



Name a tree that is **loud** and **proud**!

Tabebuia!

Ta-beh-BOO-yah!

What botanical family name means “trees or shrubs or woody vines or herbs having fruit resembling gourds or capsules?”

Bignoniaceae

Big-no-ni-a-CEE-aye



Tabebuia = ~100
species

↓ 2007

Tabebuia = ~70
species

+

Handroanthus = ~30
species



Minute hairs on
leaves and flowers



Hard fissured bark



Palmately compound with
five leaflets



Balboa Park



Coronado

Handroanthus impetiginosus
Pink Trumpet Tree



H. impetiginosus
Walt Disney Concert Hall in Los Angeles



Tabebuia heterophylla
Balboa Park



Brazil



Handroanthus chrysostricha
Golden Trumpet Tree



Seed pods



Seeds



health benefits of

Pau d'arco

anti-inflammatory
inhibits Candida albicans
preventative during cold
and flu season
effective blood purifier
stimulates production of
red blood cells
antioxidant
powerful anti-fungal
anti-bacterial
anti-microbial
anti-tumor effect
analgesic effect
fights parasites
antineoplastic
effective against e.coli



accelerates healing of skin wounds
strengthens immune system
protects against staph infection
toxic effect on leukemia cells
maintains regular bowel activity
helps respiratory disorders
good for allergies
useful for arthritis
dissolves phlegm



Pau d'Arco Tea

Pau D'Arco (10 grams)
Cal's Claw (3.5 grams)
Goji Berries (20 grams)
Chanca Piedra (3 grams)
1 raw vanilla bean

This makes 2 liters of
healing tea and is
extraordinary when chilled.
Pau d'Arco is a great
herbal base for all teas.

WARNING

People taking blood thinners should
consult their healthcare provider. If
pregnant or breast feeding, consult
your healthcare practitioner.

www.OasisAdvancedWellness.com



