



# BETONY

*Betonica officinalis* (BET-on-Eca oh-fiss-ih-NAH-liss )

PERENNIAL | LAMIACEAE FAMILY

ZONES: 4-8

EXPOSURE: FULL SUN

MATURE SIZE: 2'H X 18"W

BLOOM: PURPLE | SUMMER



Medicinal



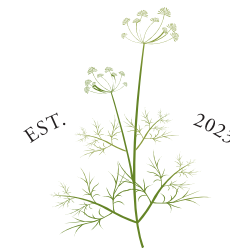
Pollinators



Butterflies



Resistant



HERB & VINE

— healing plants —

Formerly *Stachys officinalis*, Betony is also known as Bishop's Wort, Wood Betony or Woundwort. This drought-resistant wildflower in the mint family is easy to grow.

- Known as a general cure for many varying ailments: migraines, neuralgia, wounds, tension, circulation.
- Therapeutic\*: anthelmintic, antiseptic, astringent, carminative, mildly cathartic, cholagogue, digestive, diuretic, mildly emetic, emmenagogue, expectorant, nervine, sedative, tonic and vulnerary.
- Use leaves and flowers fresh or dried in tea, tinctures and decoctions. Makes a nice caffeine free substitute for black tea

Caution: consult a doctor if pregnant or nursing.



*\*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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