

### Yarrow

Very common weed in Europe, northern Asia and Northern America, can be also met in Australia

Used mainly to stop bleeding from cuts or other wounds, less used for taming painful periods and stabilizing them

Can be used in various way, both fresh and dried is useful, from both we can do tea, infusion for bandages which makes person bleed less from wound, can be also applied fresh grinded between fingers on wound, just make sure it's right one and it's clean

People who shouldn't use that herb: pregnant and breastfeeding women, anyone who is allergic to plants from aster family, also people with peptic ulcer disease, biliary obstruction, bronchial asthma, and those taking anticoagulants

Leafs recommended to be collected only from plants we know that is yarrow, best if we seen previously it blooming, as flowers of yarrow are very characteristic. Leafs have best nutrition collected young or just before the blooming, after blooming the nutrition value is going to decrease

### Yarrow image



By Ziemniak

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### Nettle

Common weed in Europe, Asia, Northern America and Northern Africa

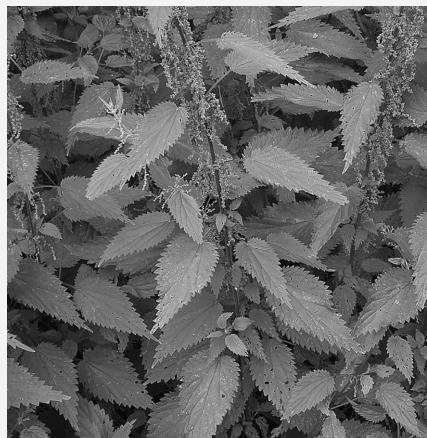
One of stronger diuretics between weeds, can work antianemy as it contains a lot of iron, helps with digestion, antiinflammatory, helps with blood circulation

Mainly used in teas, as greenery for salad make sure leafs are very young

Shouldn't be consumed by: pregnant, breastfeeding women, people on blood thinning, blood pressure or diabetes medications, people with kidney diseases, also anyone with dehydration or electrolyte loss

Important: root has way stronger diuretics effect than leafs be cautious when using

### Nettle image



Not published yet.

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### Dandelion/milkweed

Common weed in Europe, Asia and Northern America

Can be used in a lot of ways, as medicine, as salad decoration and it's even possible to make honey with it

In form of tea it can mostly support liver, can work as diuretic, strengthen immunity, can help with some skin problems like warts, also can help with pre-diabetes state, along with that antioxidants effect

In salad served fresh can provide with vitamins (A,C,K) and minerals (iron, calcium, magnesium, potassium) just remember to collect leafs when they are young or they are going to be less enjoyable to eat

Lastly in form of syrup is considered very good for overall health. Things used to make it - dandelion petals, sugar, lemon and water, other herbs can also be used for different taste

Shouldn't be consumed by people with allergies to ragweed or related plants, kidney diseases and gallbladder issues. People taking diuretics, blood thinners, lithium, antibiotics (might interfere) or with diabetes also should avoid it. There is lack of information on kids, pregnant and breastfeeding women so those should be careful, also before surgery it is recommended to stop consumption at least 2 weeks before surgery

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### Dandelion image



### Precautions and rules for safe foraging

**never** collect weeds in polluted areas or where you know substances like herbicides, pesticides etc are used, if you don't know if there are any used assume there were

Best time to collect leafs is before blooming of plant, best time to collect flowers is at morning when flower is mature

Always make sure it is certain plant and not something very similar, when mistaken can lead to various consequences from poisoning to death

Do not overdose any herb as anything that is taken too much can eventually lead to poisoning or worse consequences

Always read who shouldn't take certain herbs and make sure you understand how they work as wrong usage can lead to health consequences

**important** this is not medical advice as it is only guide to certain herbs but it doesn't apply for everyone and best if you consult your doctor first

### Plantago major L.

Very common weed in Europe, Asia and Northern America

Used for taming bleeding of wounds, good for insects bites, good for overall blood system health, antiinflammatory, also good against irritation of the mucous membrane and against flu

Best applied fresh on wound, can be used to infuse bandages. Can be consumed in various ways, in example in form of tea or greenery for salad

Fun fact it can help with ending cigarette addiction

People who shouldn't consume it: people with intestinal issues, when it comes to other farmaceutics best to consult with doctor because it can interact with certain substances

Good Substances in that plant: vitamin A, K, C, potassium, magnesium, Zn

### Plantago major L. Image



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