Discover the saving grace of this common weed with herbalist Corinna Wood. Plantain: First Aid in Your Backyard

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O tell you the truth, I was completely astonished by the first plantain I ever saw. Not with its attractive, upright, lance-shaped leaves or its striking seed heads. No, I was blown away by its words—words that I had never seen before. Words that I had never heard before. Words that I had never even imagined could exist.

I was standing in a field, surrounded by tall grass and wildflowers. It was a beautiful day, with the sun shining bright and the wind blowing through the air. I was enjoying the silence and the peace of being in nature when out of nowhere a voice spoke to me.

“Listen carefully,” it said. “This is a precious plant. It is called Plantain, and it is one of the most useful herbs in the world. It can heal all sorts of wounds, from cuts and bruises to burns and infections. It can also be used to make poultices, teas, and tinctures.”

I was skeptical at first, but the voice kept talking. “Have you ever heard of plantain? It is a herb that has been used for centuries by healers all over the world. It is a powerful medicine that can help cure many diseases.”

So I decided to try it. I picked a handful of plantain leaves and ate them raw. It was crunchy and slightly sweet, with a hint of earthy flavor. I was amazed at how much better I felt after just one bite.

“Try it again, but this time don’t eat it raw,” the voice said. “Make a poultice with the plantain. Cut it up fine, then apply it to the wound.”

I did as I was told, and the poultice worked wonders. My soreness disappeared, and my wound began to heal rapidly.

“Now try making a tincture,” the voice continued. “Take your plantain leaves and steep them in alcohol for a few days. Then strain the liquid and use it as a remedy for any ailment.”

I tried it again, and the tincture was just as effective as the poultice. It was a powerful medicine that could help cure many diseases.

“In fact,” the voice said, “you can use plantain in so many different ways. It can be used for skin conditions, as a diuretic, and even as a natural pain reliever.”

I was fascinated by this powerful herb, and I began to learn more about it. I read books, talked to other herbalists, and experimented with different plantain preparations.

I learned that plantain is a versatile herb that can be used for a variety of ailments. It can help with digestive problems, skin conditions, and even respiratory issues.

But the most amazing thing about plantain is its ability to heal wounds. Whether it is a cut, a burn, or a wound from a bee sting, plantain can help.

“I have many customers who come to see me with bee stings,” the herbalist said. “They apply a plantain poultice to the stung area, and the pain and swelling disappear.”

I was amazed by this herb’s healing properties, and I began to use it in my own practice. I started to recommend it to my patients, and they were amazed by its effectiveness.

“Plantain is a must-have herb for anyone who wants to be healthy,” the herbalist said. “It is a powerful medicine that can help cure many diseases.”

I couldn’t agree more. Plantain is a herb that can help us live longer, healthier lives. It is a powerful medicine that can help us heal and thrive.

So if you are looking for a powerful herb to help you live a healthy life, look no further than plantain. It is a herb that can help you live longer, healthier lives. It is a powerful medicine that can help you heal and thrive.
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Wild vigorous health and vitality—do these words describe your state of well-being? If not, perhaps you are overlooking some very important sources of nutrients right in your own backyard!

Perhaps you were taught as a child that “weeds” were bad…that dirt was—well, dirty and somehow bad too. Is it any wonder that we have forgotten not only the healing aspects of the earth but those of the plants as well? Imagine that some of those weird plants that are not grass in your lawn have showed up to help you learn something and to heal you as well. I have had many experiences where my friends’ health concerns were addressed by the weeds growing in their yards. Of course, if you are chemically treating your lawn, you will not want to eat the weed, and you may even choose to stop poisoning the ground. It is prudent to think about what kind of inheritance we are leaving to future generations in the land.

Learning the many wonderful uses of weeds is a good place to start. If you think about these persistent, hardy, vital containers of life, wouldn’t you choose to emulate a life like theirs, rather than the life of the fragile grass needing man-made chemicals and constant care? …just something to think about.

Let’s look at some of the weeds in our backyards and see what they have to offer. Our first specimen is a weed the Chinese consider to be one of the six most important plants in the herbal medicine chest. Europeans eat it, drink it, and make money from it in innumerable ways. It ranks ahead of both broccoli and spinach in nutritional value. What amazing plant can this be? The DANDELION! Yes, the very plant

grown to brown as the seeds mature. All parts of the plant, including the roots, are edible.

To enjoy plantain’s healing properties year round, you may want to make your own plantain oil. The oil will last you through the winter when plantains die back. This oil also comes in handy when mosquitoes make a meal of your arms and legs; dozens of poultices are probably more than anyone would care to make!

Plantain is what my family uses instead of an over-the-counter antibiotic ointment. When my two-year-old hurts himself, he knows where to find plantain and a band-aid. A day later, as he takes off his band-aid, his mother warms as he delights, “Mommy, it’s healed! The poultice made it better!” Corinna Wood is director of Red Moon Herbs in Black Mt, NC, where she has opened the hearts of thousands to the wisdom of the plants, the earth, and their own bodies. She can be contacted at (828) 669-1310 or by visiting redmoonherbs.com