

SUSAN MAYBACH'S PRESENTATION ON  
MY 7 MOST FAVORITE "INVASIVE" WEEDS !

BORAGE (*Borago officinalis*)

Use leaves, flowers, stems, seeds

Regulates Hormones, PMS menstrual Issues  
Stress ; regulates cortisol, Helps with Adrenal fatigue  
Anti-oxidant; destroys free radicals, protects against aging and cancers  
Soothing to stomach, for irritable bowel syndrome, mild laxative, promotes digestion  
Mouth ulcers and sore throat  
Diuretic, improves bladder function and infection, relieves kidney inflammation  
Protects brain against neuro-degeneration and synaptic failure in Alzheimer's disease  
Lowers blood pressure / hyper tension  
Subdues allergies, reduces inflammation and allergic response  
Reduces fevers in colds and respiratory illness  
Reduces inflammation caused by arthritis and gout  
Anti-inflammatory and anti-bacterial; treats wounds, infections and rashes  
A poultice of leaves reduces itching from rashes, stings and insect bites  
Fights infection causing bleeding gums , restores oral health  
Borage seeds have 30% GLA for prevention of macular degeneration  
Improves mother's milk production  
Tea of dried leaves and flowers is effective treatment for handovers

Low levels of Pyrrolizidine Alkaloids PA , considered potentially toxic to liver  
Not to be taken by people with liver disease, schizophrenia or epilepsy

## CHICORY (*Cichorium intybus*)

Use: Leaves (bitter, best cooked down), roots and seeds

Roots and seeds help eliminate parasites and intestinal worms

Roots are being studied for use in cancer

Milky sap from roots contain Lactucin and lactucopicrin which are sedative and analgesic /pain killing ( comparable to ibuprofen)

Another common "weed" growing in abundance here is Wild Lettuce (*Lactuca Canadensis*, *L. virosa* and *L. serriola*) which has very similar properties in the milky sap with it's sesquiterpene lactones, which seep from the cut stems and is a very effective herb, as a pain reliever, a treatment for shock, insomnia, menstrual pain, muscular and joint pain and colic. The sap from Wild lettuce also eliminates warts with consistent use.

Chicory is Anti-parasitic and anti-malaria; alcohol extractions of roots eliminate intestinal worms and the protozoan responsible for cerebral malaria

Seed and roots are antibacterial and anti-fungal

Seeds work against staphylococcus pseudomonas, E-coli and candida

Roots work to kill staphylococcus, bacillus, salmonella, e-coli, micrococcus, athlete's foot, Ring Worm and jock itch

Liver and gallbladder ; Leaves seeds and roots treat liver disorders, they are hepatoprotective They promote secretion of bile, treat jaundice, enlargement of spleen. They help fatty liver and detox the liver

Diabetes; leaf tincture, leaf powder or whole plant alcohol extraction helps regulate insulin levels, stimulate insulin secretion and lower blood glucose levels.

Digestive problems and Ulcers are helped by chicory coffee or tea made from roots

Skin eruptions, swelling and inflammations; use chicory leaf infusion or crushed leaves as a poultice to areas of inflammation. Use infusion of leaves nourishes the skin giving it a radiant and youthful appearance, can be used daily as a wash

Warning; may cause dermatitis in some people if taken internally, can interfere with beta-blocker drugs for the heart. Do not take if pregnant.

## CLEAVERS (*Galium aparine*)

Use: Aerial parts of plant (gather before flowering and dry in the shade or use fresh expressed juice)

Cleavers is a cooling and moving herb and is very effective in aiding the lymphatic system, as a detoxifier it is used to treat various cancers including breast and ovarian.

It is anti-spasmodic, anti-inflammatory anti-tumor. It is also a nutritive herb  
It tones the lymphatic system including swollen glands tonsillitis and adenoids

Cleavers scours the bladder and urinary tract, it is a diuretic and treats cystitis and other urinary conditions where pain presents. It also protects the kidneys and liver.

This herb heals the nervous system, soothes respiratory ailments, clears swelling and bloating, prevents miscarriage, regulates menstrual cycles, eases PMS and stimulates digestion.

Cleavers is especially effective in treating head colds as an expectorant for mucus

Dermatological: Cleavers is very effective in skin conditions especially for psoriasis, also eczema, acne and for soothing irritation, it also reduces wrinkles and tones sagging skin.

