



The Glory of Herbs

100 Natural Home Remedies to Stay Healthy

By: Uncle Sammy

**Get a FREE
month!**

*Membership
details inside*

INTRODUCTION

Growing up, my mom was not fond of taking me to the doctor. Most times when my little sister and I were sick, she would make us medicines using different plants that she grew in our garden.

This book is a compilation of all the knowledge that has been passed down through generations by my ancestors, about the uses of plants for medical properties.

Whatever the ailment, there is a cure in nature. Most pharmaceutical drugs are made from plants and some plants can be used to heal multiple ailments. Many times a simple brewed tea from a plant can cure an ailment or bring relief.

The plus side is there are no side effects if used correctly. Although some plants do have psychedelic properties, if used the right way (which I will describe further in this book) the pros really outweigh any cons.

Medicinal plants have always been used throughout history. I have meticulously documented the plants and their medicinal values in a manner that will allow you to easily prepare the herbal medicines that changed my life forever - and will change yours as well, for sure.

I hope you enjoy this book and that it helps you find health.



Sincerely,

Uncle Sammy

P.S. To claim your FREE month's membership to Roots Man Ways, [CLICK HERE](#) and enter the promo code FREEMONTH when you sign up. You can cancel at any time or continue the journey of life with me as long as you like.

WITH GRATITUDE

This book is in honor of my grandparents who taught me the ways of the glorious herbs. The knowledge they passed on to me, I am now passing on to you in hopes that it will bring you a healthier and more abundant life.

Special thanks to my mother, Dawn Howell and Carly Veverka, who helped me bring this book to fruition. Thanks also to Earl Bousquet for his work in the editing and the developing of this content. I am so appreciative of their support and patience.

Coming to St Lucia?

Take a Tour with Uncle Sammy

Use promo code SOURSOP for 20% off



Table of Contents

NOTE: If you wish to find the right herb for a certain ailment, you can do that by following the instructions below.

1. Click the Control (Ctrl) button and the letter F button at the same time.
2. Type the ailment into the search box that pops up.
3. Use the up and down arrows to move through the book until you find the cure you want.

Mother of Thousands (Tree of Life)	8
Tamarind	9
Noni	10
SourSop	11
Kokom Coolie, Coraila (Momordica Charantia)	13
Coconut and Coconut Water (Cocos Nuciperr)	14
Morning Glory (Ipomoea Hederacea Lutea)	15
Gwen, Feye Bois, Wild Tamarind (Phyllanthus Amarus)	16
Passion Fruit and (Passionflower)	17
Golden Apple (Spondin Dulcis)	18
Love Apple, Java Apple (Syzygium Aqueum)	19
Breadfruit (Artocarpus Altilis)	20
Squash (Cucubitr)	21
Mango	22
Sugar Apple, Custard Apple (Annona Squamosa)	23
Yam (Dioscorer)	24
Dasheen (Colocasia Esculenta)	25
Tanya- Eddoe (Colocasia Antiquorum)	26
Glory Cedar (Gliricidia Sepium)	27
Gwen Anba Faye Bois (Phyllanthus Niruri)	28
Zeb A Vey (Worm Grass)	29

Carrots	30
Kale (Brassica Oleracea)	31
Poix Doux (Inga Laurina)	32
Black Cohosh (Cimicifuga Racemosa)	33
Giant Granadilla or Barbadine (Passiflora Quadrangularis)	34
Guava	35
Aloe Vera	36
Bearberry	37
Blackhaw (Viburnum Prunifolium)	38
Corn	39
Dandelion (Taraxacum Officinale)	40
Garlic (Allium)	41
Horse Tail (Equisetum)	42
Juniper (Juniperus Communis)	43
Lady's Slipper (Cypripedium Calceolus)	44
Broccoli (Brassica Oleracea)	45
Gully Root (Petiveria Alliacea)	46
Oak (Quercus Robur)	47
Plantain (Plantago Major)	48
Water Grass (Commelina Diffusa)	49
Vervain (Stachytarpheta Jamaicensis)	50
Watercress (Nasturtium Officinale)	51
White Poplar (Populus Tremula)	52
Parsley	53
Shadow Beni, Wild Cilantro (Eryngium Foetidum)	54
Goldenrod (Solidago)	55
Cinnamon (Cinnamomum Verum)	56

Oregano (Origanum Vulgare)	57
Pineapple (Ananas Comosus)	58
Banana, Fig, Green Banana (Musa Paradisinca)	59
Papaya, Paw Paw (Carica Papaya)	61
Chini Taep, Lover Worm, Dutchman's Pipe (Aristolochia Trilobata)	62
Squaw Weed, Life Root (Senecio Aureus)	64
Valerian (Valeriana Officinalis)	65
Violet (Viola)	66
Devil's Horsewhip, Colic Weed, Man Better Man, Hug Me Close (Achyranthes Indica)	67
Cashew (Anacardium Occidentale)	68
Hog Plum, Mooben (Spondius Mombin)	69
Bay Leaf, Bois Den (Pimenta Racemosa)	70
Purslane (Portulaca Oleracea)	71
ArrowRoot (Maranta Arundinacea)	72
Shell Ginger, Lauande (Alpinia Zerumbet)	73
Basilic, Duppy basil (Ocimum Basilicum)	74
Lion's Tail, Gros Pompena (Leonotis Nepetifolia)	75
Tropical Chickweed, Moulon (Drymaria Cordata)	76
Faye Do Blanc, Polak, Heal and Draw (Chaptalia Nutans)	77
Baill (Clibadium Sylvestre)	78
Sour Bush, Wild Tobacco (Pluchea Symphytifolia)	79
Ayapana, Diapana (Eupatorium Triplinerve)	80
Fennel (Foeniculum Vulgare)	81
Hops (Humulus Lupulus)	82
Mullein (Verbascum Thapsus)	83
Tarragon (Artemisia Dracunculus)	84
Sorrel, Roselle (Hibiscus Sabdariffa)	85

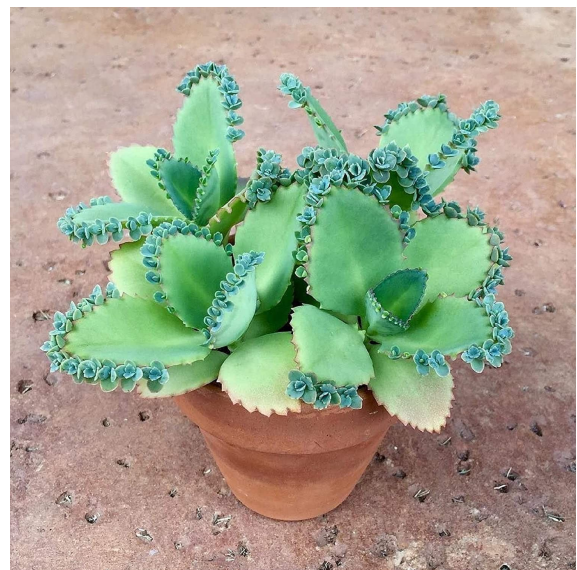
Oregon Grape, Blue Blackberry (Mahonia Aquifolium)	86
Pine (Pinus)	87
Raspberry (Rubus Idaeus)	88
Willow (Salix)	89
Yarrow, Devil's Nettle (Achillea Millefolium)	90
Cloves (Syzygium Aromaticum)	91
Staghorn, Club Moss, Rat's Foot (Lycopodium Cernuum)	92
Ginger (Zingiber Officinale)	93
Boyo Jab (Smilax Guianensis)	94
Walking Iris, Coco Chat (Trimezia Martinicensis)	95
Yard Grass, Wine Grass, Piea Poule (Eleusine Indica)	96
Lemon Grass, Citronelle (Cymbopogon Citratus)	97
Balisier, Heliconin, Lobster Claw (Heliconia Bihai)	98
Cassava (Manihot Esculenta)	99
Job's Tears (Coix Lacryma Jobi)	100
Pina Cortadora (Pitcairnia Angustifolia)	101
Seguine, Seyeen, Dumb Cane (Dieffenbachia Seguine)	102
Sensitive Plan, Touch Me Not (Mimosa Pudica)	103
Cassia Alata, Emperor's Candlestick (Senna Alata)	105
Blue Cohosh, Squaw Root (Caulophyllum Thalictroides)	106
Indian Plum, Indian Jujube, Chinese Date (Ziziphus Mauritiana)	107
CoCorite (Attalea Maripa)	108
JackFruit, Jack Tree (Artocarpus Heterophyllus)	109
Caimito, Star Apple (Chrysophyllum Cainito)	110
Huckleberry (Vaccinium)	111

Mother of Thousands (Tree of Life)

This plant has many healing properties such as:

1. Treating Athlete's Foot - heat the leaf on an open fire, until it becomes flaccid then squeeze over the infected area. This process must be done at least three (3) times a day for three (3) days.
2. Stomach Ulcers - the leaf can also be used to treat stomach ulcers, simply by eating the fresh raw leaves and in about 15-20 minutes you will find relief.
3. Skin/Body - The leaves can also be used to treat sunburn and various types of skin ailments. It also works well for mosquito bites. The leaf must be heated as prescribed above and applied to the affected area.
4. Menstruation Pain - Because this plant is called the Mother of Thousands, it also plays an important role for females. If you find yourself having discomfort in your lower abdomen due to menstruation pain, take three (3) of these leaves and place in teacup, pour over boiled water, let draw and then drink without sugar. The leaves can also be eaten as stated above.

You can find Mother of Thousands in nurseries around the globe. If your nursery doesn't have any, you can [order it here](#).



Tamarind



The tamarind tree produces brown, pod-like fruits that contain a sweet, tangy pulp, which is used in cuisines around the world.

This fruit is also used to treat high blood pressure.

It is most often shelled and then boiled and made into a juice, which can be sweetened with honey or brown sugar.

Many people also like to use the pulp in cooking and it tastes great in BBQ sauce for chicken!

The fruit is loaded with Vitamin C and can be both sweet and sour, so taste a little pinch before putting the whole seed into your mouth. 😊

So, if you like a nice sweet and sour flavor...or you have high blood pressure...

This is the fruit for you!

You can [give it a try from Amazon](#) =>

Noni

The Noni fruit can treat ailments such as cancer, diabetes, aids erectile dysfunction and many others.

The fruit must be put into a jar or container and left to rot. After 21 days, the rotten fruit would have made a liquid like oil or substance.

Adults will drink two tablespoons a day, in the morning and in the evening.

Children should drink two teaspoons a day, once in the morning and once in the evening.

If you are a vegan or have a consistent alkaline diet, you can drink the Noni as a juice for 3 days and take a purge thereafter, which will assist with the process of healing.

This rotten smelly fruit is filled with antioxidants that will boost your immune system plus other important bodily functions.

[Get some on Amazon...](#)



Soursop

Soursop has long been applauded for its health benefits for people with cancer and many other health issues, including insomnia.

An unbelievably delicious juice can be made from this fruit, which cancer patients can consume to ease pain and slow the growth of tumors.

One study treated breast cancer cells with soursop extract and it was able to reduce tumor size, kill off cancer cells and enhance the activity of the immune system.

Another study looked at the effects of soursop extract on leukemia cells, which was found to stop the growth and formation of cancer cells.

Soursop is currently being studied for its ability to fight bacteria of the mouth, reduce inflammation, stabilize blood sugars and antioxidant properties that may combat heart disease.

Soursop leaves are made into tea and taken at bedtime as a mild sedative for persons who suffer with insomnia. The veins (called bones) are removed before drawing.



For a sore foot, take two dry leaves, make a cross, and tie on the spot.

As a diaphoretic or for cooling, draw young leaves, with veins removed, for tea. A few leaves and a branch of Bbalyé Dou (*Scoparia dulcis*) are pounded together, the juice is squeezed, added to a spoon of olive oil and taken for asthma.

A tea made from nine leaves of Soursop and nine leaves of Avocado is recommended for High Blood Pressure.

A small, immature Soursop, along with pounded leaves of Kod-a-Vyelon (Desmodium incanum), Pistach Mawon (Desmodium barbatum), Mayok Chapel (Entada polystachya), Lyenn Chasen (Pinzona coriacea) and Ti Patat (Ruellia tuberosa) is put in water and drank as a Tisane for Gonorrhoea.

When menstruation continues longer than normal, take nine leaves of Soursop and draw for tea. The second day uses eight leaves and continues every day down to zero.

