



THE MEDICINAL BENEFITS OF YOUR STATE FLOWER

Posted on December 6, 2022 by Charlotte Hunter

Just like you have your favorite flower, each state has chosen a flower of its own. From Alabama to Wyoming, each of the fifty states boasts a special bloom to represent its unique region. After exploring your own state, why not check out your neighboring state, too? You might find that their flower would be a good addition to your medicinal kit:

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Alabama - Camellia (Camellia)

The flower of Alabama is the Camellia which is not only beautiful and wonderfully fragrant, but this plant can also be transformed into beverages, flavorings, and oils. It is possible to dry the leaves of camellia to make either green or black tea. From this tea, it is possible to extract flavoring which has many commercial uses in everything from alcoholic beverages to baked goods.

The plant has some medicinal uses too, such as antioxidants when consumed as green tea, which reportedly helps to lower cholesterol, improve heart health, and regulate blood sugar levels. It is also reported that consuming this tea could help prevent cavities due to natural fluoride.

Alaska- Alpine Forget Me Not (Myosotis)

This pretty blue plant is known for attracting several insects such as bees, butterflies, and other pollinators. They are also edible flowers, which makes them useful for adding a sprinkle of color to salads or baked goods.

People also sometimes consume forget-me-nots to make medicine that can fight lung problems and nosebleeds. There are also some reports that suggest that forget-me-nots can help control eye diseases and improve vision.

Arizona- Saguaro Cactus Blossom (Carnegiea Gigantea)

The Saguaro has a range of uses and benefits when consumed. The flowers contain nectar and are sources of food for a range of different animals. The blossom of this cactus is often used in a variety of jellies and syrups and can even be made into wine. The saguaro flower blooms for just one day and then turns into fruit.

The flowers and fruit contain vitamin C and many different antioxidants which help the body to ward off infections and illnesses. They also contain several key minerals which help to support the functions of your organs. If you eat the fruit, they offer hydration due to the nutrients and high-water retention, which is extremely helpful for dehydration which often occurs in the desert conditions where this plant is found.

Arkansas - Apple Blossom (*Pyrus Coronaria*)

Apple blossom is the flower of Arkansas and is also edible! They are great additions to salads and when dried can be consumed as a tea. The flowers have a range of uses, such as treating acne, aiding digestion, and even relieving stress. The apple blossom flower is extremely versatile when it comes to medicinal uses. They also contain large amounts of antioxidants which can protect the body's cells.

The most popular uses for this flower to really make the most of the nutritional and medicinal benefits are pressing the flowers into different food products, using the flowers as a garnish, and brewing flowers into teas. It is also possible to use flowers as infusions in syrups, vinegar, and oils. The blossoms should be harvested early in the morning to avoid wilting of the petals.

▣ [The 10 Plants That Help Every Part of Your Body At Once](#) (Video)

California - California Poppy (*Eschscholtzia Californica*)

The California Poppy is the state flower of California! This incredible orange flower is beautiful and has various benefits. Some of these benefits include pain relief, soothing the nervous system, or easing anxiety.

Flowers and leaves are known for their relaxing effect, which can help with conditions such as insomnia. The plant is also said to help treat bladder and liver disease. The soothing effects extend to helping with other conditions such as ADHD and are a natural pain relief that works by slowing down the activity of the pain receptors. As with many of these plants, the most common way to consume this flower is in tea. It is also possible to make tinctures and liquid extracts of the flower to make use of the medicinal benefits.

Colorado - Rocky Mountain Columbine (*Aquilegia Caerulea*)

The Rocky Mountain Columbine is the state plant for Colorado, this plant has multiple uses and is especially useful as an antispasmodic, parasiticide, and salve. The flowers are edible and can be

added to salads and other foods. Furthermore, chewing the seed is a form of combatting headlice. The crushed seeds have also been known to relieve headaches. In the past, infusions made from this plant helped with heart disease, kidney and bladder diseases, and even fever.

