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*Prenanthes alba*

[Synonyms : *Nabalus alba*]

**LION'S FOOT** is a perennial. Native to eastern North America it has small lilac-tinged, cream coloured flowers with prominent stamens.

It is also known as Bear bind, Bird bell, Cancer weed, Canker root, Cankerweed, Gall-of-the-earth, Joy leaf, Milkweed, Rattlesnake root, White canker-root, White cankerweed, White lettuce, White rattlesnake root, and Wild lettuce.

*Alba* means 'white'.

The plant was a source of medicine for one or two North American Indian tribes. According to records it was used by the Chippewa for some female problems and the Iroquois Indians applied a root poultice to dog and rattlesnake bites.

Medicinally, the roots were once used by herbalists in a treatment for dysentery and it has also been used as an antidote for snake bites, particularly those of the rattlesnake.