

GREEN ENERGY HERBALS

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*Hand preparing organic herbal
medicinals since 1992*

Mostly it's about balance. How we create an individual living environment for ourselves through whatever takes us to the heights we wish to achieve. It usually starts off with change, because then we see through the perception and start a little journey with our eyes open. There is discovery to be made around every corner, whether it is in our minds, our bodies, our souls, or our instincts.

Thanks to Riedwaan Norodien, Lois Stahl and Michele Slabbert for sharing the gifts that assist in keeping the body, mind and soul balance.

Enjoy the read.

BALANCING \ LIFE With Riedwaan Norodien

"Let me be weighed in an even balance, that God may know mine integrity." - Job 31:6

'Nature abhors a vacuum:' so too, it can be said that nature does not tolerate an imbalance. One of the principles of the physical universe, known as Newton's third law, is formulated as, "for every action, there is an equal but opposite (balancing) re- action. The universe, by definition, is one, is whole, and this unity is maintained by constant integration, or balancing of its diversity.

Siddhartha was earnest, and even desperate, to fulfil his mission: to find the medicine that would heal mankind's suffering; to find a recipe to happiness; a way to health and peace of mind. To this end, he tried all the known methods, means, and teachings, even to the extremes of ascetism. But every way that he tried and tested, served only to lead him to his eventual discovery of the way of balance- the middle way.

In the western world, for most, the emphasis was on knowledge, scholarship, and intellectual refinement, whereas in the east, as distinguished by the teaching of the Buddha, the emphasis is on the integration of the whole person: spirit, mind, and body.

"Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful. " - Samuel Johnson

We have to seek knowledge, but then we have to balance that with wisdom; and wisdom is to be balanced by meditation, and meditation is to be balanced by conduct. Hence the Buddha's middle way is an integration of Wisdom, Conduct, and Meditation.

"Without wisdom, how can there be meditation; without meditation how can there be wisdom?"-Buddha

One of the primary insights of the Buddha, was the discovery, that the law of 'action =reaction' (Newton's third law) also operates on the mental plane; he called this "the law of karma".

So our volitional thinking is a force, an action, and that action too will seek to be balanced by a reaction: it will be expressed in our actions, experienced throughout our existence.

The dictionary defines balance as, "Harmonious arrangement or relation of parts or elements within a whole (as in a design)", thus our universe is one, an integrated whole, this 'harmonious arrangement or relation of parts...' and every part at every scale of its expression reflects this harmony.

"Truth is beauty..."-Nature and art is beautiful to us because we perceive and experience its pervasive, intrinsic harmony. We are moved by it, because subliminally we sense it reflects us: constitutionally, we are beautiful, and we resonate with what is beautiful.

This brings us back to the Buddha's insights: he discerned that happiness is an intrinsic element in mankind; but how to account then for the seeming contradiction of that in our suffering or unhappiness?

The answer lies in the volitional or causal nature of our thinking. Thinking is a natural force, at the beck and call of our will. We suffer while we are ignorant of this, and when we wield this force under ignorance, we disturb the intrinsic order, the balance, and happiness of our being.

"Every man stamps his value on himself... man is made great or small by his own will."- J.C.F. von Schiller

In nature, when an imbalance occurs, we observe the automatic and organic dynamics of homeostasis: mechanisms that operate to restore the balance of a system, to return it to its natural state of equilibrium. However, with us, the restoration of disturbed balance is not automatic: we ourselves have to catalyse the processes of homeostasis: first, we have to become aware of the disturbance, through suffering the consequent dis-ease; then, we have to desire health; finally we have to think, and will (act) in conformity to the natural order of our being: until we again experience our natural balance and harmony of being, as health and happiness.

"It does not matter how slowly you go as long as you do not stop."- Confucius

This applies to all the levels of our being: physical, mental, spiritual, and social (relationships). To each there is an intrinsic standard of balance, an implicit harmony. But through the various influences, the stresses and strains of our experience, in situations, and with each other, the balance of one or the other, or all of these elements of our being, can be disturbed.

