

T1 FLOWER POWER

1) RED CLOVER (TRIFOLIUM PRATENSE)

Its Latin name trifolium, tri meaning three and folium meaning leaf, derives from its characteristic three-leaflet leaf form. The rare four-leaflet leaf has inspired many mythical folk tales and is considered to bring good luck.

The pharmaceutical industry uses this plant to extract substances with similar functions like the female sex hormones (estrogens). Red clover is used to **relieve symptoms of the menopause and prevent illnesses in women that are linked to old age or hormonal imbalance (for example osteoporosis).**



2) COMMON DANDELION (TARAXACUM OFFICINALE AGG.)

Its leaves and roots can be used to

- **increase appetite and improve digestion,**
- **cleanse urinary tract** suffering from **inflammation** or **kidney stones** and
- treat **rheumatism.**

Dandelion also helps prevent and dissolve **gallstones.**

The flowers can be used to prepare syrups that increase the appetite and reduce fatigue.

Fresh leaves gathered in early spring can be used to prepare salads, soups and other tasty dishes. Roasted roots - chicory - can be used as a coffee substitute.



3) YARROW (ACHILLEA MILLEFOLIUM AGG.)

Above ground parts of a blossoming yarrow could be used as a tea or tincture to help you cope with:

loss of appetite and indigestion, stomach or intestinal cramps, menstrual cramps.

Used externally it can:

treat inflammatory skin diseases, heal wounds, aid in the preparation of baths for women relieve lower abdominal pain.

The flowers can be white, yellowish-white or pink. Young leaves can be a tasty addition to cottage-cheese dishes or salads. This plant was named after the Greek hero Achilles. Myth goes that he healed his soldiers' wounds with yarrow.



4) RIBWORT PLANTAIN (PLANTAGO LANCEOLATA)

Its leaves are used in **cough syrups.** Taken as a gargle it **soothes the inflammation of the mouth and throat.** Swelling and itching from insect bites can be relieved by applying crushed plantain leaves as a compress.

Although less effective, Greater and Hoary plantain varieties could be used for similar purposes as Ribwort plantain.



T2 FLOWER POWER

5) LARGE WILD THYME (THYMUS PULEGIOIDES)

If you rub thyme between your fingers you can smell the wonderful scent it emits. »You smell like Thyme!« was one of the biggest compliments among the ancient Greek. The flowers are used to soothe **productive coughs** and **inflammation of the upper respiratory tract**. They **increase the appetite** and can soothe an **upset stomach** as well as **diarrhoea**. Thyme baths are a great way to **stimulate blood circulation**. Its flowers often resemble a scented purple carpet.



6) WALNUT (JUGLANS REGIA)

Tea made from walnut leaves is used to stop **diarrhea**. Used externally it soothes light inflammation of the skin. A walnut bath can help reduce **excessive sweating**. Walnut kernels are tasty and healthy. Unripe green walnut shells can be cut up and soaked in alcohol making a liquor for better digestion.



7) STINGING NETTLE, COMMON NETTLE (URTICA DIOICA)

Its roots are very effective in treating problems related to **enlargement of the prostate (benign prostatic hyperplasia)**. Its leaves could be used for internal cleansing to **soothe urinary tract inflammation and to prevent the formation of kidney stones**. Also it is used against rheumatism. It is commonly used as a wash for **oily** hair or in **anti -dandruff** shampoos. A freshly squeezed juice is a good addition to spring **detox diets**. Young leaves taste great cooked or raw in salads. Due to its high silica content, it has a **beneficial effect on the skin, nails and connective tissues**.



T3 FLOWER POWER

8) PERFORATE ST. JOHN'S WORT (HYPERICUM PERFORATUM)

Above ground parts of the plant could be used for various treatment purposes. Tea from St. John's wort reduces fatigue and can be ingested to improve emotional well being. It is considered to be an effective **antidepressant** for coping with mild and moderate depression.

St. John's wort oil could be used **to treat wounds and burns**. Its yellow flowers turn red if you crush them among fingers. The numerous dots scattered all over its leaves are glands filled with essential oil. Hold a leaf up to the light and observe how it appears to be perforated? This characteristic inspired its Latin name *Hypericum perforatum*.