Warnings: Cleavers should not be used by people with diabetes, impaired heart or kidney function due to its diuretic properties

## COMFREY (*Symphytum officinale*)

Use leaves and roots (which run very deep and are hard to harvest )

Any plant with deep roots are pulling up valuable minerals

Comfrey is Excellent for healing skin and wounds, as it is inhibiting bacteria helping to prevent infection and minimize scarring.

Do not use comfrey for deep wounds however as it promotes quick healing and can block in infection.

(I have had good results with the use of golden seal for deep wounds as it keeps the wound open).

Comfrey is one of best remedies for sprains, strains, bruised muscles and joints and fractured bones as poultice or salve. When applying to broken bones be sure the bone is properly set before applying comfrey, because it quickly promotes the knitting together of bones.

Relieves pain and swelling and increases mobility in bone, joint, knee and back pains.

Use comfrey salve for osteoarthritis

Comfrey tea treats coughs, congestion, and asthma. It improves respiratory health.

It Reduces inflammation and soothes irritation, alleviates breathing problems and chest pain

Comfrey tea is best used to alleviate stomach problems, ulcers, irritable bowel syndrome heavy menstrual bleeding, bloody urine, and cancer. Comfrey boosts the immune system It tones the kidneys and bladder. Use comfrey tea to treat bleeding gums, throat pain, ulcers in mouth and hoarse voice and as wash for eyes.

Skin: comfrey salve or oil is one of the best herbs for treating skin conditions such as rashes, burns, eczema, psoriasis, acne, stings, bites, general irritation and scars.

Comfrey is a very vigorous plant and may become invasive. To keep it under control, chop it down and use it as a mulch to return minerals to your garden. You can also harvest and chop the leaves soak in a large covered container of water for as long as you can to make comfrey compost tea as a valuable fertilizer. If cut to the ground before mid summer it will bounce right back and give you a second harvest

Warning: Comfrey contains Pyrrolizidine alkaloids PA It may be harmless or may be toxic if taken internally in large doses. It should not be used internally in large doses by people with liver damage, lung damage, cancer or pregnant or breast feeding women.

The sister plant to comfrey is hounds tongue or begger's lice , a common weed found here. This plant also has remarkable properties for healing serious wounds (ie Mike's crushed finger)

Hounds tongue is very high in PA and should NOT be used internally

## MULLEIN (*Verbascum thapsus*)

Use: Leaves and flowers

Mullein that wonderful medicinal plant that is regarded as villainous weed and sprayed vigorously by our highway departments... But is a true champion. Do not collect mullein from road sides if it looks like a mutant, ( that is it has developed multiple main leader stalks ) because this is a sign it is responding to herbicide treatment.

Mullein is anti-inflammatory, antiseptic, anti-spasmodic, astringent, demulcent, diuretic, emollient, expectorant, anodyne (pain killing) and vulnerary (wound healing) .

Mullein is excellent for treatment of a variety of respiratory conditions such as Bronchitis, Emphysema, Laryngitis Tracheitis, Asthma and Tuberculosis.

It reduces the formation of mucus and stimulates the expulsion of phlegm. It relieves coughing spasms and wheezing. People improve with long term use.

For asthma, mullein can be inhaled by smoking or by burning the leaves as a smudge.

Skin wounds, snake bites, ulcers, tumors and hemorrhoids; these conditions should be treated with a poultice made from the mashed leaves of the plant, Mullein has a strong drawing property and can be used to help pull out snake bite toxins (if plantain is not available) Treatment of snake bites is especially effective if mullein is also taken internally. Mullein poultice will draw out splinters and the like. Mullein oil is helpful used on hemorrhoids

Earaches and ear infections ; An infusion of mullein flowers and garlic in olive oil is recommended. Treat both ears with some drops of this oil , as the sinuses are connected to earaches. Do not use mullein or any oil in the ears if the ear drum is punctured.

Sun burn and Inflammatory skin conditions; are soothed by the application of mullein infused oil. Pair with St John's wort for sunburns.

Warts: Rubbing powdered mullein root onto a wart will kill the virus and remove the wart. The juice of the plant can also be used.

Cramps and muscle spasms: Use a mullein infusion for internal use as well as an oil infusion rubbed on the affected muscle.

