

# Herbs & Medicinal Plants

## Information Sheet

Animals have been treated with herbs and medicinal plants since the emergence of mankind. Animals in the wild have always self-medicated but any animal should self-select if the right plant is available at the right time.

Herbs can be used to maintain health, boost immunity and treat various conditions, either fed fresh or dried, administered as tincture or infusion; or for external use as ointment, balm, or spray-on, eg insect repellent. There is a long, documented history of plant medicine in many cultures particularly in Traditional Chinese Medicine, Ayurvedic medicine, European and North American folk medicine and more recently Western herbal medicine.

### Safety

Many herbs can be used in combination with one another and/or alongside conventional medicine and often have a synergistic effect. It is however important to remember that some herbs can have adverse interactions with some medications AND that some herbs may be toxic to some species, in the wrong dose, or even act as abortifacients in pregnancy. IF IN DOUBT seek expert advice.

If you are producing meat, milk or eggs, some herbs, such as garlic, may have a withdrawal period. If in doubt, please check.

### Useful Books for Farmers

Here is a selection you may find helpful:

**The Complete Herbal Handbook for Farm and Stable** - Juliette de Bairacli Levy

**Natural Parasite Control for Livestock: Pasture Management, Chemical-Free Deworming, Growing Antiparasitics** - Wendy Lombardi

**Hedgerow Medicine** – Matthew seal & Julie Bruton Seal – an excellent introduction to the medicinal uses of native British plants

*Most of the aromatic group of herbs, such as marjoram, sage, etc., increase milk yield. So also does milkwort and speedwell*

Juliette de Bairacli Levy

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