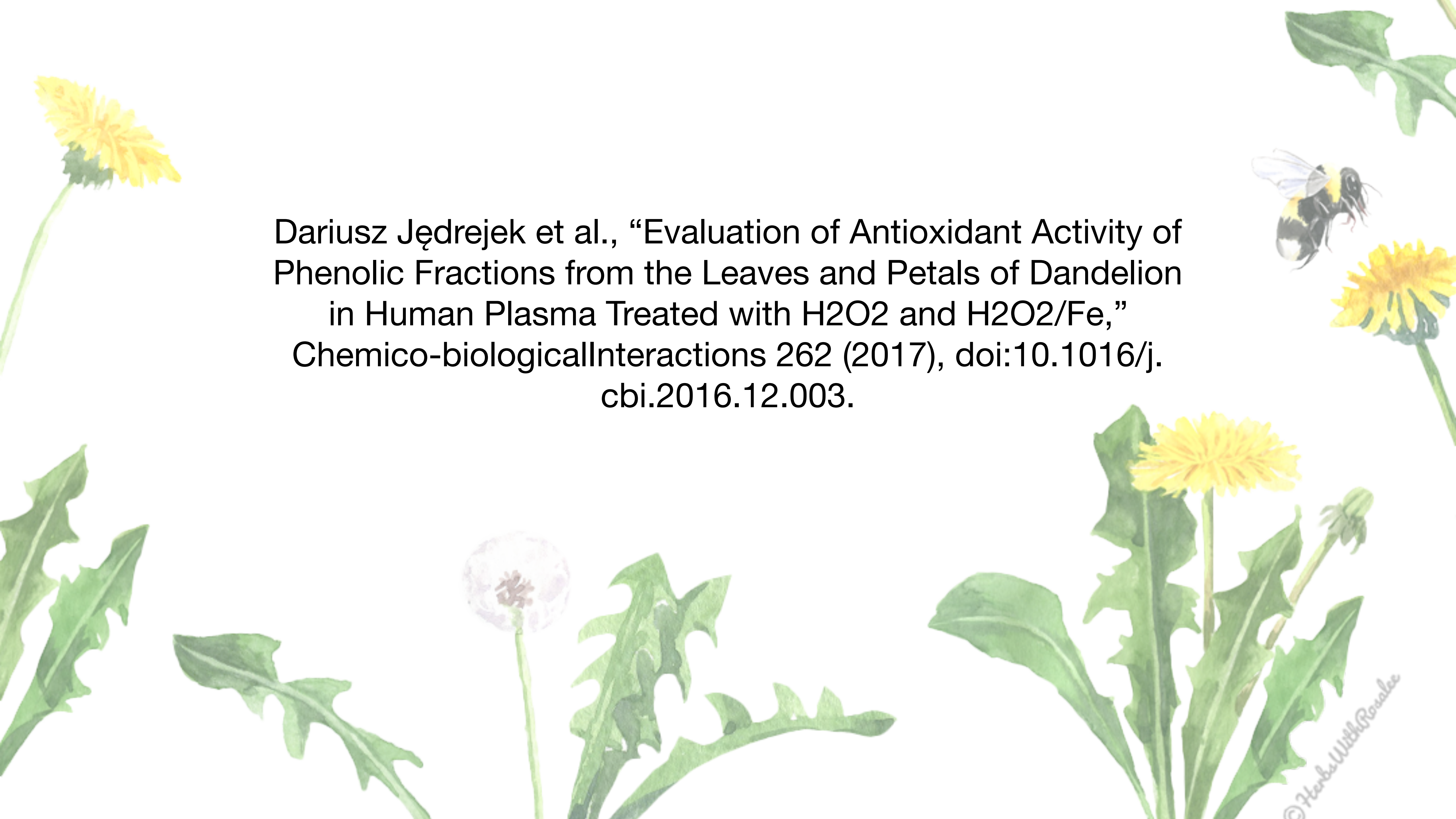




MEDICINAL PROPERTIES AND ENERGETICS



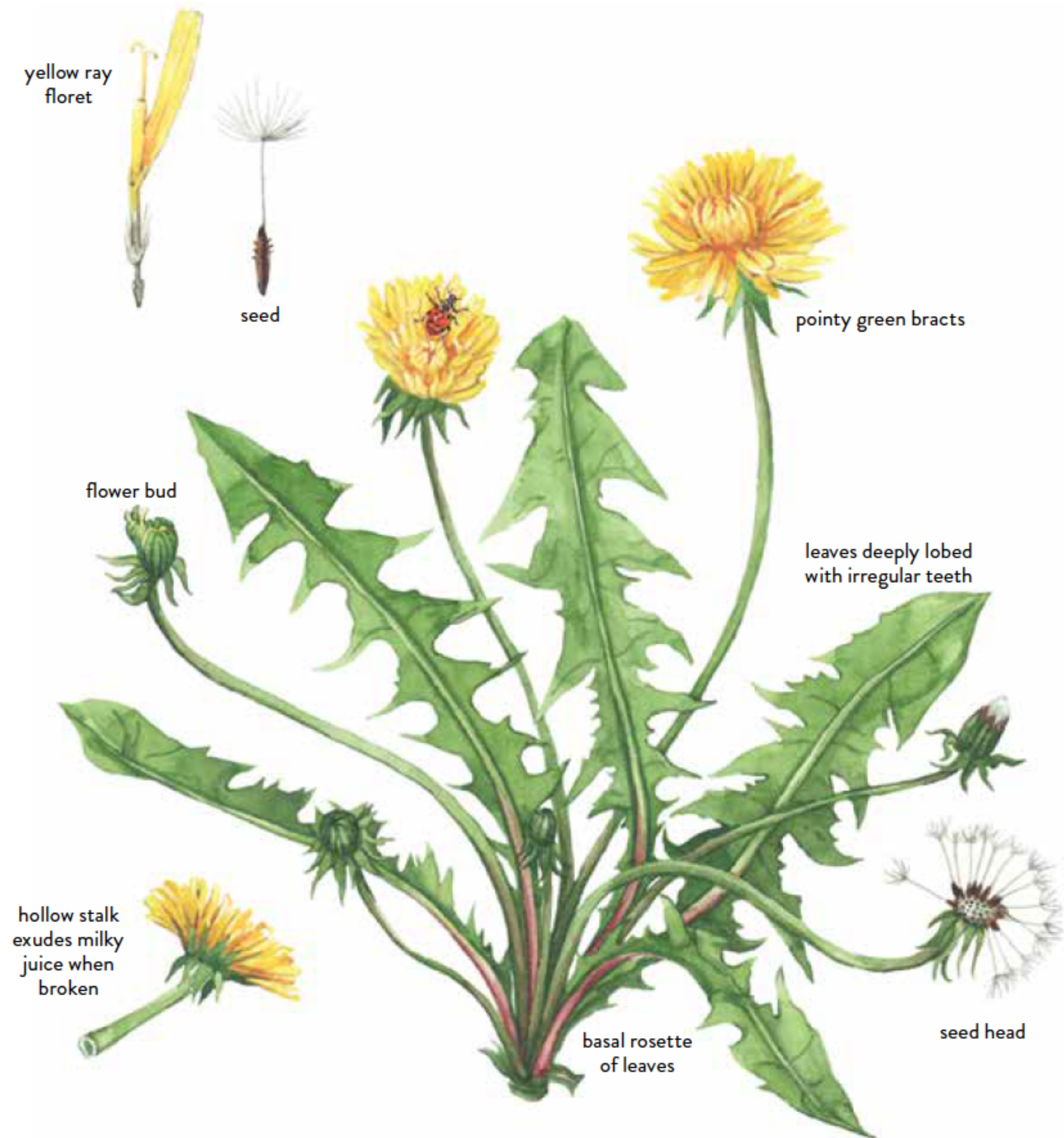


A watercolor illustration of dandelions and a bee. In the top left, a single yellow dandelion flower is shown. In the top right, a bumblebee is flying towards a yellow dandelion flower. In the bottom left, there are green dandelion leaves. In the bottom center, a dandelion seed head is shown. In the bottom right, there is a larger dandelion plant with several yellow flowers and green leaves. The text is centered in the middle of the image.

Dariusz Jędrejek et al., “Evaluation of Antioxidant Activity of Phenolic Fractions from the Leaves and Petals of Dandelion in Human Plasma Treated with H₂O₂ and H₂O₂/Fe,” Chemico-biological Interactions 262 (2017), doi:10.1016/j.cbi.2016.12.003.



