

Herbal Grimoire

The herbal information contained on this site is not intended to prescribe herbs and vitamins for specific health problems, but to educate the general public concerning the tried and true uses of herbs. It provides a reference tool for those who want to use the herbs and vitamins to feed specific body systems.

Herbs

Agrimony

Agrimonia eupatoria

MEDICINAL: An infusion of the leaves is used to treat jaundice and other liver ailments, and as a diuretic. It is also used in treating ulcers, diarrhea, and skin problems. Externally, a fomentation is used for athlete's foot, sores, slow-healing wounds, and insect bites.

RELIGIOUS: Agrimony is used in protection spells, and is used to banish negative energies and spirits. It is also used to reverse spells and send them back to the sender. It was believed that placing Agrimony under the head of a sleeping person will cause a deep sleep that will remain until it is removed.

GROWING: Agrimony is grown throughout much of the United States and southern Canada. It is a perennial that reaches 2 to 3 feet tall, prefers full sun and average soils. Agrimony tolerates dry spells well.

Alfalfa

Medicago sativa

MEDICINAL: Eliminates retained water, relieves urinary and bowel problems, helps in treating recuperation of narcotic and alcohol addiction. Used in treating anemia, fatigue, kidneys, peptic ulcers, pituitary problems, and for building general health.

RELIGIOUS: Placed in a small jar and kept in a pantry or cabinet, it protects the home from poverty and hunger. Burn alfalfa and scatter the ashes around the property to protect it.

GROWING: Alfalfa is cultivated in many regions of the world. It is not picky as to soils, prefers full sun, and regular waterings, although it will tolerate dry spells. It is a perennial that grows to 1 to 3 feet tall, depending upon growing conditions.

Allspice

Pimenta dioica

MEDICINAL: Allspice is used as a paste to soothe and relieve toothache, and as a mouthwash to freshen the breath.

RELIGIOUS: Allspice encourages healing, and is used in mixtures to ask for money and good fortune.

GROWING: Allspice comes from a tree that grows in Central and South America and the Caribbean, and prefers those climates.

Aloe Vera

Aloe vera, Aloe spp.

MEDICINAL: The gel of the inner part of an aloe leaf is used to treat burns, skin rashes, and insect bites, as well as chafed nipples from breastfeeding, when applied to the affected area externally. Internally it can be used to keep the bowels functioning smoothly, or when there is an impaction, although it can cause intestinal cramping when taken internally, and there are other herbs that do this job better. It aids in healing wounds by drawing out infection, and preventing infection from starting. The fresh gel is best to use, rather than "stabilized" gels found in the stores. The fresh gel was used by Cleopatra to keep her skin soft and young.

RELIGIOUS: Growing an aloe vera plant in the kitchen will help prevent burns and mishaps while cooking. It will also prevent household accidents, and guard against evil. It is reported that aloe was used to embalm the body of Christ.

GROWING: Best grown indoors in pots. Those living in the deep South, as in southern Texas or southern Florida, can grow aloe outdoors. Remember that Aloe is a succulent, not a cactus, so it needs water to keep the leaves fleshy and juicy.

Amaranth

Amaranthus spp.

MEDICINAL: Amaranth is used to battle stomach flu, diarrhea, and gastroenteritis. It was used by Native Americans to stop menstruation and for contraception. Applied externally, it can reduce tissue swelling from sprains and tick bites. **Not to be used by pregnant or lactating women.**

RELIGIOUS: Amaranth is used to repair a broken heart. It is also associated with immortality, and is used to decorate images of gods and goddesses. It is sacred to the god Artemis. Woven into a wreath, it is said to render the wearer invisible. Also used in pagan burial ceremonies.

GROWING: Amaranth is an annual, whose varieties grow from one to five feet tall. It does not transplant well, so sow it where you want it to grow. It is generally not picky about soil type, and tolerates heat and drought well.

Angelica

Angelica archangelica

MEDICINAL: Angelica is a good herbal tea to take for colic, gas, indigestion, hepatitis, and heartburn. It is useful to add in remedies for afflictions of the respiratory system, as well as liver problems and digestive difficulties. Promotes circulation and energy in the body. It is often used to stimulate the circulation in the pelvic region and to stimulate suppressed menstruation. **Angelica should not be used by pregnant women or diabetics.**

RELIGIOUS: Grow it in your garden as a protection for garden and home. The root is often used as a protective amulet, and has been used to banish evil by burning the leaves. It is also used to lengthen life, and is used in protection against diseases, as well as to ward off evil spirits. Adding it to a ritual bath will break spells and hexes. It has often been used to ward off evil spirits in the home.

GROWING: Angelica needs rich, moist garden soil in partial shade. It prefers wet bottomlands and swamps, and prefers the cooler northern regions to grow best. It is a perennial that can reach up to 6 feet tall.

Anise

Pimpinella anisum

MEDICINAL: Another good herb for colic, gas, and indigestion. It can also be used in herbal remedies for coughing, as it aids in loosening phlegm. It is the mildest of the herbs used for these purposes.

RELIGIOUS: Anise mixed with bay leaves provides an excellent bath additive prior to ritual. Using anise in potpourri around the house wards off evil, and anise in your sleeping pillow at night will chase away the nightmares. The essential oil is used in ritual baths prior to any divination attempts. It is believed that hanging an anise seed head on your bedpost will restore lost youth.

GROWING: Anise likes warm, sunny areas with well-drained, rich sandy soils. It is suitable for all areas of North America. It is an annual, and grows 1-2 feet high. It needs 120 days to produce fully ripened seed heads.

Apple

Pyrus spp.

MEDICINAL: Apples are used to treat constipation. The pectin in fresh apples can help to lower cholesterol levels, an aid in treating heart disease. Crushed apple leaves can be rubbed on a fresh wound to prevent infection.

RELIGIOUS: Apple blossoms are used in love and healing incenses. An apple should be given to a lover as a present - you should eat one half, the lover the other. It is given as an offering on Samhain to the dead, since it is a symbol of immortality. Apple wood is used to make magickal wands. Pouring apple cider on the ground in your garden before you plant gives the earth life.

GROWING: Apple trees grow over most of North America. They need a cool winter period, making them unsuitable for low desert or tropical regions. Check with your local nursery for varieties best suited to your area and growing conditions.

Astragalus

Astragalus membranaceus

MEDICINAL: Astragalus strengthens metabolism and digestion, raises metabolism, aids in strengthening the immune system, and is used in the healing of wounds and injuries. It is often cooked with broths, rice, or beans for a boost to the healing energies during those illnesses that prevent one from eating normally.

Basil

Ocimum basilicum

MEDICINAL: Basil is used to treat stomach cramps, vomiting, fevers, colds, flu, headaches, whooping cough, and menstrual pains. It is also used to reduce stomach acid, making it a valuable part of any treatment for ulcers, and a valuable addition to any recipe using tomatoes for those with sensitive stomachs. Externally, it can be used for insect bites, to draw out the poisons. It has been used in other countries to eliminate worms from the intestines, and the oil from basil leaves is applied directly to the skin to treat acne.

RELIGIOUS: Basil protects from evil and negativity, and aids in attracting and keeping love. It is used for purification baths, and in wealth and prosperity rituals. Carrying a basil leaf in your pocket brings wealth, and if powdered basil is sprinkled over your mate while they sleep, it is supposed to eliminate infidelity from your marriage.

GROWING: Basil will grow in any well-drained, fairly rich soil, and full sun. It can be grown throughout most of North America. It is an annual, which reaches 2-3 feet tall. Pinch off the tips to promote bushiness and flower buds to maintain growth.

Bayberry

Myrica cerifera

MEDICINAL: Bayberry, taken in small doses, increases the vitality of your total body systems, improving circulation. It can also be used as a poultice over varicose veins to strengthen the blood vessels. A douche made of the tea is used for vaginal infections. Tea made of Bayberry is a good gargle for sore throat and tonsillitis.

RELIGIOUS: The oil of Bayberry will bring prosperity and luck.

Bay Laurel

Laurus nobilis

RELIGIOUS: The leaves are burned to enhance psychic powers and to produce visions. Worn in an amulet, it will provide protection from evil and negativity. The leaves are used as decorations during the Yule season, and placed in your window it will protect against lightning striking your house. Write a wish on a bay leaf and then burn it if you want the wish to come true. Sprinkling the crushed leaves in your cupboards will keep out cockroaches and other insect pests.

Bee Pollen

MEDICINAL: Bee Pollen, has been used for allergies, quick energy, and to slow down the aging process.

Bergamot

Monarda citriodora

MEDICINAL: Also known as Oswego tea and Bee Balm. It is used to treat nausea and vomiting, and cold and flu relief. The essential oil is used to treat acne, coughs, fevers, tension, stress, and depression.

MAGICKAL: Used in money and success spells and rituals.

GROWING: Bergamot grows to 2 feet tall, and is a member of the mint family; so grow it as you would a mint.

Bistort

Polygonum bistorta

MEDICINAL: Bistort root, when ground and mixed with echinacea, myrrh, and goldenseal, is a great dressing for cuts and other wounds. It is also a powerful astringent, used by mixing a teaspoon in a cup of boiled water, and drunk several times a day, as a treatment for diarrhea and dysentery. The same mixture can be used as a gargle for sore throats. Bistort is good to drive out infectious disease, and is effective for all internal and external bleeding.

RELIGIOUS: An amulet fashioned of the root of Bistort is carried when one wishes to conceive. Sprinkle an infusion of bistort around your home to keep out unwanted visitors of the mischievous variety, such as poltergeists, sprites, etc.

GROWING: Bistort prefers damp soils, such as in cultivated fields. It is native to Europe, but has been grown in Nova Scotia and as far south as Massachusetts. It is a perennial that reaches up to 30 inches tall.

Blackberry

Rubus villosus

MEDICINAL: Syrup made from the root is used to treat diarrhea and upset stomach (good for treating children). An infusion of the leaves is good for treating diarrhea and sore throat.

RELIGIOUS: Blackberry leaves are used in money spells, as are the berries.

GROWING: Blackberries are perennial vines that grow in many areas, depending on the variety. They require full sun, very good air circulation, fertile soil that is kept moist, not soggy. Do not grow where you have grown other fruits or vegetables, to avoid transferring diseases to the young vines. Some varieties need pollinators, so check with your local nurseries to find a variety best suited to your needs and climate.

Black Cohosh

Cimicifuga racemosa

MEDICINAL: Black Cohosh is useful in all conditions dealing with arthritis. It improves blood circulation, and is used in treating delayed and painful menstruation, and is often used in conjunction with other herbs in treating menopause symptoms. **It should not be used during pregnancy.** Black Cohosh can be poisonous in large doses. It contains a chemical much like estrogen, so those advised by their doctor's not to take the Pill should avoid using this herb.

RELIGIOUS: Black Cohosh leaves laid around a room is said to drive away bugs, and to drive away negativity.

GROWING: Black Cohosh grows in open woody areas. It needs good soil and partial to mostly shade to do well. It has been grown as far south as Georgia, and as far west as Missouri. It is a perennial, which reaches 3 - 8 feet tall.

Black Walnut

MEDICINAL: Used to cleanse parasites & worms, skin rashes and lupus.

Blessed Thistle

Cnicus benedictus

MEDICINAL: Blessed Thistle is used to strengthen the heart, and is useful in all remedies for lung, kidney, and liver problems. It is also used as a brain food for stimulating the memory. It is used in remedies for menopause and for menstrual cramping. Often used by lactating women to stimulate blood flow to the mammary glands and increases the flow of milk.

GROWING: Blessed Thistle is generally found along roadsides and in wastelands. It is an annual, and reaches to 2 feet tall. Most folks consider this a pesky weed, so cultivation is not common. Try gathering some for yourself from the wild, if you dare the stickers - buying commercial is best!

