

Plant Profile



PLANT NAME

PLANT IDENTIFICATION SECTION

Description of plant & pictures

Plant parts used:

Plant _____
Page _____

Plant Profile



PLANT IDENTIFICATION SECTION

How does it grow?

*Experiences with
this plant*

where does it grow?

Plant _____ Page _____

Plant Profile



PLANT SPIRIT MEDICINE QUALITIES SECTION

Actions

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Good for/Indications

Precautions/contraindications

Plant _____ Page _____

Plant Profile



APPLICATIONS SECTION

Types of Applications and Suggested Dosage

Recipes

Plant _____ Page _____

Plant Profile



SOURCES SECTION

Experiences with
this plant

Plant _____ Page _____