

HERBAL WALL CALENDAR 2014



Lovely Holidays and a Happy New Year!
from Henriette Kress, herbalist, Helsinki
<http://www.henriettesherbal.com>

The short herbal tips are not intended to replace a visit to your health care provider.



<http://www.henriettesherbal.com/articles/pract-herbs2.html>



Hypericum perforatum, St. John's wort, flowering tops.

Henriette Kress' acclaimed book "***Practical Herbs***" got a companion volume in November 2013: "***Practical Herbs 2***" is here!

The new volume contains more plants, how to remedy a few vexing problems, hints, tips and recipes, and the medicinal uses of onions, cabbages and potatoes. And much, much more.

Softcover, bound, 164 pages. Look for more information here:

<http://www.henriettesherbal.com/articles/pract-herbs2.html>



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Juniperus communis, juniper.

To do _____

Notes

The berries are good for the digestion, for coughs and for urinary tract infections.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1				1 ●	2	3	4
2	5	6	7	8	9	10	11
3	12	13	14	15	16 ●	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30 ●	31	



Brassica oleracea, cabbage.

To do _____

Notes

Cabbage leaves curb inflammation. They can be applied to painful joints. They're also used to stop milk production.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5							1
6	2	3	4	5	6	7	8
7	9	10	11	12	13	14	15
8	16	17	18	19	20	21	22
9	23	24	25	26	27	28	



Allium cepa, onion.

To do _____

Notes

Onions are great for coughs. Also try them for earaches, to get urine to flow and as band-aids.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/10	2	3	4	5	6	7	1/8 
11	9	10	11	12	13	14	15
12	16	17 	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31 					

APRIL 2014



Plantago lanceolata, ribwort plantain.

To do _____

Notes

Plantains (*Plantago* species) soothe mucous membranes, help with coughs, and are great woundhealers.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14			1	2	3	4	5
15	6	7	8	9	10	11	12
16	13	14	15	 16	17	18	19
17	20	21	22	23	24	25	26
18	27	28	29	 30			



Glechoma hederacea, ground ivy, gill-over-the-ground.

To do _____

Notes

Ground ivy is great for bogged-down mucous membranes of the face. It's a drying aromatic plant in the mint family.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18					1	2	3
19	4	5	6	7	8	9	10
20	11	12	13	14	 15	16	17
21	18	19	20	21	22	23	24
22	25	26	27	 28	29	30	31



Crataegus monogyna, hawthorn.

To do _____

Notes

Hawthorn strengthens the heart. It's the second thing to take for any heart problems, the first being magnesium and vitamin B.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	1	2	3	4	5	6	7
24	8	9	10	11	12	13	14
25	15	16	17	18	19	20	21
26	22	23	24	25	26	27	28
27	29	30					



Mentha x piperita, peppermint.

To do _____

Notes

Peppermint is great for coughs and for nausea in hot people. In large amounts, it can cause incontinence and lower testosterone.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27			1	2	3	4	5
28	6	7	8	9	10	11	12 
29	13	14	15	16	17	18	19
30	20	21	22	23	24	25	26
31	27 	28	29	30	31		

AUGUST 2014



Melissa officinalis, lemon balm.

To do _____

Notes

Lemon balm calms and makes you smile. It's great for all kinds of tension.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31						1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35/36	24/31	25	26	27	28	29	30

SEPTEMBER 2014



Daucus carota, queen Anne's lace.

To do _____

Notes

Carrot seed is used as a contraceptive, but I use it for infertility. It makes the uterine lining very receptive.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
36		1	2	3	4	5	6
37	7	8	9	10	11	12	13
38	14	15	16	17	18	19	20
39	21	22	23	24	25	26	27
40	28	29	30				



OCTOBER 2014

Rosa rugosa, rugosa rose.

To do _____

Notes

Rose petals bring love and gentleness, as well as thorns and courage.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
40				1	2	3	4
41	5	6	7	8	9	10	11
42	12	13	14	15	16	17	18
43	19	20	21	22	23	24	25
44	26	27	28	29	30	31	

NOVEMBER 2014



Valeriana officinalis, valerian.

To do _____

Notes

The root is so small, you wonder how the plant stays upright. It's a great herb for cold insomniacs.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
44							1
45	2	3	4	5	6	7	8
46	9	10	11	12	13	14	15
47	16	17	18	19	20	21	22
48/49	23/30	24	25	26	27	28	29

DECEMBER 2014



Aesculus hippocastanum, horse chestnut.

To do _____

Notes

This gorgeous tree brings relief to those who suffer from hemorrhoids or varicosities.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
49		1	2	3	4	5	6 
50	7	8	9	10	11	12	13
51	14	15	16	17	18	19	20
52	21	22	23 	24	25	26	27
01	28	29	30	31			



IMPORTANT TASKS

Berberis vulgaris, barberry. Use the yellow bark, in addition to yellow roots and root bark.

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____



Malope trifida, annual malope.

To do _____

Notes

Use it like any other mallow, to soothe irritation.

Daily

06:00 _____
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Malope trifida, annual malope.

To do _____

Notes

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