

Body Mind Spirit Show

Lecture on Herbs

Recommended Books:

Making Plant Medicine – Richo Cech

Nature's Weeds, Native Medicine – Marie Miczak, D.Sc., Ph.D.

How We Use Herbs

- Cooking
- Medicine
- Cosmetics
- Skin Care

Medicinal Benefits

Herbs help us heal ourselves mixed with our own body chemicals. Skin is the largest organ in the body. Our skin shows the health of our body inside and out. Healthy skin is radiant, glowing and the person looks and exhibits overall health.

Deciding which herbs to use: “What affects does an herb have on a particular issue and what is the action needed?” Learn which herbs benefit certain conditions of the body.

Examples:

Endocrine System

Thyroid (slow)

Herbs that can help to strengthen the thyroid: Dandelion, Kelp

Nervous System

Stimulant – Peppermint, Lemon, Rosemary

Sedative – Skull Cap, Passion Flower, Chamomile

Immune System

Stimulate and Support

Thyme, Sage, Oregano, Elderflower, Nettle, Yarrow

Skin, Muscle Tissue, Connective Tissue, Skeletal – Build Collagen, Elastin

Sage, Oatstraw, , Horsetail, Nettle, Comfrey

Infusing Herbs

When using water with herbs we are drawing out the vitamins, minerals and other important nutrients in a drinkable form

1 oz herb in a quart container, boil water and pour over herb and let infuse, based on part of plant used. Strain and drink throughout the day, be sure to cover tight so vitamins do not escape, once strained refrigerate and drink within 36-48 hrs. Typically one quart is drank each day.

Roots and Bark – pint jar -8hrs

Leaves - quart jar- 4 hrs

Flowers – quart jar – 1 hr

Seeds/Berries – pint – 30 minutes maximum

Nourishing Herbs

Nettle – Leaves

Nutrients: Calcium, Potassium, Protein, B Carotene, Chlorophyll, trace minerals, iron, vitamins A, C, D, and K – virtually all the vitamins and minerals known to be necessary for human health and growth.

Hair and skin love nettle. Nettle is a gentle and powerful herb that can be drunk daily for increased energy and chi. Taken over a long period of time it is beneficial to the kidneys, lungs, intestine, arteries, hair, and skin.

Oatstraw-whole plant

Nutrients: Calcium,, folate, iron, magnesium, manganese, phosphorous, potassium, selenium, zinc, vitamins A1, B1, B2, B3, B5, B6, E, and amino acids.

Oatstraw is a restorative tonic , helpful for those feeling stressed or worn out.

Burdock - Root

Nutrients: Amino acids, calcium, chromium, iron, magnesium, phosphorus, manganese, potassium, selenium, zinc, vitamins B1, B 2 B3 and C.

Grounding herb, strengthens the immune system, kidneys and liver. Useful for skin problems.

Comfrey – Leaf

Nutrients: Calcium, chromium, fiber, manganese, niacin, potassium, protein, riboflavin, selenium, silicon, iron, vitamins A, B1, B2, B3 and C and amino acids.

Healing scratches, cuts, bruises broken or fractured bones and torn tendons and ligaments.