

Medicinals Plants of Essence Arenal :

Single Herb Tinctures

Herbal tinctures are a liquid solution of herbs and alcohol. The herbs in our Single Herb Tinctures are always hand harvested with respect and care at their peak seasonal potency. They are then processed with care by hand in small batches.

Tinctures are produced with pharmaceutical grade organic grain or cane alcohol according to standard tincturing ratios. They are infused for one complete lunar cycle in glass jars and are then hand pressed and bottled.

Fresh herb tinctures are concentrated plant remedies that are better assimilated by the body than dried herbs and capsules. They should be used at their lowest effective dose. Suggested dose varies by extract. Consult individual labels for dosage. Tinctures can be taken directly under the tongue, in a small amount of water, or in hot water to evaporate off the alcohol. When stored in a cool dark place tinctures have a shelf life of five years.

Name of the plants/ Scientific name	Where to plant / How to plant/The cares	Seed/Multiplication	Medicinals Uses	Doses Depends of each person and case and what you want to cure
American cone flower / Echinacea Purpurea	Full sun and in deep soil Well drained Tolerate drought, warmness, poor soils Never cultivate in shadow Bedding plants Just cut the stem for a new bloom and reduce the auto-seeding	Harvest the seeds when the flowers are brown and before they fall, the seeds are beiges Keep them in a cool place before to seed them in spring The seed germinate between 10 – 21 days at 25°C Can be divide	Use to boost immune system Good for cold flu season/antimicrobial Detoxify for the circulatory system, lymphatic, and respiratory Improve the white blood cell Antibiotic The roots adaptogen, antiseptic, depurative digestive...	Dry powdered extract: 300–500 mg of Echinacea purpurea , three times daily. Liquid extract tinctures: 2.5 ml, three times daily, or up to 10 ml daily.

<p>Basil tulsi / Ocimum sanctum</p>	<p>Sun: Holy basil thrives in full sun but grows in partial shade too, at least four hours of sunlight a day is required. Watering: Water the plant when top one inch of soil is dry. Tulsi Plant Care : It is important to pinch tops of Tulsi plant when they are forming four or six pairs of leaves, this will make the plant grow bushier. Even the flower buds need to be removed when they appear. It grows lusher and fuller when seed production is prevented. It is also important to remove the faded, wilted or discolored leaves to encourage the growth of new foliage. Regular removal of old leaves and flower buds keep the plant healthy. Fertilizer Apply balanced liquid fertilizer once in every couple of weeks. Replacing top two inch layer of soil with compost every year or in six months is also beneficial.</p>	<p>Sow seeds outdoors in late spring or early summer, when the temperature range around 21°C For an earlier start in spring, sow the seeds indoors in a greenhouse or on a sunny windowsill. Place the tulsi seeds on top of the soil and tamp them for good soil to seed contact, cover the seeds with 1/4-inch layer of compost or soil. Water the seeds with sprayer and place them where they receive part morning sun. Keep the soil constantly moist until the germination, which will take around 1-2 weeks.</p>	<p>Tulsi has antioxidant, antibacterial, antiviral, immune-stimulating and adaptogenic (stress removal) properties. It supports body's natural defenses against germs, stress and disorders of various kinds Digestive plant Treat Asthma, bronchitis, colds, congestion, coughs, flu, sinusitis, sore throat and similar ailments High blood pressure and high cholesterol Headaches, earaches, and eye disorders Skin diseases and insect bites Cramping, gastric disorders, indigestion, intestinal parasites, mouth diseases, ulcers, and vomiting Diabetes and blood sugar imbalances Joint pain and rheumatoid arthritis Kidney stones Malaria Cancer Protective of the liver, and more generally protective against certain chemical toxins and radiation, but not contraindicated by chemotherapy (so it's safe to use while receiving chemo)</p>	<p>Take 1ml to 1.34ml (30-40 drops) in a little water 3 times a day</p>
<p>Burbark/Burweed/ Triumfetta Semitriloba</p>	<p>Burweed is a slender perennial herb Moist or dry thickets, sometimes in thin forest, especially oak forest, often a weedy plant of waste places, common in second growth; usually at low elevations but extending to 1,800 metres A plant of mainly lowland areas in the tropics and subtropics, though it can be found at elevations up to 3,000 metres in the Equatorial tropics.</p>	<p>Seed</p>	<p>They are used in the treatment of venereal diseases, and for liver and kidney affections</p>	