Blue Cohosh

Caulophyllum thalictroides

MEDICINAL: Blue Cohosh is used to regulate the menstrual flow. It is also used for suppressed menstruation. Native Americans used this herb during childbirth to ease the pain and difficulty that accompany birthing, as well as to induce labor. **This herb should not be taken during pregnancy**, and should be taken in very small amounts in conjunction with other herbs, such as Black Cohosh.

GROWING: Blue Cohosh grows best in deep, loamy, moist woodlands. **The berry of this plant is poisonous**, and the plant itself can irritate the skin. The root is the part used in herbal medicine. It has a range from southern Canada, as far south as the Carolinas, and as far west as Missouri. This herb is best purchased from the stores, rather than cultivated.

Boneset

Eupatorium perfoliatum

MEDICINAL: Used for treating severe fevers, as well as flu and catarrh conditions. One to two tablespoons of the tincture in hot water is used for sweat therapy to break fevers.

RELIGIOUS: An infusion sprinkled around the house will drive away evil spirits and negativity.

GROWING: Boneset prefers damp to moist rich soils. It is a North American native perennial that reaches 2 to 4 feet high, and grows in partial sun.

Borage

Borago officinalis

MEDICINAL: Used for treating bronchitis, rashes, and to increase mother's milk. The infusion is used as an eyewash.

RELIGIOUS: Carrying the fresh blossoms brings courage. The tea will induce your psychic powers.

GROWING: Borage was once widely planted in gardens throughout Europe. It was brought to the United States, and now grows wild in much of the eastern half of the nation. It is an annual that grows in most soils, tolerates dry spells, and prefers full sun, reaching to 2 feet in height.

Bupleurium

MEDICINAL: Used for stagnation in liver, gall bladder, and to strengthen leg muscles.

Burdock

Arctium lappa

MEDICINAL: Burdock Root is used to treat skin diseases, boils, fevers, inflammations, hepatitis, swollen glands, some cancers, and fluid retention. It is an excellent blood purifier. A tea made of the leaves of Burdock is also used for indigestion. Very useful for building the systems of young women. Helps clear persistent teenage acne if taken for three to four weeks. Used with dandelion root for a very effective liver cleanser and stimulator.

RELIGIOUS: Used to ward off all sorts of negativity, making it invaluable for protective amulets and sachets. Add to potpourri in the house.

Butcher's Broom

MEDICINAL: Used for circulation, phlebitis, leg cramps, and varicose veins.

Capsicum

MEDICINAL: Used for circulation to extremities, strokes, blood pressure, and colds.

Caraway

Carum carvi

MEDICINAL: Caraway aids digestion, can help promote menses, can increase a mother's milk, and is good to add to cough remedies as an expectorant.

RELIGIOUS: Carry Caraway in an amulet for protection. Carrying caraway seeds promotes the memory. It can also guard against theft. It is said to promote lust when baked into breads, cookies, or cakes.

GROWING: Caraway can be found in meadows, woods, and rocky areas. It prefers a rich soil. Native to Europe, Asia, and Africa, it also grows wild here in North America. It is a biennial that reaches 1 1/2 - 2 feet high.

Cascara Sagrada

Rhamnus purshiana

MEDICINAL: Used in treating chronic constipation, and is a stimulant to the whole digestive system. It is a safe laxative, and is useful for treating intestinal gas, liver and gall bladder complaints, and enlarged liver.

RELIGIOUS: Sprinkled around the home before going to court, it will help you to win your case. It is used in money spells and in repelling evil and hexes.

GROWING: Cascara Sagrada is a tree that is native to the Pacific Northwest regions of North America.

Catnip

Nepeta cataria

MEDICINAL: Catnip is effective alone or in herbal remedies for colds, flu, fevers, upset stomach, and insomnia. Particularly good for children with upset stomachs in a very mild infusion.

RELIGIOUS: Use the large leaves, well dried, to mark pages in magickal books. Use in conjunction with rose petals in love sachets. It will also create a psychic bond between you and your cat. Grow near your home to attract luck and good spirits.

GROWING: Catnip will grow in most soils, and tends to enjoy a bit of the dry spells once it is established. It grows throughout North America, and is a perennial reaching to 3 feet high.

Cat's Claw

Uncaria tomentosa

MEDICINAL: Also known as una de gato. Used in treatment of arthritis, gastritis, tumors, dysentery, female hormonal imbalances, and viral infections. It is effective in aiding treatment of the immune system,

the intestinal system, and the cardiovascular system. **This herb should not be taken by those who have received an organ transplant, nor by pregnant or nursing women.**

Cayenne

Capsicum spp.

MEDICINAL: Cayenne, also called capsicum, is very effective added to liniments for all sorts of arthritis and muscle aches. Internally it benefits the heart and circulation when taken alone or added to other remedies. It is also used to stimulate the action of other herbs. Capsicum is also used to normalize blood pressure. It will stop bleeding both externally and internally, making it excellent for use with ulcers. It is used in antibiotic combinations, for menstrual cramps, and as a part of treatment for depression. Sprinkle a small amount into socks or shoes to warm the feet during the winter months. It can be taken safely with NSAIDS, and may help you to reduce your dosages of these common arthritis drugs.

RELIGIOUS: Cayenne pepper scattered around your house will break bad spells. Adding it to love powders will ensure that your love will be spicy, and can inflame the loved one with passion.

GROWING: Cayenne pepper plants like a good, rich soil, plenty of water, and full sun. The peppers are dried after ripening. For herbal use, the peppers are usually ground into a powder and mixed with other powdered herbs in capsules.

Cedar

Cedrus spp.

RELIGIOUS: Cedar chips used in rituals or burnt attracts money, and is also used in purification and healing. It is a symbol of power and longevity. Hung in the home it will protect against lightning. Juniper can be used in place of cedar.

GROWING: There are many types of cedars that grow throughout the world. Check with your local nursery for varieties best suited to your area. Cedars are evergreen perennials that are attractive in any landscape.

Chamomile

Matricaria chamomilla (German chamomile), *Anthemus nobilis* (Roman chamomile)

MEDICINAL: Use the tea for nerves and menstrual cramps. The tea is also useful for babies and small children with colds and stomach troubles. Also used to calm the body for inducing sleep in insomniac conditions. It is also a good wash for sore eyes and open sores.

RELIGIOUS: Chamomile is used in prosperity charms to attract money. Added to incense, it will produce a relaxed state for better meditation. Burned alone it will induce sleep. Added to a ritual bath, it will attract love. Sprinkle it around your property to remove curses and bad spells.

GROWING: Chamomile is an annual that adapts to most soils, likes lots of water and full sun. It grows up to 20 inches tall.

Chickweed

Stellaria media

MEDICINAL: Chickweed is an excellent source of many B vitamins and various minerals. It is used to treat bronchitis, pleurisy, coughs, colds, and as a blood builder. Externally it is good for skin diseases, and the tea added to the bath is good for soothing skin irritations and rashes.

RELIGIOUS: Chickweed is carried and/or used in spells to attract love and to maintain a relationship.

GROWING: This annual spreading plant is usually hated as an obnoxious weed by the typical gardener. It is found throughout temperate areas of North America and of Europe, the plant's native homeland. It prefers full sun, average to poor soils, and infrequent watering.

Cinnamon

Cinnamomum zeylanicum

MEDICINAL: Add cinnamon to remedies for acute symptoms, as this herb is a stimulant to other herbs and the body, enabling herbal remedies to work faster. It is also a blood purifier, an infection preventative, and a digestive aid. Do not ingest cinnamon **oil**.

RELIGIOUS: Burned in incense, cinnamon will promote high spirituality. It is also used to stimulate the passions of the male. It should also be burned in incenses used for healing. The essential oil is used for protection.

Clover, Red

Trifolium pratense

MEDICINAL: Red Clover is used as a nerve tonic and as a sedative for exhaustion. It is used to strengthen those children with weak systems, and is used with children for coughs, bronchitis, wheezing, as it is mild to their systems. It is often used in combination with many other drugs in the treatment of cancer. It is also used for skin eruptions (acne).

RELIGIOUS: Clover brings luck, prosperity, and health. Carrying a three-leaf clover gives you protection. Worn over the right breast it will bring you success in all undertakings.

GROWING: Grow clover as you would lawn grasses. Clover is an excellent cover crop, planted in fallow areas and turned under in the fall; it makes an excellent fertilizer for poor soils.

Cloves

Eugenia caryophyllata

MEDICINAL: Clove oil will stop a toothache when it is applied directly to the cavity. It is very warm and stimulating to the system, and is very useful with people who have cold extremities. Cloves will promote sweating with fevers, colds, and flu. It is often used in remedies for whooping cough. Cloves are also safe and effective for relieving vomiting during pregnancy.

RELIGIOUS: Cloves worn in an amulet will drive away negativity and hostility, and stop gossip. It is often carried to stimulate the memory, and can be added to attraction sachets. Clove oil is also worn as an aphrodisiac, and the buds when eaten are said to stir up bodily lusts. It is placed in sachets with mint and rose to chase away melancholy and to help one sleep soundly. Carried, it can also bring comfort to the bereaved and mourning.

Coltsfoot

Tussilago farfara

MEDICINAL: Used to treat respiratory problems, and is soothing to the stomach and intestines. Combine with horehound, ginger, and licorice root for a soothing cough syrup.

RELIGIOUS: Coltsfoot is added to love sachets and is used in spells of peace and tranquility.

GROWING: Coltsfoot is a perennial that prefers damp, clay soils. It grows 5 to 18 inches high, and likes full to partial sun.

Comfrey

Symphytum officinale

MEDICINAL: A poultice of comfrey heals wounds, burns, sores, and bruises. It is a powerful remedy for coughs, ulcers, healing broken bones and sprains, and is used in treating asthma. Large amounts or dosages can cause liver damage, but there are no problems with using it externally. Used internally, it is best and safest to use a tea, rather than capsules.

RELIGIOUS: Carrying comfrey during travel will ensure your safety. Put some in your luggage to prevent it being lost or stolen. It will also bring luck to the carrier.

GROWING: Comfrey prefers well-drained soils and partial shade. It grows from Canada to Georgia, as far west as Missouri, in the wild. It is a perennial that grows to 3 feet high. It can be started from seed, but you will be more successful with cuttings. Once established, it will spread vigorously. Harvest leaves when the flowers bud, and roots in the autumn after the first frost.

Cornflower

Centaurea cyanus

MEDICINAL: Juices from the stems of this plant are used externally to treat wounds and cuts.

RELIGIOUS: Cornflower is used to promote and enhance psychic sight, as well as normal eyesight.

GROWING: Cornflower is adaptable to many soils and conditions. It is an annual that grows 1 - 2 feet tall.

Cornsilk

MEDICINAL: Used for kidney, bladder, bedwetting, painful urination, and prostate.

Cowslip

MEDICINAL: Used to improve facial skin, less wrinkles.

Cramp Bark

Viburnum opulus

MEDICINAL: Cramp Bark is one of the best female regulators in the herb world. It is a uterine sedative, aiding in menstrual cramps and afterbirth. It helps to prevent miscarriage, as well as internal hemorrhaging.

Damiana

Turnera diffusa

MEDICINAL: Damiana is used to regulate the female cycles. It is also used to stimulate the sexual appetite. It is good for urinary problems and nervousness, as well as hypertension.

RELIGIOUS: Damiana is used in infusions to incite lust, and is burned to produce visions.

