

Returning to our Medicinal Roots

Cheryl L. Morales
WhiteClay/Nakoda/Blackfeet
Aaniiih Nakoda
College

IEPD
Project Director
Adjunct
Instructor



Dreams come true...

Established in 2010

~2 raised box beds

~4 plants

Dock

~Yarrow

~Echinacea

~Yellow

~Licorice



Learning Old Traditions

~Lost traditions
~Hunters/Gatherers

Knowledge of
Elders:



~Minerva
Allen
Nakoda

Wild bergamot , Horsemint Monarda

Harvest the whole plant in the summer.

Parts used: aerial part

Properties:

Values: stimulant, carminative, rubefacient, analgesic, Anthelmintic, anti-bacterial, anti-fungal, anti-septic, anti-oxidant, diaphoretic, digestive, sedative, emmagogue, expectorant,

Medicinal uses:

Infusion:

- ~colic
- ~fevers
- ~sore throat
- ~diabetic ulcers (will kill infection and promote healing)
- ~urinary disorders
- ~flatulence
- ~pneumonia
- ~whooping cough
- ~stomach aches
- ~colds, coughs
- ~respiratory ailments

Poultice:

- ~toothache
- ~wounds



Wild bergamot, Horsemint, cont.

Harvest the whole plant in the summer.

Weakness of loins:

-take a sweatbath, immerse in cold water and drink tea.

Women uses:

-infusion for female complaints

-pregnant women drank this for expelling afterbirth

-encourages menstrual flow

Aromatic:

~pulverized leaves, sprinkled on meat to keep bugs away

~mix with other sweet smelling plants and moisten with an oil and apply to hair, body, or clothing for a perfume odor



Purple Coneflower, Black root

Echinacea

angustifolia



Flowering time – June to October

Harvest: late fall, after several hard frosts

Parts Used: Root and rhizome

Properties: Good source of Vitamin A, B-Complex, B3, C, E, Iron, Calcium, Magnesium, Manganese, Potassium, Selenium, Silicon, Sodium, Essential oil, Polyacetylenes, Polysaccharide, Glycoside, Resin, Betaine, Inulin, Sesquiterpene

Values: Immune Stimulant, Alterative, Antimicrobial, Diaphoretic, Antiallergenic, Antiviral, Antifungal, Anti-Inflammatory

Medicinal uses:

Decoction (tea):

~colds/flu

~laryngitis/tonsillitis

~boils, abscesses

~lymph glands

~whooping cough

~upper resp. infections

~inflammatory conditions

~kidneys/liver/blood



Black root, Purple Coneflower, cont.

Decoction:

- inflammation in mucous membranes of nose and sinuses
- strengthens immune system to fight viruses and bacteria
- ~rheumatism, arthritis
- ~toothaches ~mumps, measles
- ~stomach ache ~skin toner

Poultice:

- ~snakebites, insect stings
- ~burns, cooling sensation

Tincture makes a good mouthwash for gum disease and a wash for wounds, sores and stings.

Ceremonial use:

The root was chewed to stimulate saliva for the sundancers to stave off thirst.

Echinacea is classified as a mild immunostimulant, do not take for disorders such as Aids, lupus and multiple sclerosis



Yellow dock, curly dock

Rumex

Crispus

Cool Cleanser

Indigenous to Europe and Africa

Parts used: root, leaves

Properties: good source of Iron, Vitamins A, B-Complex, and minerals, glycosides, tannins, calcium, magnesium, phosphorus

Values: cooler, cleanser, laxative, increases bile flow, astringent, diuretic, liver tonic, detoxifier, blood purifier

Medicinal Uses:

Decoction:

~anemia

~cleanser

~Acidity

~liver

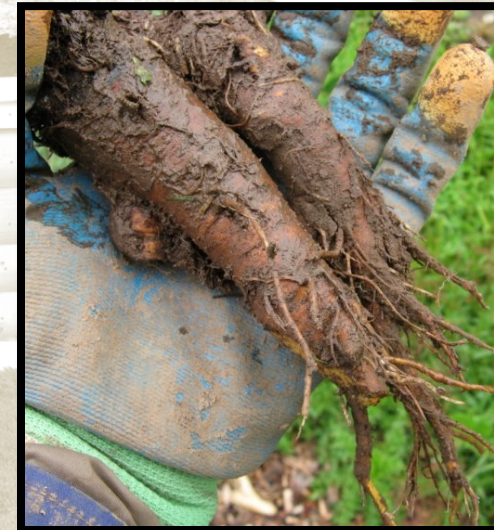
~gallbladder

~bloodstream

~poison ivy

~fibroids

~lymph congestion



Yellow dock, Curly dock, cont.

