

# bitterroot health urgent care

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## Bitterroot - Wikipedia

Bitterroot (*Lewisia rediviva*) is a small perennial herb in the family Montiaceae. Its specific epithet *rediviva* ("revived, reborn") refers to its ability to regenerate from dry and seemingly dead roots.

## 9 Impressive Benefits of Bitterroot - Organic Facts

The most important health benefits of bitterroot may include its potential ability to relieve pain, eliminate respiratory irritation, calm the nerves, purify the skin, detoxify the body, regulate blood sugar, and settle upset stomachs.

## Bitterroot | Native, Edible, Medicinal | Britannica

Bitterroot, (*Lewisia rediviva*), ornamental succulent plant of the purslane family (Portulacaceae), native to western North America and cultivated in rock gardens.

## Bitterroot - US Forest Service

Bitterroot is a culturally significant plant for several Native American tribes in the West (Flathead, Kutenai, Nez Perce, Paiute, Shoshoni and others). Traditionally, the roots were gathered, dried for storage, and used for food or trade.

## Bitterroot - Lewis & Clark National Historic Trail (U.S. National Park ...

Along the Trail, the Northern Shoshone, Flathead, and Nez Perce harvested the bitterroot. Many other tribes throughout the bitterroot's range also collected and traded the highly valued plant.

## Bitterroot (*Lewisia rediviva*): History, Characteristics & Cultivation

Bitterroot, scientifically known as *Lewisia rediviva*, belongs to the Montiaceae family, formerly placed in Portulacaceae. It's a perennial herb with the species name "rediviva" deriving from Latin, meaning "brought back to life," alluding to its ability to revive after periods of dormancy or dryness.

## Bitter Root Herb Benefits

Mood Enhancement: Bitterroot essential oil has uplifting and invigorating properties that can help improve mood and mental clarity. It is often used in aromatherapy to alleviate stress, anxiety, and fatigue.

## **BITTERROOT Definition & Meaning - Merriam-Webster**

The meaning of BITTERROOT is a succulent herb (*Lewisia rediviva*) of the purslane family that grows in western North America and has starchy roots and pink or white flowers.

### **Bitterroot: The Bitter Expedition Plant - Eat The Planet**

*Lewisia rediviva* is known commonly as Bitterroot, a plant that is a part of the Montiaceae family and that is native to western North America. Originally, this plant was a member of the Purslane family due to its growth requirements and succulent-like appearance but was later categorized.

### **The Bitterroot Plant - Discover Lewis & Clark**

The plant commonly called bitterroot is found throughout the Rocky Mountains from British Columbia and Alberta south to California and Colorado, but it is especially abundant in western Montana.