

Mullein

Verbascum thapsus
Family: *Scrophulariaceae*

JW Farms 7

Mullein contains equally balanced medicinal properties that are required to treat the most common respiratory ailments.



Native Americans smoked this herb, as part of the treatment in spasmodic coughs or asthma.

Some claim that smoking Mullein has helped them quitting tobacco smoking - especially if combined with Lobelia.



Mullein is highly sought after for its many medicinal benefits but mostly known for its positive affects on the lung and respiratory system.

Re-Align the Spine
Book of Herbal Wisdom
By Matthew Wood

"It has a moistening, lubricating effect on the synovial membranes... so that it is hydrating to the spine and joints. It is often indicated in back injuries. People think they are untreatable and incurable, but an increase the synovial fluids will make the spine more pliable and comfortable. The vertebra will slip back into place more readily, pain and inflammation will decrease and the condition will get better."



Yep! The leaves can be used as toilet paper. It smells better. It's softer. Its biodegradable. And... best of all it's FREE.

Mullein seeds has insecticide properties, meaning that they contain toxic substances. The seeds should therefore not be ingested or employed in preparations for internal use.

JW Farms 7



Coughs
Bronchitis
Asthma
Respiratory Tract
Emollient
Expectorant
Pectoral
Wounds
Sedative
Hemorrhoids
Strengthens Intestines
Earache
Bites
Eczema
Boils
Bones
Lymphatic
Glands
Ringworms
erysipelas
Toothache
Cramps
Blood Shot Eyes
Urinary
Migraines
Painkiller
Circulation
Foot Ache
Pneumonia
Colds
Croup
Bursitis
Disinfectant
Chest Infections
Wounds
Hair
Heart Health
Stomach Upset



The Anti-
Antiseptic
Astringent
Antiinflammation
Antibacterial
Antihistamine
Antioxidant

The parts used are the flower and the leaves. First year of growth there will be no flowers or stalk, only large leaves. Second year a rather large stalk emerges with blooming flowers with continuous buds popping out for awhile. This plant is considered a Biennial.

Cautions:

No Known Cautions but some with allergies may have cold like reactions.

As with anything use with caution and less is more.

Use extra caution when pregnant or a child.