



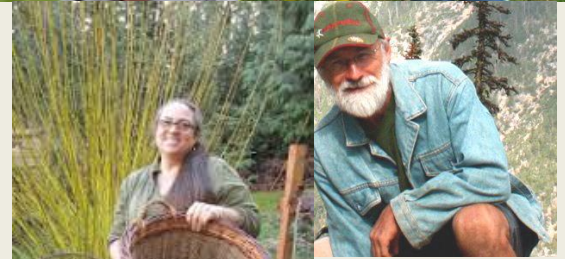
LINDSAY HUETTMAN, PLANTDORK

PLANT MEDICINE 101

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**
- **Carmen Pastores Joe**

And any other I may have forgotten...



Ethnobotany & Indigenous Ways of Learning



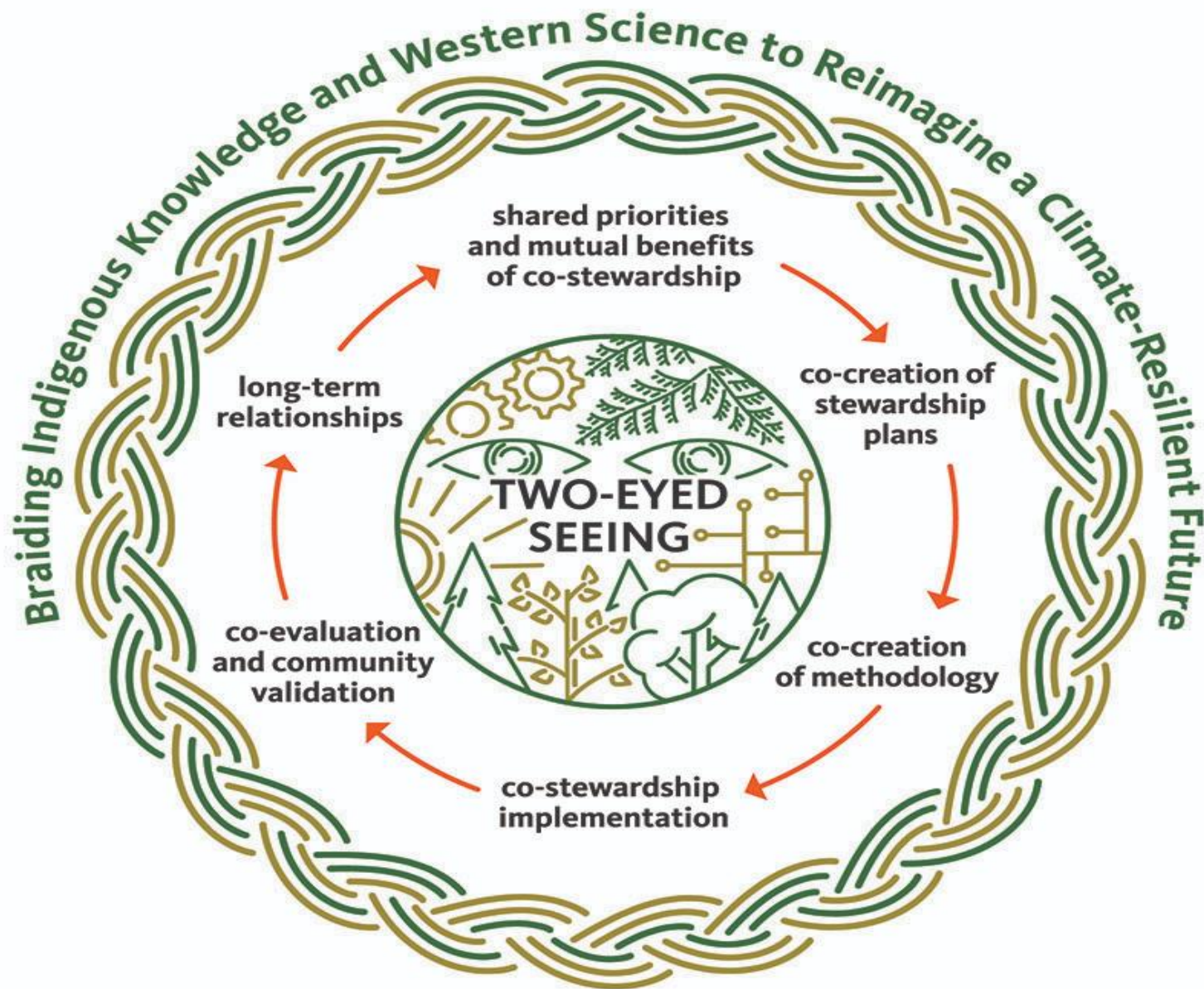
TEK (Traditional Ecological Knowledge)

“TEK (also known as Indigenous Local Knowledge—ILK, and Indigenous Traditional Knowledge, ITK) is defined as knowledge and practices passed from generation to generation informed by cultural memories, sensitivity to change, and values that include reciprocity. TEK observations are qualitative and long-term, often made by persons who hunt, fish, and gather for subsistence.

