

Lobelia inflata
Family: *Campanulaceae/Lobeliodeae*
Parts Used: leaves and flowers (aerial parts), seeds are twice as potent as the herb.

Dr. Christopher loved using lobelia! He referred to it as “The Thinking Herb” because of its ability to know what to do in each individual with their particular constitution. It is generally used in formulas to enhance their properties and deliver them wherever they are needed in the body.

Properties

Antispasmodic, anti-emetic (low doses), emetic (larger doses), nervine, relaxant, vasodilator.

Energetics: cooling, moistening
Systems Affected: whole body, especially nervous

Uses

- Strengthens blood vessel action allowing blood to flow freely, health throughout the body.
- Carrier for all other herbs, delivering them quickly and efficiently to area of distress.
- Removes obstructions and congestion throughout the body and blood.
- Cleansing of all body systems
- General corrector of the whole body, it will know what to do (The Thinking Herb).
- Relaxant and sedative (small doses)
- Asthma, bronchitis, pneumonia, and respiratory issue.
- Stop vomiting (2-6 drops tincture)
- Induce vomiting (1 teaspoon tincture)
- Abscesses (administer both internally and externally)
- Appendix attack
- Blood pressure regulator
- Cold, flu, fever, and illness of any kind.
- Digestive issues
- Blood, heart, and circulatory issues.
- Muscle, joint, bone pain and inflammation.
- Diseases of all kinds
- Infection of any kind

- Poisoning
- Insect bite and stings
- Convulsions, tremors, spasms, lock jaw, epilepsy, etc.

Herb Preparations

Combine with other herbs as part of a formula and usually with a stimulant herb such as cayenne, peppermint, or ginger. Start with one drop and then increase drop by drop until relief comes. Chills and/or nausea will be your key if too much has been taken or applied. Use small amounts when applying topically or dilute in water or carrier oil, watching for the nausea marker.

Tea
Tincture (lose doses such as 1-3 drops, 2 x day)
Liniment (apply to temples and spine for pain, aches, and illness).
Powder, Capsules
Poultice, Compress
Syrup, Honey
Bath (2 Tbsp. per 1 quart of water, steep for 30-60 minutes, strain and pour in bath)
Enema (blend with catnip)

Care/Harvesting

Lobelia is an annual that can be found in the nursery. It can be found in meadows, pastures, woods, and grassy places in nearly all parts of the United States. It flowers from July to September with pale blue blossoms that are followed by a seed pods the size of a white bean. It grows from 4-36 inches tall in patches. The seeds are twice as strong as the herb.

- Harvest between the end of July through October. Using gloves, cut all aerial parts.

Safety

Prudence is needed for using this herb. It is very powerful and should be used in small doses as part of a formula, even when using topically. Your body will alert you when too much has been administered with a chilly feeling or if way too much has been taken, nausea, cramps, vomiting and diarrhea. These discomfort symptoms however are not life threatening, just the “cleansing” properties jumping into full gear.

Do not use if pregnant or nursing.