

Whispering Woods Basic Herb Class

Welcome to our class. We hope that you learn about the basics of Herb lore and have fun while doing so.

Please keep in mind that the information offered here is for reference only. We do not suggest in any way that you should forgo seeing a medical doctor, nor do we suggest any alternative forms of medicine. We offer this information in the context of reference only.

Herbal etiquette and basic glossary

Lesson one of the Basic Herb course



Peppermint

Greetings student; it is strongly suggested that you purchase your various herbs from a reputable dealer rather than harvesting them from the wild. The reason for this is because many different herbs have been over harvested and are on the brink of extinction.

By buying from a reputable dealer, you are also ruling out the chance of misidentification, which in some cases can be lethal.

But if you insist on harvesting your own herbs from the wild, it is strongly suggested that you first obtain a good herbal field guide that is pertinent to your area. I personally use the Peterson field guide, but any well referenced guide will do.

Next, prior to harvesting any herb, you should show a moment of respect and explain to the herb what and why you are harvesting it. As a witch, I personally believe in the concept of

animism. That is the belief that all things on Mother Earth, has a spirit. And thus should be respected.

Next I would suggest using a Boline to harvest the herb. This is the curved knife that we as witches use to dig the herb up with. It does not have to have a white handle which is a belief that comes from practitioners of High Magick and does not apply to witchcraft.

Please when harvesting herbs in the wild, to take into consideration the population of the herb that you are after. If it is scarce, leave it alone and if there are many, take only a few.

Respect the herb and you will receive respect in return.

As a note of lore from the Celtic belief, it is thought that when the Celtic physician God, Diancecht, slew his son "Miach" in a fit of jealousy. That from Miach's grave sprang 365 herbs representing each of the 365 joints in his body. His sister "Airmed" then set about cataloging these herbs for the benefit of mankind. When Dianchecht discovered what she was doing, he scattered the herbs all about so that their lore would not be known.

As you go through this course you will see a number of herbs mentioned. It is highly suggested that you read up on these herbs as you encounter them in your studies. And then pick one or two from each category and get to know these herbs well. It is better to know a few herbs well then to know a little about a lot of herbs.

Basic Glossary:

Alterative - Blood purifier

Analgesic - A pain reliever

Anemia - A condition where the blood is lacking in red blood cells

Anhydrous - lacking water

Antibacterial – This is an agent that destroys or stops the growth of bacteria.

Antibiotic - A natural substance that inhibits the growth of and/or destroys micro-organisms

Antiseptic - A substance that stops the growth and activity of micro-organisms

Aphrodisiac - A substance that stimulates sexual desire

Astringent - A substance that causes contractions of tissues by binding proteins

Antioxidant - Compounds that provides stability to fats and oils by delaying oxidation.

Calmative - An agent that causes a mild sedative or tranquilizing effect; weaker than a sedative.

Composition - Mix dry herbs generally as a medicine for flu and fever powders

Decoction - This is done by adding boiling water to the herb for extraction (tea)

Decongestant - An agent that reduces congestion

Demulcent - An agent that will soothe and protect the part or soften the skin to which applied. (This refers to internal tissue.)

Dermatitis – This is an inflammation of the skin evidenced by itching, redness, and various skin lesions.

Diaphoretic - Increases perspiration

Diuretic – This is an agent that increases the secretion of urine.

Emmenagogue – This is a substance that promotes or assists the flow of menstrual fluid.

Emollient – This is an agent that will soften, soothe and protect the part when applied locally. (This refers to external tissue)

Expectorant - Causes the expulsion of mucus from the respiratory tract.

Flatulence – This is a condition where there is the presence of excessive gas in the intestinal tract due to fermentation or decomposition.

Hypertension - A condition in which the patient has a higher blood pressure than that judged to be normal.

Hypotension – This is a state of low blood pressure; a decrease of systolic and diastolic blood pressure below normal.

Infusion - The act of pouring hot or cold water over the herb for extraction

Laxative - Food or chemical substance that acts to loosen the bowels

Maceration - Steep the herb in alcohol or olive oil and shake at intervals for extraction

Mucilage - Sticky and gummy vegetable preparation used in pharmaceuticals.

Nervine - A substance that calms and soothes the nerves to alleviate irritations and stress

Poultice - The act of mixing crushed herbs with water and oatmeal and applying to affected area

Purgative – This is an agent that will cause watery evacuation of the intestinal contents.

Salves – To make a salve, mince herbs with vegetable fat and beeswax, cover and place either in the sun or a low temp oven for 4 hours, strain through cheesecloth and let set in a clean container

Sedative - An agent that exerts a soothing or tranquilizing effect

Steep - To extract the essence of the herb by soaking

Syrups - Dissolve brown sugar and add to herbs until sappy, strain through cheesecloth into a clean bottle

Vasodilator – This is an agent that dilates the blood vessels, thus lowering blood pressure.

Vermifuge – This is an agent that causes the expulsion of intestinal worms.

Methods of using Herbs:

Compress

Soak a soft cloth in a hot infusion, decoction, or 5-20 ml tincture in 500 ml hot water. Squeeze out excess water and hold pad against affected area.

Cream:

A cream is a mixture of fats and water that blends with the skin to strengthen and smooth it. Use 30 g lanolin, 15 oz beeswax, 100 g. vegetable or fruit oil, and 30 ml herb water. Melt the lanolin and beeswax in a double boiler, gently stirring in the oil. Remove from heat and whisk in the herb water. Keep stirring as it cools. When done, store in wide mouth jars.

Decoction:

Make by simmering larger pieces of the herb, such as bark, roots, or twigs. Use 30 g. dried or 60 g. fresh herb to 750 ml water; simmer until the water is reduced to 500 ml. Drink 1/2 cup three times a day.

Infused oils:

Hot infusion: 250 g. dried or 750 g. fresh herb to 500 ml oil. Heat the mixture gently in a double boiler for 3 hours. Strain through cheesecloth into dark bottles.

Cold infusion: Pack a large jar with the herb. Cover it with cold-pressed oil and put the lid on. Let stand in a sunny windowsill for 2-3 weeks. Squeeze the oil through a jelly bag and repeat the process. When done store in dark glass bottles.

Infusion

A tea made by pouring boiled (not actively boiling) water over fresh or dried herbs. Use approximately 30 g. dried or 75 g. fresh herbs to 500 ml water. Drink 1/2 cup three times a day.

Massage Oils

Use 5 drops essential oil to 20 ml carrier oil. Sweet almond, jojoba, and avocado make good carrier oils. You can also use infused oils.

Ointment:

An ointment is a mixture of oils and fats that forms a protective layer over the skin. Melt 500 g. petroleum jelly or soft paraffin wax in a double boiler. Add 60 g. dried herb and simmer gently for 2 hours. Strain through a jelly bag and pour into jars while still hot.

Plaster:

Wrap the chopped or boiled herbs, or a paste made from them, in cheesecloth or muslin before applying to the affected area. This is good for herbs that might irritate the skin, such as mustard.

Poultice:

Boil herbs in a little water for a hot poultice, or bruise or chop slightly for a cold one. Smooth a little oil on the skin to keep the herbs from sticking, apply the herb, and wrap with muslin or gauze strips.

Steam Inhalants

Place a few tablespoons of the dried herb in a bowl and pour boiling water over them. Drape a towel over your head and breathe in the steam.

Syrup:

An infusion or decoction preserved by adding sugar or honey. Use 500 ml infusion to 500 g sugar or honey; heat gently until the sweetener has dissolved. Store in dark glass bottles with cork tops; screw top bottles may explode if the mixture ferments.

Tincture:

Steep the fresh or dried herb in a 25% mixture of alcohol and water. Do not use methyl, grain, or rubbing alcohol as they are toxic.

Vodka is ideal; rum has the added benefit of covering unpleasant flavors. Use 200 g. dried or 600 g. fresh herb to 1 liter alcohol and water. Place in a sealed jar in a cool, dark place for 2 weeks, shaking occasionally.

Strain the liquid through cheesecloth and store in a dark glass bottle. Take 5 ml three times a day, diluted in a little fruit juice or water.

Assignment:

Create an Herbal Grimoire.

Quiz:

1. An Ointment is a mixture of oils and fats that forms a _____ over the skin.
2. Anemia is a condition where the blood is lacking in _____.
3. When harvesting herbs, one should use a _____.
4. Dermatitis is _____ of the skin.
5. The Celtic god of medicine is _____.
6. Syrup is an infusion or decoction preserved by adding _____ or _____.
7. An antiseptic is a substance that stops the growth and activity of _____.
8. Low blood pressure is called _____.
9. A vermifuge is an agent that causes the expulsion of _____.
10. Anhydrous means _____.

**Herbal Signatures -
Basic Herb course, lesson two**



Sweet Violet

One method used by herbalists in order to select the proper properties of a chosen herb is by the means of signatures. Following is a general list of these signatures.

Doctrine of signatures

The first properties that come to mind are the color of the herbs flowers. Generally, those herbs that have purple or blue flowers are used as nervine or sedatives. They are also good blood purifiers.

Some examples of these herbs are; Celery, St. John's Wort, Passion Flower and Mugwort.

Those herbs with yellow flowers are sought out for liver, gallbladder and urinary tract complaints. They are also used in tonics that are used to eliminate toxins and infections from the body. A few of these herbs are; Dandelion, Fennel and Horseradish, Yellow Dock, and Wild Yam. Herbs used to cure jaundice include Marigold and Dandelion.

Herbs that have red flowers are blood purifiers as well as alterative'.

Many herbs that have red flowers are considered to be antibiotic. Some alterative' are; Burdock Root, Chickweed, Plantain and Raspberry.

Those herbs with White flowers are used in cases of inflammations and in situations involving the female organs.

Some examples are; Rattlesnake-Master (*Eryngium yuccifolium* Michx), Yucca, Shepherds Purse and Pasqueflower.

The next consideration would be the area where the herb is growing.

For instance, herbs that grow near a fast moving body of water would be considered for a diuretic. Herbs that are growing in a densely graveled area would be considered for the treatment of kidney stones and gallstones. Some examples of these herbs are; Sassafras (one of my personal favorites), Mullein, and Parsley.

Herbs growing in an area saturated with water, such as; Willow, Elder and Boneset, would be used to treat excessive mucous excretions.

This would include colds, asthma, and rheumatic complaints.

And then there is the texture of the herb. Prickly herbs and those that have thorns are considered to be of use in cases of sharp pain.

For instance Hawthorn is used in heart tonics. Thistle is used as an all purpose tonic for all of the organs. Wild prickly lettuce is used as a pain reliever.

Also used are Nettle and Mullein.

Judging by the wrinkles or fissures in the bark of various trees such as White birch, Elder and Cherry, one can assume that they are used to treat skin sores.

Included in this group of helpful herbs are mosses and lichens.

Skullcap and walnut are shaped like a humans head and therefore are used for headaches.

Emollient herbs are those that have a soft texture to them. Some of these herbs are Horehound, Coltsfoot, Peppermint and Slippery Elm.

These herbs are used to treat swollen and/or inflamed areas. As well as colds and chest disorders.

Pansies, with their heart-shaped petals, are used for heart troubles.

Vine like herbs are thought to resemble the blood vessels and nervous system and thus are used to treat disorders of the blood and nervous system.

Some examples are Chamomile, Passion Flower, Goldenseal, Ginseng and Lady's Slipper.

Those herbs used to treat skin disorders often have thin, threadlike roots. These herbs include Calendula, Parsley, Sheep sorrel, Gold thread and Pansy (heartsease).

And finally there is the smell of the herb. Aromatic herbs are said to be anti-septic and to contain antibiotic properties. Some herbs to be considered are the Mint family, Pennyroyal

and Tansy. Strong smelling herbs are considered to be disinfectants. Among these are Cloves, Rosemary, Sage and Lavender.

"It is better to learn a great deal about a few herbs than to learn just a little about many herbs."

The oldest known list of medicinal herbs is Shen Nung's Pen Ts'ao (c. 3000 B.C.E.). Iranian physician Ibn Sina, also known as Avicenna (980 C.E. - 1037C.E.), combined the herbal traditions of Dioscorides and Galen with the ancient practices of his own people in "The Canon of Medicine" (al-Qanun fi at-tibb).

This is one of the most influential medical texts ever written,

'Mother Nature has provided us with many associations between the gifts She offers and our needs. We have to but open our hearts and minds to see what is being offered. "

Assignment:

Write a complete page on Nettle and St. Johns Wort. Add to your Grimoire.

Quiz:

1. Those herbs used to treat skin disorders often have thin, _____ .
2. Herbs that have red flowers are _____ .
3. Skullcap and walnut are shaped like a humans head and therefore are used for _____ .
4. The oldest known list of medicinal herbs is _____ .
5. Herbs that have purple or blue flowers are used as _____ and _____ .
6. Pansies, with their heart-shaped petals, are used for _____ .
7. Thistle is used as an all purpose tonic for all of the _____ .

Herbal Inks and Dyes -

Basic herb course lesson three



Wild Thistle

The thing to remember when harvesting herbs for dyes is that the fresher the herb, the brighter the color. Materials such as cottons and linens are good materials for dyeing, but wool is the easiest.

You have to harvest the herbs, which mean gathering the flowers when they are in full bloom. Berries should be picked when they are fully ripe. Roots and bark are better picked during the fall and leaves should be picked in the spring.

Exactly how much of the herbs you need to dye is optional. However, the general rule of thumb is to collect approx. 8 quarts of plant material to dye one pound of wool (or whatever material you are dyeing).

With nut hulls, wood, bark or berries use one pound per pound of cloth and with roots 1/2 pound. For each pound of material, use 4 to 4-1/2 gallons of soft water to prepare the dye bath.

It is suggested that you add 1/4 lb. of Alum and 1 oz Cream of Tartar; all in either an enamel or stone pot (do not use a metal pot).

Next you have to chop up the leaves, roots, flowers, etc. for the color you want. Then you soak the herbs.

Leaves, roots, nut hulls and bark should be soaked overnight in 2 gallons of water. Then they must be strained and the first liquid saved. Next, take the remaining plant material

and soak it again in 2 gallons of water, bring it to a boil and simmer for one hour. Strain out the plant material and combine with the first strained liquid.

You don't need to soak flowers, fruits and tender leaves.

Place them in 4 to 4-1/2 gallons of water, bring to a boil and then simmer for 30 minutes to one hour or until the material has given up its color. Strain out the herbs.

The dyeing process itself is done by soaking the material for about an hour in lukewarm water first, then placing it in the dye bath which should also be lukewarm. Then, raise the temperature until it is simmering.

Dyes made from flowers take about a half hour while dyes from bark or roots may take up to two hours.

Check the process every so often by pulling the material out of the dye and looking at the color.

Following are some herbs that can be used for various dyes/inks.

Purple:

Iris petals, marjoram flowers - boil these plants per the above instructions to obtain a purple dye.

Purple wine grapes – Boil (grapes, stems, seeds together). Cool, and soak fabric until desired color.

Black: Elder - Boil the roots and the bark of older branches until right consistency is reached.

Red: Pokeberries - Boil the berries with vinegar to produce a long lasting reddish-brown color. Use as a dye or ink.

Beets - In 1 gallon of water, boil 6 large red beets until water becomes dark red, add gum Arabic a little at a time until ink is right consistency.

Alder - boil 1 pound of bark for 2 hours. Strain and add 1/4 cup of raw alum. Boil for 10 minutes more

Yellow:

Goldenrod - Boil the leaves and flowers for a yellow dye

Horse Radish - Dry the leaves out and then boil for a yellow dye

Wild Celery - For a light yellow dye, harvest the flowers and leaves during June and July.

