

MEDICINAL PLANTS – native and introduced

MAMAKU-BLACK TREE FERN (*Cyathea medullaris*)

Apply as poultice to draw pus eruption and boils (crush and heat)
Childbirth-liquid drunk to assist expulsion of whenua (placenta)

GREATER PLANTAIN-KOPAKOPA (*Plantago major*)

RIBWORT PLANTAIN-KOPAKOPA (*Plantago lanceolata*)

Heal sores and wounds, Bee stings, Bites, Burns, Hemorrhoids,
Inflammation

KUMARAHOE (*Pomaderris kumerahou*)

Used as poultice to heal wounds, Infused for coughs, chest or lung
infections, mucus buildup, bronchitis, Internally for all chest
complaints, coughs colds, emphysema, asthma...leaves and
flowers.

Very bitter but excellent tonic and blood purifier

TUPAKIHI-TOOT (*Coraria* spp.)

Poisonous to ingest, Poisonous to stock

Leaves and bark used to heal broken bones, sprains, strains, bruise

RIMU-RED PINE (*Dacrydium cupressinum*)

Juice from cut stem rubbed on bald head to restore hair growth,
Boil leaves and apply to ulcers

KAURI-KAURI PINE (*Agathis australis*)

Burnt gum used for tattoos

Wearing leaves helps to develop the attribute of kauri-strength
resilient, strong, power etc

TARAIRE (*Beilshmeida taraire*)

Drinking helps to dispel issues through vivid although often violent
dreams, Wearing the leaves or putting under pillow is gentler

KAHIKATEA (*Dacrycarpus dacrydiodes*)

Bark applied to bruises, Decoction of the leaves for urinary
complaints,

MANUKA-Tea Tree (*Leptospermum scoparium*)

Very medicinal, Leaves used in vapor baths to clear congestion,
Leaves decoction taken for urinary and internal complaints, Use as
an antiseptic, to cleanse wounds and kill bacteria

KAWAKAWA (*Macropiper excelsum*)

General tonic and kidney and blood cleanser, Useful to ease
symptoms of colds, Helps ease stomach pains, Excellent to help
skin complaints, eczema, psoriasis used topically in creams of baths

KARAMU (*Coprosma robusta*)

Sap from the inner bark used for scabies and itch, Taken internally
for stomach complaints

CABBAGE TREE (*Cordyline australis*)

Infusion of leaves used for diahorrea, Leaves scrapped and
softened applied to cracks in skin and sores
Inner shoot used for children with colic

FLAX (*Phormium tenax*)

Many uses leaf juice on burns and sunburn,, Poultice of leaf base
on swollen joints, Taken internally for diahorrea, Healing wounds
and abscesses

KOHUKOHU (*Pittosporum tenuifolium*)

Used for eczema of the scalp (dandruff)

KOROMIKO (*Hebe salicifolia*)

Bruised leaves applies as poultice to ulcers, A small piece of leaf
chewed will produce hunger
Chewing leaves will stop diahorrea, Help speed up labour and birth

PURIRI (*Vitex lucens*)

Bathing in leaves helps backache and sprains, Infusion used for
ulcers and sore throats
Taken internally to help balance hormones associated with
menstrual cycle

REWAREWA (*Knightia excelsa*)

Inner part of bark used to stopped bleeding of wounds and to help
heal

FIVE FINGER (*Pseudopanax arboreus*)

Leaf juice used as an eye lotion, Rub on juice to help rheumatism,
Used internally for kidney and bladder problems

RED MATIPO (*Myrsine australis*)

Leaves boiled and the liquid taken for toothache

ST JOHNS WORT (*hypericum perforatum*)

Introduced plant uses for headaches, measles and flu's
Also used for depression

COMPHREY-KNITBONE (*symphytum officinale*)

Stops scar tissue from developing incorrectly, Speeds up healing of
broken bones, sprains and strains, bruises, Particularly bones which
cant be set in plaster – toes, ribs, Hairline cracks in larger breaks
Arthritic joints, osteoarthritis

ALOE (*Aloe vera*)

Burns, sunburn, chapped lips, Wounds, Dry skin, Fungal infections,
Insect bites, Aloe barbadensis is most medicinal variety

LAVENDER (*Lavandula* spp.)

Eczema, Sunburn, scalds, Headaches, depression, nervous
exhaustion, Colic, irritability, excitement
Hair rinse to deter nits

CALENDULA-POT MARIGOLD (*Calendula officinalis*)

Antiseptic, antifungal, Used to heal cuts, grazes, Used to heal slow
healing wounds, Broken capillaries
Any inflammation, Promotes healing, Must not be used on deep
wounds

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Workshop facilitated by Tia Healey-Jellick
NATIVE HEALING HERBALS

MAKING A BASIC HERBAL BALM - makes 5 x 65ml jars

INGREDIENTS:

Fresh herb – large handful

Olive oil – 300 ml

Beeswax – ¼ - ½ cup

Clean glass jars

EQUIPMENT:

double boiler

large and fine sieves

bowl

cup with pouring spout

METHOD:

- pour olive oil over fresh herb (or herb combination) in a double boiler, place water in bottom pot
- heat gently for a minimum of 3 hours, so it is hot enough to put your finger in without burning
- strain oil away from herb
- strain again through a finer sieve or mutton cloth to remove all traces of plant material. Do not squeeze juice through....remember to make sure the liquid bubbles do not go into your mixture.
- Return strained oil back to clean pot.
- If you want to add any essential oils or other types of oils - do so at this stage
- Reheat oil, adding wax
- Allow wax to melt fully, stir with a spoon, remove a small sample of mixture, allow to cool and then test consistency to see if it is how you want the finished product to be. If not make adjustments – if too runny add more wax, if too thick add more oil.
- While mixture is still melted pour it into glass jars.
- Leave to set
- Once cooled place lids on jars (makes 5 x 65ml jars)

You are done!!!!

Simple yet very effective.

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MOON CYCLES

