

Plantain

Herb uses: internal and external

Precautions: Some people are allergic to plantain herb. Test topically before ingesting.

Actions: Contact healer, anti-inflammatory (reduces swelling), stops bleeding, stops itching.

External Uses

- ❑ Poison ivy or stinging nettle
- ❑ Rashes/eczema
- ❑ Hemorrhoids/varicose veins
- ❑ Insect stings and bites
- ❑ Cuts and scrapes

Basically, anytime you have bleeding, swelling, itching or pain, slap some plantain on it quick. Plantain is a powerful detoxifier and has been used since ancient times for the bites of poisonous insects and snakes. It is also useful for clearing up skin rashes from poison ivy or stinging nettle. To use in an emergency, chew the leaves to release the juices, and apply over a sting or bite. Replace with fresh herbs every hour or two. For poison ivy exposure, rub the skin with leaves, crushing the juices into the skin. Wash area as soon as possible and apply plantain herb tea or oil to the area as necessary.

Combines well with: Burdock root and Comfrey leaf to promote fast healing; Cayenne for staunching blood flow from wounds.

Internal Uses

The fiber and mucilage from plantain seeds is commonly known as 'psyllium'...the main ingredient in Metamucil. Plantain leaves may be eaten raw, juiced, or dried and powdered. Plantain's anti-inflammatory properties are just as potent internally. I would reach for plantain for:

- ❑ Toothaches
- ❑ ear infections
- ❑ canker sores
- ❑ sinus inflammation

Plantain is also indicated for indigestion, liver support, diabetes, irritable bowel syndrome and constipation.

Combines well with: Garlic or onion to knock out infection and inflammation.

Year-round plantain goodness

In the summertime, plantain may be used fresh (be sure it is from an unsprayed area). To preserve it to use year round, you can dry the leaves, and/or prepare a tincture with vodka and plantain for a super-strength remedy that can be used internally or externally. I also love to create a green salve with plantain, burdock root and comfrey leaf for any skin irritations. We keep it in the fridge, and it's available year round for instant relief.

