Happy Holidays and a Lovely 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-herbs.html

Lavatera trimestris, rose mallow, annual mallow.

Henriette Kress' acclaimed book "***Practical Herbs***" will get a companion volume in late 2013: "***Practical Herbs 2***" is in the works.
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, 168 pages. Look for more information here:
http://www.henriettesherbal.com/articles/pract-herbs2.html

http://www.henriettesherbal.com/articles/pract-herbs.html

January 2013

Salix, a willow.

To do _____

Notes

Willow catkins calm down overactive sex hormones. The bark and twigs of willow are salicylate-containing pain relievers.

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

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February 2013

Salvia officinalis, garden sage.

To do _____

Notes

Garden sage is excellent for menopausal problems like hot flushes. It's also a good herb for coughs, and it strenghtens the digestion.

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

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March 2013

Matricaria recutita, German chamomile.

To do _____

Notes

Chamomile calms, consoles and reduces digestive cramps. Give the tea a try in colic and try a chamomile wash for pink eye.

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

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April 2013

Thymus serpyllum, creeping thyme, wild thyme.

To do _____

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Notes

Various thymes are great for digestive problems and nausea. They also make a very tasty cough syrup.

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

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MAY 2013

Inula helenium, elecampane.

To do _____

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Notes

Elecampane is excellent for coughs, especially if the cough includes an element of digestive trouble.

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

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June 2013

Valeriana officinalis, valerian.

To do _____

Notes

Valerian can be helpful for menstrual cramps. The root is usually used for sleeplessness.

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

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July 2013

Malva moschata, musk-mallow.

To do _____

Notes

Use mallows to calm inflamed mucous membranes in the digestive, urinary and respiratory tracts.

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

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August 2013

Nepeta cataria, catnip.

To do _____

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Notes

A calming, relaxing herb which drives cats wild. Try catnip for mild gut cramps.

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

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September 2013

Monarda fistulosa, wild bergamot.

To do _____

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Notes

Bee balms are very hot. They help relieve congestion in the nose and ear. Use them for coughs, too!

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

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October 2013

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

To do _____

Notes

Ground ivy is one of our best herbs for tinnitus. It's also one of the mint family anti-inflammatory plants.

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

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November 2013

Arctium tomentosum, woolly burdock.

To do _____

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Notes

Burdock is great for skin trouble and other problems which diminish when you strengthen the liver and kidneys.

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

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DECEMBER 2013

Solidago virgaurea, goldenrod.

To do _____

Notes

Goldenrod usually dries to a grayish-yellow fluff; don't throw that out, use it! The herb is great for asthma, coughs and urinary troubles.

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

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Important Tasks

Inula helenium, elecampane.

Task _____

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Why do it _____

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To do next _____

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And then _____

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Need these _____

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Notes _____

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Task _____

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Why do it _____

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To do next _____

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And then _____

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Need these _____

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Notes _____

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Task _____

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Why do it _____

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Notes _____

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Task _____

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Why do it _____

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To do next _____

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And then _____

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Need these _____

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Notes _____

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Week

Verbascum speciosum, showy mullein.

To do _____

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Notes

Use an infused mullein oil for ear ache. Mulleins are also great for coughs.

Daily	Sunday	Monday	Tuesday
06:00	06:00	06:00	06:00
07:00	07:00	07:00	07:00
08:00	08:00	08:00	08:00
09:00	09:00	09:00	09:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00
15:00	15:00	15:00	15:00
16:00	16:00	16:00	16:00
17:00	17:00	17:00	17:00
18:00	18:00	18:00	18:00
19:00	19:00	19:00	19:00
20:00	20:00	20:00	20:00
21:00	21:00	21:00	21:00
22:00	22:00	22:00	22:00

Planner

Verbascum speciosum, showy mullein.

To do _____

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Notes

Wednesday	Thursday	Friday	Saturday
06:00	06:00	06:00	06:00
07:00	07:00	07:00	07:00
08:00	08:00	08:00	08:00
09:00	09:00	09:00	09:00
10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00
12:00	12:00	12:00	12:00
13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00
15:00	15:00	15:00	15:00
16:00	16:00	16:00	16:00
17:00	17:00	17:00	17:00
18:00	18:00	18:00	18:00
19:00	19:00	19:00	19:00
20:00	20:00	20:00	20:00
21:00	21:00	21:00	21:00
22:00	22:00	22:00	22:00