

# Black Hawthorn (*Crataegus spp.*)



# Hawthorn – Heart Support

- Parts used : Whole plant ( Leaf, Stem, Flower, Bark, Berry )
- Contains antioxidants & flavonoids that support the arteries, muscles, and vessels of the cardiovascular system
- Can help with : many heart related problems; high/low blood pressure, heart disease, irregular heartbeat, arteriosclerosis, angina, and high cholesterol. It can also aid attention deficit disorder.
- Spiritually and emotionally hawthorn supports those who are suffering from heartache, anxiety, and hypersensitivity.

# Blue Elderberry (*Sambucus cerulea*)



# Elderberry – Immune support

- Parts used: Flowers & Berries
- Elderflowers promote sweating and support the bodies natural response to the flu – they are one of the safest and most reliable remedies, suitable for very young children and the elderly.
- Elderberries are strongly antiviral – they can be used to detect a virus in the body early on and fight it off quickly. They also quickly reduce recovery time of colds & flu.

# Black Cottonwood (*Populus trichocarpa*)



# Black Cottonwood – inflammation & pain relief

- Parts Used: Buds
- Warming resins : clear lung congestion and stimulate mucus/cough/sweat, increase circulation, help resolve non-viral lung infections
- High amounts of bitter salicylates (like aspirin) that work to : relieve pain & inflammation in muscles/sprains/strains, prevent swelling, infection, and promote skin cell regeneration

# Arrowleaf Balsamroot ( *Balsamorhiza* *Sagittata* )



# Arrowleaf balsamroot – immune support

- Parts Used: Flower, leaf, stem, root
- Antimicrobial and antibacterial
- Root contains resins that support the respiratory system by promoting the flow of mucus secretions, soothe irritated tissues, and stimulate white blood cells.
- The leaf and stem work well to fight infection and speed the healing of wounds.