



Salal Leaf Medicine

“Salal leaf has a long history as a medicine for wounds, coughs, colds and digestive problems. The Klallam, Bella Coola and Quileute People have chewed salal leaves and spit them on burns and sores.

The Samish and Swinomish People have used the leaves for coughs and tuberculosis, while the Quinault People have used them for diarrhea and flu-like symptoms.”

- From: <http://wildfoodsandmedicines.com>

Good For:

Soar Throat. Tummy Ache. Stuffy Nose.