


*Grindelia camporum*
**Family**: *Asteraceae* - daisy, sunflower
**Parts**: flowering tops (most medicinal), leaves

Gumweed is a wild plant growing around the Rocky Mountain area. The blossoms excrete a sticky substance that binds with mucus in the body and then carries it out through the waste systems. Because of this special characteristic of "unsticking stuck stuff" it can remove congestion from all parts of the body.

## Properties

Alterative, antiasthmatic, antispasmodic, antimicrobial, anti-inflammatory, demulcent, diuretic, expectorant, hypotensive, sedative, stomachic, vulnerary, cooling.

**Energetics**: warming, moistening, bitter
**Systems Affected**: respiratory

## Uses

- Respiratory conditions of all kinds including bronchitis, whooping cough, pneumonia, allergies, asthma, etc.
- Coughs of all kinds including wet, dry, lingering, and irritating.
- Cold and flu
- Sore throat and infections
- Infections of the upper and lower respiratory tract such as ear and throat, tooth and gum, sinus, and lung. (1/2 teaspoon tincture or 1/2 cup tea four times a day until symptoms subside)
- Skin irritations such as poison ivy, rashes, hives, bites, and stings, etc. (salve, cream, or compress)
- Tissue repair and skin regeneration, use for chronic and acute skin conditions.
- Helps alleviate congestion of all kinds throughout the body including digestive, kidney, liver, spleen, and respiratory system mentioned above.
- Joint and muscle pain and inflammation (massage topically on area of concern)
- Urinary tract infection
- Accelerates wound healing, including sores
- Mild sedative and cardiac relaxant

## Herb Preparations

- Tea, gargle, wash
- Steam inhalation, bath, or soak
- Tincture (use alcohol as the menstruum)
- Syrup, honey
- Poultice, compress
- Oil, salve, cream

## Wildcrafting/Harvesting

Gumweed is easy to identify with its sticky flower heads and white, gummy centers. It can be found in dry, sandy, open fields, plains, roadsides, wasteland, and mountain sides.

- Harvest the bud, blossoms, and leaves as they appear on the plant. Can be used fresh or dried for future use.

## Safety

Can lower blood pressure so best not to take if dealing with a weak heart or low blood pressure. The resins can irritate the kidneys if taken in excessive dosages.