<p>Butterfly pea/<i>Clitoria ternetea</i></p>	<p>Spread: 3.00 to 6.00 feet Bloom Time: Seasonal bloomer Bloom Description: Blue Sun: Full sun Water: Medium Maintenance: Medium Flower: Showy Perennial T°F: 60 °F It appreciates some light afternoon shade in hot climates</p>	<p>Seed - Germination takes 15-20 days, seed often remains hard-seeded for a long time and requires scarification prior to sowing. Mechanical abrasion, hot water or sulphuric acid can be used to break this dormancy.</p>	<p>Enhanced night vision Prevention of cataracts Skin health- increased collagen and elasticity in cells Brain function and memory sharpness Stimulates hair growth Reduces stress and depression Antioxidant, anti-aging, antidepressant The flowers are mixed with water in a preparation used to treat eye problems. The powdered, ripe seeds are aperient and purgative The roots are bitter, powerfully cathartic, diuretic and purgative The rootbark is diuretic and laxative The plant is used in the treatment of snakebites</p>	<p>Dose: 5-15 drops, as needed</p>
<p>Clary Sage/ <i>Savia Sclarea</i></p>	<p>Biennial/perennial Soil: light (sandy), medium (loamy) and heavy (clay) soils Well-drained soil Suitable pH: acid, neutral and basic (alkaline) soils It cannot grow in the shade Dry or moist soil Cultivators grow clary sage primarily for the flowers, which are dried or pressed for various uses</p>	<p>Propagate by seed, in pots in a cold frame in spring Pruning Often dies after flowering. Do not remove flowers to allow self-seeding</p>	<p>Antispasmodic, appetizer, aromatic, astringent, balsamic, carminative, pectoral and tonic Used mainly to treat digestive problems a tonic, calming herb that helps relieve period pain and pre-menstrual problems. Owing to its estrogen-stimulating action, it is most effective when levels of this hormone are low. It is useful in treating disorders of the stomach and kidneys and is a valuable remedy for complaints associated with the menopause, particularly hot flushing.</p>	<p>15 drops in the morning and in the night after eating a glass of water during 25 days</p>
<p>Cuban Oregano/ <i>Plectranthus amboinicus</i></p>	<p>USDA hardiness zones: 10-11. Root hardy to 9a. This plant dies to the ground in freezes and recovers from its roots in the spring. Heat tolerant: Yes. Drought tolerant: Yes. Sun: Full sun to part shade. Part shade is</p>	<p>Propagation: Cuttings or seed. It easily roots from cuttings. Seed - sow in well-drained soil, covering lightly with a thin layer of sand, and place in a warm but shaded spot.</p>	<p>It is known to reduce inflammation, though little else is known of its effects The antibacterial and antiseptic properties of the plant have been attributed to the presence of a number of compounds in the plant, including carvacrol, codeine, flavones, phenols,</p>	

	<p>recommended in high temperature regions.</p> <p>Water after becoming established: Monthly to twice a week depending on temperature and sunlight.</p> <p>Soil: Very well drained, tolerant otherwise, pH 6.1-7.8 (slightly acidic to slightly alkaline). This plant can suffer from root rot in wet soil.</p> <p>Mulch: Yes, to retain soil moisture and protect roots from temperature extremes.</p> <p>Planting: Can be grown in pots, even indoors.</p> <p>Litter: Low except it dies to the ground in freezes.</p>	<p>The seed germinates in about three weeks</p> <p>Cuttings - very easy, shoots put in a pot of water will root quickly</p> <p>Division</p>	<p>tannins and aromatic acids</p> <p>The leaves have been found to have bronchodilator activity and anti-mycobacterium tuberculosis activity</p> <p>The plant has been shown to have antimicrobial activity, and is reported to have antiviral activity against Herpes simplex virus-1, and anti-HIV inhibition activity</p> <p>The leaves are taken internally in the treatment of a range of digestive problems such as dyspepsia, indigestion, diarrhea and wind</p> <p>An infusion or syrup made from the aromatic leaves is prescribed to treat coughs.</p> <p>The leaves are also used to treat a wide range of other complaints including epilepsy, convulsions, meningitis, congestive heart failure, fevers, colds, bronchitis, asthma, cholera, menstrual pains, labour pains, delayed labour, post-partum pain and to aid expulsion of the afterbirth</p> <p>This species is also reported to relieve kidney troubles, treat vaginal discharges and is drunk after childbirth</p> <p>Applied externally, the leaves are used to treat headaches, inflammations, skin allergies, wounds, burns, sores and ulcers</p> <p>When rubbed on the skin, they will quickly bring relief to bites and stings whereas in India its leaves are rubbed onto the eyes to alleviate conjunctivitis</p> <p>The plant has cytotoxic and anti-tumour promoting activity and can be used in the treatment of cancer</p>	
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<p>Cucaracha/Jew plant/ Tradescantia zebrina</p>	<p>Perennial Indirect Sun/ bright 65 and 75 ° F Moderately moist potting soil Grows in all soils Getting the moisture levels right well-drained</p>	<p>Even with the best of care, wandering Jew plants are somewhat short-lived; within a few years, they become leggy and scraggly. Fortunately, they are very easy to propagate from small stem cuttings. take a one-inch piece of stem containing at least one leaf and set it in fresh potting soil</p>	<p>Infusion: Alleviate menstrual pains and irregularity Use against inflammation of large intestine Alleviate earache / headache External Use: itching directly on the skin Decoction: Antihemorrhagic Increase maternal milk Facial neuralgia: decoction 2 cups every 8 hours</p>	<p>Infusion: ½ cup of water/1 spoon of leaves/ 2 or 3 times per day Decoction: 1 spoon and 2 cups of water let boiled 5 minutes/ 2 cups / 2 or 3 times per day</p>
<p>Culantro coyote(Eryngium foetidum L)</p>	<p>In full sun the leaves are harder and grow quicker, in shade produce leaves wider and straight. First harvest after 3 months</p>	<p>Reproduce with seeds, there are really small but have a high level of germination Sow in light soil and different rows and cover with a little bit of soil. Transplant later to a distance of 20 cm each plant</p>	<p>Infusion of the boiled leaves is taken three times daily to reduce cholesterol use the leaves cooked in water which is administered orally to help control gastritis and anemia. It is also mixed with the herb Kalanchoe pinnata to treat heart conditions. An infusion of the root and leaves is also used to calm the nerves Decoction is used to treat diarrhea; the leaves are also crushed and inserted as earplugs for earache, while the boiled root is given to treat obesity, a decoction of the root is taken for stomachache, and a poultice of the leaves is applied for headache</p>	<p>Infusion : let the leaves in a cup of water during 5 minutes and drink later Decoction: To treat fever, add together the leaves and the roots</p>
<p>Dandelion/ Taraxacum officinal</p>	<p>Sun or semi-shade In soil rich in humus pH: Neutral Humidity: Cool to normal 20 – 30 cm between the rows 15 cm between the plants Mulch Can let 2 years in the same place Taproot don't like rocs</p>	<p>Sow from March to June Prick out after 45 days Let the flowers blossom and collect the seeds end of may</p>	<p>Source of vitamin A Clean the liver, help to stimulate the bile flow Digestive troubles Tonic Depurative Diuretic Clean the toxins in the body</p>	<p>Decoction of leaves and roots in 1 L, let boiled during 20 min and let infuse 4 hours Keep 1 week max The <i>German Commission E Monographs</i> recommends 3 to 4 g of the root or 10 to 15 drops of root tincture twice a day, or 4 to 10 g of the leaves or 2 to 5 mL of leaf tincture 3 times a day.</p>

