

Wisdom of the Herbs

Annie McCleary

Thirteenth Edition, Revised 2017

Photosynthesis is a transmutation of Love.
It is an energetic magic that suffuses the world
with a vibrant emerald energy,
vibrating first within the cells of the plants,
and continuing to vibrate within the cells
of the beings that eat them.

Deva Message received by George Lisi

Copyright © 2017 by Annie McCleary
Cover artwork by Janet Fredericks of Lincoln, Vermont

Dedication

To my mother, Mary Gilkeson McCleary

Acknowledgments

My gratitude goes to Doran MacKenzie for her many contributions and for bringing forth the wisdom of archangel Ariel.

I honor the memory of my friend and colleague George Lisi who exemplified weaving scientific knowledge with communication with the Nature beings with a healthy dash of humor and poetry.

I honor my herb teachers Susun Weed and Rosemary Gladstar who set me along my path. I am grateful for the teaching of Juliette de Bairacli Levy who believed so strongly in a healthy life style.

My gratitude goes to Fred Cheyette for tirelessly proof reading.

I thank my Wisdom students who teach me more each year, and the plant people and nature beings who are my guides, neighbors and friends.

Introduction

We are living in the times of the Earth Changes. The stunning proliferation of perfect storms of disaster, breakdown and change on the planet is nothing short of a call to consciousness and conscious living, to live simply and in harmony with this precious Gaia and all her beings. We are one, after all.

We are called to remember how to eat where we live, how to forage and make our medicine from local plants. We are called to create resilience in our communities, to re-skill and relocalize everything. And we are called to remember how to communicate with all our relations - the plant people, the water, the wind and the stars.

All this, not because we will win or save anything, but because we as humans must walk with integrity, no matter where the road leads us. Above, below and within all that we know and do, we are called to look for the gift - there always is one - and to be kind, and to offer gratitude.

~ Annie McCleary 2017

The information in this book is intended to be educational and inspirational.

This book is a Who's Who of the Plants, not a materia medica.

The author is a plant-lover, not a medical herbalist.

For medical issues, consult with healers and your own wisdom as appropriate.

Table of Contents

PART ONE THE PLANTS

1. WILD FLOWERING HERBACEOUS PLANTS

Baneberry, <i>Actaea</i> spp.	1
Bloodroot, <i>Sanguinaria canadensis</i>	1
Blue Cohosh, <i>Caulophyllum thalictroides</i>	2
Boneset, <i>Eupatorium perfoliatum</i>	2
Bunchberry or Dwarf Cornel, <i>Cornus canadensis</i>	3
Burdock, <i>Arctium</i> spp.	3
Canada Mayflower, <i>Maianthemum canadense</i>	4
Cattail (Common), <i>Typha latifolia</i>	4
Chickweed (Common), <i>Stellaria media</i>	4
Chicory, <i>Cichorium intybus</i>	5
Cleavers, <i>Galium aparine</i>	5
Clintonia, <i>Clintonia borealis</i>	5
Coltsfoot, <i>Tussilago farfara</i>	6
Comfrey, <i>Symphytum officinale</i>	6
Creeping Snowberry, <i>Gaultheria hispidula</i>	7
Dandelion, <i>Taraxacum officinale</i>	8
Day Lily, <i>Hemerocallis fulva</i>	8
Elecampane, <i>Inula helenium</i>	9
Evening Primrose (Common), <i>Oenothera biennis</i>	9
Fireweed, <i>Epilobium angustifolium</i>	10
Gentian (Bottle), <i>Gentiana clausa</i>	10
Goldenrod, <i>Solidago</i> spp.	11
Goldthread, <i>Coptis trifolia</i>	11
Heal-All or Selfheal, <i>Prunella vulgaris</i>	12
Hepatica (Sharp-lobed), <i>Hepatica acutiloba</i>	12
Hops, <i>Humulus lupulus</i>	13
Indian Cucumber Root, <i>Medeola virginiana</i>	13
Jack-in-the-Pulpit, <i>Arisaema atrorubens</i>	14
Japanese Knotweed, <i>Polygonum cuspidatum</i>	14
Jerusalem Artichoke, <i>Helianthus tuberosus</i>	15
Jewelweed, <i>Impatiens</i> spp.	15
Joe-Pye Weed (Spotted), <i>Eutrochium maculatum</i>	16
Lamb's Quarters, <i>Chenopodium album</i>	17
Lobelia (Bladder-Pod), <i>Lobelia inflata</i>	17
Loosestrife (Purple), <i>Lythrum salicaria</i>	18
Marsh Marigold, <i>Caltha palustris</i>	18
Milkweed (Common), <i>Asclepias syriaca</i>	19
Motherwort, <i>Leonurus cardiaca</i>	19

