



# TOOTHACHE PLANT/SPILANTHES

*Acmella oleracea*

ANNUAL | ASTERACEAE FAMILY

ZONES: ANNUAL IN ZONES 2-8

EXPOSURE: FULL SUN TO PARTIAL SHADE

MATURE HEIGHT: 2 FT | SPREAD 18"

BLOOM: YELLOW | SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Butterflies



Rare



Container

Annual herb as been used for generations for toothaches as it provides a numbing sensation lasting about 15 minutes after chewing the leaves or flower buds. Its active constituent, spilanthol, is an antiseptic alkaloid whose analgesic properties reduce sensitivity to pain. Does not cure the underlying cause of your pain - simply gives temporary relief.

- Also called buzz buttons or eyeball plant - deadhead to produce more flowers or let flowers fade and plant will self-seed.
- Therapeutic\*: has antibacterial, anti-inflammatory and anti fungal properties said to fight oral bacteria, combat skin fungi (ringworm and athlete's foot), improve skin tone, and boost the immune system. The bitterness of the plant induces saliva production, making it useful for dry mouth.
- Culinary: safe to add to salads or cooked in dishes as you would any leafy green vegetable.

Cautions: use caution if you're taking diuretics, pregnant, or allergic to the daisy family.



*\*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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