



# SELF-HEAL

*Prunella vulgaris* (proo-NELL-uh vul-GAIR-iss)

PERENNIAL | LAMIACEAE FAMILY

ZONES: 4-9

EXPOSURE: FULL SUN | PART SHADE

MATURE HEIGHT: 6-12" | SPREAD 12-24"

BLOOM: PURPLE | SUMMER-FALL



Medicinal



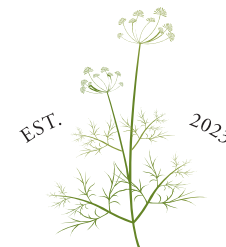
Culinary



Pollinators



Butterflies



HERB & VINE

— healing plants —

Heal-All or Self-Heal has a long history of folk use for treatment of wounds, ulcers, and sores externally and as a gargle. It has been taken internally as a tea for fever, diarrhea, and internal bleeding. Harvest mid-summer if drying, or use fresh any time.

- Therapeutic\*: the whole plant is used in traditional Chinese medicine to cool the liver and aid circulation. Studies suggest the plant's therapeutic actions include antibiotic, hypotensive and antimutagenic qualities. Contains the antitumor and diuretic compound ursolic acid, and it's rich in antioxidants.
- Culinary: use leaves in salads, soups and stews after washing to remove tannins. Use a cold water infusion of freshly chopped or dried and powdered leaves as a refreshing beverage.
- An olive-green dye is obtained from the flowers and stems.

Caution: consult a doctor before using medicinally if pregnant or nursing or taking other medications.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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