Mullein (Common), <i>Verbascum thapsus</i>	20
Nettle (Stinging), <i>Urtica dioica</i>	20
Nettle (Wood), <i>Laportea canadensis</i>	21
Ox-eye Daisy, <i>Chrysanthemum leucanthemum</i>	21
Partridgeberry, <i>Mitchella repens</i>	22
Peppermint, <i>Mentha piperita</i>	22
Pink Lady's Slipper, <i>Cypripedium acaule</i>	22
Plantain (Common), <i>Plantago major</i>	23
Purslane, <i>Portulaca oleracea</i>	23
Queen Anne's Lace, <i>Daucus carota</i>	24
Red Clover, <i>Trifolium pratense</i>	24
Saint John's Wort (Common), <i>Hypericum perforatum</i>	25
Sarsaparilla, <i>Aralia nudicaulis</i>	25
Sheep Sorrel, <i>Rumex acetosella</i>	26
Shepherd's Purse, <i>Capsella bursa-pastoris</i>	26
Skunk Cabbage, <i>Symplocarpus foetidus</i>	27
Spikenard, <i>Aralia racemosa</i>	27
Spring-Beauty (Carolina), <i>Claytonia caroliniana</i>	28
Toothwort, <i>Cardamine diphylla</i>	28
Trillium (Red), <i>Trillium erectum</i>	28
Trout-Lily, <i>Erythronium americanum</i>	29
Violet, <i>Viola</i> spp.	29
Wild Ginger, <i>Asarum canadense</i>	30
Wild Leek, <i>Allium tricoccum</i>	30
Wild Lettuce, <i>Lactuca</i> spp.	31
Wild Parsnip, <i>Pastinaca sativa</i>	31
Wintergreen, <i>Gaultheria procumbens</i>	32
Wood Sorrels, <i>Oxalis</i> spp.	32
Yarrow, <i>Achillea millefolium</i>	33
Yellow Dock, <i>Rumex crispus</i>	33
2. VINE Grape (Riverbank), <i>Vitis riparia</i>	34
3. GARDEN HERBS	
Calendula, <i>Calendula officinalis</i>	34
Catnip, <i>Nepeta cataria</i>	35
Chamomile, <i>Matricaria recutita</i>	35
Echinacea, <i>Echinacea purpurea</i>	35
Garlic, <i>Allium sativum</i>	36
Lavender, <i>Lavendula officinalis</i>	37
Lemon balm, <i>Melissa officinalis</i>	37
Sage, <i>Salvia officinalis</i>	37
Skullcap, <i>Scutellaria lateriflora</i>	38
Thyme, <i>Thymus vulgaris</i>	iii. 38

4. FERNS and HORSETAIL	
Bracken Fern, <i>Pteridium aquilinum</i>	38
Maidenhair Fern, <i>Adiantum pedatum</i>	39
Ostrich Fern, <i>Matteuccia struthiopteris</i>	39
Horsetail (Field), <i>Equisetum arvense</i>	39
5. LICHEN <i>Usnea</i> , <i>Usnea</i> spp.	40
6. SHRUBS and SMALL TREES	
Alder (Speckled), <i>Alnus incana</i>	40
Barberry (Common), <i>Berberis vulgaris</i>	41
Brambles, <i>Rubus</i> spp.	42
Black Raspberry, <i>R. occidentalis</i>	
Blackberry, <i>R. allegheniensis</i>	
Purple-Flowering Raspberry, <i>R. odoratus</i>	
Red Raspberry, <i>R. idaeus</i>	
Cherry (Choke), <i>Prunus virginiana</i>	42
Elder (Common), <i>Sambucus canadensis</i>	43
Elder (Red-berried), <i>Sambucus pubens</i>	43
Distinguishing between Common Elder and Red-berried Elder	44
Hawthorn, <i>Crataegus</i> spp.	44
Hazelnut (Beaked), <i>Corylus cornuta</i>	45
Maple (Mountain), <i>Acer spicatum</i>	45
Maple (Striped), <i>Acer pensylvanicum</i>	45
Serviceberry, <i>Amelanchier</i> spp.	45
Sumac (Staghorn), <i>Rhus typhina</i>	46
Sweet Gale, <i>Myrica gale</i>	46
Viburnum	47
Highbush Cranberry, <i>V. trilobum</i>	
Hobblebush, <i>V. alnifolium</i>	
Nannyberry, <i>V. lentago</i>	
Witherod, <i>V. cassinoides</i>	
Willow, <i>Salix</i> spp.	48
Witch Hazel, <i>Hamamelis virginiana</i>	48
Yew (American), <i>Taxus canadensis</i>	49
7. CONIFEROUS TREES	
Balsam Fir, <i>Abies balsamea</i>	49
Cedar (Eastern White), <i>Thuja occidentalis</i>	49
Hemlock, <i>Tsuga canadensis</i>	49
Pine (Red), <i>Pinus resinosa</i>	50
Pine (White), <i>Pinus strobes</i>	50
Spruce (Black), <i>Picea mariana</i>	50

