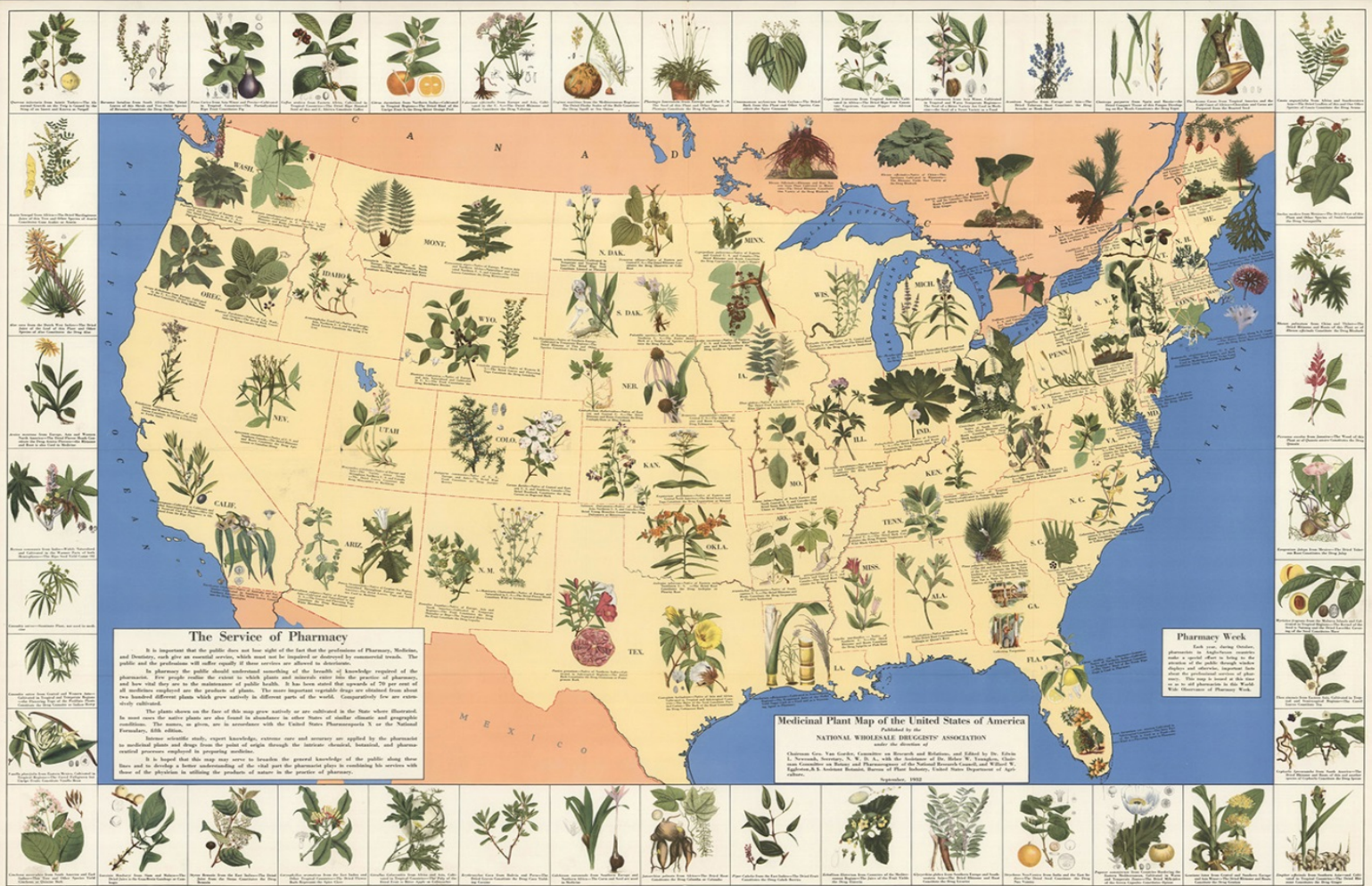


The SHTF Medicinal Plant MAP That Should Be in Your Survival Kit



*68 Medicinal Plants that Will Substitute Drugs
When The Medical System Collapses*

by Claude Davis

The SHTF Medicinal Plant Map That Should be in Your Survival Kit

By **Claude Davis**

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A hundred years ago 70% of all medicines were made from plants.

Most of them are still being used today, but only a few people truly know about them.

The Pharmaceutical Industry almost made this knowledge obsolete. But in my opinion this knowledge should not be lost. We might need it when things go really bad.

So please feel free to print this book (or the map) and put it in your bug-out-bag or your survival kit.

[Here is how the medical system collapsed during Hurricane Katrina and how this information could have saved lives.](#)

The map (front cover) was printed in 1932 and it was commonly used by pharmacists who were making "vegetable drugs". The plants shown on this map grow natively or are cultivated in the United States. This map depicts one or two important species that grow in each state, but not exclusively in that particular state... more like in that area or region.

Back then, most pharmacists relied almost entirely on their "back yard pharmacy".

Make no mistake thinking that this information will completely replace antibiotics. Of course you can treat common diseases, wounds, heart failure, inflammations, snake bites, radioactivity symptoms, food poisoning, etc. ... but you should also store some drugs (like antibiotics) for really, really bad situations. (Read more: [The Only 4 Antibiotics You'll Need when SHTF](#))

Click here to download the [High Resolution MAP](#), or order a full scale print.

Washington

1. Digitalis Purpurea (Foxglove or Lady's Glove)



"Cultivated and naturalized in the U.S. The dried leaves constitute the drug Digitalis or Foxglove."

Digitalis causes a rise in Sodium and in Calcium, which causes the heart to beat stronger and with a more regular rhythm. It is used particularly for the irregular (and often fast) **atrial fibrillation**. ([Source](#))

Digitalis is often prescribed (nowadays) for patients diagnosed with congestive heart failure. **Digitalis was approved for heart failure in 1998 under current regulations by the FDA on the basis of prospective, randomized study and clinical trials.** The drug is called digoxin.

Be careful: eating more dried leaves of Foxglove than necessary can be poisonous, due to an excess of the same substance that heals you. An overdose will induce nausea and vomiting within minutes of ingestion, preventing the patient from consuming more. All this information is meant to serve as an advice only when

SHTF. If you want to take the "plant drug" now, go to a doctor first to prescribe you the dosages.

2. *Hydrastis Canadensis* (Goldenseal, Orangeroot or Yellow Puccoon)



"Native of Eastern US and Canada. The dried rhizome and roots constitute the drug Hydrastis or Golden Seal."

Goldenseal became so popular in the mid-nineteenth century that by 1932, that the herb almost became extinct in the US.

Its influence upon the mucous surfaces renders it the most important natural cure in **catarrhal gastritis and gastric ulceration**. It supersedes all known remedies as a local, and also as a constitutional tonic when this condition is present. ([Source](#))

Goldenseal has an affinity for mucosa, and is cooling so should not be used if an infection is at an early stage or there are more chills than fever. Avoid Goldenseal during pregnancy, avoid overdoses!

Montana

3. Dryopteris Filix-mas (Male Fern)



"Native of North Europe, Asia and Northern North America. The rhizome and leaf bases constitute the drug Aspidium or Male Fern."

Male fern contains chemicals which kill intestinal worms such as tapeworms. Once the worms have been killed, saltwater (saline) is taken to flush them from the body.

Intestinal tapeworm infections usually aren't complicated, although they cause deaths in the US even with proper medical care. For example, Cysticercosis - a parasitic infection caused by the larval form of the pork tapeworm, who migrated to the brain, spine, eye, etc - can be deadly! And in times of crisis, it is deadly!

Related: [This Bug Will Kill Most of the Americans during the Next Crisis \(Video\)](#)

The downside is that Male Fern is unsafe. It is a poison. You take a normal dosage and the worms die. You take too much... and you'll have serious problems. The appropriate dose of male fern depends on several factors such as the user's age, health, and several other conditions. Consult your pharmacist or physician or before using.

