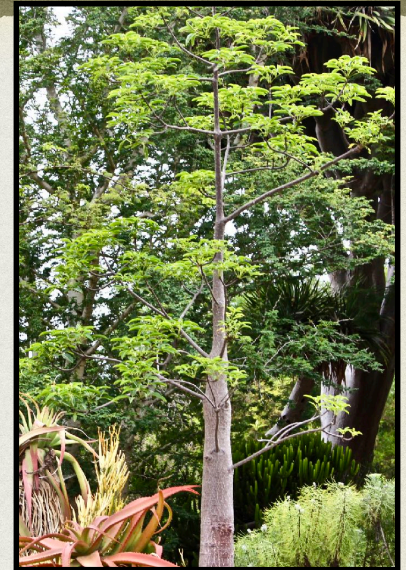


# Za Baobab

*Adansonia za*  
Bombaceae

- **Plant Type:** Large tree with broad trunk and “upside down” appearance. Nine species (six indigenous to Madagascar, two to Africa, and one to Australia).
- **Historical Background:** Prehistoric tree with long history of usage and considered Africa’s Tree of Life due to healing benefits. Also used for fiber, food, and fuel. Some trees more than 2,000 years old.





# Za Baobab

**Parts Used:** Bark, wood, seeds, fruit.

**Medicinal Constituent:** Small molecules include acids, terpenoids, flavonols. Large molecules include polysaccharide and mucilages in bark phloem. Fruit is nutritionally dense with high calcium, phosphorous, magnesium, iron, and provitamin A, vitamins C, B, iron, and antioxidants.

Adenosine (alkaloid) used as an antidote to cardiac glycoside (plant poison from Apocyanaceae family).



# Za Baobab

## **Therapeutic Properties:**

Gastrointestinal disorders, anti-inflammatory property of wood, bark, seeds, and fruit pulp. Treatment for diarrhea, asthma, and kidney disorders. Cosmetic benefits of seed oil to skin, and some evidence for anti-tumor properties.

**Forms:** Fruit pulp, powder, leaf extracts, and seed oil.



# Yerba Santa

*Eriodictyon crassifolium*  
Boraginaceae

- **Plant Type:** Perennial shrub with hairy aromatic leaves.
- **Historical Background:** Used by Native Americans in southwest as a medicinal for respiratory ailments including tuberculosis.





# Yerba Stanta

**Parts Used:** Leaves.

**Medicinal Constituent:** Polysaccharides with mucilaginous properties, and bioflavonoids which act as anti-oxidants.



# Yerba Santa

**Therapeutic Properties:** Respiratory illness, stimulates coughing. Breaks up mucous in lungs.

**Forms:** Tea, and used as bath water. Rediscovered in 1990's for recovering chemotherapy patients. Also used in skin care products, and for drinks to mask bitterness (flavonoid property).



# African Bulbine

*Bulbine spp.*  
Asphodelaceae

- **Plant Type:** Is a perennial aloe-like succulent.
- **Historical Background:** Native to South Africa, this genus has over 50 species, many of which have been used by traditional herbalists.





# African Bulbine

**Parts Used:** Fresh leaves, slimy leaf gel, and less commonly roots.

**Medicinal Constituent:** Stems and roots contain (knipholone-type), anthraquinones, and glycoproteins.



# African Bulbine

## **Therapeutic Properties:**

Externally for skin conditions such as insect bites, cold sores, sunburns, rashes, acne, ringworm, and blisters. Internally for coughs, colds, and blisters. *B. natalensis* leaves used to boost testosterone.

**Forms:** Best used fresh. Apply leaf sap directly to skin. Internally- infusion of fresh leaves and boiling water.



# Black Sage

*Salvia mellifera*  
Lamiaceae

- **Plan Type:** An herbaceous perennial shrub native to Baja and southwestern California.
- **Historical Background:** Used for centuries by native peoples for medicine and food. The genus name, *Salvia*, is derived from the Latin *salvare*, meaning “to save” or “to heal.”



Black Sage  
*Salvia mellifera*  
Mint Family – Lamiaceae  
Southern US and Mexico  
Native Americans used  
sage leaves as a mouth  
wash and gargle.



# Black Sage

**Parts Used:** Leaves, seeds, and stems.

**Medicinal Constituent:** Diterpenoids such as aethiopinone and ursolic acid, as well as volatile oil, flavonoids, phenolic acids, and tannins.



# Black Sage

**Therapeutic Properties:** Pain reliever for arthritis, rheumatism, and sore throats. Used for diarrhea and to stop lactation. Fresh leaves used for bites and stings.

**Forms:** Fresh leaves, tea, decoction of stems and leaves.