Most of us own cars, and we know that to keep it in good running condition, we cannot ignore a sign that something is out of order; and we know that it has to be regularly maintained and serviced. The same applies to us: each element of our being should be consciously maintained, and, serviced.

"Know the self to be sitting in the chariot, the body to be the chariot, the intellect the charioteer, and the mind the reins."- Upanishads V

Our bodies need a balanced diet, complemented with balanced regiment of regular exercise; our mental component needs knowledge (the most fundamental of which is how our mind itself works, and in turn, how to work it), and we have to exercise thinking in order to integrate the various levels of knowledge gained through study, and experience; in our spiritual element we need to awaken to its intrinsic wisdom; and for that, we need balanced understanding and insight, gained through the practice of regular meditation and prayer:

“ Esteemed friend, citizen of Athens, the greatest city in the world, so outstanding in both intelligence and power, aren't you ashamed to care so much to make all the money you can, and to advance your reputation and prestige--while for truth and wisdom and the improvement of your soul you have no care or worry?” - Socrates

Balance and harmony in our social/relationship component is serviced and maintained through genuine encounter (free of reserves and prejudices), and this is ensured by regular discussion, and dialogue, to resolve any arising issues and conflicts, under supervision of reason.

“He who cannot reason is a fool; he who will not is a bigot; he who dares not, is a slave.” - W Drummond

And, as with our cars, this servicing of the elements of our being to maintain its balance and harmony, is a never- ending process.

“Life is like riding a bicycle. To keep your balance, you must keep moving.” - Einstein

To live a balanced life is to have given play and to have explored the various dimensions of our existence: to develop and to enjoy the elements of our being, through the unique opportunities that accompany the various stages of our life, for each stage is right, each stage is necessary.

“To everything there is a season, and a time to every purpose under the heaven..” - Ecclesiastes 3:1

HYPOGLYCAEMIA

Guidelines with Michele Slabbert

This is an imbalance of blood sugar levels. It shows as a deficiency in the blood due to over production of the hormone insulin, an attempt to provide much needed supplies of energy. Excess insulin causes too much sugar to be driven into the cells, which results in a sudden blood sugar drop. The brain is particularly affected and normal thinking will become difficult. (Also affected is driving, talking etc). and when left untreated the nervous system becomes affected. Extreme fatigue or even aggression can result.

The causes of hypoglycaemia –

Irregular eating habits
Ongoing stress
Excessive intake of carbohydrates e.g. cakes, snacks
Excessive sugar, tea, coffee and alcohol intake.

Candida

Thyroid functions

In women causes could be related to pre-menstrual problems, Pregnancy and breastfeeding.

In both men and women the causes could be related to pancreatic weakness, vitamin and mineral imbalances. (Vitamin B, magnesium, chromium, manganese, zinc and potassium)

Signs of hypoglycaemia are:

Shakiness, hunger, irritability, fatigue, indigestion, headaches, hyperactivity, anxiety, paranoia, sudden energy drops, sweating, bad dreams, stomach cramps and allergies.

Correct intake of food becomes vital. If you eat too many sweetly flavoured refined sugar foods, then your protein needs increase. This often results in a desire to consume too much meat and sugar. Protein has a controlling function on sugar – the metabolism decreases if protein is not provided and so the sugar cravings increase.

A gentle detox is necessary at least twice a week to keep the liver and bowels in condition.

Exercise should not be excessive – walking and deep breathing is the best until your stamina returns. (Be careful of high altitudes as this may cause fainting or dizziness – if this happens have a cup of black coffee with no additives).

Supplement with extra vitamin C, manganese, and chromium.

Keep stress and strain to a minimum

Yoga, Tai Chi exercises should help to control this

Eat several small meals throughout the day, preferably unrefined foods. Chew slowly and well to ensure correct activation of the saliva glands (which also help to maintain the body's Ph balance) Include allspice in food.