				<p>Fresh leaves: 4–10 grams, daily. Dried leaves: 4–10 grams, daily. Leaf tincture: 0.4–1 teaspoon (2–5 ml), three times a day. Fresh leaf juice: 1 teaspoon (5 ml), twice daily. Fluid extract: 1–2 teaspoon (5–10 ml), daily. Fresh roots: 2–8 grams, daily. Dried powder: 250–1,000 mg, four times a day.</p>
Dormilona/ Mimosa Pudica	<p>perennial in nature /nutrient poor soil Soil: Well-draining loamy soil, Slightly acid Container: Medium sized pot with drainage Light: Bright light, some direct sunlight Temperature: (16-30 °C) Humidity: High Watering: Consistently moist but not soggy Fertilizing: Diluted high-potassium liquid fertilizer every two weeks 4 plants per meter square</p> <p><i>Mimosa pudica</i> can change the physico-chemical properties of the soil it invades. For example, the total N and K increased in significantly invaded areas</p>	<p>Sow or cutting</p> <p>Mimosa pudica is a plant that needs plenty of sunlight and very little care. Get the seeds and plant them in a small plastic container containing soil and water daily till the seeds sprout. Once they have sprouted, you can transfer to a big pot and keep it under direct sunlight. It will grow in abundance very soon...</p>	<p>Mimosa Pudica is used for Wound Healing Activity, Anti Venom Activity, Anti-Depressant, Anti-Anxiety and Memory Enhancing Properties, for Piles, Ulcers, Diarrhea, is an Anti-Inflammatory, Anti Diabetic Activity Liver Protecting & Anthelmintic Activity Anti-Microbial, Anti-Fungal & Anti-Viral, Anti-Mumps Activity, Anti-Convulsant Properties, Hypolipidemic Properties, Uterine Prolapse, Aphrodisiac Properties Dormilona also works for urinary tract infections and is used for epilepsy. The root is also used for treating menstrual problems and also toothache. Toe infections can be treated by washing the legs with touch me not plant leaf decoction. It is also used for treating piles, dysentery and intestinal worms.</p> <p>The leaves of touch me not plant, either in the form of decoction or as a paste is used for treating hemorrhoids, wounds, fistula, pink eye, toe infections, depression, insomnia and hydrocele.</p>	<p>The general suggested dosage is 15 to 20 ml of the fresh juice. If you are consuming leaf decoction, the general suggested dosage is 50 to 75 ml. We also get mimosa pudica tincture and tablets. The general dosage for mimosa pudica tincture is around 1 to 3 ml per day and the daily suggested dosage for mimosa pudica capsules are 1 to 2 capsules per day.</p>

			The whole plant is used for treating rheumatism, cancer, edema, depression, muscle pain and elephantiasis.	
Dragon blood/Croto Draco	<p>Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and prefers well-drained soil.</p> <p>Suitable pH: acid, neutral and basic (alkaline) soils.</p> <p>It cannot grow in the shade. It prefers moist soil. The plant can tolerate strong winds but not maritime exposure.</p>		<p>Antidiarrheal This may be due to its antimicrobial properties which can kill pathogens that cause these conditions.</p> <p>Antidiabetic Though research isn't complete, there are signs dragon's blood could support diabetes treatment or prevention.</p> <p>Anticancer Research related to dragon's blood and cancer is in its early stages. In the study it was only one ingredient in an herbal ointment full of other ingredients, though.</p>	
Fenugreek/ Trigonella foenum-graecum	<p>Soil :clay-limestone, good drainage</p> <p>pH= 5 – 8</p> <p>T°C: lukewarm</p> <p>Big taproot</p> <p>Depth: 2-3 cm</p> <p>Distance: 25 cm</p> <p>Bring compost</p> <p>Humidity: Medium, (have to control)</p> <p>Harvest: 30 – 40 days after seeded (young leaves)</p> <p>- 4 months after blossoming harvest the seeds</p> <p>- symbiosis with the bacteria: extracting the nitrogen from the air to the roots and bring proteins (green fertilizer)</p>	<p>Germ: 2-7 days</p> <p>Directly in the soil (don't like to be transplant)</p> <p>Separation of the roots possible with young seedlings</p>	<p>Reduce the bad cholesterol /boost the production of insulin</p> <p>Control the blood glucose level in the blood</p> <p>Reduce the adipose tissues and help to lose weight</p> <p>Relieve the inflammation</p> <p>Tonic nutritive/digestive</p> <p>Alleviate the cough/bronchitis/excess of mucus respiratory tract</p> <p>Anticoagulant</p> <p>Reduce the risk of the colon cancer</p> <p>Increase libido (diosgenin)</p>	
Goji Salvaje/ <i>Lycium barbarum</i>	<p>Place in full sun</p> <p>Keep the plant moist well- drained</p>	<p>Don't prune a Goji berry plant in the first year</p>	<p>Regulate the immun system</p> <p>Prevent cardiovascular diseases</p>	

