



LINDSAY HUETTMAN, PLANTDORK

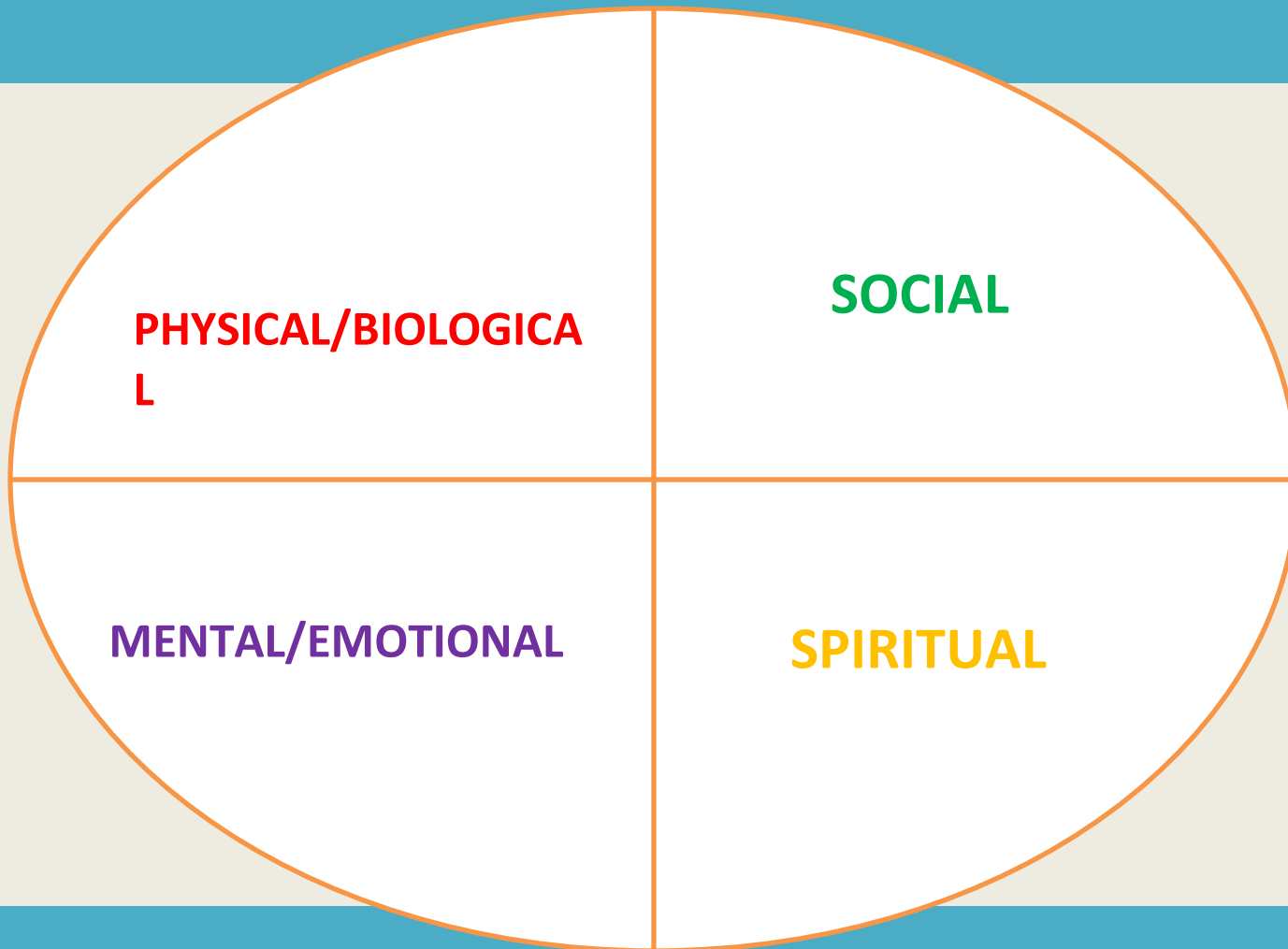
PLANT MEDICINE 101



WHY MAKE OUR OWN MEDICINE?

- Independence from pharmaceutical industry
- Greater connection with earth
- Preservation of sacred knowledge
- To care for myself and those I love
- To be a steward and protector of the botanical world and her medicinal gifts
- Its fun!

What map can support us making medicine in the most holistic way?



Lineage of my ancestral medicine making from plants



**Native to Scotland, Ireland,
England and PNW!**

Akalines my blood (hot/high acid)

Cooling

High in iron (anemia)

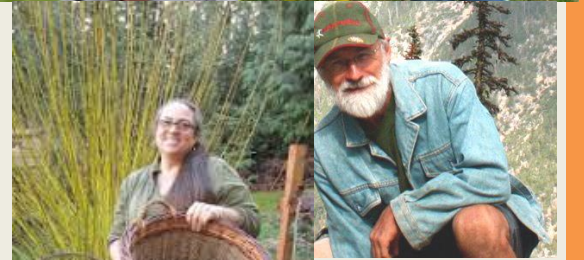
Allergy tonic

Skin conditions/rashes

Passing the knowledge to other...Honoring my teachers...these are teachers that I have studied with either directly or indirectly through their resources:

- Peterson's Field Guide
- Jim Miller
- Meadowsweet Herbs
- Gregory Tilford
- Erin Groh-Herbalist
- Mike Brondi and Anne Schwartz
- Michael Moore
- Karen Sherwood
- David Green
- Michael Pilarski
- Heidi Bohan
- Scott Kloos
- Sajah Popham

And any other I may have forgotten...

