

# Bay

*Laurus nobilis*

In Greek mythology Bay symbolises strength, courage and wisdom. It makes a muscle oil fit for Olympians... and weary travellers.



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# Burdock

*Arctium lappa*

Paired with Dandelion since the Middle Ages. Initially a medicinal mild mead and later a fermented root extract which is the origin of the carbonated soft drink 'Dandelion and Burdock'.



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# Chamomile

*Matricaria chamomilla*

The best known of all herbal teas. Promotes sleep, eases teething pain and tummy upsets in children. A gentle yet powerful digestive remedy historically known as 'Mother of the Gut'.



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# Chilli

*Capsicum spp.*

Chillies achieve some of their therapeutic effect by stimulating the immune system into defending the body - for example a runny nose following a chilli rich meal. When applied topically it brings the blood supply to the surface.



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# Comfrey

*Symphytum officinale*

Historically known as Knitbone. Great for bruises, sprains and joint inflammation. Speeds healing so effectively, avoid in deeper wounds where tissue needs to heal from the inside outwards.



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# Daisy

*Bellis perennis*

Expectorant effect if drunk as tea; expelling sticky phlegm. Also known as Bruisewort, it is a first aid remedy applied as a topical ointment on bruises and sprains.



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# Dandelion

*Taraxacum officinale*

One of the most widely used plants in Western Herbal Medicine. Herbalists often separate the plant parts into two distinct medicines. The root for the digestion, liver and bowel, and the leaf as a stimulating diuretic.



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# Echinacea (Purple Cone Flower)

*Echinacea purpurea*

The subject of much scientific investigation, an understanding of the medicinal properties of this plant is rooted deeply within the traditional knowledge of many different Native American communities.



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# Elder

*Sambucus nigra*

Shrouded in much myth, magic and folklore, it has long been considered bad luck to cut or burn an Elder. Indeed, the whole tree is a medicine chest.



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# Elecampane

*Inula Helenium*

Traditionally known as Elfwort, due to its capacity to protect against Elf darts! The strongly aromatic bitter roots are an antimicrobial lung restorative. Considered to be strengthening to the vital spirit.



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# Fennel

*Foeniculum vulgare*

Helps stimulate milk flow in breast feeding. A digestive tonic, so it is great for colic in babies and grownups.



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# Hawthorn

*Crataegus spp.*

Found locally in towns, gardens, parks, hedgerows, woods... also on lonely moors, remote mountains, inhospitable places.  
Quintessential medicine for the heart.



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# Herb Bennet

*Geum urbanum*

Also known as Clove Root, the strong tasting roots are fiddly to harvest, but plentiful. This herb was used during the Black Death as an anti-plague remedy.



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# Herb Robert

*Geranium robertianum*

Astringent and haemostatic. Makes a lovely infused vinegar - double infuse to achieve a good strength. Associated with capricious and playful fairy folk... uproot at your peril!



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# Horseradish

*Armoracia rusticana*

Heating and invigorating. A powerful circulatory stimulant. The UK indigenous Wasabi.



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# Ivy

*Hedera helix*

Unrelated to the American plant, Poison Ivy... European Ivy is expectorant and breaks up mucus; a good herb for respiratory infections.



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# Lavender

*Lavandula angustifolia*

Calming, just by the nature of the volatile oils that create the familiar smell, it reduces anxiety and promotes sleep as a tea. The essential oil is brilliant for burns.



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# Lemon Balm

*Melissa officinalis*

Uplifting to the mood, helpful for anxiety and specifically anti-viral to cold sores and chickenpox. The tea is refreshing served cold with ice on a summer's day!



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# Liquorice

*Glycyrrhiza glabra*

Significant in herbal traditions across the world. Supportive of adrenal glands and immune system; a valuable tonic when coping with stress/burnout. Avoid when blood pressure is high.



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# Marigold (Pot Marigold)

*Calendula officinalis*

Easy to grow, abundant to harvest. The sunny yellow/orange flowers infused in oil can make a simple anti-microbial, anti-fungal ointment which speeds up tissue healing.



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# Marshmallow

*Althaea officinalis*

This beautiful medicinal plant, uncommon in the wild but easy to grow, was the main ingredient for the original marshmallows which were soothing cough sweets or digestive tonics.



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# Meadowsweet

*Filipendula ulmaria*

Meadowsweet leaves and flowers contain anti-inflammatory, aspirin like chemicals called salicylates. It is calming and soothing to the digestive system without causing the damage that aspirin can.



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# Mugwort

*Artemisia vulgaris*

Found growing by roadsides, flowering around midsummer. It has an affinity to the womb and menstrual cycle, and is said to help with pathfinding in life and in dreams.



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# Peppermint

*Mentha x piperita*

Cooling Peppermint: refreshing in tea, calming and soothing in topical creams, delicious as an ingredient in salads and sauces.



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# Plantain (ribwort and broadleaf)

*Plantago lanceolata and Plantago major*

Anti-microbial, anticatarral, tissue repairing. Mentioned in a 10th century Anglo Saxon herbal for it's wound healing properties.



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# Raspberry

*Rubus idaeus*

Delicious fruits, but it is the leaves that are used as medicine. The tea is used in the last trimester of pregnancy, after birth and to reduce heavy menstrual bleeding.



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# Rosemary

*Salvia rosmarinus*

'Rosemary for Remembrance' is reflected in modern investigations which have found the leaves to increase cerebral circulation.



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# Sage

*Salvia officinalis*

The tea can be used as an anti microbial gargle and may be drunk to relieve night sweats associated with the menopause.



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# St. John's wort

*Hypericum perforatum*

A plant of the midsummer. Works to support the nervous system in many ways. Great externally for physical nerve pain and to help repair nerve damage.



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# Stinging Nettle

*Urtica dioica*

The characteristic sting is a surprising medicine; it can help relieve painful, arthritic joints by causing an acute reaction which can alleviate long term inflammation.



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# Thyme

*Thymus vulgaris*

Thyme is anti-microbial and expectorant and is an excellent herb to help clear lung infections. Bees love the flowers and thyme honey is a delicious remedy.



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# Valerian

*Valeriana officinalis*

Relaxing to smooth muscle, also good for promoting sleep and relaxation. Cats love Valerian!



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# Willow

*Salix species*

Willow is a plant woven deep in to European tradition - as a material for making fences and baskets and as a medicine.



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# Yarrow

*Achillea millefolium*

Works on the capillaries and has the seemingly contradictory ability to prevent bleeding and also stimulate blood flow.



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