Also for cooling, peel and chop immature fruit, soak in water and drink the liquid.

For fever, boil with lime (the fruit poked full of holes) and three leaves of Mmedsinnyé Benni (Jatropha curcas) each cut in three pieces.

As with many things, too much is not a good thing. It's important to limit your Soursop intake to two cups of tea or one cup of juice per day to avoid any potential side effects like loss of balance, shakiness or feeling stiff.

If you do experience any of those feelings, simply stop eating it and your symptoms will go away quickly.

This is [a nice soursop tea](#) that we recommend. It's quite tasty!

You can use [these soursop leaves](#) to make your own tea. 😊

If you have a green thumb and want to [have your own tree](#)...

“Konkom Coolie”, Indian Cucumber, Coraila (Momordica Charantia)



This plant is used to treat the common cold, fevers, headaches, and tummy aches. It is a tea that must be made from the vines and of course consumed for the necessary purpose.

It is a vine plant that likes to grow on fences. It bears a small pod which turns yellow when ripe. Inside contains red seeds.

The fruit is good for diabetes when consumed before meals.

The seeds of the fruit contain antioxidant properties and can also be used as an ingredient in cooking. Tea can be made from the leaves and consumed for period pains as well.

Coconut and Coconut Water (Cocos Nuciperr)

The coconut tree is the only tree that you can find most purposes from, thus making it the most unique nut in the world and the only one which contains water.

The water is filtered through the roots of the tree then gathered in the nut for a refreshing drink, very pure, rich in electrolytes and antioxidants water.

Benefits of Coconut Include:

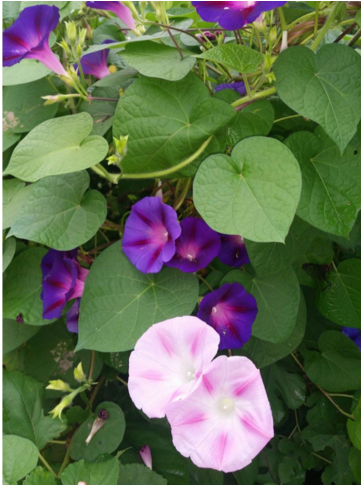
- Prevention of Kidney Stones
- Dehydration Relief
- Reduce Blood Pressure
- Lower Blood Sugar Levels
- Reduced Cholesterol and Triglycerides



Not to mention, it's also great for athletes!

You can find coconut water in most grocery stores, or simply [order it here](#).

Morning Glory (Ipomoea Hederacea Lutea)



This species of Morning Glory is rare, but luckily it can still be found growing in the wild and on fences.

In Saint Lucia, the fast-growing vines are covered in small butter yellow flowers that have a trumpet-like shape. Bees, butterflies and birds are attracted to the flowers. However not much is known about this particular species.

Blue Morning Glory has the most medicinal value. It is called *Ipomoea tricolor* and the flowers are edible, while the plants have been shown to have antibacterial properties.

The flower can also be used as a laxative but one must be incredibly careful not to ingest the seeds which can cause hallucinations.

However, the petals can be crushed and used to treat insect bites.

The flower and leaves are used in a broth to promote healing skin and have the ability to remove mucus from the body and enhance the recovery process.

The Chinese have used this herb for centuries. The flowers were eaten to treat stomach ailments and can also be dried and drunk as tea. The Chinese still use it to alleviate stress.

Extracts of the flower are great for coughs and mucus and more research is currently being done to reveal more of its medicinal properties.

Guien Fei Bois, Wild Tamarind (Phyllanthus Amarus)

This plant is used as a remedy for headaches, tummy aches, fever, colds and flu. The leaves must be brewed and consumed as tea without sugar.

If any sweeteners are needed, it would be honey, as honey is a natural antibiotic.



Passion Fruit and Passion Flower

The Passion Fruit contains a high amount of Vitamin A and Vitamin B2 and consuming it will do wonders for your eyes. The fruit can be juiced or eaten raw.



The Passion Fruit Flower is also known as the Passion Flower and can be used to treat epilepsy, insomnia, agitation and to reduce pain and calm nerves.

The flower must be dried and then drawn with boiled water and consumed as an elixir.

Golden Apple (Spondin Dulcis)

The Golden Apple is an oval-shaped fruit. When ripe it displays a beautiful golden color, hence the name.

It is hard, sweet and spicy and in the center of the fruit is a fibrous seed.

This fruit contains a high amount of Vitamin C and it is rich in antioxidants, so it's perfect for people with cancer.

It also can be used to treat High Blood Pressure. However, too much can cause Low Blood Pressure as well, so be mindful.

To treat the ailments mentioned above, all you need to do is consume the juice of the fruits 100% Golden Apple juice, no sugar needed.

The benefits of consuming this fruit are endless and it truly is a Golden Apple.



Love Apple, Java Apple (Syzygium Aqueum)

The Love Apple is oval-shaped and bright red when ripe (color may differ in different temperature zones). The inside is white and it contains a hard seed in the center.

Consuming this fruit is very beneficial for the immune system. It can improve metabolism, heal muscle cramps, reduce risk of stroke and the list goes on and on.



The fruit can be used to make a lovely juice very high in antioxidants. Eating it provides fiber for your diet and Love Apples are covered in honey - and it's this author's favorite. 😊

Breadfruit (Artocarpus Altilis)

This fruit grows in tropical regions. It's about the size of a football and is round and green when mature. When the fruit is ready for picking, it will excrete minerals from the skin that resemble salt.

Breadfruit contains a high amount of energy, protein, polyunsaturated fat (which is very healthy) and amino acids (which can't be produced by the human body).

The amount of micronutrients in this fruit are phenomenal - Vitamin K, Vitamin B6 and Vitamin E, just to name a few.

The breadfruit can be prepared many ways, boiled, roasted, fried, or baked. This author's personal favorite is Roasted Breadfruit.

Consuming Breadfruit is very good for you, whatever the ailment.

There is less than one gram of fat in a cup of raw breadfruit, making this a naturally low-fat food which makes it a good food choice for energy without the weight gain. 😊

A lot of people say breadfruit tastes similar to freshly-baked bread when cooked (which explains the name). It can also taste similar to potatoes, although riper varieties taste sweeter because the starch converts to sugar in the heat.

So...how do I choose, prepare, and cook it? [Watch the videos here](#) to find out!



Squash (Cucubitr)



This fruit is quite popular and easy to get and contains high amounts of Vitamin A, B6, and Vitamin C.

Consuming squash is good for your bones and it also helps your body absorb fats and carbohydrates. It is packed with antioxidants as well.

The benefits of this fruit are extraordinary. It does wonders for your entire body, including your eyes, skin, bones, heart, and brain. The benefits are never-ending and so are the recipes.

Squash can be eaten raw or cooked, baked, roasted, or fried. The author's personal choice is roasted, but the best choice is to consume it raw. That way you absorb every vitamin and mineral the fruit has to offer.

Mango

This fruit comes in many shapes, sizes, and colors. When ripe it will usually be yellow, red or green, sometimes a mixture of the three, depending on the type.



Mango is good for a variety of ailments such as diabetes and cancer and can help maintain healthy bones and a youthful glow.

The mango is rich in Vitamin K, A, C and E, just to list a few. And remember: three mangoes a day will keep the doctor away.

Elderly folk refer to them as “pills” as they know the benefits of this remarkable fruit.

The mango can be juiced green or ripe but the writer prefers the green mango for juicing and ripe ones for eating. There are also many recipes utilizing the fruit.

Sugar Apple/Custard Apple (Annona Squamosa)

This fruit is found mostly in tropical environments. It is the size of an apple, has a light green color and is lumpy on the surface. When ripe, some species may change color from green to red, or yellow.

The inside of the fruit is creamy white and very tender and juicy. It also contains small black seeds in the meat of the fruit.



This fruit is rich in vitamins and essential minerals such as Vitamin C, Magnesium, Potassium, Vitamin B-6 and iron, just to list a few.

Sugar Apples can be consumed raw or juiced (which is very flavorus).

Yam (Dioscorer)

This tuber plant is found mostly in tropical regions. It is a vine and at the base is the starchy tuber, which is rich in energy, vitamins and minerals.

There are many species of yam and they vary in taste and texture. They can be steamed, baked, or roasted, and the inside is usually creamy white.

Olympic gold medalist Usain Bolt consumes yams as part of his diet.

The yam is packed full of protein, fiber, Vitamin C, Vitamin B5, Manganese, and Potassium, and the list goes on.



Dasheen (Colocasia Esculenta)

Dasheen is a tuber plant that grows mostly in tropical regions. As a vegetable, it is round and brown outside and white inside.

It contains a substantial amount of dietary fiber and is also rich in vitamins and minerals such as Vitamins A, C, E, B6, iron, folate, magnesium, zinc, potassium, manganese and copper.

Dasheen is also rich in antioxidants and polyphenols that combat cancer and help your body overcome oxidative stress.

The dasheen can be prepared in various ways. It can be steamed, baked, fried, or roasted. My personal favorite is steamed dasheen.



The leaves of the dasheen are also edible. The back of the leaf must be lightly scraped with a knife before cooking because the leaves contain a toxin that can leave lips and mouth feeling numb and itchy.

Roasting, baking, or boiling the dasheen renders the calcium oxalate inactive, so it's perfectly harmless (and delicious) once cooked.

Dasheen contains fiber and resistant starch, which both slow digestion and reduce blood sugar spikes after meals so it is a great choice for people with diabetes.

It also lowers cholesterol and reduces your risk of heart disease. It also increases feelings of fullness, reduces calorie intake and increases fat burning, leading to weight loss and reduced body fat.

Tanya- Eddoe (Colocasia Antiquorum)

Eddoe or Tanya grows in tropical regions, is a tuber plant and both the leaves and tuber are edible.

A relative of Dasheen, it looks like a Dasheen, but is smaller. The flavor, however, is a lot more savory.



This vegetable is rich in vitamins, minerals, nutrients and fiber.

Due to the high fiber content, it increases the feeling of being full. This can lead to overall less caloric intake, which can increase fat burning and weight loss.

Glory Cedar (Gliricidia Sepium)

This tree grows in tropical regions and can grow big very quickly, if undisturbed.

It contains many small light green leaves and the flowers are located at the end of the branches. The flowers are bright pink, with a hint of white and yellow.



The leaves can be used to treat skin ailments like heat rash, sunburn and diaper rash. To use the leaves, they should be crushed and placed in a bathtub of water until the water turns green.

A significant amount of fresh leaves will be needed to achieve the desired effect. Soak affected skin in the water for 15-20 minutes 3 times a day until a rash is no longer present.

Gwen Anba Fei Bois (Phyllanthus Niruri)

This plant is also known as “Gale of the Wind” and “Stonebreaker” and is very common in tropical regions.

It has both medicinal and therapeutic properties.

This herb is very beneficial for people to consume. It helps prevent ailments like kidney stones, gallstones and diabetes.



It's good for fighting viruses as well and it combats Herpes, HIV and Hepatitis, to name a few.

A tea can be made with the leaves and drunk three times a day, for best results.

Zeb A Ver (Worm Grass)

This plant is also known as “Jesuits Ten” and “Mexican Tea” (*Dysphania Ambrosioides*).

It grows in tropical and subtropical regions.

As the name suggests, it is good for deworming (worm impostation). It contains a rare and very special essential oil called chenopodium, which helps the body reject any parasitic worms residing inside without causing any ill effects to the host.



However, **pregnant women should avoid Worm Grass** because (as described above) it specializes in removing unwanted foreign bodies and can't tell the difference between a worm and a fetus.

Just like the Gewn Abah Fei and most of our natural plants, the leaves must be brewed and drank as tea.

Carrots



The carrot is a root vegetable that grows in many different temperate zones throughout the world. They may vary in color and taste depending on the conditions and climate.

It is a rich source of Beta Carotene and Vitamin A and is also high in Vitamin K, fiber, Potassium...and the list goes on.

Carrots are a great choice for people struggling with weight loss and contain lots of antioxidants that boost the immune system.

They can be cooked in many ways or eaten raw, but the writer's favorite is Carrot Juice. Yum!

Kale (Brassica Oleracea)

This dark-green plant is a member of the cabbage family. It is packed full of nutrients and vitamins and contains vitamins A, B6, C, K and Manganese, Copper, Potassium and many more. It's a powerhouse!

