



Herbs

for Healing

& Magick

Reference Guide



www.KatSticker.com

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This reference guide is not to be used as a substitute for medical advice, diagnosis or treatment of any health condition or problem. Users of this guide should not rely on information provided on this guide for their own health problems. The information within is based on research and personal experience by a non-physician. Any questions or research regarding your own health should be addressed to your own physician or other licensed healthcare provider.

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About Kat Sticker



As the nurturing mother of two young children, I strive to bring a world of wellness and balance for my family and community. I am grateful for sharing this journey with the most wonderful husband in the world. I am an artist and trained herbalist, who enjoys wildcrafting

and gardening. I am a channel, connecting with and honoring Creator energy, the elements, tree people, the plant people, the rock people, angels, dragons, the Lycans, ancestors, archetypes and other spirits.

My experience and years of training as an Intuitive Herbalist, Certified Angelic Reiki Master, Certified Usui Reiki Master, Certified Animal Reiki Master, Attuned Dragon Energy Healer, Crystal Healer, Akashic Records Reader, Certified Spiritual Healer and Earth Steward, and Shamanic practitioner under multiple, heart-centered shamanic paths (Wind, Celtic, Andean, Australian) provided a broad understanding of the pillars of wellness to build the Elemental Alchemy Healing Framework.

I am the Proprietor of KatSticker.com, a website showcasing my ritual art and ritual blog. I mentor and offer courses on wellness, alchemy and intuitive development.

Herbs for Healing



Types of plants: Leafy herbs and bushes (leaves, flowers, roots), certain trees (bark, root, flowers, leaves, resin)

Each herb has multiple health benefits. There are so many amazing herbs, it is nearly impossible to pick a few to highlight.

These statements have not been evaluated by the US Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease

10 Common Multi-Use, Healing Herbs

1. Ashwagandha
2. Dandelion
3. Ginger
4. Lavender
5. Lemon Balm
6. Peppermint
7. Plantain
8. Nettle
9. Oregano
10. Turmeric

Modalities for Use:

1. Aromatherapy
(essential oils, crushing fresh, dried sachets, incense, sprays, smudge)
2. External application
(essential oils, salves, ointments, lotions, poultice, sprays, herbal baths)
3. Internal ingestion
(food, tea, infusions, tinctures, essential oils, smoke, gummies, capsules)



ASHWAGANDHA

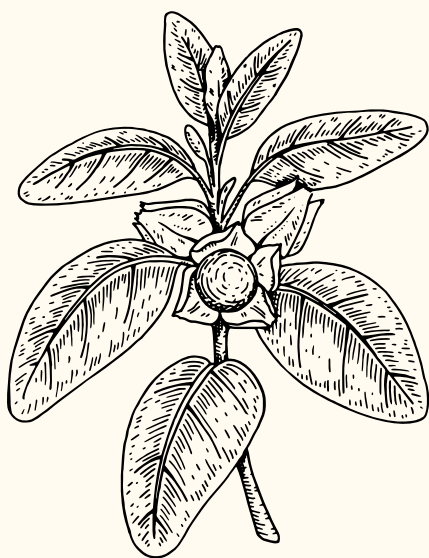
Withania somnifera

Herbal actions: adaptogen, adrenal tonic, anti-inflammatory, anti-tumor, immuno-modulator, sedative

Potential Benefits: Increase energy, reduce stress, reduce anxiety, lower cortisol, improve sleep, reduce blood sugar, reduce inflammation, improve memory/brain function, improve OCD, reduce cancer symptoms

Usage: Root, leaf, combined with black pepper increases absorption by up to 20x

Contraindications: should not be taken by people who have hormone-sensitive prostate cancer, are pregnant or are taking sedatives





DANDELION

Taraxacum officinalis

Herbal actions: alterative, anti-rheumatic, bitter, choloretic, diuretic,

Potential Benefits: provides antioxidants, reduces inflammation, reduces blood sugar, reduces bad cholesterol, increases HDL, reduces blood pressure, prevents blood clots, laxative, increases metabolism, supports weight loss, supports liver function, improves gall stone symptoms, cancer prevention

Usage: Root, leaf

Contraindications: should not be taken by people who are taking blood thinners, diuretics, lithium or blood sugar medication, may cause allergic reaction in those allergic to ragweed, chamomile, yarrow or daisies.



Herbs for Healing



GINGER **Zingiber officinalis**

Herbal actions: antibiotic, anti-emetic, antiseptic, anti-spasmodic, carminative, choleric, circulatory stimulant, diaphoretic, emmenagogue, gastric stimulant

Potential Benefits: relieves nausea, supports digestion, reduces inflammation/arthritis, reduces PMS and menstrual pain, regulates blood sugar, reduces cholesterol, prevents cardiovascular disease, helps with weight loss, reduces dementia symptoms, increase energy/stamina, prevent infection, increase sexual performance

Usage: Rhizome, oil

Contraindications: should not be taken by people who are taking blood pressure medication, diabetes medication, blood thinners, check with doctor if pregnant.





