

**April 23<sup>rd</sup>**

Medicinal Plants Covered:

- 1) Comfrey- used externally to reduce inflammation and speed recovery from sprains, fractures, bruises.
- 2) Calendula- externally used for scrapes, bug bites, scratches, burns, etc. Internally useful to tonify lymphatic system
- 3) Echinacea- boosts immune system, specifically T-cell activity
- 4) Yarrow- externally used to stop bleeding; internally useful to break fevers and induce sweating
- 5) Elder- aids immune response to virus infection, reduces severity of cold/flu symptoms
- 6) Meadowsweet- similar to aspirin: anti-inflammatory, pain relief
- 7) Valerian- nervine, anti-anxiety, sleep aid