In a tin or aluminum vessel add 5 gallons of water.

Boil 1 pound of wild celery for 2 hours. Strain and add 1/4 cup of raw alum and boil for 10 minutes more. Add 1 pound of wet yarn and boil for 15 minutes.

Remove and rinse material.

Gaillardia (Indian Blanket) - Harvest the flowers, leaves and stems in June. Using an enamel or stone pot, add 5 gallons of water. Boil the plant parts for 2 hrs. Strain and add 1/4 cup of raw alum. and boil for 10 mins. more. Add 1 pound of wet yarn and boi for 2 hrs. Steep overnight, remove and rinse material.

Sunflower - Boil the flowers for a yellow dye.

Orange:

Ground Lichen - Use either fresh or dried lichen. If fresh, scrape from underneath sagebrush after a rain.

In 4 gallons of water, boil 1 pound of lichen for 1 hr. Strain and add 1/4 cup of raw alum and boil for 15 minutes more.

Add 1 pound of wet yarn and boil for 30 minutes. Remove and rinse. For a darker orange, boil for 1 hr. and steep overnight.

Queen Anne's Lace - Boil the roots for an orange dye.

Sassafras - Dry the bark out and pulverize into a powder. Boil in 5 gals. of water until water turns dark orange. Add 1/4 cup of raw alum to maintain color and boil for another 15 minutes.

Green:

Oregon grape - Harvest the leaves and vines during the fall.

In a stone vessel add 5 gallons of water and 4 pounds of leaves and vines and boil for 2 hrs. Strain and add 1/4 cup of raw alum and boil for 10 minutes more.

Add 1 pound of wet yarn, stir well and steep overnight. Remove and rinse.

Alder - Boil 1 pound of catkins in 5 gallons of water for 2 hrs. Strain and add 1/4 cup of alum and boil for 10 more minutes.

Silver Birch - Boil 1 pound of leaves in 4 gallons of water for 2 hrs. Strain and add 1/4 cup of alum and boil for 10 more minutes.

Bracken - Boil 1 pound of Bracken leaves, in 5 gallons of water for a green dye.

Blue:

Red Cabbage - Boil the leaves in 5 gallons of water, strain and add 1/4 cup of raw alum. Boil for 10 more minutes.

Black Raspberries - Boil 1 pound of berries in 5 gallons of water. Strain and add 1/4 cup of raw alum and boil for 10 more minutes.

Woad leaves - Boil 1 pound of leaves in 4 gallons of water for 2 hrs. Strain and add 1/4 cup of alum and boil for 10 more minutes.

Yellow Flag flowers - Boil the leaves per the instructions above for Woad leaves to obtain a beautiful dye.

Pink:

Sweet Joe Pye - Boil the buds for a pink dye. Start with a 1/4 pound of buds in 1 gallon of water until desired color is obtained.

The Egyptians of 1000 B.C.E. are known to have used garlic, opium, castor oil, coriander, mint, indigo, and other herbs for medicine, food, and dyes.

Though the word dyes is used in each description, you can also use these "dyes" as ink.

Assignment:

Create and use two of the dyes/inks listed above.

Quiz:

- 1. Elder creates what color of dye?**
- 2. Red cabbage makes _____ dye.**
- 3. Bracken is used for _____ dye.**
- 4. Do flowers, fruits and tender leaves need to be soaked prior to use?**
- 5. Yellow Flag flowers are used for _____ dye.**
- 6. Ground lichen makes _____ dye.**
- 7. Horse Radish makes a _____ dye.**

Herbal Tonics

Basic Herb course lesson four



Rosemary

Greetings Student; in this lesson we will discuss various herbal tonics. These tonics are taken to enhance physical and mental well being. Basically, tonics are a combination of herbs that complement each other.

Most often than not, tonics are strong stimulants. When using tonics one should keep in mind to use them responsibly. Used in such a manner they can be very beneficial to our health.

When mixing a tonic, one should be aware that certain herbs have a ill effect on certain people. For instance a hypertensive person would want to avoid taking a tonic with Licorice root as one of the ingredients.

Or a pregnant woman would want to avoid Cohosh root. Along with the knowledge of herbal lore comes a huge responsibility.

Check your resources even when not in doubt. Better safe than sorry.

When creating your own tonics, research each herb thoroughly.

Tonics are mixed to address many different situations, following are some of these:

Menstrual problems

Goldthread (8 parts)

Tansy (8 parts)

Fragrant valerian root (4 parts)

Rosemary leaves (2 parts)

Rue herb (2 parts)

Boil 1-1/2 tsp. mixture slowly in 2 cups of water, covered, for 2 to 3 minutes. Let stand for 10 minutes and strain. Take 1 cup morning and night. Sweeten if desired.

To stimulate the Metabolism

**Alder buckthorn bark (2 parts)
Licorice root (2 parts) (not for hypertensive folks)
Dandelion root and leaves (3 parts)
Pansy leaves (3 parts)**

Soak 1 tbsp. in 1/2 qt. cold water for 3 hours. Bring to a boil and steep for 15 minutes. Take in tablespoon doses.

Stimulant for the Nervous system

Pour one pint of boiling water over one ounce of dried feverfew. Then steep for 15 minutes. Strain and sweeten. Drink a 1/2 cup per day as needed.

Tonic for nervous tension

**1 1/3 oz. St. John's Wort
1 oz. Lemon Balm Leaves
1 oz. Valerian**

Use 1 tsp. of the herb mixture per cup of boiling water. Steep for 10 min., strain, sweeten if necessary.

Drink a cup of this tea before going to bed each night for several weeks to calm overwrought nerves, lift depression, and help you fall asleep more easily

Tonic for migraines

**1 2/3 oz. St. John's Wort
1 oz Valerian
1 oz. Linden Flowers
1/4 oz. Juniper Berries**

Use 1 tsp. of the mixture per cup of boiling water. Steep for 10 min, strain and sweeten. This tea helps dilate blood vessels and improve circulation.

If your headaches are triggered by weather, drink the tonic as the weather is changing.

Spring tonic: (Since this is a strong stimulant, no more than one cup a day is recommended)

Pour 4 cups of boiling water over 2 tablespoons of marjoram. And then steep, covered for 15 minutes, strain and sweeten.

Blood purifier:

Pour 1 pint of boiling water over one large handful of Sheep sorrel leaves. Then steep for 15 minutes. Strain and sweeten. Drink for one week. This tonic cleans out the urinary tract system.

Hair tonic: (strengthens the hair and encourages growth)

Make a decoction by boiling the bark from the Chokeberry (*Prunus virginiana*) and use to rinse hair.

Information on the herbs mentioned above:

Goldthread (*Coptis trifolia*) - Chinese form is used as a substitute for Goldenseal. Goldthread is highly astringent. It contains berberine, which is associated with another alkaloid called Coptine or Coptina, resembling hydrastia. It also contains albumen, fixed oil, coloring matter, lignin, extractive, and sugar. It is anti-inflammatory and anti-bacterial. Goldthread is a member of the buttercup family.

Tansy (*Tanacetum vulgare*) - Tansy oil is lethal. Its properties are antispasmodic and antiseptic.

Valerian root (*Valeriana officinalis*) - Sedative, anti-spasmodic, antibacterial, anti-diuretic

Rosemary (*Rosmarinus officinalis*) - Stimulant, decongestant

Rue (*Ruta graveolens*) - Not to be used by women who are pregnant. Stimulant, abortifacient, antispasmodic, germicide

Buckthorn (*Frangula caroliniana*) - Laxative (can cause diarrhea and vomiting)

Licorice root (*Glycyrrhiza glabra*) - Estrogenic, anti-inflammatory, anti-allergenic, anti-bacterial, and anticonvulsive

Dandelion (*Taraxacum officinale*) - Diuretic, hypoglycemic, anti-inflammatory

Pansy (*Viola tricolor*) (heartease) - anti-asthmatic, anti-convulsive

St. Johns wort (*Hypericum perforatum*) - anti-depressive, sedative, anti-inflammatory, anti-bacterial

Lemon Balm (*Melissa officinalis*) - antiviral, anti-spasmodic, anti-bacterial, antioxidant, antihistaminic, sedative

**Linden flower (*Tilia americana*) - frequent consumption can lead to heart damage.
Diaphoretic**

Juniper Berries (*Juniperus communis*) High in natural insulin, diuretic

Majoram (*Origanum majorana*) - anti-asthmatic, stimulant

Sheep sorrel (*Rumex acetosa*) Diuretic, mild laxative

Chokeberry (*Prunus virginiana*) Seeds, bark and leaves may cause cyanide poisoning. It has been used for wound treatment and as a stimulant.

Assignment:

Gather the herbs and create two of the tonics listed above.

Quiz:

1. Rosemary is a _____ and a _____.
2. Sheep Sorrel is a _____ and a _____.
3. Someone who is hypertensive should avoid _____.
4. Tonics are strong _____.
5. Pansy is _____ and _____.
6. Alder Buckthorn bark is used to stimulate the _____.
7. Tansy oil is _____.

Herbal vitamins

Basic Herb class lesson five



Horsetail

Mother Nature has provided us with many gifts by way of herbs. Among these gifts are the ability to maintain good health through natural vitamins and minerals.

Hippocrates got it right in one sentence: "Let food be thy medicine."

Following are some examples of these gifts:

Red raspberry leaf - high in calcium and magnesium and niacin, rich in iron citrates rich in vitamin A and high in Vitamin C, phosphorus, potassium, B-complex vitamins, sodium and zinc

Horsetail - high silica content, which the body converts into assimilating calcium

Alfalfa - rich in calcium and trace minerals and many of the vitamins, contains eight digestive enzymes

Oatstraw - rich in calcium and magnesium, high in silicon rich in nutrients and healthful fiber

Nettle - a rich source of minerals, is high in iron, silicon and potassium

Barley green - high in calcium, vitamin B1 and B12

Aloe Vera - high in calcium along with other necessary vitamins and minerals

Kelp - contains approximately 30 trace and major minerals, rich in calcium, silicon, iodine, magnesium, potassium and iron

Bladder pod - high in vitamin C, also contains manganese, iron, potassium, calcium, magnesium, selenium

Parsley - high in calcium, phosphorus, sulphur, and B-complex vitamins, rich in chlorophyll, iron, potassium, vitamins A and C

Vitamin A:

White spruce - needles are rich in A and C

Stinging nettle - young shoots and leaves are used

Black mustard - buds, leaves and flowers are a high source of A

Dandelion - the leaves are rich in vitamin A

Lambs quarter - leafy stems are rich in A and C

Canada violet - leaves are high in A

Peppergrass - leaves are high in A and C

Violets - leaves and flowers contain more vitamin A than any other leafy green

Cayenne pepper - Cayenne is high in vitamins A and C

Vitamin B:

Black mustard - leaves, buds and flowers are an excellent source of vitamin B

Vitamin C:

White Spruce - the needles are rich in vitamin C and A.

Wild Strawberry - a tea made from the leaves is high in vitamin C.

Lambs Quarters - the leafy stems are rich in vitamins C and A.

Peppergrass - leaves are high in vitamins C and A.

Canada Violet - leaves and buds are very high in vitamins C and A.

Black Mustard - leaves, flowers and buds are an excellent source of vitamin C.

Eastern Hemlock - boil the needles for 10 minutes for a vitamin C enriched tea.

Spearmint - leaves are high in vitamin C.

American Elder - ripe fruits are high in vitamin C.

Rose Hips - rich in vitamin C.

Minerals:

Stinging Nettle - young shoots and leaves contain minerals

Watercress - stems and blossoms are high in minerals and vitamins.

Yarrow - contains potassium and other minerals.

Strawberry leaves - make a tea of the leaves for iron.

Raspberry leaves - an excellent source of minerals

Calcium:

These herbs; chamomile, sorrel, shepherds purse, plantain, and coltsfoot, rosemary (very high) all contain calcium.

Protein:

Squash - roast the seeds for a source of protein

Stinging Nettle - Young shoots and leaves contain protein.

Assignment: Add this list to your herbal Grimoire and then add the constituents for each herb to your book.

For instance; Dandelion contains potassium, sodium, calcium, phosphorus and iron. The leaves are a richer source of Vitamin A than carrots and contain some traces of Vitamins B, C and D.

The root contains bitter glycosides, tannins, triterpenes, sterols, volatile oil, choline, asparagin, and inulin.

Quiz:

1. The ripe fruits of American Elder are high in _____ .
2. Black Mustard is an excellent source of _____ .
3. Nettle is a rich source of _____ .
4. Alfalfa contains ___ digestive enzymes.
5. Horsetail has a high _____ content.
6. Raspberry leaves is an excellent source of _____ .
7. Rose hips are rich in _____ .

Colds and Chest complaints

Basic Herb class lesson six



Catnip

Expectorant - Expels phlegm by inducing coughing, sneezing, or spitting

Febrifuge - Dissipates fever

Laxative - A gentle cathartic

Pectoral - Relieves ailments of the chest and lungs

Purgative - A strong cathartic

Antalgesic - An agent which reduces or eliminates pain by acting on the sensory nervous system, either centrally or peripherally.

Carminative - An agent that relieves gases from the gastrointestinal tract and also relieves colic

Rubefacient – This is an agent that produces a mild irritation, reddening of the skin, local vasodilatation and thereby increasing the blood supply to the area of application.

Emmenagogue - A substance that promotes or assists the flow of the menstrual fluid

There are many different types of herbs that could be used to treat the conditions listed here and the forthcoming lessons. The intent of this class is to introduce you to a few of the more common herbs in order to give you a basic understanding of herbal knowledge. Remember this list is for reference only and is not intended to take the place of a physician.

Herb List:

Wintergreen (*Gaultheria procumbens*) - A tea made from the leaves are used for colds. Wintergreen contains the compound "methyl salicylate". It is considered to be anti-inflammatory. The essential oil is highly toxic and if absorbed through the skin can damage the liver and kidneys.

Boneset (*Eupatorium perfoliatum*) – Boneset is a laxative and anti-inflammatory. It is used for bronchitis and fever-induced aches and pains. It also helps clear congestion, loosen phlegm, reduce fever, increase perspiration, and calm the body. Boneset can become toxic with long-time use.

Catnip (*Nepeta cataria*) - Tea made from leaves and flowering tops, reduces fever, Stimulates appetite, Indicated for colds and flu. Promotes sweating and induces sleep.

Yarrow (*Achillea millefolium*) - A tea made from the dried flowering plant is used for colds and fevers. This herb is expectorant and analgesic. Large and frequent doses can be harmful. Yarrow contains the toxic compound, "thujone".

Calendula (*Calendula officinalis*) - The petals or leaves can be used in a tea to induce sweating, and for relief from flu and fevers.

Horehound (*Marrubium vulgare*) - Used as an expectorant. It contains a volatile oil, "Tannin" and a substance formed in the extraction process known as Marrubiin. Plant juice may cause dermatitis. Horehound can cause irregular heartbeat when used in large quantities.

Spotted Coralroot (*Corallorrhiza maculata*) is used as a febrifuge. A tea made from the roots is used to reduce temperatures associated with fever. Spotted Coralroot produces profuse sweating.

Horsemint (*Monarda punctata*) is also known as Bergamot. Young leaves are dried and used in herbal teas, such as Oswego tea. The properties of Horsemint are carminative, rubefacient, emmenagogue, digestive, diuretic and stimulant. A tea made of the leaves is used for colds, flu, fevers and bowel ailments. Horsemint has a very high content of thymol oil. Thymol is also used to expel such parasites as hookworm.

