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naughty or nice?





Solomon's Seal

Botanical name: *Polygonatum multiflorum*

Member of the Asperagaceae family

Native to North America, particularly in thinly wooded areas or shaded areas

Parts Used: Root

The two most popular types of Solomon's Seal used for medicine are the variegated and solid leaf, both are known to have similar medicinal properties and are known as "True" Solomon's Seal. They have paired greenish-yellow flowers at the leaf joints that turn to blue berries in the early fall.

The "False" Solomon's Seal grows at the same time in a nearby location, but the flowers grow in a cluster at the tip of the stalk and turn to red berries in late summer.

Our focus is on the "True" Solomon's Seal plant. The signature of the root looks like a spine with knuckles, vertebrae and joints, with spiny roots shooting from the sides that resemble nerves in the spine; the white color of the rhizome looks like bones. It grows sideways at a 90 degree angle from the aerial part and must be dug carefully so that it remains intact.

Medicine is made in several ways: as a tincture (alcohol extract); dried then powdered; as a tea; or used fresh as a poultice for bruising or arthritic joints. The poultice can be made by bruising and chopping the root, boiling in milk, cooling and then applying to a cloth and wrapping on the painful area. Always test the temperature before applying.

Solomon's Seal has many healing properties:

- ♥ Anti-rheumatic; reduces arthritic pain, inflammation and infection in the joints
- ♥ Heals open/internal wounds
- ♥ Soothing and cooling to mucous membranes (mucilaginous)
- ♥ Strengthens and tones kidney, heart, sexual organs, digestive tract
- ♥ Strengthens the immune system
- ♥ Nutritive agent for the muscles

The root of the plant is used to strengthen the entire muscular and skeletal system. For the following ailments within this system it is best to use the tincture:

- ♥ Arthritic joints
- ♥ Tendons and ligaments
- ♥ Connective tissue and bones
- ♥ Sports injuries

Solomon's Seal can help loosen tight ligaments and tendons as well as tighten those that are loose by adjusting the tension of the connective tissue. This is an action of an adaptogen. For this reason, it is a "go to" herb for dogs with arthritis, muscle and ligament sprains, and will even correct bone spurs. Solomon's Seal also combines well with other herbs.

The tincture is best for healing repetitive injuries, healing from surgery, or used in combination with other herbs to rebuild cartilage in the joints.

The tea is best when the mucilaginous (demulcent) properties are needed and can be comforting for dogs after birth to soothe irritation in the uterus and vagina. It's also good to help keep a chiropractic adjustment in place.

Solomon's Seal has a very mild taste making it very palatable for dogs and easy to administer as a powder.

Solomon's Seal also has many benefits when used in a flower essence:

- ♥ Helps to adapt to profound changes
- ♥ Easier acceptance of things in life that have already changed
- ♥ To unblock a behavior that may be stuck in a pattern; for forward movement
- ♥ Helps to relax musculoskeletal tension in the body

This herb can be a great help when adopting a dog, helping both person and pet adjust to their new surroundings and to each other.

The flowers should be gathered when in full bloom to create the essence.

Harvest should be done in the fall after the berries drop off. The rhizome can be cut up and macerated in alcohol (preferably organic) with water to extract all necessary constituents.

Caution: the berries are toxic and should not be used or handled. 



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