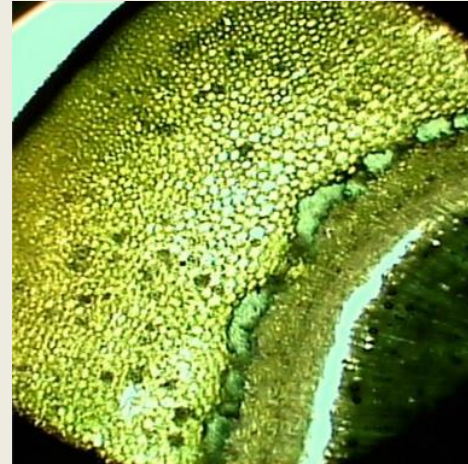
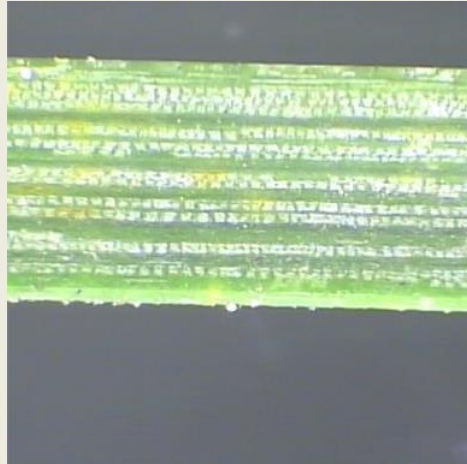


Mental/Emotional



Where do plant medicines come from?

Starting with the physical/biological...



Secondary Metabolites

NOT USED IN PRIMARY FUNCTIONING LIKE CHLOROPHYLL, GLUCOSE, ETC.



Terpenes



Polyphenols



Alkaloids

TERPENES: Not H₂O Soluble



POLYPHENOLS: H₂O Soluble



Oregon Grape: Beberine alkaloid



- Amoebicidal
- Antibacterial
- Antifungal
- Antimalarial
- Antitumor
- Hepatoprotective

And...in larger or prolonged doses

Cytotoxic: moderately toxic to humans

Effect heart rate (slows)

Difficulty in breathing

Lowers blood pressure abnormally

ALKALOIDS:

- Defense from Herbivores
- Found mostly in **dicots** (except for these monocots families: Lily, Amaryllis & Grasses)
- Found **more in annuals** but not exclusively

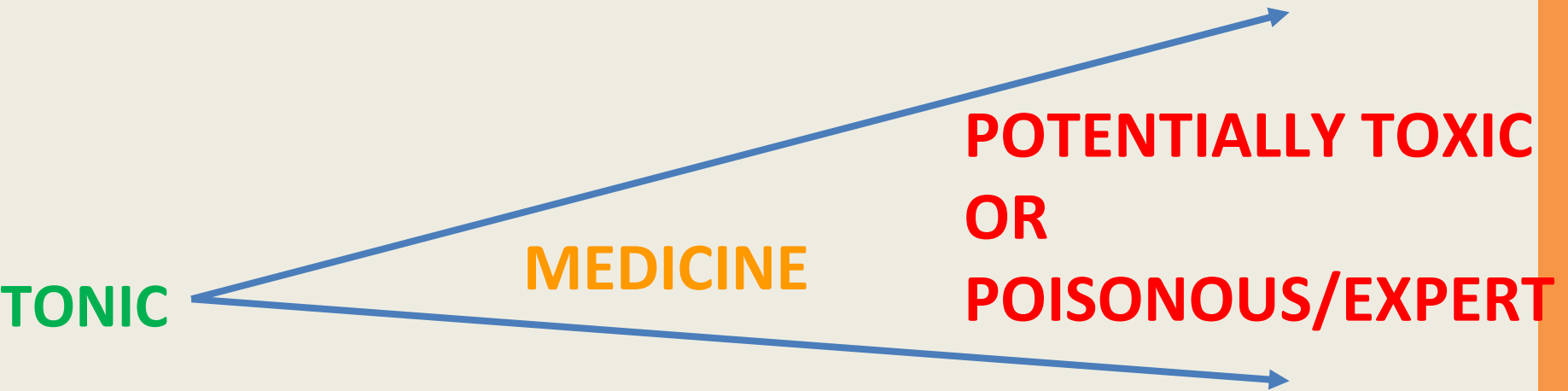
THE BIG MEDICINES: Morphine, Cocaine, Caffeine, Atropine

Medicinal Properties for Humans:

