

# Plants: Healing the Body, Healing the Spirit

Plants have long been recognized for their healing and restorative qualities

Flowers raise the spirits and gardens are places where people find respite and healing of the spirit.



ECHINACEA is used today in tea and tablet form to help fight off colds



BONESET has long been used as a poultice to aid in the healing of sprains and broken bones



EILDERBERRIES were used to make a beverage that was considered a tonic for keeping people healthy during the long winter months.



JOE PYE WEED was used by early American Colonists to cure typhoid and to cure kidney problems.



SERVICEBERRIES are high in Vitamin C and can be used for cooking (pies, cobblers, jams).



Gardening fosters community and provides an opportunity to instill in the next generation a greater consciousness of how food is grown and about making good nutritional choices.



Gardening is healthy exercise for the body—it is also restorative to the spirit by bringing us closer to nature and the seasonal cycles of which we are a part.



Baltimore Medical System, Inc. developed this garden to help us all understand our place in the natural world, even here in the city, and how a garden is part of good health.

## Planting for a Healthy Community

Baltimore Medical System, Inc.

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