



Healing Herbs Wall Chart

Now available to new & current members...

LearningHerbs.com and Mountain Rose Herbs are excited to announce the "Healing Herbs" Wall Chart and eBook.



The information in this beautiful 18" x 24" wall chart and accompanying eBook was compiled by our very own Rosalee de la Forêt and was edited by Kiva Rose. The artwork is from our *Wildcraft!* game.

The chart is printed on 100% post-consumer, recycled paper with soy ink, and is printed in the U.S.A.

23 herbs on the chart include...

Astragalus, burdock, calendula, catnip, chamomile, comfrey, dandelion, echinacea, elder, garlic, ginger, hawthorn, lemon balm, nettle, oats, peppermint, plantain, red clover, slippery elm, St. John's Wort, valerian, wild rose, yarrow

LearningHerbs.com is only making this chart available to new and current HerbMentor members. The companion eBook is INCREDIBLE and will of course be available to you as part of your membership. Membership has its privileges!

Healing Herbs



Astragalus

Botanical name: *Astragalus membranaceus*
Family: Leguminosae
Parts used: root
Properties: astringent, adaptogen, antidiabetic, hepatoprotective
Used for: cardiovascular, immunological, bone health, respiratory, kidney, diabetes, liver disease
Plant preparations: decoction, tincture, capsules, essential oil



Burdock

Botanical name: *Arctium lappa*
Family: Compositae
Parts used: root, seeds
Properties: purgative, laxative, diuretic, diaphoretic, antitumor, hepatoprotective
Used for: constipation, skin diseases, diabetes, hypertension, kidney, liver, gallbladder, stomach, and intestines
Plant preparations: decoction, tincture, capsules

Calendula

Botanical name: *Calendula officinalis*
Family: Compositae
Parts used: flowers
Properties: antiseptic, astringent, anti-inflammatory, analgesic, antitumor, antidiabetic, antihypertensive, antihyperlipidemic
Used for: cardiovascular, urinary tract, stomach, skin, eye, respiratory, immune, bone, and liver
Plant preparations: infusion, tea, oil, ointment



Catnip

Botanical name: *Nepeta cataracta*
Family: Lamiaceae
Parts used: flowering top, leaves
Properties: sedative, spasmolytic, antispasmodic, antidiabetic, antihypertensive, antihyperlipidemic
Used for: stress, depression, headache, insomnia, menstrual cramps, anxiety, and hypertension
Plant preparations: tea, infusion



Chamomile

Botanical name: *Matricaria inodora*
Family: Compositae
Parts used: flowering top
Properties: carminative, antispasmodic, antidiabetic, antihypertensive, antihyperlipidemic, antitumor
Used for: stomach, respiratory, nervous, and circulatory system, skin, and hair
Plant preparations: tea, infusion, oil

Comfrey

Botanical name: *Symphytum officinale*
Family: Boraginaceae
Parts used: leaves, root
Properties: anti-inflammatory, analgesic, demulcent, hepatoprotective
Used for: wounds, skin, respiratory, and circulatory system, and bone health
Plant preparations: infusion, decoction, ointment, capsules

Dandelion

Botanical name: *Taraxacum officinale*
Family: Compositae
Parts used: root, leaves, flowers
Properties: purgative, diuretic, diaphoretic, antidiabetic, antihypertensive, antihyperlipidemic
Used for: liver, gallbladder, kidney, and circulatory system
Plant preparations: decoction, infusion, tincture



Echinacea

Botanical name: *Echinacea purpurea*
Family: Compositae
Parts used: root, leaves, flowers
Properties: immunomodulatory, antidiabetic, antihypertensive, antihyperlipidemic
Used for: immune system, skin, and circulatory system
Plant preparations: infusion, tea, capsules

Here is a close up...



Are you a member? Want one?

Click on the "[Healing Herbs Chart Order Page](#)" link below...

Not a member yet?

We'll mail a chart to you for **FREE** when you join. [Click here...](#)

Recent articles [Healing Herbs eBook](#) Apr 21, 2009



This 56 page eBook (PDF) covers all 23 herbs listed on the Healing Herbs Chart in greater detail. It also includes a remedy or recipe for every herb in addition to a reference table for all herbal properties mentioned on the Chart. [Healing Herbs Chart Order Page](#) Mar 17, 2008 If you are a member of HerbMentor.com, and would like to order extra Healing Herbs charts "at cost," this is the only place online you may do that...