

TO GET THE LEGALITIES OUT OF THE WAY

the following
information is not to be
used as medical advice.
MTN DOG FARM is not a
medical institute.

read and utilize the
information in the Crazy
Lady Herbs™ at your
own risk

— *Dezcray*

MTN DOG FARM
CRAZY LADY HERBS



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HOW TO PRINT

print by downloading
PDF then using 4 x 6
notecard paper

save the empty page to
print & re print again,
adding herbs you love
but weren't included.

— *Dezcray*

HERB : **LAVENDER**

INTERNALLY :

headaches
indigestion
sore throat
nervous system
cortisol

EXTERNALLY :

wound cleaning
antiseptic
acne
sunburns
bites
stings

HERB : **SKULL CAP**

INTERNALLY :

menstruation
allergies
infections
sedation
breast pain
diarrhea
kidney support
preventative smallpox
treat rabies
hypertension
nervous system

EXTERNALLY :





HERB : **CHAMOMILE**

INTERNALLY :

sleep
stress
hypoglycemia
anxiety
heart health
asthma
depression

EXTERNALLY :

antibacterial
scarring
skin redness
prevent infection
acne

HERB : **WORM WOOD**



INTERNALLY :

digestion
stomach pain
anti parasitic / expelling
increase appetite
inflammation

use with caution
rec daily amount : 3 tsp

EXTERNALLY : SHOULD BE DILUTED BEFORE
ADDING TO SKIN BECAUSE OF POTENCY

pain relief
joints
arthritis



HERB : **MULLEIN LEAF**

INTERNALLY :

chest decongestion
cough
lungs
asthma

EXTERNALLY :

skin
rash
soothing

HERB : **YARROW**

INTERNALLY :

fever

pain

sleep

cramps

lungs

puking

can be used as charcoal
replacement

EXTERNALLY :

bleed stop



HERB : **RED CLOVER**

INTERNALLY :

whooping cough
arthritis
gout
bronchitis
night sweats
circulation
anti aging
collagen production

EXTERNALLY :

skin
breast pain

HERB : **ECHINACEA**



INTERNALLY :

immune support prior to sickness
blood poisoning
allergies
headache

EXTERNALLY :

eczema
skin redness
wound cleaning

HERB : **ST. JOHN'S WORT**

INTERNALLY :

anxiety
anti nausea
kidney stones
high cholesterol
menopause
fever
diarrhea

EXTERNALLY :

bug bite
stings

HERB : **LEMON BALM**



INTERNALLY :

relaxation
mood enhancement
sleep
diabetes
increase appetite
soothing
anxiety

EXTERNALLY :

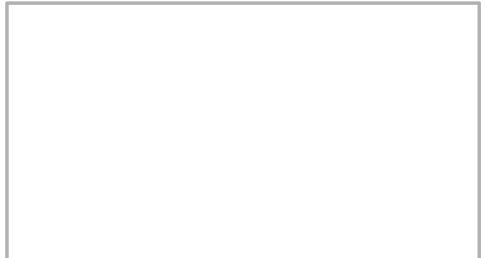
skin issues

HERB : **MARSHMALLOW ROOT**

INTERNALLY :

gout
indigestion
joints
throat
chest
heartburn
lowers blood sugar

EXTERNALLY :

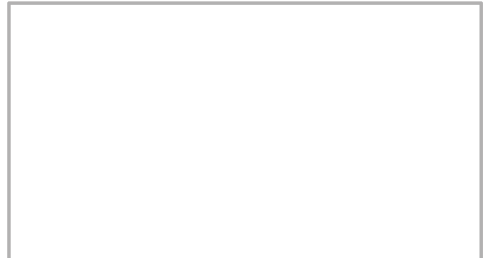


HERB : **MILK THISTLE SEED**

INTERNALLY :

liver
spleen
antioxidant
inflammation
gut health
improve glucose tolerance

EXTERNALLY :





HERB : **CALENDULA**

INTERNALLY :

headaches
red eyes
fever
cramps
sleep
toothaches
heart health
inflammation
constipation

EXTERNALLY :

skin health
rascuts
burns
swelling
eye issues
vaginal irritation/infection

HERB : **NETTLE**

INTERNALLY :

fever

pain

sleep

cramps

lungs

puking

can be used as charcoal
replacement

EXTERNALLY :

bleed stop

HERB : **PEPPERMINT**



INTERNALLY :

calming
digestion
headaches
tension
combat elevated lipids
antioxidant
anti microbial
antibiotic
cognitive performance

EXTERNALLY :

muscle recovery
anti fungal poultice

HERB : **SAGE**

INTERNALLY :

indigestion
menopausal symptoms
sore throat
anti inflammatory
fertility
memory
sore throat
brain function
dental hygiene
nervous system
anti proliferative (prevents
cancer cell growth)
decrease 2hpp
cholesterol
lower glucose
lower hemoglobin

EXTERNALLY :

bleed stop
dental hygiene

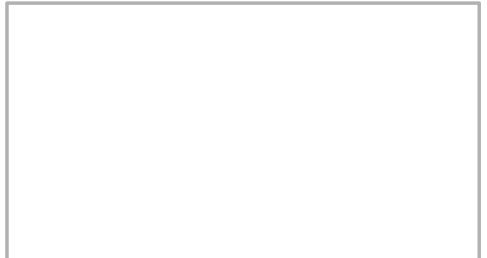
HERB : **SHEPHERDS PURSE**



INTERNALLY :

soothe inflammation
pain aid
digestive health
induce contractions once
started
bladder infection
reduced bleeding
edema
aids iron absorption

EXTERNALLY :





HERB : **OAT STRAW**

INTERNALLY :

mental function
inflammation
skin health
nervous system
blood flow
bone density
calming but not sedative

EXTERNALLY :

HERB : LICORICE ROOT



INTERNALLY :

respiratory
digestion
skin
anti inflammatory
antioxidant
immune health
cough
mucus
sore throat
skin redness
fatigue
liver distress
cortisol breakdown
stress
immune boost
ant acid
asthma
stomach ache

EXTERNALLY :

eczema

HERB : **ROSE HIPS**

INTERNALLY :

vitamin c
skin
heart
digestion
weight loss
quercetin
ellagic acid
oxidative stress
anti aging
osteo arthritis
joints
high blood pressure

EXTERNALLY :

wound healing

HERB : BUTTERFLY PEA FLOWER

INTERNALLY :

skin
digestion
stomach ache
antioxidant
diabetes / insulin resistance
blood sugar

EXTERNALLY :

skin

HERB : **WILD CHERRY BARK**

INTERNALLY :

whooping cough

bronchitis

diarrhea

gout

stomach pain

mucus

cough suppressant

swelling

personally, not
comfortable with using
during pregnancy.
Contains chemical
PRUNASIN

MTN DOG FARM
CRAZY LADY HERBS



HERB :

INTERNALLY :

EXTERNALLY :