There are some other notable uses of this plant, such as boiling the plant and using it as a natural shampoo. Columbine can also be used to cure some skin issues and the roots and seeds can help to bring down skin irritation and inflammation. It can also help in the case of plant-derived rashes such as poison ivy. You can also make a tincture from the roots to bring down inflammation in the gut and it can relieve symptoms of IBS

▣ [10 Things to Plant in The Fall and Harvest in The Dead of Winter](#) (Video)

Connecticut - Mountain Laurel (*Kalmia Latifolia*)

Mountain Laurel, the state flower of Connecticut, is a plant that thrives in rocky terrain. It has beautiful pink or white flowers and has many surprising uses. Preparing an infusion of the leaves can aid with pain relief, can help to cure scratches, and is also used as an antiparasitic.

It is also possible to make an ointment, which can help treat various skin diseases. The leaves can also be used to help treat syphilis, tinnitus, and some paralytic conditions. All of these medicinal benefits make this plant one of the most versatile in terms of its medicinal benefits.

Delaware - Peach Blossom (*Prunus Persica*)

Peach blossoms become available in the spring months and are used as an edible garnish as they are generally sweet and perfect for decorating dishes. They can also be consumed as cordial or jelly and can be made into tea. In addition to this, there are some medicinal uses for all of the parts of this plant. The leaves serve as a natural diuretic, laxative, and parasiticide. They can also be consumed to help treat gastritis, coughs, and other lung diseases.

The flowers can also be used as a diuretic and can also help to relieve constipation. The stems can be used as a mild sedative and the bark is also a diuretic and sedative. The seed contains vitamin B17 which is said to have a positive effect in the treatment of cancer, but this is yet to be proved and needs more research.

Florida - Orange Blossom (*Citrus Sinensis*)

Florida's state flower is the Orange Blossom! Orange blossom is used for many different things and can be used most effectively for treating skin problems, especially if you have sensitive skin. It

soothes sore skin and can even replace toner. Orange blossom is also wonderfully fragrant and therefore, can be used as a hand freshener between meals, a natural fragrance for houses, and can add a subtle flavor to desserts such as ice cream, custard, or mousse.

Orange blossom water is used in aromatherapy as it can soothe nerves and ease tension in the body, even helping with headaches. In some cultures, it is popular to use orange blossom water as a treatment for indigestion and stomach pain. Orange blossom water can even be used to help your furry friends! If your pet has a wound, you can bet that orange blossom can speed up recovery times. If you spent too long in the sun, orange blossoms can help soothe sunburn and can reduce the redness of the skin. It can also be used in your hair to give your hair an extra shiny boost.

▣ [The Complete Map of Edible Plants: Find Out What You Have in Your Area!](#) (Video)

Georgia - Cherokee Rose (*Rosa Laevigata*)

Georgia's Cherokee Rose can help with some medical conditions, it is said that it can cure bed-wetting and other urinary issues, digestive issues, burns, toothache, and high blood pressure, among many other ailments. The leaves are particularly useful to stabilize the kidneys.

The dried fruits of this plant have many curative properties and are used to help treat fertility issues, diarrhea, urorrhoea, and leucorrhoea. The flowers can help hair growth and help to treat dysentery. The fruit can be eaten raw or cooked. You can also extract sugar from the fruit, which can be used to ferment rose wine.

Hawaii - Pua Aloalo (*Hibiscus Brackenridgei*)

Hibiscus is an amazing flower that is not only gorgeous but has many incredible properties. Hibiscus makes an incredibly refreshing drink, which is made by boiling the dried flowers and then cooling and adding sweetener to taste. Hibiscus is not only a delicious beverage but also is antibacterial, anti-inflammatory and can lower cholesterol levels in the body.

Hibiscus can treat colds and other respiratory issues, as well as help ease menstrual and stomach pain. It contains lots of vitamin C and antioxidants and so is great for preventing illness. Hibiscus has become popularized thanks to the state of Hawaii.

▣ [Plant Identification Guide - 400 Wild Plants That You Can Forage For](#) (Video)

Idaho - Syringa (*Philadelphus Lewisii*)

This plant, which is often called the Mock Orange is the state flower of Idaho. It has several medicinal uses and various parts of the plant can be used for different things. The leaves can be dried and made into a powder, which can be blended with oil to make an ointment for sores and inflamed joints. The branches and flowers are sometimes made into a soaking solution to help with sore joints, and skin conditions such as eczema and hemorrhoids.

