

# Why PLANT Medicinal PLANTS in your Garden?



## **WHY PLANT MEDICINAL PLANTS IN YOUR GARDEN**

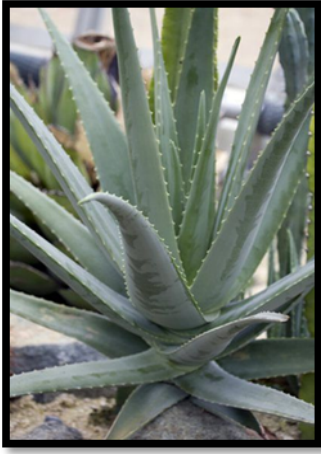
Growing medicinal plants at home gives you a way to treat many common health problems naturally and planting your own medicinal garden is easier than you might think. Even if you don't have a lot of space for growing plants, you can still grow some of your favorites. Many herbs and plants will survive on a windowsill, so you can have a medicinal garden even if you live in an apartment or condo.

Before planting your garden, do a little research to determine which plants or herbs have the therapeutic benefits you're searching for and to make sure they will grow well in your particular area. Some will thrive in your region while others may not fare so well. By choosing the ones that grow best in your area, it will be easier to grow healthy plants.

Many of the prescription drugs available today have a long list of possible bad side effects, some of which may even be worse than the medical problem you're trying to treat. This is why many people are searching for a more natural, safer way to treat their medical problems.

For centuries, people have used a wide variety of plants to treat all types of illnesses. In fact, you may be surprised to learn that there are large numbers of therapeutic plants and herbs available that you can use to treat everything from headaches to infections.

**\*\*\*Please remember to discuss your decision to use medicinal plants and herbs with your health care provider before doing so. This way, you can talk about any potential risks, such as allergies or drug interactions to make sure the plants you plan to use are safe for you.**



**Aloe – pot set in garden bed**

How to use Aloe Vera-

This plant is most famous for its amazing ability to relieve the pain associated with all types of burns, including sunburns. Simply cut open the leaf to expose the gel inside and then spread it over the affected area. It will relieve the pain and promote healing.

You can also use the gel from an Aloe Vera plant to heal cuts, scrapes and a variety of skin conditions that include eczema.



**Lavender**

How to use Lavender-

Use the dried lavender flowers to make herbal tea to relieve indigestion, pain associated with migraine headaches and help you sleep better.

Brew a strong tea and use it as shampoo to help eliminate dandruff.

Add it to homemade salves, bath salts and soaps. Make a small lavender sachet **to use in your pillow for better sleep.**



**Pot Marigold (Calendula)**

How to use Calendula-

The flowers are edible, and often used to bring some color to salads.

You can use Calendula to treat minor abrasions, fever, varicose veins and infections.

It also helps heal insect bites and bee stings (make a salve and keep it handy)



**Basil** –

How to use Basil-

Use basil leaves to treat and heal cuts, scrapes and minor abrasions.

It may help eliminate gas, ease PMS symptoms, improve your appetite and relieve stress.

Basil can also be used to treat sore throat pain, reduce fevers, treat respiratory problems and it may even help prevent kidney stones.



**Dill** –

How to use Dill-

Many believe that this herb aids in the digestive system and eases menstrual cramps. Make some tea and sip it slowly to settle your tummy.

It may also help reduce swelling, cure the hiccups and it may even help with insomnia.

Use it in weight loss programs as a substitute for salt.



**Garlic** –

Many people love garlic and the flavor it adds to a variety of foods. However, some people try to avoid eating it raw because of its stinky odor.

Whether you like it or not, munching on a garlic bulb may help to eliminate free radicals and possibly even prevent cancer.

Garlic is also known to help relieve cold symptoms, prevent dementia and it may even reduce your risks of heart disease by lowering your blood pressure.



