



Leave the weeds!  
Wild herbs in your garden











# Swamp dock *Rumex brownii* or Yellow Dock *rumex crispus*



- Consider for chronic constipation, crohns disease, ulcerative colitis

# Cat's ear *Hypochaeris radicata*



- Consider for fungal and bacterial infections (comparable to ampicillin)

# Asthma weed *Euphorbia hirta*



- For dry, spasmodic, asthmatic coughs



# Nodding top

## *Crassocephalum crepidioides*



- Hepatoprotective
- May be an alternative to St Mary's Thistle

# Blue Top *Ageratum conyzoides*



- Topical analgesic – use for bee stings, tick and ant bites
- BHP in healthy men
- Antimicrobial

May combine with wild crafted nettle (also available in SE QLD)



# Lantana *Lantana Spp*

## *Lantana camara*



- Antibacterial – esp in staph and e.coli (gastroenteritis)
- Tick and pests

# Tropical Chickweed *Drymaria cordata*



- Analgesic and antipyretic (superior to indomethacin)
- Antitussive
- Antibacterial



# Common Chickweed *Stellaria media*



- Anti-inflammatory – esp on the skin
- Arthritis
- Weight loss
- Antiviral
- Cancer
- Liver protection
- Lymphatic cleanser

# Gotu Kola *Centella asiatica*



- Wound healing – reduces scarring
- Enhances mental function
- Anxiety
- Ageing



# Sow Thistel *Sonchus oleraceus*



- Antidepressant and anxiolytic (comparable to the drugs amitriptyline and clonazepam)
- HIV – inhibits enzymes involved in the replication of HIV. (comparable to lopinavir)

# Purslane *Portulaca oleracea*

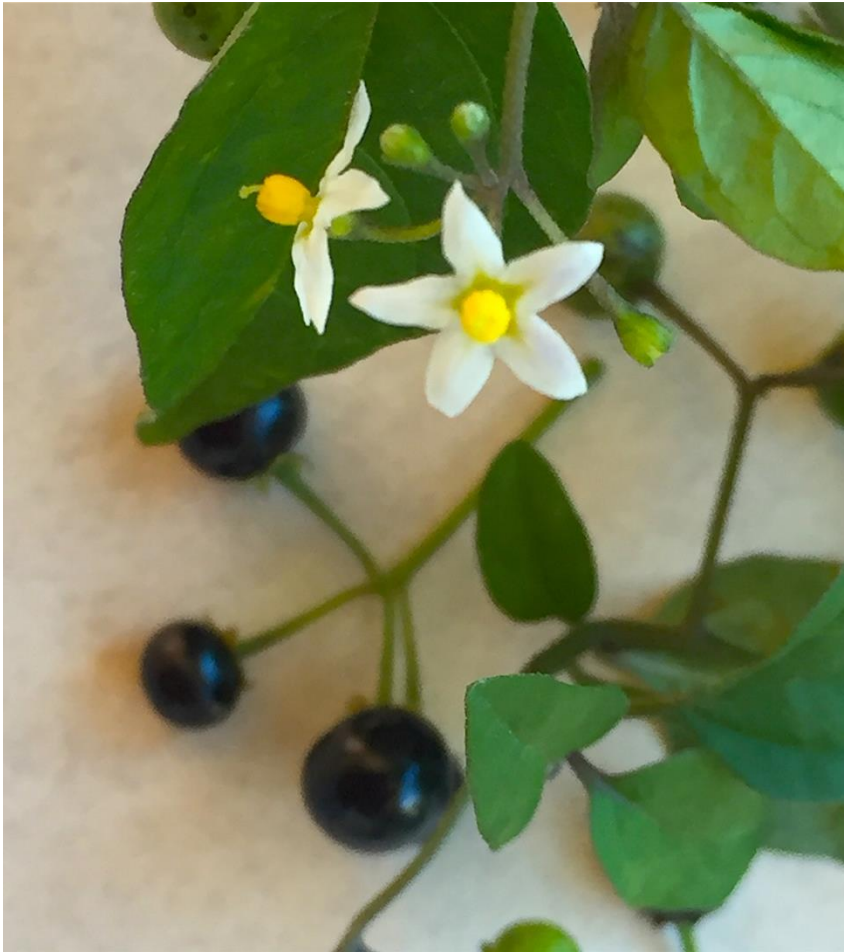


- Skin and wound healing
- Inflammatory bowel disease
- Insomnia (comparable to diazepam)
- May be used as an alternative to slippery elm



# Blackberry Nightshade

## *Solanum nigrum*



- Reduces pain
- Anticonvulsant/anti-seizure
- Hepatoprotective

# Cobblers pegs *Bindens pilosa*

- Cancer - many different kinds
- Diabetes
- Inflammation





# Anti-inflammatory Gel



# Anti-inflammatory Gel



- A variety of herbs can be used in this recipe including
- Chickweed, tropical chickweed, bluetop, sow thistel, gotu kola, peppermint, plantain and aloe vera
- Use topically for anything hot, red painful and inflamed.