Poultice:

- ~boils
- ~psoriasis
- ~eczema
- ~nettle rash
- ~abscesses

The root enhances:

~bile production which breaks down fatty foods and improves flow of bile and digestive juices.

Food:

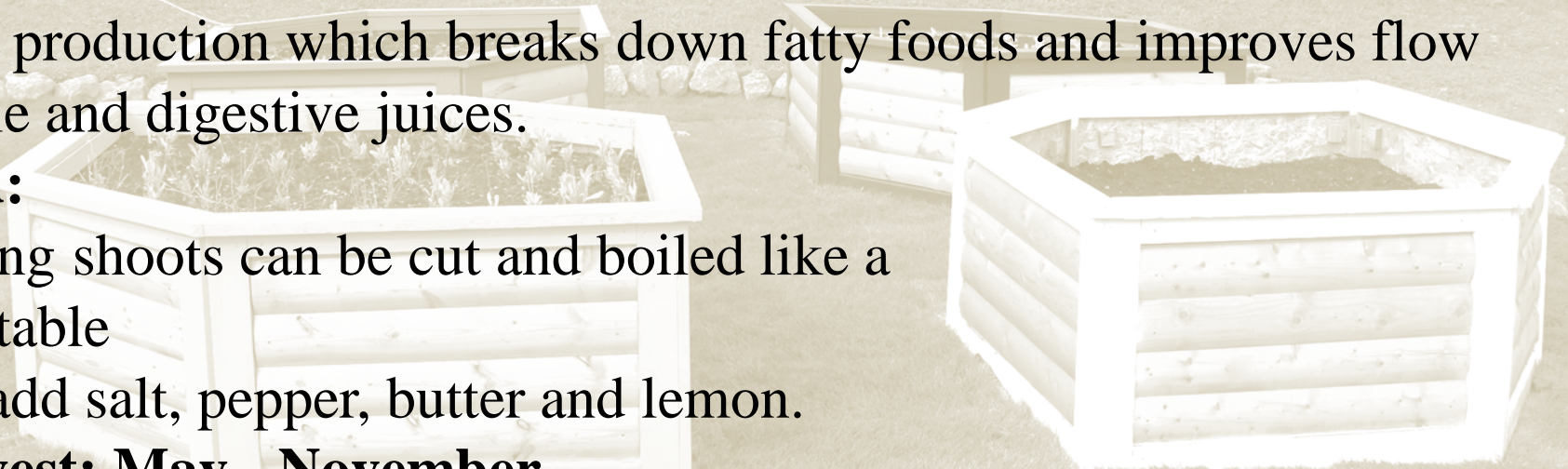
~young shoots can be cut and boiled like a Vegetable

Just add salt, pepper, butter and lemon.

Harvest: May - November

WARNING

Yellow dock contains oxalates that can cause kidney stones. Pregnant, nursing women, young children and individuals with severe liver or kidney disease, intestinal obstruction should not take this medicine.



Catnip

Nepeta cataria

“The Antistress Herb”

Parts used: flowers and leaves

Values: mild astringent, mild antibiotic, soothing sedative, stomachic, antispasmodic, relaxant, carminative, emmenagogue

Properties: vitamins A, B, C, calcium, iron, magnesium, manganese, phosphorous, potassium, selenium, sodium, silicon

Medicinal uses:

- | | | |
|--------------|---------------------------|----------|
| -acid reflux | -drug/nicotine withdrawal | |
| -PMS | -stress | -anxiety |
| -indigestion | -heartburn | -gas |
| -stomach | -dandruff | -colic |
| -fever | -sleep aid | |

Tincture:

- fever



Lemon balm

Melissa officinalis



“The Nerve Balm”

