

# APRIL HEALING GARDEN CHEAT-SHEET

10 Healing Crops to Plant in Your Spring Sanctuary

## ◆ CALENDULA - The Skin Sentinel

- **COMPOUND:** Oleanolic Acid — Triterpenoid
- **ACTION:** Accelerates wound healing · reduces dermal inflammation · supports skin tissue regeneration
- **RITUAL:** As you plant, speak: "I plant protection. I grow renewal." Face her toward the sun each morning.
- **ZEN QUOTE:** "The skin that heals has been tended with intention."

## ◆ CHAMOMILE - The Nervous System Guardian

- **COMPOUND:** Apigenin — Flavonoid
- **ACTION:** Binds to benzodiazepine receptors · calms the nervous system · settles without sedating
- **RITUAL:** When the first bloom arrives, pause before harvesting. Receive the gift before you take from it.
- **ZEN QUOTE:** "Chamomile does not rush to flower. Neither should you."

## ◆ LAVENDER - The Cortisol Alchemist

- **COMPOUND:** Linalool — Terpene Alcohol
- **ACTION:** Measurably reduces salivary cortisol · regulates the HPA stress axis · hormonal-level healing
- **RITUAL:** Plant at your threshold. Brush a stem each morning as you pass. She is doing the work.
- **ZEN QUOTE:** "A threshold guardian asks nothing — only that you notice her."

## ◆ NASTURTIUM - The Skin Sentinel

- **COMPOUND:** Oleanolic Acid — Triterpenoid
- **ACTION:** Accelerates wound healing · reduces dermal inflammation · supports skin tissue regeneration
- **RITUAL:** As you plant, speak: "I plant protection. I grow renewal." Face her toward the sun each morning.
- **ZEN QUOTE:** "The skin that heals has been tended with intention."

## ◆ ECHINACEA - The Nervous System Guardian

- **COMPOUND:** Apigenin — Flavonoid
- **ACTION:** Binds to benzodiazepine receptors · calms the nervous system · settles without sedating
- **RITUAL:** When the first bloom arrives, pause before harvesting. Receive the gift before you take from it.
- **ZEN QUOTE:** "Chamomile does not rush to flower. Neither should you."

## ◆ LEMON BALM - The Cortisol Alchemist

- **COMPOUND:** Linalool — Terpene Alcohol
- **ACTION:** Measurably reduces salivary cortisol · regulates the HPA stress axis · hormonal-level healing
- **RITUAL:** Plant at your threshold. Brush a stem each morning as you pass. She is doing the work.
- **ZEN QUOTE:** "A threshold guardian asks nothing — only that you notice her."

## ◆ PEPPERMINT - The Skin Sentinel

- **COMPOUND:** Oleanolic Acid — Triterpenoid
- **ACTION:** Accelerates wound healing · reduces dermal inflammation · supports skin tissue regeneration
- **RITUAL:** As you plant, speak: "I plant protection. I grow renewal." Face her toward the sun each morning.
- **ZEN QUOTE:** "The skin that heals has been tended with intention."

## ◆ BORAGE - The Nervous System Guardian

- **COMPOUND:** Apigenin — Flavonoid
- **ACTION:** Binds to benzodiazepine receptors · calms the nervous system · settles without sedating
- **RITUAL:** When the first bloom arrives, pause before harvesting. Receive the gift before you take from it.
- **ZEN QUOTE:** "Chamomile does not rush to flower. Neither should you."

## ◆ VALERIAN - The Cortisol Alchemist

- **COMPOUND:** Linalool — Terpene Alcohol
- **ACTION:** Measurably reduces salivary cortisol · regulates the HPA stress axis · hormonal-level healing
- **RITUAL:** Plant at your threshold. Brush a stem each morning as you pass. She is doing the work.
- **ZEN QUOTE:** "A threshold guardian asks nothing — only that you notice her."

## ◆ HOLY BASIL / TULSI - The Whole-Body Adaptogen

- **COMPOUND:** Eugenol + Rosmarinic Acid — Adaptogenic Complex
- **ACTION:** Regulates cortisol, blood sugar + inflammatory cytokines · 300+ peer-reviewed studies · whole-body resilience
- **RITUAL:** Plant at your entrance. Each morning, touch one leaf and breathe her in before the day begins.
- **ZEN QUOTE:** "To begin the day in her presence — that is not a small thing."