LAVENDER

Lavendula officinalis

Herbal actions: antidepressant, antiseptic antispasmodic, carminative, emmenagogue, nervous system relaxant, sedative

Potential Benefits: reduces anxiety and depression, improves sleep, reduces blood pressure, heals fungal infections, heals sores, reduces skin irritations/itching, alleviates toothaches, bug bites, burns, supports digestion, reduces hair loss, reduces dandruff, reduces PMS symptoms, reduces inflammation, headaches, supports respiratory system

Usage: flowers, oil

Contraindications: should not be taken by people who are pregnant.





LEMON BALM

Melissa officinalis

Herbal actions: analgesic, antidepressant, antimicrobial, antispasmodic, antiviral, carminative, diaphoretic, nervous system tonic and relaxant,

Potential Benefits: reduces anxiety and depression, improves sleep, reduces cold sores, relieves headaches, relieves nausea, supports digestive system, supports skin care, boosts immunity, fights cancer

Usage: leaves, oil

Contraindications: should not be taken by people who are taking medications for glaucoma or thyroid or that contain barbiturates, sedatives or that affect serotonin





PEPPERMINT

Mentha piperita

Herbal actions: analgesic, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, emetic, decongestant, diaphoretic, nervine

Potential Benefits: supports digestion, reduces nausea, reduces IBS, reduces headaches, relieves sinus pain, relieves menstrual pain, muscle pain, relieves skin irritations, reduce fevers, reduces bad breath, increases energy, prevents bacterial infections, supports weight loss, reduces seasonal allergies

Usage: leaves, oil

Contraindications: should not be taken by people who are taking cyclosporine or who have ulcers, gallstones, kidney stones or who are pregnant or nursing





PLANTAIN

Plantago major

Herbal actions: antibacterial, antihistamine, antimicrobial, astringent, connective tissue tonic, demulcent, diuretic, expectorant, vulnerary

Potential Benefits: supports skin health, relieves boils, relieves acne, treat eczema, rashes and psoriasis, relieves insect bites, snake bites, treat leprosy, heals burns, expectorant for coughs and colds, treats asthma and pneumonia, relieves sore throat, supports digestive issues such as constipation, diarrhea, gas, colitis, hemorrhoids, mouth ulcers, appetite suppressant, improves liver and kidney function

Usage: leaves

Contraindications: should not be taken by people who are taking blood thinners





NETTLE

Urtica dioica

Herbal actions: anti-hemorrhagic, anti-inflammatory, antiseptic, astringent circulatory stimulant, detoxifier, diuretic, expectorant

Potential Benefits: relieves arthritis pain and sore muscles, regulates blood sugar levels, heals bacterial infections, supports urinary tract health, reduces risk of cancer and heart disease, reduces blood pressure, reduces enlarged prostate, reduce seasonal allergy symptoms, heals burns and wounds, reduce bleeding, boosts immunity, increases energy, detox, reduces menopause symptoms, reduces seasonal allergies, supports respiratory health

Usage: leaves, roots

Contraindications: should not be taken by people who are taking blood thinners, blood pressure medication, fresh leaves can irritate skin (wear gloves when handling)



Herbs for Healing



OREGANO

Origanum vulgare

Herbal actions: antiseptic, anti-spasmodic, antiviral, bitter, carminative, diaphoretic, emmenagogue, expectorant,

Potential Benefits: antioxidant, fights cancer, prevents bacterial infections, improves resistance to viral infections, prevents food borne illnesses, prevents staph infection, relieves depression, manages blood sugar, regulates blood pressure, lowers bad cholesterol, increases metabolism, alleviates stress and chronic disease

Usage: leaves, roots

Contraindications: should not be taken by people who are taking blood thinners, diabetes medication





TURMERIC

Curcuma longa

Herbal actions: alterative, antibiotic, anti-cancer, antiseptic, anti-inflammatory, astringent, carminative, circulatory stimulant, choloretic, hepaprotective

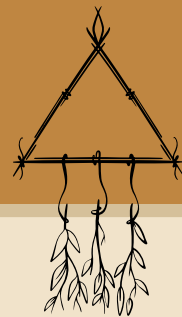
Potential Benefits: anti-inflammatory, supports auto-immune disease, reduces pain, reduces risk of heart disease and cancer, reduces depression. neurotrophic action reduces risk of dementia /Alzheimers, delays aging, improves memory, protects DNA from damage, improves skin health

Usage: rhizome, oil

Contraindications: should not be taken by people who are taking anticoagulants, antiplatelets, non-steroidal anti-inflammatory drugs (NSAIDs) and selective serotonin reuptake inhibitors (SSRIs).