Warning: St. John' wort can alter the activity of certain medications. Consult your pharmacist.



9) COWSLIP (PRIMULA VERIS)

Its root can be used to treat different respiratory diseases such as bronchitis, **productive coughs** and whooping coughs.

Its flower heads, which smell like honey, can be added to tea blends to add colour and flavour. They even have an **anti-inflammatory effect and can relieve cramps**.

When picking its roots, be careful not to uproot all plants in the area! Cowslip is protected in some countries. Protected or rare species are to be bought in pharmacies, because the plants used are grown in fields!



10) HAWTHORN (CRATAEGUS SP.)

Hawthorn can **prevent diseases of the cardiovascular system**. But it also offers valuable **therapy for elderly with weak hearts, coronary artery disease (angina pectoris) and mild heart rhythm disorders**. It can help to control blood pressure.

Flowers and leaves are most commonly used, although fruits also have medicinal qualities.



T4 FLOWER POWER

11) NORWAY SPRUCE (PICEA ABIES)

Essential oils made out of spruce needles as well as other coniferous trees (pine, fir and larch tree) are used in productive **cough medicines** and **remedies against cold**.

A spruce bath or ointment could be used to combat **rheumatism** and **to relax muscles**.

Young spruce shoots smell strongly and have a resinous and slightly bitter flavour. They are used in teas and syrups.



12) MEZEREON (DAPHNE MEZEREUM)



All parts of the plant are highly POISONOUS! Even skin contact with the plant's sap can cause blistering and skin inflammation. Its attractive red berries are especially dangerous. Following ingestion, severe damage to the kidneys and gastrointestinal disorders with vomiting, painful cramps and bloody diarrhoea can occur. Also it damages the nervous and cardiovascular systems. Obstruction of breathing can result in death. Its flowers give off a strong pleasant scent.



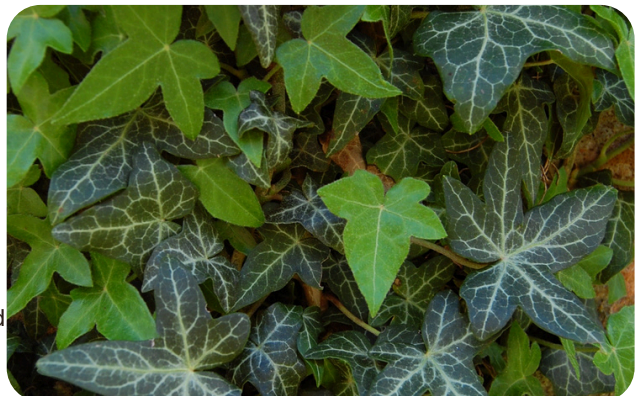
13) COMMON IVY (HEDERA HELIX)

Only the leaves are useful for treatment purposes. As they help clean the lungs they are used to treat **respiratory illnesses** or to **soothe severe coughs**.

Due to the slight toxicity of the plant it is not commonly used as tea. **It is highly recommended that its use is limited to standardised products.**

Leaf-extracts are also used in cosmetics for **creams, shampoos and anti-cellulite products**.

Ivy BERRIES are TOXIC! They cause nausea, vomiting and shortness of breath. Fortunately their bitter taste makes them less attractive to ingest. In the early development stage of the plant the leaves are star-shaped and they appear on stems with no blossoms. Later on the leaves on flowering stems become more round.



T5 FLOWER POWER

14) MEADOW SAFFRON (COLCHICUM AUTUMNALE)



Do you know any plant that blossoms in autumn and produces seeds next spring? This is Meadow Saffron, a beautiful, but **one of the most POISONOUS plants. All parts of it are toxic.**

The first signs of poisoning are nausea, vomiting and diarrhoea which can occur already in two hours. Various organs may start to disfunction after two days. It can lead to disturbed blood circulation and death because of respiratory failure.

The pharmaceutical industry uses Meadow Saffron as a raw material in the production of medicines to treat gout and some types of cancer.