4. *Hyoscyamus Niger* (Henbane or Stinking Nightshade)



"Native of Europe, Westrn Asia and Northern Africa. Naturalized and cultivated in Northern US and Canada. The dried leaves constitute the drug Hyoscyamus."

Henbane contains chemicals, which might relax the muscles lining the digestive tract. Henbane also relieves muscle tremors and has a calming effect. Mainly, Henbane dried leaves were used to **treat spasms of the digestive tract**.

Some people apply henbane leaf oil directly to the skin for treating scar tissue.

Since henbane is toxic, the dose must be carefully chosen and side effects checked by a healthcare professional.

North Dakota

5. *Linum Usitatissimum* (Common Flax or Linseed)



"Cultivated in Temperate and Tropical Regions. The dried ripe seed constitute Linseed or Flaxseed."

The seeds have been used in traditional medicine internally (directly soaked or as tea) and externally (as compresses or oil extracts) for treatment of **disorders of the respiratory tract, eyes, infections, cold, flu or fever.**

Linseed oil is obtained from the dried ripe seeds of Flaxis by pressing, followed by a stage of extraction. Cold-pressed oil obtained without solvent extraction is marketed as flaxseed oil.

6. Dioscorea Villosa (Wild Yam)



"Native of Easter and Central US. The dried rhizome constitutes the drug Dioscorea or Colic Root."

Today components of wild yam are chemically manufactured into the hormones progesterone or estrogen.

So it is easy to understand why is often promoted as a "natural alternative" to estrogen therapy for vaginal dryness in older women, PMS, menstrual cramps, **osteoporosis** or increasing energy and sexual drive in men and women, and even breast enlargement.

Minnesota

7. *Cypripedium Pubescens* (Large Yellow Lady Slipper)



"Native of Eastern and Central US and Canada. The dried rhizome and roots constitute the drug Cypripedium or Lady's Slipper."

The *Cypripedium*s are rare and endangered orchids.

All of the species of *Cypripedium* resemble valerian in their effects. They are excellent **nerve stimulants for weak women and nervous children**. They are nevertheless important medicines, being of that type of drugs which silently do great good without marked physiological disturbance.

It dispels gloom and induces a calm and cheerful state of mind, and by thus inducing mental tranquility favors restful sleep. ([Source](#)) In a crisis situation, you may not be able to rest or sleep because of the stress. This could lead to accumulated fatigue which leads to "unawareness" and wrong decisions. [Make](#)

[sure you won't make these fatal mistakes in a crisis !!!](#) (Preparedness Guide - Video)

8. *Aralia Racemosa* (American Spikenard, Life-of-man, Petty Morel)



"Native of Eastern US and Canada. The rhizome and roots constitute the drug Aralia or Spikenard."

Spikenard has been used as a healing plant from ancient times. Even the Bible contains several references to the spikenard. In Catholic iconography it represents [Saint Joseph](#). (Related: [The Most Important Prophecy Encrypted Inside Our Holy Bible](#) - Video)

Spikenard is **antiseptic, depurative, diaphoretic**, which makes it useful in a wide range of conditions including **gout, rheumatism, coughs and lung complaints**.

Spikenard root tea is a traditional American folk medicine treatment and a purifying spring tonic. It is also considered healing to the skin. ([Source](#))

Wisconsin

9. *Polygala Senega* (Seneca Snakeroot, Senegaroot or Rattlesnake Root)



"Native of N. Central and Eastern US and Canada. The dried root constitutes the drug Senega or Snakeroot."

The species name honors the Seneca people, a Native American group who used the plant to treat snakebites. ([Source](#))

This plant had many uses among Native Americans. Some used it to treat common **colds, bleeding wounds or toothaches**.

Today, the plant is still in use as a herbal remedy for a wide range of **respiratory complains**. It is also added to cough syrups, teas, lozenges, and gargles. ([Source](#)) It is one of the best natural expectorants: Senega causes a decrease in the viscosity (of secretions), giving a productive cough (or what today's drug [Mucinex](#) does).

Michigan

10. Mentha Spicata (Spearmint, Garden Mint)



"Originally from Europe, it has been naturalized and cultivated in the US. The dried leaves and tops constitute the drug Spearmint."

Spearmint tea reduces the level of free testosterone in the blood, so it is mostly indicated for women. It can also treat a variety of digestive ailments.

Spearmint's essential oil was found to be a pretty effective anti-fungal and antioxidant.

The herb is also very rich in minerals like potassium, calcium, manganese, iron (a lot), and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate and **blood pressure**.

11. Mentha Piperita (Peppermint)



"Originally from Europe, it has been naturalized and cultivated in the US. The dried leaves and tops constitute the drug Peppermint."

Peppermint is a cross between watermint and spearmint (a hybrid). Peppermint has the highest menthol content (8 times more than Spearmint).

Menthol stimulates the cold-perceiving nerves so just after taking it a current of air at the ordinary temperature seems cold. **Useful in gastrodynia and flatulent cold.**

For cramps try boiling peppermint leaves in hot milk. Take a quick whiff of peppermint oil for nausea.

Maine

12. Coptis Trifolia (Canker Root, Gold Thread)



"Native of Northern US and Canada. The dried entire plant constitutes the drug Coptis or Goldthread."

Canker root can be used for **mouth ulcers and canker sores**, which is where its common name comes from. Native Americans traditionally chewed the root for this purpose, but it can also be prepared as an infusion and used as a mouthwash.

It is considered an **anti-inflammatory** and works extremely well on inflammation of the stomach lining. To ease an irritated stomach, take it orally in powdered form, or make a tincture.

Canker root can also be prepared as a tea and used to treat jaundice, as it's considered a blood purifier.

13. *Abies Balsamea* (Balsam Fir)



"Native of Northern US and Canada. The oil and resin from the trunks of the trees constitute Canada Turpentine or Balsam of Fir".

Balsam fir is not only the most common fir tree seen in homes at Christmas time, it's bark, needles, and resin have been used for centuries by herbalists for a number of different illnesses.

The resin is an anti-inflammatory and works exceptionally well as a topical remedy for burns, sore muscles, and bruises. It also eases coughs and asthma symptoms.

When the needles are burned, breathing in the smoke vapors will ease congestion and headaches. They are also used in aromatherapy and potpourri because of their pleasant odor.

In small doses, balsam fir will get rid of diarrhea, but it becomes a laxative when taken in excessive amounts.

Vermont

14. Gaultheria Procumbens – Wintergreen



“Native of Eastern US and Canada. The leaves constitute the drug Gaultheria Yielding Oil of Wintergreen”.

Wintergreen leaves are most effective medicinally when they are distilled into an essential oil. The plant is analgesic, so it's used primarily as a **pain killer**. The oil is rubbed on to the skin topically to treat headaches, muscle pain, menstrual cramps, and joint pain.

The oil taken in small doses can help with **indigestion and flatulence**, but it's not considered safe for internal use. It's also toxic to children and can be fatal in doses 4 milliliters and higher. Pregnant women or women who are breastfeeding shouldn't use it internally or externally.

New Hampshire

15. *Myrica Carolinensis* (Bayberry)



*“Native of North Eastern US Seacost. The bark of the root of this and of *M. cerifera* constitute the drug Myrica, Bayberry or Wax Myrtle”.*

Bayberry tea or tonic has been used in folk medicine for centuries as a stimulant and an astringent. It's recommended as a **remedy for sore throats, jaundice, and spongy gums.**

Poultices made from the powdered root bark are a remedy for **skin ulcers, boils, bruises, cuts, and insect bites.** The powder can also be used as a snuff to relieve **nasal congestion and nasal polyps.**

In the 1970's, scientists injected large quantities of bayberry into rats, who then developed malignant tumors, so in large doses it's been proven to cause cancer.

