

General Health Herbs – Yellow quadrant

Bladder

Bearberry – *Arctostaphylos uva-ursi*

Broken bones

Solomon's Seal – *Polygonatum biflorum*

Boneset – *Eupatorium perfoliatum*

Coughs/colds

Cone Flower – *Echinacea angustifolia*

Yarrow – *Achillea millefolium*

Fever

Boneset – *Eupatorium perfoliatum*

Blue Vervain - *Verbena hastata*

Flu

Monarda - *Monarda*

Yarrow - *Achillea millefolium*

Headache

Yarrow – *Achillea millefolium*

Cone Flower – *Echinacea angustifolia*

Mouth sores

Agrimony- *agrimonia parviflora*

Rheumatic Pains

Prickly Pear Cactus – *Opuntia humifosa*

Snakebites

Rattlesnake Master – *Eryngium yuccifolium*

Narrow Leaf Purple Coneflower - *Echinacea angustifolia* DC

Stomach

Big blue stem – *Andropogon gerardii* (and gas, and bloating)

Blue Vervain – *Verbena Hastada*

Columbine – *Aquilegia canadensis*

Spotted monarda - *Monarda punctata*

Throat sore

Agrimony – *Agrimonia arvensis*

Toothache

Toothache Plant – *Dentaria diphylla*

