Herbal Healing

|  |
| --- |
| 10 Handy Herbs* St. John’s-wort
	+ Many clinical trials show that St.-John’s-wort — also called hypericin or hypericum — is successful at treating mild depression. American consumers have been slow to appreciate the benefits of St.-John’s-wort; but in Germany, this concentrated extract of flowers and leaves is the most popularprescription drug for treating depression (far outselling Prozac, in fact). It’s also being tested as a possible AIDS treatment and has long been used as a wound ointment.
* Aloe
	+ Most people are familiar with aloe’s burn-soothing qualities, but did you know that aloe gel also fights infection? Keep it on your windowsill in the kitchen; when topically applied, its gel forms a natural cooling bandage over wounds, burns, sunburn and cuts.
* Goldenseal
	+ This herb’s effectiveness in treating sore throats, indigestion, tired eyes and microbial diarrhea is somewhat disputed. Still, anecdotal evidence points to its benefits as a digestive tonic and mild topical anesthetic.
* Chamomile
	+ Chamomile has been called the Swiss Army knife of herbal teas; it handles everything from inflammation and skin irritation to cold symptoms, nervousness and menstrual cramps. You are probably already familiar with its pleasant aroma — thus explaining its presence in many shampoos — but you should also get to know it as a calming tonic.
* Ginseng
	+ The term “ginseng” actually refers to three distinct species of the plant: the Asian, American and Siberian varieties. All three are traditionally used as tonics, and relieve stress, improve stamina, regulate blood pressure and enhance immunity to varying degrees. Buyer’s note: Check your purchase carefully; studies have shown that as many as 25% of all so-called ginseng products contain no ginseng at all!
* Balm
	+ Stomach comforter, blues banisher, herpes fighter, even bug repellent: The reputed uses of balm are so varied that it’s no wonder this lemon-scented herb has been nicknamed “cure-all.”
* Peppermint
	+ There’s a reason why restaurants slip their patrons a mint after a spicy meal. Peppermint, a hybrid of other mint species, eases intestinal gas, relieves indigestion and eases diarrhea. One of its active ingredients -menthol — also helps soothe sore muscles and cool inflammation.
* Rosemary
	+ The oil of this pine-scented herb is a powerful antioxidant (it protects fats from being attacked by oxygen). And because oxygen damage is known to be a factor in cancer onset, it may have the potential for preventing certain cancers. Also soothes menstrual cramps and digestive problems.
* Saw Palmetto
	+ This inscrutable palm seems to counteract the effects of androgens, which are male sex hormones that may cause prostate enlargement. Consequently, saw palmetto has been embraced by the medical community as an accompaniment to prescription drugs and surgery for prostate problems.
* Tarragon
	+ Tarragon contains no fewer than 72 anti-cancer agents. It also has anti-viral properties that fight herpes pain and flu symptoms.
 |

|  |
| --- |
| Herbal Remedies* Acne:  An infusion (boil water and then pour over herbs.  Let herbs steep for 15 minutes)  of chamomile, Yarrow or Lavender can be applied to face using a cotton ball.  Use Aloe Vera daily to treat acne.
* Arthritis: Aloe Vera gel or the sap from the plant rubbed directly on inflamed joints can relieve pain.  Other anti-inflammatory herbs are Chamomile, Feverfew, Aloe Vera, Willow & Primula.
* Asthma:  A Thyme infusion can help with Asthma.
* Blood Pressure: Rosemary can be used as a tea or in the bath.  If you have LOW BLOOD PRESSURE, consult your physician or herbalist.
* Colds: Chamomile, Lemon Balm, Elderflower, Peppermint, Catmint, Yarrow & Ginger are all good in the treatment of colds.  If you have a thyroid problem be careful using Lemon Balm as it speeds up your metabolism.
* Cough Relief – Try Thyme.  Make it into a tea.  It has a natural antibacterial agent and expectorant.
* Cramps: Tea made from Cramp Bark can be helpful.
* Diarrhea: Meadowsweet, Thyme, Sage, Raspberry or Strawberry Leaf can all be useful in tea.
* Dressing for cuts and wounds – use Honey.  It has been used since ancient times and is an established antibacterial and anti-inflammatory.
* Earache: Warm Chamomile tea is a traditional wash used in earaches.
* Eyes: Eyebright, Marigold or Chickweed can be used as an infusion, cooled and soaked in a cloth and finally placed on the closed eyes for 10 minutes.  Marigold helps a lot with eye strain.
* Headache: Migraines- use infusion of Feverfew or Lemon Balm.
* Indigestion and Gas – try Fennel Seeds.  They relax the smooth muscle lining of the digestive tract.
* Insect Bites & Stings: Rub crushed Marigold Flowers, Plantain Leaves or Pennyroyal Leaves on infected area.  Aloe Vera can be used as an insect repellant.
* Insomnia: Hops are great under your pillow to help induce sleep.
* Menopause: Tea of Sage will help reduce hot flashes.
* Mosquito repellant – Catnip
* Pain Relief: Meadowsweet can be used as an infusion.  Also Meadowsweet or Willow Bark can be used as a compress.
* Stress: Valerian, Skullcap, Chamomile, Evening Primrose, Ginseng or Hops can be made into an infusion and taken as tea.
* Sunburn Relief or Indigestion – try eating a banana.  Potassium is a natural antacid.
* Urinary Tract Infection – Drink Cranberry juice.
* Yeast Infection – Eat yogurt.
 |