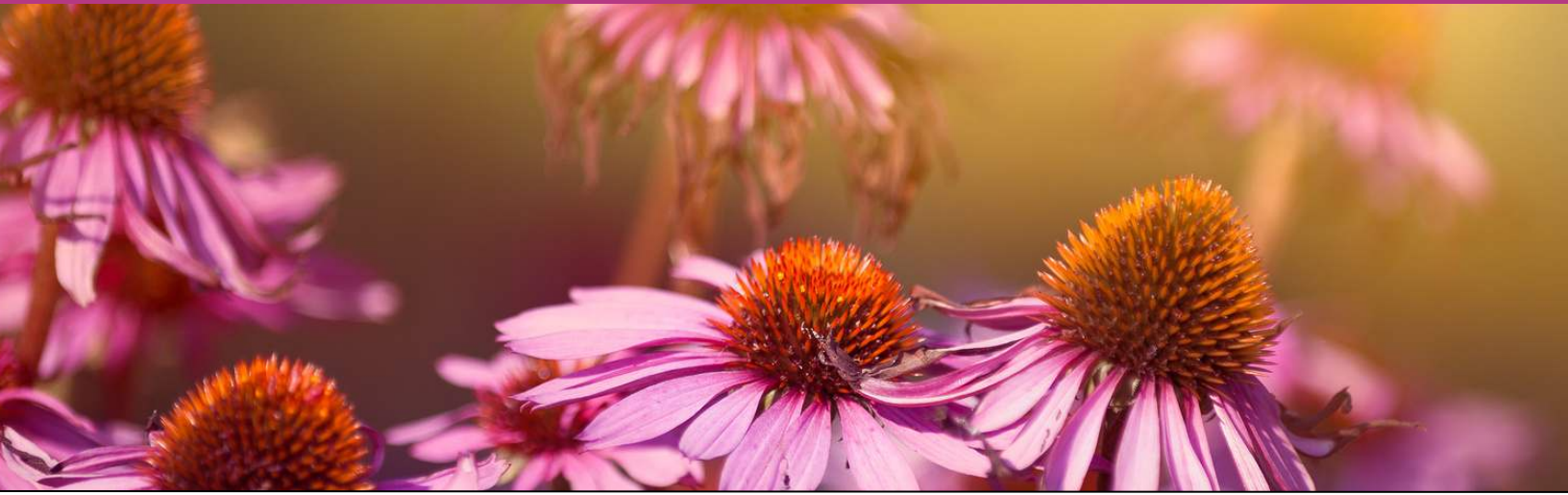


"The herb is the friend of the physician and the pride of cooks." - Charlemagne



Try these Medicinal Herbs (that are probably in your backyard):

I was delighted to learn that spring in Arkansas is a magical goldmine for medicinal herbs! Several medicinal herbs begin to emerge this time of year that are ideal for seasonal wellness support. Here are some that are probably growing in your backyard!

1) Chickweed (*Stellaria media*): one of the first to appear, it's rich in minerals (calcium, iron, magnesium & potassium). It's a decent anti-inflammatory, making it great for skin support (think inflamed eruptions) and gentle detox.



2) Dandelion (*Taraxacum officinale*): my favorite! (I share my recipe for a dandelion tincture below!). ALL plant parts can be used. It supports liver function, gentle detox, anti-inflammatory, aids digestion, and diuretic. Good for supporting PMS and hormonal water retention. Energetically, the flowers can bring joy to the heart.



3) Cleavers (*Galium aparine*): excellent for stimulating lymphatic flow, especially useful if you're feeling sluggish coming out of winter.



