



Goldenrod Cure-all

The power of Nebraska's state flower.

By Elizabeth Mack

Nebraska's state flower, the goldenrod (*Solidago gigantea*), is not only a showy bloomer in late summer and early fall, but is also known to have medicinal properties as well. Goldenrod leaves were used in teas by Native American medicine men to cure a variety of ailments, including intestinal disorders, colic, urinary disorders and edema or dropsy. Some tribes also used the leaves topically to heal bruises and to relieve arthritis pain.

Europeans have long believed in goldenrod's medicinal qualities: The German Commission E, a government regulatory agency that oversees herbs and supplements, has approved goldenrod for treatment of bladder and kidney stones and to aid in the treatment of urinary infections. Many Europeans also use the leaves in a gargle for colds, sore throats and laryngitis. Herbalists in the Appalachians continue to make Blue Mountain Tea from the leaves of goldenrod, which they believe to alleviate exhaustion and fatigue.

Although no quality studies of its effects have been done on humans, some research suggests that goldenrod does in fact increase urine flow. Whether a proven remedy or not, many people are convinced of its healing benefits – though no one needs convinced of its beauty. ■

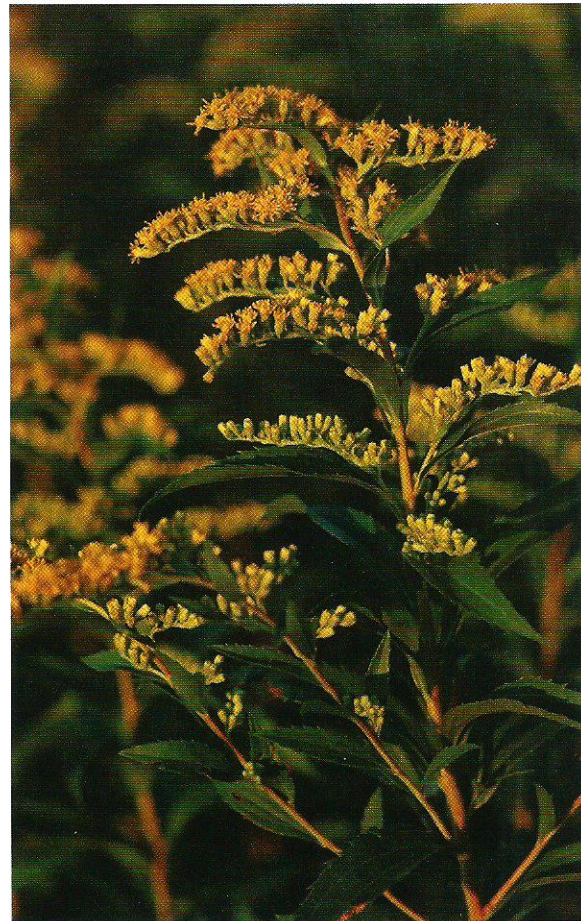


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