Herbs for Magick



These herbs also have multiple healing properties, but in this section the magical uses are highlighted. Again, it was difficult to select only 10 because every herb has healing and magical properties.

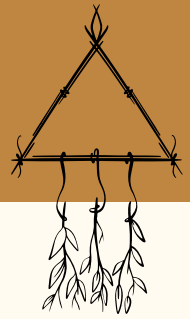
10 Commonly used herbs for magical purposes:

1. Bay Leaf
2. Black Cohosh
3. Cinnamon
4. Chamomile
5. Damiana
6. Jasmine
7. Mugwort
8. Rose
9. Rosemary
10. Elderberry



Modalities for use:

- anointing
- dressing candles
- mojo bags
- spells
- altar offerings
- sachets
- talismans
- potions
- tinctures
- teas/syrups
- recipes
- incense
- salves/ointments
- smudges
- sprays
- dream pillows
- herbal baths
- protective wards
- spirit attraction
- ceremonial elements
- offerings



BAY LAUREL LEAF

Laurus nobilis

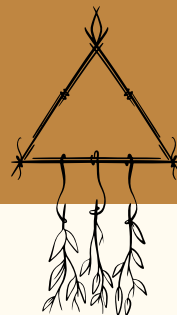
Herbal actions: antiseptic, astringent, carminative, diaphoretic, digestive, diuretic, emetic, emmenagogue, narcotic, parasiticide

Symbolism: strength, success, victory, fame, prosperity, nobility, wisdom, intuition, peace, truce

Traditional Magical Applications: ward against evil, protection from lightening, used to manifest intentions, spells for healing, protection, success, love, wisdom and clairvoyance

Example uses: write an intention on a dried leaf and burn it, use in hanging witch balls at entrance to house to ward evil, make an oil infusion and anoint third eye for clairvoyance





BLACK COHOSH

Cimicifuga racemosa

Herbal actions: anti-rheumatic, anti-spasmodic, diuretic, estrogenic, emmenagogue, sedative, uterine tonic

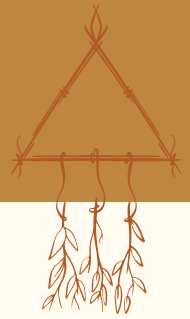
Symbolism: divine feminine, strength, fire, fertility, protection

Traditional Magical Applications: banishing, hex-breaking, regulate menstrual cycles, ward evil, bring luck, longevity, boost other spells

Example uses: make a tea of black cohosh for an offering to goddess Sekhmet, wear a talisman containing the herb for strength and courage, craft a love protection sachet, use in a hex breaking spell



Herbs for Magick



CINNAMON cinnamomum zeylanicum

Herbal actions: antibacterial, antifungal, antiviral, astringent, carminative, digestive stimulant, styptic

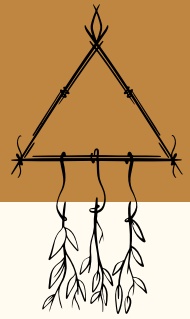
Symbolism: divine feminine, strength, fire, fertility, protection

Traditional Magical Applications: abundance, protection, passion, strength, love, clairvoyance, divination, fire/sun, ancestor connection, luck, purification, seduction

Example uses: incense for cleansing during a ceremony, include in a luck or money jar, dress a candle with cinnamon oil for a fire element ritual,



Herbs for Magick



CHAMOMILE

Matricaria recutita

Herbal actions: analgesic, anti-emetic, anti-inflammatory, anti-microbial, antiseptic, anti-spasmodic, carminative, , sedative, vulnerary

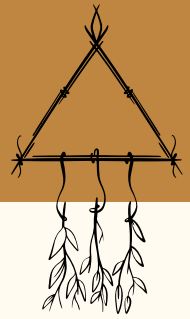
Symbolism: prosperity, peace, calm, happiness, dream fulfillment, energy, resolution

Traditional Magical Applications: healing, peaceful resolution, peaceful dreams/ward nightmares, attract money, protection, ward off psychic attack, balance, focus

Example uses: ritual bath for bringing balance to self, dream pillow for peaceful dreams, make an infusion with water and spray in house around doors and windows to clear negativity, tea to clear throat chakra



Herbs for Magick



DAMIANA

Turnera diffusa

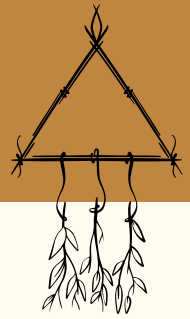
Herbal actions: anti-depressant, aphrodisiac, laxative, nerve tonic, urinary antiseptic

