



Herbal Remedies

TOP 10 HERBS YOU
CAN GROW AT YOUR
PLACE





This pretty little flower is a powerful anti-anxiety medication. If you take a tincture in the evening, it can ease tension and help you fall asleep.

California poppy is remarkably drought tolerant and quickly lays down mats of blue-green, lacy foliage and orange blooms. The combined colors form a rich mosaic across much of California's highways. The plant is easy to establish by seed, and thrives in full sun locations with highly fertile but well-drained soil.

Related to the opium poppy (but much more gentle— in fact it's so safe it can even be used by children), California poppy is, without a doubt, one of the best nervous system relaxers, sedatives and pain relievers around.

The whole plant (leaves, roots, flowers and seed pods) is used in medicine.

Chop up the plant, place it in a glass jar, then top the jar up with vodka so that the plant matter is fully submerged. Shake every few days and strain after 6 weeks, pour some into a dropper bottle, and you're done.

Dosage for Insomnia for Adults: Take 20-50 drops (approx 1/4- 1/2 tsp) taken over the course of an hour before bed.

Adult Dosage for Pain: Take 40-80 drops (1/2-1 tsp) every 4-6 hours.



When taken as a tea, catnip can help ease a chronic cough or help you fall asleep.

Catnip grows well from seed in small pots on your patio or in your herb garden. It is a native to much of Europe, and is also known as catmint, catswort, field balm, catrup, catnep and cat's-play.

This member of the mint family is a perennial herb that reaches 1 meter in height and has many branches. There are over 250 varieties of catnip, but the most common one has gray-green heart-shaped leaves and hairy stems.

It grows in the mild climates of the northern hemisphere, blooming in the summer, white small flowers with red spots.

To make a tea simply pick 4-6 leaves and place in a mug. Pour over freshly boiled water and leave to steep for 10 minutes. Sweeten with honey and add some lemon if you prefer.

You can make a tincture as above and use 6-12 drops up to 3 times per day for adults.



A soothing, relaxing herb, chamomile is a great anti-anxiety treatment when taken as a tea. There are two kinds of chamomile. The first is Roman chamomile (*Chamaemelum nobile*) and the other is German chamomile (*Matricaria recutita*). The Roman variety is the true chamomile but German chamomile is used herbally for nearly the same things

Chamomile grows best in cool conditions and should be planted in part shade, but will also grow full sun. The soil should be dry. You can grow from either seed or from splitting existing plants.

To make chamomile tea simply place 3 Tablespoons of fresh (or 3 teaspoons of dried) flowers in your mug or teapot and add 1 cup of freshly boiled water. Allow to steep for 5-10 minutes. Drink with or without a spoon of honey and a squirt of lemon.

Take half an hour before bed time to aid sleep.



This common weed is a great digestive tonic as well as bladder curative. It helps stimulate the kidneys to increase urine production, which helps flush out your urinary tract.

While dandelions can be a nuisance in the lawn, they are also a surprising source of nutrients. Dandelion greens contain vitamin C, potassium, calcium, iron, magnesium, phosphorus, thiamin, riboflavin, beta carotene and fiber. They are actually more nutritious than most of the fruits and vegetables you can buy in the grocery store.

Dandelion greens tend to be bitter, but by growing them in the shade and picking only the young leaves you will greatly reduce their bitter flavor.

To make a dandelion tea, place 5 Tablespoons of fresh (or 4 teaspoons of dried) flowers in your mug or teapot and add 1 cup of freshly boiled water. Allow to steep for 5-10 minutes. Drink with or without a spoon of honey and a squirt of lemon.

You can also dry and roast the dandelion roots to make a coffee substitute. I don't think I would get this past my husband though!



A digestive tonic to help soothe indigestion.

Dill planting is simply done by scattering the seeds in the desired location after the last frost, then lightly cover the seeds with soil. Water the area thoroughly.

Dill grows up to 40–60 centimeters (16–24 inches), with slender, hollow stems that alternate and finely divided, very soft, delicate leaves that are usually 10–20 centimeters (3.9–7.9 inches) long.

You can use either dill seeds or leaves, but since seeds tend to be richer in the components you need, here is the tea recipe for using seeds.

Crush 3 teaspoons of dried seeds and put in a mug. Add freshly boiled water and allow it to steep for 5 minutes. Strain and drink up to 3 cups per day. For a soothing relaxing drink add in some chamomile flowers too.



This gorgeous purple flower is a well-known immune booster that is commonly taken when sick. Coupled with other herbs, such as the antimicrobial goldenseal, echinacea is an immune powerhouse.

Echinacea is also known as Coneflower and you may find it in central and eastern North America.

It is a drought resistant perennial, so you can find it in scattered patches in rich prairies or sandy soils. It is able to reach a height of 2 to 5 feet (60 to 150 cm) and it grows best in full sun.