The leaves and flowers can be used as a natural soap that can be used on the body or for clothes. It is a very soft cleaner that does not remove natural oils or other oils but does remove dirt. The stems of this plant can also be used decoratively for arts and crafts and are often used to make baskets.

□ [A Complete Natural Pharmacy in Your Backyard](#) (Video)

Illinois – Violet (Violet Viola)

Violet, the state flower of Illinois is a common herb that is easy to find and harvest. Violet can be used in recipes for infused vinegar, salads, oils, lemonades, and other infusions, or even incorporated into baked goods.

Violet has tons of medicinal uses, it can help with colds and the flu, and making syrup from the flowers is the best way to help ease a sore throat. It can also relieve swelling in the lymph nodes and it's also useful for treating ear infections. One of the most useful uses of the violet flower and leaves is its ability to reduce cysts, which is why it is sometimes recommended for cancers of the lymphatic system, lungs, skin, and breast.

Indiana – Peony (Paeonia)

Peonies are beautiful spring flowers, and their petals are edible. They can be eaten whole, raw or steamed and it is also possible to extract essential oil from this flower. Peonies have several health benefits and have historically been used to treat epilepsy and seizures. They are also antibacterial and anti-inflammatory, fighting tissue aging and soothing rashes.

Peonies are great for the digestive system and can calm the pain in the gut, they can act as a sleeping aid and prevent insomnia, and are also recommended to fight irritability. They are easy to grow or find in springtime.

□ [The Spice That Resets Sleep](#) (Video)

Iowa - Wild Prairie Rose (*Rosa Pratincola*)

The wild prairie rose is an interesting flower, as it has little fruits that are often known as hips, these have been used historically as a tonic to treat eye infections and inflammation. The hips can also be made into a delicious and healthy tea. The leaves were also dried, crushed, and used to soothe burns. The petals are used as antiseptic, anti-inflammatory, and anti-parasitic. They can be made into a tonic to support heart health and may help reduce ulcers.

Wild prairie rose is also amazing for bringing down fevers and regulating body temperature. It is an anti-spasmodic which means it can help with asthma and coughing, and can relieve cramping and constipation. It can also offer relief for muscle pain and injuries.

Kansas - Wild Native Sunflower (*Helianthus Annuus*)

The wild native sunflower is gorgeous and brightens any room or garden, but it also has various medicinal uses, including the ability to treat chronic coughs and to help control stomach ulcers.

Some of the most popular uses of this plant are for skin improvement, it can protect the skin's barrier, and decrease inflammation of various skin conditions. Furthermore, it can help with hair loss.

Kentucky – Goldenrod (*Solidago Gigantea*)

The goldenrod, as its name suggests, is a beautiful sunny yellow flower. Goldenrod is not only a pretty plant for your garden, but has many advantages. It can be consumed dried, as a tea, fresh, or capsuled and it is possible to extract oil from this flower too.

Goldenrod is a detoxifier, which can help eliminate waste and toxins from the body. It can also treat various allergies that take the form of sneezing, rashes, and itching. Goldenrod is excellent for nasal congestion, sore throats, and relieving fever, so it is the herb of choice to control bad flu or cold. It can also improve kidney health and prevent UTIs.

Louisiana – Magnolia (*Magnolia Grandiflora*)

Magnolia, the flower of Louisiana, is an impressive herb! Magnolia flowers and bark can be used to make the most of this incredible plant. It has properties that can impact and control stress hormones, which means that it is great for controlling anxiety and can even help to relieve

depression.

It can also be used for gum disease, inflammation and muscle tension associated with menstrual cramps. It even promotes weight loss by suppressing the appetite and it aids with diabetes by mimicking cortisol. It is also linked to increasing cognition in patients with Alzheimer's disease. This really is a super plant!

Maine - White Pinecone and Tassel (Pinus Strobus, Linnaeus)

Pinecones are pretty, fragrant and excellent for decorations, but they also have medicinal properties. They are particularly great for helping with respiratory issues, such as coughing, asthma, bronchitis, and congestion. It's also possible to extract oil from pinecones, which is amazing for restoring shine to hair, relieving stress, and can even help with metabolic problems.