Parts used: dried or fresh aerial parts

Properties: Volatile oil, Polyphenols (fights strep), Tannins, Bitter Principle, Flavonoids, Rosmarinic Acid, Triterpenoids, Analgesic

Values: carminative, nervine, antispasmodic, antidepressant, diaphoretic, antimicrobial, hepatic, antiviral, antibacterial, antihistamine, aromatic, digestive stimulant, eases tension in peripheral blood vessels

Medicinal uses:

- | | | |
|--------------|------------|--------------------|
| -neuralgia | -anxiety | -tension migraines |
| -insomnia | -Influenza | -fevers |
| -indigestion | -vertigo | -memory |
| -cold sores | -wounds | -digestive system |
| -thyroid | -heart | |



Warning: Avoid lemon balm if you are taking thyroid medication

Lavender

Lavandula officinale

“The Herb of Harmony”

Parts used: flowers –

Properties: volatile oil, tannins, coumarins, flavonoids, triterpenoids

Values: analgesic, antibacterial, antiseptic, antispasmodic, carminative, relaxant, nerve tonic

Medicinal uses:

- | | | |
|------------------|------------|-----------------|
| -anxiety | -tension | -headaches |
| -nerves | -stress | -depression |
| -fainting | -dizziness | -mood swings |
| -disease | -fevers | -acne blemishes |
| -repairs tissues | -sweating | -diphtheria |
| -streptococcus | -typhoid | -pneumonia |
| -toothaches | -throat | -laryngitis |
| -diarrhea | -vomiting | -wounds |



Hops

Humulus lupulus



“The “Goodnight” Flowers”

Parts used: flowers

Properties: Vitamins A, B-Complex, B3, Potassium, Phosphorus, Calcium, Magnesium, Manganese, Selenium, Silicon, Sodium, Iron, Zinc, Copper, Iodine, Flourine, Chlorine-Volatile Oil, Bitter resins, Tannins, Estrogenic substances, Asparagin

Values: Sedative to higher nerve centers, antispasmodic, antimicrobial, Digestive aid, Antiseptic, bitter tonic, diuretic, Pain reliever, Kills worms, Reduces fevers

Medicinal use:

- | | | |
|---------------------|--------------------------|-----------------------|
| -anxiety/stress | -relieves muscle tension | -hysteria |
| -diarrhea | -insomnia | -restlessness |
| -peptic ulcers | -intestinal cramping | -neuralgia |
| -colic | -menopausal symptoms | -arthritis/rheumatism |
| -gallbladder/kidney | -fibromyalgia | -rheumatism |
| -earache | -toothache | -jaundice |
| -dyspepsia | -cystitis | |

Peppermint

Mentha piperita

“TheMarvel of Menthol”

Parts used: Whole flowering plant

Properties: Volatile Oil of Peppermint, Good source of Vitamins A, B-Complex, C, Carotenoids, Betaine, Choline, Flavenoids, Minerals, Phytol, Tocopherols, Azulenes, Rosmarinic acid, Tannin

Values: Stimulant, Antispasmodic, Stomachic, Diaphoretic, Antiemetic, Nervine, Antiseptic, Analgesic, Astringent, Decongestant, Tonic, Bitter, Antibacterial.

Medicinal uses:

- | | | |
|------------|----------------------------------|---------------|
| -hysteria | -nervous disorders | -colds/coughs |
| -fever | -upset stomach/cramps/flatulence | -vomiting |
| -heart | -kidney problems | -colic |
| -headaches | -nausea/seasickness (iced) | -dyspepsia |

Peppermint contains a strong Aroma due to the main Ingredient Menthol.



Hyssop

Hysoppus officinalis

The Breath of Life

Parts used: flowers, leaves, stems

Properties: volatile oils, flavonoids, tannins, bitter

Values: expectorant, pectoral, stimulant, carminative, antiviral, diaphoretic, vermifuge

Medicinal uses:

Respiratory system cleanser

- asthma
- allergic reactions
- bronchitis
- chest congestion
- wheezing
- rheumatism
- pleurisy
- uterine fibroids
- *antiviral to help fight herpes simplex



St. John's Wort

Hypericum perforatum

“The Restorer”