Echinacea tea helps to stimulate your immune system, as it activates T-cell renewal and the production of antibodies and interferon, known for blocking viral infection.

Make a tea the same as you would with chamomile. You can also use the roots to make a strong tincture.

It's best to drink one cup of Echinacea tea a day, after a meal, for 5 days and then take a 2-day break. Or you can take it for a month and then take a month off.

You need to take it intermittently like this, otherwise you will start to feel the benefits of this tea less and less as time passes.

*Avoid while pregnant or breastfeeding.



This pretty little flower can help to calm migraine headaches and calms feverish chills. Feverfew (*Tanacetum parthenium*) is a perennial plant belonging to the daisy family which grows in much of Europe, North America and Canada. It has been used in herbal remedies for centuries.

It is eaten as a medicinal salad leaf, however it is quite bitter.

You can make a tincture with the stalks, leaves and flowers and take 3-5 drops daily to reduce inflammation.

Daily use of feverfew has been shown to reduce the frequency and severity of migraines in some people.



A wonderful antibacterial that is great for treating colds and bacterial infections. Boosts immunity and helps clear out toxins.

Garlic grows well in well draining, rich soil. Plant it in late fall or early Winter and harvest in Summer as the tops are going yellow and drying off.

Garlic can be used liberally in cooking both raw and cooked. It is a natural antibiotic and antiseptic, especially effective in treating infections of the digestive and respiratory systems. Garlic directly destroys harmful bacteria, fungi and viruses and at the same time it enhances the body's natural immune defences

Sucking or chewing on a raw garlic clove is said to help treat colds and sore throats.

To treat ear infections chop then crush up 3 large cloves of garlic and add 1/4 cup of quite warm olive oil. Stir well, then leave to sit for at least one hour. Place 3 drops of warm liquid in to each ear, laying with the head tilted for at least 5 minutes before rolling over and treating the other ear. Repeat ever 1-3 hours during the day until the infection clears. Many people find this to be faster and more effective than modern medicine antibiotics.



9. Peppermint

Mint has many uses, such as in aromatherapy where it is used to help ease depression and in classical internal medicine where it is used to treat all sorts of digestive ailments. Try taking peppermint tea if you are sleepy or experiencing indigestion.

Grow peppermint from seeds or buy seedlings from the store. You can also grow it by dividing an existing plant. Mint will spread and take over your garden, so it is best grown in it's own space or in a pot that has been sunk into the ground.

Mint prefers shady damp, cool spots as it naturally grows by a stream edge.

To make peppermint tea, soak 7-10 leaves in 1 cup of freshly boiled water and allow to steep for 5-10 minutes. Drink 1-4 cups per day.



10. Valerian

Another great herb for sedation, Valerian can relax anxiety and help you fall asleep. Commonly doubled up with California poppy for making for a powerful, yet gentle sedative.

It is a hardy perennial native to Eurasia. It's very cold tolerant

Also, a valerian herb plant will self-seed very readily. If you don't want your plants to spread, remove the flowers before they have a chance to develop and drop seeds. Growing valerian herbs is very easy. The seeds can be sown directly in the ground after all chance of frost has passed, or they can be started indoors several weeks earlier and then transplanted outside. The plants grow to between 3 and 5 feet in height and produce white, faintly scented flowers.

The roots are used for their calming properties when eaten or brewed into tea. Harvest the roots in the fall by digging the whole thing up. Wash the soil from the roots, then dry them in the oven at 200 degrees F. (90 C.) with the door open a crack. The roots may take two growing seasons to be large enough to harvest.

To make a tea steep 1 teaspoon of dried root in 1 cup of boiled water for 10 minutes, take 30 minutes before bed time.

Just because I love it, here is bonus number 11 herb!



Good for healing colds, treating ulcers, cramping and inflammation.

Yarrow is a long-stemmed member of the sunflower family found in the wild throughout the temperate regions of the world.

It is a hardy and versatile perennial, and has showy flower heads composed of many tiny, tightly-packed flowers rising above clusters of ferny foliage. The flowers may be white, yellow, red, pink, or a number of shades in between.

Yarrow is pest-resistant, drought-resistant, attracts butterflies, and is excellent for cutting and drying.

For thousands of years, yarrow was used to staunch the bleeding from wounds inflicted during war time. Deep wounds were packed with yarrow powder to disinfect, relieve pain, and stop the profuse bleeding.

To make your own styptic powder simply hang a bunch of leaves upside down to dry. Once dry place in a food processor and blitz until you have a fine powder. To use simply apply some power to any cuts and abrasions. It works particularly well for shaving cuts!

** Medical disclaimer. I am not a medical practitioner, and while I have researched and practised herbal medicine myself, I recommend that you speak with your doctor or herbalist before taking any herbal remedies.