

Lomatium dissectum
Family: *Apiaceae* – parsley, carrot
Parts Used: root, seeds (most potent), leaves, blossoms

Known by many herbalists as the best antiviral in the world. The Native Americans that used this herb, which they referenced as biscuit root, during the great flu epidemic of 1917 never died.

Properties

Antiviral, antibacterial, analgesic, antifungal, antispasmodic, antimicrobial, antiseptic, diaphoretic, expectorant, stimulant.

Energetics: cooling, drying
Systems Affected: respiratory, immune

Uses

- Bacterial infections like meningitis, strep, e coli, ebola virus, etc.
- Viral infections like mono, Epstein-Bar, swine and avian flu, west nile, SARS, etc.
- Any illness including fever, cold and flu
- Respiratory conditions like asthma, bronchitis, pneumonia, congestion, infection
- Coughs, sore throat, sinus issues, hay fever
- Immune stimulant
- Chronic fatigue syndrome
- Promotes healing of wounds, sprains, cuts, sores, burns, bruises, and other injuries.
- Cold sores, herpes
- Pain reliever (aerial parts)

Herb Preparations

- Tea (decoction for roots, infusion for aerial parts)
- Tincture (use alcohol- best way to utilize the properties of this herb)
- Bath, foot soak, steam
- Herbal oil, salve
- Poultice, compress
- Powdered, capsules

Wildcrafting/Harvesting

Lomatium is a wild plant, not easily cultivated. It grows on the sides of and at the base of hills, rocky, wooded, bushy slopes and coniferous forests (not along creek beds!). Looks similar to other carrot family members with umbel flowers and basal leaves that are finely divided. Flowers are yellow and may also be red. It can grow up to 3 feet tall.

- Harvest aerial parts anytime during the growing season.
- Roots are best harvested in the spring but can be harvested anytime from fall to early spring. They should be strongly aromatic and oily; this is a sign of the medicinal properties.
- Because of the resinous quality of the root, it needs to be dried a few days before cutting into smaller pieces for full drying and storage.

Safety

Do not confuse with other members of the carrot family such as poison hemlock which is very deadly and grows near water. Correct identification is a must!

Avoid use if pregnant or nursing.