15) ALDER BUCKTHORN (FRANGULA ALNUS)

Properly-aged bark of the Alder buckthorn is used in the short-term treatment of **acute constipation.**

Long-term use is not recommended as it leads to loss of essential body minerals, which results in the slowing down of intestinal function and the need for even higher doses.

How many different colours do you notice on the bush? The berries are green at first, then they turn red and finally to dark purple. All three colours can occur on the plant at the same time. **The berries are toxic. They can cause severe gastrointestinal disorders.**

Important: Never use fresh bark of Alder buckthorn! It contains substances that can severely irritate your stomach and intestines.



16) FIELD HORSETAIL (EQUISETUM ARVENSE)

In the early spring, brown shoots are produced. They produce spores and die off. Thereafter, green shoots with spindle-shaped side branches grow. Only these green shoots should be collected to make tea.

Medicinal tea made of horsetail is used **to combat bacterial or inflammatory illnesses of the urinary system, kidney stones or rheumatism and gout.** Externally it is used in treating **chronic wounds.**

Horsetail also **strengthens the connective tissues.** In cosmetics it is used **against cellulite.**

In combination with other herbs it is used in diuretic blends.

Be careful not to mistake it for other poisonous types of horsetail.



T6 FLOWER POWER

17) NORTHERN WOLFSBANE

(ACONITUM LYCOCTONUM)



The plant is not used as an herbal remedy, since all of its parts are **POISONOUS**.

It contains the alkaloid **aconitine**, one of the strongest herbal toxins. Symptoms of poisoning can occur within 30 minutes after ingestion: burning itching in the mouth and throat, which spreads onto the skin, strong sweating and fever, headache, urinary tract disorders, impaired hearing and vision, paralysis, coma and death.

Aconitine can even be absorbed through your skin.



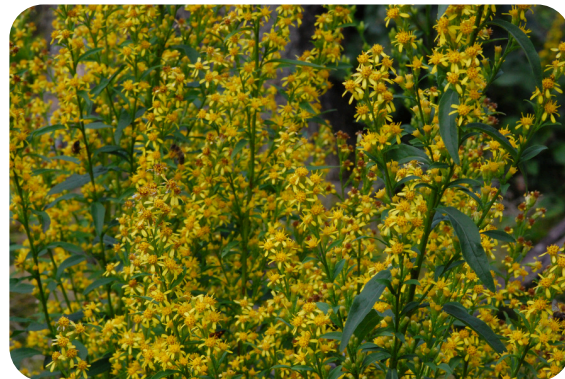
18) COMMON GOLDENROD

(SOLIDAGO VIRGAUREA)

Above ground parts of the plant are used in a tea to treat or **prevent inflammation of the urinary tract, kidney stones and kidney sand.**

Goldenrod is also effective as an additional remedy to fight different types of **bacterial inflammation of the ureter**. Then it is usually combined with other herbs such as horsetail, cranberry, restharrow or bearberry.

Yellow colour and the form of the plant resemble rods of gold (lat. virgaurea).



19) LESSER PERIWINKLE

(VINCA MINOR) .)



The plant itself is not used for treatment as it is **POISONOUS!**

However, periwinkle is very useful for the extraction of the alkaloid vincamine, which is used in the form of pills to treat **poor cerebral blood circulation**, particularly amongst the elderly.

It must always be used under medical supervision!

Periwinkle poisons the blood, whereas pure vincamine does not have this negative effect.



20) LILY OF THE VALLEY

(CONVALLARIA MAJALIS)



All parts of the plant are POISONOUS!

Its resemblance to edible wild garlic makes this plant particularly dangerous.

Symptoms of poisoning are nausea, vomiting, diarrhoea, dizziness, and the partial loss of sight. Consumption can even lead to cardiac arrest.

Although deadly, it is used as a herbal remedy in very small amounts. It is an effective medicine **for people with a weakened heart** and **also reduces water retention.**

It must only be consumed in ready-made products prepared in accordance with standards and under medical supervision.

Its old Slovene common name solzica (tear) probably derives from its hanging blossoms which resemble tear drops. The blossoms turn into red berries in autumn, which look attractive but are not to be eaten under any circumstance – poisonous!