Include chicory in the diet in the form of a coffee substitute.

Spirulina has shown to be effective.

Sunflower seeds

String beans make a good infusion that has shown good results.

When cooking green beans, add no salt to the water. When beans are cooked, drain out a small glass and drink slowly morning, noon and evening for 1 day. Try this at least every 4 days.

Recommended vegetables:

Artichokes, brussel sprouts, cucumbers, olives, lettuce, carrots, cabbage, spinach (unless kidney or gout problems), sweet potato, avocado, turnips, string beans, peas.

Eat garlic, fibre and ensure plenty of good water consumption.

Supplement with evening primrose capsules.

Eat Apples, wild berries, garlic, bananas.

Include bee pollen as a daily supplement within other supplements. Alternatively obtain raw forest honey.

Grapefruit, papaya, occasional banana are good fruits to include in the diet.

Carrot Juice 3 to 4 times per week is good for nerve nourishment, among other benefits.

Beetroot juice every now and then is recommended.

Avoid: all refined foods, cocoa and caffeine products as well as alcohol.

Herbal Teas to consider:

Wilde Als, Pennywort, Hops, Guava leaves, Holy Thistle (Cnicus), Gingko, and Hyssop.

A cup of oat straw infusion in the morning provides steroidal saponins to nourish your pancreas, liver, and adrenals and help prevent erratic blood sugar levels from playing havoc with your emotions.

BALANCE IN HEALING

With Lois Stahl

Balance implies the existence of a set of complementary opposites that need to be weighed or balanced with each other to form the most harmonious situation for healing. An essential concept to healing is balance. Balance represents the idea of relationships. They may be between parts of the body, or between minerals, foods or other aspects of the body or mind. Examples are contraction and relaxation of muscles; high and low blood pressure or blood sugar, activity and rest, and many, many more examples could be cited.

The concept of restoring balance is different from the prevailing medical view of "curing" or eliminating disease entities such as infections. The curing model has a lot of value, but so does the balancing concept and the latter is missing most of the time from the prevailing drug medicine methodology. As a result, many drug and surgery treatments, for example, eliminate infections or tumours, but the same drug throws the body chemistry out of balance. As a result, the problem may come back later, or worse problems develop.

BALANCING YOUR METABOLISM.

Your metabolism is related to the oxidation rate which is largely due to the activity of the sympathetic nervous system, which affects the thyroid and adrenals glands. The metabolism rate is mainly balanced with diet, supplements and lifestyle modification. Foods and supplements that enhance the oxidation rate include protein foods, especially animal proteins and vegetables. Most of the B-complex vitamins, thyroid and adrenal glandulars, and vitamins C and E also enhance the rate.

BALANCING MINERALS

Each mineral in the body affects all the others and there is a mineral 'system' in the body. Balancing the ratios and levels of the minerals involves knowing how the system works and giving appropriate amounts of certain minerals while avoiding supplementing with those that would move the system away from balance.

Balancing the minerals is tricky at times because giving a particular mineral may in fact lead to a lowering of that mineral level. Giving calcium to someone with low calcium would often result in a lower level of calcium, because giving just calcium upsets the balance with magnesium, which in turn caused a lowering of the calcium. You need copper along with magnesium in order to raise a low calcium level, rather than give just calcium.

Another example is that giving zinc to raise the zinc level is also ineffective in most cases. This may occur because giving zinc lowers the sodium/potassium ratio, a critical ratio in the body. Since this is often undesirable, the body does not accept the zinc and there is little effect on the zinc level. In order to raise the zinc level, one must increase the sodium/potassium ratio in many cases, and this is done using vitamins B1, B3, B5, C, E, chromium, selenium and adrenal or thyroid glandulars.

