This Little Weed Is One Of The Most Important Medicines On The Planet

It grows everywhere, from cracks in the sidewalk to your lawn. The funny thing is - you have likely sprayed weed killer on it and pulled it out of your lawn. You have definitely stepped on it 100s of times; but you probably don't even know its name. Its name is Plantain. What's more you probably didn't know that the Plantain weed is healthy and great to eat (when the leaves are young). It's loaded with iron and other minerals and vitamins.

Aside from being a healthy edible plant, plantain is one of the most important natural medicines around, treating a whole range of skin complaints (amazing on mosquito/bug bites!) and health
conditions. I highly recommend everyone reads up on plantain and its uses. You just never know when the knowledge will come in handy.

(When picking plantain to use - don't pick it from the side of the road or the sidewalk!)

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(Image from: Wikipedia)