It is also popular to make pinecone jam. This is great for regulating energy levels, preventing disease, and balancing blood circulation. It can also heal wounds and irritations and is amazing for preventing bacteria from harming your body. You can also make pinecone juice which is particularly good as a lung cleanse.

▣ [Get Unlimited Hot Water During the Winter Months with This Easy DIY Project](#) (Video)

Maryland - Black-eyed Susan (Rudbeckia Hirta)

Black-eyed Susan is a flower that contains antioxidants and has microbial agents. This flower is an excellent immunity booster, and you can consume this flower as tea. It is also a great plant for fighting viral infections. You can accelerate your recovery process if you consume Black-eyed Susan as a supplement or beverage.

It also has the ability to regulate blood pressure, particularly if you have high blood pressure, and prevent serious conditions such as stroke and heart attacks. An even more incredible use of this plant is that it's an antidote against some snake and insect bites.

Massachusetts - Trailing-Arbutus (Mayflower) (Epigaea Repens)

The trailing arbutus grows in shady areas and loves moist soil conditions. It is a useful plant in terms of its medicinal properties. It is particularly known for its ability to treat UTIs and fluid retention. It has been used for centuries as a way to control kidney stones. It is also well-known for controlling bladder infections and has also been used to control indigestion and diarrhea.

There are also reports that it has been used to relieve joint pain. It has some symbolic purposes in Native American communities, as many tribes considered this flower to have divine origins.

Michigan - Apple Blossom (Pyrus Coronaria)

Apple blossom is the Michigan state flower, largely due to the state's high apple production. The blossoms are amazing for attracting pollinators and eventually, the blossoms turn into fruits.

The fruit has many health benefits, including being full of vitamins and being good for your heart health. They can also promote good gut health and lower the risk of diabetes. They can be juiced, jellied, and made into other products such as apple cider vinegar which has its own health properties.

Minnesota - Pink and White Lady Slipper (Cypripedium Reginae)

This herb is quite rare and expensive, but historically it has been used to treat a variety of ailments. Lady's slipper has many health benefits! Some of its uses are its ability to treat insomnia, emotional tension, and anxiety. It can be consumed to help relieve nervous tension, depression, and headaches.

Historically in native medicine, it was used as an anti-spasmodic to ease pains in labor and cramps during a woman's menstruation. This herb is extremely versatile and can provide relief from neuralgia and Bell's Palsy, or cool down fevers.

Mississippi - Magnolia (Magnolia Grandiflora)

Magnolia is another herb with multiple uses. The main function of magnolia is to ease anxiety. It is also said to reduce gum disease such as gingivitis, help with menstrual cramps and respiratory issues.

The bark of magnolia is also incredibly useful, as it can detoxify the body and has been known to help with weight loss. It is also extremely useful in combatting severe allergic reactions.

Missouri - White Hawthorn Blossom (Crataegus)

Hawthorn blossom is packed with antioxidants and can be consumed soaked or boiled. It has

certain symbolic purposes in Ancient Greek and Roman history. It is another super herb that can help with a range of ailments.

One of the most important uses of hawthorn blossom is that it can help in the treatment of heart disease. It is also known for treating kidney stones, ulcers/mouth sores and can increase memory power too!

▣ [Growing Nature's Ibuprofen in Your Backyard](#) (Video)

Montana – Bitterroot (*Lewisia Rediviva*)

Bitterroot has been used for centuries as natural medicine. It was used in many tribal medicinal practices. It was historically used to increase milk production for nursing mothers, and it was eaten to help purify the blood and treat skin conditions.

It was also reported to treat some symptoms of diabetes and to help ease digestive issues. One of the major uses of this plant is for pain relief; it has been widely used to numb certain types of pain and it helped to relieve some inflammation in the area around the lungs. It can also be chewed to relieve a sore throat.

Nebraska - Goldenrod (*Solidago Gingantea*)

Goldenrod has many different functions, it is great at treating allergies, detoxifying the body, and treating sore throats. It is also especially helpful when you feel the flu coming, as it can relieve fever, remove mucus, and relieve nasal congestion.

It can help prevent painful UTIs and improves oral health, which can prevent infection in the mouth cavity. It can help to calm an inflamed gum, and relieve the worst of toothache and oral bleeding. Other benefits when taking goldenrod as an essential oil or tea are treating asthma, treating fungal infections, and can help improve heart health!