Most importantly, TEK is inseparable from a culture’s spiritual and social fabric, offering irreplaceable ecocultural knowledge that can be thousands of years old and incorporates values, such as kinship with nature and reciprocity, that can help restore ecosystems.”

Albuquerque, U.P., Ludwig, D., Feitosa, I.S. *et al.* Integrating traditional ecological knowledge into academic research at local and global scales. *Reg Environ Change* 21, 45 (2021). <https://doi.org/10.1007/s10113-021-01774-2>

Indigenous Food Symposium 2025 UW (May 2 & 3rd)



In some Native
languages, the
term for plants
translates to
“those who take
care of us”

Robin Wall Kimmerer,
Braiding Sweetgrass

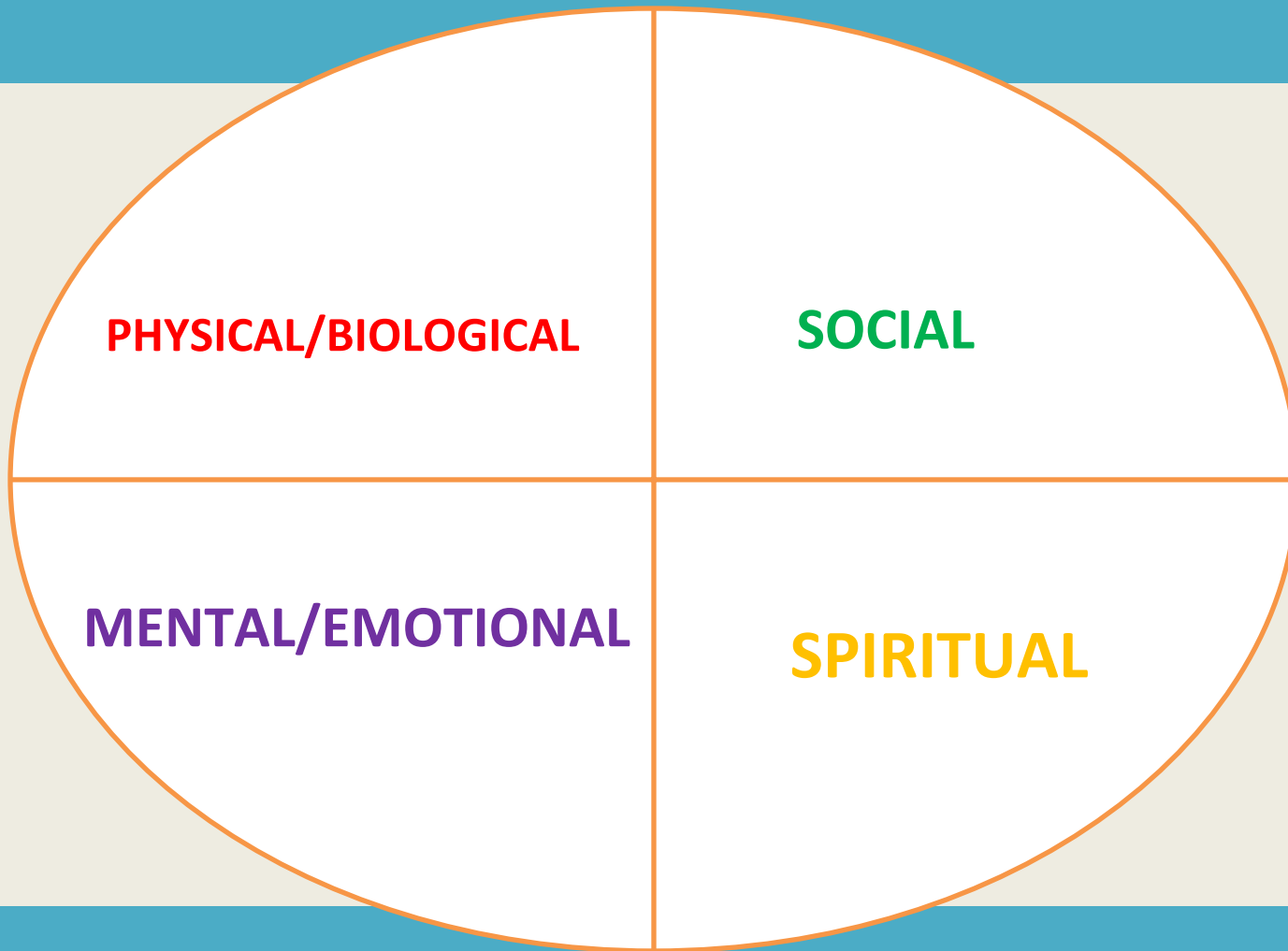


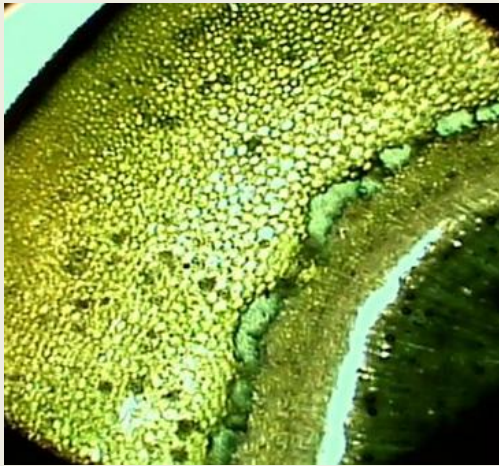


WHY MAKE OUR OWN MEDICINE?

- 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 guide supports connection with plant medicine in a holistic way?



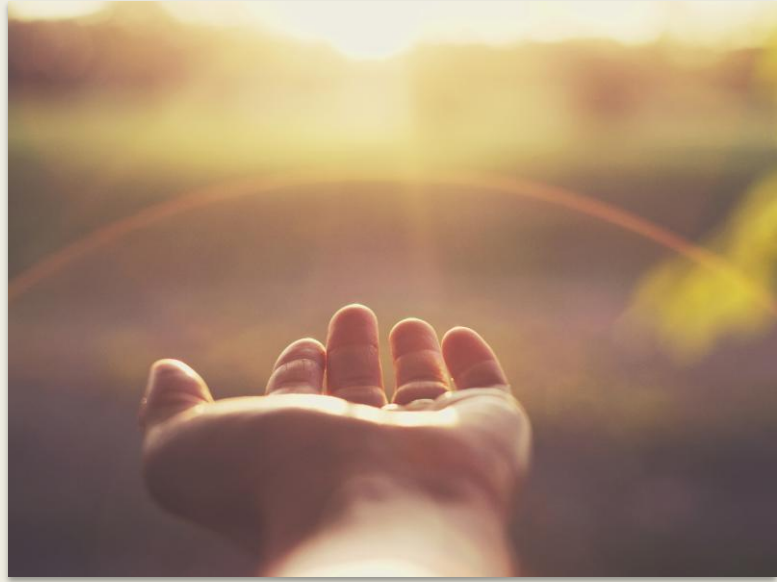


Many ways and reasons....

COOL



WARM



ENERGETICS



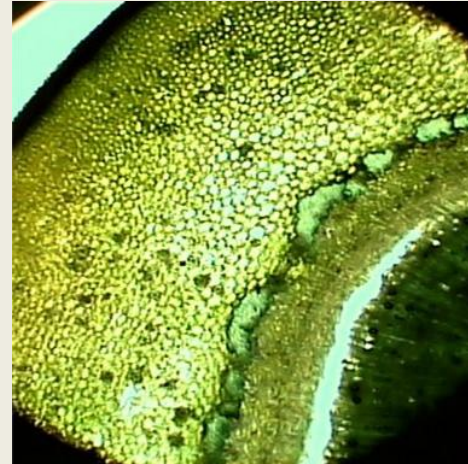
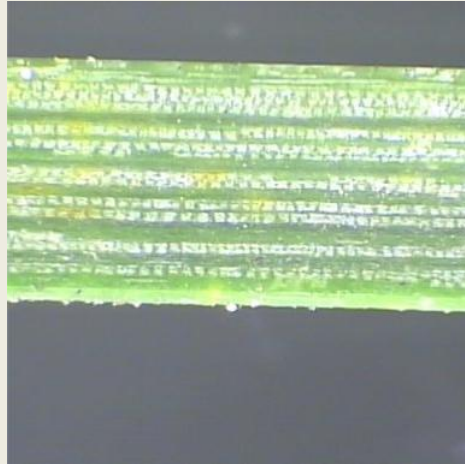
WET



DRY

Where do plant medicines come from?

Starting with the physical/biological...