Parts used: plant and flowers

Values: antidepressant, anxiolytic, antioxidant, astringent, analgesic, anti-inflammatory, antiviral, antibacterial, antifungal, sedative, tonic for nervous system, bitter, vulnerary, antispasmodic, nervine

Properties: flavonoids, glycosides, rutin, tannins, volatile oils, resins, hypericin

Medicinal uses:

- | | | |
|-----------------|---------|------------|
| -antidepressant | -nerves | -neuralgia |
| -neuritis | -PMS | -sprains |



Scullcap

Scutellaria laterifolia

“The Nerve Tonic”

Parts used: leaves, stems, flowers

Values: nervine, tonic, antispasmodic, mild astringent, digestive aid, antioxidant, anti-inflammatory

Properties: calcium, potassium, magnesium, iron, silica, flavonoid glycosides, bitter principle, volatile oil, tannins

Medicinal uses:

- | | | |
|-----------------|--------------------|-------------|
| -nervous system | -anxiety | -depression |
| -inflammation | -cancer cells | -withdrawal |
| -toxin | -inflammation | -fever |
| -muscle spasm | -tension headaches | |



Rosemary

Rosmarinus officinalis

“The Gentle Revitalizer”

Parts used: whole plant

Values: antiseptic, antioxidant, expectorant, decongestant, circulatory tonic, digestive tonic, astringent, relaxant, carminative, antispasmodic, antidepressant, diuretic

Properties: volatile oil of Rosemary, flavonoids, phenolic acids, rosmarinic acid, triterpenic acids, tannins, bitters, resins

Medicinal uses:

-nervous system

-anxiety

-depression

-skin

-scalp

- tension headaches



Ginseng

Panax ginseng



“The King of Tonics”

Parts used: root

Values: antidepressant, tonic, adaptogen, aphrodisiac, nervine, stimulates immune system, regulates blood sugar and cholesterol levels

Properties: saponins (hormone like ginsenosides), volatile oil, sterols, starch, pectin, resin, vitamins B1, B2, B12, D, fats, iron, calcium, manganese, vanadium, magnesium, copper, zinc, antioxidant

Medicinal uses:

- | | | |
|-----------------|---------------|---------------------|
| -stress | -nerves | -heart palpitations |
| -mental ability | -energy | -libido |
| -muscle tone | -vision | -lung disorders |
| -tumors | -prolong life | |



CAUTION: Avoid if you have inflammatory conditions, bronchitis, high blood pressure or you take other stimulants.

Plantain

Plantago major



The Herbal Star

Parts used– leaves and seeds:

Properties: Mucilage, Glycosides, Tannins, Silica, Vitamins C, K, Minerals

Values: Cooling, detoxifying, demulcent, astringent, wound healing, decongestant, expectorant, antiseptic, diuretic

Infusion:

- diarrhea/colon
- low back pain
- arthritis
- prostate
- heavy menstrual flow
- kidney and bladder problems, bedwetting in children
- respiratory problems – colds coughs, asthma, bronchitis
- hayfever/asthma/allergies
- sinusitis/earache, throat



Feverfew

Tanacetum parthenium

Manna for Migraines and Allergies

Parts used: leaf, flowers, stems

Properties: Vitamins A, C, B-Complex, iron, potassium, magnesium, manganese, zinc, selenium, sodium, volatile oil, pyrethrin, tannins, sesquiterpene lactones, bitter resin

Values: anti-inflammatory, relaxes blood vessels, uterine stimulant, digestive stimulant, brings on menstruation, expels worms

Medicinal uses:

Infusion for:

- | | | |
|------------|------------|------------------|
| -migraines | -asthma | -hay fever |
| -Headaches | -allergies | -digestive tract |
| -PMS | -arthritis | |

Caution: avoid feverfew if you take blood thinning medication.



Marshmallow

Althea officinalis

The Herb of Plenty

Parts used: root, leaves, flowers

Properties: high in Vitamins A, B1, B2, B3, B5, C Asparagine, oxygen, Calcium, Cellulose, Iodine, Iron, Keratin, Magnesium, Manganese, Mucilage, Pectin, Phosphorus, Potassium, Silicon, Starch, Sodium, Sugar

Values: Very Emollient, Very Demulcent, Mucilaginous, Diuretic

Medicinal uses: Decoction

- Internal/external inflammation
- Kidney weakness
- muscles/sinews
- muscle builders
- prevents tissue decay
- intestinal tract
- Diabetes
- Throat inflammation

Infusion:

- Colds

Poultice:

Inflammations

wounds/benign growth

Food:

Leaves can be used in salads, Root with onions and butter.