Spruce (Red), <i>Picea rubens</i>	50
Tamarack, <i>Larix laricina</i>	50
Coniferous Tree Resins	51

8. DECIDUOUS TREES

Ash (Black), <i>Fraxinus nigra</i>	51
Ash (White), <i>Fraxinus americana</i>	51
Aspen (Bigtooth), <i>Populus grandidentata</i>	52
Aspen (Quaking), <i>Populus tremuloides</i>	52
Basswood, <i>Tilia americana</i>	52
Beech, <i>Fagus grandifolia</i>	52
Birch (Gray), <i>Betula populifolia</i>	53
Birch (White), <i>Betula papyrifera</i>	53
Birch (Yellow), <i>Betula alleghaniensis</i>	54
Cherry (Black), <i>Prunus serotina</i>	54
Cherry (Pin), <i>Prunus pensylvanica</i>	54
Elm (White), <i>Ulmus americana</i>	55
Maple (Red), <i>Acer rubrum</i>	55
Maple (Sugar), <i>Acer saccharum</i>	55
Oak (Red), <i>Quercus rubra</i>	55
Poplar (Balsam), <i>Populus balsamifera</i>	56

PART TWO

COMMUNICATION WITH ALL BEINGS

1. COMMUNION with the PLANT PEOPLE

Plant Spirit Communication for Everyone	57
Plant Spirit Guided Imagery	60
Signature Plants	61
Photosynthesis is a Transmutation of Love	62

2. ENCOUNTERS with the PLANT PEOPLE: Entries from my Journals

Surrounded by Spikenard	63
Old Man of the Burdock	64
Photography and the Plant Spirits	66
Ordinary Communications	67
Captured by the Faeries	68
Winter Weed Bouquet	69
Tree People Journal	69

3. COMMUNICATION with OUR BODIES, ANIMALS and BEYOND

Our Bodies	71
Take Counsel with All Beings	72
Protocol for Setting Boundaries with Other Beings	73

4. TOOLS and PRACTICES

Center and Ground	74
Smudging	75
Osha root (<i>Ligusticum porteri</i>)	76
Spiritual Dowsing	76

5. SKILLFUL USE of INTENTIONALITY

Thought Creates Reality	79
Attitude and Healing	82
Practices which Support Conscious Manifestation	82

PART THREE USING WILD EDIBLES AND MEDICINALS

1. WILD HARVESTING

Sustainable Wild Harvesting	84
Wildcrafting Tips	85
Disturbed Soil Habitat: Integrating Wild Edibles & Medicinals with Cultivated Plants	86
Opportunistic Dispersives aka 'Invasives'	87
Poisonous, Rash-Causing and Toxic Plants	88
Drying Herbs and Wild Edibles	89

2. WILD FOODS

Harvesting and Eating Wild Plants	91
Wild Food Recipes through the Seasons	94
Message from the Deva of Ingested Plants	100

3. MEDICINE MAKING

Preparation for Medicine Making	101
Herbal Teas	102
Water Therapies: Compresses, Eyewash, Herbal Bath, Aura Cleansing	103
Infused Oils	104
Herbal Salves	105
Tinctures	106
Poultices	108
Pill Balls	109
Capsules	110

4. FIRST AID

Emergencies	111
First Aid Kit	112
We are All Healers	115

PART FOUR
HEALTHY LIFE-STYLE

1. FOOD as OUR FIRST MEDICINE

Holistic Healing	116
Food as the Foundation of Health	116
Traditionally Processed and Industrially Processed Foods	118
Avoiding Refined Sugars	119
Fats and Oils	122
Eating According to Blood Type	125
Food Combination	126

2. CLEANSING and CLEANING INSIDE and OUT

Detoxification	127
Fasts and Cleanses	128
Crying as a Tool of Transformation	129
Sensitivities	130
Cleansing Protocol for the Body	131
Healthy Cleaning Materials	132
Protocol for dealing with Mold in the Home	134

APPENDICES

Wisdom of the Herbs School Reading and Resources	136
--	-----

GLOSSARIES

Botanical and other Plant-related Terms	138
Plant Constituents	141
Herbal Actions	143
Plant Families	145
Bibliography	152