Elecampane (*Inula helenium*) is a diuretic, tonic, diaphoretic, expectorant, alterative, antiseptic, astringent and gently stimulant. The substance most abundantly contained in Elecampane root is Inulin. Elecampane is the richest source of inulin. A tea made from the roots (1/2 ounce to one pint of water) is used for asthma, whooping cough and pneumonia. Elecampane contains alantolactone which is used to expel worms.

Elecampane also contains toxic sesquiterpene lactones such as alantolactone which can irritate mucous membranes. It can cause contact allergic dermatitis.

Sweet Joe-Pye weed (Gravel Root) (Eupatorium purpureum) is a febrifuge. It is used to induce fever breaking sweats.

A tea made from the roots and leaves are used for asthma, chronic coughs and to eliminate stones in the urinary tract. Sweet Joe-Pye weed is reported to have immunologically active polysaccharides.

Tonics:

To make Horehound cough syrup, steep 1 ounce of leaves (fresh or dried) in a pint of boiling water. Cover, and allow steeping for 10 minutes.

Strain out the leaves, and then measure the quantity of water remaining. Add honey to equal twice the remaining water, mix well, and bottle. Take 1 teaspoon as needed up to four times per day.

Asthma Cranberry drinks:

Fill a stainless steel, ceramic, or cast iron pot half full with fresh washed cranberries. Fill the pot with distilled water and allow simmering slowly.

Let the water boil down to the top of the cranberries. Drain the water, strain the berries and throw away the skins.

Place the remaining juice pulp in a labeled jar and place in the refrigerator. In the event of an asthma attack place one or two teaspoons of the pulp in warm water and drink.

Ginger Root Tea:

Ginger helps fight kill influenza virus and increases the immune system's ability to fight infection. 1 teaspoon grated fresh ginger, 1 cup of boiling water. Pinch of cayenne.

Add lemon juice and honey to taste. Steep 10 minutes.

Drink as little or as much as you desire throughout the day.

Eucalyptus Tea:

Eucalyptus loosens the phlegm in the chest, making it easier to cough up.

Studies show Eucalyptus kills influenza, a virus that causes the most serious form of flu.

It kills some bacteria so may help prevent bacterial bronchitis, a common complication of colds and flu.

Use 1 to 2 teaspoons of dried crushed leaves per cup of boiling water. Steep 10 minutes.

Drink up to 2 cup per day. Not for children under the age of two.

Fever Remedy

Combine equal parts of dried, slightly bruised Thyme, Linden flower, and Chamomile flowers. Thyme has antiseptic properties, Linden flower promotes sweating, and

**Chamomile reduces inflammation. Take and steep one tablespoon of the mixed herbs in one cup of boiling water.
Cover and steep for 10 to 15 minutes. Drink from 1/2 cups to 3 cups per day as needed.**

Assignment:

In addition to adding this information to your Herbal Grimoire, select three herbs from this lesson and write complete pages (medicinal uses, magickal uses, properties, growth etc) for each. Choose three herbs that you are most likely to use at some point.

Quiz:

1. A purgative is a strong _____.
2. Monarda punctata has a very high content of _____.
3. Thyme has _____ properties.
4. Horehound is used as a _____.
5. A febrifuge is used to _____ fever.
6. A tea made from Nepeta cataria, stimulates the _____.
7. Cranberry drink is good for _____.

Headaches and Migraines

Basic Herb course lesson seven



Lemon Balm

In all things of nature there is something marvelous

"Aristotle"

In ancient Greece, rosemary was said to have positive effects on the mind, and students tucked fresh rosemary sprigs in their hair when studying, in order to help them remember better.

Antibacterial - An agent that destroys or stops the growth of bacteria

Antifungal - An agent that destroys or inhibits the growth of fungi

Antiseptic - An agent capable of producing antiseptis

Antispasmodic - An agent that prevents or relieves spasms of the voluntary and involuntary muscles

Antiviral - Any agent that destroys viruses

Aromatic - A pungent agent often having an agreeable odor, but which can be harmful to the spleen. Acts to stimulate the appetite and gastric secretion based on the action of the volatile oil or other aromatic principle

Astringent - An agent that has a constricting or binding effect

Cardioactive agent - an agent that has an influence on the heart, usually stimulating agent.

Carminative - An agent that relieves gases from gastrointestinal tract and relieves colic

Cholagogue - A purgative agent that stimulates the emptying of the gallbladder and the flow of bile into the duodenum

Demulcent - An agent (generally oil), that will soothe and protect the part or soften the skin to which it is applied

Diaphoretic - An agent that increases ones perspiration

Febrifuge – are herbs that reduce fevers. Some examples are, Peppermint, Hyssop, Dandelion and White Willow.

There has been research that suggests that ginkgo biloba, ginseng and St. John's wort as well as valerian root may actually cause or worsen migraine or cluster headaches in people prone to them.

Herb List:

Rosemary (Rosmarinus officinalis) is antibacterial, antifungal. Rosemary contains a compound called rosmarinine that is used to relieve headaches the same way aspirin does, but without irritating the stomach lining. Rosemary essential oil is used to alleviate headaches and migraines and as a general pain reliever for muscles.

Red Pepper - Contains a compound called "Capsaicin" and is said to relieve cluster headaches. The earliest recollection of cayenne pepper in any documented form was in 1493, when Christopher Columbus' made his famous voyage. High doses taken internally can lead to kidney damage.

Feverfew (Chrysanthemum parthenium) is Antiseptic and anti-inflammatory. Feverfew is used to moderate the severity of migraine headache, vascular headache, and in extending the periods between the attacks. It contains the active constituent "parthenolide". For use, a tea of the whole plant is made. One to four fresh leaves chewed each day lowers the period between migraine attacks.

May cause dermatitis and can cause mouth sores.

Willow bark (Salix alba)- The use of willow bark dates back to the time of Hippocrates (400 BCE) when patients were advised to chew on the bark to reduce fever and inflammation. It was from salicylic acid, one of the ingredients in willow bark, that aspirin was originally synthesized. Willow bark has been shown to relieve headaches. While White Willow is the most commonly use, there are other species of Willow that are higher in salicylic acid.

Blessed Thistle (Cnicus benedictus) - This herb is known as a "heal-all" and is said to have cured the Dark Plague. It is antibacterial and anti-inflammatory. One of its many uses is for the relief of headaches. Blessed Thistle is known to contain two lignans. These are "arctigenin and tracheologenin". Lignans are a class of dibenzylbutane derivatives which occurs in higher plants and in fluids.

Wild Mint (Mentha canadensis) - Used by the Native Americans as a cure for headaches. Suggested use is the same as that for Peppermint and Spearmint. Wild mint is native to North America, unlike spearmint and peppermint, which come from Europe and bear flowers on spikes.

Kudzu (Pueraria lobata) - In addition to its many medicinal uses, a tea made of the Kudzu root (dried and powdered) is used for hypertensive headaches. Kudzu was first introduced to the United States in 1876 at the Centennial Exposition in Philadelphia, Pennsylvania. Kudzu is Antispasmodic, Demulcent, Diaphoretic, and Febrifuge.

Lemon Balm (Melissa officinalis) - Lemon balm has long been considered a "calming" herb. It has been used since the middle Ages to reduce stress and anxiety, and to ease headache pain. A dried or fresh leaf tea is made.

Yarrow - Yarrow is well known for its numerous therapeutic qualities. In addition to having a powerful effect on the immune system, yarrow has been used since antiquity for relief of headache pain.

Echinacea – Echinacea is well known for its anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory properties. In addition to its use as a tea for relieving headaches, it has many additional uses as well.

Echinacea is safe to use other than for people with allergies to members of the daisy family.

To make your own herbal oils and ointments, combine about 4 ounces of the fresh (or 2 ounces of dried) herb with 1 pint of olive, safflower, or other pure vegetable oil. Heat gently, uncovered, for about one hour. Take the oil strain and bottle when cooled. For a thicker ointment, add 1 to 1-1/2 ounces of beeswax to the mixture as it heats. Let cool and bottle appropriately.

As a substitute for aspirin, make a tea out of rosemary by adding one teaspoon of slightly bruised leaves to one cup of hot water.

In a medical study done by the British, there was shown to be a 24% reduction in migraines by those who used Feverfew. A number of studies have reported that chiropractic manipulations benefit 72% to 90% of migraine sufferers.

These foods contain tyramine which may produce a headache; bananas, caffeine, alcohol, cheese and sour cream, chicken, chocolate, citrus fruits, cold cuts, smoked fish, herring, onions, peanut butter, pork, vinegar, wine, and fresh-baked yeast products.

Chamomile tea is a sedative with relaxing effects on the body, particularly on the intestines. It has long been used to ease the nausea of migraine.

Warning: Hay fever sufferers could have an allergic reaction.

Dandelion leaves make a dandy salad packed with minerals and vitamins that are useful for headache prevention, particularly magnesium and vitamin B. The dried leaves can also be brewed as an infusion.

Stinging Nettle has been shown to reduce inflammation. Over time and at low doses, it has been used to relieve allergies and chronic headache. It is taken as a 1-2 cup infusion daily.

Ginger Headache Remedy

This is a great remedy for neuralgic head ache.

Ingredients

Ginger - 1 part cinnamon - 1 part castor root - 1 part clove - 1 part

Make a paste by mixing equal parts of ginger, cinnamon, castor-root and clove. Apply this to the head to cure neuralgic head ache. Alternately, you can snuff ginger juice mixed with milk.

Assignment: Choose the herbs from the list above that grows in your area. Familiarize yourself with these herbs out in the wild. Write a full page on each of the chosen herbs and add to your Grimoire.

Quiz:

1. Blessed Thistle is known as ____.
2. Antiviral is any agent that destroys _____.
3. Lemon balm has long been considered a _____ herb.
4. Feverfew contains the active constituent _____.
5. Yarrow has a powerful effect on the _____.
6. Wild mint was used by Native Americans as a cure for _____.
7. Chamomile tea is a sedative with relaxing effects, particularly on the _____.

Cancer related

Basic Herb Class - Lesson Eight



Stinging Nettle

Remember folks; these classes are for reference and study only. None of these lessons are intended to take the place of your physician.

Alterative - An agent that gradually alters or changes a condition by gradually restoring health and normalcy.

Antibacterial - An agent that destroys or stops the growth of bacteria.

Antibilious - Relieves bilious conditions and jaundice.

Antioxidant - preventing oxidation, a preservative.

Antifungal - An agent that destroys or inhibits the growth of fungi.

Anti-inflammatory - An agent that counteracts inflammation.

Cathartic - An active purgative, producing bowel movements and evacuation of the bowels.

Expectorant - Causes the expulsion of mucus from the respiratory tract.

Immunostimulant - Agent that stimulates the immune system

Purgative - A cathartic that increases peristalsis, producing watery stools or semi-fluid stools.

Tonic - An agent that invigorates and strengthens all systems and organs.

Garlic (*Allium sativum*) - An average clove of garlic contains substances equivalent to 100,000 units of penicillin (about 1/5 the average dose), without its side effects. It can prevent various types of cancer (stomach, skin, breast, esophageal, and colon) and prevent cancer cells from reproducing. A substance called "Allicin" is responsible for the odor associated with garlic and is thought to have pharmacological properties.

May Apple, American Mandrake (*Podophyllum peltatum*) - This herb if used at all should only be used by experienced herbalists.

The root and plant contain valuable constituents such as Quercetin, Kaempferol, Podophyllin, Isorhamnetin, Gallic-acid, Berberine, Alpha-peltatin. These are thought to have anti-cancer properties.

Podophyllin has an antimiotic effect, in that it interferes with cell division and can thus prevent the growth of cancer cells. The root is used for its ant-cancer abilities.

Not to be used during pregnancy, may cause birth defects. The whole plant, apart from the ripe fruit, is highly poisonous in large doses. American Mandrake herb produces nausea and vomiting, and even inflammation of the stomach and intestines, which has been known to prove fatal. In moderate doses, it is a drastic purgative with some cholagogue action.

Ginseng - (*Panax quinquefolius*) Ginseng is antioxidant, preventing cumulative cell damage believed to culminate in cancer. It also minimizes cell damage from radiation. The root of the ginseng plant is the only part that has any medicinal qualities.

Ginseng is not recommended for use over three months at a time or over dosage. It may cause restlessness and anxiety.

Caraway (*Carum carvi*) - Caraway seed is a great source for limonene. This substance is thought to have the potential to prevent and treat breast cancer. Caraway seed can be used to make a tea to be used after radiation treatment.

Black Mustard (*Brassica nigra*) - Contains certain compounds which are thought to prevent breast and colon cancers. Allyl isothiocyanate is the compound responsible for the mustard flavor and is a strong irritant

SneezeWeed (*Helenium autumnale*) - Helenalin, a lactone found in this plant is said to produce significant anti-tumor activity. Helenalin induces apoptosis in leukemia Jurkat T cells. Apoptosis is an active process requiring metabolic activity by the dying cell, Helenalin may cause contact dermatitis. It is also poisonous to fish and insects.

Wild Ginger (Asarum canadense) - Wild ginger contains "aristolochic acid". This acid is an anti-tumor compound and also has anti-microbial properties. The root of the plant is used. Other constituents in the root are Alpha-Terpineol, Beta-Sitosterol, Geraniol, Methyl-Eugenol, and Limonene.

Aristolochid acid is considered an insidious toxin.

Red Clover (Trifolium pratense) - Red clover is a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. It is thought that the isoflavones found in Red Clover, prevent the proliferation of cancer cells and that they may even destroy cancer cells.

The main isoflavone being looked at for this purpose is biochanin A.

Laboratory and animal studies have found that red clover isoflavones may protect against the growth of breast cancer cells.

Purple Coneflower (Echinacea angustifolia) - Echinacea's immune-enhancing effects have been studied extensively for cancer and AIDS patients.

In Europe, intravenous Echinacea is available for add-on therapy in the treatment of some types of cancer. Echinacea is considered a nonspecific immune system stimulant.

The parts used are the flower, leaves, stalk, and root.

Echinacea tinctures made with alcohol should not be used by those on Antabuse or Flagyl.

Stinging Nettle (Urtica dioica) - Laboratory studies have shown stinging nettle to be comparable to finasteride (a medication commonly prescribed for BPH) in slowing the growth of certain prostate cells.

However, unlike finasteride, the herb does not decrease prostate size. Recent test-tube studies also suggest nettles extract may reduce human prostate cancer cells.

Caraway:

Bring 2 cups of water to a boil and add 4 tsp lightly crushed seeds. Simmer for 5 minutes, then steep 15 min.

Motherwort: Dosage: Use 1-2 teaspoons dried herb per cup of boiling water. Steep 10 minutes and drink up to 2 cups per day a tablespoon at a time.

Female sex hormones slow the growth of prostate tumors. Physicians often prescribe hormones similar to estrogen for men with prostate cancer.

Black Cohosh estrogenic action may help manage this cancer, but men with prostate cancer should consult their physicians before using it.

Preparation:

For a decoction, boil 1 teaspoon of powdered root per cup of water for 30 minutes. Let it cool.

It has an unpleasant aroma and a sharp, bitter taste. Add lemon and honey, or mix with a beverage tea. Take 2 tablespoons every few hours, up to 1 cup a day. In a tincture, take up to 1 teaspoon per day.