There are many different types of kale and the color and shape may vary, depending on the climate and region it is grown.

It is good for digestion and is also an antibacterial tonic as well as a laxative.



For laxative use, a juice must be made from the leaves; blend them with coconut water until it is a smoothie like consistency. You can add a fruit of your choice to make it more palatable. The writer recommends mangoes, as they also carry a slight laxative property. Orange or grapefruit juices are also a great choice for flavor and nutrition.

Pois Doux (Inga Laurina)

This plant is native to the Caribbean and South America.

The pods may vary, but are generally brown or green outside and contain white seeds inside.

The seeds have a sweet taste and you can enjoy sucking them, but be careful not to swallow, as it can be toxic.

There are not many studies on Pois Doux, but the author promises to address so we can learn how to better use it for good health.



Black Cohosh (*Cimicifuga Racemosa*)

This herb is found in many regions around the world and contains a high level of estrogen like substances that help with menopause, hot flashes and vaginal dryness.

It is also effective against sleep disorders, coughs, arthritis, Sciatica, and many other ailments.



Women should drink a brew made from the roots to help with symptoms of menopause. Three inches of root must be boiled in 750 ml of water until only 500 ml of liquid is left, then drink while still warm.

If you are suffering with a sore throat you can use the same treatment, with the addition of a pinch of salt. Then, just gargle with it 2-3 times a day until the soreness has gone.

Giant Granadilla or Barbadine (*Passiflora Quadrangularis*)

This fruit is a type of Passion Fruit. It is much bigger than a Passion Fruit and has an elongated or oval shape. It is rich in many nutrients, such as Vitamin C, iron, Vitamin B3, phosphorus and calcium.

Consuming Giant Granadillas is good for your body. It's also great for your skin and helps prevent colds and it's great for people who suffer from cancer.

The flowers have medicinal properties as well and are often used in treating stress.

The fruit can be eaten raw or juiced and the flowers are most often brewed into tea.



Guava

Guavas are tropical and the trees originated in Central America. It has been grown throughout the world in Africa, the Americas and the Caribbean and is rich in vitamins and minerals.



Their fruits are oval in shape with light green or yellow skin and contain edible seeds. The leaves are used as herbal tea and the leaf extract as a supplement. Guava fruits are amazingly high in phenols, flavonoids, dietary fiber, Vitamin C and Vitamin A.

The young leaves can be used to treat a number of ailments including diarrhea, sore throat and stomach gripe in children. The leaves contain flavonoids such as quercetin, which explains the medicinal value attributed.

It has also been shown to be widely successful in reducing Prostate Cancer risk and also inhibits the growth of Breast Cancer cells, since it is rich in lycopene.

Studies have shown that eating a ripe guava before meals causes a significant decrease in Blood Pressure by 8-9 points and a reduction in total cholesterol levels by 9.9%. It also showed an increase in HDL cholesterol (the good kind) by 8%.

Guava can be eaten raw or juiced and jams can be made from the fruit. Studies have also shown that guava extract may be very beneficial to people who suffer from diabetes by lowering blood sugar levels.

Put 3 buds of guava in a cup of hot water and let sit for 15 minutes. Drink if you are suffering from diarrhea. A few buds can also be crushed and added to water for use as a gargle for treatment of a sore throat.

If you'd like to try your hand at having your own guava tree, go for it! You can [get the seeds here](#) or a [small tree here](#). They are easy to grow in most areas of the world.

Aloe Vera



Aloe Vera is a cactus-like plant. It has long slender green leaves with spikes or prickles along the edges.

It is very popular around the world today because of its many medicinal properties.

It can be used to treat cuts, burns, insect bites, fungal infections and so much more. For instance, it can relieve the symptoms of poison ivy.

Lots of cosmetic companies use Aloe in their top shelf beauty products.

Aloe has a bitter taste. When eaten this helps balance the blood glucose levels, and its zinc and other mineral content stimulate production of insulin by the pancreas. It also lowers cholesterol and improves blood circulation.

The entire plant is useful from the leaves to the root and it's considered "Nature's first aid kit!"

Bearberry

Bearberry is named for the enthusiasm shown by bears for this fruit which is found throughout Northern America and Canada.

The Native Americans used it to treat urinary tract infections and kidney stones.

Women can use Bearberry during heavy menstruation, or for vaginal or uterine infections.

The fruit increases the body's output of insulin which may be helpful for people suffering with diabetes.

Bearberries can also be consumed as tea. The leaves must be put in hot water and kept with a lid on for at least 15 minutes. Two teaspoons of leaves will suffice.

Bearberries can also be used as an antiseptic or mouthwash by using the same method described above.



Blackhaw (Viburnum Prunifolium)

Blackhaw is another herb great for women and has also been praised for its ability to heal wounds and relieve menstrual cramps.



The bark contains four substances that help relax the uterus. The Native Americans used it often, because of its many abilities.

It can also be drunk as tea to relieve heart problems, diarrhea and stomach pains.

The best way to utilize it is to brew a tea with the roots, boiling for 20-30 minutes.

Corn

Corn was introduced to the world by the Native Americans but now it grows across the globe. It doesn't only have nutritional value, but also medicinal uses.

Spanish explorers in the 16th century observed the Native Americans drinking a brew made from corn to treat problems with the kidneys and the bladder.

Corn oil can be applied to treat skin ailments such as dry skin and eczema.

Corn silk has been shown to contain diuretic properties which can be extremely helpful in lowering high blood pressure and infections of the urinary tract, kidneys, and bladder.

Tea can be brewed from the silk for internal use.

A poultice made from cornmeal and milk can be used for burns and other skin ailments. The paste must be applied directly to the affected area.



Dandelion (*Taraxacum Officinale*)

For centuries, dandelion has ranked as one of the most potent herbal remedies. It isn't just a medicinal plant, it is also a highly-nutritious vegetable.

Dandelion is great as a vegetable. The roots and leaves can be cooked or eaten raw, but it is most nutritious in its raw state, containing Vitamins A, B, C and D.

Even the flowers are edible as they contain lecithin, which is a very important nutrient that has been shown to help with liver problems.

Research also says it is high in Calcium and Boron. So if you suffer with Osteoporosis or a bone-weakening condition (which primarily affects women after menopause), Dandelion will be a blessing for you.

The medicinal value of this plant is abundant. Studies have shown that Dandelion tea is very effective against respiratory ailments.

Dandelion leaves are tender and slightly bitter. They're great in salad! The leaves are rich in Vitamin A (even more than carrots).

It can also be sauteed or steamed. Or, you can make tea with the roots. It can also be dried and stored for future use in cooking for an added boost of nutrition and flavor.



Garlic (Allium)



Garlic can be found worldwide at your local supermarket.

Garlic plants have long green leaves that grow about 2 feet in length, but what most people are familiar with is the bulb found at the store. That is the 'seed' of the plant.

Garlic tea is very good for cold and flu symptoms. Crush several pieces and soak in a cup of water for 5-7 hours, then drink. This remedy is also good for sore throats. Simply gargle the tea.

Garlic syrup can be used to treat coughs and build immunity, and studies have shown that it may also have great benefits for the heart.

The best way to reap the benefits is to eat it raw, but many people find the taste overwhelming. However, no worries: it maintains its medicinal properties and benefits when cooked as well.

Horse Tail (Equisetum)

Horse Tail is one of the oldest species of plants. It's been around since dinosaur times and it has been suggested that it may have played a role in their incredible size too.

It is very rich in bone-building minerals such as calcium and silicon, which play a major role in the growth of cartilage and tendons. Most herbalists used the plant to combat osteoporosis (a bone disease which mostly occurs in women after menopause).

When declining levels of estrogen reduce the body's ability to absorb calcium, tea can be made to combat the effects.

You can brew the tea with any part of the plant. Just add five teaspoons of the dry herb to a quart of boiling water, with a teaspoon of sugar to help activate the silicon and let simmer for three hours. Strain the tea and let cool, then drink a few sips several times a day.



Juniper, “The Healing Tree” (Juniperus Communis)

The juniper berries were so well-used by the Native Americans for its healing properties that the tree itself became known as the “Healing Tree”.

Juniper tea is used as a diuretic for people suffering with bladder infections and it is also used as an antiseptic for cleaning wounds.



Juniper oil is great for muscle and joint pain, and it can also be used as an insect repellent!

Research has shown that juniper berries contain a compound that appears to inhibit a number of different viruses, including those that cause the flu and herpes. Soften two teaspoons of fresh berries and put them to soak in water for a few hours. Then, add a pint of boiling water and let boil for 30 minutes. Let the tea cool and use as needed.

WARNING: Pregnant women should most definitely stay away from this herb! It has been known to cause miscarriages.

Lady's Slipper (Cypripedium Calceolus)

Lady's Slipper gets its name from the plant's shoe-shaped flower. It is a member of the orchid family and has large colorful leaves with beautiful flowers at the top.

Lady's Slipper can be used to treat painful menstruation and difficult childbirth. It can also treat Chorea, hysteria and insomnia.

A tea can be brewed from the roots. Add two teaspoons of dried root to a cup of boiling water. Let steep for about 10-15 minutes.

Drink as needed to alleviate symptoms.



Broccoli (Brassica Oleracea)



Broccoli is a member of the cabbage family closely related to the cauliflower. It is a delicious plant. The head and stems can be eaten, raw or cooked.

Broccoli helps treat ailments such as fibroids, heart disease, inflammation and various types of cancer.

It contains many nutrients, including Vitamin C, Beta Carotene, Zinc and antioxidants, which explains why it is great for people suffering from cancer. It also helps women suffering from estrogen-related ailments.

Sulforaphane is abundant in broccoli and it has protective effects against different types of cancer. To best reap the benefits, the author recommends that you eat it raw and also likes it in salads.

A creamy soup can be made as well, the author enjoys this as well!

Gully Root (Petiveria Alliacea)

This herb has many uses.

When moving into a new house, the space would be fumigated with the leaves to ward-off evil spirits.

If someone is suffering with a heat rash, a bath would be prepared with the fresh leaves crushed in a tub of water. Then the person would need to soak in the water for 15 minutes or more every day until the rash was gone.

Research has shown that compounds found in gully root retards the growth of many types of cancer cells including leukemia.

It has been shown to have immunostimulant properties that stimulate the immune system to produce lymphocytes and powerful disease destroying cells while simultaneously increasing the production of interferon and intelevtions substances.

It's effective as an antimicrobial agent fighting against numerous bacteria, viruses, yeast and fungi.

For headaches, crush the plant with mortar and pestle and place in a white cotton cloth, then place the cloth in a quarter cup of Bay Rum and apply to the forehead.



Oak (Quercus Robur)

The mighty Oak Tree is mainly found in North America and Canada and was used by the Native Americans for its many remedies.

They would make tea from the bark that was used as an expectorant and to treat diarrhea. Enemas were made from the tea to soothe the itching of hemorrhoids.



The acorns were used to stimulate thirst.

As we know, there are many health benefits from drinking lots of water and this was their way of encouraging that.

Clinical research has shown that the bark of the Oak Tree contains tannins, a compound that reduces inflammation and kills germs.

Drinking tea from the bark is recommended to treat colds, sore throats, inflamed tonsils and laryngitis.

Add a teaspoon of bark to a cup of boiling water, let steep for 10-15 minutes, then strain and drink three times a day. If the problem is in your throat, gargle the tea for best results.

Plantain (Plantago Major)

There are as many as 200 species of this plant. The most common is about 18 inches high, with large oval shaped leaves that grow in a circular fashion around the base of several long narrow stems.

At the top of these stems is where you'll find the flowers that bear a small capsule that contains the fiber-rich seeds of the plant.

Both the seeds and the leaves have medicinal properties. Juice squeezed from the leaves can also be used externally to treat cuts, insect bites and burns.

Tea can be made to prevent bed-wetting by children, low back pain, heavy menstruation and respiratory ailments such as coughs, asthma and bronchitis.

A poultice can be made to treat hemorrhoids and the root can be chewed to relieve toothaches.

People pursuing weight loss can make tea from the seeds and drink 30 minutes before meals. It reduces calorie intake and also reduces the calorie intake by reducing the absorption of dietary lipids into the bloodstream.



Water Grass (Commelina Diffusa)

Water grass herb is a slender creeping plant. The stems root at the node and the leaves are green with an oblong shape.