How to Identify

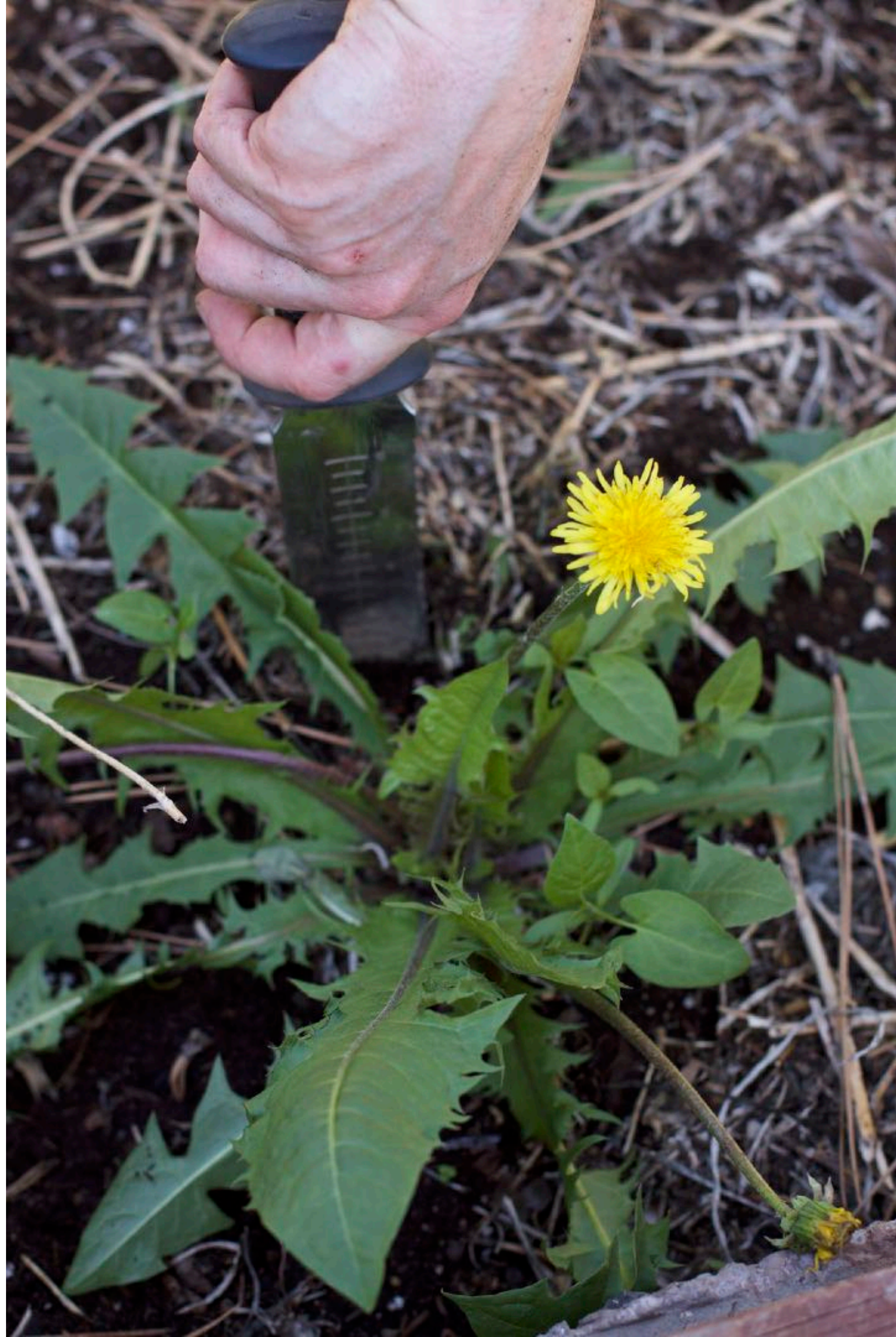


Ecological Connections



How to Harvest







Sonchus spp.



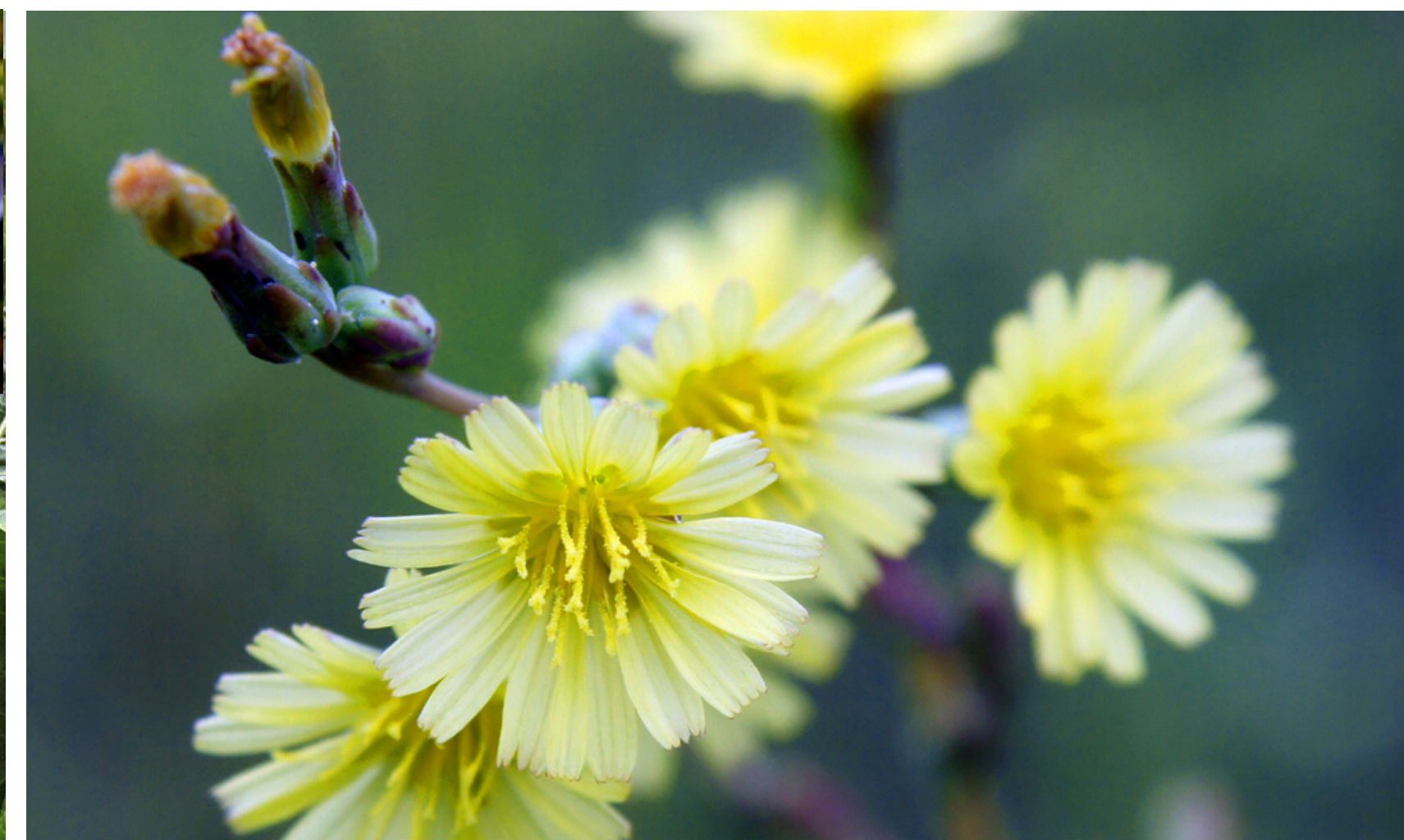
Hypochaeris radicata



Hieracium pilosella



Cichorium intybus



Lactuca spp.