Dandelion

Taraxum officinale

MEDICINAL: Dandelion benefits all functions of the liver. It clears obstructions (such as stones) and detoxifies poisons that gather in the liver, spleen, and gall bladder. It will also promote healthy circulation. The juice from a broken leaf stem can be applied to warts and allowed to dry; used for 3 days or so it will dry up the warts. It is also used to treat premenstrual syndrome, as it is a diuretic. It has been shown to reduce cholesterol and uric acid. Dandelion also helps clear skin eruptions when used both internally and externally. It is a rich source of potassium, and contains more vitamin A than carrots.

RELIGIOUS: It is a sign of rain when the down from a ripened dandelion head falls without wind helping it to do so. To blow the seeds off a ripened head is to carry your thoughts to a loved one, near or far.

GROWING: Dandelion is a common yard, garden, and roadside weed. Do not gather where chemicals have been used, and don't gather those near roadsides, as they have been contaminated from exhausts.

Devil's Claw

MEDICINAL: Used for lupus, rheumatism, arthritis, and spondyloarthropathics.

Dill

Anethum graveolens

MEDICINAL: Dill is used to treat colic, gas, and indigestion.

RELIGIOUS: Dill is used in love and protection sachets. The dried seed heads hung in the home, over doorways, and above cradles provides protection. Add dill to your bath to make you irresistible to your lover.

GROWING: Dill grows in most regions of North America. It needs sun and a well-drained soil, and frequent waterings. It is a hardy annual, biennial in the deep southern regions, that reaches 2 - 3 feet tall. Dill matures quickly, and self-sows for the following year. Plant in six-week intervals for a season-long supply of fresh dill.

Dong Quai

Angelica sinensis

MEDICINAL: A powerful herb for the female reproductive system. It is a powerful uterine tonic and hormonal regulator. Used in premenstrual syndrome formulas as well as menopausal formulas.

Dragon's Blood

Daemonorops draco

MEDICINAL: The resin of Dragon's Blood is used externally as a wash to promote healing and stop bleeding. Internally it is used for chest pains, postpartum bleeding, internal traumas, and menstrual irregularities.

RELIGIOUS: Added to love incenses and sachets, it increases the potency of other herbs used. A piece of the plant is often used under the mattress as a cure for impotency. It is also used in spells to bring back a loved one. A pinch added to other herbs for magickal purposes will increase their potency.

Echinacea

MEDICINAL: Used as an antibiotic, for the lymph system, as a blood purifier, and for the immune system.

Eyebright

MEDICINAL: Used to improve vision, eye strain, cataracts, allergies, and sties .

False Unicorn

Chamaelirium luteum

MEDICINAL: False Unicorn is very soothing for a delicate stomach. It also stimulates the reproductive organs in women and men. This herb is very important for use during menopause, due to its positive effects on uterine disorders, headaches, and depression.

GROWING: False Unicorn grows primarily in very moist areas, in partially shady areas, throughout North America.

Fennel

Foeniculum vulgare

MEDICINAL: Fennel helps to take away the appetite. It is often used as a sedative for small children. It improves digestion, and is very helpful with coughs. It is also used for cancer patients after radiation and chemotherapy treatments. Enriches and increases the flow of milk for lactating women.

RELIGIOUS: Use for scenting soaps and perfumes to ward off negativity and evil. Grow near the home for the same purpose.

GROWING: Fennel prefers dry, sunny areas. It is a perennial that can reach 4 - 6 feet high, and grows in most average to poor soils.

Fenugreek

Trigonella foenum-graecum

MEDICINAL: Fenugreek is used to soften and expel mucous. It has antiseptic properties and will kill infections in the lungs. Used with lemon and honey, it will help reduce a fever and will soothe and nourish the body during illness. It has been used to relax the uterus, and for this reason should not be taken by pregnant women.

RELIGIOUS: Adding a few fenugreek seeds to the mop water used to clean your household floors will bring money into the household.

GROWING: Fenugreek likes dry, moderately fertile soil in a sunny location. It is an annual, and grows to 1 - 3 feet tall.

Feverfew

Tanacetum parthenium

MEDICINAL: Feverfew is used to treat colds, fevers, flu, and digestive problems. It is often used to end migraines and other headaches.

RELIGIOUS: Feverfew is carried for protection against illnesses involving fever, as well as for preventing accidents.

GROWING: Feverfew bears a resemblance to chamomile. It prefers dry places, will tolerate poor soil, and is a hardy biennial or perennial, growing to 2 1/2 feet. It prefers full sun.

Flax Seed

Linum usitatissimum

MEDICINAL: Flax is used as an aid to achieving cardiovascular health, to help in menopause, and as a mild laxative. The seed and the seed oil are being studied as a possible cure for cancer. The oil helps slow the kidney disease that accompanies lupus.

RELIGIOUS: Flax is used to attract money and wealth, and is used in healing spells and rituals.

GROWING: Flax grows in a wide range through North America. It is an annual that grows to 3 feet high, and is adaptable to many soils and conditions.

Fo-Ti

MEDICINAL: Used for Muscles, backache, nerves, and ligaments.

Frankincense

Boswellia carterii

MEDICINAL: Frankincense relieves menstrual pains, and treats rheumatic aches and pains. Externally it is used for liniments and for its antiseptic properties.

RELIGIOUS: Frankincense is burned to raise vibrations, purify, and exorcise. It will aid meditations and visions. The essential oil is used to anoint magickal tools, altars, etc.

Garlic

Allium sativum

MEDICINAL: Garlic is a powerful natural antibiotic. It can stimulate cell growth and activity. It reduces blood pressure in hypertensive conditions. A main advantage to using garlic for its antibiotic properties is that it does not destroy the body's natural flora. It is excellent for use in all colds and infections of the body. When ingesting the raw cloves, a sprig of parsley chewed immediately after will freshen the breath.

RELIGIOUS: Peeled garlic cloves placed in each room is said to ward off disease. It is hung in new homes to dispel negativity and evil, and (don't laugh!) to ward off vampires. It is a strong protective herb. Place a clove under the pillow of sleeping children to protect them.

GROWING: Garlic is a perennial herb that likes moderate soil and lots of sun and warmth. The plant grows to 2 feet tall. The bulb is the most common used portion, although the greens are often used in salads.

Ginger

Zingiber officinale

MEDICINAL: Ginger is an excellent herb to use for strengthening and healing the respiratory system, as well as for fighting off colds and flu. It removes congestion, soothes sore throats, and relieves headaches and body aches. Combined with other herbs, it enhances their effectiveness. It is also very effective in combating motion sickness. Recommended during pregnancy for treating morning sickness and digestive problems, as well as safe to use during pregnancy for colds and sore throats.

RELIGIOUS: Ginger is used in passion spells, to "heat up" the relationship. It is used in success spells, and to ensure the success of spells.

GROWING: Ginger grows through most of North America. It reaches to 6 inches high, and is a perennial. The ground root is the part used for healing.

Gingko Biloba

Gingko biloba

MEDICINAL: Gingko Biloba is used to treat memory loss and difficulties, and is used to treat head injuries. It is also used to treat tinnitus, circulatory problems, strengthening the cardiac system, impotence, asthma, allergies that affect breathing, and Alzheimer's disease, in its early stages. Its properties enable the opening of the smaller veins, helping to improve circulation to all organs and especially the heart.

RELIGIOUS: Gingko is held or carried to help improve the memory. A mild tea prior to bedtime will help to remember dreams during sleep.

GROWING: The Gingko Biloba tree is a remnant of prehistoric times. It grows 50 to 70 feet tall. It prefers temperate areas with moist soils, and needs full sun and high humidity.

Ginseng Red Chinese

MEDICINAL: Used for quick energy.

Ginseng Siberian

Panax quinquefolia (American ginseng), *Eleutherococcus senticosus* (Siberian ginseng), *Panax spp.*

MEDICINAL: Ginseng stimulates the body to overcome all forms of illness, physical and mental. It is used to lower blood pressure, increase endurance, aid in relieving depression, and is a sexual stimulant. The dried root is used for healing purposes. It has been used throughout ancient times to the present day for use in conjunction with most herbs in treating all sorts of illnesses, including cancers, digestive troubles, and memory. It is used to tone the body during stress and to overcome fatigue. During menopause it aids in rejuvenating the system and balances hormones, as well as aids in regulating hot flashes.

RELIGIOUS: Ginseng is carried to guard your health and to attract love. It will also ensure sexual potency. Ginseng is an effective substitute for mandrake in all spells.

GROWING: Ginseng can be very difficult to grow. Germination of disinfected seeds (to kill mold, which plagues ginseng at all stages of growth) can take up to a year or more. Plant in early autumn in raised beds of very humus-rich soil. Plants must be shaded at all times. Roots are not harvested until the plants are at least 6 years old. Take care during harvesting and drying not to break off any of the "arms" of the root. Dry for one month before use.

Goldenseal

Hydrastis canadensis

MEDICINAL: Goldenseal is another natural, powerful antibiotic. Pregnant women should not use it. The herb goes straight to the bloodstream and eliminates infection in the body. It enables the liver to recover. When taken in combination with other herbs, it will boost the properties for the accompanying herbs.

RELIGIOUS: Goldenseal is used in prosperity spells, as well as healing spells and rituals.

GROWING: Goldenseal prefers rich soils in partial shade. It is a perennial herb that grows 6 - 18 inches high. The dried ground root is the part most often used, although the dried leaves are used in teas. It is difficult to grow successfully, and the plants need to be at least 6 years old before harvesting.

Gotu Kola

Centella asiatica

MEDICINAL: Gotu Kola is an excellent mental stimulant. It is often used after mental breakdowns, and used regularly, can prevent nervous breakdown, as it is a brain cell stimulant. It relieves mental fatigue and senility, and aids the body in defending itself against toxins.

RELIGIOUS: Gotu Kola is used in meditation incenses.

Green Tea

Camellia sinensis, Various spp.

MEDICINAL: Green tea has recently come into prominence as an effective anti-oxidant. It has been shown to reduce the risk of many forms of cancer, and it has the ability to stabilize blood lipids, making it part of an overall cardiac care regimen. It aids in treating high cholesterol, hypertension, and stimulates immune functions. This herb eases mental fatigue, and may lower the risks for arteriosclerosis. It can also help to prevent plaque buildup on the teeth. People who are sensitive to, or cautioned to reduce or avoid, caffeine, can still use the decaffeinated form of Green Tea, which is still shown to have the same medicinal properties and qualities.

MAGICKAL: Used for prosperity rituals, and to honor deities around the world.

GROWING: Grown in various temperate climates around the world; check your local county extension service to see if a species will grow in your area.

Hawthorn

Crataegus oxycantha

MEDICINAL: Hawthorn is effective for curing insomnia. Hawthorn is used to prevent miscarriage and for treating nervousness. Hawthorn has been used for centuries in treating heart disease, as regular use strengthens the heart muscles, and to prevent arteriosclerosis, angina, and poor heart action.

RELIGIOUS: The leaves are used to make protection sachets. They are also carried to ensure good fishing. In Europe, Hawthorn was used to repel witchcraft spells. Bringing branches of it into the home is supposed to portend death. It is incorporated into spells and rituals for fertility. It will protect the home from damaging storms.

GROWING: Hawthorn is a deciduous tree or shrub that can reach 40 feet tall. It grows throughout North America. It is tolerant of most soils, but prefers alkaline, rich, moist loam. Consult a nursery for the best species to use in your area. The fruit is the part used in healing.

Hazel

Coylus spp.

RELIGIOUS: Hazel's forked branches are used for divining, and the wood makes wonderful wands. Hazel nuts hung in the house will bring luck, and can be carried to cause fertility. Eaten, the nuts bring wisdom.

GROWING: Hazelnut trees do best when planted in a well-drained, fertile, slightly acid soil. They do best where the winter temps are above -10.

Heather

Calluna spp.