Secondary Metabolites

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



Terpenes



Polyphenols



Alkaloids

TERPENES: Not H₂O Soluble



POLYPHENOLS: H₂O Soluble



Oregon Grape: Beberine alkaloid

Mahonia nervosa- séli'yay' (Squamish)



- 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

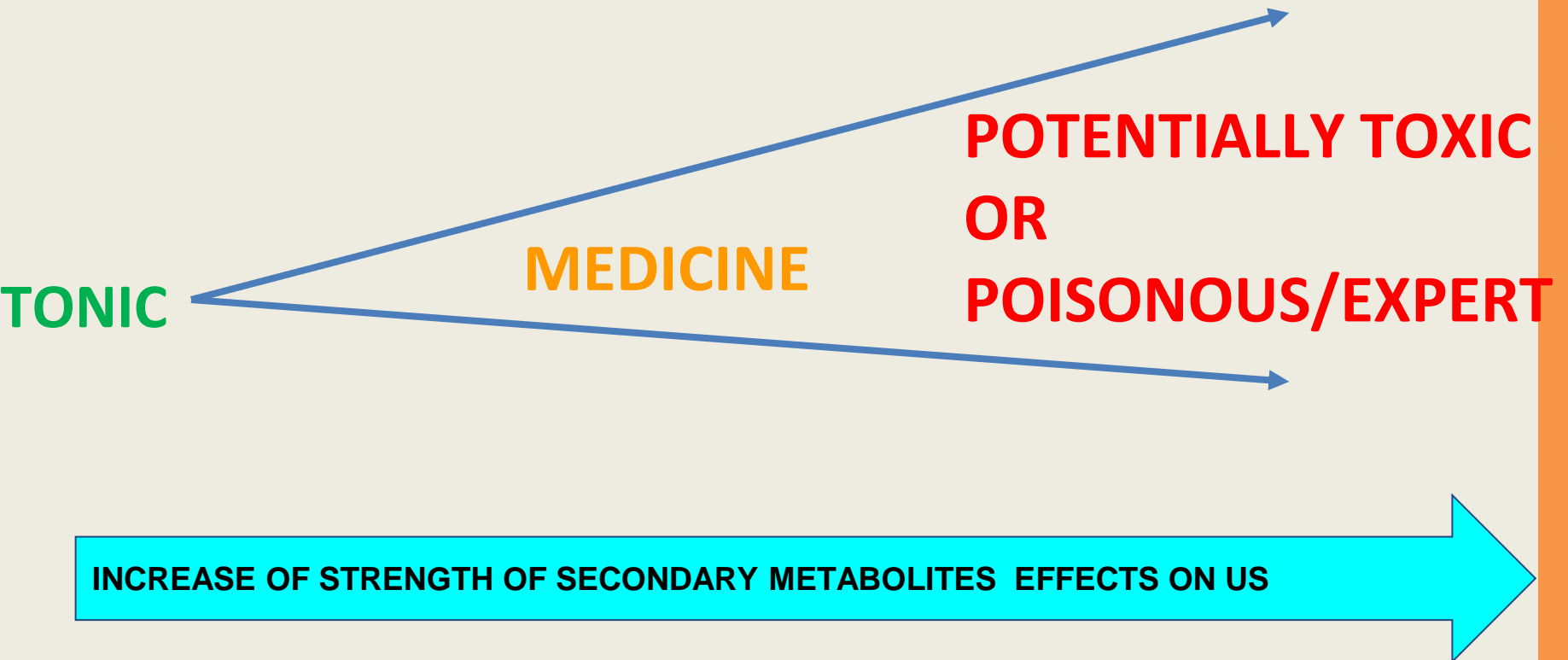
THE BIG MEDICINES: Morphine, Cocaine, Caffeine, Atropine

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”



TWO WAYS TO LOOK AT THIS:

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

Mental/Emotional Support for Sleep





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

HAZARDS & HELPFUL HINTS

PLANT MEDICINE 101



Start with One Plant

Stinging Nettle-*Urtica dioica*

Lushootseed:
sc'ədʒx̣

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

High in A and C, Calcium and Iron

Leaves: Eaten like spinach greens (cooked); Dried or fresh for water/vinegar infusions



Seeds: For nutrition and adrenal fatigue

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

Salal-*Galtheria shallon*

t'aqa'ac

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



Leaves: Tea, wash, Infusion
(water or vinegar)

Berries: High in
Antioxidants



Black Cottonwood Tree-*Populus trichocarpa*

ᑭᓐᓇᑦᑲᑦᑲᑦᑲᑦ

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

In more advanced medicines taken internally for **upper respiratory colds** (alcohol/glycerin tincture)

In the Willow Family-pain killing!



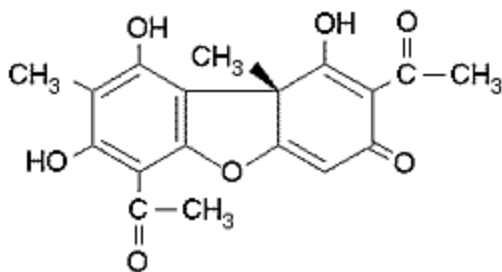
Usnea sp.

q^wəd^zab



**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>

Yarrow-*Achillea millefolium*

šišalčac

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



Fireweed-*Chamaenerion angustifolium*

ᖃaċtac

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

Leaves & Flower

Also-spring green is
edible (come back
for spring edibles in
March!



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!!



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/ONE PLANT
- A mentor is KEY!!