The herb produces a small blue flower that can produce a blue dye that has therapeutic value.

A juice can also be made from this herb that can be drunk to treat mumps, used as eyewash or a snakebite antidote, or for people having difficulty urinating.

A decoction of the roots can be used to treat Dysmenorrhea and Gonorrhoea.

WARNING: Pregnant women should not use this herb as it is an abortifacient.

But this herb also has many antiviral, antibacterial, antibiotic, anti-swelling and antipyretic properties.

The Chinese use it to cool the blood and stop bleeding and to reduce swelling and clear the lungs.

Vervain (Stachytarpheta Jamaicensis)

This plant is found in most of the tropics and certain parts of the Americas. It's a weedy plant that grows 60-120 centimeters tall. It bears small deep blue flowers which are loved by butterflies.

Indigenous people of the Amazon use the plant for its many medicinal properties. It is also used to treat headaches, colds, fevers, parasites, and stomach problems.

A tea of the leaves can be made for people who suffer from dysentery.

A decoction can also be made for stomach pains. A tea can be made from the tops to treat these ailments as well.

Externally, it can be used to treat cuts, wounds and ulcers.



The plant is also known to be a laxative, abortive, diuretic and sedative to lessen spasms and relieve the central nervous system.

In clinical research, many of this plant's chemicals have been documented with biological activities.

Iridoid glycoside is found in several of the plants of the Verbenaceae genus. It is a powerful antioxidant photochemical which has been documented as an antiviral, antibacterial, neuroprotective, liver protective, cardio active and anti-tumorous effect.

For eye infection, wash the leaf of the herb and heat over some steam. Then squeeze the juice of the leaf into the infected eye.

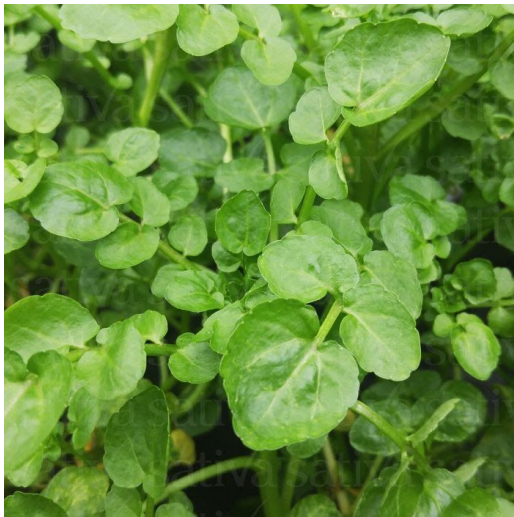
A juice can also be made from the leaves when blended and strained.

Drink as an antacid, antiparasitic, sedative and diuretic.

Watercress (Nasturtium Officinale)

This plant grows in Europe, America and the Caribbean and has leafy stems that grow from one to three feet high. The plant bears small white flowers and oblong leaves that grow in clusters of three to seven leaves.

Watercress thrives in water two to six inches deep, and ponds and rivers are ideal for this herb.



It is extremely nutritious and contains multiple vitamins and minerals such as iron, copper, magnesium, plus Vitamins A, C and E.

Historically, the Native Americans used the herb to treat kidney and liver problems, colds, gallstones and nervousness, along with a variety of respiratory ailments. However, in high amounts, watercress may irritate your kidneys, so be sure to limit your intake.

Tea can also be made from the dry or fresh herb. Add one teaspoon of watercress to a cup of boiling water, let draw for 10 minutes, then strain and drink. This tea can also be used externally to treat skin ailments like acne, eczema and rashes.

White Poplar (Populus Tremula)

White Poplar grows to about 40-50 feet tall with a dark green and light-grey bark. It has heart-shaped leaves and the tree grows in many climate zones from subtropical to subarctic.

The wood is also valued for making furniture.

It was also prized by the Native Americans for its medicinal value. They used Poplar to treat serious injuries like broken limbs, while the bark was boiled and then cooled and poured over the injured area, thus relieving pain.

Science has confirmed that White Poplar contains compounds that are chemically similar to the ingredients in most painkillers. It's also used to reduce pain and promote the healing of broken bones more quickly.

Tea can be made from the bark (died or fresh). Add one teaspoon of bark to a cup of boiling water, let simmer on low fire for 15 minutes, then cool and drink three times a day, or more often depending on the level of pain being experienced.



Parsley



This herb is blessed as it contains many vitamins, especially Vitamin K which promotes blood clotting and bone health.

It also contains Vitamin A and C, which are essential nutrients with antioxidant properties. As we know, antioxidants boost the immune system.

If a young man suffers with E.D. (erectile dysfunction), this herb can help.

Place a few leaves in a tea cup and add hot water, then let it sit for a few minutes before consuming. This process must be repeated three times a day (morning, noon and evening) until the sensation returns to the said area. Usually it takes four to seven days for full recovery.

You can chew the herb to fight bad breath, as it contains chlorophyll, the main ingredient in most breath mints.

Shadow Beni, Wild Cilantro (Eryngium Foetidum)

This herb has been used for centuries as a spice and medicine and to treat seizures and fits.

A whiff of the crushed herb can be used to resuscitate someone who is unconscious.

It can also be used to treat flus, fevers, diabetes and pneumonia.



Men suffering with erectile dysfunction can use the root of the plant as a stimulant.

Tea from the leaves can also help with many of the ailments mentioned above.

Goldenrod (Solidago)



Goldenrod is found throughout the Americas and Canada and usually grows along roadsides and open fields. There are as many as 130 species of this plant.

The stems can grow to seven feet long. Most varieties bear small yellow flowers that grow in elongated clusters.

The Native Americans use Goldenrod to treat a wide variety of ailments and the roots can be made into a poultice to treat burns and boils.

It can also be chewed to relieve toothaches. Tea from the leaves can be used to treat measles, asthma, colic and headaches.

The herb can also be used as an antiseptic. The smoke from the burning herb was believed to revive someone who is unconscious.

Goldenrod contains a compound called leiocarposide, a potent diuretic that makes it perfect for treating Kidney Stones and Gallstones.

Tea can also be made from the leaves or dried flowers of the herb. Add five teaspoons of dried herb to a cup of boiling water, let cool, then drink between meals three times a day.

Cinnamon (Cinnamomum Verum)

Cinnamon has been used throughout the centuries as a spice and medicine.

The distinct scent and flavor are due to the oil in cinnamon, which is rich with the compound cinnamaldehyde. Researchers believe that this compound accounts for most of cinnamon's medicinal value.



Studies have been done that compare the antioxidant levels of many species of plants, fruits, and vegetables and Cinnamon surpassed all, including super foods like oregano and garlic. It is so powerful, it can be used as a natural preservative.

Cinnamon helps the body fight against infections and helps heal tissue damage. Inflammation can be a problem when it is chronic and Cinnamon is also very supportive in this, as studies have shown that cinnamon has potent anti-inflammatory properties.

It boosts vitality and stimulates the organs. In India, it's taken after childbirth, as a contraceptive. And it improves digestion, combats congestion, relieves abdominal spasms and wide blood circulation throughout the body.

A nice tea can be made from the bark which can help with erectile dysfunction. A bit of Cinnamon can be sprinkled on clots and scrapes, since cinnamon contains a compound called eugenol which helps relieve the pain of such injuries.

Cinnamon can also be used to help with painful menstruation. Boil three pieces of cinnamon bark in four cups of water, let cool until it is warm, then drink. You can use the leaves for this if you have a tree available. Add three leaves to a cup of boiling water and let warm, then drink, but with no sugar.

Oregano (Origanum Vulgare)



Oregano is a flowering plant that belongs to the mint family. It grows 20-80 centimeters tall with opposite leaves. The flowers are purple, long and produce spikes.

Oregano is mostly used for the flavor of its leaves, which are stronger and more flavorful when dried than fresh. It has an aromatic, warm and slightly bitter taste.

This herb has many amazing health benefits.

Oil can be extracted from the dry herb, which can be used to treat many different ailments. However, keep in mind that the oil is very potent, so mix it with some other oil (for example Virgin Olive Oil) in a 1:3 ratio.

Fresh oregano is a wonderful antibacterial agent. It contains phytonutrients thymol and carumrol, which fight staph infections. For sore throat, put three drops of oregano oil in a cup of water and gargle.

A few drops of oil has a great effect for nasal congestion. Apply to the tongue, or put a few drops in coffee, or in a salad, to make it more palatable. This can help with ailments such as nausea, muscle and joint pain and cold sores.

A little oil must be applied directly to the cold sore to heal.

Pineapple (Ananas Comosus)

The pineapple is a tropical fruit that has been cultivated for centuries. The plant is short and stocky with tough waxy leaves and grows three to four feet tall.

Pineapple is very high in antioxidants, vitamins, nutrients and enzymes that fight disease and inflammation.

Many health benefits are associated with eating pineapple - good digestion, immunity boosting and speedy recovery from surgery, just to name a few.



Pineapple contains Vitamin A and K, Zinc, Phosphorus, and Calcium as well as Bromelain, a group of digestive enzymes that break down proteins. This, in turn, aids with digestion.

Studies have shown that bromelain suppresses the growth of multiple types of cancer including skin, breast, bile duct, gastric system and colon. Bromelain stimulates the immune system to produce molecules that make white blood cells better at suppressing cell growth and eliminating cancer cells.

Pineapples are delicious and healthy and can be incorporated into your diet. It also has hidden benefits for the ladies. It can be eaten raw or cooked or, the writer's personal favorite, pineapple juice.

Banana Fig, Green Banana (Musa Paradisica)



The banana is a herbaceous plant found in tropical and subtropical regions throughout the world. The stems are an oval and they develop from the buds in the root stock.

Bananas are rich in minerals and nutrients such as Iron, Potassium, Manganese, and Calcium, which helps in regulating blood pressure levels.

Consuming bananas daily is very good for your health, especially athletes and people who suffer from diabetes. It enables slow release in sugar, which provides greater control over sugar and insulin levels in the body.

Men suffering with erectile dysfunction can make a brew from the roots of the tree to help with that ailment. A handful of the root must be boiled and allowed to cool, then drink throughout the day.

Bananas are a high energy food. They contain complex carbohydrates that slow the release of glucose into the bloodstream. They're a healthy source of fiber, Vitamin B, antioxidants and phytonutrients.

Bananas can be eaten green or ripe. It's been recommended by herbalists that green bananas should be cooked with the skin, to retain the nutritious value.

Green bananas are the same bananas you would eat as ripe fruit for breakfast or a snack, but they're often prepared as a vegetable in the Caribbean, mostly in savory dishes.

As it turns out, green bananas are healthier than yellow bananas, because they contain loads of



fiber, which is good for people with digestive and bowel problems. It is especially beneficial for people with IBS and constipation.

One of the author's favorite ways is to have green bananas is in Fish Broth! You can [check out the recipe here](#).

Papaya or Paw Paw (Carica Papaya)

Papaya grows in tropical and subtropical regions and the tree is sparsely branched, with a single stem growing from 10-30 feet tall. The leaves are arranged spinally at the top where the fruit are also found.



The fruit is rich in vitamins and minerals (Vitamin A, B1, B2, niacin, vitamin C, E, and K are all there). The mineral content of papaya is also quite high. Calcium, Iron, Manganese, Magnesium, Phosphorus, Potassium, Sodium and Zinc.

Research has shown that people with Alzheimers that were given a fermented papaya extract for six months experienced a 40% drop in a biomarker that indicates oxidative damage to DNA and is also linked to aging and cancer.

All parts of the tree contain a milky latex in special latex producing cells that contains papain protein, a digesting enzyme which most experienced chefs use as a meat tenderizer.

The milk of a green papaya can be used to treat ulcers and High or Low Blood Pressure. A young papaya can be cut in two and rubbed on the skin until the infected area bleeds.

In the case of ringworms, papaya can be consumed raw or cooked. The juice is a great source of zinc and several other minerals and vitamins.

The roots of the male tree are used to treat flu, oliguria, constipation and venereal disease.

Chini Taep, “Lover Worm”, “Dutchman’s Pipe” (Aristolochia Trilobata)

This plant grows in many temperate zones from subarctic to subtropical environments but some species are facing extinction.

This plant contains a very special acid which has carcinogenic, mutagenic and nephrotoxic phytochemicals commonly found in it’s family, and the Chinese herbalists have long used it for its medicinal value.