MEDICINAL: A tea made of heather blossoms is used to suppress coughing, and as an aid for sleeplessness.

RELIGIOUS: Heather is carried as a guard against rape and violent crime. In potpourri, it adds protection. When burned with fern, it will bring rain.

GROWING: Heather prefers rocky or sandy soils and full sun. It is an evergreen shrub that grows 1 - 2 feet tall.

Henbane

Hyosycamus niger

MEDICINAL: Henbane stops pain, and lessens perspiration. Henbane is **very toxic**, so it should not be used by pregnant women or the weak or children, and should be used in only extremely small amounts for external use only, and not on a regular basis. A poultice of leaves is used briefly to remove pain from wounds.

RELIGIOUS: Henbane is sometimes thrown into the water to bring rain. In olden times, it had many more uses, but is seldom used today due to its poisonous nature.

GROWING: Henbane grows wild throughout temperate North America. Due to its toxic nature, it is not advisable to grow in the home garden.

Holly

Ilex spp.

RELIGIOUS: Holly is used as a protective plant, and used as decoration during the Yule season. Planted outside the home, it will also afford protection. Sprinkle holly water on newborn babies to protect them.

GROWING: Holly likes slightly acid soils, and can tolerate poor, sandy soil. It needs full sun, and grows to about 4 feet tall.

Hops

Humulus lupulus

MEDICINAL: Hops is a sedative. Therefore, it is useful in treating insomnia and nervous tension. It is mild and safe. It is used in brewing beer and ales. Hops is also used for treating coughs, bladder ailments, and liver ailments. Externally it is used to treat itching skin rashes and hives. It also removes poisons from the body.

RELIGIOUS: Hops is used in healing incenses. Sleep pillows often include hops to induce sleep and pleasant dreams.

GROWING: Hops prefers full sun, and will adapt to many soils. It is a perennial vine that reaches to 30 feet in height. The portion of the plant used in healing are the dried flowers.

Horehound

Marrubium vulgare

MEDICINAL: Horehound is used in children's cough remedies, as it is a gentle but effective expectorant. It acts as a tonic for the respiratory system and stomach. In large doses it acts as a laxative.

RELIGIOUS: Horehound is used in incenses for protection. It is also used in exorcisms.

GROWING: Horehound likes dry sandy soils and full sun. It is a perennial (except in very cold climates) that reaches to 3 feet tall. It is a vigorous grower and can become a pest if not carefully controlled. It needs little water, tolerates poor soils, and does best in full sun. It blooms during its second year.

Horseradish

Armoracia lapathifolia

MEDICINAL: Grind some of the fresh root, combine it with a carrier oil, and use it to massage away muscular aches, and help loosen chest congestion. It can be used to warm a cold body, and to clear up drippy sinuses.

RELIGIOUS: Horseradish is part of the Jewish Passover ritual. It also repels evil around the home and property.

GROWING: Horseradish is a perennial plant that is cultivated throughout the world for its long, tasty root. It will grow two to three foot tall by its second year.

Horsetail

Equisetum arvense

MEDICINAL: Horsetail is used in treating urinary tract infections. It aids in coagulation and decreases bleeding. It will also help broken bones heal faster, and will help brittle nails and hair, due to its high silica content. It has also been used as part of a treatment for rheumatoid arthritis. The plant alone, boiled in water, makes an effective foot soak for tired feet, or for the treatment of athlete's foot. **Do not use if pregnant or nursing.**

RELIGIOUS: Whistles made from the stalks of Horsetail are used to call the spirits.

GROWING: Horsetail needs swamps and damp places to grow, in full sun to partial shade. It grows to 1 - 2 feet tall. The plant itself is used in healing.

Hydrangea

MEDICINAL: Used to dissolve stones.

Hyssop

Hyssopus officinalis

MEDICINAL: Hyssop is used in treating lung ailments. The leaves have been applied to wounds to aid in healing. The tea is also used to soothe sore throats. It has been used to inhibit the growth of the herpes simplex virus.

RELIGIOUS: Hyssop is used in purification baths and rituals, and used to cleanse persons and objects.

GROWING: Hyssop prefers dry conditions, tolerates most soils, and full sun. It is a member of the mint family. It is a perennial shrubby plant growing to 3 feet tall.

Iceland Moss

Cetraria islandica

MEDICINAL: Iceland Moss, a lichen, has been used for centuries to treat all kinds of chest ailments. It is used to nourish the weak, elderly, and weakly children.

GROWING: Iceland Moss grows in cold, humid mountain areas and wooded areas. It grows to 4 inches tall.

Ivy

Hedera spp.

MEDICINAL: The leaves have been used externally as a poultice to treat sores, ulcers, and other skin eruptions.

RELIGIOUS: Ivy is grown to grow up the outside of the home to act as a guardian and protector. It is worn by brides to bring luck to the marriage.

GROWING: Ivy has many different varieties, and most will adapt to many different soil and growing conditions. It grows throughout North America.

Jasmine

Jasminum officinale

MEDICINAL: Jasmine tea is drunk for its calming affect, especially after dinner, as well as for its aphrodisiacal qualities. Jasmine oil used in massage is soothing to the skin, and reported to be an aphrodisiac. It is used in aromatherapy to treat depression and nerve conditions, and as massage oil for menstrual cramps.

RELIGIOUS: Jasmine is used in love sachets and incenses. It is used to attract spiritual love. A drop of the essential oil in almond oil, massaged into the skin, is said to overcome frigidity. Carrying, burning, or wearing the flowers attracts wealth and money. If burned in the bedroom, Jasmine will bring prophetic dreams.

GROWING: Jasmine is best grown indoors in pots. It is an evergreen vine. It likes bright light, but no direct sun, some support such as a trellis, lots of water, and occasional fertilizing.

Jojoba

Simmondsia chinensis

MEDICINAL: Jojoba oil from the seed has been used to promote hair growth and relieve skin problems for centuries. It is effective in treating dandruff, psoriasis, dry and chapped skin.

Juniper Berries

Juniperis spp.

MEDICINAL: Juniper has been used to clear uric acid from the body. It is high in natural insulin, and has the ability to heal the pancreas where there has been no permanent damage. It is useful for all urinary infections and for water retention problems. Juniper is used externally as a compress to treat acne, athlete's foot, and dandruff.

RELIGIOUS: Juniper is used to protect from accidents and theft. Grown at your doorstep, it will offer your home protection. It is used in incenses for protection.

GROWING: Junipers of all species are adaptable to many growing conditions. They are low-maintenance plants. Choose a species suited to your landscape needs, to avoid problems later, as some folks plant them with no regard for their eventual size, and sometime find they have a nuisance on their hands as the plant matures. If you want berries, you must plant a male and a female juniper.

Kava Kava

Piper methysticum

MEDICINAL: Used to treat insomnia and nervousness. Relieves stress after injury. Used as a tea for pains associated with nerve and skin diseases. **Large doses can cause a buildup of toxic substances in the liver.**

RELIGIOUS: A tea of kava kava is drunk to offer protection against evil and to invite good luck. Sprinkle the tea around the home and property for the same uses.

GROWING: Kava Kava grows on many South Pacific tropical islands. It grows 8 to 20 feet tall. Try growing it as a houseplant, with frequent misting for humidity, or placing on humidity trays. Seeds and plants are available from several mail-order sources.

Kelp

Fucus vesiculosus

MEDICINAL: Kelp is used to strengthen and promote the glands. It controls the thyroid and regulates metabolism. It is a sustainer to the nervous system and the brain, and is a terrific boost for pregnancy and the developing child. It contains over 30 minerals and vitamins.

GROWING: Best found in stores, as this is seaweed that grows in the ocean.

Lavender

Lavandula officinalis

MEDICINAL: Lavender tea made from the blossoms is used as an antidepressant. It is used in combination with other herbs for a remedy for depression and nervous tension and stress. It is also used as a headache remedy.

RELIGIOUS: Lavender is used in purification baths and rituals. It is used in healing incenses and sachets. Carrying the herb will enable the carrier to see ghosts. The essential oil will heighten sexual desire in men. Lavender water sprinkled on the head is helpful in keeping your chastity. The flowers are burned to induce sleep, and scattered throughout the home to maintain peaceful harmony within. Carrying lavender brings strength and courage.

GROWING: Lavender likes light sandy soil and full sun. It grows to 18 inches. It should be mulched in colder climates for winter protection for this perennial.

Lecithin

MEDICINAL: Used to break down cholesterol and fatty deposits, brain nutrients.

Lemon Balm

Melissa officinalis

MEDICINAL: Lemon Balm is used to treat children with fever, flu, and colds. In adults, it treats colds, headaches, depression, menstrual cramps, insomnia, and nervous stomachs. It has also been used to treat hyperthyroidism (Grave's disease), herpes simplex, and indigestion. The crushed leaves are applied to wounds and insect bites to aid in healing. The essential oil, also known as Melissa, is used in aromatherapy to ease depression.

RELIGIOUS: Lemon Balm is used in spells to bring success, and in healing spells. It is often used in spells to find love and friendship.

GROWING: Lemon Balm is a perennial that can reach up to 3 feet high. It needs full sun and rich soil with regular watering. Plant where you can enjoy the lemon scent of the leaves from a porch, deck, or open window.

Licorice

Glycyrrhiza glabra

MEDICINAL: Licorice Root is a great source of the female hormone estrogen. It is used for coughs and chest ailments. It is an important herb to use when recovering from an illness, as it supplies needed energy to the system. Used as a remedy for stomach and heart problems, indigestion, and most respiratory ailments. Helps to normalize and regulate hormone production. **Should not be used by pregnant women as it can sometimes lead to high blood pressure with prolonged use.**

RELIGIOUS: Licorice root was buried in tombs and caskets to help the soul pass easily into the Summerland. Chewing on a piece of the root will make you passionate. It is added to love sachets, and an ingredient in spells to ensure fidelity.

GROWING: Licorice is a perennial that reaches 3 to 7 feet tall. Hard freezes will kill it, so it grows best in warm sunny climates.

Lobelia

MEDICINAL: Used for asthma, congestion, pneumonia, strong relaxant, and lungs.

Lovage

Levisticum officinale

MEDICINAL: Lovage root eases bloating and flatulence. It is also used with other herbs to counteract colds and flu.

RELIGIOUS: Lovage is added to baths to clean the psychic portion of the mind. Added to baths with rose petals will make you attractive to the opposite sex.

GROWING: Lovage is a perennial that grows 3 - 7 feet tall. It is adaptable to many conditions, and does best in full sun.

Mandrake

Podophyllum peltatum

MEDICINAL: Mandrake is a very strong gland stimulant. It is used to treat skin problems, digestion, and chronic liver diseases. It is most often combined with other herbs. It is very powerful and should be used with caution, as well as in very small dosages. **Pregnant women should not use this herb. It is potentially very toxic to anyone if improperly used.** Do not use this herb without the proper guidance from a professional!

RELIGIOUS: Mandrake is used in the home as a powerful protection. It is carried to promote conception, and men carry it to promote fertility and cure impotency.

Marigold

Calendula spp.

MEDICINAL: Marigold is a great first aid remedy. It relieves headaches, earaches, and reduces fevers. It is excellent for the heart and for the circulation. It is also used externally to heal wounds and bruises.

RELIGIOUS: Fresh marigolds in any room heightens the energy within. Placed under the pillow before bed, it induces clairvoyancy. Planted in rows with tomatoes, it will keep pests from them and other vegetables. Planted near the porch/deck, it will keep mosquitoes away. It is also used to attract and see the fairies. Scattered under the bed, they protect during sleep. Add to bath water to win the respect of everyone you meet.

