

Local Herbalism

An overview of selected plants
and their therapeutic applications
(NOT TO BE USED AS MEDICAL ADVICE)

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Plant	Action	Uses	Cautions
Balsam fir (buds, sap) <i>Abies balsamea</i> (Pinaceae)	warming stimulant antiseptic	<ul style="list-style-type: none"> Sap Tea: cough, <u>colds, sore throat</u>, anti-scorbutic Sap: cuts, burns, sore nipples Sap mixed with oil for muscle and joint pain 	△ contact dermatitis
Stinging nettle (leaf) <i>Urtica dioica</i> (Urticaceae)	astringent galactagogue diuretic rubefacient counter-irritant anti-inflammatory	<ul style="list-style-type: none"> Tea: benign prostatic hyperplasia - urinary symptoms: nocturia, dysuria, urinary retention (root tea); Anti-inflammatory -asthma hayfever; allergic rhinitis, decreases BP Nutritive in convalescence Gout- increase uric acid excretion External—eczema, neuralgia <u>rheumatic pain</u>, sciatica tendonitis sprain 	△ contact dermatitis △ pregnancy (potent diuretic)
Plantain (leaf) <i>Plantago major</i> (plantaginaceae)	vulnerary anti-inflammatory expectorant demulcent astringent diuretic blood cleanser	<ul style="list-style-type: none"> Tea: gentle expectorant; cough and mild bronchitis; lung-skin tonic diarrhea, hemorrhoids, cystitis Poultice of crushed fresh leaves for bruises, cuts, haemorrhoids, ulcerations: <u>"Framer's Band AID": heals old WOUNDS and open sores</u> 	No safety issues
White pine (needles, inner bark) <i>Pinus strobus</i> (Pinaceae)	tonic nutritive aromatic expectorant demulcent diuretic vulnerary antitussive	<ul style="list-style-type: none"> Tea: needles high in A, C, K Vitamins; for colds, flu, cough Bark (inner) as emergency food Bark tea for cough, colds, bladder and kidney troubles pounded inner bark for sores, ulcers, wounds Pycnogenol: powerful antioxidant, increases muscle loss due to aging, endurance; in 	△ pollen allergies
Chaga <i>Inonotus obliquus</i> (Hymenochaetaceae)	antioxidant anti- & pro-inflammatory blood purifier tonic pain reliever anti-fungal/ microbial/ "viral" anti-tumour	<ul style="list-style-type: none"> Over 200 constituents, including melanin inhibits oxidative stress used for cancers (various) ; liver diseases; ulcers, irritable bowel disease, gastritis and stomach problems reduces glucose absorption increases brain metabolism 	No safety issues May reduce effectiveness of certain antimicrobials and intravenous glucose

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