



**The 10 Medicinal Plants You Should Plant**  
**For A Complete Backyard Pharmacy**  
**Part 1**

Most of these plants are easily used as a dried herb or brewed into a tea. You'll find that they work just as well as the pharmaceutical drugs you currently use.

**1. Chicory**

Chicory is often grown for use as a coffee substitute and that alone is a good reason to have it in your garden. It is a valuable medicinal plant that can be used as a tea to treat liver and gallbladder disorders, jaundice, and enlargement of the spleen. It is also useful for digestive problems. A poultice of crushed leaves treats skin eruptions, swellings, bruises, and inflammations. Additionally, the milky juice from a fresh root has the properties of a mild sedative.



**2. Yarrow**

The leaves are edible and quite good in salads when picked young. All parts of Yarrow are medically active. It is useful for asthma, colds, runny noses, arthritis, and liver problems. It contracts the blood vessels and quickly stops bleeding when applied as a poultice to the wound. The oil is useful for treating nosebleeds and minor injuries. Taken orally, yarrow is effective for treating diarrhea, gas, and other stomach problems.

**3. California Poppy**

The California poppy has sedative properties, but it is not psychoactive like other members of the family. The sap is a mild narcotic and is useful for pain relief. It does induce sleepiness and has an effect similar to the opium poppy but it does not depress the central nervous system. It calms the spirit and helps treat psychological problems. It is also useful for treating insomnia, nervous agitation, and promoting relaxation.



**4. Chamomile**

Chamomile tea is the delivery method of choice, but it can also be taken as a supplement, tincture, or essential oil. It relaxes the muscles, making it a good for abdominal pain, indigestion, Crohn's disease, irritable bowel syndrome, gastritis, bloating, and muscle tension. The anti-spasm properties are also useful for treating asthma, bronchitis, whooping cough, and congestion. A cup of chamomile tea helps induce sleep. Apply chamomile tea as a wash for skin problems, eczema, itching, and allergic conditions. Use it as an eyewash diluted in cooled, boiled water.

**5. Echinacea**

Start echinacea in the spring, late summer, or fall. It has long been used as a general "cure-all." It is used as a preventative and treatment for the flu, colds, and upper respiratory infections.

It is also useful for treating whooping cough (pertussis), candida and other fungal infections, tumors, and infections. It boosts the immune system and has anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory properties.

*To be continued...*

***Soil Lovers say: Many Plants Are The Major Ingredients In Pharmaceuticals***

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