The berries of the plant have a waxy coat and can be used to make fragrant candles.

Connecticut

16. Hamamelis Virginiana (Witch Hazel)



“Eastern US and Canada. The Dried leaves and bark used in medicine – young twigs upon distillation yield “Extract of Witchhazel”.

The leaves, bark, and twigs of witch hazel contain tannic acid, which protects the skin. It’s commonly used topically as an **astrigent skin cleanser, body lotion, and as a remedy for skin irritations and burns.**

A tea prepared from its leaves and bark is an old folk remedy for **hemorrhoids** and ulcers. The tea is also used to relieve a **sore throat from coughing, and a rinse for mouth irritations.**

Witch hazel extract is often use as a base liquid for medicinal tonics, as it’s gentler than alcohol and smells better.

New York

17. Lobelia Inflata (Indian Tobacco, Pukeweed)



“Native of Eastern and Central US and Canada – the dried leaves and flowering Tops Constitute the drug Lobelia”.

Lobelia is used in herbalism to **induce vomiting**, hence its common name. It's highly toxic and should only be taken in small doses prescribed by a licensed practitioner.

It has similar properties to nicotine, so it's often used to help people stop smoking. It works by first exciting the nervous system, just like nicotine, then depressing it. If too much is taken, it can cause tremors, paralysis, and eventually death.

The plant can be used safely externally as a tincture for bruises, bites, and rheumatism.

18. Veratrum Viride (Indian Poke)



“Native of Northern US and Canada – the rhizome and roots constitute the drug Veratrum Viride or American Hellbore”.

Indian Poke is extremely toxic. It was believed that some Native American tribes would use the plant to choose a leader. All of the candidates would eat the root, and the last one to throw up became the tribal chief.

The plant becomes less toxic in the winter, so it can be harvested for medicinal use during this time.

It can be **used to treat high blood pressure, hypertension, and rapid heartbeat**, but caution must be taken when consuming it. If it hasn't been harvested at the correct time, or it's taken in too high of a dose, it can be fatal.

New Jersey

19. Aletris Farinosa (Unicorn Root)



“Native of Eastern US – The rhizome and roots constitute the drug Aletris or Unicorn Root”.

Aletris is most commonly used for **feminine issues like menstrual cramps**, due to its estrogenic properties. Because of this, it’s not considered safe for pregnant or lactating women.

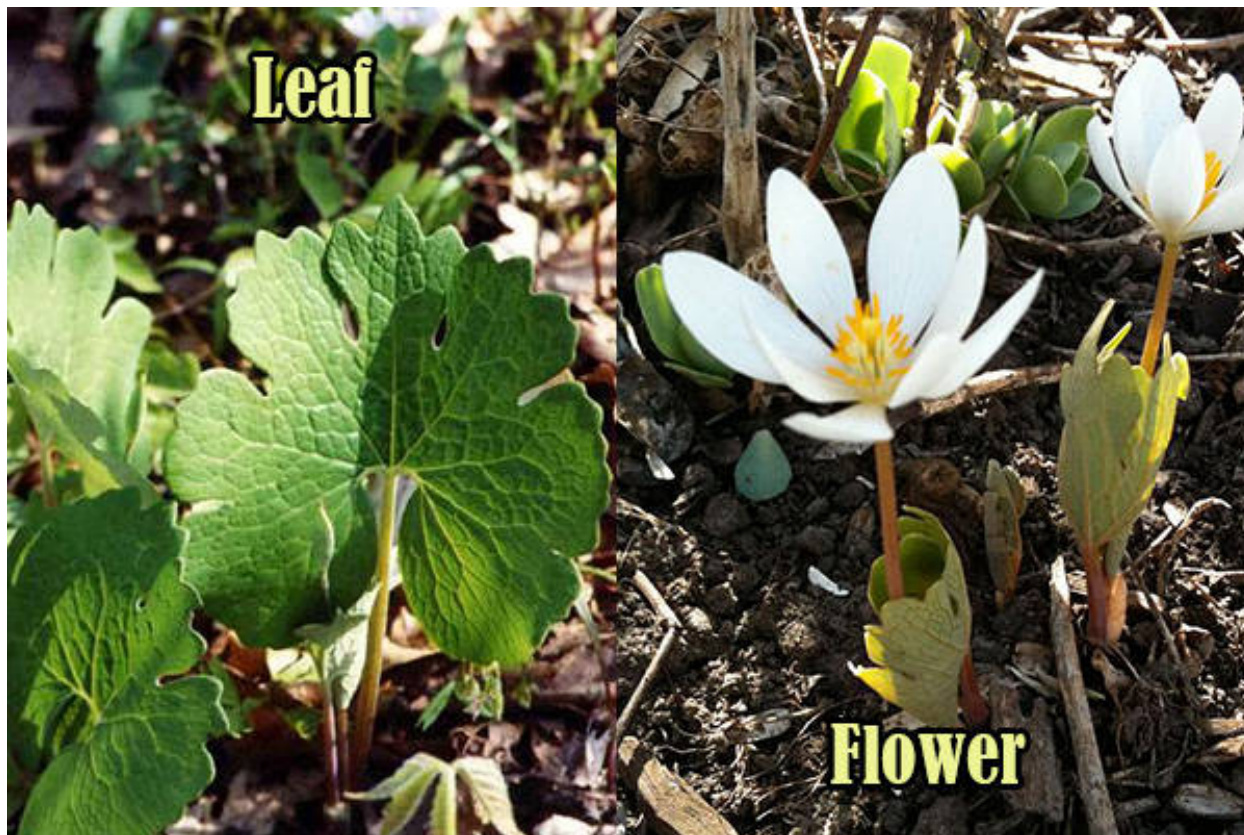
Depending on the dose, it can **be used as either a laxative or anti-diarrheal** when prepared as a tea. It also helps **alleviate flatulence**.

Related: [5 Home Remedies for Diarrhea](#)

It is toxic in high doses and will induce colic in children and vertigo. However, it’s generally considered safe.

Pennsylvania

20. Sanguinaria Canadensis (Bloodroot)



“Native of Eastern US and Canada – the dried rhizome constitutes the drug Sanguinaria or Bloodroot”.

When bloodroot is cut, or a leaf plucked, **orange red sap** oozes out. It was used in Native American cultures to dye the skin, much like henna. It also dyes cloth.

A tea made from the roots will **alleviate a sore throat, fever, and body aches**, so it’s a good remedy for **colds and the flu**. Medicine men from certain tribes would chew the root, spit it out, and use the pulp to heal burns.

The **sap** of bloodroot applied directly to the skin has been known to heal some cancerous growths. (Related: [Trees That Can Be Tapped For Sap and Syrup](#))

While bloodroot is generally considered safe, too much can cause nausea, vomiting, and headaches.

21. Lycopodium Clavatum (Club Moss)



“Native of Europe, Asia and US – the Spores Constitute the drug Lycopodium”.

The medicinal properties of Lycopodium are found in the pollen, so the spores must be crushed to extract it. It is a common homeopathic remedy.

Club moss is used primarily to treat stomach issues such as nausea, cramping, and food poisoning. It’s also good for stimulating the appetite.

Homeopaths use the remedy for a variety of illnesses, from mental issues like anxiety and fear, to arthritis.

Maryland

22. Chenopodium (Goosefoot)



“Native throughout US. The dried ripe fruit constitute the drug Chenopodium or American Wormseed”.

Goosefoot was used by Native Americans primarily for food. Its seed-like fruit and leaves are packed with vitamins and minerals. There are a number of different species; the most popular is South American quinoa.

Preparing the leaves as a tea and ingesting it can reduce fevers and treat intestinal worms. It can also be used topically to heal bruises.