▣ [Edible Plants That Grow in Your State](#) (Video)

Nevada – Sagebrush (*Artemisia Tridentata*)

Sagebrush is mostly consumed by soaking the leaves to make tea. This potent tea can help with various ailments from fighting infections, fungi, and parasites to treating digestive issues such as diarrhea, colic, and indigestion.

It can also function as a mouth cleanser and reduce the presence of ulcers in the mouth. It also has

several cognitive benefits, it is a mood booster, reduces stress and anxiety, and is also known as a brain booster.

New Hampshire - Purple Lilac (*Syringa Vulgaris*)

A pretty purple flower with a punch! There are lots of different varieties of lilacs and it is easiest to harvest them in the spring. The leaves of this plant are used as astringent and anti-pyretic. The crushed flowers in infused oil are used to soothe irritated skin. The flowers are edible, they can be eaten cooked or raw and they have a special place in aromatherapy.

In the past lilac has also been used to treat parasitic worms and was even used to treat diseases such as malaria. Now its most popular use is easing rashes, sunburn, and other skin issues. It is also a good hair and skin tonic when soaked in warm water for around 30 minutes.

New Jersey - Violet (*Viola Sororia*)

This lovely plant, apart from attracting bees and wildlife to your yard, has powerful medicinal uses. Violet has anti-inflammatory properties which can reduce redness of the skin, clear up acne, and due to its antiseptic and antimicrobial properties can truly clean the face.

It is also extremely powerful in aiding with respiratory issues, such as the cold, the flu, bronchitis, and sinusitis. To make the most of these effects, the best way to ingest violet is to make tea, but the flowers can also be consumed whole and raw, or cooked into different foods.

New Mexico -Yucca Flower (*Yucca Glauca*)

The yucca flower is fragrant and delicious. The yucca flower has many benefits for digestion, it contains a lot of fiber which can help to relieve constipation, and it also helps to control bloating and cramps.

The yucca flower can also improve the immune system, it contains a good amount of vitamin C and helps to ward off diseases. It is great for regulating blood sugar and therefore is beneficial for people who have diabetes.

New York - Rose (*Rosa*)

We all know the rose as a beautiful, unique flower that is often associated with romance and love. But did you know that it has some important medicinal benefits too?

They have antioxidant, antidepressant, anti-inflammatory, and anti-cancer properties. Rose extract can reduce the symptoms of Alzheimer's disease. Furthermore, compounds in rose have been noted to improve heart health and fight HIV-infected cells. Rose oil has anti-bacterial properties and making rose tea can help with infections and sore throats. There are a lot of ways to make the most of this special plant.

▣ [Where to Harvest Free Food in The US](#) (Video)

North Carolina - American Dogwood (*Cornus Florida*)

The state flower of North Carolina, American Dogwood, has many different medicinal properties. The bark can be used to help with back pain and cramps. The bark can also help with muscle pain and sore throats. Furthermore, it has been effective in stopping diarrhea and also treating malaria.

The flowers, fresh or dried, can be made into infusions, which can lower fever in both adults and children. They can also be used to cure wounds and ulcers.

North Dakota - Wild Prairie Rose (*Rosa Arkansana*)

This flower is distinct from the common rose and various different parts of the plant can be used for different medicinal purposes. The root is a tonic and hemostatic which has been used to treat bleeding wounds and convulsions. The root has also been used to help with eye problems.

The crushed and charred stems of the prairie rose have been used to treat burns. Furthermore, the fruit has lots of vitamins and antioxidants. The whole plant, including the flowers, roots, stems, and bark can be used in a tea.

Ohio - Scarlet Carnation (*Dianthus Caryophyllus*)

The flowers are absolutely stunning, especially the scarlet variety. They are more than just ornamental flowers and can also help with different problems in the body. They can help with various digestive issues including diarrhea and constipation. They are also great at helping with different issues in the urinary tract, but they can also help with excreting kidney stones.

They can also be a stress relief, reduce insomnia and can also soothe the nervous system, reduce inflammation and swelling, and can regulate hormone levels. On top of this, they are known for helping with dizziness and calming the stressful effects of being dizzy.