	<p>Give the plant about an inch or two of water every week Do not apply any nitrogen and they really don't need any fertilizer pH: 6.8 and 8.1 If your pH is low, just add some oyster shell flour Plant each Goji berry plant at least 2 feet apart</p>	<p>In year 2, choose a main shoot and prune all others below it about 15" from the ground When the plant reaches 2 feet tall in the summer, pinch out the growing tips to cause side branching where the fruit will be born After your main structure is established, just prune back to the height you want to keep it Always remove branches within 15" of the ground Prune any unproductive branches Thin out branches after the berry season</p>	<p>Anti-inflammatory Protection hepatic Antitumor protection Regulate blood sugar Régulate blood pressure Antioxydant Prevent eyes deseases</p>	
<p>Gotu Kola/ Centella Asiatica</p>	<p>Perennial plant Ensure the soil never dries out Otherwise, no Gotu kola care is necessary; just stand back and watch them grow. Can grow in containers, could be invasive</p>	<p>Split the roots it's the easiest way Can be sowed, germination could take 90 days after Keep moist</p>	<p>Prevent neuro degenerative diseases (Alzheimer or Parkinson) Improve cognitive functions, memory Decrease inflammation/blood pressure Treatment for respiratory ailments and a variety of other condition, including fatigue, arthritis, memory, stomach problems, asthma and fever</p>	<p>1 to 3 times a day 6 to 30 drops in a glass of water</p>
<p>Guarumo (Cecropia obtusifolia)</p>	<p>Its presence in disturbed areas, and is typical of regenerating forest, or in gap openings in primary forest The trees provide a habitat for various species of mealybugs that provide the ants with sugars, vitamins and amino acids,</p>		<p>infusion made from one leaf in a liter of water is also used to cleanse the uterus. The leaves of guarumo and pineapple are boiled in water and consumed to help with weight loss. This plant is also used for treating high blood pressure, diabetes, and as a sedative, and is recommended for the prostate. A small leaf in an infusion can be taken for kidney infections. It has</p>	<p>The aqueous and ethanolic extracts of the leaves and bark of Cecropia obtusifolia and C. peltata in a 500 ppm dose were notably toxic to fish of the Mollinesia genus within 24 hours. The infusion of the bark, at a dosage of 1–5 g/kg, did not cause acute toxicity in mice</p>

			<p>been used to treat pneumonia, internal infections, and as a gargle for sore throat. The leaves are boiled and inflammations are bathed with the infusion, or applied to the head in the case of fever</p>	<p>Tincture: 1 - 3 ml daily Infusion (herbal tea): 1 - 2 cups daily genotoxicity experiments were between 0.82 and 13.32 mg/ml.</p>
<p>Guayaba (Psidium guajava L)</p>	<p>Hot and humid climates, but it does not withstand cold temperatures very well. It does well in many different types of soil making it overall easy to grow. Due to its hardiness and young fruiting age I would recommend it to anyone that wants to grow a fruit tree in a container.</p>	<p>There are easily 100 seeds in one guava, which is why this tree can be seen growing wild in many places Guavas are easily grown from the seeds, that can remain viable for a couple months. Seed grown trees will start fruiting at only 2 to 4 years old root cuttings, air layering, semi-hardwood cuttings, and grafting.</p>	<p>The high presence of tannins give to Guava antidiarrheal properties, also have demonstrated pharmacological activity as antibacterial, antioxidant, antispasmodic, anti-inflammatory, anti-anemic, hemostatic and sedative. It is indicated in cases of dyspepsia, edema, swelling, dizziness, diarrhea, nausea, nervousness, HIV, skin conditions. Alleviate the intestinal infections, digestive infection, colitis... Guava is a fruit prized for their nutritional value and high in various vitamins. It antiscorbutic because they are high in vitamin C. In naturally has many nutritional and preventative properties in diseases like anemia.</p>	<p>The fundamental action of guava leaves is as antidiarrheal and which preparation is carried out as follows: Decoction: boil for 3 minutes 10 to 20 g of fresh leaves in a quart of water. Ingest 120 mL, 6 times a day. The preparation of the decoction should be daily. Antibiotic properties are attributed to the decoction or infusion of guava leaves.</p>
<p>Hibiscus Sabdariffa</p>	<p>Water the soil when it becomes dry to the touch. To reiterate, water only enough to make the soil moist, not wet. Need of compost; low phosphorus, moderate nitrogen, and high potassium. Fertilize every two to three weeks. If the leaves are turning brown at the tips, that is a sign they are getting too much nitrogen. That is a warning sign of stress, but don't panic, just prune the bad leaves and adjust your fertilizer frequency.</p>	<p>Be sure to nick the bottom of the seed, the flat part, before planting. If there is no seed meat, it will not grow. If you do not live in a climate that has reasonably predictable spring weather or weather that is too wet, it is best to plant hibiscus seeds in early spring in trays. Seeds will typically germinate between ten days to three weeks after planting. After planting the</p>	<p>Hypo- lipidemic effects Blood pressure lowering effect Anti-diabetic activity Anti helmentic and anti-microbial effects Anti-oxidant effect Extracts from Roselle plays a crucial role in treating different medical problems including many cardiovascular disorders and cancer Obesity is a growing problem, affecting not only adults but also children. The effectiveness of Roselle extract for metabolic disorders like type II diabetes should be examined further, as previous</p>	<p>First, collect the hibiscus fruits and wash them clean, and air dry or dry them in an oven at 70 degree C for 3 days. Peel off the calyx and store them in air-tight containers. To make tea, simply take 2grams of the dried calyx, and crash them into small pieces using a wooden roller Put them in a tea bag or a net, bring out your favorite mug, add 8 oz of boiling water, steep it for 2-4minutes, add sugar if desired,</p>