GROWING: Marigold is an annual plant that comes in many sizes and colors. It is adaptable to many soils. Give plenty of water and full sun.

Marjoram

Origanum majorana

MEDICINAL: Marjoram is useful for treating asthma, coughs, and is used to strengthen the stomach and intestines, as well as used with other herbs for headaches.

RELIGIOUS: Marjoram should be added to all love charms and sachets. A bit in each room will aid in protection of the home. If given to a grieving or depressed person, it will bring them happiness.

GROWING: Marjoram is a perennial herb growing 1 - 3 feet tall. It likes all kinds of soils, and prefers full sun and rich soil. It is grown as an annual or wintered indoors in cold regions.

Marshmallow

Althea officinalis

MEDICINAL: Marshmallow aids in the expectoration of difficult mucous and phlegm. It helps to relax and soothe the bronchial tubes, making it valuable for all lung ailments. It is an anti-irritant and anti-inflammatory for joints and the digestive system. It is often used externally with cayenne to treat blood poisoning, burns, and gangrene.

GROWING: Marshmallow needs marshes and swamps to grow. It is a perennial growing to 4 feet tall.

Meadowsweet

Filipendula ulmaria

MEDICINAL: Meadowsweet is used to treat headaches, fever, arthritis, rheumatism, menstrual cramps, and flu, as well as diarrhea in children. Use it in place of aspirin, or white willow. It is used to rebuild the digestive system during recovery from drug and alcohol abuse.

MAGICKAL: Meadowsweet is used in love spells, and blossoms placed in the home will bring peace and tranquility to those who live there.

GROWING: Meadowsweet is a perennial that prefers wet soils and marshes. It grows to 6 feet high, and prefers partial to full sun.

Milk Thistle

MEDICINAL: Used for liver repair, and high in minerals.

Mugwort

Artemisia vulgaris

MEDICINAL: Mugwort is used in all conditions dealing with nervousness, shaking, and insomnia. It is used to help induce menses, especially combined with cramp bark. Often used to stimulate the liver and as a digestive aid. **Pregnant women should not use it.** Fresh juice from the plant is used to treat poison ivy.

RELIGIOUS: Add to divination incenses. It is carried to prevent poisoning and stroke. Fresh leaves rubbed on magickal tools will increase their powers. An infusion made of mugwort is used to cleanse crystals and scrying mirrors. Placed beneath your pillow, or in a dream pillow, it will promote astral travel and good dreams.

GROWING: Mugwort likes dry areas in full sun. It is a perennial shrubby plant that grows 1 - 6 feet tall, depending upon growing conditions.

Muir Puama

MEDICINAL: Used as a human growth hormone and stimulant.

Mullein

Verbascum spp.

MEDICINAL: Mullein is a terrific narcotic herb that is not addictive or poisonous. It is used as a painkiller and to bring on sleep. It loosens mucous, making it useful for treating lung ailments. It strengthens the lymphatic system.

RELIGIOUS: Mullein is worn to give the carrier courage. The leaves are also carried to prevent animal attacks and accidents when in the wilderness. In a sleeping pillow it will guard against nightmares. Use as a substitution in old spells for "grave dust".

GROWING: Mullein is adaptable to many soils. It prefers full sun. It is a biennial plant growing to 8 feet tall. It is a prolific self-sower.

Myrrh

Commiphora myrrha

MEDICINAL: Myrrh is a powerful antiseptic, being a remedy second only to echinacea. It is a strong cleaning and healing agent, soothing the body and speeding the healing process. It is often used with goldenseal. It is most often used in mouthwashes, gargles, and toothpastes for fighting and preventing gum disease.

RELIGIOUS: Myrrh is burned to purify and protect. It is used to consecrate and purify ritual tools and objects needing to be blessed. It is a standard magickal herb to be included in the tools of everyone.

Myrtle

Myrtus communis

MEDICINAL: Myrtle is used to treat bronchitis, bruises, bad breath, wounds, colds, sinusitis, and coughs.

RELIGIOUS: Myrtle is burned as an incense to bring beauty, to honor Diana and to Venus, and is a symbol of glory and happy love. Myrtle tea will make you look beautiful to your loved one. A distillation of the leaves and flowers combined will make a wonderful beauty wash for the face, and is known as "angel water". It is used in spells to keep love alive and exciting. Grow on each side of the house to preserve and protect the love within.

GROWING: Myrtle is an evergreen plant that prefers warm climates. It has small pointed leaves, and grows to about 12 feet high. Its blossoms are small, white, and in clusters. The leaves are gathered and dried for use in August.

Neem

Azadirachta indica

MEDICINAL: This plant, known as "the village pharmacy" in India, has been used for at least 4000 years for its medicinal qualities. All parts of the plant are used. Neem has been used to treat a wide range of ailments, including wounds, burns, sprains, bruises, earache, headache, fever, sore throat, food poisoning,

shingles, colds, flu, hepatitis, mononucleosis, fungal infections, yeast infections, sexually transmitted diseases, acne, skin diseases, heart diseases, blood disorders, kidney problems, digestive problems, ulcers, periodontal diseases, nerve disorders, malaria, fatigue, and a host of others. It is being closely studied for use in battling AIDS, cancer, diabetes, allergies, and as birth control for both men and women. Neem should not be used for more than two weeks at a time. For chronic ailments, it should be used on a schedule of two weeks on, one week off, or as directed under the guidance of a health practitioner. It is anti-bacterial, anti-viral, anti-septic, and strengthens the body's overall immune responses. It should not be used by internally by pregnant women.

RELIGIOUS: Neem leaves were traditionally strewn on the floor of temples at weddings, to purify and bless the area and the couple, and the air was fanned with Neem branches during the ceremony. The bark was burned to make a red ash for religious decoration of the body in adulthood. Neem branches were used to cover the body at death, and the wood used to burn the funeral pyre. Neem is considered to be the Goddess Neemari Devi.

GROWING: Neem is a tropical evergreen, native to India and Burma, and growing in Southeast Asia and western Africa. It can grow to reach 50 feet tall in a desirable climate, and tolerates drought and poor soils. It can live up to 200 years. Neem bears fruit at 3 to 5 years of age. It cannot take freezing temperatures, so those in northern climates can grow it as a houseplant. Summer it outdoors, and place near a bright or sunny window in the winter. It needs organic fertilizers, well-drained soil, and as large a pot as possible. Ten gallon- sized pots are recommended as the minimum. Be careful not to over-water.

Nettle

Urtica spp.

MEDICINAL: The plant is used for treating high blood pressure, gout, PMS, rheumatism, and ending diarrhea, scurvy, liver and prostate problems. Externally it is used as a compress to treat neuralgia and arthritis. It is a very high source of digestible iron. It also treats anemia, fatigue, edema, menstrual difficulties, eczema, enlarged prostate (especially when combined with Saw Palmetto), urinary tract problems, hay fever and allergies. It is very supportive during pregnancy. Use the infusion as a hair rinse to treat dandruff and to stimulate hair growth.

RELIGIOUS: Sprinkle nettle around the room to protect it. It is also burned during ceremonies for exorcism. Stuffed in a poppet and sent back to the sender of a curse or bad spell, it will end the negativity. Nettles gathered before sunrise and fed to cattle is said to drive evil spirits from them.

GROWING: As nettle is considered a bothersome weed, it is best to purchase this herb from a store. The spines on a nettle plant can cause painful stinging, so it is not a good idea to include it in your herbal garden.

Nutmeg

Myristica fragrans

MEDICINAL: A small amount of nutmeg, about the size of a pea, can be taken once daily over a long period (6 months to a year) to relieve chronic nervous problems, as well as heart problems stemming from poor circulation. Added to milk, and baked fruits and desserts, it aids in digestion, and relieves nausea. Large doses can be poisonous, and **may cause miscarriage for pregnant women.**

RELIGIOUS: Carried, nutmeg will help with clairvoyancy, and ward off rheumatism. It is included in prosperity mixtures. Nutmegs are carried as good luck charms.

Oak

Quercus spp.

MEDICINAL: Oak bark is used to treat diarrhea, dysentery, and bleeding. For external use the bark and/or leaves are boiled and then applied to bruises, swollen tissues, wounds that are bleeding, and varicose veins.

RELIGIOUS: The oak is the most sacred of all the trees. The most powerful mistletoe grows in oaks. The leaves are burned for purification, and the branches make powerful wands. The acorn is a fertility nut. It is carried to promote conception, ease sexual problems, and increase sexual attractiveness. The leaves and bark are used in binding spells. Planting an acorn in the dark of the Moon will bring you money. Oak wood carried will protect from harm, and hung in the home it will protect the home and all within.

Oats

Avena sativa, A. fatua

MEDICINAL: Oats are a traditional food for those recovering from an illness. It also supplies necessary fiber in the diet. Oats made into packs and pastes clear up many skin disorders, such as acne.

RELIGIOUS: Oats are used in prosperity and money spells, and in rituals to the harvest.

GROWING: Oats are an annual grass that grows up to 4 feet tall. Easiest to purchase from a health food store, as much is needed to be beneficial, and takes up more room than the average gardener has available. It does make a pretty ornamental grass in the garden and around foundations.

Onion

Allium sepa

MEDICINAL: Onion is used externally as an antiseptic. Internally, it can alleviate gas pains, reduce hypertension, and reduce cholesterol.

RELIGIOUS: Has been used as a charm against evil spirits. Halved or quartered onions placed in the home absorb negativity. An onion under your pillow will give you prophetic dreams. Magickal swords and knives are purified by rubbing them with an onion half.

GROWING: Onion is a perennial herb that grows from a bulb. It prefers rich garden soils and plenty of water. The greens above ground can be used alone, and the bulb harvested by pulling from the ground, and allowing the tops to dry before storing in a dry location, with temperatures between 35 and 50 degrees F.

Orange

Citrus aurantium

RELIGIOUS: The dried peel is added to love charms. The fresh or dried orange flowers added to the bath makes you feel attractive. The fruit itself hinders or banishes lust. Orange juice is used in rituals in place of wine.

GROWING: Oranges prefer a rich, sandy soil, and warm year-round temperatures. For most of us, that means growing them indoors as houseplants.

Oregano

Origanum vulgare

MEDICINAL: Oregano is used to promote perspiration as a treatment for colds, flu, and fevers. A tea of oregano is often used to bring on menses and relieve associated menstrual discomfort. It is also used in baths and inhalations, as well drinking the infusion, to clear lungs and bronchial passages. Internally and externally it can help alleviate dry itching skin. The essential oil is used to treat viral infections, respiratory ailments, and muscle aches. Pregnant women should not ingest large amounts of oregano.

RELIGIOUS: Oregano is used to help forget and let go of a former loved one, such as a former spouse, boyfriend, girlfriend, etc. Burn in incenses or drink the infusion to aid in spells for letting go.

GROWING: Oregano is a perennial that prefers well-drained, slightly alkaline soil and full sun. It is propagated by seed, root division, or cuttings. Harvest just as the plant is about to bloom for medicinal use.

Osha Root

MEDICINAL: Used as an anti-viral, anti-bacterial, and for coughs and colds.

Papaya

MEDICINAL: Used for heartburn, indigestion and bowel disorders.

Parsley

MEDICINAL: Used for bad breath, blood builder, kidney, diuretic.

Passionflower

Passiflora incarnata

MEDICINAL: Passionflower is used to treat hyperactivity, insomnia, Parkinson's disease, nervous tension, and the infusion is used to treat eye infections and eye strain. Native American tribes used it as a poultice for bruises and injuries, as well as for an overall tonic.

RELIGIOUS: Passionflower will calm a troubled household when placed inside the home. Spanish missionaries believed the flowers were a symbol of Christ's crucifixion, and the crown of thorns of Christ's passion, giving this plant its name.