One study suggests that Alfalfa helps neutralize carcinogens in the intestine.

Another published in the "Journal of the National Cancer Institute," shows it binds carcinogens in the colon and helps speed their elimination from the body.

French scientists have shown that Alfalfa can reduce tissue damage caused by radiotherapy.

Radiation burns have been repaired by other plants that contain significant amounts of "Chlorophyll," suggesting that this substance may be the common active constituent

Cancer patients undergoing radiation therapy typically suffer reduced white blood cell counts, increasing their risk of infection.

Echinacea may help preserve white blood cells and thus protect radiation patients from infection. If you're in radiation therapy, use Echinacea only in consultation with your physician.

To make a decoction, bring 1 tablespoon of powdered root material per cup of water to a boil. Simmer for 15 minutes, and drink 1/2 cup 3 times a day.

Assignment:

Go to a local hospital or hospice and spend some time with a cancer patient. Read a book, talk, whatever but provides some comfort as a healer should.

Quiz:

- 1. Caraway seed is a great source for _____.**
- 2. Echinacea tinctures made with alcohol should not be used by those on _____ or _____.**
- 3. Men with prostate cancer should consult their physicians before using _____.**

4. _____ is the compound responsible for the mustard flavor in Black Mustard.
5. _____ is responsible for the odor associated with garlic.
6. Antifungal is an agent that destroys or inhibits the growth of _____.
7. Ginseng is _____.

Blood Disorders

Basic herb course - lesson nine

Scientists who study native uses of plants are called “ethno botanists”.



Hawthorn

Dedicated to Hymen, the God of marriage, the hawthorn was used as a symbol of hope at weddings in Greece.

Antibacterial - An agent that destroys or stops the growth of bacteria

Antifungal - An agent that destroys or inhibits the growth of fungi

Antiseptic - An agent capable of producing antisepsis

Antitoxin - An agent that reacts against toxins

Astringent - An agent that checks hemorrhages, or secretions by coagulation of proteins on a cell surface arresting secretion of discharge and causing contraction of tissues.

Carminative - An agent that relieves gases from the gastrointestinal tract and relieves colic

Diaphoretic - A soporific or an agent that increases perspiration

Expectorant - An agent that facilitates the removal of the secretions of the bronchopulmonary mucous membrane

Hemostatic - Drug, medicine or blood component that serves to stop bleeding

Hemostyptic - An astringent that stops bleeding

Vasodilator - An agent that dilates the blood vessels, thus lowering blood

Herb List:

Plantain (*Plantago lanceolata*) - Plantain is effective as a general detoxifier in the body, and works remarkably well as a blood sugar stabilizer in diabetics. Plantain contains the glycoside "Aucubin". Aucubin has been reported to be a powerful anti-toxin.

Plantain also contains Ascorbic-acid, Apigenin, Baicalein, Benzoic-acid, Chlorogenic-acid, Citric-acid, Ferulic-acid, Oleanolic-acid, Salicylic-acid, and Ursolic-acid.

Medical evidence exists to confirm uses as an alternative medicine for blood sugar control, as well as many other medical uses.

Garlic (*Allium sativum*) - Garlic has the ability to make your blood thinner and less sticky which means it helps to prevent the platelets from building plaque up in your arteries. This helps to maintain the flexibility of the arteries in the heart. Garlic contains a substance called Allicin, which has anti-bacterial properties that are equivalent to weak penicillin.

Foxglove (*Digitalis purpurea*) - Foxglove lowers the blood pressure while improving circulation, alleviating water retention, and relieving edema. Many mainstream heart medications are based on foxglove. The dried leaves are used.

Curative dose is very close to a fatal dose. Should be used by a physician only

Common Lousewort (Wood Betony) (*Pedicularis canadensis*) - The roots are used as a blood tonic. A tea made from the roots, is also used in the treatment of anemia.

Stinging Nettle (*Urtica dioica*) - Stinging nettle leaf tea is used lower blood sugar. Its effects involve the action of white blood cells that aid in coagulation and formation of hemoglobin in red blood corpuscles.

Nettle Tea has been used throughout history as a detoxifier for the blood system, removing unwanted impurities.

Nettle tea should not be used if you have a weak heart or bad kidneys.

Red Clover (*Trifolium pratense*) - Although it has not been studied extensively in the scientific community, traditionally red clover tea is used internally to clean the blood. The only potential side effect of red clover is regulating blood coagulation. Because of the naturally-occurring salicylates in the plant, it keeps blood from being too sticky, but no reports of thinning the blood too much have been recorded.

People on anti-coagulant therapy such as aspirin or Coumadin (warfarin) should monitor coagulation times carefully and co-ordinate therapy with their health care provider.

The active constituents in red clover are phenolic glycosides, flavonoids, salicylates, cyanogenic glycosides, coumarins and mineral acids.

Because of the estrogen-like properties in red clover isoflavones, women with a history of breast cancer should avoid red clover.

Agrimony (*Agrimonia eupatoria*) - As a wound healer, Chinese research shows 40-50% increase in coagulation of blood by increasing the number of platelets concerned with clotting. Once used for treating tuberculosis. Used for bleeding in any part of the body. Useful in cases of anemia. The leaves are used as a wound healer.

High in tannins, high in silica, choline, carotene, organic acids, volatile oil, glycosidal bitters, salicylic acid, nicotinic acid, iron, vitamins B and K, flavonoids (luteolin, apigenin, quercin), polysaccharides, and coumarins. The dried leaves, flowers, and roots are used.

Kudzu (*Pueraria lobata*) - Increases blood circulation, and lowers blood pressure and treats hardening of the arteries. Studies show it can also help treat alcoholism.

Two isoflavones in kudzu, daidzin and daidzein, are believed to be responsible for this effect. The root, flowers and seeds are used to make a tea.

The first records of Kudzu are in the traditional writings of Chinese medicine, in the texts of Shen Nong, written around 100 A.D.

Hawthorn (*Crataegus oxyacantha*) - The berries, leaves and flowers are the parts used. Hawthorn consists of Anthocyanin-type pigments, choline, citric acid, cratagolic acid, rich in bioflavonoids, flavonoid glycosides, tannins, glavone, glycosides, inositol, PABA, purines, saponins, sugar, tartaric acid, minerals and vitamins B1, B2, B3, B5, B6, B9, B12, and C.

Hawthorn normalizes blood pressure by regulating heart action; extended use will usually lower blood pressure. Also for softening the arteries in arteriosclerosis, it helps strengthen blood vessels.

Hawthorn dilates the blood vessels and lowers blood pressure. It works directly on the heart muscle to help it work more efficiently.

Horseweed (Fleabane) (*Erigeron canadensis*) - Horseweed is used as an astringent to stop bleeding. A decoction of horseweed is reportedly a very effective treatment for bleeding hemorrhoids. Pharmacologists believe that horseweed may be effective in stopping external

bleeding because of its tannin content. Horseweed contains a volatile oil (including limonene, terpineol, and linalool), flavonoids, terpenes, plant acids, and tannins.

Tonics and such:

Garlic has been well established as an agent that reduces blood lipids, that is cholesterol, tri-glycerides in the blood. These studies have been done in Europe, as well as American medical schools. For most internal problems, eating garlic raw is probably the most potent way to take it.

However, due to the obvious lingering odors associated with this, a tincture can be made by soaking 1/4 pound of peeled and separated garlic cloves in 1/2 quart of brandy. Seal tightly and shake every day.

Strain and bottle after two weeks of this, and take in drops - 25-30 a day, if desired.

Blood Pressure, High

Caraway (1 part)

Fennel (1 part)

Anise (1 part)

Milfoil (1 part)

Chamomile (2 parts)

Peppermint leaves (2 parts)

Steep 1 tsp. in 1/2 cup boiling water. Take 1 to 1-1/2 cups a day, in mouthful doses.

Blood Cleanser (to purify the blood)

This mixture is composed of herbs that interact to eliminate toxins and metabolic end products such as uric acid.

Dandelion root (1 part)

Young nettle leaves (1 part)

Elder shoots (2 parts)

Primrose flowers and leaves (2 parts)

Steep 1 to 2 tsp. in 1/2 cup boiling water. Take 1 cup a day, sweetened with honey, in mouthful doses.

Blood Cleanser (to purify the blood)

This mixture is composed of herbs that interact to eliminate toxins and metabolic end products such as uric acid.

Burdock root (3 parts)

Black elder leaves (5 parts)

Nettle (5 parts)

Pansy (10 parts)

Steep one heaping teaspoon, in 1/2 cup boiling water for a short time. Sweeten with 1 teaspoon honey. For a "spring cure" take 1/2 cup a day for 8 to 14 days.

Blood Cleanser (to purify the blood)

This mixture is composed of herbs that interact to eliminate toxins and metabolic end products such as uric acid.

Blackberry leaves (2 parts)

Nettle leaves (2 parts)

Black elder leaes (1 part)

Dandelion root (1 part)

Steep 1 tsp. in 1/2 cup boiling water. Take 1 to 1-1/2 cups in the course of a day, in mouthful doses.

If you suffer from anemia, this tea will help ward off anemia symptoms. You will need:

1/2-ounce nettle leaves dried

1/2-ounce yarrow leaves dried

1/2-ounce peppermint leaves dried

1 cup boiling water

Pour one cup boiling water over one to two teaspoons of mixture, let sit for ten minutes. Strain, then drink one cup after eating.

Red Clover Tea

Dried herb (used for tea): 1 to 2 tsp dried flowers or flowering tops steeped in 8 oz hot water for 1/2 hour; take 2 to 3 cups daily

Heart Tonic

use 1/2 oz. hawthorn berries simmered in 1 pint of water for 20 minutes, along with 1 tsp. of cinnamon and taken 3 times a day after meals, sweetened with honey as a heart tonic.

Assignment:

Acquire the herbs and make at least two of the tonics listed above.

Quiz:

1. Foxglove lowers the blood pressure while improving _____.
2. Agrimony was once used for treating _____.
3. Garlic has been well established as an agent that reduces _____.
4. A diaphoretic is a soporific or an agent that increases _____.
5. Stinging nettle leaf tea is used lower _____.
6. Horsetweed may be effective in stopping external bleeding because of its _____.
7. Because of the estrogen-like properties in red clover isoflavones, women with a history of _____ should avoid red clover.

Diuretics and Bowel Complaints

Basic Herb Course Lesson 10



Blessed Thistle

Glossary:

Antiseptic - Inhibits the growth of microorganisms such as bacteria or fungi.

Antiemetic - Antiemetic herbs prevent vomiting, and herbs with this ability include clove, Iceland moss, raspberry and spearmint.

Carminative - Promotes digestion and peristalsis; assists in expulsion of intestinal gas. (angelica root, capsicum, caraway seeds, catnip, chamomile flowers, echinacea, fennel, ginger, hops, lemon balm, parsley root, peppermint, saffron and valerian)

Colitis - Inflammation of the colon.

Digestive - An agent that improves digestion. (Anise, capsicum, centaury, Echinacea, garlic, horseradish, mustard, papaya, safflower and sage)

Glycosides - Any compound that contains a constituent sugar, in which the hydroxyl group attached to the first carbon is substituted by an alcoholic, phenolic, or other group.

Hepatic - These herbs help to strengthen, tone, and increase bile flow to promote normal liver function. (barberry bark, cascara sagrada, dandelion root, gentian, goldenseal, horseradish, mandrake root, milk thistle, olive oil, Oregon grape, parsley, queen of the meadow and rhubarb)

Lithotriptic - These are herbs which help dissolve and eliminate urinary stones from the body. (buchu leaves butchers broom, cascara sagrada, cornsilk, dandelion devils claw, horsetail, marshmallow, parsley, queen of the meadow, uva ursi and white oak bark)

Nephritic - These are used in healing kidney problems. (buchu leaves, couch grass root, goldenseal, horsetail, hydrangea, juniper berries, Oregon grape and queen of the meadow root)

Herb List:

Dandelion (Taraxacum officinale) - Dandelions are considered very safe and effective as a general tonic. Drinking a cup a day helps strengthen the liver, gallbladder, pancreas, spleen, stomach, and intestines.

Dandelion leaves are a rich source of vitamins A, B complex, C, and D, as well as iron, potassium, and zinc. The root contains bitter glycosides, tannins, triterpenes, sterols, volatile oil, choline, asparagin, and inulin.

The dandelion roots are primarily used as an appetite stimulant and digestive aid while dandelion leaves are used as a diuretic to stimulate the excretion of urine.

Burdock root (Arctium lappa) - Burdock root is thought to prevent liver damage caused by alcohol, chemicals, or medications.

Burdock's active ingredients are arcigen, calcium, chlorogenic acid, essential oil, flavonoids, iron, inulin, lactone, mucilage, polyacetylenes, potassium, resin, tannin, and taraxosterol. The seeds of the plant contain beneficial fatty acids.

The oil from the seeds can be used as a diaphoretic, which leads to increased perspiration,

which is essential in cleansing the body of toxins or harmful elements. Among its many uses, it is also used as a diuretic.

Burdock can be used as a gentle laxative and help eradicate uric acid. Burdock root looks very similar to the roots of belladonna and deadly nightshade.

Golden Rod (Solidago virgaurea) Golden Rod is used to treat kidney stones, urinary tract infections, bladder inflammation, digestive problems, colds and flu, sore throat, laryngitis, fatigue, hay fever and allergies. Golden Rod is also used as a diuretic to help flush out urinary infections. Golden Rod can be combined with Uva Ursi for this purpose. Golden Rod contains flavonoids, including kaempferol, rhamnetin, quercetin, quercitrin, astragalol, and afzetin; also saponins, essential oil, germacrene, pinene, limonene, hydroxycinnamic acid, caffeic acid, and tannins.

If you are pregnant or have serious heart or kidney problems, do not use Golden Rod.

Blessed thistle (Cnicus benedictus): Blessed Thistle is used to strengthen the heart, and is useful in all remedies for lung, kidney, and liver problems. It acts as a liver tonic and supports in conditions of liver congestion, jaundice and hepatitis. Blessed Thistle contains cnicin, a bitter diterpenoid lactone, mucilage, flavonoids, volatile oil, alkaloids, tannins, nicotinic acid and resin.

**Be careful if you have allergies to plants in the daisy family.
Do not use during pregnancy.**

Agrimony (Agrimonia eupatoria): When agrimony is combined with cornsilk it is a valuable remedy for cystitis and urinary incontinence. It is a helpful remedy for diarrhea and a gentle tonic for the digestion as a whole. The whole plant is antiaphonic, astringent, blood purifier, cholagogue, diuretic, tonic and vulnerary. Agrimony may be used as a symptomatic treatment for diarrhea and especially in the treatment of irritable bowel syndrome or colitis. It contains tannins, coumarins, flavones including luteolin, apigenin and quercetin and glycosidal bitters.

The plant is harvested in late spring and early summer and can be dried for later use.

Infusion: pour a cup of boiling water onto 1-2 teaspoonfuls of the dried herb and leave to infuse for 10-15 minutes. This should be drunk three times a day.

Cleavers (Galium boreale): Cleavers is a soothing, relaxing diuretic that influences the kidneys and bladder and acts mildly on the bowels. Cleavers tea, a mild laxative, is also given for diarrhea. It is used to treat cystitis and other urinary conditions where there is pain. Tea is made by steeping 2-3 teaspoons of the herb in 1 cup of hot water for ten to fifteen minutes. Drink three or more cups per day. Cleavers contain; Galiosin, an anthraquinone glycoside, other glycosides, tannins, and flavonoids

Do not use Cleavers if you are diabetic.