		seeds, keep them lightly watered, enough to keep the soil moist but not wet.	clinical studies have shown encouraging effects on hyperlipidemia and hypertension, conditions strongly correlated with type II diabetes or metabolic syndrome. ⁴	or add other flavors of your choice such as few drops of lemon juice You can also refrigerate it and make hibiscus iced tea.
Hierba Buena/ Mentha spicata L	Mints are vigorous perennials that thrive in light soil with good drainage Ideally, they prefer a moist but well-drained site, something like their native habitat along stream banks Most will tolerate some shade , and the variegated types may require some protection from direct sun. For growing outdoors, plant about 2 feet apart in moist soil. One or two plants will easily cover the ground. Mint should grow to be 1 or 2 feet tall. Organic fertilizer every few months	Cutting with the roots (10 cm) Plant them in a furrow each 30 cm, the soil needs a lot of organic material and be light Provide physical barriers such as walls, walkways, or containers to control the growth.	Ease Digestive Peppermint relieve digestive symptoms, such as gas, bloating and indigestion Help Relieve Tension Headaches and Migraines relieve clogged sinuses improve energy help relieve menstrual cramps fight bacterial infections. ... improve your sleep	Drink ¼ L boiled with one spoon of leaves, cover and let 5 minutes. Drink later (inf 1) The leave in decoction or infusion is used against diarrhea, stomachache, flatulence, cold flu (decoction or inf 1) Against vomit, use the leaves in decoction or infusion in mixing with salt (decoction or inf 2) Against menstrual pains, and when urinate. (inf 2) Against headache, use a cataplasm with the leaves on the head (decoction) Fight the intestinal parasites, use 5 buds of the plant in a bottle of water and take a cup every 2 hours (inf 3)
Hombre Grande (Quassia amara L.)	An understored plant in rainforests and humid sites It is hardy to zone (UK) 10 and is frost tender. The flowers are pollinated by Hummingbirds. Suitable for: medium (loamy) and heavy (clay) soils. Suitable pH: acid, neutral and basic (alkaline) soils. It can grow in semi-shade (light woodland) or no shade . It prefers moist soil	Sow ; Fruits black, 1.5 cm oblong, each with one seed. Propagation can be through seeds and cuttings.	Quassia amara is a traditionally used medicinal plant, known for its bitter properties and its qualities as a tonic by indigenous populations Break the trunk into 30–60 cm pieces, being used for fevers, and an infusion of the grated	An infusion of the macerated wood is used as a bitter tonic in Costa Rica to stimulate the appetite and to treat diarrhea . It is considered to be effective in treating fever, and liver and kidney stones , as well as in treating weakness of the digestive system an infusion of the wood is used as a febrifuge , for the liver and for snake bites

<p>Horsetail/ Equisetum bogotense</p>	<p>Succeeds in warm temperate The plant occasionally invades abandoned cultivated fields in its native range Water well/keep wet Dig a big hole to plant them to control the rhizomes (big roots) or it could be an invasive plant. You can create a swampy place for them with a tarp you put in the bottom. Can cut the dead stems</p>	<p>You can easily spilt them with the roots during the spring</p>	<p>The entire plant is diuretic It is reputedly good for treating liver and kidney infection, colic, inflammations, and rheumatism; and is also used as a vaginal wash. It is made into a tea for treating waist-area ache Purify the blood Cure bladder/kidneys/liver diseases Stimulate the organism</p>	<p>Infusion: 1 or 2 spoons of dried leaves. Let 10 minutes 1 to 2 times per day</p>
<p>Juanilama (Lipia Alba)</p>	<p>Perennial, easy to grow and easy to propagate It doesn't seem too picky on soil types. We've even had success planting it in harsh clay soil. Juanilama will survive in full sun, but it seems to do better with partial shade. It will also root in water and thrives in aquaponics systems.</p>	<p>Sow or very easy to clone from cuttings. Cut one 30cm branch off and stick it in some soft soil in a pot or bag and water it every few days. When it starts growing, transplant it into a location with a little shade</p>	<p>Used for the intestinal troubles: stomach aches, colic and high cholesterol. It is used to help with high cholesterol due to the fact that the plant helps eliminate fat from the body. Juanilama is used as a muscle relaxant, to fight intestinal muscle spasms, to assist with migraines and in the treatment of colitis and ulcers. It even helps with coughs. Treat rheumatism especially when made into an alcohol tincture.</p>	<p>Infusion: For cold flu, use 20 fresh leaves in boiled water, let rest during 5 to 10 minutes. 1 cup 3 times a day. Extract of alcohol: Put a spoon of leaves in a cup of alcohol during 24 hours.</p>
<p>Milk thistle/ Sylibum Marianum</p>	<p>Sun and sheltered place Plant in a soil cool and rich nitrogen but can grow in dry and poor soil Biennial plant Rusticity : -15°C Plant at the end of the winter until the beginning of may Don't need any special care Don't like soil to much wet</p>	<p>Sow during the spring 50 cm between them Use the seeds when they are ripes (6 – 8 mm) at the end of the summer Dry the flower to collect the seeds</p>	<p>Use flowers or roots Action on the liver: treat cirrhosis/ hepatoprotective/effect against gallstones Can rebuild a part of the liver/depurative Heavy menstrual period Help to the cellular reconstruction Reduce Inflammation Prevents Chronic Disease and cancer Antispasmodic Antidepressant</p>	<p>30-40 drops, 3 times per day on an empty stomach</p>
<p>Jurema /(Mimosa Teuniflora)</p>	<p>Perennial tree/shrub,</p>	<p>easy to propagate, specially from seed Improve germination three</p>	<p>The properties of Mimosa tenuiflora bark, commonly called the "skin tree" Mimosa tenuiflora is known for its ability</p>	<p>The body of publications and scientific studies, customary usages of this active and our</p>

