NAME: LOBELIA (lobelia inflate, L campanulaceae, Indian Tobacco, puke weed)

Parts Used: Aerial parts.

Uses: relaxes the central nervous system, bronchitis, asthma, respiratory stimulant, whooping cough, allergies, muscles spasm, sprains, ringworm, insect bites.

Actions: Expectorant, diaphoretic, anti-asthma, antispasmodic, emetic, nervine, sedative, astringent, diuretic.

Tea: 1 cup 3 x daily \*

Tincture: ½ ml 3 x daily \* ( \* 20 mg daily only. Take under the supervision of a heath care provider)

Constituents: Alkaloids, (lobeline-isolobelainine)

Taste: pungent, (after chewing the taste is like tobacco)

Combines: chamomile

Harvest: August or early September.

Contra indications: pregnancy, breastfeeding.