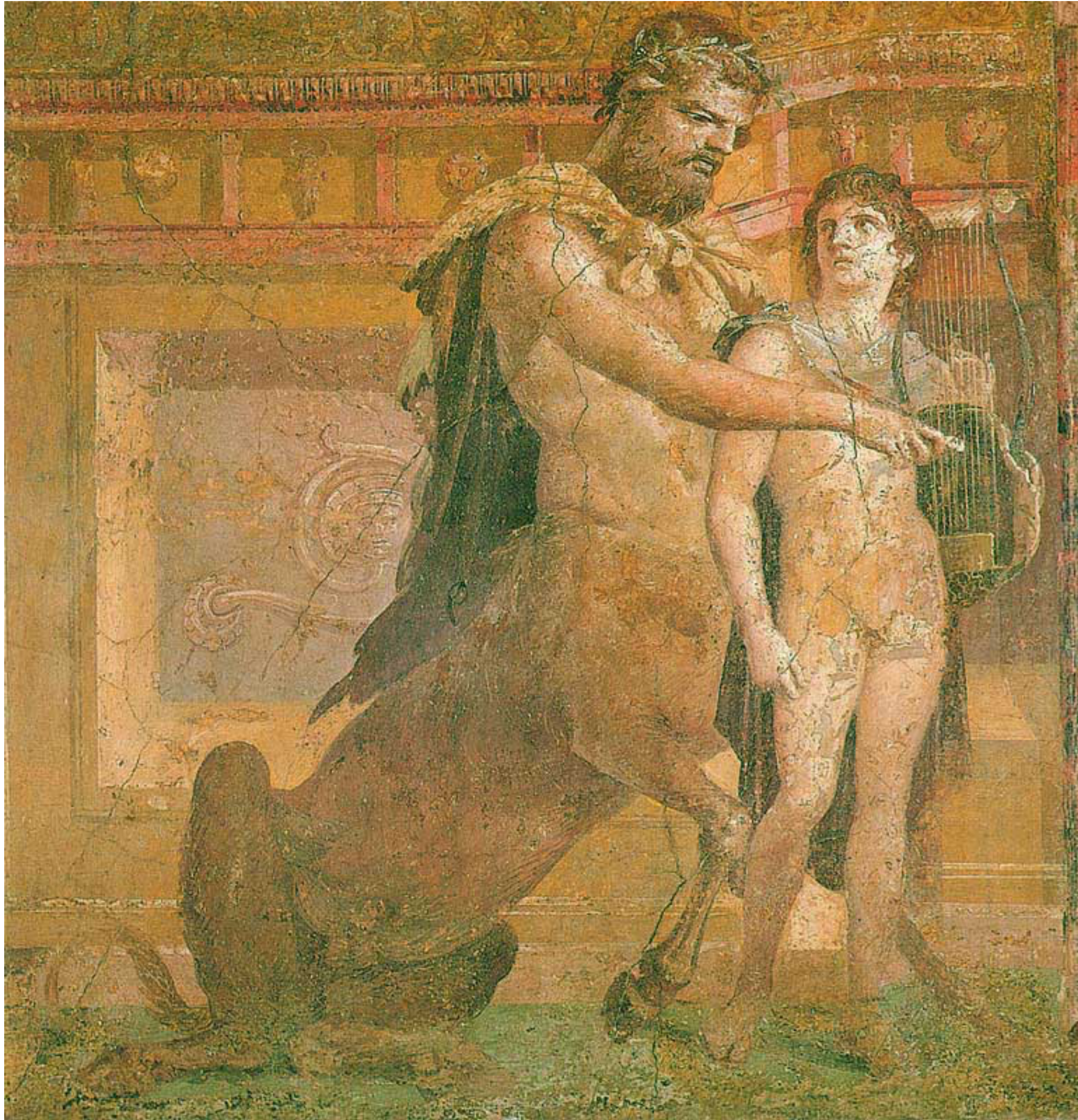
Yarrow

Achillea millefolium





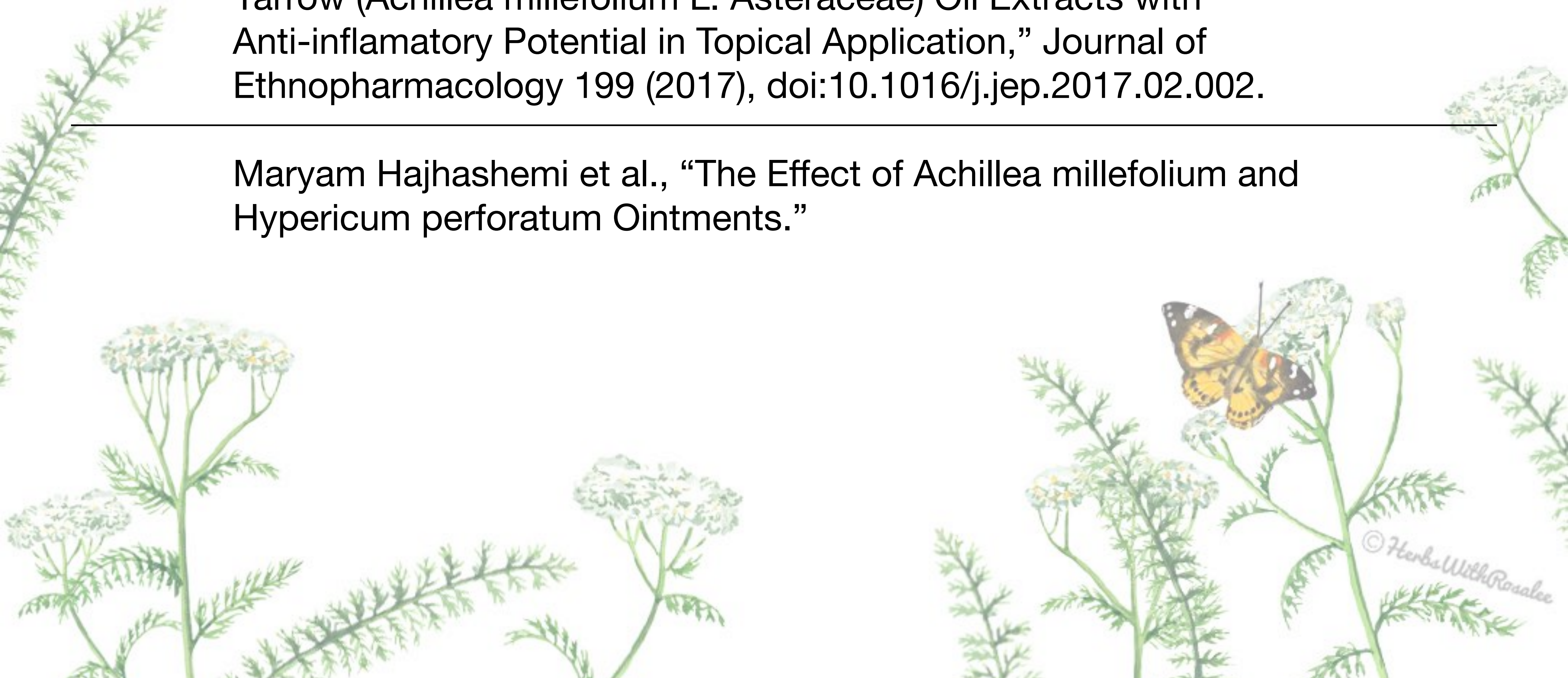
MEDICINAL PROPERTIES AND ENERGETICS



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

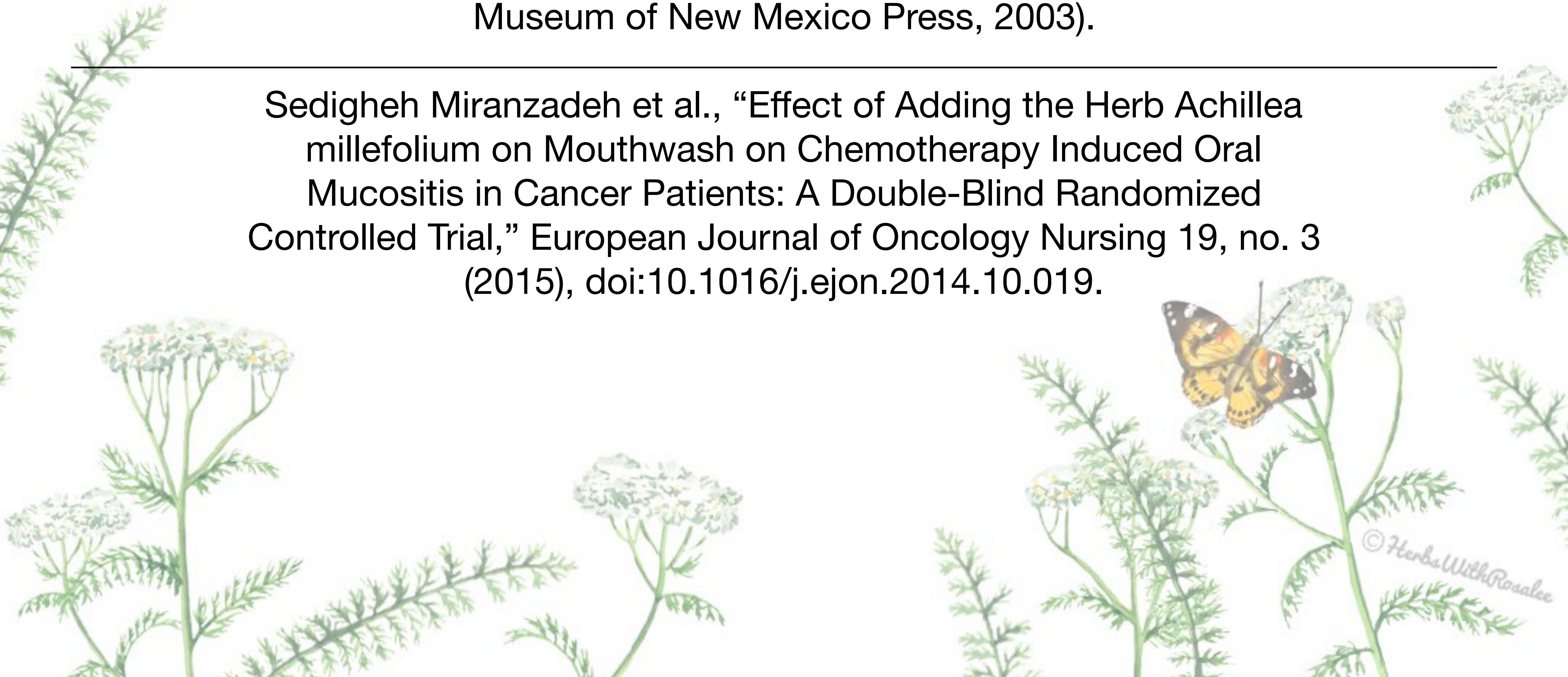
Vanja Tadić et al., “The Estimation of the Traditionally Used Yarrow (*Achillea millefolium* L. Asteraceae) Oil Extracts with Anti-inflammatory Potential in Topical Application,” *Journal of Ethnopharmacology* 199 (2017), doi:10.1016/j.jep.2017.02.002.