	<p>Traditional apical pruning (topping) can be applied to promote bushier growth. In its natural environment, black and red jurema trees show variable sizes but easily reach 6-8m high</p> <p>Mimosa species have higher mortality when cut in the wet, rainy season especially in the case of coppicing</p> <p>Of all the common tree pruning methods, crown thinning.</p>	<p>to six-fold by mimicking the effects of a forest fire. Seeds lie dormant for years waiting for a forest fire event.</p> <p>Germination is only 15% without scarification, OR, over 90% with seed scarification. So always do the following</p> <p>Place seeds in a jar with wood smoke for four hours, then pour boiling water on the seeds for ten minutes (you can skip the smoke, but <i>not</i> the heat treatment).</p> <p>Plant in rich, warm soil with a bit of wood ash, keep humidity high (use a humidity dome if needed), and water daily. Once sprouted, remove the humidity dome to prevent damping off and mold issues; keep air moving.</p> <p>Afternoon shade or filtered light is best. A tall trellis or scorched trees may need for support, but can be pruned into many shapes.</p>	<p>to restore the damaged epidermis in a spectacular manner. It has properties that regenerate epidermal tissue</p> <p>The use of mimosa tenuiflora dry bark extract has demonstrated its effectiveness on cicatrization</p> <p>At 5%, it is effective in treating venous leg ulcers</p> <p>Indeed, topical application of this extract for 8 weeks brings about a 92% reduction in the size of the wound.</p> <p>In modern times the bark became well-known as a potent ayahuasca analogue.</p> <p>To prepare the potion, for one dosage about 10 g of the bark of the root is cooked with a beta-carboline-containing plant like Peganum harmala or Banisteria caapi, and taken.</p>	<p>expert's opinion concur in using Mimosa tenuiflora pure Active at the dose of 75 mg per bottle.</p>
<p>Mulberry/ Morus Nigra</p>	<p>Soil – ordinary, well drained</p> <p>Climate – rather warm</p> <p>Exposure – full sun</p> <p>Plant mulberry trees in spring in full to part sun location on well drained, compost amended soil. They're forgiving of poor soil conditions. Space large trees at least 30 feet apart and smaller trees 10 to 15 feet</p> <p>Mulberries are mostly hardy</p>	<p>Mulberries are easy to grow</p> <p>Fertilize in spring with compost and mulch to keep the soil evenly moist</p> <p>The seed germinates best if given 2 - 3 months cold stratification. Sow the seed as soon as it is ripe if possible, otherwise in</p>	<p>Body Detox</p> <p>Pain Relief</p> <p>Cancer Prevention</p> <p>Weight Loss</p> <p>Diabetes</p> <p>Hypertension and Cholesterol</p> <p>Heart Health</p> <p>Better Immunity</p>	<p>A dose of 1 g of powdered leaf 3 times</p>

	<p>in USDA zones 5 to 9. Plant large mulberry trees in a meadow or yard away from the house or areas where the fruits may stain. Dwarf and weeping varieties can be planted in a mixed shrub or tree border or in a perennial garden as a specimen shrub or small tree</p>	<p>February in a cold frame. The seed usually germinates in the first spring, though it sometimes takes another 12 months. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in the cold frame for their first winter. Plant them out in late spring or early summer after the last expected frosts. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame. Plant out in spring. A good percentage take, though they sometimes fail to thrive. Cuttings of mature wood of the current season's growth, 25 - 30cm with a heel of 2 years old wood, autumn or early spring in a cold frame or a shady bed outside.</p>	<p>Anti Inflammatory Control blood pressure and blood sugar level Improve vascular health Regulate digestive system</p>	
<p>Mullein/ Verbascum Thapsus</p>	<p>T°C – 24 Sun or semi-shade Soil slightly acid or very alkaline Well drained Humidity normal to dry Biennial plant plant in soil, strong roots Group of 3 plants 25 cm between each Bring compost Honey plant</p>	<p>By seed Seed really small, have to harvest a day without wind Seed need light, seeding them in the surface of the soil without bury them Germinate in 2 weeks Don't like to be transplanted Collect the seed after flowering</p>	<p>Mullein leaf is an excellent lower respiratory remedy, expectorant and lung tonic. It is anti-inflammatory and soothes throat irritation. Mullein tincture can be used to reduce bronchial congestion, to ease chronic dry and mucus producing coughs as well as bronchitis and sore throat Providing vitamins B2, B5, B12, and D</p> <p>Extern Use: -soothe itching with a decoction</p>	<p>1.5 ml (30 drops), 3 times daily</p>

