

# CREATING MEDICINAL TEAS



Now that you've had a chance to take a nature walk/hike and gather some of the plants, we're going to learn more about them in the next two lessons. All the plants have different uses, some of them are highlighted here:

## Wsawa'bek or Wasketjebek - Dandelion

Dandelion root gets a bad rap, this humble weed is more of a blessing than a curse. It is as a great detoxifier, rinsing the kidneys and flushing the liver of toxins. This is great for us because much of what we eat, drink and inhale stresses these two organs. Dandelion root has also been known to increase appetite and can work wonders on the skin for those dealing with acne or other skin ailments.

Fun fact: The scientific name, *Taraxacum officinale*, references the plant's use as a healing herb. The genus name comes from the Greek *taraxos*—a disorder—and *akos*—a remedy. The species name, *officinale*, means it is the official species for use in medicine of the Greek pharmacopeia. The common name dandelion comes from the French term 'dent-de-lioun' or tooth of the lion and refers to the jagged shape of the leaf and its medicinal strength.

## Licorice

The root of the licorice plant is used to soothe gastrointestinal problems such as heartburn and ulcers. It does this by helping repair the stomach's lining and suppressing bacteria. It's also recommended for treating respiratory ailments by helping the body produce healthy mucus. Healthy phlegm keeps the old sticky phlegm from clogging the respiratory system. Licorice also helps stimulate the adrenal gland. The adrenal gland is the gland responsible for producing cortisol which is the body's stress reducing hormone.

## Student Activity:

**So now you've hopefully gone on a nature walk/hike and gotten to see at least one of the plants on the checklist!**

**Now get a picture in your head of your favorite view from your walk and either**

- Draw a picture of the nature scene
- Write a few paragraphs describing the scene. Use lots of descriptive words to paint a picture for someone else who didn't get to experience the scene.



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