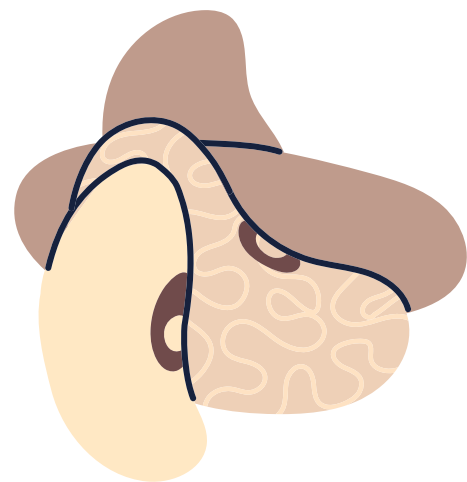




Traditional Mexican Herbalism Wellness Garden



Disclaimer: The content in this course is for information purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition.



Why Is This Course Necessary?

- take control of your health
- add diversity to your garden
- good for you



What Plants Are Included in This Course?

- Árnica Mexicana (*Heterotheca inuloides*)
- Calabaza (*Cucurbita*)
- Chayote (*Sechium edule*)
- Chía (*Salvia hispanica*)
- Chile (*Capsicum annum*)
- Epazote (*Dysphania ambrosioides*)
- Frijol (*Phaseolus vulgaris*)
- Girasol (*Helianthus annuus*)
- Huaútlí (*Amaranthus cruentus*)
- Jitomate (*Solanum lycopersicum*)
- Maíz (*Zea mays*)
- Maguey (*Agave americana*)
- Muicle (*Justicia spicigera*)
- Nopal (*Opuntia ficus-indica*)
- Orégano de monte (*Lippia graveolens*)
- Pasiflora (*Passiflora*)
- Pericón (*Tagetes lucida*)
- Tomatillo (*Physalis ixocarpa*)
- Toronojil Morado (*Agastache mexicana*)



How are the lessons set up?



LIMÓN

Citrus aurantifolia

Size: up to 5 meters (16 feet)

Soil: prefers sunny, well-drained soil

Flower: yellow/white about 25 mm (1 in) in diameter

Distinguishing characteristics: smaller, seedier, has higher acidity, more robust aroma, and a thinner rind than the Persian lime (*Citrus latifolia*)

Leaf type: ovate and typically 25–90 mm (1–3 inches) long

1

Lesson Example

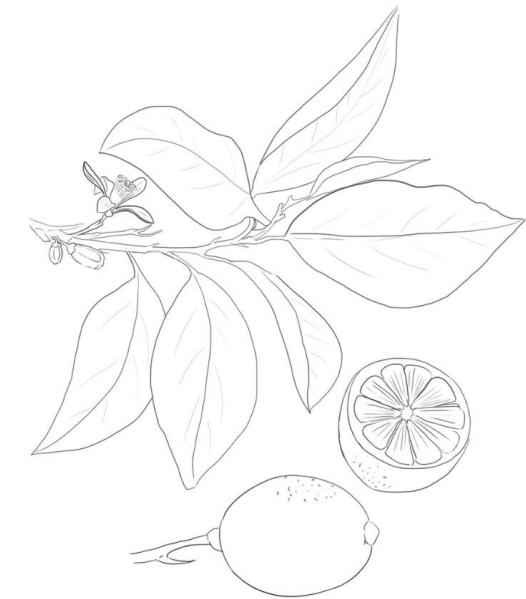
LIMÓN

Citrus aurantifolia

Although the Spanish word limón looks as if it would translate as lemon, it is, in fact, a lime (*Citrus aurantifolia*). Limes were introduced to Mexico by the Spaniards in the early 1500s. Limón leaves are a good source of natural antioxidants and antimicrobial compounds. They are comparable in their antibiotic effect to standard prescription antibiotics. Limónes are antifungal and antiparasitic as well.

2 & 3

Lesson Example



ROMERO STUFFY NOSE TEA

- pinch of romero leaves and stems (*Salvia rosmarinus*)



Lesson Example

For colds with a stuffy nose, a pinch of romero leaves and stems can be made into a cup of tea and drunk as needed throughout the day.

