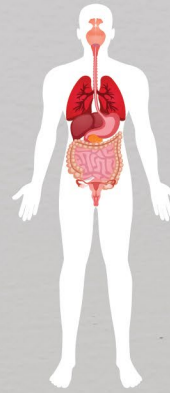


# PLANT MEDICINE

REFLECTED IN THE BODY



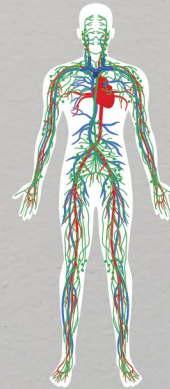
**BODY OF THE PLANT**



**BALANCES  
OUR PHYSICAL BODY**



**IMMUNE SYSTEM OF THE PLANT**



**BOOSTS OUR IMMUNE SYSTEM**



**LIFE-FORCE OF THE FLOWER**



**ENHANCES OUR STATE OF MIND**

# BODY OF THE PLANT

## TO BALANCE OUR PHYSICAL BODY

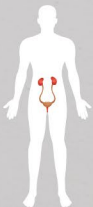
Many parts of the plant can be used for medicinal purposes. Plant remedies can be made using the roots, stems, leaves, seeds and flowers. Physical imbalances in the body are typically treated with remedies made with the body of the plant.



SKELETAL SYSTEM



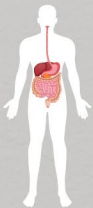
MUSCULAR SYSTEM



URINARY SYSTEM



FEMALE REPRODUCTIVE SYSTEM



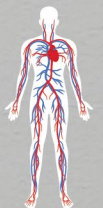
DIGESTIVE SYSTEM



LYMPHATIC SYSTEM



NERVOUS SYSTEM



CIRCULATORY SYSTEM

### DANDELION

*Taraxacum officinale*



### LEAVES

Boosts the immune system, promotes healthy digestion, treats urinary tract infections, soothes nervousness, relaxes muscles.

### ROOTS

Purifies the blood, supports liver health, promotes bone growth, filters toxins from the lymphatic system.

### FLOWERS

Promotes circulation and relieves menstrual cramps.

#### HOW TO USE:



Herbal tincture



Drink in a herbal tea.



Incorporate into diet.



Apply topically as a poultice.

# IMMUNE SYSTEM OF THE PLANT

## TO BOOST OUR VITALITY

Essential oils are made from the leaves, flowers, roots & seeds of plants and contain the antimicrobial, antibacterial & antifungal properties of the plant. They essentially play the role of the immune system of the plant and protect the plant from predators & disease.

### OREGANO

*Origanum vulgare*



### ESSENTIAL OIL



### BENEFITS OF OREGANO ESSENTIAL OIL:

Reduces inflammation, fights parasites & infections, relieves bug bites, rashes, and other skin conditions, heals wounds, repels insects.

#### HOW TO USE:



Take internally with capsules.



Dilute in carrier oil & apply to the skin.



Diffuse into the air

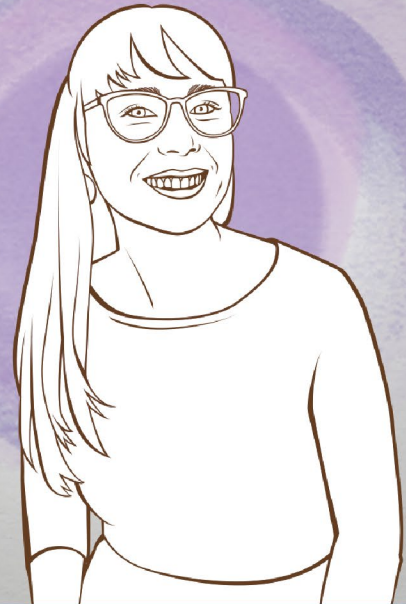
# LIFE-FORCE OF THE PLANT

## TO ENHANCE OUR STATE OF MIND

A plant's life force is concentrated in its flowers when they have reached full bloom and peak vibrancy. Flower elixirs are liquid infusions that contains the bioenergetic imprint or lifeforce of the flowers. When taken internally or applied topically, flower elixirs work through the acupuncture meridians to shift our state of mind, often within minutes, with an cumulative effect over time.

### ARCTIC LUPINE

*Lupinus arcticus*



### BENEFITS OF ARCTIC LUPINE FLOWER ESSENCE:

Enhances experience of deep inner peace & calm, provides sense of safety & protection, gives us strength to move through life's challenges.

#### HOW TO USE:



Take elixir internally.



Mist yourself.



Anoint the body.



Add to bath.