The taproot of goosefoot can be shaved and used as soap. (Related: [How to make antibacterial laundry detergent](#))

Virginia

23. Sassafras Varifolium (Sassafras)



“Native of Eastern US. The Dried Bark of the root constitutes the drug Sassafras Bark. The pith of the stems constitutes the drug Sassafras Pith”.

The roots of the sassafras plant were used to make root beer, but the oil has been identified as a carcinogen, so it's no longer used internally. The FDA outlawed its sale as a flavoring.

It was used in folk medicine as a stimulant and a cure for syphilis.

While the oils are carcinogenic, it can be safely used externally. Its antiseptic properties make it ideal for treating skin wounds, sores, and alleviating itching from poison oak.

West Virginia

24. *Phytolacca Americana* (Pokeweed)



“Native of Eastern US. The dried root constitutes the drug Phytolacca or Poke Root”.

Pokeweed is so poisonous, that it’s suggested that one wear gloves when pulling it out. Its purple berries are often mistaken for edible, and the root can be mistaken for parsnip.

The berries will stain fabric a dark blue color, so they are often used to dye cloth.

The root can be roasted, ground into a powder and used as a poultice for skin eruptions and benign tumors.

Ohio

25. *Cimicifuga Racemosa* (Black Cohosh)



“Native of North America. The dried rhizome and roots constitute the drug Black Snakeroot, Black Cohosh or Cimicifuga”.

Black cohosh is a popular and effective over-the-counter remedy for alleviating the symptoms of menopause such as hot flashes, moodiness, and heart palpitations. It’s also used to treat menstrual cramps and induce labor.

Pregnant or lactating women should not take black cohosh, as it will cause miscarriage and isn’t safe for children. Women being treated for breast cancer should also steer clear of it, as it can exacerbate the condition.

If it’s taken for an extended period of time in large doses, it can cause liver damage. Mild side effects are headaches and skin rash.

Indiana

26. Podophyllum Peltatum (Mayapple, American Mandrake)



“Native of Eastern US. The dried rhizome and roots constitute the drug Podophyllum, May Apple or Mandrake”.

Mayapple is poisonous and should not be ingested. It is still occasionally used as a laxative, but it is extremely toxic and can be fatal. Unsavory midwives used it to abort unwanted pregnancies, but it would often poison the woman it was given to.

Native Americans used the plant as a laxative and to induce vomiting. They would also put drops of the rhizome into the ear to improve hearing.

Take care when handling this plant, as the poison can be absorbed through the skin.

Kentucky

27. *Nicotiana Tabacum* (Cultivated Tobacco)



“Native of Tropical America, but cultivated in Temperate Regions. The Cured Leaves constitute Tobacco”.

Nicotiana Tabacum is the plant that is cultivated for cigarettes and tobacco. Nicotine, the active ingredient, is highly toxic when ingested. The nicotine in half of a cigarette could cause death if ingested and absorbed in to the body. The leaf should never be ingested.

Nicotine is considered a highly addictive drug, and is used as a relaxant. It binds to nerve receptors and makes nerve cells fire more frequently. For this reason, according to a study done by the University of Maryland in 2010, it might be used to create a drug to help Alzheimer’s patients.

North Carolina

28. Gelsemium Sempervirens (Yellow Jessamine)



“Native of South eastern US. The dried rhizome and roots constitute the drug Gelsemium or Yellow Jasmine”.

Gelsemium is a common homeopathic remedy used to treat pain and respiratory issues. It's should not be taken internally except as a homeopathic preparation, as it can cause dizziness, seizures, heart problems, and breathing issues.

Used homeopathically, it can effectively treat migraines, trigeminal neuralgia, and asthma.

The sap can be very irritating to the skin and cause redness and itching.

South Carolina

29. *Serenoa Serrulata* (Saw Palmetto)



“Native of Southeastern US. The partially dried fruit constitutes the drug Sabal or Saw Palmetto”.

Saw palmetto is commonly used as an alternative treatment for the symptoms of an enlarged prostate, such as bladder issues, erectile dysfunction, and reducing inflammation of the urinary tract. Its effectiveness increases when mixed with nettle.

Saw palmetto can cause stomach cramps, nausea, and diarrhea, so take it with food or a glass of milk. It interacts with certain medications, so check with your physician before using it. It should never be taken with other prostate medication.

Georgia

30. Pinus Palustris (Longleaf Pine)



“Native of Southeastern US. The oil and resin from the trunks of the trees constitute the drug Terebinthina or Gum Turpentine, Which Yields Oil of Turpentine and Rosin; Pine Tar is made by Destructive distillation of the wood”.

Longleaf pine has been used historically in ship building for its resin, timber, and turpentine. The stumps and taproots are also popular for kindling. The wood doesn't rot, but is highly flammable.

The essential oil is used medicinally. It's rubbed in to the skin to ease muscle and joint pain, arthritic pain, and fatigue.

A powerful antioxidant called pycnogenol can also be made from its bark. It can be taken in supplement form to slow the aging process, correct circulatory issues, and maintain healthy skin.

Florida

31. Citrus Medica Limonium (Citron)



“Native of Northern India and cultivated in Tropical and Sub-tropical countries. The outer rind of the fresh ripe fruit is used in Pharmacy”.

The oil of citron is extracted from the rind and used primarily for cosmetic purposes, as it tightens and tones the skin.

It is considered to be a disinfectant, so it can be used externally for bacterial skin infections and sanitizing the hands.

The extract is rich in vitamin C, so it’s used as a skin protectant and to alleviate redness and irritation.

32. Citrus Aurantium Sinensis (Sweet Orange)



“Cultivated in Sub-tropical countries. The juicy part of the fruit is used as a food. The outer rind as a flavoring agent in Pharmacy”.

The fruit of the sweet orange is generally used as a food. Its high vitamin content is beneficial for keeping the immune system healthy and fighting off the common cold.

Its essential oil has many medicinal properties. It's used externally in conjunction with massage to treat constipation, motion sickness, edema, and cramps.

The scent of sweet orange oil is used in aromatherapy to treat depression, stress, and anxiety.

Alabama

33. *Stillingia Sylvatica* (Queens Root, Yaw Root)



“Native of Southern US. The dried root constitutes the drug Stillingia or Queen’s Root”.

Queens root is considered a detoxifier and blood purifier. The root can be chewed, ground in to powder, or made in to a tea, to help boost the immune system and fight off bacterial infections. It works well on tonsillitis and asthma.

It’s a mild sedative, so it’s used for anxiety and stress. It also helps soothe and calm the stomach, and when taken in large doses, it is an excellent laxative.

Queens root is one of the only plants that aid in healing **Lyme disease**.

Tennessee

34. Prunus Serotina (Black Cherry)



“Native of Eastern and Central US. The dried bark constitutes the drug Prunus Virginiana or Wild Black Cherry Bark”.

Black cherry is a common food ingredient. The fruit is considered to have antioxidant properties and protects the body from disease.

The gum of the black cherry tree, when dissolved in alcohol, is good for a sore throat and alleviating a cough. It is quite often made into cough drops for this purpose.

Tea made from the bark will [ease diarrhea](#) and calm the stomach. While the bark is considered safe to take internally, in large amounts it's poisonous.

Mississippi

35. *Spigelia Marilandica* (Indian Pink, Pink Root)



“Native of Southern US. The dried rhizome and roots constitute the drug Spigelia or Pink Root”.

If administered in proper doses, pink root will kill intestinal worms and is especially lethal to tapeworms and roundworms. However, if too much is taken, it will cause dizziness, blurred vision, muscle spasms, and heart palpitations.

It's often mixed with senna or fennel to alleviate its unpleasant side effects. It's dried and ground into powder form, but it can also be used as an extract or infusion. However, black cherry is considered to be at its most potent when it's freshly cut.

Illinois

36. Geranium Macalatum (Wild Geranium)



“Native of Eastern US and Canada. The dried rhizome constitutes the drug Geranium or Craneshill.”