▣ [The 'Superweed' That Saved Large Communities During The Great Depression](#) (Video)

Oklahoma - Oklahoma Rose (*Rosa Odorata*)

This plant works great when you extract the essential oil. The Oklahoma rose has a specific scent and is often used in aromatherapy.

This rose has high levels of antioxidants, vitamin C, phenolic, and beta carotenes. It is great for curing infections and is excellent for reducing inflammation. The high vitamin C levels of this flower mean that is also powerful for boosting the immune system.

Oregon - Oregon Grape (*Berberis Aquifolium*)

Oregon Grape is a powerful natural medicine. It is most commonly used for stomach problems, hemorrhages, tuberculosis, and arthritis. Due to its anti-fungal, anti-bacterial, and anti-microbial properties, it is amazing for fighting parasites in the intestine, such as giardia, and other problems that lie in the gut.

There are some reports and early research as to whether Oregon grape can improve insulin sensitivity and there is also research that suggests Oregon grape can help to treat psoriasis.

□ [The Berry That Is Illegal To Grow \(In Some States\), But Perfectly Fine To Forage](#) (Video)

Pennsylvania - Mountain Laurel (*Kalmia Latifolia*)

Mountain laurel is another herb that can be used fresh or dried and can target ringworm of the scalp, syphilis, and even herpes. Making an infusion of the leaves can be used as a natural disinfectant, which can fight parasites and treat pain and scratches.

It is also possible to make an ointment that helps to treat skin diseases with leaves and oil or lard. The leaves can also be ingested to help with hemorrhages and to combat diarrhea.

Rhode Island - Common Blue Violet (*Viola Sororia*)

This violet is edible and can be made into foods such as pesto, or can be added to salads or jams. They also contain an incredible amount of healing properties. They are anti-inflammatory and antibacterial. One of the more impressive functions of the common blue violet is that it has anti-tumor properties, preventing tumors from growing.

They can also help the lymphatic system, therefore sometimes helping to control cancer. Violet can also be used as a tonic for swollen lymph nodes. It is also very effective in helping with bronchitis

and whooping cough.

South Carolina - Yellow Jessamine (*Gelsemium Sempervirens*)

A bright, sunny flower, that is useful in many ways. Yellow Jessamine improves immunity in the body which helps to control influenza and colds. Yellow Jessamine is also commonly used to treat some mental disorders such as phobias, nervousness, and anxiety.

It can also help soothe headaches, fight against pneumonia, and regulate blood circulation throughout the body. It is an important herb for women, as it is said to help control pelvic disorders. It can also aid with various cardiac diseases too.

□ [Here's The Easiest Way To Tell Apart Edible Plants and Their Poisonous Lookalikes](#) (Video)

South Dakota - Americana Pasque (*Pulsatilla Hirsutissima*)

The pasque flower has three major medicinal uses. The first is as a sedative, which has been known to help with whooping cough, colic and to combat insomnia. The second is that it helps with painful menstruation, it can balance the menstrual cycle and control the pain. Thirdly, it can help stimulate ovarian function and is therefore recommended for ovary functional insufficiency and sterility.

This plant should never be consumed fresh, as it is very toxic, but once it is dried or using the extract, it is no longer toxic, and you can reap the health benefits from this plant.

Tennessee – Iris (*Iridaceae*)

Iris plants have many healing properties. The most common uses for the Iris are to treat skin diseases, syphilis, and digestive problems. They are also known to control respiratory illnesses such as bronchitis, coughs, and hoarseness. It is also said that chewing pieces of dried root can help get rid of bad breath.

There is also some evidence that the iris can help with Alzheimer's disease and that it may help improve the function of the nervous system.

Texas – Bluebonnet (*Lupinus*)

Bluebonnets are very attractive flowers, but they are also useful.

There are reports that claim their seeds contain all of the essential amino acids to constitute

protein, so they may be used as a legitimate replacement for soy in the near future. This plant can also help treat menstrual disorders, UTIs and can serve as an all-around immunity booster.

