



Phantom Gardener Information

Medicinal Herbs and Their Uses

Aloe Vera: Used externally for burns, sunburn, acne, ulcers, eczema, psoriasis and wounds.

Alpine Strawberry: This is the strawberry which was gathered wild in the woods in Europe for centuries. A decoction of the root is a diuretic and the fruit has a mild laxative effect.

Borage: Used as a tea that has a cooling effect to reduce fevers.

Caraway: The chewing of Caraway seeds after a meal is a popular way of aiding digestion, as well as relieving a toothache.

Echinacea: Improves the body's natural immunity.

Eucalyptus: The vapor of Eucalyptus is inhaled to help open stuffy noses. A salve can be made to be rubbed on the chest to help alleviate congestion as well.

Holy Basil: The Hindu name for Holy Basil, *Tulsi*, means "the incomparable one." It is extraordinary how many uses this sacred plant has! Holy basil is used for the common cold, influenza, asthma, earache, headache, heart disease, malaria, mercury poisoning, mosquito repellent, to counteract snake and scorpion bites, and much more!

Marjoram: Used for indigestion, headaches and coughs.

Milk Thistle: Besides having edible flower heads that are eaten like artichokes, Milk Thistle's seeds are used to cleanse the liver.

Parsley: Rich in vitamin C, helps cleanse the blood, boosts circulation and eases muscle spasms

Passiflora: Passion flower is used internally to treat nervous restlessness, anxiety, irritability, and sleep disorders

Roman Chamomile: A tea made of the blossoms can aid in digestion as well as a good night's sleep.

Sage: A poultice can be made from sage leaves to take the pain out of insect bites. Also used for throat, mouth, and skin infections. Supports the liver and reduces anxiety.

Sweet Cicely: Made into a tea or tonic for asthma and other breathing problems, cough, digestion, gout, and urinary tract disorders.

Vitex: Helps reduce effects of PMS: cramps, headaches, depression, water retention, and irritability. Helps regulate irregular periods, and helps a new mama produce plenty of milk!

Winter Savory: Used to treat indigestion, diarrhea, and other digestive complaints.

Pineapple Sage: This beauty has healing powers! It aids digestion, balances the nervous system, and combats heartburn.

The information provided here should not be considered medical research nor treatments for any particular ailments. It should not be used in place of a visit to or consultation with a qualified health care provider. Thanks for your interest in the healing powers of herbs!