Cornsilk (Zea mays): A sweet, soothing and cooling herb with diuretic properties. It stimulates bile, helps prostatitis, enuresis in children, prevents the formation of stones in the kidneys, clears the bladder and urinary tract infection, and lowers blood sugar levels. Corn silk is effective in treating acute and chronic inflammation of the urinary system.

It contains saponins, flavonoids, bitter substances, polyphenols, sugar, mucilage and potassium salt. The essential oil contained in the corn silk contains carvacrol and other terpenes.

Shepherd's purse (Capsella bursa-pastoris): Shepherd's purse is an astringent diuretic herb with good urinary antiseptic properties. It is used for blood in urine and is helpful with cystitis. It is also used as an astringent in diarrhea. Couch Grass may be combined with it. Shepherd's purse provides potassium to replace the potassium lost through increased urination.

A medicinal infusion should be made with an ounce of the plant to 12 oz. of water, reduced by boiling to 1/2 pint, strained and taken cold. It contains ascorbic acid, beta-sitosterol, choline, citric acid, diosmin, histamine, inositol, rutin, tannic acid and tannins.

Shepherd's Purse is not recommended during pregnancy, nor high dosage or for extended periods.

Barberry Bark (Berberis vulgaris): The bark is harvested in the summer and can be dried for storing.

Barberry can be used to treat diarrhoea caused by bacteria such as E. coli. Barberry is used as a tonic to improve the flow of bile and ameliorate conditions such as gallbladder pain and gallstones. For digestive conditions, Barberry is often combined with other bitter herbs, such as Gentian, in tincture form.

Such mixtures are taken 15 to 20 minutes before a meal, usually 2-5 ml each time.

Barberry tinctures are used as a treatment for liver problems such as hepatitis and jaundice.

It contains active alkaloids, the most useful being berberine, berbamine, and oxyacanthine. The bark and rootbark are antiseptic, astringent, cholagogue, hepatic, purgative, refrigerant, stomachic, anti-emetic, bitter, laxative and tonic.

The flowers and the stembark are antirheumatic. In gall-bladder diseases Barberry combines well with Fringe Tree Bark and Black Root.

Avoid during pregnancy.

Use only under strict professional supervision if you have heart disease or chronic respiratory problems.

You may experience upset stomach, diarrhoea, dizziness, or faintness. Large doses can cause nausea, vomiting, constriction of the bronchial tubes, and potentially hazardous drops in blood pressure, heart rate, and breathing.

Cranberry (*Vaccinium macrocarpon*): A diet rich in cranberries may help prevent and treat urinary tract infections, which are commonly caused by bacteria known as *Escherichia coli*. Cranberry is used to treat and prevent urinary tract infections of the bladder and urethra.

The cranberry fruit is high in antioxidants, partly from substances called proanthocyanidins. Cranberries are an excellent source of vitamin C as well.

Cranberry contains relatively high levels of oxalate, a substance that may increase the risk of kidney stones in people who are at risk for this condition.

Assignment: Take the time to get outdoors and to identify at least four of the herbs listed above, in its native habitat. You are on your honor to accomplish this. Remember; this information is for enhancing your personal knowledge. So what you put into it is what you are going to get out of it.

Quiz:

1. Cleavers acts _____ on the bowels.
2. Blessed Thistle acts as a _____ tonic.
3. Golden Rod is used to flush out _____ .
4. Cranberries are an excellent source of vitamin ____.
5. Colitis is inflammation of the _____.
6. Dandelion leaves are used as a _____.
7. Corn silk is effective in treating acute inflammation of the _____ .

Female related

Basic Herb class - Lesson Eleven



False Unicorn

Glossary:

Anemia - A condition where the blood is lacking in red blood cells

Anhydrous - lacking water

Antibiotic - A natural substance that inhibits the growth of and/or destroys micro-organisms

Demulcent - An agent that will soothe and protect the part or soften the skin to which applied. (This refers to internal tissue.)

Diaphoretic - Increases perspiration

Emmenagogue - A substance that promotes or assists the flow of menstrual fluid

Herb List:

Red Raspberry Leaf (*Rubus idaeus*)

You may take this herb during the entire cycle as it strengthens the uterine lining, thus helping to lengthen the luteal phase. Regular use throughout pregnancy strengthens and tones tissues, helping contractions and checks hemorrhage during labor.

A perfectly safe drink, raspberry tea also enriches milk and helps prevent miscarriage. In case of leucorrhea (mucous discharge from genitals), raspberry leaf douche is made by

simmering 1 tablespoon of leaves in one pint of water for 10 minutes, covered, cooled, strained and used at room temperature.

Raspberry tea has helped with painful menstruation and flow, and lessens an over-abundant period. Red raspberry tea with red clover (one or more cups daily for several months) promotes fertility in men and women, prevents post-partum depression and hypertension, and when combined with blessed thistle, increases breast- milk production.

Raspberry leaves (and fruit) are rich in citric acid, malic acid, tartaric acid, citrate, malate and tartarate of iron, potassium and calcium, calcium and potassium chloride, sulphate and phosphate, pectin, fragrine (an alkaloid that tones the tissues), a volatile oil, vitamins A, B, C, E, and fructose.

Black Cohosh (Cimicifuga racemosa)

This herb is an antispasmodic which relieves cramping. You may take this herb in the first half of your cycle from menstruation to ovulation. Black Cohosh is used for hot flashes and other menopausal symptoms.

With the exception of a possible interaction with tamoxifen, there are no known interactions between black cohosh extract and any medications.

Chaste Berry (Vitex Agnus-Castus)

Known as the female herb, it helps to regulate hormones and should be taken either the entire cycle or the first half from menstruation to ovulation. Chaste berry has been used widely for gynecologic conditions such as premenstrual syndrome, cyclical breast discomfort, menstrual cycle irregularities, and dysfunctional uterine bleeding.

Chaste berry has been found useful in reducing some symptoms such as, breast pain or tenderness, edema, constipation, irritability, depressed mood, anger, and headache.

The active constituents of Chaste berry are flavonoids (casticin, kaempferol, orientin, quercetagenin, and isovitexin), iridoid glycosides (agnuside and aucubin), and essential oils (limonene, cineol, pinene, and sabinene).

False Unicorn (Chamaelirium luteum)

False Unicorn helps with ovarian pain and female infertility. You may take this herb in the first half of cycle from menstruation to ovulation.

False Unicorn was widely used by Native American Indians as a woman's herb; chamaelirium was traditionally used to prevent miscarriage and has a reputation for improving fertility.

In Western herbal medicine, it has been used to treat pregnancy problems and ovarian cysts. False Unicorn contains steroidal saponins (including chamaelirin, a glycoside of diosgenin), helonin (a glycoside), free diosgenin, starch and calcium oxalate.

It is a uterine tonic, emmenagogue, ovarian adaptogenic, diuretic, emetic and anthelmintic.

False Unicorn combines well with Echinacea in chronic pelvic inflammation.

Very large doses may cause nausea and vomiting

Dong Quai (Angelica sinensis)

This herb is considered a female hormone regulator and an effective toner for the uterus. It helps the ovaries function better and helps to re-establish a normal cycle and fertility. It should be taken in the first half of the cycle and for others, the second half. It is the most important female tonic remedy in Chinese medicine and is used for debility and poor vitality, convalescence and fatigue in women.

Dong Quai contains vitamins E, A and B12 at least six coumarin derivatives that exert antispasmodic and vasodilator effects. It is used to restore balance to a woman's hormones and cycles and is helpful in restoring menstrual regularity and for conditions of the reproductive system.

Do not use during pregnancy, or if you have excessive menstrual flow or are taking blood thinning agents.

Mexican Wild Yam (Dioscorea barbasco)

Until recently, wild yam was the sole source of the diosgenin used in making the contraceptive pill and HRT treatments. Replacing two thirds of staple food with yam for 30 days has shown to improve the status of sex hormones, lipids, and antioxidants in postmenopausal women.

Beneficial for female disorders, wild yam reduces menstrual cramping, relieves some symptoms related to menopause, decreases water retention and alleviates nausea caused by pregnancy. As far back as 25 BCE, the Mexican wild yam was mentioned in the Chinese Pen Tsao Ching as a highly valued herb.

Soybean (Leguminosae glycine g. max)

In soy there are three significant isoflavone compounds: daidzein, genistein, glycitein. Women who have high-soy diets exhibit relatively low levels of reproductive and hormone-related diseases. Isoflavones are estrogen-mimicking adaptogens and if a woman has an excessive amount of estrogen these substances help block the estrogen from entering the receptor site.

As many symptoms of menopause and PMS are due to an imbalance of estrogen and progesterone, this activity helps achieve a natural balance. Soy bean has been used to treat the symptoms associated with menopause, to control cholesterol, and to prevent bone loss.

Cramp Bark (Viburnum opulus)

Cramp bark contains small amounts of several different types of compounds, a chemical known as viopudial is believed to provide cramp bark with its cramp-relieving effects. The traditional uses of cramp bark has been to relax the uterus when uterine muscle spasms

threaten to cause a miscarriage, though this may complicate the pregnancy. Cramp Bark will relax the uterus and so relieve painful cramps associated with periods. Its astringent action gives it a role in the treatment of excessive blood loss in periods and especially bleeding associated with menopause.

Cramp Bark contains hydroquinones; arbutin, methylarbutin and traces of free hydroquinone, Coumarins, such as scopoletin and scopolin and Tannins; mainly catechins.

Damiana (Turnera diffusa)

Damiana has been hailed as an aphrodisiac since ancient times. Damiana was recorded to be used as an aphrodisiac in the ancient Mayan civilization. It is well known for its aphrodisiac effects.

Damiana is also used for menstrual irregularities. It is used as a tonic for the hormonal system and has positive effects on the reproductive organs. The main constituents of damiana include: Albuminoids, alpha-copaene, alpha-pinene, arbutin, barterin, beta-pinene, beta-sitosterol, calamenene, caoutchouc, chlorophyll, 1,8-cineole, cymene, cymol, damianin, essential oil, gamma-cadinene, gonzalitosin-i, hexacosanol-1, luteolin, quinovopyranosides, tannins, tetraphyllin b, thymol, triacontane, and trimethoxyflavones.

Blue Cohosh (Caulophyllum thalictroides)

The rootstock of Blue Cohosh is used to regulate menstruation. The Native American indians used it to induce labour.

They would make a tea and from one to three weeks before a woman was due to give birth she would take small doses of root tea daily. This was thought to facilitate labor and make for an easy birth and rapid recovery. But taken earlier in a pregnancy the same tea may cause a miscarriage thus being used as an abortifacient herb.

Blue Cohosh is used to regulate the menstrual flow and for treating suppressed menstruation. Blue Cohosh contains gum, starch, salts, extractive, phosphoric acid, soluble resin, greenish-yellow coloring matter, and a material similar to Saponin.

Do not use Blue Cohosh if you have stomach or intestinal problems or high blood pressure. Blue Cohosh may aggravate these conditions. Blue Cohosh may affect the menstrual cycle and may cause uterine contractions that could result in miscarriage or premature labor.

Assignment: Take the herbs listed above that grow in your area and add them to your Herbal Grimoire. Take the time to become associated with these herbs in their natural settings.

Quiz:

1. *Turnera diffusa* is a well known _____.
2. Wild Yam is a source of _____.
3. *Vitex Agnus-Castus* is known as the _____ _____.
4. Diaphoretic's are used to increase _____.
5. The Native Americans used *Caulophyllum thalictroides* to induce _____.
6. Soy bean has three significant _____ _____.
7. *Chamaelirium luteum* helps with _____ pain and female _____.

Skin care and wounds

Basic herb course lesson twelve



Goldenrod

There are records detailing the use of Aloe on Sumerian clay tablets as far back as 2200 B.C.E.

Edgar Cayce at times referred to Goldenseal as "Life Everlasting" and recommended it to "create a high vibration in the blood supply".

"Hyssop is a name of Greek origin, adopted from the Greek azob (a holy herb), because it was often used to clean the temples and other sacred places."

Analgesic - An agent which reduces or eliminates pain by acting on the sensory nervous system, either centrally or peripherally

Antibiotic - A substance that inhibits the growth of or destroys bacteria or other microorganisms

Anti-inflammatory - An agent that counteracts inflammation

Antioxidant - Compounds that provides stability to fats and oils by delaying oxidation.

Antiseptic - An agent capable of producing antiseptis

Astringent - An agent that has a constricting or binding effect, i.e., one that checks hemorrhages, or secretions by coagulation of proteins on a cell surface arresting secretion of discharge and causing contraction of tissues.

Demulcent - An agent that will soothe and protect the part or soften the skin to which applied.

Emollient - An agent that will soften, soothe and protect the part when applied locally

Febrifuge - An agent serving to mitigate or remove fever

Hemostatic - An agent that serves to stop bleeding,

Herb List:

Comfrey (Symphytum officinale) -The bruised leaves may be applied as a poultice for cuts and wounds or bruises. A poultice of comfrey was an old remedy for mending broken bones. Comfrey is known as a mild narcotic.

Comfrey was one of the most popular and widely used herbs of the last two centuries.

It is suggested that the leaves only are used. The roots are said to produce high levels of pyrrolizidine alkaloids which are toxic to the liver. Comfrey should be cultivated by an expert only. First year leaves resemble foxglove.

Slippery Elm (Ulmus fulva) - Slippery elm is used externally as a poultice to treat wounds, burns, and other skin conditions.

Slippery elm has also been used as a skin softener and smoother. The slippery elm's inner bark is used for medicinal purposes.

The dried inner bark of the slippery elm is known as the "bast". It is a calcium-rich, nutritive substance containing bioflavonoids, a high amount of mucilage, starch, a small quantity of tannins, as well as vitamin E.

Aloe Vera - Aloe has been well known for centuries for its healing properties. Aloe is used in any kind of healing involving skin wounds, burns, or scalding.

Other topical uses include acne, sunburn, frostbite, shingles, and psoriasis, preventing scarring, rosecea, warts, wrinkles, and eczema.

If you have an aloe plant, first give thanks to the plant and then break off a leaf and squeeze out the medicinal gel. Aloe Vera is a natural vegetarian source of Vitamin B12, and it contains many minerals vital to the growth process and healthy function of all the body's systems.

Golden Seal (Hydrastis canadensis) - Golden Seal is very helpful in reducing swelling and stopping internal bleeding while healing mucus membrane and catarrhal conditions anywhere in the body. It is useful to clean wounds, reduce hemorrhoids, soothe canker sores, and alleviate skin infections such as ringworm and athlete's foot. Roughly 5% of the root consists of the alkaloids hydrastine, berberine and canadine.

Do not use during pregnancy, it may stimulate the uterus. And do not take on a daily basis for more than a week.

Chickweed (Stellaria media) - Chickweed is useful on all kinds of wounds, bruises, and sores. It also treats skin irritations and rashes externally. Chickweed is often used to ease itching. The herb of the plant is used.

Chickweed contains ascorbic acid (vitamin C), biotin, choline, copper, inositol, PABA, fatty acids, mucilage, minerals, phosphorus, potash salts, rutin, silicon, sodium, and vitamins B6, B12, and D.

Echinacea (Echinacea pallida) - Externally, it can be made into an ointment for treatment of insect bites, burns, measles, skin ulcers, herpes sores, cold sores. Echinacea is also used externally for hard to heal wounds and sores.

Do not use if you display allergies to members of the daisy family.

