

Mimi's Top Ten Skin Herbs

Chamomile- Granny's Favorite!

- We all know it as a relaxing herb.
- But it is also highly anti-inflammatory with research proving it as effective or better than hydro-cortisone cream.
- Over 400 scientific trials -Studied very well and found to be effective against eczema and seborrheic dermatitis which involves crusty flaking around eyebrows, nasal, ears, dandruff. Also relieved redness and roughness caused by UV light radiation.
- Calming. My child asks for it by name when she has a mosquito bites-calms itching. Calms digestion, bloating, gas, colic. Calms the nerves.

Comfrey

- Contains Allantoin which is known to stimulate healthy cell proliferation for healing with minimal scar tissue.
- Mucilage is soothing cooling and protective, quiets the nerve endings.
- Noted for its ability to promote the growth of connective tissue, bone, and cartilage.
- Easily absorbed through the skin.
- Comfrey is best used fresh and simmered. Use the sticky paste to make a compress or dip affected area in tea.

Calendula

- Contains marked anti-fungal activity appropriate for ringworm, tinneas, or athletes foot.
- Increases epithelialization, a critical element referring to the skin's ability to knit itself back together. (Vulnerary)
- It may be used safely wherever there is an inflammation on the skin, whether due to infection or physical damage. It may be used for any external bleeding or wound, bruising or strains.
- It will also be of benefit in slow-healing wounds and skin ulcers and is ideal for first aid treatment of minor burns and scalds.
- Reputation for preventing and healing stretch marks.

Plantain

- The classic Spit poultice- Green Bandaid Weed- helpful for rashes, wounds, ulcerations, cuts, swelling, sprains, bruises, burns, eczema, cracked lips, poison ivy, mosquito bites, diaper rash, boils, hemorrhoids, and blisters.
- A drawing Agent- draws out the poison for bee stings, snake bites, and spider bites, and it effectively draws out splinters or thorns and reduces the risk of scarring with more severe cuts and scrapes.
- *In vitro* bacteriostatic and bactericidal activity has been shown for the cold aqueous extract.

Aloe Vera

- Extremely rich in nutrients, minerals, amino acids and active compounds, and is one of the most miraculous and widely used natural healing ingredients in the world.
- Speeds the rate of healing, dramatically, especially burns and frostbite.
- Stimulates neovascularization, microcirculation, and topical immunity
- Protects skin cells against UVB radiation (the kind of rays that cause sunburn).

Mimi's Top Ten Skin Herbs

Jewelweed

- The succulent and juicy Spotted Touch Me Nots Like to grow in moist areas, near streams & ponds and Ironically are found near poison ivy.
- The Results of a Clinical Study in 1958 (Annals of Allergy 1958;16:526-527). Of 115 patients treated with jewelweed, 108 responded 'most dramatically to the topical application!
- The active principle in the plant responsible for this activity remains unidentified but evidence suggests that compounds inside jewelweed could neutralize Toxicodendron allergens.

Echinacea

- Echinacea has immuno-modulatory and anti-inflammatory activities. Inhibits hyaluronidase, a bacterial enzyme that can breakdown collagen and contribute to the spread of infection, delaying healing.
- Of 4500 patients with inflammatory skin conditions, including psoriasis, 85% were cured with topical applications of echinacea salve (Wacker & Hilbig, 1978).
- Echinacea is bacteriostatic, anti-viral, anti-fungal. Research shows it is antiviral against herpes simplex topically and internally.
- The Plains Indians used various species of echinacea to treat poisonous insect and snake bites and to prevent burns.

Oregon Grape Root

- Eclectics indicated for red, scaly inflamed conditions.
- Science now backs it up with evidence that it contains certain chemicals that slow down the proliferation of skin cells as in psoriasis.
- The Yellow pigment, berberine is Antimicrobial and Antiinflammatory.
- In clinical trials, symptoms of psoriasis improved or disappeared in 81 percent of 443 patients suffering from subacute and chronic psoriasis (Gieler and others 1995).

Essential Oils- Lavender or Tea tree

- Antimicrobial, anti-itching, anti-inflammatory, cooling, soothing, and analgesic.
- Also relaxing and great for traveling.
- Use on all kinds of bites or burns..
- Lavender can be used on the skin for headaches.
- Tea tree Oil is antifungal and can be used for Athletes foot, scabies, ringworm, dandruff.
- Do not ingest.

Turmeric

- Contains a chemical called curcumin which is fast gaining a reputation for its health benefits. 2005 issue of *Cancer* reports a finding that curcumin just about eradicated melanoma cancer cells in vitro.
- Tests in laboratory dishes show that curcumin made melanoma skin cancer cells more likely to self-destruct in a process known as apoptosis.
- Turmeric is antiviral and effective against shingles.