BALANCING YIN AND YANG QUALITIES IN THE DIET

Another very important area in which balance is most helpful is in the choice of food. The science of macrobiotics discusses what are called yin and yang foods and how these affect health. The yin principle is cool, fragmented, expanded, receptive and feminine. The yang principle is warmer, harder, more contracted, more active and more masculine.

Those with slow metabolisms are more yin, while fast metabolisms are generally more yang. The slower the oxidation rate, the more yin a person tends to be. Today, however, most everyone is very yin. This is due to:

- **Radiation Exposure.** Ionizing radiation from fallout and nuclear plants and other sources is very yin and affects everyone today.
- **Yin Toxic Metals and Chemicals.** These are in the food supply, the air and the water and affect everyone, no matter where one lives.

- **Changes in the Food Supply. Hybrid crops,** industrial agricultural methods, superphosphate fertilizers, and food processing and refining have made all of our food more yin. Refined foods like white flour and white sugar are extremely yin.
- **Modern Medicine.** Most drugs are yin. This includes most antibiotics, anti-depressants, anti-inflammatories and other classes of drugs.
- **Recreational Drugs.** Alcohol, marijuana and other recreational drugs are very yin.
- **Electromagnetic Pollution.** Yin electromagnetic pollution is very common, although it is much worse in large cities filled with cell phone towers, and radio and TV signals moving through the air. Computers, television sets, and all wireless devices in particular produce very yin electromagnetic fields. Most people today literally live in a sea of extremely yin electromagnetic pollution.

Yin and Yang Foods.

Macrobiotics is a science of eating based on the principles of yin and yang. The most yang foods are eggs, meats, sea salt, poultry, fish and cooked root vegetables. Grains, cooked beans and cooked vegetables are more neutral. Raw vegetables and fruits, juices, sugars, alcohol and drugs are much more yin.

Cooking food and adding sea salt increase the yang energy. (Table salt is refined and much more yin.) Cutting up, grinding or powdering food makes it more yin. Protein powders, for example, are much more yin than eating protein foods. This is so because they are ground up into powder. In addition, they are usually missing yang components of the original food such as fats and minerals.

Flour products, in general, are much more yin than whole unprocessed grains. Whole grain flours, however, are far superior to refined flours as the refined flours

lack vital yang minerals and other nutrients.

Raw 'green drinks' and especially fruit juices are also quite yin food items. They are fragmented foods. Juices also lack the more yang component of fibre.

YIN AND YANG HEALING METHODS

Healing methods may be considered either more yin or more yang. Healing methods that are more yang tend to heat, tone and contract the tissues. They include saunas, hyperthermia or fever therapy, sweating, exposure to the sun and the use of heat lamps. Fasting, heating herbs such as ginger and burdock, coffee enemas and hot baths are also more yang therapies. Others that are relatively yang include chiropractic manipulation, biofeedback, some acupuncture and acupressure. Others include some types of meditation, some psychotherapy, certain kinds of body work and some colour therapy.

Yin healing methods tend to cool the body and flush toxins. They include most homeopathy, visualization, imagery and the use of many electrical machines. Others are most pharmaceuticals, radiation therapy and most surgery. Mega dose vitamin therapy and many synthetic or isolated nutrients are also quite yin, especially synthesized vitamins in high doses.

YANG HEALING

Yang healing brings balance to almost everyone today. Here is a summary of the basic nutritional approach.

The Yang Diet. This is a diet of mainly cooked, high-quality and natural meats such as lamb, beef, chicken and turkey. Smaller fish such as wild salmon and sardines are also quite acceptable, although they are more yin than meats. Lightly cooked eggs and cooked grains.

Wheat and spelt are more yin and less desirable today due to the use of more yin hybrid crops. These foods are also quite pro-inflammatory due to their high L-glutamine content. Other whole grains, however, are excellent foods that are relatively yang.

