

Some Common Plants on Vancouver Island with Medicinal Properties Include:

Arbutus: *Eases symptoms of some bad colds*

Garry Oak: *Heals burns, cuts, sore throats, and could hold the cure to Alzheimer's or AIDS*

Salal: *Anti Inflammatory*

Plantain: *Tea from the leaves can treat diarrhea, and it can also relieve pain from bee stings, mosquito bites, Poison Ivy, Stinging Nettle, and sunburns.*

Bigleaf Maple: *Remedy for Sore throats*

Snowberry: *Helps heal wounds, burns, sores, scrapes, soothes rashes and itches, and kills some body parasites (Also the root infusion treats stomach aches, fevers, some colds, and sore eyes with an eye wash)*

Common Nettle: *Treats painful muscles and joints, eczema, anemia, arthritis, and it helps hair regrowth.*

Oregon Grape: *Treats stomach upset, infections, skin diseases, and cleanses the bowels.*

Sources

- <https://www.alive.com/health/preserving-medicinal-plant-knowledge/>
- http://www.goert.ca/developers_government/why_protect.php
- <http://www.naturalmedicinalherbs.net/herbs/s/symphoricarpos-albus-laevigatus=snowberry.php>
- <http://pennstatehershey.adam.com/content.aspx?productId=107&pid=33&gid=000275>

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