Eastern hemlock (Tsuga canadensis) - The inner bark and leaves are the parts usually used. The leaves are a source of vitamin C.

Use a tea from the leaves to wash external sores and ulcers as well as canker sores. Native Americans used the inner bark as a poultice.

Eastern Hemlock tea should not be taken during pregnancy.

Shepherds Purse (Capsella bursa-pastoris) Shepherds Purse is an astringent plant long used to limit bleeding. The aerial parts of the plant are used. It is considered one of nature's best hemostatics, by either constricting the blood vessels or coagulating the blood. Once dried it is a useful styptic against hemorrhage. Shepherds Purse contains vitamin K.

Heal-all (Prunella vulgaris) Heal-all is a highly regarded European wound herb, widely used to stop bleeding. The leaves and young shoots are used by herbalists to stop bleeding and applied fresh in poultices as emergency first aid on clean cuts. It is also used on bruises and sores. Heal-all contains ursolic acid, essential oil, bitter principle, oleanolic acid, rutin, caffeic acid, hyperoside, vitamins A, C, B1, K and tannin.

Hyssop (Externally, Hyssop leaves can be pounded into a poultice, then add water, and maybe some oatmeal to reach desired consistency. This can be used for treating, cuts, scrapes, bruises, cold sores, herpes sores, and to heal scars. Hyssop is known to be an excellent tonic. Apply the crushed leaves directly to bruises or to wounds to cure infection and promote healing.

Hyssop contains volatile oil, tannin and glycoside (diosmine), flavonoids, marrubin.

Do not use continuously for extended periods of time.

Poultices and so forth:

Hemlock spruce:

Infusion: for internal use, steep 1 tsp. inner bark or twigs in 1 cup boiling water for 10 minutes.

Decoction: for external use, simmer 1 tsp. bark or twigs in 1 cup of water for 10 minutes.

Hyssop:

To make a Hyssop compress, use one ounce of herb to 1 pint of boiling water. Let it steep for up to 30 minutes, covered, then cool, soak a clean cloth in it and apply.

Alum root poultice:

The root is pounded up and used wet to apply to as a poultice on wounds and sores.

Bayberry poultice:

Used externally as a wash and poultice for cuts, bruises, buboes, insect bites, ulcers, indolent ulcers, scrofulous ulcers, sores, gangrenous sores, cancerous sores, carbuncles, boils, itching, dandruff and hair loss. Bayberry should be combined with slippery elm in poultices.

Slippery Elm poultice:

Slippery Elm is considered one of the best possible poultices for wounds, boils, ulcers, burns and all inflamed surfaces.

Mix Slippery Elm bark powder with hot water to form a paste. Spread the paste, when cooled, smoothly on a sterile cotton cloth and apply to affected parts.

To make a Decoction:

Boil 1 quart of water; pour over 2 oz of herbs, steep 2-8 hours, covered. Strain, cover and boil infusion down to 1 pint.

To make an Infusion:

Boil 1 pint of water; pour over 1 oz. herbs and steep, covered for 2-8 hours and then strain.

To make an Herbal Tea:

Using dried herbs, it is recommended that 1 to 2 teaspoons of herbs per 8 oz. water are placed in a cup, either loose or in a tea ball or some kind of strainer.

Using fresh herbs, it is recommended that 3 to 4 teaspoons of herbs per 8 oz. water are crushed and bruised and placed in a cup, either loose or in a tea ball or some kind of strainer.

Pour near-boiling water over the herbs, covering them completely with hot water. Cover the cup and let it steep and then strain and drink, inhaling the steam. Most plants can be steeped 3 to 20 minutes for a tea. Chamomile should steep no more than 8 minutes or else it can cause stomach upset. Mints (including catnip) should be steeped no more than 10 minutes or else the tannins in the plants will cause the tea to be bitter.

Assignment:

Do the research and compile a paper on poultices for your grimoire. Add as many herbal poultices as you can to the ones listed in this lesson. When possible, become familiar with these herbs in the wild.

Quiz:

1. Should Golden Seal be used during pregnancy?
2. Capsella bursa-pastoris is a _____ plant.
3. Haemostatic is an agent that serves to stop _____.
4. Heal-all is a highly regarded European _____ herb.
5. Antiseptic is an agent capable of producing _____.
6. Aloe Vera is a natural vegetarian source of _____.
7. Analgesic - An agent which reduces or eliminates pain by acting on the _____.

Ear, Eye, Throat and Nose complaints

Basic Herb course lesson Thirteen



Eyebright

In the fourteenth century, Eyebright was supposed to cure "all evils of the eye" and is described as the source of "a precious water to clear a man's sight."

Plantain was considered to be one of the nine sacred herbs by the ancient Saxon people, and has been celebrated in Anglo-Saxon poetry as the "mother of herbs."

Antibacterial - An agent that destroys or stops the growth of bacteria

Antibiotic - A substance that inhibits the growth of or destroys bacteria or other microorganisms

Antipyretic - An agent that reduces fever

Antispasmodic - An agent that prevents or relieves spasms of the voluntary and involuntary muscles

Antitussive - An agent that prevents, relieves or suppresses coughing.

Astringent - An agent that shrinks, blanches wrinkles and hardens tissue.

Demulcent - An agent that will soothe and protect the part or soften the skin to which applied. The term is usually restricted to agents acting on mucous membrane.

Diaphoretic - A soporific or an agent that increases perspiration

Emetic - An agent that causes vomiting

Expectorant - An agent that promotes the ejection of mucus or other fluids from the lungs and trachea

Fever - An abnormal bodily state characterized by increased production of heat, accelerated heart action and pulse, and systemic debility with weakness, loss of appetite and thirst.

Tonic - An agent that invigorates and strengthens all systems and organs

Herb List:

Eyebright (*Euphrasia officinalis*) - Relieves inflamed eyes due to allergies and air pollutants. Eyebright is often used to cleanse and nutritionally strengthen the eyes, due to its volatile oil and tannin content. It is also good for light sensitivity, eye strain, minor irritation, and weak eyesight.

Plantain (*Plantago major*) Plantain is an ancient remedy used widely for relieving coughs, bronchitis, tuberculosis, sore throat, and laryngitis. The juice is thought to relieve earache.

The leaves are also used for earache and eye ailments. Plantains contain high amounts of mucilage and tannin, and are high in minerals and vitamins C and K.

Red Raspberry (Rubus idaeus) - Red Raspberry is useful for colds, sore throat, bronchitis, coughs, fevers, general nausea, ulcers, and as an eyewash. Externally, the leaves and roots are used as a gargle to treat tonsillitis and mouth inflammations as well as canker sores and bleeding gums. The leaves of Red raspberry which is the part most used, contain volatile oil, polypeptides, flavonoids, tannins; berries: citric acid, malic acid, pectin, fruit sugars, vitamins A, B1, and C. Red raspberry is a good source for vitamin C, manganese, iron and niacin.

Do not take medicinally during the early stages of pregnancy.

Coltsfoot (Tussilago Farfara) - Coltsfoot is known as one of the most popular of cough remedies. Coltsfoot is a soothing expectorant with anti-spasmodic action, which can be used in the treatment of chronic or acute bronchitis, whooping cough, asthma, and chronic emphysema.

All parts of the plant are abundant in mucilage, and contain a little tannin and a trace of a bitter amorphous glucoside. The flowers contain also a phytosterol and a dihydride alcohol, Faradiol. Those suffering from asthma, catarrh and other lung troubles may benefit from smoking a mixture of Coltsfoot leaves, Buckbean, Eyebright, Betony, Rosemary, Thyme, Lavender, and Chamomile flowers. The botanical name, Tussilago, stands for "cough dispeller".

Large amounts and strong doses of coltsfoot tea may produce a miscarriage in a pregnant woman.

Currant, Gooseberries (Ribes species) - An infusion of the young roots of *R. nigrum* is useful in eruptive fevers. The juice can be boiled to an extract with sugar, when it is called "Rob", and is used for inflammatory sore throats. Bark of the swamp gooseberry or swamp currant, *R. lacustre*, is peeled off and boiled into a tea to wash sore eyes. The roots of the trailing black currant, *R. laxiflorum*, are used to make medicinal tea for colds. Currants contain vitamin C.

Do not use if pregnant.

Garlic - Garlic is beneficial for flu, respiratory ailments, colic, colds, and ear aches. For cough, flu, and respiratory ailments, makes a cough syrup out of garlic. Slice 1 pound of fresh garlic and pour one quart of boiling water over it. Let sit for 12 hours, and then add sugar until you reach the consistency of syrup. Add honey for better taste, if desired.

For sore throat, make a garlic tea by steeping several cloves of garlic in half a cup of water overnight. Hold your nose and drink it. Warm garlic oil helps to heal an earache caused by bacteria.

Large doses of garlic may intensify the effect of coumadin or aspirin.

Slippery Elm (Ulmus Fulva) - Taken internally, it is commonly used for colds or fevers as well as lung and bronchial conditions. It soothes and heals all that it comes into contact with, and is highly nutritious. It is very beneficial for inflammation of the mouth and throat. The inner bark of the tree is used and its constituents are mucilage, composed of galactose, 3-methyl galactose, rhamnose and galacturonic acid residues. Slippery Elm is considered to be the best demulcent for internal and external use.

Boneset (Eupatorium perfoliatum) - When taken warm, Boneset is diaphoretic and emetic and can be used to break up a common cold, for intermittent fever, cough, and for the flu. Boneset can be invaluable in relieving coughs and upper respiratory congestion. Also used for headache, and stuffy nose. The parts used are the dried leaves and flowering tops.

Boneset contains emetine, which is a white crystalline bitter alkaloid that causes emetic responses (vomiting). Boneset also contains the glycosides panaxin, panax acid, panaquilin, and sapogenin. Panaxin is used to stimulate the midbrain, heart, and blood vessels. Panax acid stimulates the heart and general metabolism. Panaquilin stimulates internal secretions and sapogenin are volatile oils that stimulate the central nervous system.

Feverfew (Chrysanthemum Parthenium) - Feverfew has some merit taken as a syrup to reduce the discomfort of colds, flu, wheezing. Some 80% of all medical cases of migraine, have found feverfew a preventive in migraine headaches. One to four leaves chewed per day have proven to be effective for some migraine headaches. A warm infusion is used for flu, colds, and fever.

Feverfews constituents are an essential oil containing camphor, terpene, borneol, various esters and a bitter principle, pyrethrin, tannin, sesquiterpene lactones.

Cow Parsnip (Heracleum lanatum) - Cow parsnip is used in tonics for colds and sore throats. The root is used for colds, sore throat, and mouth sores. Root tea is also used for headaches and flu. The root contains "psoralen". Chew the root raw or boil it in water and drink the tea. No more than 1 tsp. of powdered root per day is recommended.

Tonics, Decoctions and so forth:

Eye wash

Mix 1 tbsp of eyebright and 1/8 of a tsp. of goldenseal and cover with about 2 ozs of boiling water. Let this stand for 5 to 10 minutes. Strain the herbs out of the mixture and allow cooling. With a dropper, put 1 to 3 drops in each eye, three to four times a day.

Red Raspberry

Infusion: Pour a cup of boiling water onto 2 tsp of the dried herb and let infuse for 10-15 minutes. Drink freely as needed.

Tea: 1 to 2 teaspoons herb (Red Raspberry leaves) in one cup boiling water, steep 15 minutes, take 2-6 cups/daily. Note: During pregnancy dosages should not exceed 2-3 cups daily.

Coltsfoot Decoction:

A decoction is made of 1 oz. of leaves, in 1 quart of water boiled down to a pint, sweetened with honey or licorice (avoid licorice if hypertension is present), and taken in teacupful doses frequently. This is good for both colds and asthma.

Slippery Elm Decoction:

Use 1 part of the powdered bark to 8 parts of water. Mix the powder in a little water initially to ensure it will mix. Bring to the boil and simmer gently for 10-15 minutes. Drink half a cup three times a day.

Boneset:

Infusion: use 1 level tsp. herb with 1 cup boiling water; steep for 30 minutes and strain.

As a tonic, take cold, 1 tsp. 3-6 times a day.

Assignment:

Gather the herbs necessary and make at least two of the decoctions/infusions listed above.

Quiz:

1. Cow parsnip is used in tonics for _____ and _____.
2. A demulcent is an agent that will _____ and _____ the part or soften the skin to which applied.
3. The part most used of Red Raspberry is the _____.
4. Slippery Elm is considered to be the best _____ for internal and external use.
5. In the Coltsfoot decoction you use _____ of leaves.
6. A antitussive is an agent that prevents, relieves or suppresses _____.
7. The botanical name _____, stands for "cough dispeller".

Herbal Beauty:

Basic Herb Course Lesson Fourteen



Rosemary

"A human being is part of a whole, called by us the 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest -- a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty."

- Albert Einstein

Herbs are a great and natural way to maintain our appearances and to free ourselves. Following are a number of different suggestions involving the use of herbs:

Glossary:

Essential Oil – is any of a class of volatile oils that impart the characteristic odors of plants. It is used especially in perfumes, food flavorings and aromatherapy.

Infusion - a solution obtained by steeping or soaking a substance in a liquid such as water, oil or vinegar.

Glycerin - Glycerin is a colorless, odorless, viscous, water-soluble liquid with slightly sweet taste. Vegetable glycerin is made from palm, soybean, coconut or corn oils. Glycerin can also be made from animal fat.

Gum Benzoin - Benzoin resin is a balsamic resin obtained from the benzoin tree, certain species of tropical Asian trees of the genus *Styrax*.

Distilled Water – This is water that has been treated by boiling and condensation to remove solids, inorganic and some organic chemicals.

Castile Soap - This name comes from a region in Spain known for producing olive oil based soaps in the 13th century.

Soap with a large percentage of olive oil is referred to as a Castile soap.

Herbal Shampoo for All Hair Types:

Mix with: medium-sized bowl and spoon and store in bottle.

Yields: approximately 40 treatments

This shampoo leaves hair shiny and soft. Good baby shampoo, this mixture is very mild and gentle.

2 cups distilled water
1 tablespoon calendula (pot marigold)
2 teaspoons rosemary
1 tablespoon nettle
2 teaspoons orange peel
2 teaspoons comfrey
2 tablespoons chamomile
1/2 teaspoon essential oil of lavender
1 teaspoon jojoba oil (disregard if hair is oily)
1/2 cup all-natural, gentle baby shampoo

Bring water to a boil and remove from heat. Add the herbs, cover, and allow steeping for 30 minutes. Strain mixture into a medium-sized bowl, add the oils and stir vigorously. Add the shampoo and gently stir until thoroughly mixed. Pour into a labeled bottle and

keep refrigerated to preserve the freshness. This shampoo will not produce massive suds as it does not contain strong foaming agents. It cleans gently with minimal scudding.

Note: Before use, lightly shake shampoo to mix the oil that may separate from the rest of the ingredients.

Wrinkle Smoother:

Good for: all skin types, especially dehydrated, rough, and chapped skin.

Use: one to two times per week.

Prep time: 10 to 15 minutes. **Mix with:** mortar and pestle to crush seeds

Store in: zip-seal bag, low tub, jar or tin. Keep in cool dark place.

Yields: 1 treatment

Soothes and softens skin. This mixture, when strained and cooled, can be used as a soothing facial splash, mouthwash, or softening hair rinse. Refrigerate any unused portion.

3 cups distilled water
1 tablespoon crushed fennel seed
2 drops essential oil of rose

Follow this treatment up with a mask and moisturizer.

