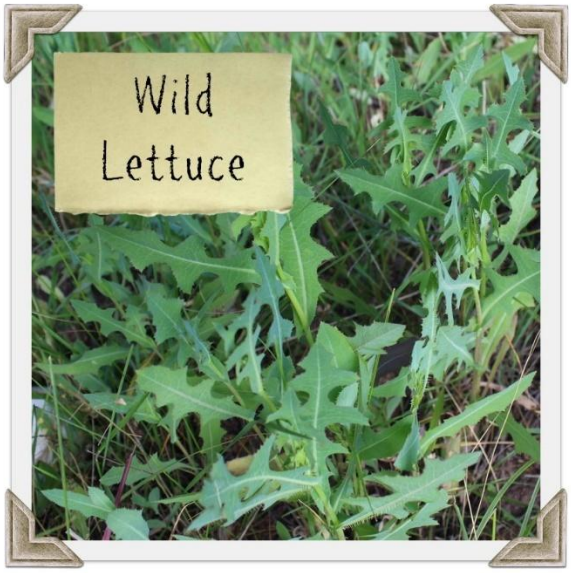


Lactuca virosa
Family: *Asteraceae*- daisy
Parts Used: leaves, sap, seeds

Also known as prickly lettuce, wild opium and compass plant. This common weed can be used as a pain reliever and the sap is a wonderful natural wart remover.

Properties

Antibacterial, analgesic, sedative.

Energetics: cooling, bitter
Systems Affected: liver, lung

Uses

- Pain reliever (opium substitute)
- Cramps, muscle, and joint pain.
- Sleep aid and helpful for nightmares.
- Calming and relaxing; helps with restlessness, nervousness, anxiety, and stress.
- Whooping cough and other types of coughs.
- Urinary tract problems
- Milky sap dissolves warts and helps with aging spots.
- Milky sap can also disinfect wounds.

Herb Preparation

- Milk (sap)
- Tea
- Extract
- Herbal oil, salve
- Fresh leaves

Foraging/Harvesting

Can be found in dry, sandy, or rocky areas and waysides. Long, deeply lobed, sharply toothed leaves. Abundant with milky sap. Can harvest this plant anytime. I usually "harvest" by weeding my garden. Can be dried for future use or tincture fresh leaves. To collect sap just snap a leaf off or pull the plant up.

Safety

Use in moderate doses internally. May cause contact dermatitis in some individuals that are more sensitive. Not enough research for pregnant and nursing mothers so best to avoid internal use.