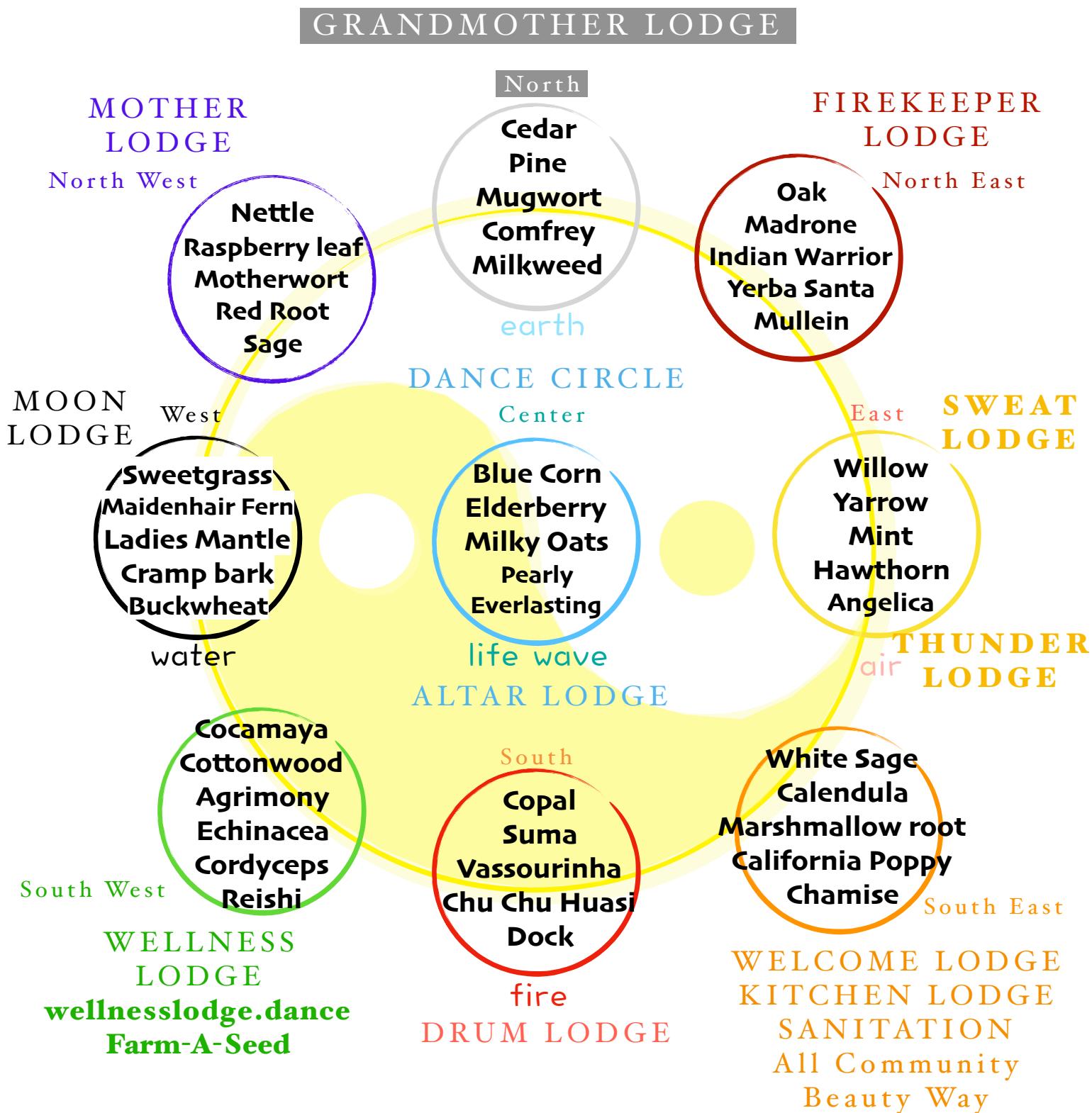


Lodges and Herbs of Empowerment for the Long Dance at Suma Sil



SWEAT LODGE

Willow (local) - flexible and strong for our lodge and standards; bark for pain relief
Yarrow - all around blood circulation aid, promote sweating for clearing fever, relieves moon cramps
Mint - cooling digestive helper, delicious
Hawthorn - heart and circulation tonic, calming nervine
Angelica - all around digestive, lung and skin healer, stamina

COMMUNITY

White Sage (local) - our wonderful spirit cleaner; anti-microbial
Calendula - all mucus membranes and skin - wounds, burns, ulcers; edible flower petals
Marshmallow root - soothing demulcent for all mucus membranes
California poppy (local) - calming - safe enough for children
Chamise (local) - stomach, intestine pain; wash swollen hot feet

DRUM LODGE

Copal - South and Central American (as are next 3 herbs) sacred blood of the trees for purity and calm
Suma - adaptogen for endurance, restorative, antimicrobial, anti-inflammatory, analgesic, balance blood sugar
Vassourinha - antispasmodic and everything else from heart to mind to body
Chu Chu Huasi - pain relieving, anti-spasm
Dock (local) - blood and lymph purifier, liver stimulant, all skin ailments, diarrhea

WELLNESS LODGE

Cocamaya - warm, delicious, energizing and strengthening drink for dancing all night
Cottonwood (local) - the buds make Balm of Gilead, a pain-relieving balm
Agrimony - from sore throat to diarrhea, anti-inflammatory, blood purifier, digestive, UTI
Echinacea - all around immune support; snake bite healer
Corcyceps & Reishi - adaptogens for calm energy, clarity, endurance, immune, lung, kidney, long life

MOON LODGE

Sweetgrass - brings sweetness and joy to life
Ladies Mantle - regulates moon time
Maidenhair Fern (local) - shiny hair; eases and moves moon time, sensitive to smoke
Cramp bark - relieves cramps of all kinds
Buckwheat (local) - remedy for spotting, excess bleeding, late pregnancy joint pain, headache

MOTHER LODGE

Nettle - high mineral electrolyte tonic, diuretic, hemostatic, joint support, allergies
Raspberry leaf - relaxes uterus, with Nettle, safe during pregnancy
Motherwort - blood stagnation, moon pause hot flashes, sedative, heart tonic, high blood pressure
Red Root (local) - structural blood and lymph support, cysts, headache
Sage, black, hummingbird (local) - antiseptic, digestive, sedative, pain relief, mother's milk

GRANDMOTHER LODGE

Cedar - releases our loved ones as they move on; anti-microbial, high blood pressure, diuretic
Pine (local) - pitch for pain, tasty nuts for food and beads
Mugwort - "crone wort", digestive, nervine, anti-microbial, brings on moon time
Comfrey - "knit bone" cellular proliferator for closed wounds and bones
Milkweed (local) - topical anti-inflammatory - eczema, rashes

FIREKEEPER LODGE

Oak (plocal)- Excellent firewood; traditional food - acorn; twig is astringent for the gums
Madrone - Supreme firewood; sore throat, stomach ache, cramps, wound wash
Indian Warrior - muscle relaxant
Yerba Santa (local) - all around lung support
Mullein - all lung ailments, smoke inhalation, poultice eases swollen breast, wounds, earache (flower)

DANCE CIRCLE

Blue Corn - answers the prayer we carry most abundantly in heart
Elderberry (local) - begin taking at Autumn Equinox to maintain immune health thru the Winter
Milky Oats (local) - nutritive resilient nerve energy and stamina
Pearly Everlasting (local) - lung, digestive & joint help, astringent, leaf poultice for sunburn