

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



MTN DOG FARM
CRAZY LADY HERBS



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 :

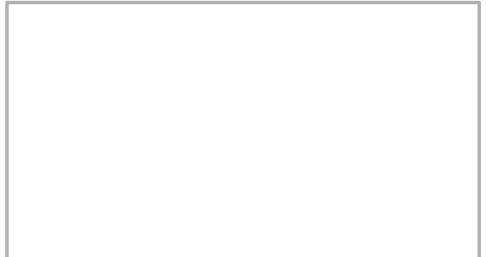
wound cleaning
antiseptic
acne
sunburns
bites
stings

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 :

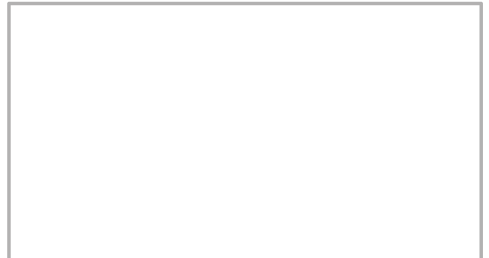
skin issues

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
rash
cuts
burns
swelling
eye issues
vaginal irritation/infection

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



** can reduce milk supply while nursing

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 :

WHAT TO DO ABOUT A : COUGH

HERBS :

chamomile
wild cherry bark
licorice
red clover
sage
skullcap
mullein

SLEEP

WHAT TO
DO ABOUT :

HERBS :

sage
yarrow
chamomile
calendula
peppermint
lemon balm
lavender
skullcap



WHAT TO
DO ABOUT :
HERBS :

REGULATING BLOOD SUGAR

butterfly pea flower
milk thistle seed
sage
chamomile
marshmallow root
lemon balm

WHAT TO
DO ABOUT :

JOINT PAIN



HERBS :

wild cherry bark
rosehips
oatstraw
sage
red clover
wormwood

WHAT TO
DO ABOUT A :

HERBS :

STOMACH ACHE

milk thistle seed
marshmallow root
wormwood
butterfly pea flower
rosehips
sage
yarrow
peppermint
licorice root



WHAT TO DO
ABOUT AN :

IMMUNE BOOST

HERBS :

rosehips
oatstraw
echinacea
shepherds purse