Mullein

Verbascum thapus

A Respiratory Sweetheart

Part used: leaves, flowers, roots

Properties: flavonoids, triterpenoid saponins, volatile oil and tannins.

Values: expectorant, mucilaginous, sedative, diuretic, anti-inflammatory, anti-viral, Pectoral, demulcent, relaxant, lymphatic, astringent, emollient

Medicinal uses:

Infusion:

- | | | |
|------------|------------------|----------------------------|
| -lungs | -pneumonia | -bronchitis |
| -colic | -congestion | -gastrointestinal bleeding |
| -asthma | -colds/chills | -respiratory tract |
| -allergies | -flu/swine | -tonsillitis |
| -COPD | -joint pain/gout | -chronic coughs |
| -diarrhea | -tuberculosis | -migraines |



Mullein, cont.

Poultice:

- skin wounds
- burns
- bruises
- frostbite
- skin infections

Infused oil: (flowers)

- earaches
- hemorrhoids

Decoction:

- back pain
- weak bladder



Hawthorn

Crataegus monogyna

The Heart Herb

Parts used: leaves, flowers, berries

Properties: Vitamins C,A, B-Complex, sodium, silicon, iron, manganese, magnesium, potassium, phosphorus, selenium-saponins, glycosides, flavonoids, tannin, procyanidines, trimethylamine

Values: cardiovascular tonic, hypotensive, vasodilator, relaxant, astringent, antispasmodic, diuretic

Harvest – Flowers - May to June

Berries – September to November

Medicinal uses:

Infusion (make a tea):

Treats various types of heart disease:

- angina
- anemia
- muscle pain
- heart
- high/low blood pressure
- arthritis
- atherosclerosis
- blood circulation
- immune system
- digestion/intestinal tract



Hawthorn, cont.

Berries

- ~diarrhea
- ~treats heart problems
- ~hardening of arteries
- ~high cholesterol

Poultice (flowers and berries)

- ~apply to acne

Bark

- ~malaria
- ~fever

Food consumption:

- ~berry
- ~jams



WARNING: side effects are upset stomach, sweating, fatigue, nausea, dizziness, agitation.
Serious side effects: shortness of breath, allergic reactions, heart irregularities, mood swings.

Healing with Old Traditions Pharmaceuticals



vs




Nature's medicine

Without these valuable student interns we are unable to accomplish our goals...



**Summer
Interns**



“Let your food be your
medicine and your
medicine be your food.”

