PLANTS & HERBS

10 Medicinal Plants Native Americans Used To Cure Everything

By bestfolkmedicine · 03/11/2018 · 4 min read



As you may already know, the Cherokees are people who are indigenous to the southeast U.S. According to the tribe, the Creator has gifted them with an understanding and preservation of herbs.

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They believe in the preventative and healing abilities of nature and its goods. As numerous plants have gone extinct through the history, they are advocates of adequate gathering methods. Their elderly have taught the younger generations that they should only pick every third plant they see so that specimens can continue propagating.

If you want to learn about the most popular plants that Cherokees appreciate the most, check out the list shown below.

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Best 10 Healing Plants According to Cherokees

1. **Mint**

This well-known herb is also used for tea preparation and it is abundant in antioxidants, magnesium, potassium, calcium, phosphorus, vitamins A and C, and fiber. The Cherokees consider it to be highly beneficial for digestion problems and in addition to using it for tea, its leaves can be used for ointment preparation, compresses and to add in bathwater and alleviate itchy skin. They find it to be beneficial against high blood pressure too.

2. **Sumac**

Sumac bark is often used to relieve diarrhea and sore throat. Its ripe berries make an excellent drink abundant in vitamin C which is good for the immunity. Tea from sumac leaves is helpful for fevers or to prepare a mixture that can help with poison ivy rash. They also consider it to be a beneficial way to decrease bad cholesterol.

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3. **Greenbriar**

This herb's roots are abundant in starch whereas its stems and leaves are abundant in important minerals and vitamins. Its starch has an unusual taste, but it is calorie-rich. The Cherokees consider it to be a highly beneficial blood cleanser and a diuretic useful for UTIs. Its leaves are often used for tea that can alleviate arthritis symptoms.

4. **Blackberry**

For the Cherokees, this is the best natural cure for an upset stomach, but it can be of great aid for other health problems such as swollen joints and tissues, coughing, bleeding gums, and weak immunity and it can also better the health of the heart and minimize your risk of cancer. These berries are highly nutritious and possess a lot of vitamins, as well as thiamine, niacin, and folate, but magnesium, zinc, and potassium. They will supply you with a decent amount of fiber and important

amino acids too.

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5. **Cattail**

According to the Cherokees, this is an easily-digestible plant whose root is abundant in starch while the male plants are rich in pollen. You can prepare it similarly to potatoes, for example, boiled and mashed and the paste you will get can help with burns and sores. Its flowers can be useful for diarrhea while its pollen is an excellent protein source which makes a great ingredient in baking.

6. **Mullein**

If you need to reduce asthmatic symptoms and congested chest, this herb is a great option. Inhaling the smoke from burning mullein roots and leaves, according to the Cherokees, is good for the lungs and it can clear congestion. If you have swollen feet and pain in the joints, soak the feet in a warm decoction with mullein because it will decrease pain and inflammation.

7. **Wild ginger**

If you need to better your digestion, the Cherokees recommend drinking tea from wild ginger root, as well as if you want to reduce gas, colic, and upset stomach. A stronger tea can help you expel lung secretions.

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8. **Wild rose**

The fruit of wild rose contains vitamin C and it is good for treatment of common colds and flu symptoms. The Cherokees used to prepare mild tea from its hips to better their kidney and bladder function. Wild rose root decoction can be beneficial for treatment of diarrhea. Interestingly, the petals can be used to prepare a tasty jam.

9. **Yarrow**

Fresh and crushed yarrow leaves can help stop bleeding from open wounds while yarrow juice combined with spring water can cease internal bleeding in the stomach. A decoction made from its stems and leaves can help with acne, irritated skin, and chapped hands.

10. **Yellow dock**

Similar to spinach; however, it has a higher level of nutrients because of its long roots collecting nutrients from deep inside the ground. Its leaves make a great laxative because they are rich in iron. Juice made from its stems can be beneficial for the treatment of diaper rashes, itchiness, and minor sores.

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