			-heal the wounds/otitis/hemorrhoids	
Pineapple Sage/Salvia Elegans	<p>Full sun > 6h direct sun</p> <p>Low – Average water needs</p> <p>Soil well drained</p> <p>Good Humus</p> <p>pH: No importance</p> <p>Not demanding just weeding well the first year to avoid the competition and drought</p> <p>Endure until -7°C</p> <p>Harvest the leaves according to your needs</p>	<p>Seed/ Graft/ Splitting the roots</p> <p>Can be sowed directly in the soil at the end of spring</p> <p>Can split the roots during spring</p> <p>The graft could be done during the summer</p>	<p>Can use leaves and flowers</p> <p>Digestive : boost stomach and liver functions</p> <p>Hormonal stimulant: recurrence of the periods/ menopause (hot flashes)/ relieve menstrual pains</p> <p>Treat anxiety/depression/physical fatigue</p> <p>Excessive sweating</p> <p>Anti-inflammatory</p>	<p>Use infusion 100 to 250 ml</p> <p>Fresh leaves: 3 -5 g</p> <p>Died leaves: 1 - 3g</p> <p>Fresh flowers: 2 – 5g</p> <p>Dried flowers: 1 – 3g</p> <p>Adults; Take 1ml (30 drops) in a little water 2 to 4 times a day</p> <p>Nighttime hot flashes: Take one hour before bedtime.</p> <p>Sore throat, canker sores: Put 1.5ml (45 drops) in about 50ml of water, gargle and swallow the last sip (adult)</p>
Ribwort plantain/ Plantago Lanceolata	<p>Sun or semi-shade</p> <p>Neutral soil or slightly acid</p> <p>Endure until -20°C</p> <p>Unpack the soil on 20 cm before to plant and 50 cm between the rows</p> <p>6 – 9 plants by square meters</p> <p>Little watering</p> <p>Don't need to fertilize just once a year with compost</p> <p>Don't need mulch or just to limit the weeds</p> <p>Could be invasive, have to control the flowers before disperse the seeds</p>	<p>Can use seeds or divide the roots</p>	<p>Use for respiratory diseases:</p> <p>Treat inflammations of the respiratory tract</p> <p>Diuretic</p> <p>Reduce infection in large bowel</p> <p>Hepatic diseases</p> <p>Treat wounds, irritation, itching</p> <p>Harvest young leaves and dry them for infusion</p>	<p>Infusion: 1,5 g in 150 mL of hot water during 10 at 15 minutes.</p> <p>Drink 2 cups at 4 per day.</p> <p>Tinctures: 7 ml 2 at 4 times a day</p>
Rue/Ruta graveolens	<p>Ruta graveolens is an evergreen Shrub</p> <p>Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in nutritionally poor soil.</p> <p>Suitable pH: acid, neutral and basic (alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil and can tolerate</p>		<p>Herb: Stimulating, antispasmodic, stomachic, irritant, abortifacient; used as an emmenagogue and for the treatment of cough, colic and flatulence.</p> <p>Leaf: Used in amenorrhea, menorrhoea, and colic; used externally for sciatica, headache, muscular chest pain, bronchitis, arthritis.</p>	<p>There is no recent clinical evidence to support dosing recommendations for rue.</p> <p>Traditional use calls for 0.5 to 1 g of the herb daily or 65 mg of the essential oil. In larger doses, rue is an emmenagogue, an aphrodisiac, and an abortifacient,</p>

	<p>drought Rue herb does well in a variety of soil but does best in well drained soil. In fact, it will do well in the rocky, dry soil that many other plants have a difficult time surviving. It needs full sun to grow well. It is drought tolerant and rarely, if ever needs to be watered. Care should be taken when handling rue plants</p>		<p>Oil: Antispasmodic, anti-epileptic, emmenagogue, rubifacient. Rue extract is potentially useful as a potassium channel blocker. It has been used to treat many neuromuscular problems and to stimulate the onset of menstruation. Because rue has an antispasmodic effect at relatively low doses, it should be taken with caution. However, considering rue's potential for severe adverse effects, clinical trials are limited.</p>	<p>and should be considered dangerous.</p>
<p>Salvia Virgen (Buddleia americana)</p>	<p>Grow in wild bushy zone 1000 – 1500 m of altitude Soil well drained and moisty</p>	<p>Sow and transplant when the plant is 30 cm of high</p>	<p>Decongestion of the respiratory tracts (infusion) Alleviate infection gastrointestinal Fight skin inflammation, allergies of the skin, ulcer if take in infusion.</p>	<p>Infusion: cup of hot water with 1 or 2 spoons of leaves 3 cups of 8 ounces Poutice: of the infusion on the wound directly</p>
<p>Sauco/(Samucus mexicana)</p>	<p>is commonly called Mexican elderberry. Blue Elderberry will grow in USDA Zones 6-10 and is native to California. It prefers canyon habitat in sunny, well-drained locations at elevations of up to 9000 feet</p> <p>Habitat according to altitude: Low altitude, interior valleys Coastal mountains, 500 - 2000 m. Coastal areas, 0 - 500 m</p> <p>Watering conditions: The plant grows in water or it has its roots within a permanent water course. This corresponds to marshes, bogs, water courses, lake and river shores.</p> <p>Light conditions:</p>	<p>Blue elderberry grows best from seed Elderberry fruits are collected when ripe and spread in thin layers to dry. To separate seeds from fruits either 1) run fruit through a macerator with water, the pulp and empty seeds float; 2) crush, dry and use without separating fruits and seeds; and 3) small amounts of fruit can be cleaned in a fruit blender Elderberry seeds can be sown in the fall soon after collection, or stratified and sown in the spring. In either</p>	<p>Elderberry is a febrifuge, diuretic and expectorant. The flowers have been used as an emergency medicine for treating fevers, colds, coughs, bronchitis, measles, mumps and flu. An infusion of the leaves as a hair wash is said to help increase hair growth. A decoction of the leaves, bark or root is used as a wash for external skin problems. Preparation: The flowers can be used fresh or collected in the blooming season, then dried and stored for future use. Use one handful of fresh flowers or 1-2 tablespoons of dried flowers steeped in one liter of boiled water. Take 1-3 cups per day.</p>	<p>Elderberry flowers contain flavenoids and rutin, which are known to improve immune function, particularly in combination with vitamin C. The flowers also contain tannins, which account for its traditional use to reduce bleeding, diarrhea, and congestion. The flowers are the mildest part of the plant and when prepared as a tea, are used to break dry fevers and stimulate perspiration, aid headache, indigestion, twitching eyes, dropsy, rheumatism, appendix inflammation, bladder or kidney infections, colds, influenza, consumption (bleeding in lungs The leaves, which are stronger,</p>