Even though it has a bit of a bitter taste, every part of the wild geranium plant can be eaten. It is safe to ingest, but in large quantities it can cause constipation.

An infusion made from the root can be used as a gargle or rinse for sore throats, throat infections, gum disease, and mouth ulcers.

The dried root in powdered form can stop minor bleeding from cuts and scrapes when applied as a poultice. It can also regulate heavy menstrual bleeding when taken internally.

Iowa

37. Rhus Glabra (Smooth Sumac)



“Native of US and Canada. The dried fruit constitutes the drug Rhus Glabra or Sumac Berries”.

The berries and shoots of the smooth sumac bush are edible and completely safe for consumption. Care should be taken to identify the plant properly, though, as it looks similar to other varieties that are poisonous.

The root bark can be used to treat gonorrhea, syphilitic ulcers, canker sores, and ulcers.

Eating the berries or making an infusion will help regulate diabetes, kidney issues, and bladder problems.

Missouri

38. Ulmus Fulva (Slippery Elm)



“Native of North Eastern and North Central US and Canada. The Dried Inner Bark constitutes the drug Ulmus or Slippery-Elm Bark”.

The **inner bark** of the slippery elm tree is a commonly used herbal remedy. It can reduce the inflammation, stomach pain, and bloating that’s associated with Irritable Bowel Syndrome. It also gently loosens the bowels and alleviates constipation.

Slippery elm bark mucilage (the substance that oozes from the bark when mixed with water) has a soothing and coating effect on mucous membranes. It can be used as a healing salve for boils, burns, and any skin inflammation.

The bark can be ground, made into porridge, and eaten, which is beneficial because it’s nutritious and an antioxidant. During food crisis this was one of the most common foods. Read More: [Ingenious Foods People Made During Famines](#)

Arkansas

39. Aristolochia Serpentaria (Virginia Snakeroot)



“Native of South-eastern US. The dried rhizome and roots constitute the drug *Serpentaria* or *Virginia Snakeroot*”.

Virginia snakeroot was used in folk medicine to cure rattlesnake bites and venomous stings. Native Americans would rub it directly on the wound, but also chew on the root after sucking out the venom from the bite.

It can be taken internally to alleviate fevers, pneumonia, coughs, and the croup. It can be prepared as a tea or gargle to sooth a sore throat.

Virginia snakeroot is generally considered safe to ingest, but in large amounts it can cause dizziness, vomiting, paralysis, and death.

40. Panax Quinquefolium (American Ginseng)



“Native of Eastern and Central US and Canada. The dried root constitutes the drug Ginseng”.

The American ginseng plant is generally less potent than the Asian varieties, but it's still effective in treating colds and fevers. It can be eaten raw, or dried and made in to powdered form.

[Master Tonic - Most Powerful Natural Antibiotic](#) (How to Make)

It's considered adaptogenic, so it can be taken to prevent illness from occurring and keep the immune system healthy.

People who take anticoagulants should not eat American ginseng or take it as a supplement.

Eating or preparing ginseng as a tea can help ease an upset stomach, gastritis, colitis, and increase appetite.

Louisiana

41. *Saccharum Officinarum* (Sugar Cane)



“Cultivated in Semi-tropical Regions. The evaporated juice of the stalks yield sugar used as a food and as a Sweetening agent in Pharmacy.”

Sugar cane is known to wreak havoc on teeth and is a key factor in obesity, but it is therapeutic when used externally on the skin. It contains glycolic acid, which is beneficial for combatting acne and helps heal pockmarks and boils.

Mixing the fresh stem juice with ginger cures hiccups immediately.

The roots of the cane are used to treat urinary tract infections, bronchitis, and constipation.

South Dakota

42. Pulsatilla Specie (Pasque Flower, Prairie Crocus)



“Natives of Europe and Northern US. The Entire Dried Herb of a number of species constitutes the drug Pulsatilla”.

The pasque flower is considered poisonous and can cause skin irritations, seizures, depression, and even death, so it's used primarily as a homeopathic remedy.

The dried plant can be used externally to help wounds heal faster, but the fresh flowers are extremely volatile.

It is used in homeopathy for ear aches, eye issues, anxiety, excessive menstrual bleeding, asthma, and skin eruptions.

43. Iris Florentina (Orris Root)



“Native of Southern Europe, but cultivated in Temperate Regions. The dried rhizome of this and other species constitutes Orris Root”.

Orris root is used primarily for making perfumes because its powder has a heavy violet fragrance. During the Victorian era, it was the primary scent of most cosmetics and soaps.

It is currently used as a homeopathic remedy for sore throats, colic, and bronchitis. It can help loosen up phlegm and make a cough more productive.

Prepared as a tea, it can alleviate migraines and joint pain, but is not considered to be a highly effective treatment unless used in a homeopathic remedy.

Nebraska

44. *Brauneria Angustifolia* (Echinacea)



“Native of Central US. The dried rhizome and roots constitute the drug Echinacea”.

In the 1880's, Echinacea was considered such a powerful remedy, that it was packaged as a pharmaceutical. Certain Native Americans tribes used the plant externally to heal burns, poisonous insect bites, and snake bites. They would also put the juice of the plant on their feet to make them insensitive to heat while walking on hot coals during rituals.

Many herbalists today consider Echinacea one of the very best natural antibiotics and consider it to be a blood purifier. It's also used to lessen the severity of colds and flus.

45. *Caulophyllum Thalictroides* (Blue Cohosh)



“Native of Eastern and Central US. The dried rhizome and roots constitute the drug Caulophyllum or Blue Cohosh”.

Blue cohosh is one of the oldest American medicinal plants, and is considered a woman’s herb. It was traditionally used in folk medicine to quicken labor, regulate menstruation, and induce abortions.

Nowadays, blue cohosh is rarely used except for in homeopathic remedies. It’s used to prevent miscarriages, and regulate menstruation. Other uses include alleviating the pain from rheumatism and swollen joints.

Some midwives still use it today to induce labor, but it’s considered an unsafe practice, as too high of a dose can cause severe diarrhea, high blood pressure, and chest pain. Pregnant women shouldn’t take it, as it will cause a miscarriage.

Kansas

46. Eupatorium Perfoliatum (Boneset)



“Native of Eastern and Central North America. The dried leaves and tops constitute the drug Eupatorium or Boneset”.

The boneset plants’ common name suggests that it’s used to heal broken bones, but it was actually a common folk remedy to cure an illness called boneset fever. It was extremely popular during the civil war, and soldiers prepared it as a tea and drank it to stay healthy. They also soften their Hardtacks in this tea. (Related: [Turning Flour into Hardtack Biscuits With Over 100 Year Self Life](#))

Today herbalists don’t consider boneset to be very effective for curing fevers, but they do use it to induce vomiting, relieve indigestion, and heal bladder issues.

Regular use has been known to cause liver and kidney damage, and severe intestinal problems, including hemorrhaging.

47. Solanum Dulcamara (Bittersweet Nightshade)



“Native of Europe, Asia, Northern US and Canada. The dried young branches constitute the drug Dulcamara or Bittersweet”.

The stem of bittersweet nightshade is often used medicinally, but the leaves and berries are deadly. If ingested, they will cause vomiting, lower body temperature, convulsions, and death.

The stem can be prepared as an infusion and used directly on the skin to alleviate the symptoms of eczema, insect bites, rashes, boils, and warts. It can also be taken internally for joint pain and rheumatism.

Bittersweet nightshade has sedative qualities, so it is used as a sleep aid and to alleviate stress.

Oklahoma

48. *Asclepias Tuberosa* (Butterfly Weed, Milkweed)



“Native of Eastern and Southern US. The dried root constitutes the drug *Asclepias* or *Pleurisy Root*”.

