

BUSH MEDICINE

Bush medicine is the term for traditional (old) plant medicine in the Caribbean. The plants (Bush medicine) are used to treat different medical conditions. Some medical conditions are the common cold, cough, kidney stones, diabetes, and even cancer.

Bush medicine plants are often found on uncultivated land in the Caribbean. They are grown in home gardens.

There are many ways that bush medicine can be applied:

- In hot tea
- Ointment (that you put on your skin)
- Take a bath with it.

Here are some common popular bush medicines found in the Bahamas.

- **Cerasee** (diabetes and blood pressure)
- **Aloe** (skin problems)
- **Five Fingers** (fever and headache)
- **Sage** (chicken pox)
- **Neem** (high blood pressure and digestion problems)
- **Fever Grass** (cancer, fever and pain)

