



## The Ginkgo Tree

### ***Botanical Sanctuary Medicinal Herb Walk***

#### ***Featuring “at risk” and “at watch” plants***

*The Ginkgo Tree*

*Penelope Beaudrow, Registered Herbalist*

### *Student Medicinal Plant Walk Handout*

Materia Medica' that follow are the 'at risk' and 'at watch' medicinal plants that we have planted at our farm.

We do accept donations of plants or monetary - via cash, cheque and etransfers, to penelopebeaudrow@gmailcom

#### *'At Risk' Plant List*

(Please see next page for information on each plant)

American Ginseng (*Panax Quinquefolius*)

Bloodroot (*Sanguinaria Canadensis*)

Black Cohosh (*Actaea Racemosa L.*)

Blue Cohosh (*Caulophyllum Thalictoides*)

Echinacea (*Echinacea spp.*)

Goldenseal (*Hydrastis Canadensis*)

Slippery Elm (*Ulmus Rubra Sundew – Drosera spp.*)

Trillium Beth Root (*Trillium spp.*)

#### *'To Watch' Plant List*

(Please see next page for information on each plant)

Arnica (*Arnica spp.*)

Goldthread (*Coptis spp.*)

Maidenhair Fern (*Adiantum Pendatum*)

Mayapple (*Podophyllum Peltatum*)

Ramps (*Allium Tricoccum*)



## The Ginkgo Tree

### 'At Risk' Plant List

#### American Ginseng (Panax Quinquefolius)

- King of tonics; said to mean 'The Wonder of the World'
- Revitalizes and restores energy; good for entire nervous system
- Stimulant for brain and memory centers

#### Bloodroot (Sanguinaria Canadensis)

- Used for infection of respiratory tract: asthma, croup, laryngitis
- Valued for nervous irritation
- Used for lowering high pulse and heart disease

#### Black Cohosh (Actaea Racemosa L.)

- Calms nervous system
- Natural estrogen; good for relieving symptoms of menopause & balancing hormones
- Can be used for nervous conditions in males

#### Blue Cohosh (Caulophyllum Thalictoides)

- Used for rheumatism, dropsy, epilepsy, uterine inflammation
- Uterine stimulant and called 'Women's Best Friend'; relieves menstrual cramps
- Anti-spasmodic on whole, therefore has effect on nervous system and relieves muscle cramps and spasms

#### Echinacea (Echinacea spp.)

- Effective against both bacterial and viral attacks
- Good for colds, flu and upper respiratory tract infections
- Can be used to increase general immune system function; boosts system

#### Goldenseal (Hydrastis Canadensis)

- Used for digestive problems
- Externally used for treatment of eczema, ringworm, itching
- Seals wounds but can seal in infection, pus. Use only on a clean wound.

#### Slippery Elm (Ulmus Rubra Sundew – Drosera spp.)

- Used for gastric ulcers, colitis
- Excellent poultice for boils, abscesses, skin irritations



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- Helps to feed the adrenal glands and produces cortin hormone which stimulates the entire body

### Trillium Beth Root (Trillium spp.)

- Used principally for hemorrhages
- Poultice to restrain gangrene
- Brings on contractions to aid in birth; uterine tonic to help stop bleeding

### 'To Watch' Plant List

#### Arnica (Arnica spp.)

- Anti-inflammatory
- Stimulates cardiovascular system
- Used externally for bruises, sprains and swellings

#### Goldthread (Coptis spp.)

- A tea can be made for an eye wash
- Stimulates appetite
- Can be used as mouth wash; also for cankers and mouth sores

#### Maidenhair Fern (Adiantum Pendatum)

- Used in pulmonary disorders
- Used for hair loss and hair wash
- Useful for sore throats, asthma, phlegm and expels chest congestion

#### Mayapple (Podophyllum Peltatum)

- Used for bowel and liver complaints; regulates
- Stimulates liver thus increases intestinal secretion and bile flow
- Helpful for venereal/genital warts and some cancers i.e. lymph, lungs, brain, breast, testes

#### Ramps (Allium Tricoccum)

- Spring tonic
- Cleanses system and blood after long winter's diet
- Leaves are used to treat colds