

Artemisia tridentata
Family: *Asteraceae* – wormwood, mugwort
Parts Used: leaves, stems, flowers, seeds

Sagebrush grows all over the Rocky Mountains where I live. This plant is a relative of wormwood and will carry all the healing benefits of that plant, but with more potency.

Properties

Antibacterial, antifungal, anti-inflammatory, antiviral, antitumor, antiparasitic, antiseptic, antibiotic.

Energetics: warming, drying
Systems Affected: immune, respiratory

Uses

- Fungal problems such as nail fungus, athlete's foot, jock itch, ring worm, etc.
- Bacterial and viral infections of all kinds, including pneumonia, candida, E. coli, staph, MRSA, strep, etc.
- Cuts, wounds, sores, boils, acne, etc. (wash or poultice)
- Emetic when made with a strong decoction.
- Stomach cramps and indigestion.
- Helps with liver problems
- Respiratory issues such as bronchitis, pneumonia, coughs, etc.
- Sinus and head colds
- Stimulates uterine circulation, useful for suppressed menstruation or cramping.
- Sore throat, mouth sores and diseases such as gingivitis (gargle)
- Headache and pain reliever (compress or poultice over area)
- Radiation poisoning
- Air purifier (hang bundles in a room or smoke a bundle)
- Hygiene; rub fresh leaves under arms for deodorant, powder for a body or tooth powder.

Herb Preparations

Because of the potency and bitter taste of this herb, it is best to start with a small amount of herb per water when making a tea for drinking. I do about 1 teaspoon per pint of water and that is still pretty potent.

- Tea
- Gargle, wash

- Bath, steam
- Poultice, compress
- Herbal oil
- Salve, ointment
- Extracts, liniment
- Syrup
- Powder; capsules, body powder (also good for diaper rash or sores)
- Bath, foot soak, steam inhalation
- Smoke for purification (tie dried stems in a bundle and burn)

Foraging/Harvesting

Found in dry, sandy, and gravely soils, high valleys, slopes and desert land. An aromatic evergreen that can grow up to 8 feet tall. Gray-green branches are usually twisted. The leaves are soft and silvery with three lobes at the top. Flowers are small yellow heads.

- Can be harvested anytime by "pruning" branches. Use immediately in a preparation or dry for future use.

Safety

Artemisia species stimulate uterine circulation so it's best not to take during pregnancy. Some individuals may have an allergic reaction to this plant such as contact dermatitis and hay fever.