Many species are eaten by the larvae of the swallowtail butterfly, which make them unpalatable to predators. However, the caterpillars are soaked in white rum which can be drunk in cases of food poisoning and stomach aches. The writer believes this is the best way to utilize the many benefits of this plant without any ill effects.

WARNING: Do not consume the herb directly. The anislochie acid can be toxic to the human body.

Research is currently being done on ways to better utilize the phytochemicals of this unique plant.

In the case of snake bites, tea can be made from the root and drunk to counteract the venom. Add three leaves to a cup of boiling water, let cool and drink as needed.

The juice can intoxicate a snake making the animal easier to handle. Only two to three drops of the juice of the roots are required, as any more can be lethal to the snake.

Caribbean Elders would use this technique to harvest fat from the snake, which was used to make Snake Oil. The snake must not be killed as that will make the oil useless. The snake is therefore sedated and tied to a piece of bamboo slightly longer than its body. Then the elder would feel the snake for the area that

contains the most fat and then he would slice that area just enough to raise the skin and carefully remove the fat.

The snake is then stitched up and a poultice is applied to help the snake heal quickly. The snake is then released into the wild and you've got good snake oil which can be used for joint and muscle pain, among other things.

If you want to give it a try for your joint pain, you can do that by clicking the Amazon link below.



Squaw Weed, Life Root (Senecio Aureus)

This plant is found mostly in North America and Canada and it grows only one to two feet high with an erect smooth stem.

Round leaves grow at the bottom section of the plant and feathery fern-like leaves grow at the top, and it bears small yellow flowers in the summer.



This plant is usually found around rivers and lakes.

Native American tribes made a tea from it to ease the pain of childbirth.

Some herbalists also use Squaw Weed as a douche to treat Leukorrhea, a condition that causes excessive vaginal mucus.

The best way to reap the benefits of this herb is by consuming it as tea. Add one teaspoon of the dried herb, root or leaves to a cup of boiling water. Allow the tea to steep for 10-15 minutes, then strain and drink at least four times a day, but no more, as Squaw Weed can be toxic in large amounts.

Valerian (Valeriana Officinalis)

Valerian is native to Europe and Western Asia, but can be found in the United States and Canada as well.



It grows about two to five feet tall and has pale green stems and large leaves with yellow flowers that bloom from June to August.

The roots contain most of the medicinal properties of the plant and the aroma is quite pungent, even compared to the smell of dirty socks.

Valerian may have been one of the very first tranquilizers. It's known to calm nerves and reduce fear and anxiety. It's also been rumored that "English people" drank Valerian tea to calm their nerves during aerial bombardments in World War II.

Valerian has many medicinal properties and it can treat a wide variety of ailments such as anxiety, insomnia, hives, headaches, high blood pressure, hyperactivity in children, irregular heartbeat and arthritis.

This herb is best utilized as tea. Add two teaspoons of dried root to a cup of boiling water, then let steep for 10-15 minutes, strain and consume as needed.

Violet (Viola)

This plant is found throughout the United States and Canada and there are more than 400 species.

The plant grows four to six inches high and has oval leaves and small flowers that vary in colors from violet to white or yellow. They bloom in the months of April and May.



This plant is valued for its beauty and medicinal properties. Native Americans used it to treat bladder pain, sore throats, heart problems, headaches, fever, gas, diarrhea, bronchitis, poor circulation and indigestion.

The entire plant has medicinal value and it can be used fresh or dried. Add one teaspoon of dried or fresh herb to a cup of boiling water for 15 minutes, then strain and drink.

WARNING: There's another plant called the African violet but **beware**. It is not the same species or related to wild violets.

Devil's Horsewhip, Colic Weed, "Man Better Man", "Hug Me Close" (*Achyranthes Indica*)

This plant usually grows in tropical to subtropical regions and grows about 30 centimeters high. The flowers are small and have a whitish color in spikes having a scale like bract.



This herb has many benefits, nutritional and medicinal. The seeds are rich in carbohydrates, proteins, tanamins, supoins and flavonoids that do wonders for one's overall health.

Consuming a handful of seeds regularly helps manage weight by relieving fat accumulation therefore resulting in a loss of body weight.

This plant has anti-inflammatory properties as well. Apply the juice directly to the affected area to help wounds heal.

It is advised to use water or milk when making poultices from this plant, as it can cause irritation to the skin due to the potency of its heat.

The leaves

can be used to make tea which is a great remedy for high fevers that's widely used in St Lucia as an aphrodisiac. The tea is also used to treat coughs and colds and pains in the chest.

Cashew (*Anacardium Occidentale*)

This tree grows in tropical and subtropical temperate zones and grows to 20-50 feet tall. It has ovate leaves and small yellow and pink flowers.

The fruit is referred to as a pseudocarp or false fruit.

The true prize grows at the bottom of this fruit; a kidney shaped drupe that first develops on the tree and when the apple is ripe, you'll know, as it will become yellow or red.



Then you can collect the nuts and pot them in the hot sun for a week at least before roasting. Be sure to roast your cashews properly, as the oil can irritate the skin due to its toxicity.

Cashews are a great source of proteins and nutrients.

The bark of this plant contains tannin and the shell of the nut contains oils which have been used to remove warts. The oil can also be applied to warts daily until they are gone.

The leaves are used in a bath for fevers as well. About four to five handfuls of fresh leaves must be crushed in water and let the feverish body lay in the tub for 15-20 minutes.

Hog Plum, “Mouben” (Spondius Mombin)



This plant grows in tropical regions and grows from 8-18 meters tall and has a greyish thick skinned, ribbed trunk which supports a leafy crown.

When slashed, the bark is pale pink but darkens rapidly. The leaves are pinnate with five to eight leaflets opposite pairs with terminal leaflets.

The flowers bloom from January to May and have a sweet aroma and the fruits start to bear from July to September.

The leaves can be crushed for a special bath for pregnant women, as they have astringent properties. A decoction of the bud, roots and bark can be used to treat gonorrhoea and diarrhoea.

This tea can be used to treat sore or infected eyes and sore throats. The fumes from the roasted seeds are believed to relieve joint pain when exposed to the affected area.

Bay Leaf, “Bois Den” (Pimenta Racemosa)

There are many species of bay leaves and they grow in many temperate zones from subarctic to tropical and subtropical zones.

The bay leaf has long been used as a spice and as a medicinal plant as well as used in dishes, teas, porridge and for many other culinary delights.



The leaves contain the oil of the plant which you can tell by the beautiful aroma, and many perfume manufacturers use it in their products.

Poultices of the leaves were used to treat rheumatism and neuralgias. Teas from the leaves can treat colds, sore throat, stomach ache and mucus in the lungs.

Native American tribes place a single bay leaf in the nostril to treat headaches.

Bay leaves contain the essential oils eugenol, myrcine, chevicol and methyl eugenol. To some people, the sensory properties of the oil can be offensive while to others it is quite pleasant.

Another product of this plant is bay rum. Keep in mind it is not to be swallowed. But Bay Rum can be used to treat mosquito bites, and it has a cool and refreshing sensation when applied to the skin.

In the case of headaches, a bit of bay rum can be soaked into a headband and wrapped around the head.

Purslane (Portulaca Oleracea)

This plant is believed to have originated in India, but it can be found in different temperate zones throughout the world.



There are over 100 species of Purslane. It is a succulent plant with teardrop shaped leaves that generally grow low on the ground branching outward and forming a thick mat.

It produces small yellow flowers that only open in bright sunlight and are self pollinated. It also bears a small

capsule that contains the seeds, tens of thousands of which remain active for 30-40 years.

This plant is widely considered as a weed, but surpasses most vegetables in nutritional value. It contains Omega 3 fatty acids more than any other green and is packed with vitamins and minerals including Vitamins A, B and C. It is one of the most nutritious plants on the face of the planet.

Purslane is a great source of dietary fiber, minerals and protein. Claims have been made that it calms sexual excitement and sensual dreams. But if overused, it may often extinguish all sexual desire and even the ability to procreate.

A tea can be made from the plant to treat worms, gas or biliousness. A poultice can be made to treat back pain, and the leaves can be eaten as a salad, or juiced.

Arrowroot (Maranta Arundinacea)

Arrowroot is a large perennial herb that grows in the rainforest and was one of the first plants to be domesticated by the indigenous people of South America. Evidence has shown it was cultivated as far back as 82 BC.



The plant grows to a height between one to five feet tall and the leaves are elongated and green and some species may even have a hint of white as well. After 90 days of planting, it will bloom two clusters of small white flowers.

The root of the plant is edible and has medicinal properties and is ready for harvesting 10-12 months after planting.

The nutritional and mineral content of this plant are quite high. Arrowroot contains fiber, carbohydrates, fat, protein, vitamins B1, B2, B3, B5, B6, and B9. Minerals include iron, magnesium, manganese, potassium, phosphorus and zinc.

The leaves can be pounded and used as a poultice . The pounded leaves must then be applied to the area directly, and this must be done three times a day.

The indigenous people made a poultice from the root to treat wounds infected by arrows, hence why they called the plant arrowroot. The poultice was made with the root and beeswax and applied directly to the wound.

The leaves can be boiled to make tea, which was used to treat diarrhea. Tea can also be made by crushing the roots and boiling them for gastrointestinal relief.

Shell Ginger, “Lauande” (Alpinia Zerumbet)



Shell ginger is a tropical plant that usually grows in the rainforest, but it has been used as an oriental ornamental plant because of its beauty.

It grows upright in clumps eight to ten feet tall in the wild but the height may vary when grown indoors or in a greenhouse.

Shell ginger has beautiful white or pink flowers with a yellow labella with red spots and stripes. The plant has three stamens but only one has pollen. It has one pistil, and is spherical with many stamens.

Shell ginger was used by the Indigenous people to make tea used for indigestion and the Chinese and Japanese both used it for culinary and medicinal purposes.

The leaves are used in a traditional Chinese dish called ‘zongzi’, and in Japan, the plant is known as ‘getto’. The Okinawans call it ‘sannin’.

The root can be used to make a poultice to be used on wounds, sores, rheumatism and ringworm.

The roots have been used historically as a tonic, curative, astringent and sedative. Tea made with the leaves can relieve hypertension. The oil extract has also long been used in Asia to treat malaria and fevers.

The plant has only recently caught the attention of the medical community for its potent anti-oxidant and hypotensive properties and research is underway to learn more about shell ginger and its medicinal attributes.

Basilic, Duppy Basil (Ocimum Basilicum)

This plant grows around the world in sub-Arctic to tropical temperate zones, but the greatest number of species can be found in Africa.

The plant grows around one to two feet in height and the leaves are small with an oval shape.



It has a pleasant aroma and is frequently used as an ingredient in cuisines around the world.

In India it is considered a sacred herb, and is worshipped as dear to Vaishnava.

Oil extracted has a wide variety of uses, both culinary and medical as it has methyl eugenol, methyl chavicol, myrcene, chemotype and bacterial properties.

The plant can be used to treat a long list of ailments including headaches, coughs, constipation, diarrhea, warts, worm impastation and problems with the kidneys .

Tea can be made from the leaves, which can be eaten raw in salads and can also be added to culinary dishes of your choice.

The essential oil is used as an insect repellent, antifungal agent, anticoagulant, anti-oxidant and hypnotic.

Lion's Tail, Gros Pompena (Leonotis Nepetifolia)



This plant grows abundantly in Africa, India, South America and the Caribbean. It grows five to ten feet tall and is usually found growing in fields or along roadsides.

It bears wheels of striking-lipped flowers that are usually orange, but the colors may vary to purple, white and red.

The flowers have been known to attract birds, bees, ants and butterflies.

The stem has four sides and the distinct feature is a thistle-like inflorescence which is usually dried and used as a decoction.

The plant contains a host of minerals and vitamins including Vitamin A, alkaloids, flavonoids and tenant.

The plant is currently being researched for its antibiotic effects and anti-inflammatory properties.

Tea can be made from the leaves to treat fevers, coughs, and malaria.

The dried flowers can be smoked to calm the nerves as it gives a euphoric like effect, due to the presence of mildly psychoactive alkaloid leonurine. For this reason, some people use it as a substitute for marijuana.

Tropical Chickweed, Moulon (*Drymaria Cordata*)

Tropical chickweed is found in sub-Arctic to tropical temperate zones. It is a small, creeping herb with small heart-shaped leaves. Tiny white flowers are born in cymes, and at the ends of each branch or leaf are axils.

