

Goldenrod

Affinity: Respiratory System

Botanical Name: *Solidago spp.*
Generic name comes from solidare, for t[illegible] that
"makes whole" (Grieve, 2015)

Family: Asteraceae

Other Names: Woundwo[illegible]
Goldenrod (Lee, 2017)[illegible] rbes,
2021) Goldruthe (Bl[illegible] 012)

Native Name:

Identifi[illegible] d has hair
bright[illegible] ng, lance
point[illegible] ate patter
grow[illegible] are less th
bloom[illegible] se when cru
open fie[illegible]

SAMPLE
SAM

Parts Used: Leaves and flowers during early fl 016) Whole plant (Salmon, 2020)

Energetics: Warming, Aromatic, Astrin

Actions: Anti-inflammatory, Antis
Vasodilator, Antiseptic (Salmon

Indications: Seasonal all Academy, 2014), Cold, Flu, Laryn

Pharmacology: M Glycosides, Saponins (Salm

Clinical S aring homeopathic prepara etropolitan area during the re men and women, ages 26-6 tis were ant positive chang compare n the intervention thic intervention in r asonal allergic rhinitis in th

Safety: Irrigation therapy sho of edema due to impaired hea rmatitis after both handling and c should exercise caution (Few

Preparations: S ed honey, Syrup, Mead, Elixir, C

Infusion
Cold ir 6)
Tinct

SAMPLE
SAMPLE

Dosage: 2-4ml of 1:2 f ɔr, 2021)
3ml of 1:5 dry herb Tea
150ml 3-4x dail

SAMPLE

ɹenrod Benefits for Allergies, Sinus

School of Herbal Me ˙eved March 5,

ɹutherbs.com/goldenr

C ɹaking Plant Medicine

Culpeper, N. (1995). *Culpeper's C ˙es for Ancient Ills*. Wordsworth

Cunningham, S. (201 yn Worldwide, Lim

Diaz, J. (ɹom, and *Ma*

ɹdenrod & Goldenrod

ɹetrieved March 6, 2022, from

ɔes-of-goldenrod-goldenrod-tincture/

For *ɹ Flower: Meaning, Symbolism, and Colors | Pansy* . Retrieved March 5, 2022, from

https://www.ɹ ɔom/flowers/meaning/goldenrod/