Native Americans traditionally used the internal fibers of the milkweed plant to make rope and fishing nets. They would also boil the leaves and eat them, although this is not recommended unless you are absolutely sure that you are eating the correct plant. There are many similar species that are toxic.

The juice of the plant can be rubbed directly on the skin to get rid of warts and ringworm. Preparing it as an infusion and drinking it will cause perspiration, so it's often used to break fevers.

The boiled root has laxative properties and was an old folk remedy that was used as birth control. It can temporarily cause sterility in men.

Texas

49. *Gossypium Barbadense* (Sea Island Cotton)



“Native of Asia and Africa, but cultivated in Tropical and Sub-tropical countries. The hairs of the seed constitute purified cotton. The bark of the root constitutes the drug Cottonroot Bark”.

Sea Island cotton is considered one of the highest grade cottons for fabrics. Its leaves and seeds have also been used medicinally since the time of slavery.

Female slaves used the leaves to induce abortion and regulate menstruation. The seeds were eaten as a form of birth control. Women would rub the oil of the seeds on their breasts to induce milk production.

Extract of the flowers is used by herbalists to treat ear infections.

50. Punica Granatum (Pomegranate)



“Native of Northern India and cultivated in Sub-tropical regions. The dried bark constitutes the drug Granatum or Pomegranate Bark”.

Pomegranates are not only a delicious food, but every part of the tree has medicinal properties.

The bark and root of the tree contain powerful chemicals, that when prepared into a decoction, will safely kill intestinal parasites. It also effectively treats dysentery and it is one of the most powerful treatments for tuberculosis.

The fruit is considered a **SUPERFOOD**, as it is highly nutritious, with vitamin C, A, B2, phosphorous, and quite a few others, and has antioxidant properties. **Russians used it after the Chernobyl incident to decrease the symptoms of radioactivity.**

Related: [How To Make Pemmican – The Ultimate Survival Superfood](#)

New Mexico

51. Humulus Lupulus (Hop)



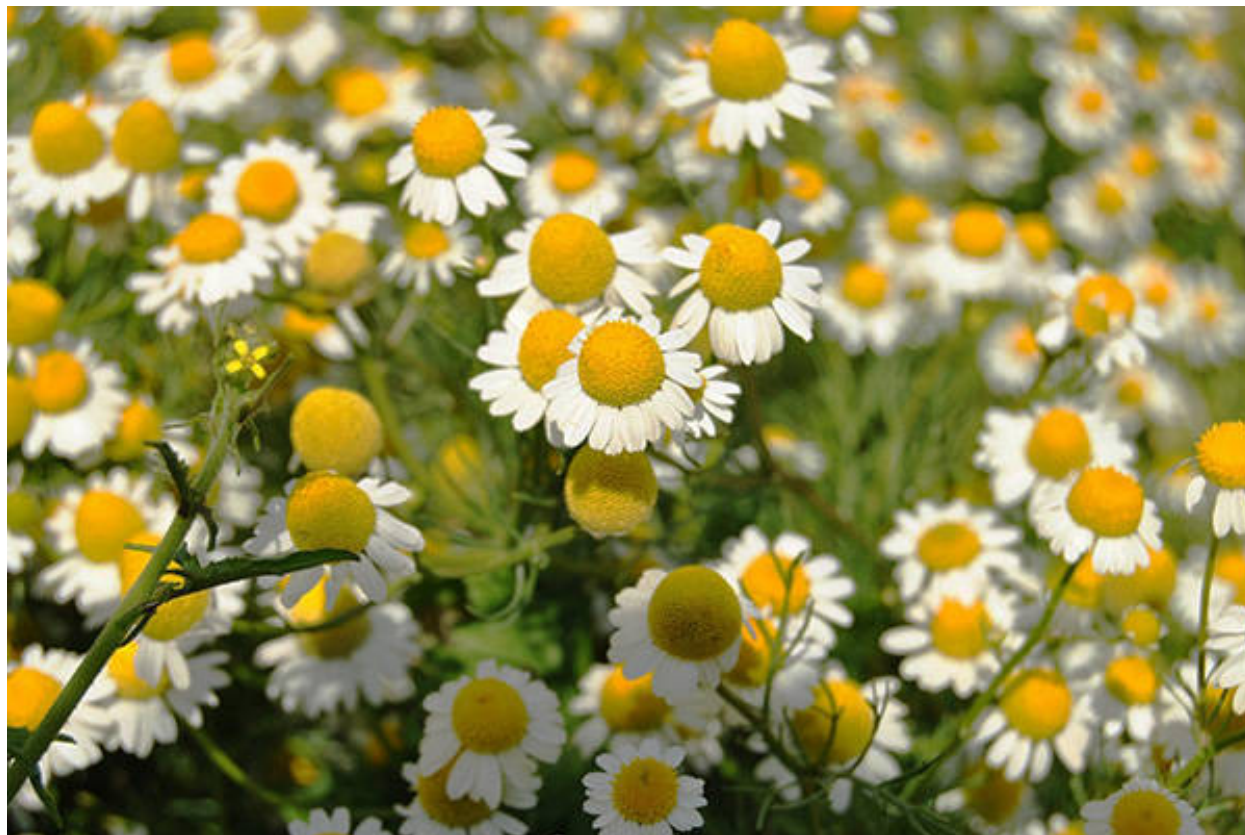
“Native of Europe, Asia and North America and cultivated in Temperate Regions. The fruit constitutes the drug Humulus or Hop. The separated hairs from the fruit constitute the drug Lupulin”.

The hop plant is used in beer for flavoring and as a stabilizer. It was a European plant, and during Roman times, used as a kitchen herb. It was brought over to American in the 1600's.

Aside from using it for beer, hops have many medicinal uses. They can be made into a poultice and used externally to cure skin infections and boils.

Dried hops mixed with lavender are put in pillows to help alleviate insomnia, as the scent has a sedating effect.

52. Matricaria Chamomilla (Chamomile)



“Native of Europe and naturalized in the US. The dried flower heads constitute Wild or German Chamomile”.

Chamomile is one of the most commonly used and studied medicinal herbs. The flowers have a volatile oil and are anti-inflammatory and anti-spasmodic, so they are often used externally for skin inflammation, and reducing the inflammation of acne.

Chamomile is also rich in vitamin B, which inhibits the growth of bacteria.

Chamomile prepared as a tea has a sedative effect, and is often used to treat insomnia and anxiety. It also has soothing properties, so it's used for indigestion and stomach aches.

Colorado

53. *Juniperus Communis* (Common Juniper)



“Native of US, Europe and Asia. The dried ripe fruit constitute the drug Juniper Berries”.

Juniper is the source of gin’s flavor, as well as an old folk remedy that’s been used for everything from spell casting to healing wounds.

Today, juniper is used primarily by herbalists as a diuretic. It works well, but if not taken correctly, can irritate the kidneys.

A poultice made of its leaves and wood pulp can be used externally to ease sore muscles, joints, swelling, and bruises.

54. *Cornus Florida* (Dogwood)



*“Native of Central and Eastern US and Southern Canada. The dried rootbark constitutes the drug *Cornus* or *Dogwood Bark*”.*

Native Americans used to chew on dried dogwood sticks made out of the wood of the tree to keep their teeth healthy. When chewed, the wood becomes fibrous and like a fine brush.

The bark is used in ointment form for a variety of illnesses, including skin ulcers, sores, fevers and colds. The fresh bark can cause nausea, so only the dried bark is used, both internally and externally.

The bark can be boiled and used in place of quinine for **malaria**.

Malaria is a disease spread almost entirely by mosquitoes. In fact if you should fear one insect, this is the one. Mosquitoes kill more people than any other creature, including humans (murders). **Read More:** [Mosquito-Repelling Weeds That You Can Plant In Your Backyard](#)

Wyoming

55. Rhamnus Cathartica (Buckthorn)



“Native of Europe and Asia. Naturalised and cultivated in US. The fruit constitutes the drug Buckthorn Berries”.