The diet also includes plenty of cooked vegetables, especially root vegetables such as onion, carrot, turnip and parsnip. Others include garlic, celery root, ginger and burdock root. Red beets are slightly toxic. However, golden beets are excellent. For most people, kelp is quite essential for its iodine content. Sea salt is also essential for its trace element content. Even those with high blood pressure can often use sea salt in moderation.

Some goat dairy foods supply needed minerals and other nutrients, and are not excessively yin. Cow's milk products, on the other hand, are much more yin today. This is due to the use of hybridized cows. This applies as well, though less so, to organic cow's milk products.

Yang Supplements. Vitamins derived from animal sources are also more yang such as vitamins A and D from fish liver oil. Minerals are quite yang, as they are natural products that are quite contracted. Yang herbs include ginger, burdock, dandelion, milk thistle, skullcap and nettles.

Yin and Yang Attitudes. One's thoughts and attitudes can also be yin or yang. Victim thinking is quite yin and disempowering. Attitudes that emphasize personal responsibility are more yang and much more empowering.

GINGER – ZINGIBER OFFICINALE

Herbs with Michele Slabbert

The oldest written use of ginger dates back to ancient India. It spread throughout the east and eventually found its way worldwide. It grows well in warm, moist, frost-free regions and if grown elsewhere requires constant watering. It is not suited to areas that experience frost or very dry weather. Ginger can be planted year round in fertile, well-drained soil mixed with compost. Ensure that you choose a sunny but sheltered position. It is essential to keep the ginger moist until the stalks are well developed. Then ensure the plants are well watered and apply a liquid fertilizer once a month. After about a year the rhizomes can be harvested. Propagate by root division in spring.

Unless a pack of ginger states that it is organic, assume that the ginger has been treated.

Medicinal value:

Ginger is a natural blood thinner. The powdered root is used for nausea, vomiting and motion sickness. Warm ginger tea breaks up mucous and reduces high fevers. Ginger is a natural antioxidant. Stimulates circulation through the digestive system and helps to detoxify the body, relieving muscle aches caused by colds and flu. Ginger relaxes tight muscles. Ginger is a wonderful spice for cooking and can even be used as a meat tenderizer. It contains high levels of enzymes that break down meat that are similar to our own natural stomach enzymes.

Use ginger in a hot compress to relieve muscular aches and pains, joint stiffness, abdominal cramps, kidney stone attacks, stiff necks and neuralgia. Grate the unpeeled ginger or blend to a fairly broken down state, place this (which should contain some liquid from the crushed ginger) in a muslin cloth bag and place over the affected area. When the compress becomes too hot, remove immediately. Alternatively you could place the muslin bag around the hot water tap and let the hot water run slowly through this. Enjoy the warm relaxing bath that follows!

Use fresh ginger root for easing colds and flu, preferably a warming tea, and a little cooked with your food. Take 2 tablespoons of fresh ginger to 2 cups of boiling water. Cover the container so as to allow the condensation to continuously fall back into the liquid. Leave to steep for 30 minutes. Strain and drink ½ cup and repeat at 3 hourly intervals.

Ginger helps to ease the circulation problems we often have. A simple remedy is to use a pinch of dried ginger with a pinch of cayenne pepper and place this in your socks or stockings. As you move around the warming properties of these spices keep your feet warm and boost your circulation at the same time!

At all times be aware that should you have a serious medical condition it is always advisable that you seek the correct personal health advice before embarking on a course of herbal remedies.

HEALING CRYSTALS - ONYX

With Michele Slabbert

There is an ancient Greek myth behind the origin of the word Onyx or onux, the Greek word for fingernail. The legend says that Eros (Cupid) clipped the goddess Venus' fingernails while she was sleeping and scattered them on the beaches of the Earth. Seeing what had transpired, the fates turned the fingernails to stone. These stones became the chalcedony stones that the Greeks called Onyx.

Onyx, sard, and sardonyx are all varieties of chalcedony (microcrystalline quartz). Onyx comes in brown, white, grey, and black. Sard is a reddish-brown variety. Sardonyx is a blend of sard and onyx with the red bands of sard and the white bands of onyx.

