

Grow Your Own Drugs!

Written by Lanier Laney
Tuesday, 18 January 2011 12:08

(no, not the illegal kind)



Before the days of pharmacies being built every two miles or so, our great grandparents (and other ancestors for thousands of years before that) survived on herbal and other cures from their gardens or wildcrafted from the woods.

This point was personally brought home to me one summer when I was nine years old and got stung over most of my back by a Portuguese Man of War jelly fish at Pawley's Island. It felt like a thousand burning bee stings at once.

Fortunately, the owner of the inn where we were staying ran to the sand dunes and pulled up an armful of a low growing succulent aloe-like vine and proceeded to squeeze the viscous juice from the plant on all of my stings. Within minutes, the pain was 100% gone (miraculously) and I stopped screaming my red-faced head off.

More than 80% of the world's population relies on traditional herbal remedies for their primary health

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St. John's wort is a common herb used for depression and anxiety. It is a member of the Hypericaceae family and is known for its bright yellow flowers.



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Chamomile is a common herb used for relaxation and sleep. It is a member of the Asteraceae family and is known for its small white flowers with yellow centers.

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Read more about the benefits of growing your own herbs and how to grow them in the [Read more about the benefits of growing your own herbs and how to grow them in the](#)