



(Juniperus communis) – Juniper is often used for urinary tract infections when taken internally as a tea or tincture. External uses include juniper oil or salve to resolve eczema and psoriasis symptoms. Preparation methods: Dry leaves and fruit before infusion in oil or tea. Cautions: Should not be used during pregnancy, or for acute kidney inflammation.

Big Leaf Periwinkle (Vinca major) – Known to constrict blood vessels, the plant can be used to treat migraines as well as lessen minor hemorrhaging, such as nosebleeds, profuse menstruation, or hemorrhoids. Preparation methods: Vine can be gathered with or without flowers to prepare as a tincture when fresh or dried. Cautions: Not to be used during pregnancy; can cause blood pressure reduction and therefore is not recommended for those taking cardiovascular medications.

Jojoba (Simmondsia chinensis) – When applied as a topical astringent, jojoba diminishes inflammation caused by scrapes, rashes or burns, as well as reducing discharge from weepy rashes. Jojoba is slightly antimicrobial, thus assisting tissues to heal quickly. When used as a mouth wash, it can resolve mouth sores and lessen bleeding gums, while jojoba tea reduces diarrhea. Mature Jojoba seeds, when roasted, may promote the feeling of satiation, and therefore assist in dieting, however only a few seeds should be ingested as larger amounts can be painful to digest. Preparation methods: New leaves that are light green and hydrated should be collected from the upper branches of the plant. Cautions: Recommended for short term use only (5-7 days), and jojoba should not be used during pregnancy due to vasoconstricting effects on the uterine lining.

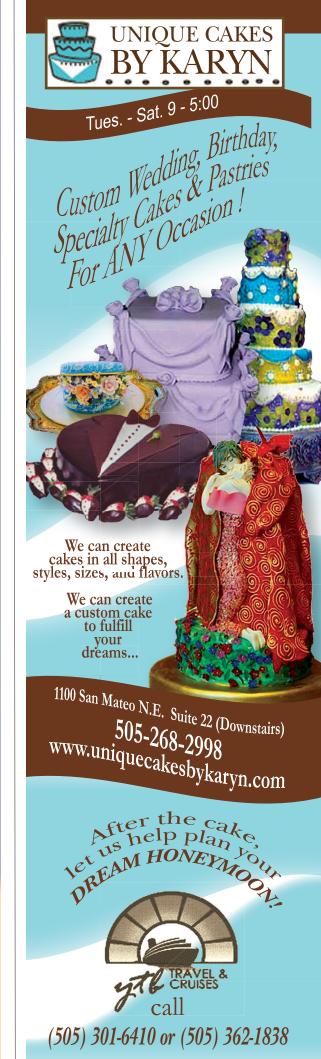
Desert Oregano (Aloysia wrightii)—
When taken as a fincture or tea before meals, desert oregano can act as an aromatic bitter, and assists in preventing indigestion and bloating. Preparation methods: Collect leaves and flowers from upper branches when they are at their most aromatic. Cautions: Should not be used during pregnancy.

(Marrubium vulgare) – In tea, tincture or syrup form, horehound is an effective expectorant which thins mucus and assists in a variety of bronchial conditions. When taken as a hot tea before meals, it is known to stimulate appetite; cold horehound tea is a mild diuretic and can assist in diminishing fluid retention. Preparation methods: Collect leaves and flower clusters from the upper half of the plant during spring. Cautions: Can elevate blood pressure and cause short term hypoglycemic episodes.

Desert Sage (Salvia dorrii) – Externally, sage oil is anti-inflammatory and antioxidant, and useful for reducing fevers and inflammation caused by burns. Sage can also be steamed for inhalation to help with sore throats. Preparation methods: Collect strongly aromatic leaves and flowering parts only; aroma indicates the sage is at its most efficacious. Cautions: Not for use during pregnancy or while nursing.

New Mexican Verbena (Verbena macdougalii) – As a tincture or infusion, verbena is a mild sedative useful for reducing nervousness, anxiety and tension as well as treating stress headaches. The plant's chemical properties are thought to have a modulating effect on dopamine levels within the brain, and verbena also been prescribed as helpful for mothers who are not producing sufficient breast milk. Preparation methods: Leaves and stems can be cultivated for drying. Cautions: Although considered helpful for assistance in nursing, verbena should not be used during pregnancy.

Xucca (Yucca elata) – Because of its inability to be digested in the intestinal tract, oils and capsules of dried yucca root are known to assist in waste removal from the colon. Yucca also binds and assists in the removal of cholesterol and is even believed to help chronic pain and rheumatoid arthritis. Powdered yucca root can be added to water for making a shampoo as well. Preparation methods: Chop roots into ¼ inch pieces for drying. Cautions: Yucca is recommended for short periods of use (3-4 weeks) as excessive quantities and/or long-term usage can cause intestinal distress. Yucca should not be used during pregnancy.



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