

plantain

plantago major

- the first aid plant: draws out venom, splinters, infection, redness and heat; soothes irritations from bee stings, other bug bites and poison ivy; help wounds to heal
- incredibly gut healing as it coats and heals the digestive tract (fantastic for IBS)
- seeds (psyllium) are main ingredient in Metamucil and help with regularity and constipation
- perfect for skin soothing oils & salves