The tender leaves and stems can be eaten as a vegetable.



The Chinese use the plant to treat snake bites after leaves are pounded and applied directly to the bite.

Tropical chickweed can also be used as a diuretic, emollient, laxative, stimulant and febrifuge. To treat the ailments above, the juices must be consumed regularly.

The herb is widely used in African medicine for treatment of diverse ailments, including painful and feeble conditions.

Tea can be made from the herb to treat colds . Add one teaspoon of fresh or dried herb to one cup of boiling water, let cool, strain and drink as needed.

Faye Do Blanc, Polak, Heal and Draw (Chaptalia Nutans)



This plant can be found in sub-Arctic and tropical temperate zones.

It's a genus of the flowering plants of the Daisy family and it's a low-growing herb that grows from a basal rosette similar to the northern dandelion.

The flowers are pale yellow, opening only partially. The leaves are long with an oval shape and kind of wrinkly with white verazides.

The flower grows on a long filament that sprouts from the center of the Basal rosette.

Photochemical analysis has revealed antioxidant activity, antimicrobial activity and genotoxic activity.

The plant is widely used in herbal medicine as a laxative, anti-cough and for hemorrhages.

A poultice can be made from the leaves to treat wounds and swellings.

Tea can also be made from the leaves to relieve tension and treat laryngitis. Add three leaves to a cup of boiling water, let warm and drink as needed.

Baill (Clibadium Sylvestre)

This plant grows in subtropical and tropical climate zones around the world. It is a shrub with opposing, unevenly-serrated leaves with an oval shape that are slightly soft.

The flower blooms in tiny and white clusters. The fruit is tiny as well, with a dark blue color that is almost black.



The plant has been cultivated by fishermen in the Caribbean.

The roots have a toxic creamy liquid which is used by the indigenous people for fishing. It is also used to stun fish, making it easier for them to be captured.

The plant has toxic properties. Its cunaniol compound acts as an inhibitor of the G.A.B.A. system and has significant aspects on the nervous system.

The roots are rich in rotenone, a rotenoid with a broad spectrum insecticide that's effective against both adult and immature insects.

Sour Bush, Wild Tobacco (Pluchea Symphytifolia)

This plant is sometimes called the “Cure For All”.

It grows in subtropical and tropical temperate zones and is a funny leaf shrub with large alternate leaves.

The plant has a musty odor when crushed or pounded in a mortar with a pestle.



It has small white flowers that are insignificant in appearance and grow brown when mature.

Tea can be made from the leaves for treating colds and coughs.

A poultice can be made from the plant to treat joint problems like dislocations and sprains and can also be used as an anticoagulant, antiseptic and anti-inflammatory.

The plant is also employed to alleviate headaches, stomach ailments, high blood pressure, rashes and toothaches. A ‘compress’ can be made with the pounded leaves for headaches, then tied to the forehead.

Research is underway on this plant to reveal more of its properties.

Clinical studies have shown that it contains many chemicals such as alkaloids, steroids, flavonoids, tannins, glucosides, terpenoids and much more.

However, further studies are still needed to evaluate this plant's full medical potential.

Ayapana, Diapana (Eupatorium Triplinerve)



This plant grows in subtropical and tropical climate zones around the world.

It is a creeping herb and the stem has a maroon color.

The leaves of the male plant lanceolate with small petioles, almost sessile, opposite with smooth margins and red three-nerved venation. The female

plant has the same features except for the red markings.

The flowers are pale pink and thin.

The plant is a rich source of nutritionally occurring chemicals and its leaves of the plant contain a volatile oil Japanese tea oil.

The herb is a toxic stimulant when taken in small doses, but when taken in large amounts, it's a laxative.

A decoction of the leaves can be used as an antiseptic and homeostatic, making the herb perfect for treating hemorrhage and cleaning foul ulcers.

An aqueous extract of the dried leaves is used as a cardiac stimulant.

Fennel (Foeniculum Vulgare)

Fennel grows around the world in subtropical to tropical temperate zones.

It is a perennial herb and an exact plant.

It grows from 8-10 feet tall and the stem is hollow, with leaves similar to those of dill, but thinner.

Fennel is highly aromatic and flavorful and the herb is frequently used as an ingredient in the culinary arts.



This herb is also rich in vitamins, minerals and energy. It contains vitamins B1, B2, C, iron, magnesium, manganese, phosphorus, sodium and much more.

The Native Americans used fennel to treat bad breath and relieve intestinal gas and in cases of bad breath, one needs only to chew on a teaspoon of fennel seeds.

In cases of intestinal gas or flatulence, a tea can be made from the crushed seeds. Add two teaspoonfuls of the crushed seeds to a cup of boiling water, let stand for ten minutes, strain and drink three times a day.

A poultice made from the herb can be used to treat muscle and joint pain.

Fennel is generally safe, but high doses should be avoided during pregnancy as it is known to be a uterine stimulant.

Nursing mothers are, however, given the tea to increase breast milk production.

Hops (Humulus Lupulus)

Hops grow in concentrated moist temperate climates in certain parts of the world, mostly north of the equinox plane in Asia, Europe, Canada and North America.

Hop plants are a herbaceous perennial usually trained to grow on strings in a hop field, and they are very popular.

The plant is grown commercially for brewing beer, but it has significant medicinal properties as well as vitamins, nutrients and important proteins.



Native American tribes used the blossoms to make a sedative. The blossoms were also dried and put in a small sack and used as a pillow to soothe the ear and toothaches.

Tea made from the leaves of the hop plant was used to treat insomnia, anxiety, nervous indigestion,

premenstrual cramps, and ulcers.

Hops can also be effective as a digestive aid. The bitterness stimulates the digestive function, absorption of nutrients and bile secretion of the liver.

A tea is made from the flower. Add one teaspoon of the dried hops flowers to one cup of boiling water, let stand for ten minutes, strain and drink as needed.

For insomnia, drink the tea an hour before going to bed.

Mullein (*Verbascum Thapsus*)

This plant grows in sub-Arctic to tropical temperate zones around the world in Africa, Asia, Australia, Europe and America.

It is a hairy biennial plant that grows three to four feet tall and has small yellow flowers that are densely grouped on a tall stem that grows from a large rosette of leaves.

The plant has many phytochemicals, tannins, saponins, iridoid and essential oils and the leaves and seeds are said to contain rotenone.

Native Americans use the plant to treat many ailments in different areas of the body.

A poultice would be made from the plant and placed on the forehead to treat headaches.

Another can also be applied to treat the following ailments: swellings, burns, bruises and wounds. The juice of the crushed flower is used to treat earaches.

Research has shown it is helpful in the treatment of respiratory ailments and related illnesses and it also inhibits the absorption of allergens through the mucous membrane of the nose.

The tea can be used as an antiseptic for wounds and as a gargle for sore throats. Add one ounce of fresh leaves to two cups of boiling water, let steep for ten minutes, strain and drink as needed.

WARNING: Pregnant women and people on anticoagulant medication should definitely not use this herb.



Tarragon (*Artemisia Dracunculus*)



Tarragon is a perennial herb of the sunflower family that is widespread in Eurasia, America, Canada and the Caribbean.

The plant grows four to five feet tall, the leaves are lance-shaped, round roots and have a glossy green appearance with a full margin.

The flowers are small and yellow, or greenish-yellow and the plant has culinary and medicinal value, while the leaves are very aromatic.

The Caribbean's indigenous people used it to treat problems with digestion, poor appetite, toothache, water retention and to start menstruation.

Tea can be made from the plant. Place two teaspoons of the fresh herb into a cup of boiling water, let it draw 10-15 minutes, strain and drink no more than three times a day, to treat the ailments mentioned.

WARNING: Check with your doctor for allergies before using this herb.

Sorrel, Roselle (Hibiscus Sabdariffa)

Sorrel, as it is commonly known in the Caribbean is also native to Africa, Asia and India.

It is an annually producing herb and can grow seven to eight feet tall. The leaves are three to five feet tall, long and arranged alternately on the stems.

The flowers are 8-10 centimeters long and three to four inches in diameter. They start off white or pale yellow, with a dark red spot at the base of each petal and take six months to mature, by which time they'll have become red.



In Saint Lucia, a juice is made from the flowers, which is widely served around Christmas time.

Research has shown that sorrel is a rich source of vitamins and nutrients including Vitamin A, B1, B2, B9, C, potassium, iron, magnesium and calcium.

Sorrel tea is highly popular in European countries for treating hangover, lowering cholesterol, managing blood pressure and protecting the liver.

Eating the leaves, stems and flowers in any way or form, is very beneficial to the body as it helps flush-out harmful toxins from the body.

If you'd like to have your own sorrel plant, you can [check it out here](#).

Oregon Grape, Blue Blackberry (Mahonia Aquifolium)



Oregon grapes grow in America and Canada. It is a fast-growing shrub that grows three to six feet tall with shiny green leaves that resemble that of a Holly tree.

It has small yellowish green flowers that turn into berries when mature, which grow in bunches like grapes.

Long before Europeans and other immigrants began to arrive in America, the Native Americans were using this plant for its medicinal value.

The roots were used to treat various ailments such as fever, diarrhea, jaundice, arthritis and other ailments.

It is exciting to know that clinical research is being done on Oregon grapes to learn its many health benefits.

Herbalists usually recommend Oregon grapes to treat the skin, especially because of its ability to restore the skin to a smooth clear condition after trauma or ruptures of the skin.

Herbalists recommend that tea is made with a lump ounce of dried root to a quart of boiling water, let steep for 10-15 minutes, strain and drink no more than three times a day.

This tea can also be used on the skin to treat acne and psoriasis.

Pine (Pinus)

Pine trees grow around the world and there are 126 species.

They are evergreen coniferous, resinous trees that grow 15-260 feet tall and come in two categories, soft white pine and yellow pine.

Herbalists recommend the soft white pine as it is more medicinally active than yellow pine. White pine has larger softer needles and the branches are close together. It is bushier and has less of a triangular shape.



Today, when we see a pine we think of Christmas.

To Native Americans the pine tree was one of the most important medicinal plants using the resin to make a chewing gum, which was used for soothing sore throats.

Pine needles were pounded into a poultice which was applied to the forehead to treat headaches. Pine bark was also used in this manner. A poultice was made from the bark to treat burns, wounds, hemorrhoids and ulcers.

A salve can be made from the resin of the pine tree to treat muscle and joint pain.

Tea can be made of the dried pine needles and young buds to treat coughs, colds, and upper respiratory congestion. Add a teaspoon of dried pine needles and young buds to a cup of boiling water, let stand for 15 minutes, strain and drink three times a day.

Put three handfuls of pine needles, buds and twigs in a large pot, cover the contents with water and bring to a boil. Let simmer for five minutes, remove pot

from heat source, place a towel over your head and cover the pot with your head directly over it while you inhale the steam for respiratory relief.

Raspberry (Rubus Idaeus)



Raspberries are found in the hardest zones of Eurasia, America, Canada and so on.

It is a perennial with woody stems traditionally planted during the winter as dormant cones.

The natives Americans used Raspberry as a medicinal plant to treat nausea, inflammation of the eyes and bowel problems.

Today, however, raspberries are officially identified as a flavoring ingredient. They are high in vitamins, nutrients and antioxidants and include vitamin B1, B2, B6, B9, Vitamin C, E and K. Minerals include calcium, zinc, iron, magnesium, manganese, phosphorus and potassium.

The leaves can be used fresh or dried in tea producing an astringent flavor. Add two teaspoons of dried raspberry leaves to a cup of boiling water, let stand 10-15 minutes, strain and drink as needed.

This tea can also be gargled to treat sore throats.

Willow (Salix)

There are about 300 species of Willow the sizes ranges from tiny bushes to high towering trees.

The most common is the black willow which can be distinguished by its deeply ridged dark-brown bark and reddish to orange twig-like branches with long narrow leaves that taper to a point.



The Native Americans use the willow tree to treat a wide variety of ailments.

Tea made from the bark was also used to treat back pain. Tea can also be made from the roots to treat diarrhea and colic. A decoction of the leaves was used to treat fever.

Willow is a rich source of salicin and this compound is responsible for its pain killing and fever reducing attributes.