Utah - Sego Lily (*Calochortus Gunnisonii*)

The sego lily is an edible plant, its bulb can be consumed raw or cooked and is said to have a nut-like texture and a delicious flavor. It is also possible to dry the bulbs and grind them into a powder for consumption. It was consumed by native American tribes and declared a ceremonial food. It is very nutritious and therefore promotes overall health.

Vermont - Red Clover (*Trifolium Pratense*)

Red clover is an amazing herb that is packed with health benefits. It is typically used to treat respiratory issues like asthma, whooping cough, and bronchitis. It is a versatile herb and can also be used to soothe eczema.

Red clover can also be used to control women's health issues such as menopausal and menstrual symptoms, and relieving the pain of these symptoms, such as hot flashes. Red clover is good for high cholesterol levels and to relieve osteoporosis.

Virginia - American Dogwood (*Cornus Florida*)

This flower has some pretty amazing curative properties. The dried root and bark are used as a mild stimulant and also a tonic to detoxify the body. When making tea with the flowers of this plant, it is said that the plant can substitute quinine and therefore treat malaria, and also chronic diarrhea.

The bark is also used externally to control and reduce ulcers. The inner bark can be boiled to bring down fevers.

□ [How to Make Bark Bread from a Tree That Grows on Almost Every Street in America](#) (Video)

Washington - Coast Rhododendron (*Rhododendron Macrophyllum*)

The Coast Rhododendron has a variety of medicinal uses. It can help relieve inflamed joints and arthritis, and stiff neck. There are also some reports that suggest that the coast rhododendron can

aid with gout, Alzheimer's, and anxiety. It has incredibly varied uses and can be boiled in a tea, or made as a body soak.

An even better benefit suggests that this plant can increase heart health, improving circulation and preventing heart attacks. In tincture form it also has the capability of treating wounds.

West Virginia – Rhododendron (Rhododendron Maximum)

Rhododendrons are amazing for killing bacteria. Using the essential oil, researchers were able to kill different strains of bacteria in the body. This same study determined that rhododendron could reduce cancer cell growth.

Rhododendron can help with skin issues and inflammation. It has also been determined that the root extract from this plant can help improve kidney and liver function, and can even reverse liver damage in some cases.

Wisconsin -Wood Violet (Viola Papilionacea)

This species of violet is also edible, and it is common to consume young leaves and buds. It is possible to consume them raw and cooked; they can be added to soups, salads and you can make tea from the leaves. The leaves are excellent for reducing blood pressure and pain.

The flower can also act as a decongestant and is great for many respiratory problems. Furthermore, violets contain tons of vitamin C, which means they are great for boosting all-around immunity.

▣ [Similar to Morphine: The Best Natural Painkiller that Grows in Your Backyard](#) (Video)

Wyoming Indian - Paintbrush (Castilleja Linariaefolia)

Indian paintbrush is a plant that has many benefits. In tribal medicine, this plant was used for women's diseases and rheumatism, and they used these plants as a contraceptive or to decrease menstruation. The Indian paintbrush is also known for making hair especially shiny; this is supposedly due to the selenium levels in the flower.

It is also known for treating skin diseases, kidney disorders, and even leprosy. It can supposedly make child labor easier and purify the blood. This plant can also cure stomachache and treat venereal disease.

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Comments



Mai - 2022-12-20 00:07:48

Very good inf. Thanks.



Anne Force - 2022-12-14 04:39:41

On further research of yellow jessamine (SC), I have found that it contains highly toxic alkaloids that can cause paralysis and death and must not be taken internally. It was once listed in the U.S. Pharmacopia, but because even a small dose can have dire consequences, it is no longer used medicinally.



Carol L - 2022-12-09 13:44:31

This is a wonderful post. Gets people into researching at least one native plant... I actually already keep dried Oregon Grape, and even California's state flower, the CA poppy on hand. (I live in Oregon). I may keep this post to study the other 48 states flowers....With the availability of almost any herb to purchase, you are no longer limited to just the local ones, although local is always best...



The Lost Herbs - 2022-12-08 02:37:08

Hello Wood Stock, Thank you for your kind comment! We're glad to hear our work is helping people learn more about plants and their medicinal benefits! Many blessings and good health!



Wood Stock - 2022-12-07 09:42:44

This is actually a very clever post, something for everyone in the US at least. Thank you.