



**The 10 Medicinal Plants You Should Plant**  
**For A Complete Backyard Pharmacy**  
**Part 2**

### **6. Evening Primrose**

Evening primrose is a biennial, herbaceous plant and is useful for balancing hormones. It also treats skin problems such as acne, eczema, psoriasis, and atopic dermatitis, reducing inflammation and promoting healing. Because evening primrose reduces inflammation, it is useful in treating inflammatory problems such as arthritis and osteoporosis. It also balances the hormones that cause bone loss and increases bone density.

The bark and leaves of evening primrose are astringent, sedative, and healing. They are useful for treating gastro-intestinal disorders, whooping cough, and asthma. Regular consumption of evening primrose helps reduce blood cholesterol and lowers blood pressure with long term use.



### **7. Calendula**

Also known as pot marigold, calendula is one of my favorite herbs and is incredibly soothing for skin conditions including acne, eczema, sunburns, and rashes. A poultice made from the leaves is healing for minor cuts, scratches, and skin irritations. Both the leaves and flowers are useful and have anti-bacterial and anti-fungal properties. Use calendula to treat fungal infections including ringworm, athlete's foot, thrush, diaper rash, and cradle cap.

Calendula is useful for treating stomach and intestinal problems. It stimulates the immune system and the lymphatic system. It helps the body fight off infections and viruses and reduces congestion and it is also useful for whole-body detoxification helping cleanse the liver and gallbladder.

### **8. Marshmallow**

The marshmallow plant, a powerful medicinal herb. Its leaves and root are antibacterial, containing a sap-like substance called mucilage. As the mucilage goes down through your digestive tract, it will coat your stomach, intestines, and colon with an additional protective layer, soothing inflammation it finds along the way. That's why this tea also helps people with stomach ulcers and digestive disorders, such as heartburn, indigestion, constipation, irritable bowel syndrome, or Crohn's disease.

### **9. Lavender**

Lavender can keep moths out of your wardrobe. Using it medicinally, a recent double-blind study concluded that lavender oil cuts down anxiety to the same extent as taking a 0.5 mg daily dose of Lorazepam, a popular anxiety drug and a lavender tincture used alongside a regular antidepressant can help you recover from mild to moderate depression a lot faster and lower the chance for a relapse. Rub a few drops of lavender oil on your scalp every day, it will improve blood flow, strengthen hair follicles, and even help with lost hair.

### **10. Feverfew**

Feverfew deals with a cold, lowers a fever, or fights off migraines. It is a powerful anti-inflammatory helping with inflamed and painful joints. Parthenolide is responsible for its medicinal power found in the flower heads and leaves, chew them raw so they release the parthenolide.



***Soil Lovers say: Get To Know These Friendly Plants***

Ref: <https://medicinalseedkit.com/nws-ngp/>

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