



THE ART OF NATURAL FOREST PRACTICE

Medicinal Herbs found in the woodlands of Wales

(NEW ON WEBSITE - AUG 09)

CREATIVE OBSERVING

MY EXPERIENCE IS BASED ON OBSERVATION MADE FIRST-HAND IN WOODLAND AND FOREST
I HAVE RELIED ON THIS IN ASSESSING THE RELEVANCE OF OTHER INFORMATION SOURCES.

This list provides some indication of the richness and diversity of medicinal herbs found in our woodlands in common use up to 50 to a 100 years ago and forms an intriguing window on how they were much more broadly productive than we realise today.

This is not a guide to the formulation of medicinal herbs and

**YOU SHOULD NOT TO ATTEMPT TO TREAT ANY ILLNESS YOURSELF USING HERBS
BUT RATHER SEEK EXPERT GUIDANCE.**

For information about qualified medical herbalists in your local area,
please contact http://www.nimh.org.uk/find_herbalist

Archangel, Yellow - *Lamium galeobdo*

Used externally. Crushed leaves used to staunch bleeding and to reduce inflammation. Dried leaves made into tea to treat flu type illnesses.

Betony - *Stachys Officinalis*

Crushed leaves made into a poultice to stop bleeding, and to speed up the healing of wounds. Made into a "tea" the herb eased migraine, headaches and indigestion.

Bluebell - *Hyacinthoides Non-SC*

Bulb, dried and powdered, diuretic and stops haemorrhages.

Bramble - *Rubus Fruticosus*

Leaves used as an astringent and tonic. As a treatment for "the runs". Used as a poultice to treat burns, swellings and ulcers. Leaves used as a tea can ease Gout.

Broom - *Cytisus Scoparius*

Mainly used for heart and circulatory complaints. Culpeper recommends it for "dropsy, gout, sciatica and pains of the hips and joints"

Burdock, Lesser - *Arctium Minus*

Dried roots powdered, taken in a drink as a blood purifier, to prevent colds and flu and stimulate perspiration in fevers. Fresh leaves applied externally as a poultice to bruises, ulcers and swelling.

Colt's Foot - *Tussilago farfare*

Used to treat coughs, made into syrup.



Medicinal herbs in summer at Coed Nant Gain