Mint Tooth Paste:

6 teaspoons baking soda
1/3 teaspoon salt
4 teaspoons glycerin
15 drops peppermint or wintergreen extract

Mix thoroughly. It should be a tooth paste consistency. Then store in a container. You'll be surprised with how fresh your mouth feels

Lemon Mouth Wash:

3/4 cup vodka
20 drops lemon essential oil
1 1/4 cup distilled water
30 drops bergamot essential oil

Combine the vodka with the essential oils in a bottle, shake well then allow sitting for 1 week. Shake once a day. When ready to use, dilute the mix with 3 parts water/ 1 part mixture. Use it as a gargle or mouth rinse. Do Not Drink.

Violet Bubble Bath:

**1 quart (4 cups) distilled water
1 (4oz.) bar castile soap (grated or flaked), you can also use 1 cup unscented shampoo as an alternative to the castile soap.
2 ounces coconut oil
2 ounce liquid glycerin (skin moisturizer)
4 drops violet fragrant oil**

Mix all ingredients together. Then store in a container. Pour in running water.

Ocean Blue Bath Salt:

**1 cup Epsom salt
1 cup baking soda
4 drops blue food coloring
3 drops Jasmine essential/ fragrance oil
4 drops vanilla essential/ fragrance oil
2 tablespoons liquid glycerin (skin moisturizer) (optional)**

Combine dry ingredients, mix well. Add color and scents one at a time. Keep stirring until mixed well. Break up any clumps. Keep mixing until you have a semi fine powder. Add glycerin and mix well.

Exotic Aftershave:

**3 tablespoons witch hazel
5 tablespoons cider vinegar
5 tablespoons orange flower water
15 drops bergamot essential/fragrance oil
10 drops lemon essential/fragrance oil
8 drops Neroli essential/fragrance oil**

Directions: Combine all the ingredients into a bottle, shake well. Set aside for 1 week. Shake once a day. Then store in a cool dark area.

Avocado Facial:

Avocado is a naturally rich moisturizer. Mash the meat of the avocado into a creamy texture. Massage into the face and neck. Leave on for 15 minutes and gently rinse off.

Aches & Itches Bath Salt:

**1/2 cup baking soda
1/2 cup dry milk
1 cup Epsom salt
1 cup sea salt**

Mix all ingredients together in a large Ziploc bag.

Citrus Potpourri:

**2 oz dried marigold petals
2 oz dried lemon verbena leaves
1 oz dried lemon grass
1 oz dried lemon peel
1 oz dried grated lemon rind
1 oz coriander seeds
1 oz gum benzoin (fixative)
15 drops lime essential oil
10 drops lemon essential oil
5 drops Rose geranium essential oil
5 drops bergamot essential oil
4 sprigs dried mimosa
5-10 dried daffodil or narcissus heads
2-3 pieces dried orange peel**

Makes approximately 9 oz of potpourri

Mix the marigold petals, lemon verbena leaves, lemon peel and lemon grass in a large china bowl. Place the lemon rind, coriander seeds and gum benzoin in a mortar and grind thoroughly. Add the oils to the mixture in the mortar and blend well. Combine the two mixtures together in the large bowl.

Store in a sealed dish and stir twice a week. Allow six weeks for the mixture to cure. To display, pour the potpourri into a wide dish and scatter with mimosa, daffodils and orange peel.

Lady's Mantle Hand Lotion

**2 Tbsp of a strong infusion of lady's mantle
2 Tbsp glycerin
2 tsp carrageen moss (Irish moss) melted in a little hot water
4 Tbsp vodka
10 drops essential oil of rose or geranium**

Stir glycerin into melted moss. Add essential oil to vodka, then blend into the glycerin mixture. Stir in lady's mantle infusion, blend well. Pour into jar, cap tightly. Shake before using.

Breathe Fresheners

- A. Chew fresh parsley to sweeten the breath.**
- B. Chew fennel seeds to freshen the breath.**
- C. Chew anise seeds to freshen the breath.**
- D. Chew a few peppermint or spearmint leaves or drink a cup of peppermint tea**
- E. Add 1 drop of myrrh oil to 1 cup of cooled, boiled water. Use as gargle/mouthwash. tea**

Rosemary-Mint Mouthwash

2 1/2 cups distilled or mineral water
1 tsp fresh mint leaves
1tsp rosemary leaves
1 tsp anise seeds

Boil the water; add herbs and seeds infuse for 20 minutes. Cool, strain and use as a gargle/mouthwash.

Pine Toner

2 cups fresh pine needles
1 cup distilled water
1/2 cup witch hazel

Place pine needles in small saucepan with distilled water. Bring water to boil. Allow water to cool completely then strain and discard pine needles. Add witch hazel and stir well. Pour into a clean bottle or decorative capped container. Apply to skin with a cotton ball. Then store in a cool dark place.

As with all of the information in this course, you are encouraged to copy these recipes into your Herbal Grimoire.

You also are encouraged to visit your local woods and fields and to become familiar with the actual herbs that are growing in your area. Deity has given us many gifts...

Assignment: Acquire the materials and make and use two of the above recipes.

Quiz:

1. Castile soap is consists primarily of _____ .
2. For a hand cream, Irish moss is _____ in a little hot water.
3. An infusion is obtained by _____ or _____ an herb in a liquid.
4. One _____ of Anise seeds are included in a mouthwash.
5. Allow _____ for the potpourri mixture to cure.
6. Avacodo is a naturally rich _____ .
7. In the Violet Bubble bath, _____ of coconut oil are added.

Basic herb course - lesson fifteen

Culinary Uses



Chickweed

Composition - Mix dry herbs generally as a medicine for flu and fever powders
Diuretic - An agent that increases the secretion of urine
Flatulence - The presence of excessive gas in the intestinal tract due to fermentation or decomposition
Mucilage - Sticky and gummy vegetable preparation used in pharmaceuticals.
Steep - To extract the essence of the herb by soaking
Vermifuge - An agent that causes the expulsion of intestinal worms

The woods and fields are full of culinary delights. Following are just a few of these offerings.

Culinary Uses:

Cattail (*Typha agustifolia*)

The Cattail has many different uses. In early spring dig up the roots and break off the sprouts at the end of the roots. These can be eaten either raw or cooked. When plants are 2 to 3 feet tall, pull straight up and then break off the root. Peel away the outer layers and the tender inside can be eaten raw like celery or used in a salad.

This is known as "Cossack Asparagus". From fall until spring, take and crush the root in a pail of cold water, allowing the starch to settle to the bottom. Pour off the water and let dry. The resulting starch can be used as white flour. In late spring take the green bloom spikes and remove the sheaths.

Boil in slightly salted water until tender and eat like corn on the cob. Do this before the pollen below ripens.

Chickweed (*Stellaria media*)

Prior to blooming, pick the tender leaves and stems and then use raw in salads. Or boil for 4 or 5 minutes and serve with butter and a little onion. It can be added to other greens.

Purslane (*Portulaca oleracea*)

As a potherb, cook young plants for 10 minutes and season with salt and butter. The stems can be pickled the same as cucumbers. Winnow the seeds, dry for a week in the shade and then grind use half and half with flour. Use the raw shoots in salads. Purslane is high in iron.

Marsh Mallow (*Althaea officinalis*)

Slice peeled roots until thin, boil for 20 minutes in just enough water to cover them. Pour off the water and fry in butter along with chopped onion until brown. For candy, add sugar to the poured off liquid and re-boil until very thick. Beat and then drop spoonfuls onto wax paper to cool. When cooled, roll in confectioners' sugar. Boil any part of the plant and then

use the boiled water as a substitute for meringue. Use the young leaves as a potherb. The flower buds can be pickled.

Common Burdock (*Arctium lappa*)

Dig up the roots of first year plants. Peel the roots and slice 1/2 inch thick. Boil for 20 minutes with a pinch of baking soda. Change water and boil again until tender. Serve with butter, salt and pepper.

Or mash the roots after boiling them tender and make fried patties. For celery, peel the flower stalk until free of green rind. Eat raw or in salads. For candy, simmer pieces of cooked flower stalk in maple syrup. Burdock contains vitamin A and selenium.

Dandelion (*Taraxacum officinale*)

Peel the young roots, slice them thin, and boil for 20 minutes with a pinch of baking soda. Drain and re-boil for 20 minutes. Serve with butter. Or after second boiling try sauté in butter until brown.

Boil the buds for a few minutes and serve with butter. Roast the roots slowly in the oven and then grind and brew for coffee. Dandelion is rich in vitamin A. Boil the new leaves and serve like spinach. The raw leaves and flowers can be used in salads. A cup of raw greens has the same calcium as 1/2 of a glass of milk.

It also has 14,000 i.u. of Vitamin A, plus 19 milligrams of thiamin, 26 mg. of riboflavin and 35 mg. of ascorbic acid, your body change it into vitamin C. The flowers make a tasty fritter when dipped and fried in batter.

Lamb's quarters (*Chenopodium album*)

Lamb's quarters is an odorless, branching, annual herb. Use the shoots, leaves and tips in any way that you might use spinach. Use the leafy stems as a salad. Lamb's-quarters is very high in vitamin A, calcium, potassium, and phosphorus and is also a good source of protein, trace minerals, B-complex vitamins, vitamin C, iron, and fiber.

The cleaned seeds can be cooked as a cereal, or ground into flour to mix with wheat flour. They are high in protein, calcium, phosphorus, potassium, and niacin.

Sheep Sorrel (*Rumex acetosella*)

Leaves are edible and can be used raw in salads or added to soups or vegetable dishes as a cooked green. Pick fresh and store in the fridge like other salad greens.

The leaves can be used as a potherb or boiled to make a tea that is rich in vitamin C.

Spruce trees (*Picea* spp)

The inner bark can be peeled and dried and then ground into powder. The young shoots can be boiled and eaten as vegetables. The green needles can be boiled for a tea that is rich in vitamin C.

Miners Lettuce (*Claytonia perfoliata*)

The whole plant can be eaten raw or cooked. It is rich in vitamin C and iron.

Bulrushes (*Typha angustifolia*)

The roots and sprouts can be eaten raw or boiled. The pollen, seeds and rootstocks can be dried and ground into flour. Make sure to peel the rootstocks first. The seeds can be boiled into a cereal.

Clovers (*Melilotus officinalis*)

The young leaves can be eaten raw. The older leaves can be boiled as a potherb. The flowers can be steeped into a healthy tea. Or the flowers can be fried in fat. The seed heads can be dried and ground into flour. And the roots can be scraped and boiled as a vegetable.

Reed (*Phragmites communis*)

The young shoots and leaves can be boiled and eaten as vegetables. The fleshy green stalks can be dried, ground and roasted to make a tasty sugar. The seeds can be dried and ground into flour. The seeds can also be dried and boiled into a cereal. The rootstocks can be dried and ground into flour or boiled and eaten as a vegetable.

Violets (*Viola odorata*)

The young tender leaves and flowers can be eaten raw or added to soups and stews. The leaves and flowers can also be dried and steeped as a tea.

Both the leaves and flowers are rich in vitamin C.

Wild Herb Recipes

Cattail Fried Rice:

1 tablespoon toasted sesame oil
1/2 cup peeled and chopped cattail shoots
1 cup shallots, chopped
2 cloves garlic, chopped
3 cups cooked brown rice
2 tablespoons soy sauce
1 tablespoon chili paste or 1/2 teaspoon cayenne pepper

Heat the sesame oil in a large skillet over a medium flame. Add the cattails, shallots and garlic and sauté for 5 minutes. Add the remaining ingredients and cook until the rice is hot. Stir frequently to prevent sticking.

Serves 4

Burdock Pickles:

**4 cups burdock root, cut into finger-sized pieces
1 cup brown rice vinegar
1 cup water
18 common spicebush berries or 2 tbs. allspice
2 tbs. bayberry leaves or commercial bay leaves
1 tbs. star anise
2 tbs. fresh commercial ginger, sliced
2 tsp. black mustard seeds
1 tsp. cloves
1 tsp. Vege-sal or salt**

- 1. Steam the burdock on a steamer rack over water 40 minutes, or until tender enough to pierce with a fork, or pressures cook it 15 minutes.**
- 2. Drain the burdock and put into jar.**
- 3. Place a fork in the jar to prevent it from shattering.**
- 4. In the meantime mix the vinegar and the water, and bring to a boil.**
- 5. Pour this over the burdock and stir in the remaining ingredients.**
- 6. Remove the fork, cover, and refrigerate at least 12 hours before serving. This recipe lasts for weeks refrigerated.**

Makes 4 cups

Preparation Time: 20 minutes

Dandelion Columbo:

**2 tbs. peanut oil
6 cups dandelion leaves, wild or commercial chicory leaves, or other bitter greens, chopped
1 medium cauliflower, sliced
6 cloves of garlic, chopped
2 small hot chili peppers, seeds and ribs removed, or 1/4 tsp. cayenne hot pepper, or to taste
1 tsp. coriander, ground
1 tsp. turmeric**

1 tsp. yellow mustard seeds, ground
1 cup coconut milk
1/2 cup silken tofu, drained
1/4 cup water
1-1/2 tbs. mellow (light-colored) miso
1/2 tsp. rum extract, or 2 tbs. rum or any wild wine or sherry (optional)

- 1. Sauté the dandelions, cauliflower, garlic, and chili peppers in the peanut oil 10 minutes.**
- 2. Meanwhile, puree the remaining ingredients in a blender.**
- 3. Mix the puree with the sautéed ingredients, bring to a boil, reduce the heat to low, cover, and cook another 10 minutes, or until the cauliflower is tender.**

Serves 6

Sheep Sorrel Spread:

2 medium-size red onions, peeled
2 medium-size ripe avocados, peeled and pitted
2 cups sheep sorrel leaves, wood sorrel leaves, or garden sorrel leaves
1/4 cup any wild onion or wild garlic leaves, chives, or scallion greens, chopped
One 6-ounce jar low-sodium olives, drained
Juice of 1 lemon
2 tablespoons mellow (light-colored) miso
1 teaspoon chili paste or 1/4 teaspoon cayenne pepper, or to taste

- 1. Chop the onions coarsely by hand.**
- 2. Add the remaining ingredients and using a food processor chop them fine.**

Sheep Sorrel Spread will keep tightly covered, in the refrigerator for up to 10 days.

Makes 3-3/4 cups

Hawthorn jelly -

1/2 pint of water is used for each 1 pound of fruit. Clean the fruit, simmer and then mash the fruit. Add 1 pound sugar for each 1 pint of liquid. Use a little lemon to sharpen the flavor. The jelly is brownish in color.

Assignment: Prepare and serve a full course meal using the recipes and/or herbs listed above.

Quiz:

1. The leaves and stems of *Stellaria media* are picked prior to _____.
2. Boil the leaves of *Rumex acetosella* for a tea that is rich in _____.
3. A diuretic is an agent that increases the secretion of _____.
4. Purslane is used as a _____.
5. Dandelion roots can be ground and used for _____.
6. The fleshy green stalks of *Phragmites communis* can be used to make a tasty _____.
7. Common Burdock contains vitamins ___ and _____.

Magickal Uses

Basic Herb Class Lesson Sixteen



Catnip

Greetings: It would take an entire encyclopedia to list all of the uses of herbs in magickal rites. Suffice it to say that if there is a magickal ritual to be performed, there is an herb that can be utilized for the purpose at hand. In the Celtic beliefs, herbs came from the grave of the God Miach and were sorted and classified by his sister, Airmid.