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



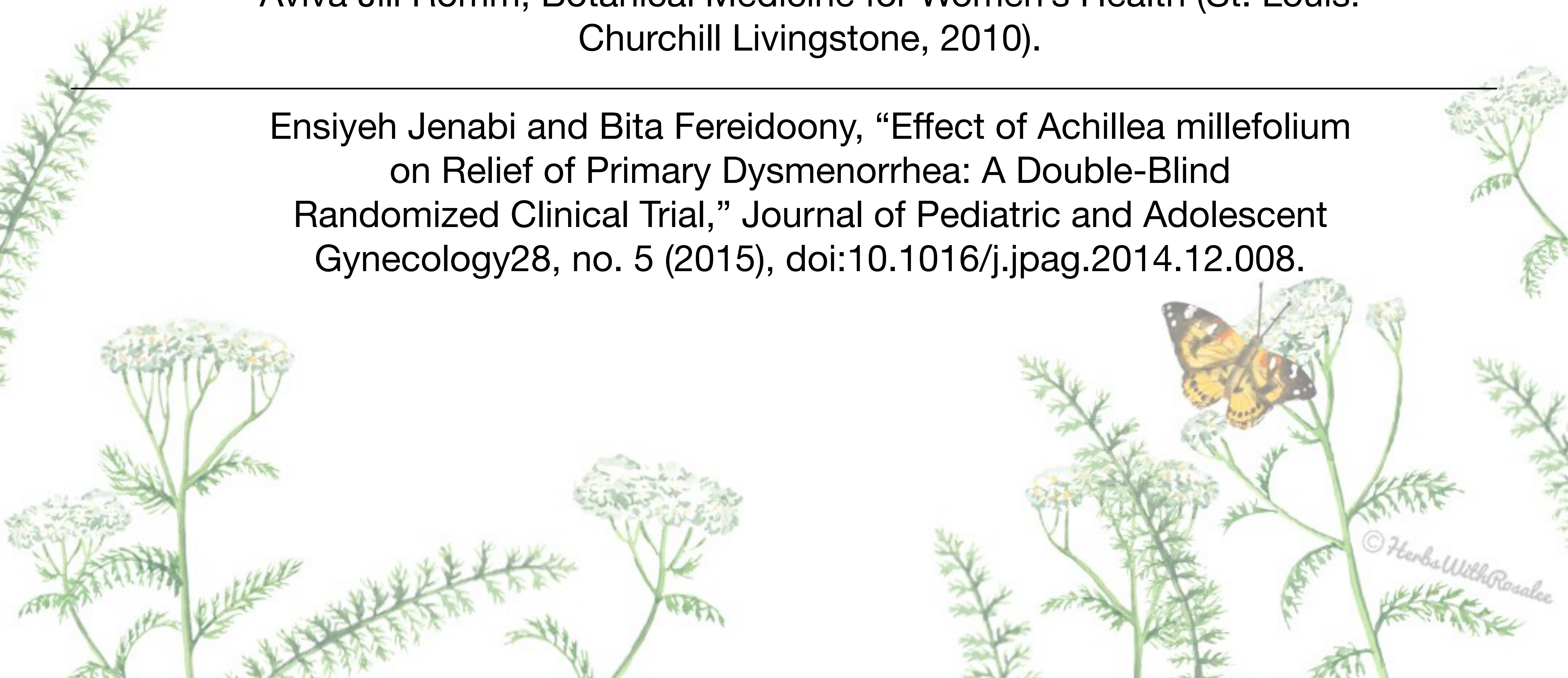
Michael Moore, Medicinal Plants of the Mountain West (Santa Fe: Museum of New Mexico Press, 2003).

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).

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.



