



P.O. BOX 344
DARBY, MT 59829

This information is for suggestions only as you are responsible for your own health. Check with your medical provider before using.

BOTANICAL BENEFITS

WHAT TO KNOW

Botanicals are plants or parts of a plant with medicinal value or preventative care benefits. Many herbs and plants have ingredients with known benefits that date back thousands of years. With rising concerns about the safety, cost, and adverse effects of conventional pharmaceutical products, botanical benefits are regaining popularity around the world.

WHAT IS BOTANICAL MEDICINE?

Botanical medicine are plant-based drugs and products that ease symptoms or cure a specific medical condition. Common botanical oral preparations include tea, tinctures, extracts, essential oils, infusions, pills, and powder. Common botanical external preparations include soap, lotions, balms and salves.

WHY ARE TRANSDERMAL BOTANICALS IMPORTANT?

The skin is the largest organ in the human body. With over 2 million pores, it absorbs what is rubbed into it including chemicals which can enter the bloodstream and lymph system. Botanicals offer a powerful yet beneficial alternative to manmade chemicals.

PINE TAR

Pine sap has been used for thousands of years for wounds because of its sealant, antiseptic and antimicrobial properties. It was also chewed for dental hygiene.

Pine tar soap was widely used for eczema, psoriasis, dandruff, and dermatitis until chemical soaps became available.

Today, veterinarians widely use pine tar as an antiseptic and for hoof care. It's also used for chickens as a natural germicidal and antibacterial agent.

NATURAL PROPERTIES

- Antimicrobial/antiseptic
- Anti-inflammatory
- Natural sealant
- Neutralizes the oil responsible for severe itching in poison ivy
- Often used to reduce acne and inflammation
- Often used to seal and heal wounds

MORINGA

Known for its anti-inflammatory and antioxidant benefits, moringa comes from a tree grown in India. A staple of Ayurveda medicine for centuries, it's known as the "miracle tree" because of its immense medicinal benefits.

It was traditionally used to cure wounds, pain, ulcers, cancer, liver disease, heart disease, and inflammation. Extremely rich in phytonutrients and fatty acids, moringa is known to be especially beneficial for the skin.

NATURAL PROPERTIES

- Emollient/moisturizer
- Anti-inflammatory
- Antibacterial
- Antifungal
- Antioxidant
- Often used to reduce acne and inflammation
- Often used to reduce large open skin pores

ARNICA

Arnica is a perennial herb that's been used for centuries to treat blunt injuries, bruising, sprains, swelling, blisters, inflammation and pain— particularly *Arnica montana* species.

Modern uses of arnica include the treatment of muscle pain, joint pain, inflammation and bruising. In fact, many FDA-regulated topical pain relief products contain arnica.

NATURAL PROPERTIES

- Antiseptic
- Analgesic
- Anti-inflammatory
- Often used to reduce bruising
- Often used to reduce joint pain and muscle aches especially when paired with magnesium
- Sometimes used as an antiedema

- ▲ Do not use on open wounds
- ▲ Avoid use during pregnancy

MAGNESIUM

Magnesium is the fourth most abundant mineral in the human body, making it a critical micro-nutrient.

Athletes prize magnesium lotion for pain management ranging from muscle aches and joint pain to menstrual cramps. Because magnesium deficiency has been linked to insomnia, many apply it at night to aid sleep.

NATURAL PROPERTIES

- Antibacterial
- Anti-inflammatory
- Antioxidant
- Known to protect against germ contamination from touching
- Often used to calm restless leg syndrome
- Often used to reduce pain and bruising, especially when paired with arnica
- Often used to calm migraines

CALENDULA

Calendula has been revered for centuries. The Greeks and Romans cultivated calendula in monastic gardens to treat skin conditions, digestive problems, and even menstrual disorders.

American colonists brewed it into teas and infused it into salves.

Traditional Chinese medicine used it for its anti-inflammatory, antibacterial, and detoxifying properties.

Native Americans used it to treat wounds, fevers, and sore throats.

NATURAL PROPERTIES

- Anti-inflammatory
- Antimicrobial
- Antioxidant
- Commonly used to treat wounds, burns, and rashes
- Often used to alleviate redness and irritation
- Often used on sensitive skin