

QUICK REFERENCE SHEET

BAY LEAF

Laurus nobilis



Part Utilized:
Leaf



PROPERTIES:

Astringent, Diuretic, Stimulant (appetite)

SYSTEMS AFFECTED:

Stomach, Integumentary (skin), Respiratory, Pectoral

POSSIBLE USES:

soothe the stomach, flatulence, colic, skin complaints, insect repellent



INGREDIENT IN:

BHM Plus Salve

GENERAL INFORMATION:

Historically, Bay Leaf was believed to symbolize wisdom, peace, and protection by the Greeks and Romans.

Bay Leaf contains many minerals and vitamins. Notable among them are vitamins C, A, and many of the B complex vitamins as well as folate (natural folic acid). Minerals include copper, potassium, calcium, manganese, iron, selenium, zinc, and magnesium.

My mother used to add Bay Leaves whenever she made her amazing, renowned homemade sloppy joes (she called it barbecue). The Bay Leaves added nutrients and gave the mix a wonderful flavor.

Bay Leaf is added to the BHM Plus Salve recipe for those nutrients, and for the astringent properties which pull infection from cuts and small wounds.