- **Pharmaceutical mimetic**
- **Anesthesia**
- **Cardiac stimulation**
- **Respiratory stimulation and relaxation**
- **Muscle relaxers**
- **Psychoactive**
- **Anti-EVERYTHING!** (bacterial, fungal, depressant, spasmodic, tumor, viral, etc)

Can also be **poisonous** (Poison Hemlock) and misused if taken in wrong dose/duration

THE CRESCENDO OF POTENCY: “Powerfulness, Vigor, Might”



INCREASE OF STRENGTH OF SECONDARY METABOLITES EFFECTS ON US

TWO WAYS TO LOOK AT THIS:

- 1. CUMULATIVE (MINT FAMILY)**
- 2. INTENSITY OF POTENCY OF EACH PLANT (AKA FIREWEED VS. OREGON GRAPE)**

THE POTENCY CRESCENDO IS CONTINGENT ON:

1. The plant constituents (AKA its Secondary Metabolites)



2. DOSAGE

Plant 2 Mets can
ADD up- (Mint
Family!)-
Tonic<<<<Medicine



3. Duration you intend to take the plant (Tonic-longerterm OR Medicinal-Acute/shortterm)





DONT FEEL LIKE THIS...

- ARE YOU ON MEDS?
- ALLERGIES?
- TREAT YOURSELF FIRST!



- HARVEST ETHICALLY
- WORK WITH ONE PLANT AT A TIME
- PAY ATTENTION TO CONSTITUENTS (H₂O) SOLUABLE?
- Do your RESEARCH

Stinging Nettle-*Urtica dioica*



Diuretic, Alkalines
blood, **decreases**
bleeding (internal),
tonic for long term
allergies, anti-
inflammatory for
eyewash, gargle, etc.

High in A and C,
Calcium and Iron

Salal-*Galtheria shallon*

Anti-inflammatory
internally/**astrigent**,
safe and gentle, can
relieves pain associated
with **diarrhea and**
intestinal issues, as
well as **externally**.



Black Cottonwood Tree-*Populus trichocarpa*

Buds contain the same properties as aspirin. Oil from the buds is used for **sore muscles, aches and pains externally.**

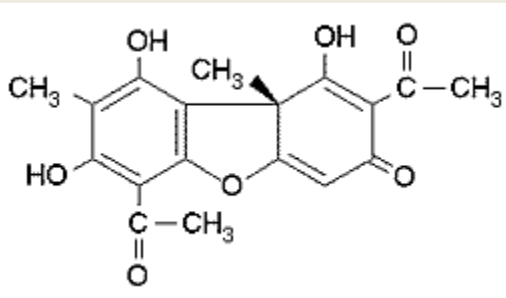


Usnea sp.



**Antibiotic, Antibacterial,
(Respiratory and UT) ACUTE USE...**

Also good survival lichen to know
and can be used externally for
cleaning wounds-just be aware of
any skin irritation from ***the usinic
acid*** (Long term use has been
reported to possibly cause liver
damage). **DO NOT OVERHARVEST** or
use when pregnant.



<http://www.itmonline.org/arts/usnea.htm>

Oregon Grape: Beberine alkaloid



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- Antibacterial
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NOT FOR PREGNANCY INTERNALLY

Fireweed-*Chamaenerion angustifolium*



**Anti-inflammatory tonic
infusion/tea-mouth, stomach,
intestine, etc. Wonderful and
gentle**

Dandelions-*Taraxacum officinale*

Liver, kidney, and spleen tonic and detoxifier (roots as tea or tincture).

Whole plant is edible and aerial parts are very high in Vitamin A (111%) and some C (32%)

Careful of where you harvest!!



Lemon Balm-*Melissa officinalis*

Stress and anxiety, and a great before **sleep/insomnia** tea. Some other uses include, helps with **digestion, liver detox, normalizes blood sugar, protects brain cells...and more.**

Can be a little upsetting to stomach if your drink a ton!



Plantain-*Plantago major*

Skin issues externally-
rashes, insect bites and
stings (poultice or salve);
antibacterial and **anti-
inflammatory**

VERY NUTRITIOUS: Young
leaves only. high
in **calcium** and **vitamins A,
C, and K**



Rosemary-*Rosmarinus officinalis*

Anti-inflammatory (topical pain reliver), **improves memory, helps with stress** (lowers cortisol levels), hair care, digestion, strengthens **immune functioning, treats herpes**, can be used on **oral issues, helps dry skin and tone...many more!**



Culinary Herb used for everything!!



Yarrow-*Achillea millefolium*

Hemostatic, pain reliever externally (whole aerial plant), internally **uterine tonic**, can **help break fevers**, can help help dry you up in general and so much more!

Part of my 3 part cold infusion with Pearly Everlast and Oxeye Daisy

NOT for Pregnancy internally



Remember to do YOUR research!



- Contraindications
- Use small amounts first and see how you react
- Talk to an ND or Herbalist **BEFORE** you take medicines internally if you are on medications
- Be aware that even 'tonic' herbs can have reactions
- Tonics/Food Medicine First
- A mentor is **KEY!!**