



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.



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