Gastrointestinal Issues: Mullein infusion made from the roots is very good for getting rid of intestinal worms and other gastrointestinal issues.

Seeds of Mullein flowers may have an anesthetic effect. The Nez Perce used to gather fish by throwing mullein seeds on top of still water in which fish swam. Apparently the fish would fall asleep and float to the top of the water!

Warning: Do not use mullein if you are pregnant or breast feeding. In some people mullein can cause skin irritation, stomach pain and breathing difficulties.

## PLANTAIN (*Plantago major*)

Use: leaves

Plantain has 2 forms; narrow leaf and broad leaf, sharing similar properties but perhaps the broad leaf is stronger

Plantain is a very versatile herb being Anti-inflammatory, analgesic, antioxidant, demulcent, diuretic, expectorant, hepatoprotective, immune modulating and a weak antibiotic.

Heals wounds, sores, insect bites and rashes:

A poultice made from plantain will ward off infection, help stop bleeding and reduce inflammation. If you are stung by insects, find fresh plantain, chew it up and apply it to sting /bite site. This is particularly effective if combined with baking soda. Apply this poultice and wrap in place. The drawing property of this herb will remove the stinger or venom. For snake bite take a fresh or tinctured form of plantain internally as well as topical application.

Cystitis, Diarrhea, Respiratory tract infections, ulcers and colitis: the juice of plantain is beneficial for calming the mucous membranes of respiratory, digestive and urinary tracts.

Autoimmune disease and leaky gut: For these chronic conditions drink plantain tea twice daily, take in tinctured form, or eat fresh plant

Toothache: direct application of masticated plantain leaf for dental infection is very effective in relieving swelling, infection and pain. Especially effective is to combine this with clove oil and pack directly on infected area. Dried plantain can be used if fresh is not available.

Sore throat and swelling of gums; add a tablespoon of plantain juice to half a cup of water and use as a gargle at first sign of sore throat. It also reduces the inflammation in gum tissue.

Constipation, Intestinal worms and Inflammatory bowel disease; Plantain seeds are excellent at relieving constipation and intestinal worms due to the fiber and mucilage released in an infusion made by seeds steeped in boiling water

## YARROW (*Achillea millefolium*)

Use: all parts of plant

**Blood clotting:** Yarrow quickly stops bleeding both internally and externally Yarrow contains anti-inflammatory and antibacterial compounds that ease swelling and promote healing. Clean wound before applying Yarrow as it will quickly stop bleeding and could bind dirt or infectious materials into wound.

Use whole, chopped or dried powdered leaves of Yarrow to treat wounds or abscesses. Repeat application 2-3 times daily until wound is healed over and swelling is gone. Yarrow oil or tincture or dried powder can be used to treat nose bleeds.

**Bruises, sprains, swelling and hemorrhoids:** These are greatly relieved by the application of a Yarrow poultice, oil or salve.

**Antibacterial and antifungal:** Yarrow is very strong in these properties. However do not use this on deep puncture wounds as it will heal over too quickly and such wounds need to heal from the inside out. ... However incorporating golden seal powder into a deep wound will keep it open (from my experience)

**Fevers, Colds and Measles:** Yarrow reduces the duration of such, and is quick to bring down a fever. Consume yarrow raw or in tea, or more palatable would be in tincture form, as the plant is very bitter.

**Coughs:** I have personally found Yarrow to be very effective in resolving a persistent cough when consumed as a tea.

**Menstrual problems:** Yarrow tea or tincture treats menstrual problems ranging from lack of or excessive bleeding and cramping It tones the uterine muscles after childbirth, reduces cramping by relaxing the smooth muscles and prevents hemorrhaging.

**Dental Pain:** Chew on fresh yarrow root or leaves for this. In addition to it's anti-inflammatory and anti-infection benefits, yarrow contains salicylic acid a pain reliever which acts quickly.

**Mastitis;** A leaf poultice works best when alternating between warm and cold compresses for mastitis (Cabbage leaves also work well for this.)

**Anxiety and Relaxation;** Yarrow has a calming effect on the central nervous system with out sedation.

**Warning:** Do not take Yarrow during pregnancy or before surgery. Some people are allergic to plants in the Aster/daisy family of which yarrow is a member