GROWING: Passionflower grows best below zone 7 outdoors, so grow indoors in the north. It prefers partial shade and a fertile soil with good drainage. It grows to 25-30 feet as an outdoor vine. Prune old growth in the winter or very early spring to encourage flowering.

Patchouli

Pogostemon cablin, P. patchouli

MEDICINAL: Patchouli is used to treat dysentery, diarrhea, colds without fevers, vomiting, and nausea.

RELIGIOUS: Patchouli is a powerful oil worn to attract the opposite sex. It is sensual oil, and it can ward off negativity and evil. It is also burned in incenses to aid divination and clairvoyance.

Pau D' Arco

MEDICINAL: Used for leukemia, tumors, fungus, blood builder, candida.

Pennyroyal

Mentha pulegium

MEDICINAL: Pennyroyal herb removes gas from the digestive system. It is also used as a tea, taken a few days before menstruation to aid a suppressed flow. It is used in treatments for clods, upset stomach, and to stimulate blood flow to the pelvis area. It's strong minty smell makes its essential oil useful for externally repelling insects such as mosquitoes, fleas, and flies. **It should not be taken or used by pregnant women.** Large internal doses have been known to cause convulsions and coma. Pennyroyal oil is an effective insect repellent. **Pennyroyal oil should NEVER be taken internally!**

RELIGIOUS: Pennyroyal placed in a shoe will prevent weariness on long walks and hikes, or journeys. It is also added to protection and exorcism incenses. It aids in making favorable business deals. It is given to arguing couples to cease their fighting and restore harmony in the relationship.

GROWING: Pennyroyal is a perennial that grows to 1 1/2 feet high. It tolerates most soils, and prefers direct sun. Grow as you would any member of the mint family.

Peony

Paeonia officinalis

MEDICINAL: Peony root treats menstrual cramps and irregularities, gout, and asthma. It is also used in combination with other herbs to ease emotional nervous conditions. It should be used only under the guidance of a professional, as it can be toxic if taken incorrectly. Do not use the flowers or leaves internally.

RELIGIOUS: Dried Peony roots are carved and/or made into bracelets and necklaces for protection, as well as for breaking spells and curses. Peonies planted outside the home guard against storm damage and demons. A chain of beads cut from the dried root was worn as a protection against illness and injury, and to cure insanity.

GROWING: Peonies are a perennial shrub-like plant, growing 2 - 4 feet high. They prefer rich, humousy, well-drained soils, and full sun.

Peppermint

Mentha piperata

MEDICINAL: Peppermint cleans and strengthens the body. It acts as a sedative on the stomach and strengthens the bowels. It is also mild enough to give to children as needed for chills and colds. Used with bitter herbs to improve their taste.

RELIGIOUS: Peppermint is used in charms to heal the sick, as well as in incenses in the sickroom of the patient. It is burned to cleanse the home, and is used in sleep pillows to aid in getting to sleep. Placed beneath the pillow, it can bring dreams that give a glimpse into the future. The essential oil is used in spells to create a positive change in one's life.

GROWING: Peppermint is a perennial grown in full sun, is tolerant of most soil types, and grows to 3 feet tall.

Periwinkle

Vinca major, Vinca minor

MEDICINAL: Periwinkle is used made into a tea or salve for external use to treat skin problems such as dermatitis, eczema, and acne.

RELIGIOUS: Periwinkle can help restore memory when it is gazed at or carried. It is also hung on a door to protect all within, and to prevent a witch from entering a home.

GROWING: Periwinkle is a perennial plant that spreads by putting out runners, mostly used for a ground cover in partial to full shade. It prefers moist, well-drained soils.

Plantain

Plantago lanceolata, P. major

MEDICINAL: Plantain is used to clear mucous from the body, and to neutralize poisons. As a mild tea it is used to treat lung problems in children, and as a stronger tea is used to treat stomach ulcers. It is also used for diarrhea, bladder infections, and for treating wounds.

RELIGIOUS: Plantain is hung in the car to guard against evil spirits.

GROWING: Plantains are common weeds, some varieties being annual and some perennial. They are found in all soil types, and prefer full sun.

Poppy

Papaver spp.

MEDICINAL: Poppy is used for pain, insomnia, nervousness, and chronic coughs.

RELIGIOUS: Poppy seedpods are used in prosperity charms. The seeds are added to food to aid in getting pregnant. To find the answer to a question, write it in blue ink on a piece of white paper. Place the paper inside a poppy seedpod and put it beneath your pillow. The answer will come to you in a dream.

GROWING: Poppies are perennials that like poor to average soils that tend toward dryness. There are varieties that will grow most anywhere in North America. Their foliage tends to die off by July, after a spectacular showing of flowers in the spring, but the foliage begins rejuvenation around September, which waits until spring to begin growing again. There are many annual varieties, but the perennial ones are most commonly used for healing.

Psyllium Hulls

MEDICINAL: Scrubs colon, best fiber, diverticulitis, and colon blockage.

Queen Anne's Lace

Daucus carota

MEDICINAL: Queen Anne's Lace is used for treating gallstones and kidney stones, as well as water retention and strains and sprains. It is also called Wild Carrot.

GROWING: Queen Anne's Lace is found throughout most of North America. It is a wildflower, distinguished by the one red flower in the center of a cluster of many tiny white flowers. It is a biennial that grows to 3 feet tall.

Red Clover

MEDICINAL: Used as a blood cleanser, and high in nutrition.

Red Raspberry

Rubus idaeus

MEDICINAL: Red Raspberry is one of the most proven female herbs. It strengthens the uterine wall during pregnancy, reduces the pain of childbirth, and helps to reduce false labor pains. After childbirth it is used to decrease uterine swelling and cut down on postpartum bleeding. It is used to ease menstrual cramps and to regulate the flow during menstruation. It is also good for vomiting in small children, and dysentery and diarrhea in infants.

RELIGIOUS: Raspberry is served as a love-inducing food. The brambles are hung at the entrance to the home to prevent unwanted spirits from entering.

GROWING: Red Raspberry is a biennial or perennial, depending on the variety, growing 3 - 6 feet tall. They need a cold winter and a long cool spring, so they do not do well in the South. They aren't too picky about soil, so long as they get plenty of water.

Rose Hips

Rosa spp.

MEDICINAL: Rose hips are very nourishing to the skin, as well as containing vitamin C. It is used as a blood purifier, and for treatment of infections, colds, and flues.

RELIGIOUS: Rose water is used in gourmet dishes and in love potions. Petals are used in healing incense and sachets, and burned to provide a restful night's sleep. The essential oil is used in ritual baths to provide peace, love, and harmony within the self. The hips are strung like beads and worn to attract love. Rose petals sprinkled around the home will calm personal stress and upheavals in the home.

GROWING: Roses of all varieties are adaptable to most soils as long as they have adequate water, and are occasionally fed through the growing season. There are varieties that will grow throughout North America. Plant them where you can enjoy their beauty and fragrance.

Rosemary

Rosmarinus officinalis

MEDICINAL: Rosemary is a stimulant of the circulatory system. It is used to treat bites and stings externally. Internally it is used to treat migraines, bad breath, and to stimulate the sexual organs. It is also used to treat nervous disorders, upset stomachs, and is used to regulate the menstrual cycle and to ease cramps. Mix the crushed leaves generously into meats, fish, potato salads, etc. at your next picnic to prevent food poisoning. The essential oil is used in aromatherapy as an inhalant and decongestant, and to enhance memory and clear concentration. It is also used in lotions to ease arthritis and muscle pain.

RELIGIOUS: Rosemary in all of its forms is used for protection and banishment. Rosemary leaves under your pillow do away with evil spirits and bad dreams. It is hung on porches and doors to keep thieves out. Rosemary is grown to attract elves.

GROWING: Rosemary is a perennial that prefers mild climates, so it needs to be grown indoors where the winters are harsh, or very heavily mulched. It reaches 2-4 feet in height, and is tolerable of poor soils. Cut back after flowering to keep it from becoming leggy.

Rue

Ruta graveolens

MEDICINAL: Rue is used in small amounts to expel poisons from the system, such as those from snakebites, scorpion, spider, or jellyfish bites. It should not be taken with meals, **and pregnant women should never use it.** Juices from the fresh plant can cause the skin to blister. It is used internally and externally as a remedy for tendonitis.

RELIGIOUS: The herb is used in sachets and amulets to ward off illness. The smell of the fresh, crushed herb will chase away thoughts of envy, egotism, and love gone wrong. Rue leaves placed on the forehead will chase away headaches. Added to baths, rue drives away spells and hexes placed on you. Rue is said to grow best if it is stolen.

GROWING: Rue is a bushy perennial growing to 2-3 feet tall. It is found in average to poor soils throughout North America, and prefers full sun.

Safflower

MEDICINAL: Used for gout, hydrochloric acid for digestion, and reduces cholesterol.

Saffron

Crocus sativus

MEDICINAL: Saffron is used as a preventative for heart disease, as it prevents the build-up of cholesterol. It is also used to soothe the membranes of the stomach and colon. It is not to be taken in large doses, **nor should pregnant women take it.**

RELIGIOUS: Saffron is used to clean the hands before rituals. It is used in healing mixtures. The essential oil is used to induce clairvoyancy. Thrown into the air, it can bring the winds.

GROWING: Saffron grows from a bulb commonly known as a corm. It is a perennial. Plant in the fall, 3 inches deep in light, well-drained soil where it will receive plenty of sun. The three-pronged stigmas that remain after flowering, is the part to harvest for healing use.

Sage

Salvia spp.

MEDICINAL: Sage is used to relieve excess mucous buildup. It is beneficial to the mind by easing mental exhaustion and by strengthening the concentrating abilities. In a lotion or salve, it is useful for treating sores and skin eruptions, and for stopping bleeding in all cuts. Chewing the fresh leaves soothes mouth sores and sore throats, as will sage tea. It is good for all stomach troubles, diarrhea, gas, flu and colds. As a hair rinse, it removes dandruff. Sage combined with peppermint, rosemary, and wood betony provides an

excellent headache remedy. It is used to regulate the menstrual cycle, to decrease milk flow in lactating women, aids in treating hot flashes, and is used as a deodorant.

RELIGIOUS: Sage is used in healing amulets, incenses, and sachets, and is also used in the same manner for bringing prosperity. Sage burned at the altar or in sacred space consecrates the area. Burned in the home, it removes impurities and banishes evil, as well as providing protection.

GROWING: Sage is an evergreen perennial, growing to 2 feet tall. It does best in sandy, limey soil in full sun.

St. John's wort

Hypericum perforatum

MEDICINAL: St. Johnswort is useful for bronchitis, internal bleeding, healing wounds, and for dirty, septic wounds. It is used to ease depression, headaches, hysteria, neuralgia, shingles, as well as symptoms that occur during menopause. It is useful in swellings, abscesses, and bad insect stings. Studies are showing that it may be effective in combating AIDS by increasing the immune functions of the body. **DO NOT GO INTO THE SUN** if using this herb, as it causes blistering sunburns, especially in fair-skinned people.

RELIGIOUS: St. John's wort is hung around the neck to prevent fevers. Wearing the herb aids you in war and other battles, including those of the will and indecision. Burnt it will banish evil and negativity. Hung in the home or carried, it will prevent spells of others from entering, and it is used in exorcisms. If you pick the plant on the night of St. John and hang it on your bedroom wall, you will dream of your future husband. The red juice of the stems was associated with the blood of John the Baptist, hence the plant's name.

GROWING: St. John's wort is a perennial reaching 32 inches tall. It is grown throughout much of North America. It prefers rich to moderately rich soils, and full sun. It is not long-lived, so replant every few years. Harvest the leaves and flower tops as they bloom and store in air-tight containers.

