

# 6 Healing Flowers & Herbs

- Arnica
- Calendula
- Yarrow
- Rose hips
- Chamomile
- Thyme



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## Arnica (*Arnica montana*)



-High altitude growing flower and member of the daisy family. Anti-inflammatory, analgesic and immune-stimulating.

Primary chemical constituents include:  
sesquiterpene lactones, flavonoids, and other volatile oils.

-Arnica flowers have been traditionally used for the external treatment of sprains and bruises, typically as a tincture or infused oil. Most frequently used commercially in the homeopathic medicine for bruises.

-Topically applied in the form of an ointment or cream to acutely bruised area with intact skin. Not generally taken internally (except in homeopathic form) because of its potential toxicity.

-Spiritual nature helps address emotional and energetic aspect of trauma, helping our Higher Self to re-engage with the distressed body to nurture recovery and re-balancing.



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## Calendula (*Calendula officinalis*)



- Member of the marigold family. Anti-microbial, anti-viral, anti-septic, vulnerary, cytotoxic, anti-inflammatory, immunomodulant, immunostimulant, cholagogue.
- Primary chemical constituents include: phenols, carotenes, saponins, flavonoids, carbohydrates, proteins, resins and ascorbic acid.
- Rivals plantain for the title of Skin's Best Friend. Calendula was named marigold in reference to the virgin Mary. Romans incorporated calendula to treat scorpion stings. During the American Civil War and World War I it was used on battlefields as an antihemorrhagic and antiseptic, and in dressing wounds to promote healing.
- Spiritual nature helps to facilitate the innate creative potential of the spoken word and bringing balance to our expression. When we work with calendula, it helps to bring a balance between our active and receptive modes of communication. It can bring light and healing to our dialogue with others, ultimately bringing us closer to our friends, partners, or colleagues.



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Yarrow  
(*Achillea millefolium*)



-Yarrow is named “warrior plant”. It has been used stop to bleeding both externally and internally. Diaphoretic, astringent, tonic, stimulant, antiphlogistic.

-Primary chemical constituents: sterols, flavonoids, asparagin, mainly isovaleric acid, salicylic acid, bitters, tannins, and coumarins

-Powdered dry herb or the fresh herb poultice stop bleeding from deep cuts and wounds almost immediately. This, combined with yarrow’s anti-inflammatory and antimicrobial properties, makes it a perfect first aid remedy. Use to protect the skin from excessive sun or wind.

-Spiritual nature: In China, yarrow sticks were used to reawaken the spiritual forces of the mind. It creates a balance in empathy in the soul and higher energies. This essence is beneficial for people who are more sensitive and feel more affected with all the things going around and the environment.





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Rose hips  
(*Rosa canina*)



- Also known as rose haw or rose hep; it is the fruit of the rose. The wild dog rose (*rosa canina*) is the most common type of rose used to cultivate rose hips. Anti-inflammatory, antioxidant, immune stimulant, blood purifier, and diuretic.

-Primary chemical constituents include polyphenol compounds, powerful antioxidants (carotenoids, flavonoids, leucoanthocyanins and catechins), Vitamin A and C (contain 50% more vitamin C than oranges). powerful antioxidants.

-Ability to help reduce the symptoms of rheumatoid arthritis, relieve respiratory conditions, help to lower cholesterol, assist in managing diabetes, influence the regulation of digestion, boost the immune system, increase circulation, and help in building stronger bones.

- Spiritual Properties: Love, luck, healing, spiritual cleansing and protection. Rose removes unwanted energy and helps to bring strength and protection to the spiritual body.



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Roman Chamomile  
(*Chamaemelum nobile*)



-Chamomile is an age-old medicinal herb known in ancient Egypt, Greece and Rome. anti-inflammatory, anti-bacterial, muscle relaxant, antispasmodic, anti-allergenic and sedative properties

-Primary chemical constituents  $\alpha$ -pinene, camphene,  $\beta$ -pinene, sabinene, myrcene, 1,8-cineole,  $\gamma$ -terpinene, caryophyllene, and propyl angelate and butyl angelate

-Chamomile is included as a drug in the pharmacopoeia of 26 countries. As a tea, be used for lumbago, rheumatic problems and rashes. As a salve, be used for hemorrhoids and wounds. As a vapor, be used to alleviate cold symptoms or asthma. Relieve restlessness, teething problems, and colic in children. Relieve allergies, much as an antihistamine would.

- Chamomile associated with sun and is considered the sun's herb. Drinking chamomile tea is thought to instill positive energy and patience in the face of adversity.



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## Thyme (*Thymus Vulgaris*)



-A member of the mint family, thyme is an herb originating from the Mediterranean basin. It is anti-septic, anti-viral, anti-rheumatic, anti-parasitic and anti-fungal.

-Primary chemical constituents include: thymol, cymene, pinene and depends on the plant chemotype.

-Powerful detoxifying agent, that makes it a favored liver detoxifier. Great immune system booster that encourages white blood cell formation while increasing resistance to foreign organisms. Thyme has antiseptic qualities that make it useful for a mouthwash and to combat tooth decay. Its antiseptic qualities also make it useful in cases of anemia, bronchial ailments, and intestinal problems, as well as a skin cleanser.

-Spiritually it is used to help to dispel melancholy, hopelessness and other mellow but negative vibrations; especially after a family tragedy or during a long sickness. It is also recruited to increase strength and courage.



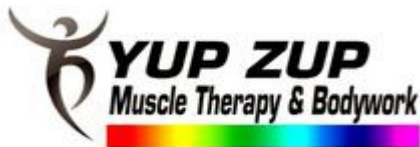
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**Thanks and questions?**

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