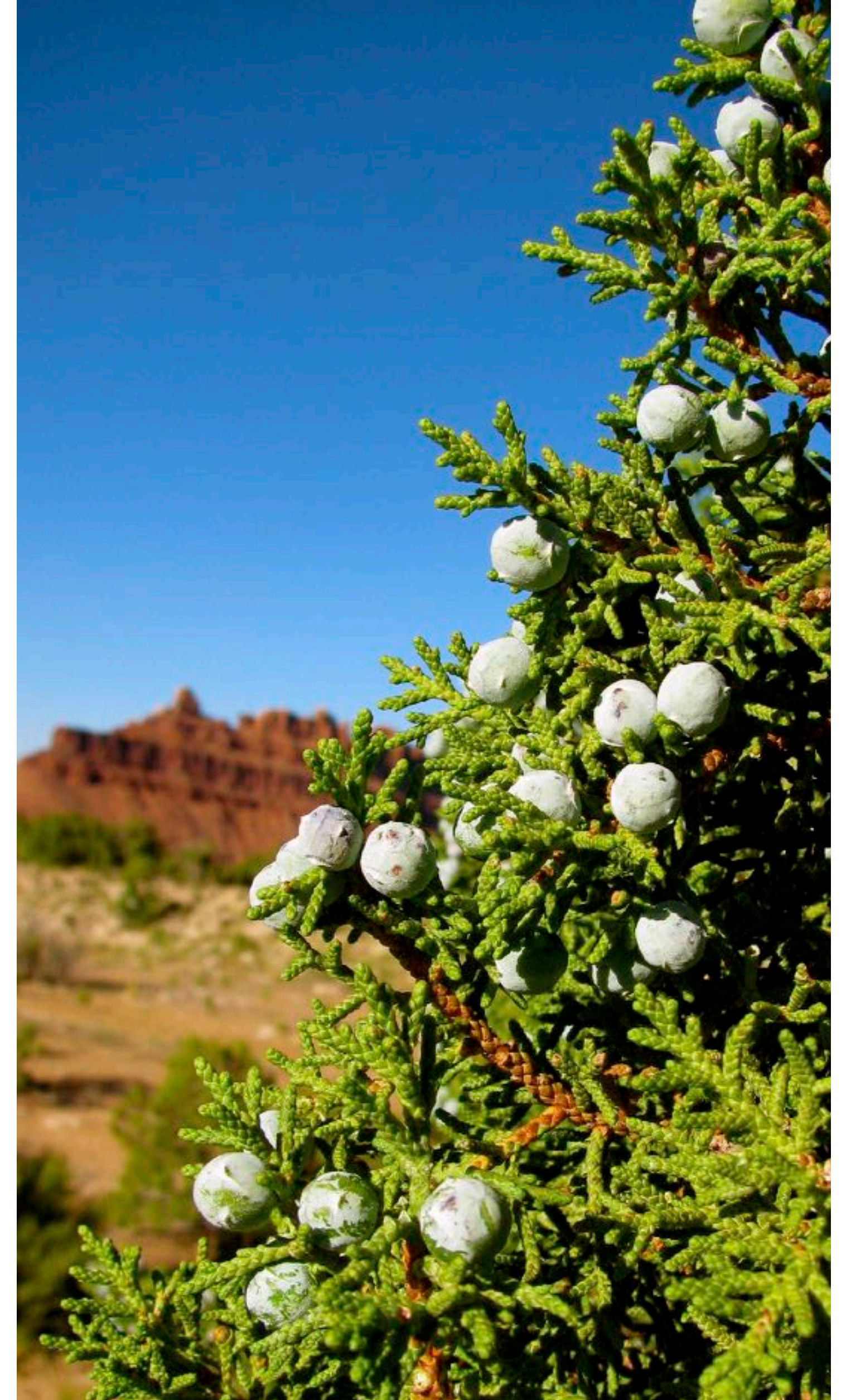




Achillea millefolium



Arctostaphylos uva-ursi



Juniperus communis

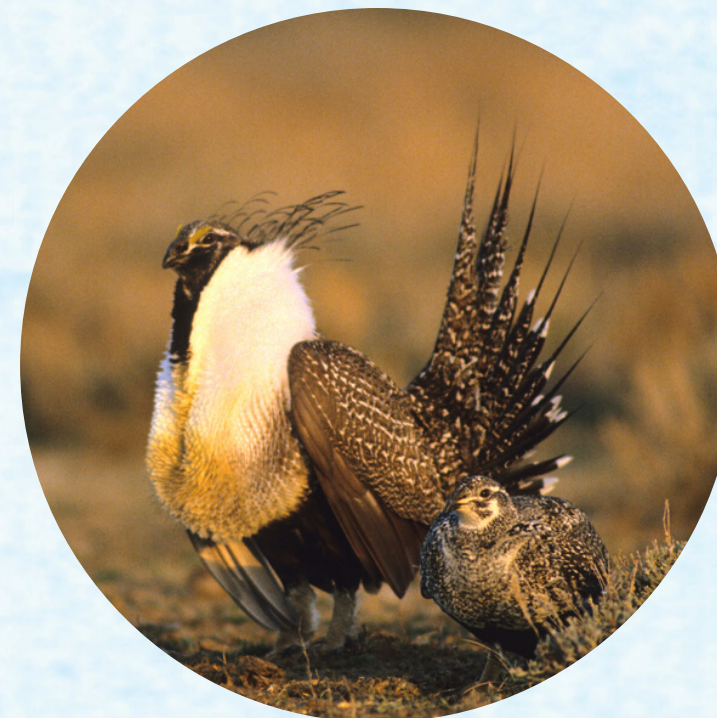


How to Identify





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

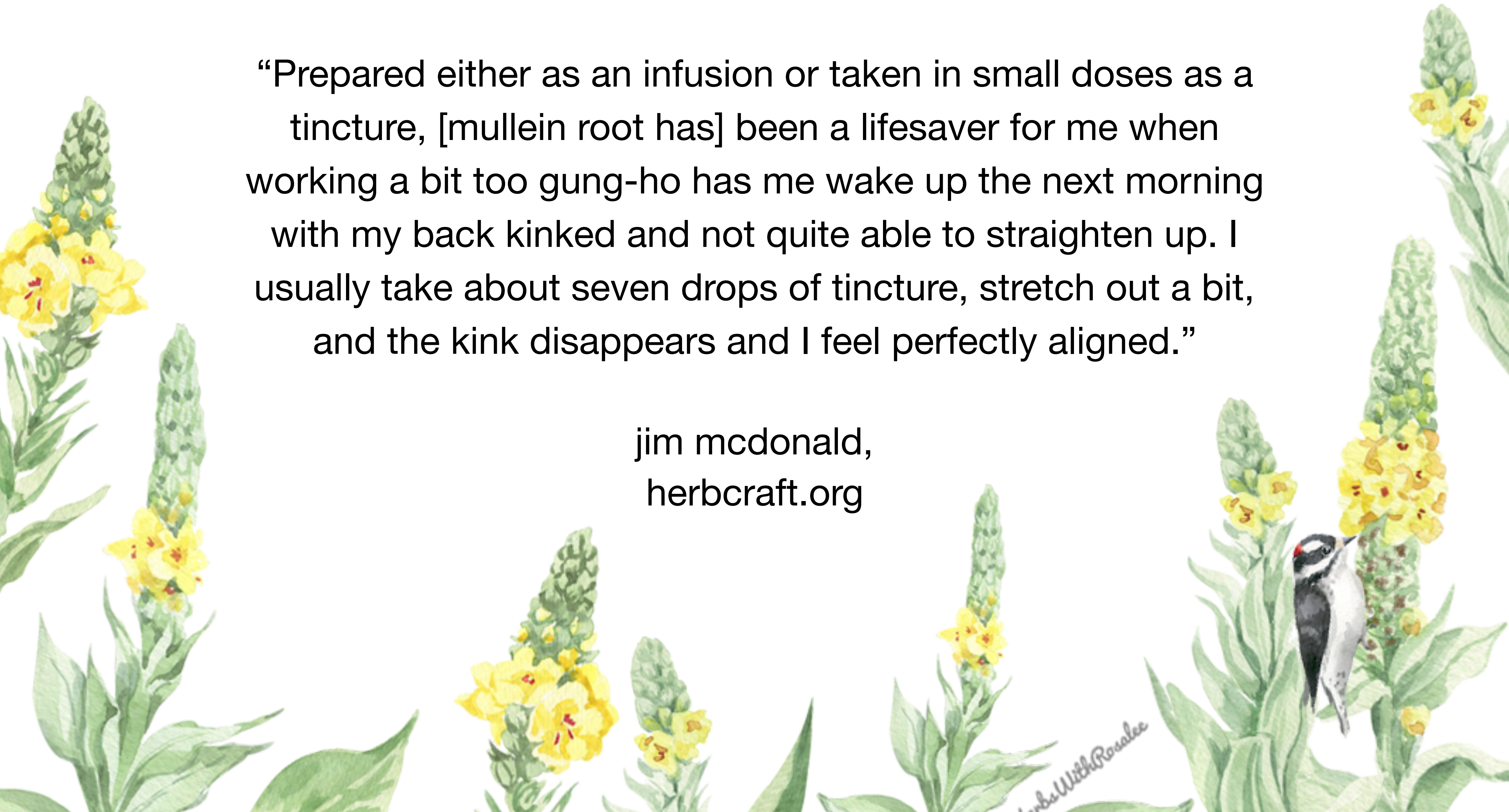


➤ Back Pain

➤ Bladder Weakness

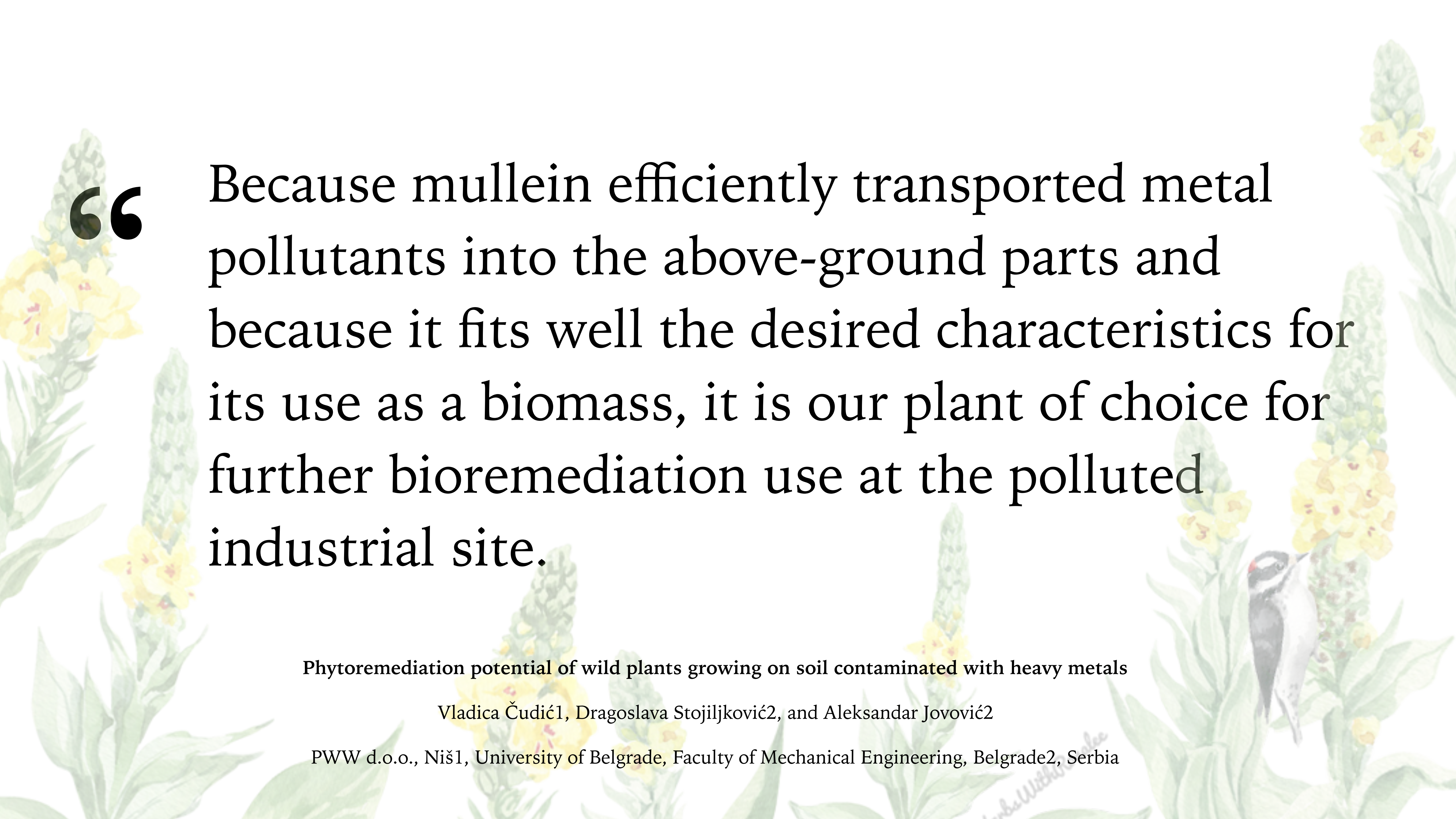
“Prepared either as an infusion or taken in small doses as a tincture, [mullein root has] been a lifesaver for me when working a bit too gung-ho has me wake up the next morning with my back kinked and not quite able to straighten up. I usually take about seven drops of tincture, stretch out a bit, and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

