

Herbal Aides: Nature's Cure

"God made the earth yield healing herbs which the prudent man should not neglect." Ecclesiastes 38:4

Herbal Medicine is defined as the medicinal use of herb plants and trees to regain and/or maintain health. Herbs are used to cleanse, detoxify, rebuild, and tone in order to bring the body back into balance. Mother nature should be appreciated not only for her beauty but also for her valuable resource of wild foods and medicines. These wonderful cures from the earth are often neglected and under-rated. One should always attempt to heal themselves naturally, before even considering unnatural or artificial means. There are herbal cures for nearly every disease or illness known to man. Here I will provide a list of herbs that every household should contain. We should have herbs such as Valerian and Ginger on hand just as we do aspirin and Alka Seltzer. Better yet, we should have herbs and natural supplements **instead** of these man-made items. They should really be replaced altogether. This writing will help you start to make that transition. Below are some common, easy-to-find/make herbals to have on hand for common everyday health complaints.

Ginger cleanses the colon, reduces spasms and cramps, and stimulates circulation; a strong antioxidant and effective antimicrobial agent for sores and wounds; useful for bowel disorders, circulatory problems, fever, hot flashes, indigestion, morning sickness, motion sickness, nausea, and vomiting. Use in the form of tea, tincture/extract, or capsules.

Valerian improves circulation and acts as a sedative; reduces mucus from colds; good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual cramps, muscle cramps, nervousness, pain, spasms, stress, and ulcers. Use in the form of tea, tincture/extract or capsules.

Cayenne aids digestion, improves circulation, and stops bleeding from ulcers; good for heart, kidneys, lungs, pancreas, spleen, and stomach; useful for arthritis and rheumatism; helps ward off colds, sinus infections, and sore throats. Use in capsule form. Good for pain when applied topically.

Garlic detoxifies the body and protects against infection by enhancing immune function; lowers blood pressure and improves circulation; aids in the treatment of arteriosclerosis, arthritis, asthma, cancer, circulatory problems, colds and flu, digestive problems, heart disorders, insomnia, liver disease, sinusitis, ulcers, and yeast infections; good for virtually any disease or infection. Use raw, fresh garlic in foods or take odor-less tablets for a more adequate, consistent supply.

Rosemary fights bacteria, relaxes the stomach, stimulates circulation and digestion, and acts as astringent and decongestant; good for headaches, high and low blood pressure, circulatory problems, and menstrual cramps. Use in the form of a tea or capsules.

Charcoal removes toxic substances from the colon and bloodstream; useful for gas, upset stomach, food poisoning, and diarrhea; an antidote for nearly all poisons. Take in form of powder or capsules/tablets.

Aloe Vera applied topically can heal burns and wounds; stimulates cell regeneration; and has astringent, emollient, antifungal, and antibacterial and antiviral properties. Taken internally, soothes

stomach irritation, aids in healing, and has laxative properties. Good for AIDS and for skin and digestive disorders. Use either the juice or gel of aloe.

Elder builds the blood, cleanses the system, eases constipation, enhances immune systems function, fights inflammation, increases perspiration, lowers fever, soothes the respiratory tract, and stimulates circulation. Use in the form of tea or tincture/extract.

Peppermint enhances digestion by increasing stomach acidity; useful for chills, colic, diarrhea, headache, heart trouble, indigestion, nausea, poor appetite, rheumatism, and spasms. Use in the form of tea.

Echinacea/Goldenseal is a good herbal formula and compliment each other well. Echinacea has anti-inflammatory and antiviral properties. It is good for the immune system and the lymphatic system. Useful for colic, colds, flu, and other infectious illnesses. Also helpful for snakebite. Goldenseal acts as an antibiotic, cleanses the body, increases the effectiveness of insulin, and strengthens the immune system; promotes the functioning capacity of the colon, liver, pancreas, spleen, and lymphatic and respiratory systems. It cleanses mucous membranes, counters infection, improves digestion, and regulates menses; also decreases uterine bleeding, reduces blood pressure, and stimulates the central nervous system. Goldenseal is good for inflammation, ulcers, and any infectious disease. Used at the first sign of possible symptoms, it can stop a cold, flu, or sore throat from developing. Do not take Goldenseal for more than 7 consecutive days at a time. Recommend tincture or extract form. May also use powder of Goldenseal topically for athlete's foot and other fungal infections.

Lavender relieves stress and depression, and is beneficial for the skin; good for burns, headaches, psoriasis, and skin problems. Use in tea form or add essential oil to baths or health and beauty products.

Skullcap aids sleep, improves circulation, and strengthens the heart muscle; good for anxiety, fatigue, cardiovascular disease, headache, hyperactivity, nervous disorders, and rheumatism; relieves muscle cramps, pain, spasms, and stress; useful in treating barbituate addiction and drug withdrawal. Use in the form of a tincture/extract, capsules or in tea.

Nettle is a diuretic, expectorant, pain reliever, and tonic; contains vital minerals that are essential in many disorders; good for anemia, arthritis, hay fever and other allergic disorders, kidney problems, and malabsorption syndrome; improves goiter, inflammatory conditions, and mucous conditions of the lungs. Use in the form of a tea or capsules.

Cranesbill root is an astringent herb that affects the stomach, intestines, liver and heart; useful for diarrhea, colitis, dysentery, especially with associated bleeding. It is used to stop either internal or external bleeding and to promote healing of burns and torn flesh. Use in the form of a tea or tincture/extract. Use topically as a douche for vaginal discharge and hemorrhoids.

This list is merely a start. There are literally hundreds of herbs that are plentiful in the earth to heal the body, calm the mind and sooth the spirit. Begin now to take a look at what God, the creator, has

provided us. The beauty of herb plants and flowers will astonish us--their healing power will rejuvenate us.

Note: This is an excellent time to start a herb garden. Begin with some easy-to-grow herbs such as rosemary, lavender, thyme, sage and peppermint. You can start from seeds or seedlings/immature plants (you can buy these at your local nursery). Shower them with water and love and nature will do the rest. Contact us for information of upcoming workshops on 'Growing and Using Herbs.'

And God said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a yielding seed, to you it shall be for meat." -Genesis 1:29