
Practical guide to little-known European plants for well-being

Designed by your herbalist – discovery version

Important notice

This guide is an educational resource designed to provide information about certain plants found in Europe. It is not a substitute for medical advice. Each person's body reacts differently: it is essential to consult a doctor, certified herbalist, or healthcare professional before use, especially if you are pregnant, breastfeeding, or undergoing medical treatment.

Plants are there to help us in many ways. Little known, they could be considered magical, but in fact they need to be tamed to improve our human condition.

“We only know the things we tame.” *St-Exupéry – The Little Prince*

1 - Yarrow (**Achillea millefolium**)

Description: Perennial plant with finely cut leaves, similar to lace. Its white or pink flowers form small flat clusters. It grows in meadows and along roadsides.

Use: Infusion to regulate menstrual disorders, soothe digestive spasms, and calm mild anxiety. External use for its healing properties.

Ritual: Prepare an infusion, place your hands on your stomach, and breathe slowly. Drink while visualizing a sense of calmness flowing through your body.



2 - Urban avens (*Geum urbanum*)

Description: Undergrowth plant with discreet yellow flowers. Its root gives off a clove-like scent.

Use: Root decoction to stimulate digestion, aid convalescence, and boost vital energy.

Ritual: Smell the grated root, prepare a decoction, and repeat internally: "I am regaining my inner strength."



3 - Coltsfoot (*Tussilago farfara*)

Description: Early-flowering plant with yellow flowers resembling dandelions, appearing before the large heart-shaped leaves emerge.

Use: Soothing infusion for bronchial tubes and dry coughs. Traditionally used in syrup form.

Ritual: Breathe in the vapours of the infusion, then drink slowly while imagining releasing your vital breath.



4 - Common speedwell (*Veronica officinalis*)

Description: Creeping plant with small pale blue flowers, growing in meadows and clearings.

Use: Infusion to support the liver, eliminate toxins, and restore energy.

Ritual: Drink in the morning while breathing in the fresh air and visualizing a purified body.



5 - Common pimpernel (*Anagallis arvensis*)

Description: Small creeping plant with red or orange flowers, discreet but colourful.

Use: Traditionally used to combat melancholy, but delicate internal use. Often limited to symbolic use.

Ritual: Use dried flowers in a sachet to carry with you. Write down your dark thoughts and burn them to free yourself from them.



6 - Figwort (*Scrophularia nodosa*)

Description: Perennial plant found in damp areas, with angular stems and reddish-brown flowers.

Use: Root used in poultices to soothe skin inflammation.

Ritual: Apply a poultice while visualizing the skin regenerating and soothing itself.



7 - Black horehound (*Ballota nigra*)

Description: A fragrant plant, sometimes unpleasant, with purple flowers. Grows in uncultivated land.

Use: Calming infusion for anxiety, nervousness, and to promote sleep.

Ritual: Prepare herbal tea in the evening, dim the lights, and drink mindfully before resting.



8 - Agrimony (*Agrimonia eupatoria*)

Description: A hedge plant with long stems and yellow flowers in spikes.

Use: Infusion for difficult digestion and sore throats. Known as “singers’ herb.”

Ritual: Drink an infusion then sing softly to free your voice.



9 - White deadnettle – White deadnettle (*Lamium album*)

Description: Plant resembling nettle but without stinging, with white flowers.

Use: Infusion of flowers to regulate the female cycle and soothe heavy periods.

Ritual: Hold the warm cup against your stomach and meditate for a few moments, sending out an intention of harmony.



10 - Cleavers (*Galium aparine*)

Description: Sticky plant with thin, star-shaped leaves that cling to clothing or animals.

Use: Draining infusion for the kidneys and lymphatic system, traditionally used as a purifier.

Ritual: Drink after a hot bath, imagining the elimination of everything that clogs up the body.



Conclusion

These ten plants, often overlooked, are valuable allies. Rediscovering them with the guidance of an herbalist paves the way for a more balanced and mindful daily life.

👉 For more information and personalized advice, contact your herbalist.