jim mcdonald,
herbcraft.org









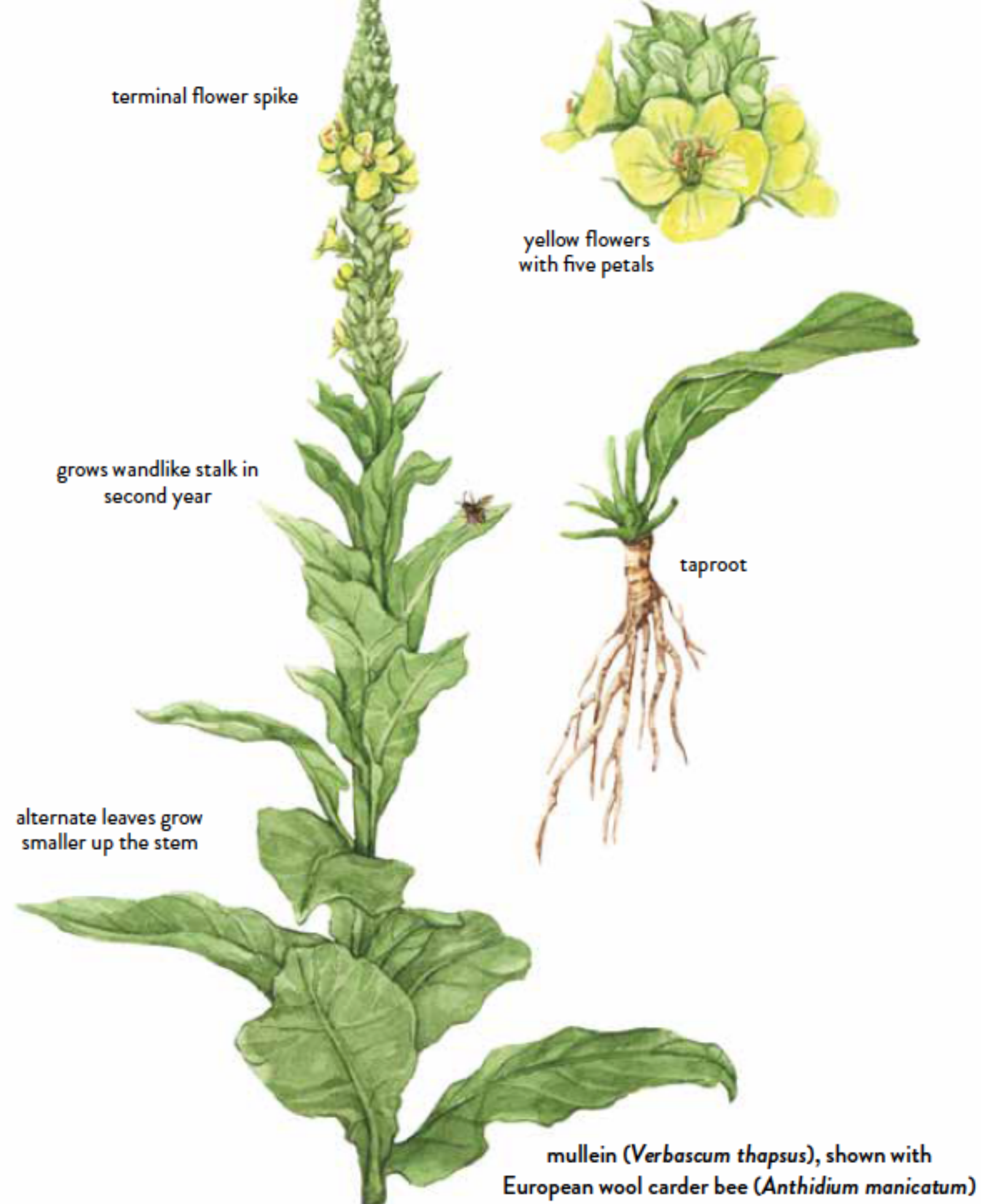
“ Because mullein efficiently transported metal pollutants into the above-ground parts and because it fits well the desired characteristics for its use as a biomass, it is our plant of choice for further bioremediation use at the polluted industrial site.

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

Vladica Čudić¹, Dragoslava Stojiljković², and Aleksandar Jovović²

PWW d.o.o., Niš¹, University of Belgrade, Faculty of Mechanical Engineering, Belgrade², Serbia