Studies have shown that willow is very helpful for conditions that are treated with aspirin such as earache, back pain, osteoarthritis , bursitis, tendonitis, headache, toothache, carpal tunnel syndrome, colds and fever.

A poultice made from dry willow root powder can be used to ease corns and collapsed bunions.

Tea is made as a gargle for sore throats. It can be used as an aseptic for cuts and scrapes of a superficial nature as well. Add a teaspoon of dried Willow bark to a cup of boiling water, let steep for 10-15 minutes, strain and drink.

WARNING: Willow bark contains compounds similar to those found in aspirin. It should not be given to children as it may increase the risk of Reye's syndrome which is a serious neurological disorder.

Yarrow, Devil's Nettle (Achillea Millefolium)



Yarrow grows in the Americas and most of Canada and is an erect perennial.

It is a herbaceous flowering plant that produces one to several stems that grow one to four feet tall.

The leaves are evenly distributed along the stem with the bottom and the middle leaves being the largest. They are hairy resembling feathers and are arranged spirally on the stems.

The inflorescence has four to nine phyllaries and contains ray and disc shaped flowers which are white to pink.

Yarrow has been used by Native American tribes for centuries and it is said that the Greek hero Achilles used it to treat wounded soldiers.

It can be taken as a tea to treat fever and problems with the stomach. For burns, bruises, and skin ailments, apply the tea prescribed below to the affected area directly.

A poultice can be made from the plant for treating skin ailments and spider bites.

Clinical research is being done to assess further health benefits of yarrow. The most medicinally charged parts of the plant are the leaves and the flowers which can be used to make tea and poultices.

For tea, add two teaspoons of flowers or leaves to a cup of boiling water, let stand for 15 minutes, strain and drink as needed.

The leaves and flowers can be chewed to relieve pain.

Cloves (Syzygium Aromaticum)

Cloves are aromatic flower buds of a tree genus Myrtaceae, *Syzygium Aromaticum* that grows in tropical and subtropical climates.

It is an evergreen that grows up to 20-30 feet tall with large leaves and crimson flowers grouped in terminal clusters.



The flower buds have a pale hue and gradually turn green, then bright red when ready to harvest.

Cloves have long been used as an ingredient in the culinary arts from Africa, Asia, the Middle East and the Mediterranean.

A major function of the flower of clove is due to a chemical called eugenol. Because of the bioactivity of this chemical, the spice can be used as an insect repellent.

Clove oil shows evidence of relieving the pain of toothaches and other types of pain as well. Consult with a doctor before using clove oil as it may cause adverse effects to people with allergies or people who suffer with liver disease, immune system disorders and blood clotting disorders.

Add one to two teaspoons of cloves to two cups of boiling water, let it boil down to only one cup, let stand and drink.

The tea (strong dose two teaspoons) can be used as a gargle for sore throats and mouthwash or for relief from toothaches.

Staghorn, Club Moss, “Rat’s Foot” (Lycopodium Cernuum)

Clubmoss, as this plant is commonly known, is a far creeping evergreen with roots at intervals and has successively forked branches on steep erect cylindrical stems that grow one to seven feet tall.



This plant grows throughout the Caribbean and the Americas.

In 2007, a study was done of this plant and other closely-related species from this genus and results showed they have many healing factors.

The plant has antimicrobial and antiviral properties and tests have shown that it is also high in antioxidants.

More research is currently being done to realize the full medicinal purpose of this plant.

In St Lucia, this plant is used to treat fevers. A bitter tea is made from the leaves, stems and branches. Add three leaves of branches to two cups of boiling water, let stand for ten minutes, strain and drink.

For nervous disorders, this tea is also helpful and the plant can be used fresh or dried.

Ginger (Zingiber Officinale)

Ginger grows around the world from subtropical to tropical temperate zones. It is a flowering herbaceous perennial which grows pseudo stems annually.

The plant grows one to four feet tall with nexus leaf blades. It bears flowers that have yellow petals with purple edges and rise directly from the route on separate shoots.



Ginger has been used for thousands of years mainly as a spice and as a medicinal plant as it is loaded with nutrients and bioactive compounds that have widespread benefits for body and brain functions.

Ginger contains gingerol, a substance with powerful medicinal properties. The unique flower and aroma comes from the gingerol oil contained in the plant. Due to the gingerol, it is a good anti-inflammatory and has antioxidant effects as well.

Studies have shown ginger to be effective at reducing symptoms of osteoarthritis which is a common health problem. Ginger tea can be made and used as a digestive stimulant, to treat gout and counteract rheumatoid pains.

Crush ginger root and add to two two cups of boiling water, let boil down to one cup. It's best to drink without sugar, but some honey can be used to make it more palatable.

This tea can be used to treat sore throats, colds, fever, nausea, and upset stomach. In the case of sore throats, the tea must be gargled. And for toothaches, the unsweetened tea must be used as a mouthwash.

Ginger is generally safe, but it's always wise to consult a doctor before using herbal treatments.

“Boyo Jab” (Smilax Guianensis)



Boyo Jab is a cosmopolitan genus of 200-300 species in temperate and tropical forests and 29 species have been recognized in Central America and the Caribbean.

This plant is well known in the Caribbean due to its medicinal value. The most medicinally active part is the root, which was of great value because of its use in the treatment of syphilis and gonorrhea.

Clinical research is being conducted on this plant to find out more about its medicinal properties.

In cases of syphilis and gonorrhea, an infusion of the roots in water was drunk three times a day for seven days until clear.

Walking Iris, “Coco Chat” (*Trimezia Martinicensis*)

This plant grows throughout the Caribbean and Central America. It is an Evergreen, stemless, perennial with a cluster of leaves arising from small fibrous coated cones.

The flowering stems produce viviparous platelets of thin joints which root and produce new plants.

This plant is usually found in deep grass terrain and in the rainforest.



Walking iris can be used as laxative, pure objective and remedy for the chills. To treat the ailments mentioned above, a decoction of the root must be administered.

The Caribs grated the cones and mixed with other plants as a charm to ensure success in battle.

Yard Grass, Wine Grass, Piea Poule (Eleusine Indica)



This grass can be found growing in most parts of the world and is usually regarded as a weed.

The plant is a fast-growing perennial and the species is monoecious and is pollinated by the wind.

The plant is sometimes used as a food source during times of famine as it can be cooked or ground into flour. The

seedlings were cooked and served with rice.

The plant is used for its medicinal properties as well. The root was used as a laxative, diuretic, febrifuge and sudorific. It was also used to treat problems with the liver, hypertension and the flu.

The Caribs crushed the plant with salt and used it as a blood cleanser and cooling tea. A tea can be made from the entire plant. Add one smashed plant to two cups of boiling water and let steep for 10-15 minutes, strain and drink as needed.

Lemon Grass, Citronella (Cymbopogon Citratus)

Lemongrass grows in Asia, Africa, Australia, the Americas and the Caribbean.

Lemongrass has long been cultivated for its culinary medicinal properties. It has a lemony aroma which comes from the essential oil, citronella, which it contains.

This oil is used in insect repellents, candles, soap and aromatherapy.

The main chemical compounds of the plant, geraniol and citronellol, are antiseptics, hence their use in soaps and disinfectants.

In Brazil, citronella tea is used to treat anxiety.

Studies have shown that drinking citronella tea boosts immunity levels. The plant is very effective for problems with this stomach due to its cooling energy which soothes the stomach and improves digestion. It contains citral, which helps digestion.

Add fresh or dried lemongrass to one liter of boiling water and let steep 10-15 minutes, then strain and drink as needed.



Balisier, Heliconia, “Lobster Claw” (Heliconia Bihai)



Heliconia is a widely cultivated species and is mostly grown as an ornamental plant due to its beautiful flowers.

Heliconia is a herbaceous perennial with large leathery dark green leaves. The plant grows three to five feet tall and the flowers hang in clusters that bloom from the second year stocks.

Studies show that the plant has analgesic properties. Present studies suggest that heliconias can be a source for a new analgesic drug to relieve pain. These studies show that the new drug has the potential to surpass its predecessors.

The roots of the plant are used to treat snake bites, intestinal pain and high blood pressure.

Cassava (Manihot Esculenta)

Cassava is a woody shrub native to South America, but can be found in tropical and subtropical temperate zones around the world.

Though a perennial plant, cassava is grown as an annual crop. It is a great source of carbohydrates.



The Spanish people call it Yuca. There are two flowers of cassava, sweet and bitter. The sweet cassava can simply be boiled and eaten, but bitter cassava is a whole other story.

The bitter cassava contains the natural occurring poison cyanide. Despite this part, eating cassava and cassava flour (farine as it is called in Saint Lucia), cassava is very good for your health.

Cassava is rich in calories, carbohydrates, vitamins and minerals. It is gluten free and its baked products are suitable for people with intolerance to gluten.

Cassava contains minute amounts of fat, making it great for people seeking to lose weight.

The plant contains compounds that are anti-inflammatory and antioxidant including phenolic acids, anthraquinones, saponins and alkaloids.

Studies have shown that plants possessing these properties can help with a wide variety of ailments. It has been suggested that cassava promotes ovulation, even increasing the likelihood of twins. This is due to phytoestrogens and folic acid.

Job's Tears (Coix Lacryma Jobi)



“Job’s Tears” is a tall grain-bearing perennial tropical plant native to Asia, but can also be found in the Americas and the tropics.

Job’s tears are very common in China and are sold as Chinese pearl barley in Asian supermarkets.

There are two main varieties of the species, one wild and the other is cultivated. The wild variety is used in arts and crafts. Beads are made from the seeds which are used for making rosaries, necklaces and other artful objects.

The cultivated variety has a soft shell and is used as a cereal crop in parts of Asia.

In Korea and China, distilled liquors are made from the grains.

The grains are used in Chinese medicine to invigorate spleen function, promote urination, alleviate arthritis, arrest diarrhea, heat removal and the drainage of pus.

Tea can be made from the roasted powdered grains to help with the ailments above.

Pina Cortadora (Pitcairnia Angustifolia)

This plant is a perennial Evergreen growing up to 100 centimeters tall and is a stemless plant on which clumps of grass-like leaves grow from a basal rosette.

This plant can be found in the Americas and in the tropics and has been used in St Lucia for centuries by the indigenous people.

The hairs on the undersides of the leaves and honey were used to heat the navel of infants after the umbilical cord had been cut. The same treatment can be applied to burns.

Research has shown that the plant has significant antibiotic, antifungal and antiseptic properties. Presently research is being done to reveal more of its medicinal properties.



Seguine, Seyeen, “Dumb Cane” (Dieffenbachia Seguine)



This plant is very common in the Caribbean and Central America and has been widely cultivated as a houseplant.

It has a straight stem and simple alternate leaves containing white spots and flecks making a somewhat attractive plant.

The name dumb cane hints to the poison contained in the plant due to the chemical compound raphides which can cause a temporary inability to speak.

The plant can cause a host of unpleasant symptoms including intense numbing, oral irritation and excessive drooling.

Severe cases can occur if the plant juice or material or any part of it makes prolonged contact with oral mucous tissue. In such cases symptoms can be more severe, pain which can last several days or a week.

If you ingest this plant, seek medical attention immediately! Even when handling the plant one should be careful as it can irritate the skin.

In Central America the sap of the plant is used to treat snake bites, gout and rheumatism externally. It was also used by the Caribs on the tips of their spears and arrows to cause more pain to their enemies.

Sensitive Plant, Touch Me Not (Mimosa Pudica)

The Sensitive Plant is native to Central America and the Caribbean, but as time passed, it spread to various parts of the world.

Mimosa pudica is a creeping perennial flowering plant of the legume family. The leaves of the plant fold inward when disturbed or shaken. This is the plant's defense mechanism and it will fold up at night and reopen in the daylight.



The Sensitive Plant contains a toxic alkaloid mimosine which can inhibit cell function, even killing them.

Research has shown that the extracts of this plant filariform larvae of parasites in the intestines. Aqueous extracts of the roots of the plant have shown significant effects in the lethality of the venom of the monocled cobra. It inhibits the myotoxicity and enzyme activity of cobra venom.

Chemical analysis of the plant revealed the presence of multiple compounds including alkaloids, flavonoid C, glycosides, sterols, terpenoids, tannins, saponin, and fatty acids. A substance similar to adrenaline has also been found in the leaves of the plant.

A new class of phytohormone turgorines which are derivatives of gallic acid (glucopyranosyl-G-sulfate) have been discovered in the plant.