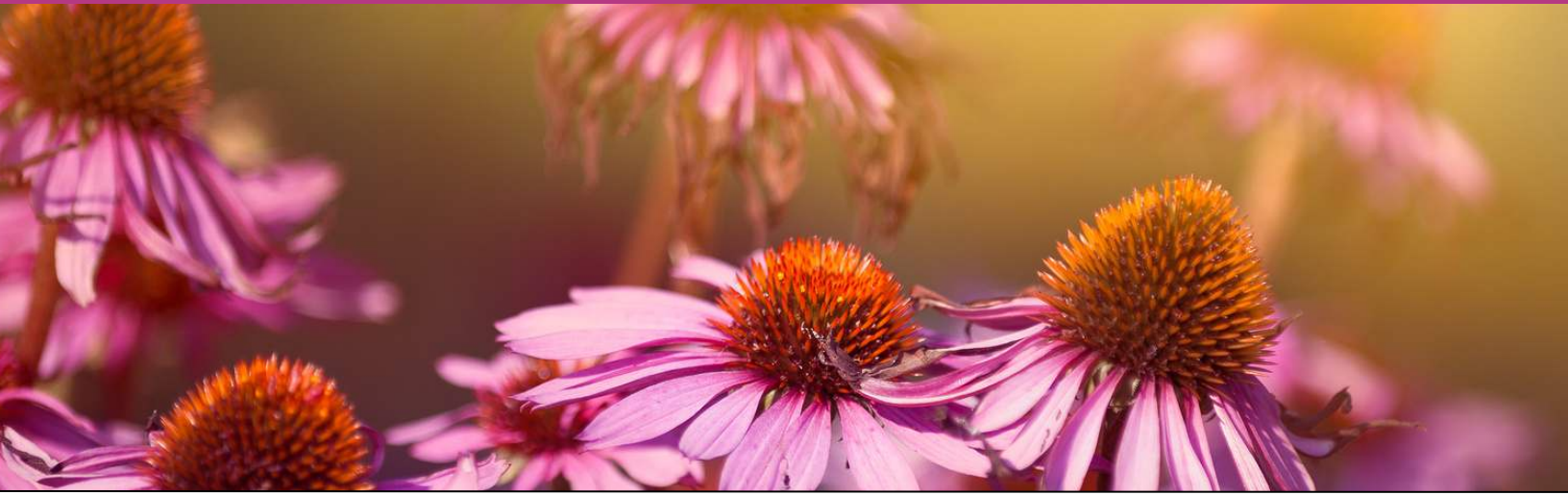
4) Wild Violets (*Viola spp.*): high mineral content (calcium iron, magnesium, potassium, and silica). Both violet leaves and flowers are edible. Violets are demulcents, so excellent for supporting sluggish digestion/elimination, good for dry/irritated coughs, and dry skin conditions. They also have mild salicylic-acid derivatives, so good for pain and inflammation.

I just harvested some and currently making a violet-infused white wine vinegar! I'll share the recipe in the next newsletter :)



*Reminder that plants and herbs are **medicines**. So always consult your healthcare provider before supplementing. Always forage responsibly, avoiding areas where pesticides and chemicals were sprayed.*

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Easy Dandelion Tincture Recipe



- 1) **Harvest** fresh dandelions - root, leaf, and flower are all usable!
- 2) **Rinse** lightly with cold water if needed, then pat dry gently with a paper towel.
- 3) **Chop** everything into small pieces to increase surface area of absorption
- 4) **Fill** a clean glass jar about $\frac{3}{4}$ full with the chopped plant parts
- 5) **Pour** 80-100 proof vodka (or other neutral alcohol). I used Everclear with is 190-proof!
The stronger the alcohol, the more potent the medicinal tincture will be. Pour over the herbs until fully covered, leaving about an inch of space at the top.



5) **Stir** with a clean spoon or chopstick to release air bubbles. Cap tightly. Tip: use a BPA-free plastic or silicone lid. If you are going to use a metal canning lid, use parchment paper to line the lid to minimize contact with the solvent. *I used Mason Jar stainless steel lids with silicone gasket and it works great!*

6) **Label** with the date + contents, and store in a cool, dark spot making sure to shake daily or whenever you remember.

7) After 4-6 weeks, **strain** through cheesecloth and bottle the tincture in amber dropper bottles.

That's It! simple, potent, and made right from what the land gives in spring.



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Helpful Employee Resources:

these links are clickable!:

1. Mental Health Resources:

- Employee Assistance Program (EAP):

Available 24/7, EAP offers confidential personal, family, and work-related counseling. Appointments are free, both during and after work hours. Schedule an appointment [here](#).

- Member Assistance Program (MAP):

MAP is offered through United Health Care (UHC) and is available to all benefits-eligible UAMS employees. MAP has unlimited 24/7 phone access to master's degree-level specialists. Also includes legal and financial consults. Call 877.660.3806 (TTY: 711).

2. UAMS Mindfulness Programs:

Offers a variety of training classes and programs in mindfulness & meditation taught by certified instructors. Register for a course [here](#).

3. UAMS Merchant Discounts:

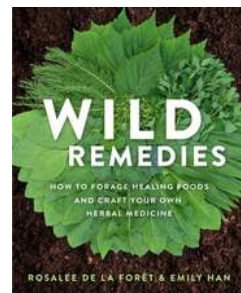
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

4. Other UAMS Wellness Resources:

A plethora of free wellness resources. Take a self assessment to assess your wellness score, or read up on evidence based tools to improve your mental & emotional wellbeing [here](#).



Suggested Book:



Wild Remedies by Rosalee de La Foret and Emily Hahn

My current favorite read of 2025!!! This is a beautifully written, seasonally organized guide that teaches you how to forage and use common, abundant wild plants for everyday wellness. Most plants in the book are easily found in Arkansas!. It blends botanical wisdom, kitchen medicine, and accessible herbal recipes with a deep respect for ecological awareness and reciprocity.



Wellness Resources:



Yuka App

Yuka is a mobile app that scans food and personal care product using their barcodes to rate their health impact based on ingredients, additives, and nutritional value. It uses a color-coded score (from red to green) to pinpoint a health score, and offers healthier alternatives when available.

Simple, visual, and easy to use for wellness-conscious folks!