

# *Ledum palustre*

*Wild Rosemary*



Keynote: Puncture wounds

Interesting fact: Ledum was used for tea during the American Revolution

Modalities:

- swelling and extreme pain from puncture wounds
- wounded area is cold
- wounds near nerve-rich areas or with bruising
- better from cold and cold applications

Conditions:

- puncture wounds
  - may protect against tetanus
- bites – insect-animal
- insect stings
- sprains of lower limbs
- may protect against Lyme's
- black eye
- contusions of eyes and eyelids