

Herbs for Health

Angelica

- Has 'angelic virtues'
- Builds up resistance to winter ailments
- Not for diabetics
- Good for wind
- Plants last for 2 years
- Always cut in shade as it may react with sunlight to cause burns/rash

Lemon Balm

- A bee attractor
- Used to make melissa (= Greek for bee) tea
- Will lessen the effects of heat exhaustion

Basil

- Native of India and likes high heat and humidity
- Fly repellent
- There is an ancient quote about basil describing it as the 'antidote to everything, which isn't wholesome'
- Used to treat many diseases

Bay

- Used as oil to treat bruises and sprains. The oil is extracted from roots not leaves and is an industrial process.
- Boil up leaves to treat stomach upset

Caraway

- Oldest herb (Neolithic)
- Seeds used in cooking e.g. seed cake. Soak seeds in lemon juice overnight to improve flavour
- Good digestive
- A mild diuretic

Camomile

- Makes a calming tea
- Aids digestion
- Good for overtired children
- Flowers make a good bath
- Use as a hair rinse for blondes
- Use as an eye bath to treat sties

Chives = Chinese Garlic

- Used in China as long ago as 2-3000 BC
- Will stimulate appetite and is good for the kidneys
- Culpepper states that it will ruin sleep & spoil eyesight

Comfrey

- Good healer
- Use as infusion or poultice for bruises and sprains, fractures
- Taking internally may have side effects
- Makes a good green manure and for composting

Coriander

- Digestive
- Laxative
- Seeds crushed and inhaled relieves dizziness
- Purifies blood

Dill (Horse name 'dilla' = to lul)

- N.European native herb
- Good digestive
- Seeds sweeten breath

Garlic

- Source of vitamins A,B,C & copper, sulphur, manganese and iron
- Tonic for cells and glands
- Lowers blood pressure
- V.strong disinfectant (used to treat leprosy)
- Protective qualities even mentioned in Homer's Odessey

Lavender

- Relaxant
- Burn lavender oil or use in bath
- Lavender bags or drops on pillow

Oregano = Wild Marjoram

- Grown in full sun, little water
- Cosmic warmth to help winter illnesses
- Taken as a tea for headaches
- Poultice good for rheumatic pains

Mint

- Peppermint tea builds up resistance to winter ills
- Soothing, relaxing 'unblocker'

Loveage (Celery Flower)

- Cleansing
- Deodoriser
- Mouthwash
- Eyebath

Parsley

- Romans gave to gladiators before fights to give them strength, cunning and agility.
- Iron and vit C
- Good digestive
- Tends to moderate 'garlic breath'

Rosemary

- Refreshing bath
- Treats headaches

Sage

- A medieval strewing herb
- Tea – mouthwash or nerve tonic
- May be of use in preventing Alzheimers
- Toothpaste

Thyme

- Used to treat coughs, colds, colic, SAD
- Cosmic warmth
- Antibiotic
- Used with sage as a gargle for a sore throat

Hyssop

- Bee attractor
- Culpepper recommends use to treat toothache, cuts and worms

Feverfew

Migraine – eat a leaf/day to prevent

Dilates blood vessels

Teas

Limeleaf – sleep inducer

Yarrow – may keep cold at bay

Valerian root – calming

Salad Burnett

Cucumber flavour

Drives away melancholy

Rhumatism