Sandalwood

Santalum album

MEDICINAL: Sandalwood oil is used to cool the body during fevers and heat stroke. It is also used to aid in the passing of kidney and gallstones, and for infections in the urinary tract.

RELIGIOUS: Sandalwood oil is massaged on the forehead and between the eyes to help center and calm the mind. It is used in healing oils and sachets. It is burned as a purifying agent in every room of the home, and as a protective agent.

Sarsaparilla

MEDICINAL: Used to aid testosterone, body builder, impotency, and hair growth.

Sassafrass

MEDICINAL: Used to reduce the duration of colds, and has a great root beer taste.

Saw Palmetto

Serenoa repens, S. serrulata

MEDICINAL: Used for all wasting diseases. Also very useful for all diseases of the reproductive glands and organs. It is also used for the mucous membranes, as well as for treating bronchitis and lung asthma. It's most popular current use is for treating enlargement of the prostate gland.

Scullcap

Scutellaria laterifolia

MEDICINAL: Scullcap is a food for the nerves. It supports and strengthens as well as giving immediate relief from all chronic and acute diseases that affect the nerves. It is used to regulate sexual desires, and is very useful in remedies for feminine cramps and menstrual troubles. It reduces fevers and aids in easing insomnia and restlessness. It is also used to lessen the affects of epilepsy.

RELIGIOUS: Scullcap is used in spells that bring about peace, tranquility, and relaxation.

GROWING: Scullcap prefers moist well-drained soils. It is a perennial that reaches to 3 feet in full to partial shade. It is not long-lived, so replant every few years.

Senna

Cassia senna

MEDICINAL: Senna is used as a very effective laxative, often used as a cleanser during a fast. It is strong, so you should combine it with fennel or ginger. Do not use for prolonged periods to avoid the bowel becoming dependent, and do not use in cases of dehydration.

RELIGIOUS: Senna is used in love sachets.

GROWING: Senna is a shrub native to North Africa, India, and China, and grows to 3 feet high.

Slippery Elm

Ulmus fulva

MEDICINAL: Slippery Elm is used to neutralize stomach acids. It is used to boost the adrenal glands, draws out impurities and heals all parts of the body. It is most useful for the respiratory system. Externally it is an excellent healer for burns, skin cancers, poison ivy, and wounds.

RELIGIOUS: Slippery elm is burned to stop gossip.

GROWING: The inner bark of the slippery elm is the portion used for healing. It is a deciduous tree that grows 50-80 feet tall. It needs full sun and good soils. It is found from Canada to Florida, west to the Dakotas and Texas.

Solomon's Seal

Polygonatum officianale

MEDICINAL: Solomon's Seal is used to treat tuberculosis, diabetes, and wasting diseases. It is also used as a kidney tonic, and as a healer of broken bones.

RELIGIOUS: It is added to protection sachets and incenses. It is also used for exorcisms and cleansing mixtures.

GROWING: Solomon's Seal is a perennial herb that grows from 1 - 3 feet high. It prefers moist woods, thickets, and roadsides. It prefers full to partial sun.

Spearmint

Mentha viridis

MEDICINAL: Spearmint is a valuable herb for stopping vomiting during pregnancy. It is gentle enough to use for colic in babies, while aiding in curing colds, flu, and gas.

RELIGIOUS: Spearmint is added to healing incenses and sachets to aid in healing lung diseases and other afflictions. Place some in a sleeping pillow for protection during sleep.

GROWING: Grow Spearmint as you would any other member of the Mint family. It is a perennial growing to 3 feet tall and is tolerable of many different growing conditions.

Spirulina

MEDICINAL: Used to reduce appetite and snacking, 70% protein.

Squawvine

Mitchella repens

MEDICINAL: Squawvine is most beneficial in childbirth. It strengthens the uterus, helps prevent miscarriage, and relieves congestion of the uterus and ovaries. Its antiseptic properties make it valuable for treating vaginal infections, and it is a natural nerve sedative. It is most often used in combination with Raspberry.

GROWING: Squawvine is a perennial evergreen creeper that grows on forest floors.

Tahebo

Tabebuia spp.

MEDICINAL: Also known as Pau d' Arco. Tahebo is found in South America. It is a powerful herb with antibiotic and virus-killing properties. It gives the body the energy needed to defend itself and to help resist diseases. It is used in South America to battle cancer and leukemia. It is useful in aiding all chronic diseases.

Tarragon

Artemisia dracunculus

MEDICINAL: A mild infusion is used to treat insomnia and hyperactivity. It stimulates that appetite and aids in digestion.

GROWING: Tarragon is a perennial shrub growing to 2 feet high that likes dry areas, full sun, and is found in comparable climates in many places in the world.

T - CAC

MEDICINAL: Used for colon cleansing.

Thyme

Thymus spp.

MEDICINAL: Thyme is a powerful antiseptic. It is used in cases of anemia, bronchial ailments, and intestinal disturbances. It is used as an antiseptic against tooth decay, and destroys fungal infections as in athlete's foot and skin parasites such as crabs and lice. It is good for colic, flatulence, and colds.

RELIGIOUS: Thyme is burnt to purge and fumigate magickal rooms and spaces, as well as to bring good health. Thyme in a sleeping pillow repels nightmares.

GROWING: Thyme is a perennial that loves warm, sunny fields, and is found throughout North America. It grows to 15 inches tall, and makes an excellent ground cover on dry slopes. Trim it back after flowering to prevent it from becoming woody.

T - PARA

MEDICINAL: Used to cleanse parasites.

T - SS

MEDICINAL: Used as a sex stimulant.

T - THD

MEDICINAL: Used to stimulate the thyroid, and balance the endocrine system.

Uva Ursi

Arctostaphylos uva-ursi

MEDICINAL: Uva Ursi strengthens and tones the urinary tract. It is especially useful for kidney infections, bladder infections, and inflammatory disease of the urinary tract. It is used as a diabetes remedy for excessive sugar in the blood. It is used for postpartum women to return the womb to its natural size, as well as to prevent infection of the womb after childbirth. **Pregnant women should not use it.**

RELIGIOUS: Add to sachets to increase psychic powers.

GROWING: Uva Ursi rarely grows more than a few inches tall. It is best propagated from cuttings. It takes an unusually long time to root, so consider instead buying small plants from nurseries. It does poorly in rich soil, as it prefers poor soils in full sun. Once established, it spreads and becomes an attractive, hardy ground cover, surviving temperatures of -50.

Valerian

Valeriana officinalis

MEDICINAL: Valerian is a relaxer, and is very effective for insomnia. It is often used as a tranquilizer, but it leaves no sluggish effects on the user. It is used for nervous tension, pain relieving, strengthening the heart, lowering blood pressure, IBS, diverticulosis, menstrual cramps, and for muscle spasms. It should not be taken over a long period of time, as it can cause mental depression in some people after long-term steady use. It is not habit forming.

RELIGIOUS: Valerian is used to get fighting couples back together, in spells of love, and in purification baths.

GROWING: Valerian is a perennial plant that grows to 3 feet tall. It prefers full sun, and average to rich well-drained soil. Root cuttings are best for propagation, and once the plants are established, they self-sow and spread by root runners. Valerian has a similar effect on cats as catnip, so you may need to protect your patch with chicken wire. Harvest roots for medicinal use in the fall of their second year.

Vervain

Verbena officinalis

MEDICINAL: Vervain is used to treat the liver and diseases related to the liver, exhaustion, fatigue, fever, insomnia, asthma, post-natal depression, as well as painful or irregular menses. It will also help increase the flow of a mother's milk. The Chinese use it to treat malaria, dysentery, and congestion. It is also a pain reliever and to reduce inflammation. Do not use during pregnancy.

RELIGIOUS: Vervain is used for cleansing incenses and baths. Buried in a field, it will make your crops abundant. It is burned to attract wealth, and hung above a bed to prevent nightmares, and above a baby's crib (out of reach!) to offer protection for the little one, and will enable the child to grow up with a love of learning and a happy outlook. Hung in the home it offers protection from negative spells, and is used as a pledge of mutual faith when given to a friend.

GROWING: Vervain is a perennial herb that grows 1-2 feet tall. It prefers full sun, average to rich soils, and is grown throughout temperate North America. It is rather short-lived, but self-sows. Harvest leaves and flower tops as the plants bloom.

Violet

Viola odorata

MEDICINAL: Violet is effective in healing internal ulcers. It is used both internally and externally for pimples, abscesses, tumors, and swollen glands. It is useful in treating malignant growths as well. Native Americans soaked corn seed in an infusion of yellow violet to prevent insects from eating the seeds.

RELIGIOUS: Violet in a pillow will help ease headaches away. Carrying the flowers brings a change in luck, and mixed with lavender makes a powerful love sachet.

GROWING: Violets are perennials, and they prefer partial shade, average to rich well-drained soil, and grow to 8 inches tall.

Vitex

Vitex agnus-castus

MEDICINAL: Vitex is a normalizing herb for the reproductive system. It is most commonly used in treating infertility, PMS, menopausal problems, and hormonal imbalances. It is most effective when taken over a period of time, and in conjunction with other herbs used for the same purposes. It is also known as chaste tree fruit, or chaste berry.

RELIGIOUS: Vitex blossoms and branches were strewn in temples during festivals to honor Demeter. Hera is said to have been born under a Vitex tree. Vesta carried twigs of Vitex as symbols of purity.

GROWING: Vitex is a small shrub or tree native to Asia and Europe. It has been introduced in the United States, and has naturalized throughout the southeast, as far north as Maryland. It typically grows 9 to 16 feet tall, but may grow larger in the warm areas of the Deep South.

Walnut

Juglans nigra (Black Walnut)

MEDICINAL: Walnut bark is used to treat dysentery and skin diseases. The nut is used to promote strength and weight gain. The ground hull of the nut is used to treat skin diseases, herpes, head and body lice, and internal parasites. Walnut leaf is used to treat eczema, hives, and boils. Diluted walnut oil is used to treat dandruff. A strong decoction of walnut leaves, painted around doorways and woodwork, will repel ants.

RELIGIOUS: The nut still in its shell is carried to promote fertility. To discover if a Witch is in your midst, legend has it that you should drop a walnut still in its shell into the lap of the person suspected, and if that person is truly a Witch, they will be unable to rise from a sitting position as long as the walnut is in their laps.

GROWING: Walnuts are trees that grow to 60 feet tall. They prefer full sun, deep and well-drained soil, and regular water. They grow well in areas such as the eastern and mid-western United States.

White Oak Bark

MEDICINAL: Used for hemorrhoids, bleeding, varicose veins, and pin worm.

White Willow Bark

MEDICINAL: Used for pain relief.

Wild Cherry

Prunus serotina

MEDICINAL: Wild Cherry Bark is a very good expectorant. It is therefore useful for all illnesses that have related lung congestion. The bark is boiled down into a syrup, which is safe to use even for children.

GROWING: Wild Cherry grows throughout North America in moist areas, and along riverbanks. It is either a tall shrub or small tree, depending upon growing conditions of the area.

Wild Lettuce

MEDICINAL: A very strong pain reliever.

Wild Yam

Dioscorea villosa

MEDICINAL: Wild Yam is helpful to the liver and the endocrine system. It is also used in regulation of the female system, particularly during menopause and menstrual distress, as well as used in treating infertility. Used with chaste berry and dandelion it is an effective treatment for morning sickness.

GROWING: Usually found wild in the eastern half of North America, it is a perennial plant that is a low creeper, and occupies average to poor soils and full sun.

Willow

Salix spp.

MEDICINAL: Willow works like aspirin. In fact, aspirin was derived from willow bark. It is also used to cleanse and heal eyes that are infected or inflamed. It is safe to use, and is mild on the stomach and leaves no after-effects.

