

## Ellen's Dynamic Dozen

1. **Purple Coneflower, *Echinacea purpurea*.** Echinacea is an astringent herb used to enhance and build your Immune System. As a blood purifier, Echinacea is used to increase the body's resistance to infection.
2. **Chaste Tree, *Vitex agnus-castus*.** The medicinal berries are used to treat PMS and menopausal symptoms, such as hot flashes and excessive bleeding. As a hormonal balancer, Vitex regulates progesterone and estrogen, treats fibroids and re-establishes normal ovulation and menstruation.
3. **Passionflower, *Passiflora incarnata*.** This easily grown climber's leaves and flowers are used as an anti-anxiety medication. Its non-addictive sedative properties treat insomnia, can reduce high blood pressure and acts as a pain killer.
4. **Garden Sage, *Salvia officinalis*.** This common garden plant's leaves are used to soothe sore throats and treat infected gums. This herb's strong astringent action helps to slow secretions of fluids; such as excessive sweating, vaginal discharge, milk flow and diarrhea.
5. **Aloe vera.** Known as the "Plant of Immortality", this ancient and wonderful herb has numerous uses for burns, cuts and wounds. *Aloe* is also used internally as a laxative and for digestive problems.
6. **Horehound, *Marrubium vulgare*.** This very bitter herb is used to treat coughs and lung congestion. It can induce perspiration and is safely used for children. A popular way to take horehound is by eating horehound candy.
7. **Mullein, *Verbascum thapsus*.** Often found growing wild, this common plant's leaves are excellent in the relief of lung congestion, asthma, bronchitis and sore throats. Its yellow flowers are often combined with garlic and used as infused oil to treat ear infections.
8. **Rosemary, *Rosmarinus officinalis*.** This delicious culinary herb (great with poultry and potatoes), is used to stimulate poor circulation. Rosemary is useful in treating headaches, improving memory and act as a digestive herb to stimulate the flow of bile.
9. **Lemon Balm, *Melissa officinalis*.** This easily grown perennial is used to calm night-time headaches, nervous tension and acts as an anti-depressant. Like other mints, it is used to treat upset stomachs, flatulence and colic.
10. **Gotu Kola, *Centella asiatica*.** This lovely herb, perfect as a container plant, is used to improve memory and works synergistically with Ginkgo biloba to prevent memory loss, improve circulation to the brain and help alleviate mental confusion.
11. **Comfrey, *Symphytum officinale*.** Also known as Knitbone, Comfrey contains chemical constituents that help heal bones, ligaments, sprains and skin. It is an easily grown perennial herb for part-shade.
12. **Calendula, *Calendula officinalis*.** This versatile herb's brilliant yellow/orange flowers are used in many salves for their emollient, anti-inflammatory and healing properties. It's easy to grow from seed when planted in the fall.

**Discover more about other Austin grown herbs!:** Stinging Nettles, Catnip, Yarrow, Feverfew, Peppermint, Spearmint, Juniper berries, Yellow Dock, Ginkgo, Wood Betony, Borage, Fennel, Milk Thistle, Motherwort and Licorice Root

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