With its powers effective in all Chakras, Onyx is a very spiritual stone. Its primary function is as a grounding stone that strengthens the connection of the person with the earth during meditation and astral travel to provide guidance. It can make powerful memorial jewellery that can heal the spirit during mourning. It is in tune with the Earth's energies, balances Yin and Yang,

Use Onyx for treating glaucoma, epilepsy, hearing problems, heart trouble, ulcers and cell damage. It is also recommend for athletes, who should wear it on a necklace that reaches the Solar Plexus to increase vigour, strength and stamina. It also works on the structural and epidermal systems including bones and teeth, bone marrow and aching feet, and soft-tissues fingernails, skin and hair.

Onyx is used for protection as well as defence against negativity consciously directed toward you. While such things as 'psychic attack' or 'hexing' are rare and often exist only in the mind of the 'victim', performing defensive rituals can be psychologically cleansing.



NATURAL HAIR CARE

Herbs are so beneficial for the hair. Try some of these when next you feel like a hair herbal pamper.

Catmint - for shiny hair

Chamomile - to soothe the scalp, lighten, condition, & stimulate.

Marigold - for shiny highlights

Nettle - conditions, improves colour and texture, dandruff

Parsley - gives lustre, stimulates growth, helps with dandruff

Rosemary - darkens, conditions, tones, stimulates – oily hair

Sage - helps to darken hair

Thyme - for mild hair loss

Yarrow - for oily hair

Lavender vinegar hair-rinse

Fill a litre jar 1/2 full with lavender leaves and flowers. Top with white vinegar; seal with a plastic lid, or place plastic wrap over the jar first before closing lid. Place in a dark place, such as a cupboard for 3-4 weeks. Mix one part lavender vinegar to one part distilled water & use to rinse hair after shampooing.

Rosemary Hair Treatment

This rinse darkens, conditions and tones the hair and is for external use only

Hot Method: Fill a jar with fresh rosemary and cover with sunflower or almond oil. Place the jar up to the neck in a saucepan of water and bring to a medium temperature. Simmer for up to three hours. Strain through filter paper or cloth into a brown glass bottle.

Cold Method: Follow the instructions above, except that the oil should be placed on a sunny windowsill for up to three weeks instead of heated. The process can be repeated with the strained oil infusion and a fresh supply of herbs to make a stronger oil.

To Use: Work the oil into the hair, and then cover with plastic wrap and a warm towel. Relax in a warm place with a good book for 30 minutes to an hour, then shampoo.

Lemony Fresh Hair Rinse

This hair rinse soothes an itchy scalp, adds shine and light fragrance to hair.

Cover 4 tablespoons of fresh or 2 tablespoons of dried lemon balm with a 3 cups of boiling water and allow to steep for 10 minutes. Strain and add 2 tablespoons of lemon balm and one cup of vinegar.

To use, pour the rinse over your hair repeatedly, catching it in a bowl each time, then rinse with water.

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Just a thought

The head is the capital of the kingdom that constitutes the physical organism, the king in the capital, the crown of the king. The head is the seat of the chief sensory organs, the centre of intelligence, the source of thought, the habitation of the spirit. It holds the brain, bregma, ventricles and the occult ros. In art it is sometimes shown surrounded by a halo. The sacrosanctity of the head accounts for the importance attached to head-dress, the skull, head-hunting, the scalp lock and the hair.

In primitive societies the head is believed to contain the protective spirit of man and is very sensitive to injury or disrespect. After death the head was treated with special care because of the mana believed to reside in it, and it was often regarded as a talisman object and revered as a relic.

Bregma – situated in the skull, the meeting point of 3 major bones at the top of the head. Regarded as the point of entry and exit of the soul. Many occult phenomena are connected with the bregma. It is an area of consciousness, a centre of meditation, a focal point for the divine light to enter the soul, a place through which the invisible world may be made visible.