### **Onions –**

Onions can do a lot more than add flavor to your food. They have both anti-inflammatory agents that can help improve your cardiovascular system. They can also benefit the skeletal system, aid the digestive system and they may also help reduce your risk of cancer.



### **Stevia –**

Stevia is a natural sweetener that tastes as great as sugar but without all the added calories. It can help you maintain a healthy weight and still enjoy all the tasty goodies you love so much without having to worry about gaining weight. [Stevia.net](http://Stevia.net) has some great information on how to grow this herb.



**Rue –**

This plant is used to help relieve gas, diarrhea and nausea. It may also help to rid your body of worms and relieve pain caused by arthritis, headaches, toothaches, cramps and muscle spasms. Use rue to treat problems that affect the nervous system and certain health conditions that hinder your ability to breathe.



**Sage –**

Used on many dishes to add flavor, Sage also aids the digestive system and it helps to relieve inflammation. It's used to heal gum diseases and skin infections. It may even help improve your memory, focus and concentration.

Sage essential oil is used to strengthen the immune system, bones and to treat a variety of skin conditions that include psoriasis and eczema.



**Licorice –**

This plant contains antiviral, antioxidant and antifungal agents that help to ease symptoms of food poisoning, stomach ulcers, heartburn and indigestion.

The anti-inflammatory agents help to boost the immune system, treat respiratory problems and you can use it to improve a variety of skin conditions.



**Thyme –**

This herb can be used to aid the digestive system and to treat infections, stomach problems and sore throat pain. It may also relieve coughs and congestion. It also has strong antiseptic agents that can help heal minor cuts and abrasions. Thyme essential oil is very popular in aromatherapy and it's often used as a disinfectant.



### **Parsley –**

If you need to increase your intake of vitamin A and C, try adding some parsley to your meals. It's used to strengthen the immune system, reduce your risks of diabetes and to help make your bones stronger. It may also help stabilize your blood pressure and it can even freshen your breath.



### **Ginger –**

Ginger has a tangy taste and it's been used as a Chinese herbal medicine for centuries. It can help relieve heartburn, indigestion and upset stomach. It may also help relieve headache pain and the symptoms associated with migraine headaches. Many believe that it can help kill ovarian cancer cells and it's used to reduce nausea, treat cold and flu symptoms and to aid the digestion system.



### **Chamomile** –

Chamomile tea can help relieve stress, anxiety and depression. It can also help you relax and sleep better. Chamomile is also used to relax muscles, relieve stomach cramps and to treat IBS. It reduces swelling and inflammation so it may also help relieve allergy symptoms. Chamomile is used to help promote healthy skin and to fade dark circles under your eyes.



### **Shiitake** –

Shiitake is a mushroom that offers many health benefits. For starters it has eight essential amino acids and a variety of vitamins, minerals and nutrients that help fight infections. It's used to boost the immune system, aid the digestion system and reduce sensitivity to some food allergies.

Some believe it has the ability to kill cancer cells, improve cardiovascular health and it's used in some weight loss recipes.



### **Chives –**

Chives are a great source of Vitamin C, beta-carotene and a variety of other vitamins that can help improve your overall health. It's used to reduce inflammation, repel insects and enhance memory.

Chives have a very few calories and they're high in fiber. They may help you maintain healthy cholesterol levels and reduce your risk of stroke, peripheral vascular disease and coronary artery disease. It may even help to lower risks for cancer.



### **Turmeric –**

Turmeric has anti-inflammatory and antioxidant agents that help to protect your body from free radicals. It works by boosting the body's own antioxidant enzymes. It may also help lower your risk of heart disease, ease depression and it may even help fight premature aging. Turmeric is also used to treat Alzheimer disease and pain caused by arthritis.

Plant list:

Aloe

Lavender

Pot marigold (Calendula)

Basil

Dill

Garlic

Onions

Stevia

Rue

Sage

Licorice

Thyme

Parsley

Ginger

Chamomile

Shiitake

Chives

Turmeric