Symbolism: passion, subdue or overpower, lust, love

Traditional Magical Applications: meditation, divination, incense, love spells, libido, lucid dreaming, fire rituals, sex magick

Example uses: smoke for shamanic journey, wedding talisman, fire ceremony fire stoker for divination, love spell ritual





JASMINE

Jasminum officinale

Herbal actions: analgesic, anti-spasmodic, diaphoretic, hypnotic, nervine sedative

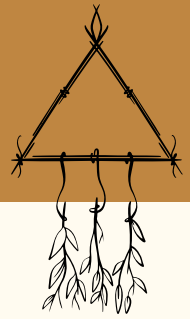
Symbolism: beauty, love, motherhood, purity, positivity, divinity, innocence, grace, affection, respect, compassion

Traditional Magical Applications: psychic dreams, astral travel, sensual spells, sex magick, prophecy, dreaming, attraction, moon magick, summoning faeries or multi-dimensional beings

Example uses: infusion of moonwater for moon magick spell, infuse honey for a love spell, dab jasmine essential oil on third eye for astral travel, decorate wreath with jasmine to create a faery portal



Herbs for Magick



MUGWORT

Artemisia vulgaris

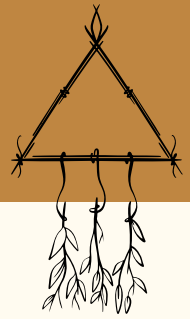
Herbal actions: analgesic, antiseptic, choleric, diaphoretic, digestive, diuretic, emmenagogue

Symbolism: repellent, feminine, moon, visionary, seer plant, health, protection, triple goddess, hallucinogen

Traditional Magical Applications: psychic visions, prophetic dreams, incense, smudging, clearing, purification, sanctification, meditation, trance, casting out spirits, kitchen witchery - cooking spells, connection with spirit world

Example uses: craft smudge sticks from fresh mugwort use for sanctifying sacred space, drink mugwort tea for deeper meditation, connection with the triple goddess





ROSE

Rosa centifolia/damascena/rubiginosa

Herbal actions: antibacterial, antidepressant, anti-inflammatory, astringent, diuretic, hemostatic, laxative, nervine,

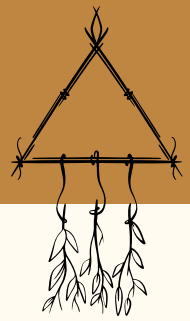
Symbolism: love, beauty, affection, divine feminine, passion, sacrifice, friendship, enchantment, courage, bonds. Each color has different symbolic meanings.

Traditional Magical Applications: enhance intuition, psychic and dreamwork, love spells and potions, ritual cleansing, ritual baths, banishing, anointing, goddess work, enchanting objects, use in spells according to the symbolism of colors

Example uses: use rose petals in a poppet for a love spell, gift to a goddess or spirit, make rose water and use for anointing in a ceremony, use rose water in a beauty spell



Herbs for Magick



ROSEMARY

Rosmarinus officinalis

Herbal actions: analgesic, antidepressant, anti-inflammatory, antiseptic, antispasmodic, astringent, carminative, circulatory stimulant, diaphoretic, diuretic, emmenagogue

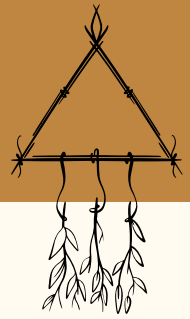
Symbolism: love, faith, respect, remembrance, fidelity, luck, romance,

Traditional Magical Applications: ward off negative energy, exorcism, connection with spirit world/ancestors, spells to keep lovers faithful, remember dreams, kitchen witchery - cooking spells, sub for other herbs in spells,

Example uses: plant outside door of home for fidelity blessing, burn during seance to invite spirits, craft a rosemary broom or besom to cleanse your home or sacred space, burn rosemary to counteract jealousy



Herbs for Magick



ELDERBERRY *Sambucus nigra/canadensis*

Herbal actions: alterative, anti-catarrhal, anti-inflammatory, antispasmodic, diaphoretic, diuretic, demulcent, carminative, emetic, laxative

Symbolism: grief, death, bridge to spiritual realm, beauty, health, prosperity, sacred, cycle of life, transformation

Traditional Magical Applications: blessing rituals, rites of death, protection, musical instruments to attract fae, amulets, evil wards, rebirth spells, astral travel, curse and hex removal, connection to faery and angelic realms

Example uses: create a charm to draw faeries or dryads to your outdoor space, make a tea from the flowers to improve your intuitive animal communication, create a potion for transformation/ shapeshifting,

