









Medicinal Plants

Plant/Remedy	Uses	How to Use	Part Used	Image
Aloe Vera	Soothes burns, wounds, and skin irritations	Apply gel directly to the affected area	Gel from leaves	
Calendula	Heals wounds, reduces inflammation, treats skin issues	Apply as salve or use in tea	Flowers	
Cayenne Pepper	Stops bleeding, improves circulation, pain relief	Apply directly to wounds or take internally for circulation	Fruit (peppers)	
Chamomile	Calming, helps with insomnia, anxiety, digestive issues	Brew as tea or use the oil in aromatherapy	Flowers	
Comfrey	Promotes healing of bones, bruises, and wounds	Use as a poultice or apply leaf directly to the skin	Leaves, root	
Dandelion	Acts as a diuretic, supports liver function, aids digestion	Use leaves in salads, brew roots as tea, or take as tincture	Leaves, root	
Echinacea	Boosts immune system, fights infections, reduces cold/flu symptoms	Take as tea, tincture, or in capsule form	Root	
Elderberry	Treats colds, flu, respiratory infections; immune system boost	Take as syrup, tea, or tincture	Berries, flowers	
Garlic	Natural antibiotic, antifungal, and antiviral; boosts the immune system	Eat raw, add to food, or use as a poultice	Bulb	
Lavender	Calms anxiety, aids sleep, helps with burns, cuts, skin irritations	Use as an essential oil or apply directly to the skin	Flowers	
Marshmallow Root	Soothes sore throats, coughs, digestive issues	Brew as tea or use as a poultice	Root	
Peppermint	Helps with digestive issues, headaches, respiratory problems	Brew as tea, inhale steam, or apply oil for headaches	Leaves	
Plantain	Treats cuts, insect bites, rashes; draws out toxins from the skin	Chew leaves and apply as a poultice or use juice from the plant	Leaves	

St. John's Wort	Treats mild depression, anxiety, nerve pain; antiviral properties	Take as tincture, capsule, or apply oil to the skin	Flowers, leaves	
Thyme	Antimicrobial, helps with respiratory infections, natural disinfectant	Brew as tea or use essential oil in steam inhalation	Leaves	
Turmeric	Anti-inflammatory, pain relief, immune system boost	Use in food, make a paste for skin, or take as tea	Root	
Valerian Root	Promotes sleep, reduces anxiety, helps with muscle spasms	Take as tea, tincture, or capsule	Root	
Willow Bark	Natural pain reliever, similar to aspirin	Brew as tea or chew bark	Bark	
Yarrow	Stops bleeding, reduces inflammation, helps with colds/flu	Apply fresh leaves to wounds or brew as tea	Leaves, flowers	