How to Identify



Ecological Connections



How to Harvest

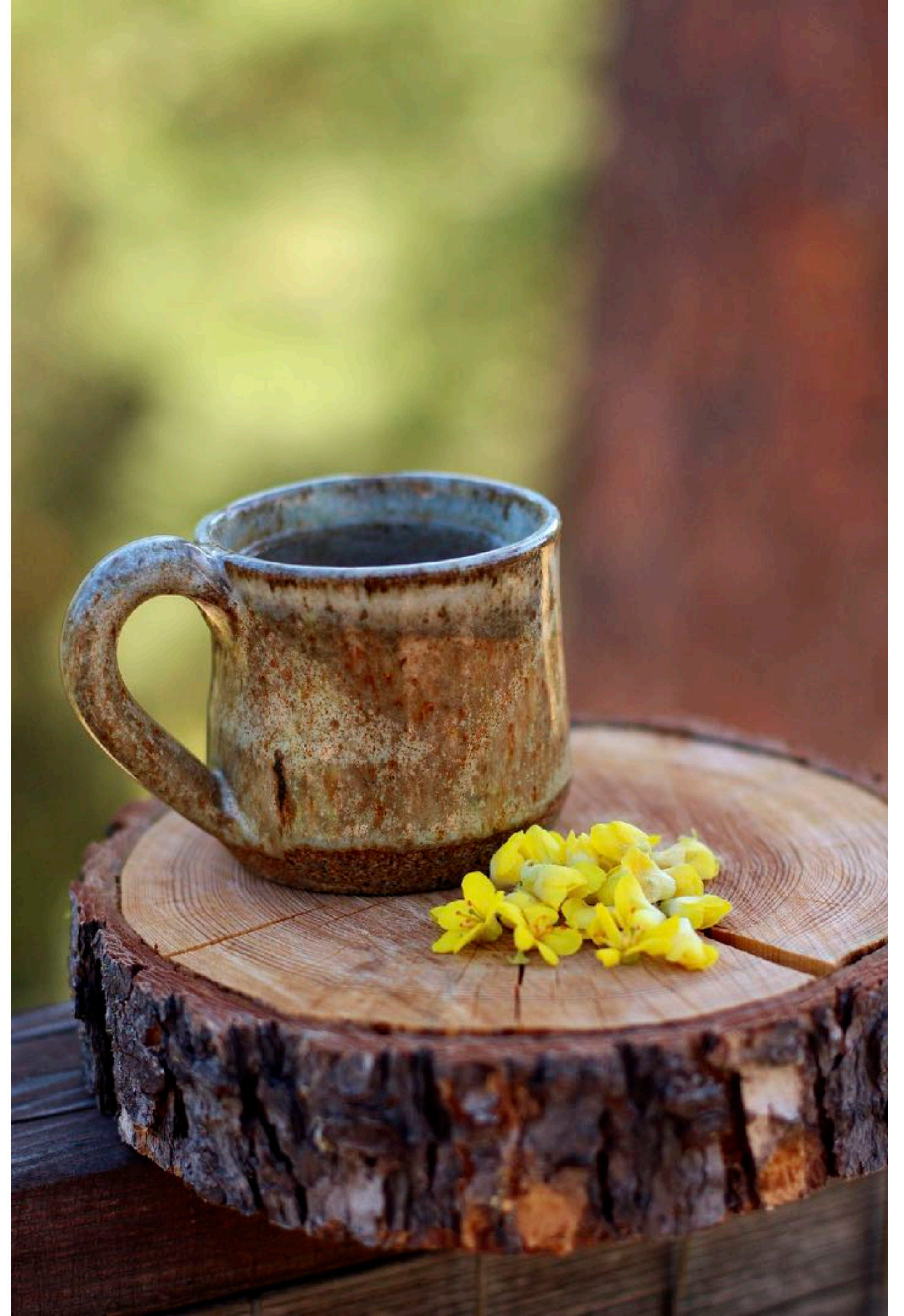




Digitalis purpurea



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

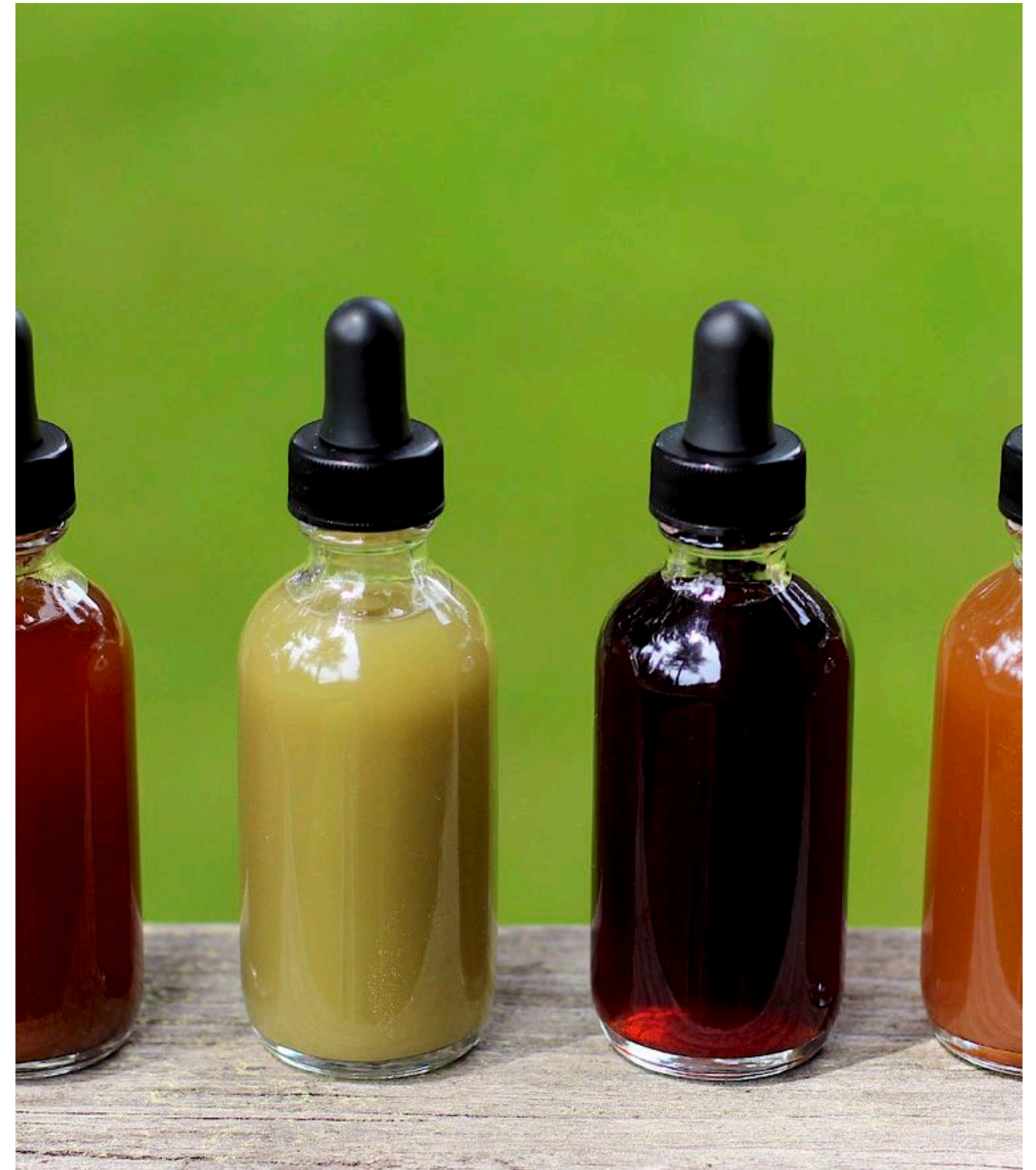
Tincture (fresh): 1:2, 40% alcohol; 30 to 90 drops (1/4 to 1 teaspoon), 3 times daily