RELIGIOUS: Willow trees are planted near the home as a guard. Its branches have been used for the bindings on a witch's broom, and as healing wands. It is also used to bring the blessings of the moon into your life.

GROWING: Willows prefer damp, low spaces, as a long rivers and streams, or areas that receive regular water. They grow throughout North America. It grows to 70 feet or more.

Witch Hazel

Hamamelis virginiana

MEDICINAL: Witch Hazel is used externally for insect bites, burns, bleeding wounds, hemorrhoids, and varicose veins. Internally it will stop bleeding from internal organs, treats bronchitis, flu, and coughs as well as promotes healing of stomach ulcers. It is often used as a mouthwash for conditions of the mouth and throat, and for bleeding gums. Native Americans used witch hazel in sunflower oil as massage oil for sore muscles, and used witch hazel as a natural deodorant.

RELIGIOUS: The forked twigs of the Witch Hazel are used for divining. It will help heal a broken heart and cool passions when carried.

GROWING: Witch Hazel is a shrub or small tree that grows 5 - 15 feet. It ranges throughout the eastern half of North America. It prefers full sun, and average soils.

Wormwood

Artemisia absinthum

MEDICINAL: Wormwood is used for all problems within the digestive system, as well as liver and bladder ailments. It promotes menstruation and will help with menstrual cramps. Do not give to small children, and use only in very small quantities for very short periods of time, as the FDA considers this a poisonous plant.

RELIGIOUS: Wormwood is burned to raise your spirits to a higher level, enabling easier divination and clairvoyance. Thrown on the fire at Samhain, it will protect from the spirits that roam that night.

GROWING: Wormwood grows mainly in temperate regions of the eastern portion of North America. It is a perennial shrub that reaches to 4 feet tall, and prefers full sun and average to poor soils.

Yarrow

Achillea millefolium

MEDICINAL: Yarrow is used to stimulate and regulate the liver. It acts as a blood purifier and heals the glandular system. It has been used as a contraceptive, and as a part of diabetes treatment, as well as treating gum ailments and toothache. Also is used in formulas for treating colds, flues, and fevers. It arrests internal and external bleeding during childbirth. It is used to stop the bleeding of external wounds. **Pregnant women should avoid this herb.**

RELIGIOUS: Since Yarrow has the ability to keep a couple together for 7 years, it is used in love sachets as well as a gift to give to newlyweds. When worn it wards off negativity, and if held in your hand it repels fear. Yarrow added to the bath protects from harm.

GROWING: Yarrow is a perennial, and its various varieties range from 8 inches to 3 feet tall. It prefers full sun, and average to poor dry soils.

Yellow Dock

Rumex crispus

MEDICINAL: Yellow Dock is a powerful blood purifier and astringent. It is used in treating all diseases of the blood and skin. It is very high in iron, making it useful for treating anemia. It nourishes the spleen and liver, detoxifies the liver, and cleanses and enriches the blood.

Yucca

Yucca spp.

MEDICINAL: Yucca is used to treat joint pain caused by arthritis, and to reduce inflammation in the joints. Shampoo made from the root is used to treat dandruff and other scalp conditions.

MAGICKAL: Yucca protects your home from evil influences. It can be used to make a soap and/or shampoo that is used to cleanse the body prior to rituals. The Navajo use it to cleanse and purify, as do the Hopi.

GROWING: Yucca loves hot, dry, sunny locations. It is a perennial, and there are many varieties available to the home gardener.

Teas

Aphrodisia Tea	A wonderful mood enhancer! This mineral blend helps to amplify libido.	Damania, Rosehips, Gota Kola, Schizandra, Ginkgo, Murita Puama, Yohimbe, Sarsaparilla, Siberian Ginseng, Stevia
Arthritis Tea	Cleanses gently and is helpful for sore joints.	Alfalfa, Burdock, Dandelion and Devel's Claw
Brain Tea	Improves memory retention. Popular with students at exam time!	Gota Kola, Ginkgo Biloba, Alfalfa, Peppermint Leaf, Oatstraw, Elethero and Stevia
Bright Eye Tea	Benefits your vision. Also a great wake-up and energizer.	Peppermint Leaf, Spearmint Leaf, Linden Leaf and Flower, Damiana, Eucalyptus Leaf, Eyebright, Blackberry Leaf and Cardamon Seed.
Calm Tea	Reduces stress and helps to relax you.	Peppermint, Chamomile, Catnip, Strawberry Leaf, Linden Leaf, Passion Flower, Skullcap, Licorice Root & Valerian Root.
Cold Comfort Tea	Helps to conquer a cold or flu.	Echinacea Purpuria, Echinacea Aunagustifolia, Mullein, Catnip, Goldenseal Leaf, Parsley, Fo-Ti, Comfrey, Spearmint, Ute Seed.
D-Tox Tea™	Our powerful formula will help remove accumulated toxins in the body.	Bayberry, Red Clover, Ginger, Nettle, Alfalfa, Dandelion, Golden Seal Leaf, Echinacea, Blueberry Leaf, Pau D' Arco, Burdock, Clove, Sweetleaf.
Energy Tea	ENJOY LIFE, GET GOING!!!	Alfalfa, Oatstraw, Gota Kola, Elethero, Ginkgo, Peppermint, Sweetleaf.
Essiac Tea	Recipe given from an Indian Shaman to a Canadian Nurse.	Sheep Sorrel, Burdock Root, Slippery Elm and Turkey Rhubarb.
Female Balance Tea	Drink Daily to balance hormones and estrogen.	Red Raspberry, Chaste Berry, Schinzandra, Fo-Ti, Rosehips, Nettle, Spearmint, Osawatamie.
Green Tea	Well known health tea imported from China	China Green Tea is helpful in weight loss, known to help heart problems, lower blood pressure and increase energy.
Heart Tea	For those who like to keep their heart strong.	Red Clover, Hawthorne Berry, Uva Ursi, Burdock Root, Black Cohosh Leaf.
Headache Tea	Drink Hot at first sign of pain.	Fenugreek, Thyme, Wood Betony, White Willow Bark, Feverfew, Slippery Elm, St. John's Wort, Wild Lettuce.
Kidney Bladder Tea	Gently cleans the urinary tract system, while helping to avoid infection.	Uva Ursi, Dandelion, Peppermint, Juniper Berry, Marshmallow, Mullen, Nettle, Milk Thistle.
Lung Tea	To aid in the Respiratory Tract.	Mullen, Pleurisy Root, Marshmallow, Nettle, Red Clover, Echinacea, Lemon Grass, Rose Hips, Spearmint.
Male Magic Tea	A stimulating mixture of herbs and minerals. Drink daily to build vital energy & benefits.	Sarsaparilla, Ginseng, Horse Chestnut, Murita Puama, Celery Leaf, Alfalfa, Saw Palmetto, Schizandra Berry, Hawthorne Berries, Stevia.

Merlin's Tea™	Ancient tales of wonder and magic!	Bilberry, Blueberry Leaf, Alfalfa, Dandelion, Eleuthero, Ginkgo, Uva Ursi, Peppermint, Stevia, Osawasamie.
Sleepy Tea	Drink before bedtime for a good night's sleep. Do not drive a car after drinking.	Kava Kava, Chamomile, Rosehips, Catnip, Alfalfa, Skullcap, Fo-Ti, Hops, Vervain, Wild Lettuce, Pasion Flowers.
Slim Tea	Appetite Control. Will flush excess water. Helps to firm and tone.	Chickweed, Parsley, Alfalfa, Fennel, Hawthorn Berry, Peppermint, Cinnamon, Slippery Elm, Orange Peel.
Smokers Stop Tea	Reduces cravings for nicotine. Helps with balance and craving. Your friends and nerves will thank you.	Spearmint, Kudzu, St. John's Wort, Peppermint, Mullein, Marshmallow, Licorice Root, Stavia, Cloves, Eucalyptus.
Toner Tea	Old Ozark blend, to build beautiful hair, skin and nails.	Oatstraw, Sage, Shavegrass, Red Raspberry, Spearmint & Stevia.
Tummy Tea	Great for upset tummy and indigestion. Helps with Heart Burn. Kids love it.	Spearmint, Papaya, Peppermint, Slippery Elm & Ginger.

Oils

Essential Oils & Their Magical Uses	
Essential Oil	Used for:
Apricot Oil	Aphrodisiac in nature; used as a base for mixing true essential oils (does not have an apricot-like scent).
Basil	Causes sympathy between two persons and so is worn to avoid major clashes; useful in blends for encouraging happiness and peace and for stimulating the conscious mind; fine in money-attracting magickal oils.
Benzoin	Natural vanilla-like scent - increases personal power; awakens the conscious mind as well.
Bergamot Mint Bouquet	Money and protective rituals.
Black Pepper	Protection and to promote courage (best used in blends, even if diluted, due to sharp, sweet scent).
Camphor	Purification and promotion of celibacy.

Cardamom	Supplying energy to love and sexually oriented formulae.
Cedarwood	Enhances spirituality.
Chamomile	Meditation and inducing peace (use sparingly...expensive but worth it!).
Cinnamon	Money and psychic awareness blends (skin irritant).
Clove	Courage and protection blends (skin irritant).
Coriander	Love and healing mixtures.
Cypress	Blessing, consecration and protection; stimulates healing and eases the pain of losses of all kinds.
Eucalyptus	"Ultimate healing oil"; all healing blends (apply undiluted to the body to relieve colds); purification mixtures.
Frankincense	Promotes spirituality and meditative states (skin irritant).
Geranium, Rose	Powerful protection; add to happiness blends (normally sold simply as "geranium").
Ginger	Sexuality, love, courage and money-attracting blends.
Grapefruit	Powerful purifier; added to purification fragrances.
Jasmine	Moon energy; love, psychic awareness, peace and spirituality blends, sexuality (use sparingly....expensive!).
Juniper	Protection, purification and healing blends.
Lavender	Health, love, peace and conscious mind-oriented formulae.
Lemon	Lunar energy; full moon rituals; purification and healing blends.
Lemongrass	Psychic awareness and purification mixtures.
Lemon Verbena	Love blends (also sold simply as "verbena").
Lime	Purification and protection.

Lotus Bouquet	Promoting spirituality, healing or meditation.
Magnolia Bouquet	Meditation and psychic awareness; love mixtures.
Myrrh	Enhance spirituality and meditation; healing mixtures.
Neroli	Happiness and purification blends (also known as Orange Flower oil; expensive).
New-Mown Hay Bouquet	Transformative blends; breaking negative habits and addictions; use in spring to welcome the turning of the seasons.
Niaouli	Protection formulae.
Oakmoss Bouquet	Attracts money (wear or rub onto cash before spending).
Orange	Solar energy; purification blends.
Palmarosa	Love and healing (smells like a combination of citrus and rose).
Patchouli	Money, sex and physical energy blends.
Peppermint	Purification, healing.
Petitgrain	Protective blends (bitter orange scent).
Pine	Purification, protection, money and healing formulae.
Rose	"The accepted Love scent"; attracts love, confers peace, stimulates sexual desire and enhances beauty (expensive!).
Rosemary	Love and healing.
Sandalwood	Spirituality, meditation, sex and healing formulae.
Sweet Pea Bouquet	Attracts new friends and draws love.
Tangerine	Sun energies; power and strength mixtures.
Tonka	Money blends.

Bouquet	
Tuberose Bouquet	Relaxant and peace blends; induces love.
Vetivert	Money scent (dilute and wear, or anoint cash before spending).
Yarrow	Love, courage and psychic awareness blends (expensive!).
Ylang-ylang	Promotes love, peace or sex.