A poultice can be made from the leaves to treat joint pain, which must be applied daily until the pain subsides.

The leaves can be pounded or boiled to make tea for people who suffer with insomnia. The tea must be consumed every night before bed and will take 15-20 days to show significant effect.

A decoction of the roots can be used to relieve toothaches and maintain good oral hygiene.

Extracts have been shown to have a significant effect on people suffering with hair loss. It is recommended to use shampoo that utilizes the extracts of this plant.

Drink 30 milliliters of the juice of this plant to reduce blood sugar levels. Within seven to ten days, you will notice the results. To make juice, pound the leaves in a mortar and pestle, then boil for 10-15 minutes. Consume 15 milliliters two times a day.

This juice can be used externally for cleaning cuts and wounds as well.

Cassia Alata, Emperor's Candlestick (Senna Alata)



Cassia alata grows in tropical climates mainly Central America in the Caribbean. The plant grows 9-10 feet tall, with long leaves that close in the dark.

The inflorescence looks like a yellow candle stick and the plant bears a fruit/pod up to 25 centimeters long.

The seed pods/fruit are almost straight and have a dark brown color. The pod contains 50-60 flat triangular seeds.

Cassia alata is often called the ringworm bush because of its fungicidal properties. It's very effective against fungal infections.

The leaves are pounded in a mortar and then mixed with virgin coconut oil and rubbed into the area infected with the ringworm three times a day. This must be done daily until the ringworm is gone.

Cassia alata can also be used as a laxative due to its anthraquinone content. The leaves can be blended into a juice which can be drunk as a laxative.

Blend ten leaves in one cup of water, strain and drink before bed. Boil ten leaves in a pot of water (at least one liter), let cool and drink throughout the day. This is cooling and is best done before using the laxative.

Blue Cohosh, Squaw Root (*Caulophyllum Thalictroides*)

Blue cohosh is a flowering perennial plant with blueberry like fruits and a blueish green foliage. This plant grows from subarctic to tropical temperate zones.

The plant grows from a single stock in the ground and has a simple large three branched leaf plus a fruiting stock. The blueish green leaves are tulip shaped, entire at the base but serrated at the tips.

The plant was used by Native American tribes but was adopted by European herbalists and midwives for abortive and contraceptive purposes.



The plant has the ability to suppress muscle spasms and is often used in alternative medicine to relieve menstrual cramps particularly.

Research has shown that blue cohosh can be used to treat various ailments such as colic, constipation, hiccups, joint pain, arthritis, menstrual pain, premenstrual syndrome and sore throat.

WARNING: Blue cohosh should be avoided by pregnant women as it is thought that blue cohosh might have effects similar to the hormone estrogen and can be used to stimulate the uterus and start labor.

People suffering from diabetes, high blood pressure and angina must consult a doctor before using this herb.

Indian Plum, Indian Jujube, Chinese Date (Ziziphus Mauritiana)



Indian plum is a spiny evergreen shrub that grows up to 15 meters high. The tree has spreading stipular spines and several drooping branches.

The fruits can vary in size and shape and can be oval, round, oblong and ovate depending on the variety.

The skin of the fruit is smooth, waxy and thin, but firm. The flesh of the fruit is white and crisp.

When half-ripe, it is juicy and has a pleasant aroma. The fruit can be eaten raw as it is rich in nutrients and vitamin C.

Indian plum grows in Africa, the Middle East, India, China, Central America, Australia, the Pacific islands and the Caribbean.

Cocorite (Attalea Maripa)

Cocorite is a large palm tree that grows up to 60 feet tall. The trees have about 11-24 leaves with long petioles.

The fruit is large and yellow and Brown when dried. The fruit are born from the top of the tree in bunches which can have up to 2,000 fruits.



Cocorite is native to South America and the Caribbean. The fruit are oblong in shape. The inside is white and creamy in color.

Oil can be extracted from the pulp of the fruit and from the kernel of the seat.

Cocorite seeds have been found at archaeological sites in South America dating back to 9,000 BP.

The mesocarpo were a viable food source. The leaves were used to make sleeping mats and the spine of the leaf was used to make darts for blowguns.

The plant was also a valuable source of salt for the indigenous peoples of South America.

The oil extracted from the plant contains the fatty oleic acid, which is the predominant one. Oil extracted from the kernel contains lauric acid that can be rubbed onto room rheumatic areas on the body to build to bring relief.

The oil is edible and a great source of phytosterols, antioxidants and has antimicrobial properties.

It can also be used on the skin. Reports have shown it prevents skin aging, stimulates hair growth, fights stretch marks and heals scarred skin significantly.

Jackfruit, Jack Tree (Artocarpus Heterophyllus)



Jack fruit is a member of the fig, breadfruit and mulberry family and the plant is well suited to tropical environments.

Jackfruit is the largest fruit of all trees Reaching as much as 120 pounds in weight and 35 inches in length.

The tree has a short trunk and a dense tree top. It grows up to 30 to 60 feet in height and the bark is reddish-brown and smooth.

The jackfruit is naturally sweet with a subtle banana or pineapple like flavor and is used in a number of dishes in the culinary arts.

Jack fruit is nutritious, delicious and satisfying and contains many phytonutrients, so for this reason, herbalists have recommended jackfruit to people who suffer from cancer, high blood pressure and hypertension.

The root and bark of the tree are used to treat dysentery and diarrhea. The extract of the root is used to treat skin disease, fever and asthma.

The leaves can be heated on or over steam or in a pot and then the warm leaves are placed over wounds. The wood of the tree has a sedative property. It's pith is an abortifacient so pregnant women should not eat it!

A decoction of the bark or root can be used to treat asthma, ringworm and gallstones.

Caimito, Star Apple (Chrysophyllum Cainito)

Caimito is a tropical tree and is native to the greater Antilles, but can be found on many Caribbean islands including Saint Lucia.

The tree grows at a rapid rate and can reach 10-30 feet in height. The leaves are evergreen and oval. At the underside, it has a golden color.

The flowers are purplish white and have a sweet aroma and the tree itself produces a strong odor.



The fruit is round and two to three inches in diameter. When ripe, it turns purple with a faint green tapering around the calyx. When cut in half, a star pattern can be seen in the pulp hence how the fruit got its name. The fruit is delicious and healthy.

Star apple has antioxidant properties. It is a superfruit. The bark of the tree is used as a tonic and stimulant. A decoction of which is used as an antitussive.

The fruit may differ in color due to climate conditions, but dark purple, greenish brown and yellow are the most common.

Star apples are loaded with vital chemicals that have anti-cancer properties. One should seriously consider adding this deliciously healthy fruit to his or her diet.

Huckleberry (Vaccinium)



This plant can be found throughout America, Canada and England.

Huckleberry is a deciduous shrub growing between six to twelve feet tall with bright green shoots that have an angular cross section.

The leaves are oval or oblong, and the flowers are yellow, white, pinkish-white and pink.

The fruits are small and globus and turn red or orange when ripe. Other species may vary in color, including purple, blue or black.

Huckleberry has long been used by the Native Americans as a food source and medicine. The leaves and berries are a rich source of Vitamin C.

The stem of the plant contains quinic acid, which is therapeutic for gout.

Tea made from the leaves has been known to regulate blood sugar levels. Medical research has shown that in the case of diabetes, the leaf extract decreases blood sugar levels shortly after administration.

Tea of this plant drunk on a regular basis will gradually help alleviate both glycosuria and hyperglycemia. The leaves are also used to stimulate appetite.

The leaves have antiseptic and astringent properties as well. Add five to six leaves to a pot of boiling water, let steep for five minutes, strain and drink. This tea can also be used to clean wounds, sores and cuts.

The tea can be gargled to treat sore throats and as a mouthwash for toothaches.

Index of Common Ailments *(and where to find the remedy):*

Cancer: [Noni](#), [Soursop](#), [Golden Apple](#), [Mango](#), [Dasheen](#), [Giant Granadilla](#), [Guava](#), [Broccoli](#), [Gully Root](#), [Pineapple](#), [Papaya](#), [Jackfruit](#), [Star Apple](#)

Colds and Flus: [Indian Cucumber](#), [Wild Tamarind](#), [Giant Granadilla](#), [Garlic](#), [Oak](#), [Vervain](#), [Watercress](#), [Devil's Horsewhip](#), [Bay Leaf](#), [Tropical Chickweed](#), [Sour Bush](#), [Pine](#), [Willow](#), [Ginger](#)

Diabetes: [Noni](#), [Indian Cucumber](#), [Mango](#), [Dasheen](#), [Gwen Anba Fei Bois](#), [Guava](#), [Bearberry](#), [Shadow Beni](#), [Green Banana](#), [Huckleberry](#)

Erectile Dysfunction: [Noni](#), [Parsley](#), [Shadow Beni](#), [Cinnamon](#), [Green Banana](#)

Fever: [Soursop](#), [Indian Cucumber](#), [Wild Tamarind](#), [Vervain](#), [Shadow Beni](#), [Violet](#), [Devil's Horsewhip](#), [Cashew](#), [Shell Ginger](#), [Lion's Tail](#), [Oregon Grape](#), [Willow](#), [Yarrow](#), [Staghorn](#), [Ginger](#), [Jackfruit](#)

Headache: [Indian Cucumber](#), [Wild Tamarind](#), [Gully Root](#), [Vervain](#), [Goldenrod](#), [Valerian](#), [Violet](#), [Bay Leaf](#), [Basilic](#), [Sour Bush](#), [Mullein](#), [Pine](#), [Willow](#)

High Blood Pressure: [Tamarind](#), [Soursop](#), [Golden Apple](#), [Corn](#), [Valerian](#), [Sour Bush](#), [Lobster Claw](#), [Jackfruit](#)

Insomnia: [Soursop](#), [Passion Fruit](#), [Lady's Slipper](#), [Hops](#), [Sensitive Plant](#)

Irritable Bowel / Diarrhea: [Guava](#), [Blackhaw](#), [Oak](#), [Violet](#), [Hog Plum](#), [Arrowroot](#), [Basilic](#), [Oregon Grape](#), [Willow](#), [Job's Tears](#), [Jackfruit](#)

Joint / Muscle Pain: [Juniper](#), [Oregano](#), [Lover Worm](#), [Hog Plum](#), [Sour Bush](#), [Fennel](#), [Pine](#), [Walking Iris](#), [Sensitive Plant](#), [Blue Cohosh](#)

Menopause / Period Pains: [Mother of Thousands](#), [Soursop](#), [Indian Cucumber](#), [Black Cohosh](#), [Bearberry](#), [Blackhaw](#), [Dandelion](#), [Horse Tail](#), [Lady's Slipper](#), [Plantain](#), [Hops](#), [Tarragon](#), [Blue Cohosh](#)

Sexually Transmitted Infections: [Soursop](#), [Gwen Anba Fei Bois](#), [Juniper](#), [Watergrass](#), [Hog Plum](#), [Boyo Jab](#)

Skin Ailments: [Mother of Thousands](#), [Glory Cedar](#), [Corn](#), [Watercress](#), [Bay Leaf](#), [Oregon Grape](#), [Yarrow](#), [Cocorite](#), [Jackfruit](#)

Stress Relief: [Morning Glory](#), [Passion Fruit](#), [Dasheen](#), [Giant Granadilla](#), [Valerian](#)

Toothache: [Goldenrod](#), [Sour Bush](#), [Hops](#), [Tarragon](#), [Willow](#), [Cloves](#), [Ginger](#), [Sensitive Plant](#), [Huckleberry](#)

Weight Loss: [Breadfruit](#), [Dasheen](#), [Eddoe](#), [Carrots](#), [Plantain](#), [Devil's Horsewhip](#), [Cassava](#)

Wound Care: [Aloe Vera](#), [Blackhaw](#), [Juniper](#), [Vervain](#), [Devil's Horsewhip](#), [Arrowroot](#), [Shell Ginger](#), [Faye Do Blanc](#), [Mullein](#), [Pine](#), [Yarrow](#), [Sensitive Plant](#), [Jackfruit](#), [Huckleberry](#)

NOTE: If you don't see the ailment you are looking for above, you can search for it by following the instructions below.

1. Click the Control (Ctrl) button and the letter F button at the same time.
2. Type the ailment into the search box that pops up.
3. Use the up and down arrows to move through the book until you find the cure you want.