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

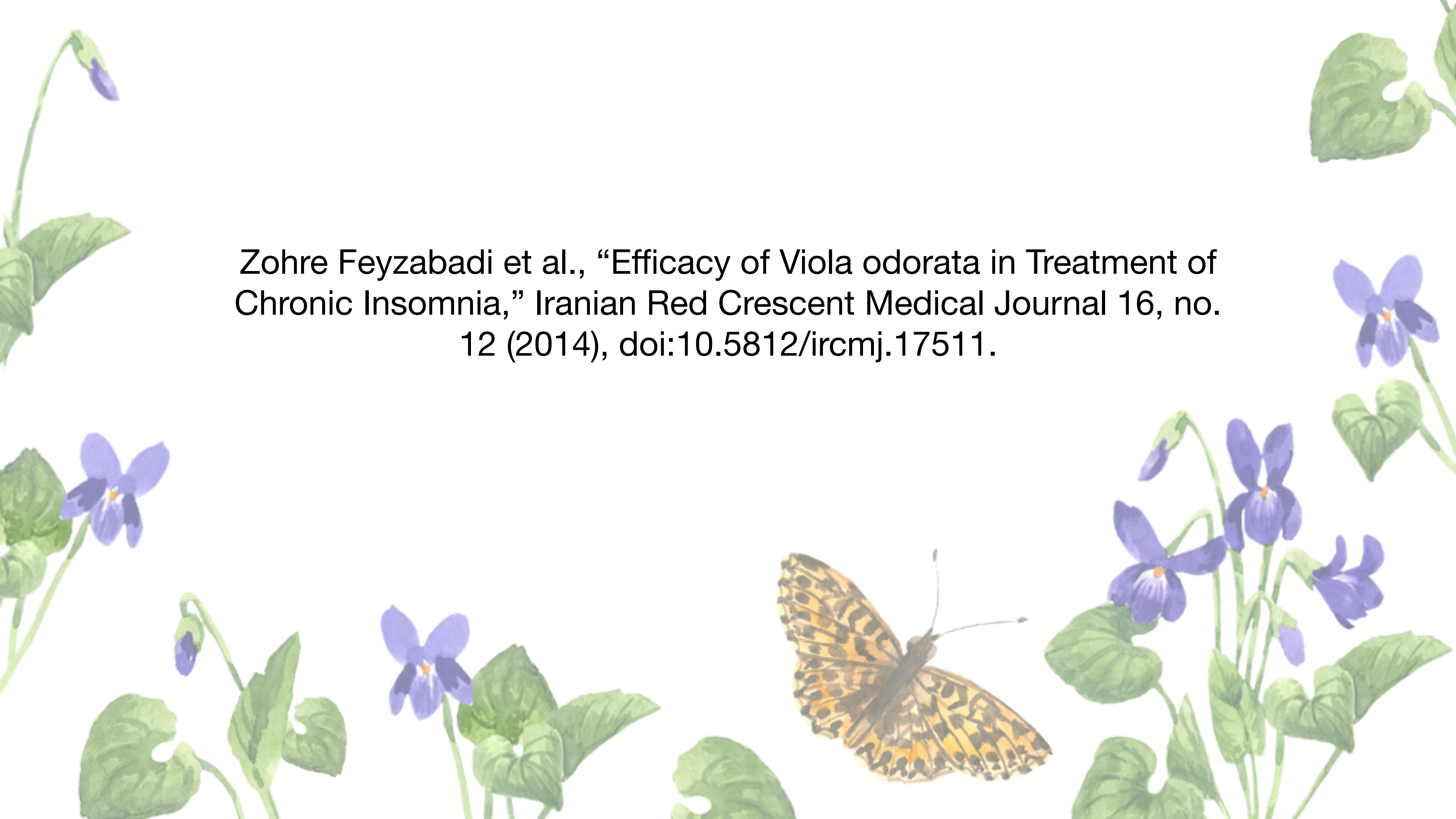




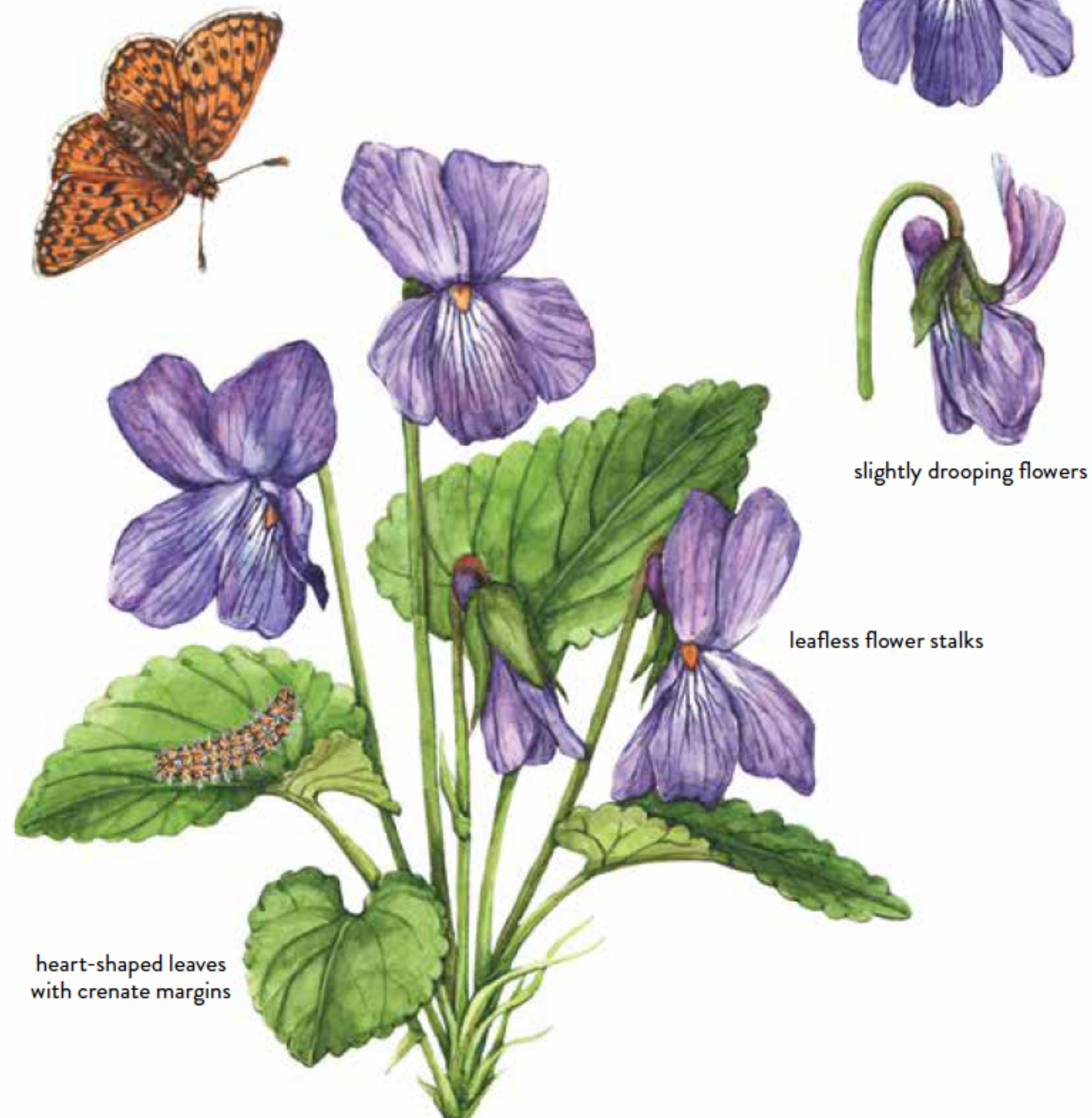
Mohammad Javad Qasemzadeh et al., “The Effect of Viola odorata Flower Syrup on the Cough of Children with Asthma: A Double-Blind, Randomized Controlled Trial,” Journal of Evidence-Based Complementary & Alternative Medicine 20, no. 4 (2015), doi:10.1177/2156587215584862.



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



Ecological Connections



How to Harvest





Aconitum spp.



Ficaria verna



Violet Dosage

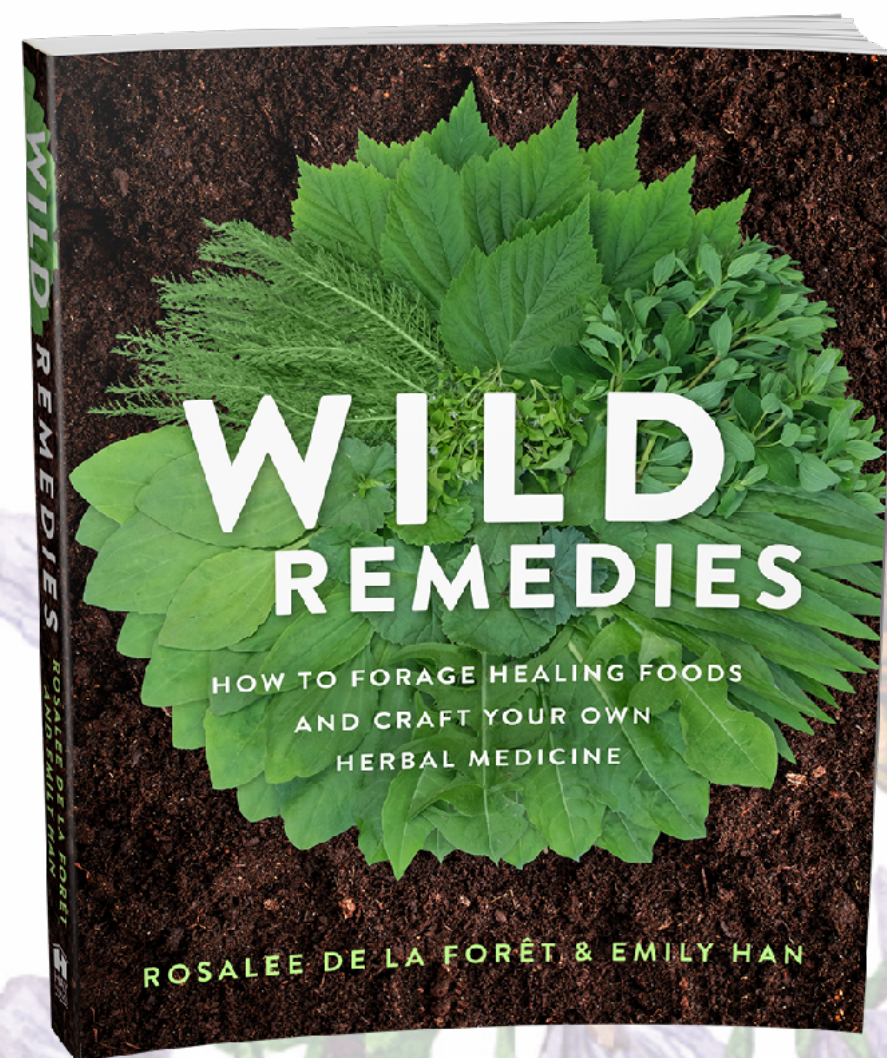
Violet leaves and flowers can be used therapeutically in large, foodlike amounts.

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



Rooting Weeds Into Your Practice

A decorative border of various botanical illustrations surrounds the central text. It includes green leaves, purple flowers, orange daisies, pink flowers, and a small bee. In the bottom right corner, there is a small red ladybug and a copyright notice.

**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>



Encourage nature learning experiences

Guided plant walks

Bird watching

Local interpretive centers

Botanical Gardens

Forest Bathing

A wicker basket filled with white wildflowers, set against a blurred background of green foliage and more flowers.

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

A soft-focus background image of a bouquet of flowers. The bouquet includes a large yellow daisy-like flower, several pink daisy-like flowers, and clusters of small white flowers. The background is a light, out-of-focus green and white.

Thank you!

Download slides and recipes at:

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

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