Buckthorn is considered an invasive species and is the scourge of the Northeast. However, it does have some uses.

The unripe berries of the buckthorn bush can be used as a yellow clothing dye.

The bark steeped in wine is used as a laxative and can induce vomiting in larger amounts. The dried berries also work well as a laxative.

An ointment made from the berries is effective for treating warts and other skin diseases.

56. *Grindelia Squarrosa* (Gumweed)



“Native of Western US. The dried leaves and flowering tops constitutes the drug Grindelia”.

Gumweed was used by the Shoshone tribe to treat bronchial issues. They would burn the dry leaves and inhale the smoke, or prepare it as a tea and drink it.

A gumweed poultice can be placed directly on the skin to alleviate a rash from poison oak, eczema, and bug bites.

Herbalists today commonly use the extract of the leaves and flower buds to treat asthma and colic.

Idaho

57. *Arctostaphylos Uva-Ursi* (Bearberry)



“Native of Europe, Asia, Northern US and Canada. The dried leaves constitute the drug Uva Ursi”.

The bearberry is a bears’ favorite food. Humans can also eat its fruit, as well as receive benefit from its medicinal properties.

Some Native American tribes will mix dried bearberry leaf with tobacco and use it in ceremonies. They would also use the stems and berries to prevent miscarriages.

Herbalists use the extract to treat urinary tract infections, bladder issues, cystitis, and as a diuretic. It can also be used topically to avoid and treat staph infections.

Utah

58. Menyanthes Trifolinta (Buckbean)



“Native of Europe and Asia. The variety minor grows throughout Northern US and Canada. The dried leaves constitute the drug Menyanthes or Buckbean”.

Buckbean was used in folk medicine to cure scurvy. The leaves were boiled in water and drunk to relieve swollen glands, whooping cough, and rheumatism. Herbalists would create a tincture with wine and use it as an eye wash to help with vision problems.

Buckberry extract can be used externally to cure skin diseases.

It is taken in powdered form to ease a cough, and when mixed with whey powder, it can cure gout.

Arizona

59. Marrubium Vulgare (White Horehound)



“Native of Europe and Asia and cultivated and naturalized in the US. The leaves and flowering tops constitute the drug Marrubium or White Horehound”.

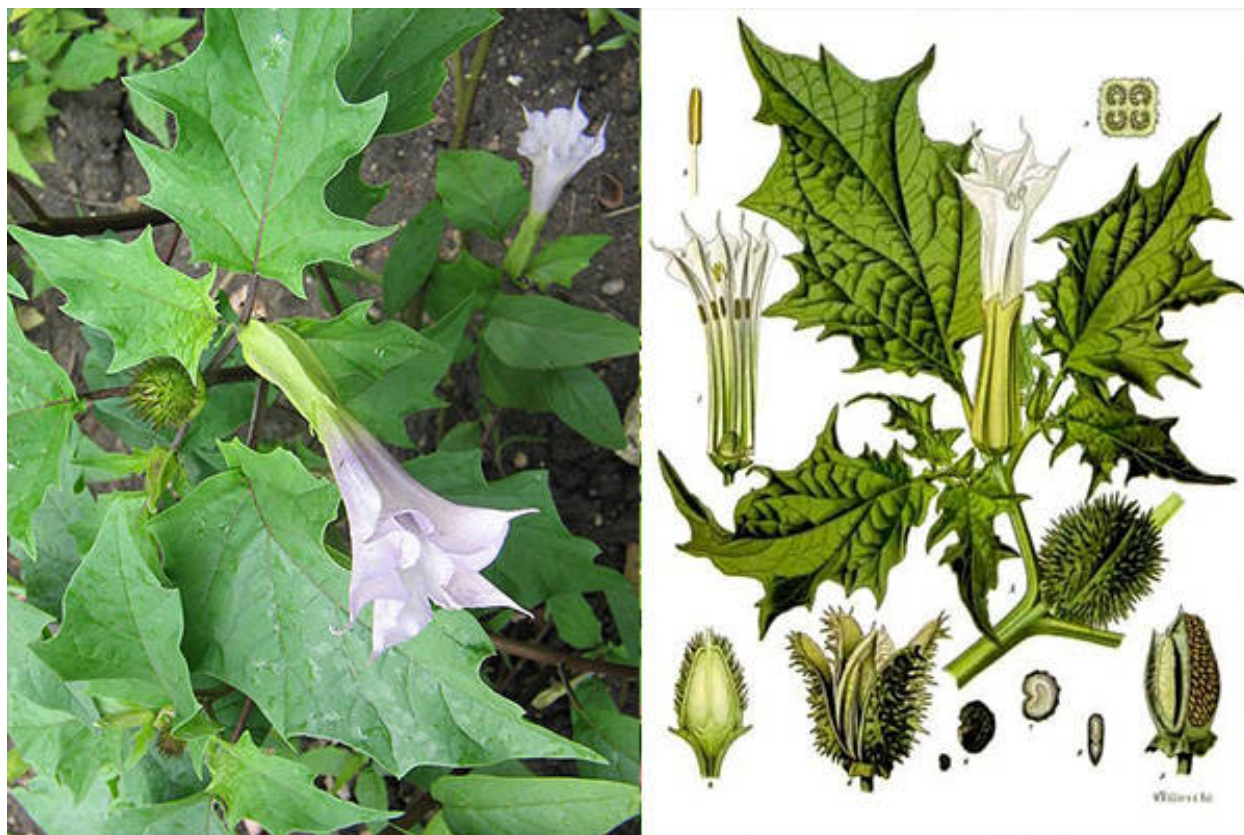
Horehound has been made into cough drops and syrups for centuries. It has a high concentration of mucilage, which soothes the throat and coats it. Herbalists still use it today to ease a cough.

Horehound extract and tonic was traditionally used as a cure all. It was used for everything from intestinal parasites to tuberculosis.

In large doses, it has a laxative effect.

Horehound is sometimes used as a substitute for hops, and horehound beer is common in Europe.

60. Datura Stramonium (Datura, Jimson Weed)



“Native of Caspian Sea Region and naturalized throughout Europe and North America. The dried leaves, tops and seed are used in Medicine”.

Datura has been used in folk medicine for hundreds of years, but even the slightest increase in dose can be fatal. It was often used to knock out patients during bone setting, amputation, and other surgeries, but patients would often die from its effects.

Ingesting datura seeds will cause hallucinations, and the seeds are one of the ingredients used in Haitian voodoo to create “zombies.”

In India, the dried leaves are smoked to relieve the symptoms of asthma.

Nevada

61. *Apocynum Cannabinum* (Dogbane, Indian Hemp)



“Native of US and Southern Canada. The dried rhizome and roots constitute the drug Apocynum or Canadian Hemp”.

Dogbane has been used for thousands of years for its cordage in basket weaving, jewelry, and clothing. The twine is stronger than cotton and good for fishing nets and small game traps.

The seeds can be made into porridge, are safe to eat, and are nutritional.

It is used medicinally to treat dysentery, but in large doses causes diarrhea and nausea.

The dried root is made into a tea to treat cardiac issues and to cure intestinal parasites.

Oregon

62. Atropa Belladonna (Deadly Nightshade)



“From Europe, cultivated in the US. The dried leaves, tops and root constitute the drug Belladonna”.

Every part of the belladonna plant is poisonous, but the root is the most deadly. It only appears to be poisonous to humans, though, as horses, goats, rabbits, and other animals eat it without issue.

Belladonna contains a chemical called atropine, which is used to dilate the eye. It's also used in remedies to treat eye diseases such as glaucoma and dry eyes.

Belladonna can be safely used externally as a plaster, to treat sprains, corns, and bunions.

63. Rhamus Purshiana (Cascara)



“Native of California, Washington and Oregon. The dried bark constitutes the drug Cascara Sagrada”.

