



Joe Courage and Plantain

- Expectorant** (*helps bring up mucous from the lungs, bronchi, and trachea*)
- Decongestant** (*shrinks the swollen membranes in the nose making it easier to breath*)
- Demulcent** (*soothes the mucous membranes by forming a film*)
- Vulnerary** (*Any preparation, plant or drug used in the cure of wounds*)
- Emollient** (*soothing and moisturizing effect when applied to the skin*)
- Neutralizes toxins** (*helps the liver convert toxins into fat or water-soluble forms to be excreted through the bowels or urine*)

Uses:

Bladder inflammation, skin inflammation and itching, urinary tract bleeding, general bleeding, bruising, broken bones, congestion, respiratory problems, hemorrhoids, ulcers, gastritis, insect bites and stings.

One physician tells of seeing an American Indian woman pound up a large quantity of Plantain leaves, put them into a skillet, and pour on enough lard to cover the leaves. This mixture simmered over a fire for several hours and then was strained through a cloth to remove the leaves. When it had cooled, the product was a smooth, greenish colored ointment. The Indians used this salve to rapidly and permanently cure a chronic skin disease that was similar to a dry form of eczema.



How to Use Plantain

Plantain is edible! Harvest the young, tender leaves for salads, or steam and use as a spinach substitute. The young, immature flower stalks may be eaten raw or cooked. If you're really adventuresome, you can harvest the seeds. They have a nutty flavor and may be parched and added to a variety of foods or ground into flour. The leaves, seeds and roots can all be made into an herbal tea.



As with all herbal medicines, you are your own best doctor; listen to your body and pay attention to it's interaction with the herb, and you will figure out your own best uses and dosages.

One of plantain's most common uses is as a poultice for stings, bites, scrapes and rashes. The simplest way to treat these ailments is to crush a few fresh plantain leaves by smashing them in your hands, or chewing them briefly. Now apply the green poultice to the affected area of your body. Replace with fresh leaves as necessary.



The fresh plantain "juice" takes the pain away and seems to work wonders at staunching blood flow and closing wound edges. It's also soothing to sunburn.

Plantain tea can be used as a soothing wash for sunburn, windburn, rashes, or wounds. To make a plantain infusion (tea), simply add a small handful of fresh or dried plantain leaves to a cup or two of water, and bring to a gentle boil. Turn off

WARNING:

- Roadside plantain will be dirty and dusty, and ditches are often sprayed with weed-killers. Leave a spot in your backyard where you allow Plantain to grow so you can harvest your own all summer. Plantain is not associated with any common side effects and is thought to be safe for children.

heat, and let steep, then strain out the leaves. The infusion is best when fresh, although it can be stored in the refrigerator for a few days. This tea can be taken with a little honey for lung congestion illnesses like bronchitis and asthma.

You can make a plantain oil by filling a glass jar with fresh plantain leaves that have been bruised or crushed. Cover the leaves with olive oil (any oil will do) and screw the lid on your jar. Let your plantain oil sit in the sun for a couple of weeks. The oil will turn dark green. Strain out the leaves with a tea strainer, and use your herbal oil to treat any skin abrasion, rash, wound, or bug bite. This oil can also be used to help heal diaper rash and cradle cap.

Plantain Quiz:

What are some of Plantain's other names? _____

Is Plantain edible?: _____

How did Plantain get to the United States? _____

What is an Expectorant?: _____

What is a Vulnerary?: _____

What is a Diuretic?: _____

What is the easiest way to use Plantain? _____

Name 5 ailments or health problems that Plantain could help. 1) _____ 2) _____

3) _____ 4) _____ 5) _____

Go hunt for some Plantain herb in your neighborhood or yard, and make some Plantain oil to add to your own medicine cabinet!