	<p>Some shadow. Some protection against direct sunlight, some shadow from vegetation, filtering about 20 - 40 % of light.</p> <p>In shadow. Steep slopes facing south or a vegetation cover which filters 40 - 80 % of light.</p>	<p>case, germination is often not complete until the second spring</p> <p>Simply take woody stem cuttings approximately 30 centimeters long from mature bushes, and plant them 15 cm deep in plastic nursery bags with prepared potting soil.</p> <p>Keep the cuttings watered and in a shady place until well established. Slowly bring them into full light conditions and plant them in permanent sites around the border of the garden, since they grow into large bushes. Many campesinos simply plant the stem cuttings directly in the soil in their permanent sites; however, the previously mentioned method guarantees a better success rate of cuttings that actually grow.</p>	<p>A handful of the leaves, roots and bark can be boiled in one liter of water for treating skin conditions.</p> <p>Although the flowers and berries are safe to use, the roots and bark are said to be slightly toxic and are not recommended for internal use.</p>	<p>have a slightly laxative property. Applied externally, leaves, flowers, bark and twigs are excellent as a poultice, mixed equally with chamomile, for soreness, inflammations, joint stiffness, and to reduce the swelling of bee stings. The flowers and berries, employed as a diuretic, can aid arthritis and rheumatism. Steeped in water, the flowers are used externally to aid in complexion beauty, tone and soften the skin, and lighten freckles or spots. The berry juice made into salve aids burns and scalds. The juice taken internally will act as a purgative.</p>
<p>St John's Wort/ Hypericum perforatum Family: clusiacea</p>	<p>pH: no importance good drainage Sun or semi-shade Rusticity (-22 °C _ 17 °C) Distance: 40 cm Grow even in poor soil Bring a little bit of compost during the summer Little watering Resist to the drought</p>	<p>Seed really long to germinate (an average of 40 at 50 % of the seeds in great conditions will germ) Delicate to transplant, humidify the soil before</p>	<p>Help to moderate depression Help against insomnia Treat psychosomatic troubles Reduce the stress Sedative Anti-inflammatory Digestive Tissue regenerative properties</p>	<p>Tinctures :20 – 30 drops 3 times a day (depends of the product you have) Infusion: 2 – 3 spoons of dry plants in 150 ml of water/3 times a day or 15 to 30 g for 1 L/day</p>

	Harvest: the buds full of active components			
White horehound / Marrubium vulgare	<p>Soil : poor, dry and well-drained lightened</p> <p>Sun</p> <p>Plantation :au printemps</p> <p>Density : 6/8 au m2</p> <p>Light watering</p> <p>T°C : -20°C.</p> <p>40 cm between 2 plants or 20 minimum.</p>	<p>Sow</p> <p>Can keep the seeds during 3 years</p> <p>Plant during spring</p> <p>Could cut twice the leaves to densify the foliage</p> <p>Cut dry flowers to avoid the auto-seeding</p>	<p>Digestive</p> <p>Cleansing effect, boost liver functions</p> <p>Expectorant</p> <p>Regulate cardiac rhythm</p> <p>Regulate menstrual period</p>	<p>30 à 90 drops 4 times a day</p> <p>Infusion : 15 et 30 g dry plants per L</p> <p>One cup before to eat to a digestive or cleansing effect 3 to 5 cups for an expectorant effect</p>
White Sage/ Salvia Apiana	<p>Perennial</p> <p>Sun</p> <p>Rusticity: - 16°C</p> <p>Density: 3 plants per meter square</p> <p>50 cm between each plant</p> <p>Soil: Dry, poor and well drained</p> <p>pH: acid to neutral</p> <p>Prefer sheltered places</p>	<p>Seed – sow: March/April in a greenhouse</p> <p>Germination usually takes place within 2 weeks (don't germinate in the same time)</p> <p>Prick out the seedlings into individual pots when they are large enough to handle and plant them out in early summer.</p> <p>In areas where the plant is towards the limits of its hardiness, it is best to grow the plants on in a greenhouse for their first winter and plant them out in late spring of the following year.</p> <p>Cuttings of half-ripe wood succeed at almost any time in the growing season</p>	<p>An infusion of the leaves is used as a blood tonic and as a treatment for coughs and colds.</p> <p>The leaves can be eaten, or used as a sweat bath, in the treatment of colds.</p> <p>Soothe menstrual pains</p> <p>Antibacterial</p>	

<p>Yarrow / Achillea Millefolium</p>	<p>Soil Well-drained, dry and limestone soil pH: neutral to alkaline Humidity: well-drained 4 to 6 plants per meter square 20 – 30 cm between the plants</p>	<p>Split or sow may to june in soil directly Germination: 70 % (16 to 23°C), 8 to 12 days Transplant 8 to 12 weeks</p>	<p>Loss of appetite Digestive trouble Menstrual period pains hemostatic</p>	<p>Infusion: 1 – 2 g dry plants in 150 mL of hot water 3 times a day Tincture: 5 mL 3 times a day Tincture of dried leaves 100g for 500 mL of alcohol (10 to 40 drops)</p>
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