Cascara was the primary medicinal plant used by Spanish and Mexican explorers to alleviate constipation and nausea. It became very popular in the 1800’s and was used as a cure all for just about everything.

A popular home remedy was to soak the bark in water overnight and use the liquid as a laxative. Fresh bark causes severe nausea, so it shouldn’t be used unless it’s been cured for at least a year.

Herbalists still use it for the same issues, but licorice and anise are usually added to make it taste more appealing. It’s also effective on dogs.

California

64. *Eriodictyon Californicum* (Yerba Santa)



“Native of California and Western Mexico. The dried leaves constitute the drug Eriodictyon or Yerba Santa”.

Yerba Santa was used historically for respiratory issues, and herbalists still find it effective today. Breathing in the steam from leaves that have been boiled in water will calm an asthma attack and heal an upper respiratory infection.

The Chumash tribe would make a poultice out of the leaves and use it directly on the skin to treat wounds, sores, and skin infections.

Yerba santa is used as flavoring in foods, and is added to certain medications to make them taste better.

65. Olea Europoea (Olive)



“Cultivated in California and other Semi-tropical Regions. Olive oil or sweet-oil used in Pharmacy is obtained from ripe fruit”.

The olive fruit has been cultivated for thousands of years. The word “oil” is derived from the name of this tree. Olive oil is believed to be the first oil ever extracted from a plant. Olives and the oil extracted from them were used as food, in religious ceremonies, cosmetically, and medicinally.

Olive leaf extract is used to lower blood pressure, increase arterial blood flow, and relieve heart arrhythmia.

The oil is a powerful antioxidant and it can be used on the skin to sooth dry skin.

A tablespoon of olive oil mixed with honey will get rid of gastritis and is more effective than castor oil as a gentle laxative.

66. Eucalyptus Globulus (Tasmanian Blue Gum)



“Native of Australia and Tasmania and cultivated in Southern US and Southern Europe. Thee dried leaves constitute the drug Eucalyptus”.

The leaves of the eucalyptus plant are the primary source of its medicinal properties. Dried leaves or an infusion can be added to bathwater as an astringent. A classic remedy for congestion is to throw the leaves into a pot of boiled water, cover your head and breathe in the steam.

Oil of eucalyptus is also extracted from the leaves. It's antiseptic, and can be used topically to treat sprains, muscle soreness, and bruises. Never use the essential oil on the skin directly unless it's been diluted with oil, alcohol, or water.

Coastal Regions

67. Fucus Vesiculosus (Bladderwrack)



“Native of North Atlantic and coastal regions. The dried sea-weed constitutes the drug Fucus or Bladderwrack”.

Bladderwrack has been used for centuries to treat goiters. It has a high concentration of iodine, which is probably why it’s so effective for this purpose. Iodine also stimulates a sluggish thyroid, so herbalists often prescribe it for hypothyroidism.

It can be taken internally or applied externally to treat rheumatism and arthritis.

Bladderwrack is rich in nutrients, including vitamins C, K, and B complex, so it is a healthy addition to any diet.

68. Chondrus Crispus (Irish Moss)



“Native along NE Coast. The entire dried sea-weed constitutes the drug Irish Moss or Chondrus”.

Irish moss has a soothing effect on the mucous membranes of the body, so it's often used for respiratory issues like bronchitis and pneumonia, and digestive problems.

It contains a high concentration of iodine, which stimulates the thyroid, so it's used to treat the symptoms of hypothyroidism, like fatigue, slow metabolism, low heart rate and blood pressure, and hair loss.

It can be used externally to sooth sunburn and cure eczema.

By Diseases, Symptoms

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Anti-fungal: Mentha Spicata (10)

Anxiety: Lycopodium Clavatum (21)

Arterial blood flow: Olea Europoea (65)

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Diaphoretic: Aralia Racemosa (8)

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Gum disease: Geranium Macalatum (36)

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Menstrual cramps: Cimicifuga Racemosa (25), Dioscorea Villosa (6), Aletris
Farinosa (19)

Menstruation (including other complications): Caulophyllum Thalictroides (45), Gossypium Barbadense (49)

Migraines: Gelsemium Sempervirens (28), Iris Florentina (43)

Motion Sickness: Citrus Aurantium Sinensis (33)

Mouth Irritations: Hamamelis Virginiana (16)

Mouth Ulcers: Coptis Trifolia (12), Geranium Macalatum (36)

Muscle Soreness: Eucalyptus Globulus (66)

Nasal Congestion: Myrica Carolinensis (15)

Nasal Polyps: Myrica Carolinensis (15)

Nausea: Lycopodium Clavatum (21), Rhamnus Purshiana (63)

Nerve Stimulants: Cypridium Pubescens (7)

Osteoporosis: Dioscorea Villosa (6)

Pain killer: Gaultheria Procumbens (14)

PMS: Dioscorea Villosa (6)

Pneumonia: Aristolochia Serpentaria (39), Chondrus Crispus (68)

Pockmarks: Saccharum Officinarum (41)

Poison Oak: Grindelia Squarrosa (56), Sassafras Varifolium (23)

Poisonous Insect Bites: Brauneria Angustifolia (44), Aristolochia Serpentaria (39)

Rapid Heartbeat: Veratrum Viride (18)

Rashes: Solanum Dulcamara (47)

Rattlesnake Bites: Aristolochia Serpentaria (39)

Respiratory Disorder: Linum Usitatissimum (5), Polygala Senega (9)

Rheumatism: Aralia Racemosa (8), Caulophyllum Thalictroides (45), Fucus Vesiculosus (67), Menyanthes Trifolinta (58), Solanum Dulcamara (47)

Ringworm: Asclepias Tuberosa (48)

Scurvy: Menyanthes Trifolinta (58) + Vitamin C

Skin Eruptions and Infections: Phytolacca Americana (24), Eriodictyon Californicum (64), Humulus Lupulus (51), Ulmus Fulva (38), Pinus Palustris (30), Citrus Medica Limonium (31), Hamamelis Virginiana (16)

Skin Ulcers: Cornus Florida (54), Myrica Carolinensis (15)

Snake Bites: Brauneria Angustifolia (44)

Sore Muscles: Abies Balsamea (13), Juniperus Communis (53)

Sore Throat: Sanguinaria Canadensis (20), Prunus Serotina (34), Geranium Macalatum (36), Iris Florentina (43), Myrica Carolinensis (15), Cornus Florida (54), Eriodictyon Californicum (64)

Spasms of the Digestive Tract: Hyoscyamus Niger (4)

Spasms: Matricaria Chamomilla (52)

Spongy Gums: Myrica Carolinensis (15)

Sprains: Atropa Belladonna (62), Eucalyptus Globulus (66)

Staph Infections: Arctostaphylos Uva-Ursi (57)

Stomach Pain (see exactly for what pain): Ulmus Fulva (38)

Swelling and Bruises: Juniperus Communis (53)

Swollen Glands: Menyanthes Trifolinta (58)

Swollen Joints: Caulophyllum Thalictroides (45)

Syphilitic Ulcers: Rhus Glabra (37)

Throat Infections: Geranium Macalatum (36)

Tonsillitis: Stillingia Sylvatica (33)

Toothaches: Polygala Senega (9)

Trigeminal Neuralgia: Gelsemium Sempervirens (28)

Tuberculosis: Punica Granatum (50)

Ulcers: Rhus Glabra (37)

Upper respiratory infection: Eriodictyon Californicum (64)

Urinary tract infections: Arctostaphylos Uva-Ursi (57), Saccharum Officinarum (41)

Vaginal dryness: Dioscorea Villosa (6)

Warts: Asclepias Tuberosa (48), Solanum Dulcamara (47)

Wounds: Eriodictyon Californicum (64), Sassafras Varifolium (23), Juniperus Communis (53), Pulsatilla Specie (42)