Aisling - A dream vision

Amulet - A magically charged object generally used for protection.

Asperger - A bundle of fresh herbs used to sprinkle purifying water around the circle.

Corn dolly - A human shaped figure made from various grains. A type of poppet

Pomander - a perforated box or bag for holding scents

Potpourri - an herbal blend used for aromatherapy

Satchel - a small bag or pouch used to carry herbs in

Some Magickal uses of Herbs:

Acorn - Place an acorn under your pillow to increase fertility

Black Cohosh - carry it in a satchel to invoke a feeling of courage.

Burdock - Carry for protection or place around the house for purification

Cloves - Wear or carry cloves to draw members of the opposite sex to you.

Catnip - when grown near or around your home it attracts good luck. Also used in love spells.

Dandelion - To increase psychic powers; drink dandelion tea during the full moon. To send a wish, make a wish and blow on a dandelion seed head.

Echinacea - often used in spells to strengthen their power.

Elderberry - To protect your animals, make a cross from Elder branches and attach it to the barn. A stick of Elder is used in weddings to bring good luck.

Feverfew - plant around the home to purify the area and ward off disease.

Hawthorn - place the leaves in cradles to protect infants. While fishing, carry a sachet of the leaves, flowers, berries to increase the chances of a good catch.

Irish moss - Carry a little amulet filled with Irish Moss with you while travelling, for protection. Carry some with you or place some in your home to increase your luck and to ensure a steady flow of money

Mugwort - Place next to the bed to aid in achieving astral projection. Carry some in a sachet while traveling for protection.

Peppermint - Drink peppermint tea before doing any form of divination to increase your psychic ability. Sprinkle around the home for purification.

Raspberry - hang a sprig over the bed to promote fertility. The branches are hung at the doors and windows of the house for protection.

Rosemary - Smolder a bit of it to emit powerful cleansing and purifying vibrations and to rid negativity in the area in which it is burned.

St. John's Wort - hang some around your neck to discourage fevers, and burn for exorcisms.

Tansy - Place a bit of this herb into your shoes to help cure fevers.

Violet flowers - Place in amulets and carry for good luck and fortune.

Other uses:

Hecate ritual beads - dry pieces of Dandelion root and string together as a necklace. Use when calling and working with Hecate.

Burdock amulet for protection and dispelling negativity - gather Burdock roots in the waning moon, cut into small pieces and let dry. Then string the pieces on a red thread and wear.

For a ritual to help energize one's self – Burn hawthorn berries like an incense and meditate on your life, what needs changing? Breathe in the scent of the berries and give energy to yourself and to your plans. This allows you to start anew.

Rosebud Love Candles - melt several pink household size (6") candles over low heat. When they are completely melted, remove from heat; add several pink or red rose buds (ground) and 20 to 30 drops of Rose Oil. Pour into a prepared glass jar (with wick and metal tab attached). Allow the candle to cool and harden, and burn on the first Friday after the New Moon to draw love to you.

Money Powder

2 parts Cinnamon

2 parts Cedar

2 parts Allspice

1 part Ginger

1 part Pine

Gather and ground to a fine powder all the ingredients. Sprinkle in your business room; rub on the money when spending to ensure its return, the author. Scott Cunningham recommends sprinkling it in the form of a dollar sign and lighting a candle over it. I prefer to add into a green and gold sachet and keep it at my desk.

Herbs are carried in sachets for a variety of reasons. To get the full use of the magickal impact of your chosen herb, it is suggested that you enhance the herb with your personal energy prior to putting it into a sachet. Do this by concentrating on the herb with thoughts of your intent and stated goal. Then place into your sachet and carry it with you.

Remember: Whenever gathering herbs from the wild first explain your intent to the plant and then give thanks. On occasion I will leave a small offering (a penny or some milk and cookies) especially when harvesting herbs such as Hawthorn. Herbs such as this have a connection to the faeries.

Assignment: Take and plant at least 3 of the herbs listed above, out in the wild. In this way we give back some of that which we have taken.

Quiz:

- 1. To help energize oneself, burn _____ .**
- 2. Violet flowers are used for _____ and _____ .**
- 3. Elderberry is used to protect your _____ .**
- 4. Hawthorn increases the chance of a good _____ .**
- 5. Catnip is used in _____ spells.**
- 6. Tansy helps to cure _____ .**
- 7. A corn dolly is a type of _____ .**

Basic Herb Class - Final exam

1. Anemia is a condition where blood is lacking in: A. Iron B. Potassium C. Red Blood cells D. Niacin
2. Wintergreen contains the compound A. methyl hydroxide B. methyl salicylate C. methyl ilbain D. methyl silacate
3. Calmative is an agent that causes a mild A. laxative B. purgative C. tranquilizing effect D. alertness
4. The juice from *Plantago major* is thought to relieve A. earache B. colds C. gas D. headaches
5. *Ulmus fulva* is obtained from A. the roots B. the leaves C. the berries D. the Inner bark
6. A pint of boiling water poured over a handful of Sheep sorrel leaves is used for an A. blood tonic B. aperient C. energy tonic D. laxative
7. An expectorant causes the expulsion of _____ from the respiratory tract. A. worms B. oxygen C. mucous D. carbo dioxide
8. Silver Birch makes what color of dye? A. Blue B. Red C. Green D. Yellow
9. Burdock is carried for A. Good luck B. protection C. traveling D. inspiration
10. According to the Doctrine of Signatures; prickly herbs are used for A. colds B. fevers C. bleeding D. sharp pains
11. Pomander is a perforated box or bag for holding: A. oils B. coins C. crystals D. scents
12. Cardio active agent is an agent that has an influence on the: A. liver B. heart C. kidneys D. lungs
13. Indian Blanket makes what color ink? A. Blue B. Yellow C. Green D. Red
14. A diaphoretic increases: A. blood pressure B. protein C. heart rate D. perspiration
15. The Celtic physician of the Tuatha De Danann is: A. Heimdall B. Cuchulainn C. Dian Cecht D. Manannan Mac Lir

16. *Urtica dioica* is used as a: A. analgesic B. laxative C. detoxifier
D. tonic
17. Oat straw is rich in: A. calcium B. iron and potassium C. nitrogen
D. calcium and magnesium
18. Which herb contains substances equivalent to 100,000 units of penicillin: A. Caraway
B. Garlic C. Wild Ginger D. Red Clover
19. Yarrow has a powerful effect on the: A. brain B. tendons
C. immune system D. heart
20. Febrifuge is an agent serving to mitigate or remove A. warts B. freckles
C. hunger D. fever
21. Emetic is an agent that causes: A. vomiting B. coughing C. urinating
D. sweating
22. Is Queen of the Meadow considered to be a Lithotriptic herb? A. yes B. no
23. *Cnicus benedictus* is said to have cured the: A. Dark Plague B. Measles
C. Mumps D. Chicken pox
24. Castile Soap comes from a region in: A. Alberta B. Italy C. Spain
D. Greece
25. according to the Doctrine of Signatures, herbs that have red flowers are: A. nervine
B. blood purifier's C. diuretics D. anti-inflammatory
26. *Gaultheria procumbens* is considered to be: A. analgesic B. carminative
C. anti-inflammatory D. expectorant
27. An anti-dioxidant is a: A. preservative B. gas C. enema
D. febrifuge
28. An emmenagogue is a substance that promotes or assists the flow of: A. menstrual
fluid B. blood C. urine D. protein
29. An aromatic is a pungent agent often having an agreeable odor but can be harmful to
the: A. liver B. heart C. spleen D. kidneys
30. Sweet Joe Pye makes what color dye? A. Blue B. Green C. Pink
D. Orange

31. Chamaelirium luteum combines well within _____ chronic pelvic inflammation:
 A. black Cohosh B. strawberry C. spearmint D. Echinacea
32. Nepeta cataria induces: A. appetite B. vomiting C. fever D. blood thinning
33. Exotic aftershave contains the herb: A. dandelion B. bergamot C. witch hazel D. lemon balm
34. A satchel is a small bag or pouch used to carry: A. herbs B. wands C. runes D. tarot cards
35. Turnera diffusa has been hailed as a _____ since ancient times: A. febrifuge
 B. wound healer C. abortient D. aphrodisiac
36. An Analgesic is a: A. tonic B. pain reliever C. enema D. cold medicine
37. Skullcap and walnut are shaped like a humans head and therefore are used for:
 A. liver B. heart C. colds D. headaches
38. Horsemint has a very high content of: A. inulin B. thymol C. thujone D. stimulants
39. A lactone called "Helenalin" is found in: A. Dandelion B. Crocus
 C. Sneezeweed D. Cattail
40. Angelica sinensis is known as a: A. female hormone regulator B. heart tonic
 C. analgesic D. muscle toner
41. Mugwort is placed next to the bed to aid in achieving: A. astral projection B. good Luck C. money D. good health
42. Peppergrass leaves are high in: A. potassium B. A and D C. A and C D. magnesium
43. Podophyllum peltatum is thought to have _____ properties: A. anti germ
 B. anti-cancer C. anti bacterial D. antiseptic
44. Warm garlic oil helps to heal: A. sore throat B. bruises C. head ache D. ear ache
45. Willow bark has been shown to relieve A. kidney stones B. headache
 C. tuberculosis D. malaria

46. Horse Radish makes what color of dye? A. Green B. Orange C. Blue
D. Yellow
47. while fishing, carry a sachet of: A. hawthorn B. burdock C. wild grape
D. white willow
48. in the fourteenth century, Eyebright was supposed to cure: A. glaucoma
B. all evils of the eye C. stigmatism D. crossed eyes
49. Thistle is used as an all purpose tonic for: A. all organs B. heart C. liver
D. colds
50. The substance most abundantly contained in Elecampane root is: A. magnesium
B. diosigen C. inulin D. phosphate
51. Antitussive is an agent that prevents, relieves or suppresses: A. coughing B. bleeding
C. snoring D. cramping
52. Iris petals make what color dye: A. Red B. Green C. Yellow
D. Purple
53. Hemostyptic is an astringent that stops: A. sweating B. bleeding C. cramps
D. gas
54. A chemical known as _____ is believed to provide cramp bark with its cramp-
relieving effects:
A. digitalis B. corticosteroids C. viopudial D. allicin
55. Solidago virgaurea is used as a: A. diuretic B. tonic C. infusion
D. pain reliever
56. Use an Acorn for: A. good luck B. protection C. increased fertility
D. astral projection
57. Anhydrous means: A. lacking water B. oily C. slippery
D. dry skin
58. Vasodilator is an agent that dilates the: A. heart B. lungs C. blood vessels
D. pupils
59. Rosebud love candles should be burned on the first Friday after the: A. Full moon
B. waning moon C. Ebbing moon D. New moon
60. Ginger Root Tea helps to kill: A. bad breath B. influenza C. lipids
D. cancer cells

61. *Plantago major* contains the vitamins: A. A B. D C. A & C
D. C & K
62. the first records of Kudzu are in the traditional writings of Chinese medicine, in the texts of:
A. Huang Bo B. Shen Nong C. Li Pei D. Shen Dai
63. Violet leaves and flowers contain more _____ than any other leafy green:
A. vitamin A B. minerals C. enzymes D. proteins
64. If you have high blood pressure, should you use Blue Cohosh: A. Yes B. No
65. Chamomile tea is a sedative with relaxing effects on the body, particularly on the:
A. intestines B. nerves C. immune system D. throat
66. American Elder (ripe) fruits are high in vitamin: A. A B. B C. C D. D
67. The 2 herbs used in Lady's Mantle Hand Lotion are: A. Lady's mantle/Irish moss
B. Lady's mantle/spearmint C. Lady's mantle/rose D. Lady's mantle/Dandelion
68. *Asarum canadense* contains: A. lanolin B. thymol C. inulin
D. aristolochic acid
69. Until recently, wild yam was the sole source of the _____ used in making the contraceptive pill:
A. inulin B. estrogen C. vallicium D. diosgenin
70. as a substitute for aspirin, make a tea out of: A. anise seed B. cloves
C. rosemary D. dill
71. Is *Caulophyllum thalictroides* an abortient herb: A. Yes B. No
72. Burn St. John's Wort for: A. good luck B. exorcisms C. protection
D. astral projection
73. Vine like herbs are thought to resemble the: A. sinews B. muscles C.
blood vessels
D. hair
74. Boneset contains a white crystalline bitter alkaloid called: A. terpene B.
methionine
C. tryosine D. emetine
75. Sassafras makes what color dye: A. Blue B. Green C. Orange
D. Black

76. A tonic for anemia is made of: A. sunflower, chamomille, oats B. nettle, yarrow, peppermint
C. dandelion, maple, wisteria D. peppermint, roses, sage
77. An infusion or decoction is preserved by adding: A. sugar/honey B. alcohol
C. salt
D. vinegar
78. Drink peppermint tea increase: A. increase psychic abilities B. heart rate
C. perspiration D. good luck
79. For protection and dispelling negativity, gather Burdock roots in the: A. Full moon
B. Waning moon C. Ebbing moon D. New moon
80. Stelleria media is often used to ease: A. swelling B. sore throats C. depression
D. itching
81. Salix alba dates back to the time of: A. Sumerians B. Herod C. Hippocrates
D. Galen
82. Black Mustard leaves, flowers and buds are an excellent source of vitamin: A. A
B. B C. C D. D
83. Someone who is pregnant and drinking a Red Raspberry infusion, should Not exceed more then:
A. 1 cup per day B. 2 to 3 cups per day C. 4 cups per day D. 5 to 6 cups per day
84. Capsella bursa-pastoris replaces _____ lost through urination: A. magnesium
B. iron C. potassium D. zinc
85. Tansy placed in your shoes is used to help cure: A. fevers B. athletes foot
C. insomnia D. corns
86. The oldest known list of medicinal herbs is: A. Galens herbal B. Avicenna
C. The Canon of Medicine D. Shen Nung's Pen Ts'ao
87. Agrimonia eupatoria is known as a: A. kidney herb B. wound herb
C. lung herb D. bruise herb
88. Melissa officinalis has long been considered a: A. calming herb B. diuretic
C. analgesic D. stimulant

89. Potpourri is an herbal blend used for: A. scrying B. smudging
C. astral travel D. aromatherapy
90. A stick of Elder is used in weddings to: A. beat your spouse B. bring good luck
C. keep out demons D. scrying
91. Heracleum lanatum is used for: A. bleeding B. headache
C. colds & sore throats D. diarrhea
92. Large doses of garlic may intensify the effect of: A. cough syrup B. tonics
C. niacin D. coumadin or aspirin.
93. The rootstock of Blue Cohosh is used to regulate: A. fever B. menstruation
C. liver functions D. heart beat
94. One study suggests that Alfalfa helps neutralize _____ in the intestine: A. gas
B. waste C. acids D. carcinogens
95. Essential Oil is any of a class of: A. volatile oils B. perfume oils
C. distilled oils D. glycerin oils
96. Echinacea angustifolia has _____ effects: A. heart strengthen
B. immune-enhancing C. liver enhancing D. blood cleansing
97. Crataegus oxyacantha normalizes: A. blood pressure B. breathing
C. heart beat D. temperature
98. A decoction is made by _____ larger pieces of the herb: A. soaking
B. simmering C. drying D. baking
99. High doses of Capsaicin taken internally can lead to: A. Heart attack B. Nose
bleeds C. Ulcers D. Kidney damage
100. Hecate ritual beads are made of: A. Dandelion roots B. Burdock roots
C. Cohosh roots D. Willow roots