



*Lactuca virosa*

Family: Asteraceae (Compositae) Daisy

Parts Used: Leaves, sap, and seeds

Properties: antibacterial, analgesic (pain reliever), bitter, sedative.

#### Medicinal Uses:

- Pain reliever (opium substitute)
- Cramps, muscle and joint pain.
- Sleep aid and helpful for nightmares.
- Calming and relaxing. Helps with restlessness, nervousness, anxiety and stress.
- Whooping cough and other types of coughs.
- Urinary tract problems.
- Milky sap dissolves warts and helps with aging spots.
- Milky sap can also disinfect wounds.

#### Methods of Use:

- Milk (sap)
- Tea
- Tincture
- Herbal oil and salve
- Fresh leaves

**Wild Crafting:**

Can be found in dry, sandy or rocky areas and waysides. Long, deeply lobed, sharply toothed leaves. Abundant with milky sap. Can harvest this plant anytime. I usually "harvest" by weeding my garden. Can be dried for future use or tincture fresh leaves. To collect sap just snap a leaf off or pull the plant up.

**Caution:**

Use in moderate doses internally. May cause contact dermatitis in some individuals that are more sensitive. Not enough research for pregnant and nursing mothers so best to avoid internal use.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.