- Hippocrates

*“And the fruit there shall be for
meat, and the leaf for medicine.”*

- Ezekiel 47:12



Medicine Wheel garden beds

Sacred Mountain rocks

South

West

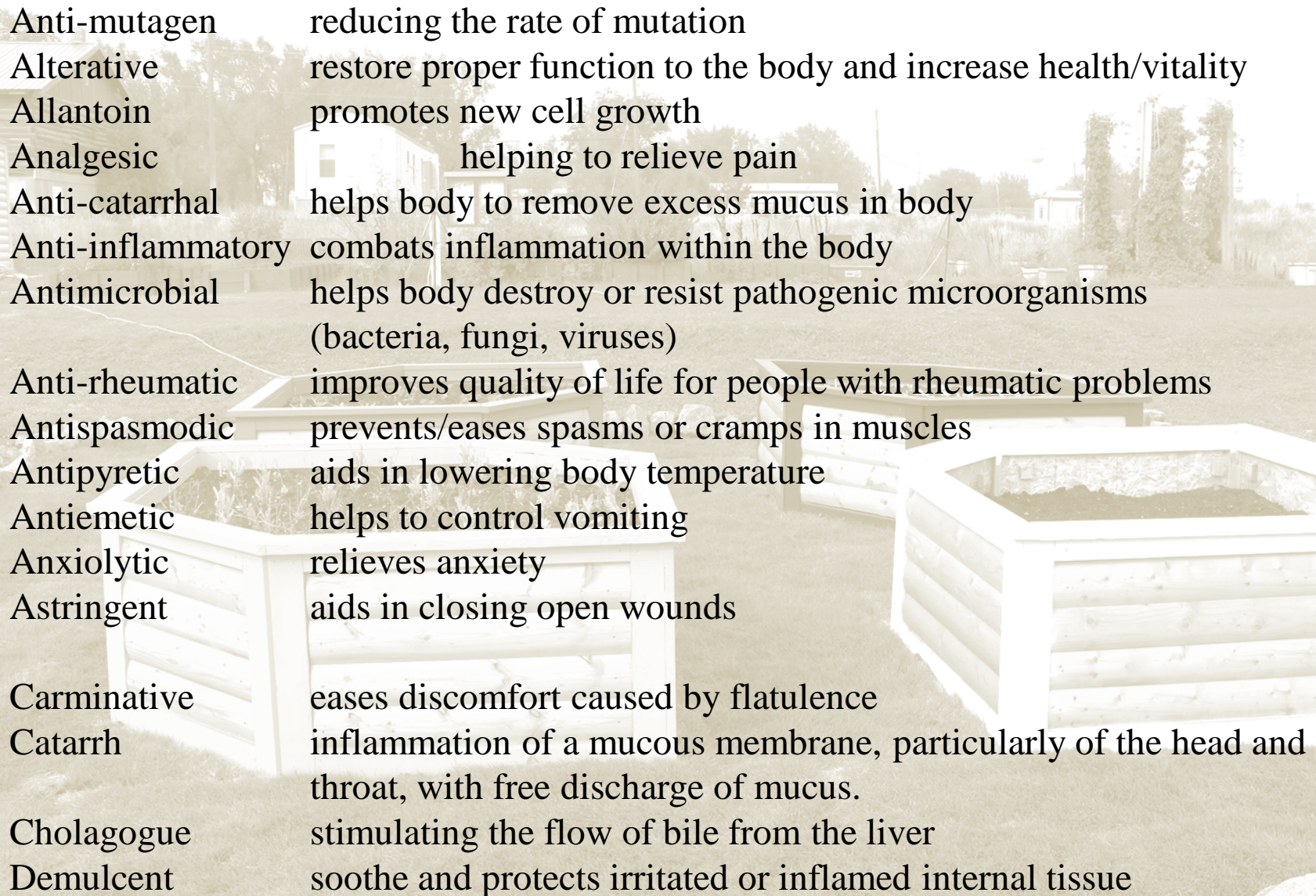
East

North

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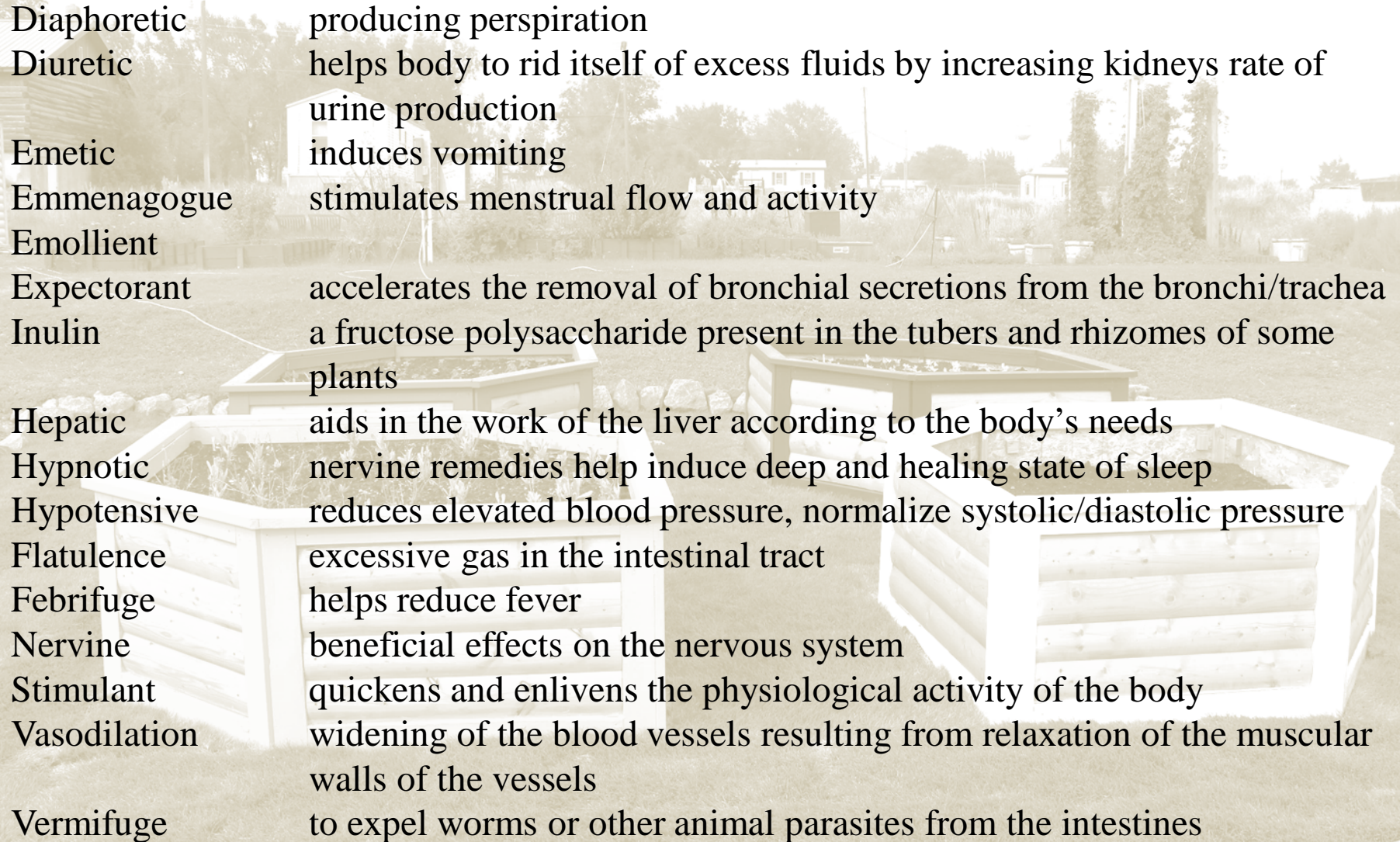
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Herbal actions



Anti-mutagen	reducing the rate of mutation
Alterative	restore proper function to the body and increase health/vitality
Allantoin	promotes new cell growth
Analgesic	helping to relieve pain
Anti-catarrhal	helps body to remove excess mucus in body
Anti-inflammatory	combats inflammation within the body
Antimicrobial	helps body destroy or resist pathogenic microorganisms (bacteria, fungi, viruses)
Anti-rheumatic	improves quality of life for people with rheumatic problems
Antispasmodic	prevents/eases spasms or cramps in muscles
Antipyretic	aids in lowering body temperature
Antiemetic	helps to control vomiting
Anxiolytic	relieves anxiety
Astringent	aids in closing open wounds
Carminative	eases discomfort caused by flatulence
Catarrh	inflammation of a mucous membrane, particularly of the head and throat, with free discharge of mucus.
Cholagogue	stimulating the flow of bile from the liver
Demulcent	soothe and protects irritated or inflamed internal tissue

Herbal actions



Diaphoretic	producing perspiration
Diuretic	helps body to rid itself of excess fluids by increasing kidneys rate of urine production
Emetic	induces vomiting
Emmenagogue	stimulates menstrual flow and activity
Emollient	
Expectorant	accelerates the removal of bronchial secretions from the bronchi/trachea
Inulin	a fructose polysaccharide present in the tubers and rhizomes of some plants
Hepatic	aids in the work of the liver according to the body's needs
Hypnotic	nervine remedies help induce deep and healing state of sleep
Hypotensive	reduces elevated blood pressure, normalize systolic/diastolic pressure
Flatulence	excessive gas in the intestinal tract
Febrifuge	helps reduce fever
Nervine	beneficial effects on the nervous system
Stimulant	quickens and enlivens the physiological activity of the body
Vasodilation	widening of the blood vessels resulting from relaxation of the muscular walls of the vessels
Vermifuge	to expel worms or other animal parasites from the intestines

Benefits of Minerals

