

GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992



Welcome to our 9th edition. This issue is packed full of information about various gardening methods, remedies you can make yourself, as well as some info on indigenous herbs that manifest themselves all over our country.

Over the years I have been asked what herbs are safe during pregnancy and also while breastfeeding. So I have prepared a comprehensive list for your information. Some of these herbs can be used during various stages of pregnancy but care should always be shown and I do suggest you consult your Health Care Practitioner for advice. An example would be Raspberry Leaf which is taken about 2 to 3 weeks before the birth of your child. As this herb prepares the womb for the birthing process it makes sense not to take this at the inappropriate time.

Enjoy the read.

Just a thought

What we call "I" is just a swinging door which moves when we inhale and exhale. (S. Suzuki)

We should take care not to make the intellect our god; it has, of course, powerful muscles, but no personality. (Albert Einstein)

Simple Remedies to make yourself

Tired legs? A mixture of oils can work wonders. Into 50 ml sweet almond oil mix 5 drops each of cypress, juniper, lavender, lemon and marjoram essential oils. Apply in upward motion only to the legs as needed. Store in a cool place.

Insomnia? An old remedy was to go outside at night when it is quite cold. Remove shoes and run or walk barefoot for a few minutes. Return inside and rub your feet vigorously with a towel. Put on thick socks and go to bed. If this doesn't sound like you then try this herbal tea. Take a pinch each of Lemon Balm, Lavender, Chamomile, Rooibos, Cinnamon, Thyme and Ginger (fresh ginger if possible). (This should make up a heaped teaspoon) Place in a cup and pour over boiling water. Cover cup and infuse for 8 minutes. Strain. Cool slightly. Sip and enjoy a good night's rest.

Natural anti dandruff treatment. Rub comfrey tincture into your head and leave for an hour. There's lots you can do in that hour – meditate, water plants, or just be.

Bursitis woes. Increase your intake of pineapple – the juice is delicious! Herbal teas containing stinging nettle, echinacea, horsetail, liquorice, turmeric, ginger and willow assist in easing this painful condition.



Refreshing Tips

Fruit is not only beneficial when eaten, this food also does wonders for a tired being. Try these....

When hiking and you feel unbearably hot split open a grape and dab all over your face. If you're at home and need a quick uplift then blend a few grapes and place the mash on your face. Both methods can be left on for about ½ an hour. Rinse off with tepid water.

When peeling a pineapple keep back some of the skin and core. Blend together and apply this mash to your face. Leave for 20 minutes and rinse off.

Both these fruits contain AHA's (alpha hydroxy acids), which is responsible for the removal of dead skin cells, leaving a vitally refreshed face.

Cucumber is good for soothing burns and preventing wrinkles. Cut thin rounds and place on skin or blend and apply the mash to any affected area.

The health benefits of strawberries are known to most of us. When you see a punnet of gorgeous looking strawberries use your nose to detect a scent. If they don't have a scent, they will probably be tasteless. Mashed strawberries make a refreshing facial mask. The leaves and roots can be made into an infusion that assists in reducing inflammation of the liver and regulates the kidneys.

From the West Coast wild flower corner

Each spring our little piece of earth bursts forth with an array of flowers that dazzle the eyes and sate the senses. Many are for medicinal use but there are also those that can be used as a food source. Mostly these bulbs have exquisite flowers and many are used in the making of our Flower and Rock Crystal Essences.

Babiana Ambigua – Bobbejaantjie



The corm of this flower is used as a nutritious food source. As the name suggests, baboons (and as I have found, also mice and porcupines) dig up the corms to eat. The corms can be baked, also dried and then powdered to form a sweetish flour and used to make small cakes. The corms should always be harvested in the wet season, they are not considered edible in the dry season. Many of the Babiana species can be used in this way.

The Flower essence allows an exchange of energy to occur between the intuitive nature within us and the nature that surrounds us. This could take the form of either a positive or negative flow of energy, depending on what our individual needs may be at the time of the exchange. The little flowers create a healing just by glancing at them, turning back to look again, stopping, kneeling down and then inhaling this delicious scent.

NYMANIA CAPENSIS

Chinese Lanterns / Klapperbos / kipkippers

Excellent plant for dry gardens especially where the winters are cold. A shrub to explore for its insect repelling properties!

Grows readily in poor soil but it is advisable to improve the soil to promote quicker growth. Drought and cold tolerant. Grows in the hottest and driest areas of the Cape (Little Karoo, Namibia). Grows well in alkaline soil.

Grows in sandy well-drained soil in the open sun and will withstand extreme heat in summer and cold winters with frost. Slow growing, especially if not watered regularly when young.

Can be grown from seed or cuttings. Grows easily from seed but does not survive well in high rainfall areas and also when a sudden high rainfall with too much water in summer. Grows well in a pot for the first few years. Will grow in the South Western Cape if given a well-drained position. Upright in habit. Flowers prettiest in late winter and spring.

Rose red fruits – papery, balloon like, 4-angled approx 4 x 4 cm. When seeds are ripe these light puffed out fruits are blown far and wide to disperse seed. Flowers in shades of pink, red and dark red. In its natural surroundings will grow taller than when cultivated.

Grows readily from seed which should be sown in March or April. Seeds germinate from 3 weeks and can take longer. Seedlings should be pricked out into individual tins and kept moist through winter. Keep in a sheltered spot until spring. May be left in tins for a year before planting out during the second season.

Plant has powerful antifeedant properties (similar to other exotic members of the family such as the Neem Tree (*Azadirachta indica*) and the weedy seringa tree (*Melia azedarach*)).

Are grubs and slugs ruining your planting beds? Place a few cucumber slices in a small aluminium pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area. (Lois Stahl)

Lobostemon Fruticosus (agdaegeneesbossie)

This shrub like plant grows wild over large areas of the Western Cape and sports silver grey leaves amongst the mass of either blue or pink flowers. They grow easily from seed but does enjoy more shade out of its normal habitat. The nickname applies to this plants remarkable ability to heal within an 8 day period.

We are all familiar with the remarkable healing powers of the Comfrey plant (*Symphytum officinale*). The agdaegeneesbossie is closely related to comfrey; both of which are members of the Borage family. The fresh leaves and young branch tips are used to heal wounds, sores, ulcers, burns and general skin ailments. The plant is also used as an effective remedy for ringworm. A strong infusion can be made and bandages soaked in the liquid and then applied to wounds or you can grind the fresh leaves to a paste and apply this to any wound or insect bite.

A ¼ cup of fresh leaves is brewed in 1 cup of boiling water for around 5 minutes; remember to cover the cup while brewing. This can be used as a cleansing tonic and blood purifier and should be drunk in the morning. This infusion can also be taken on the first day or two of a painful and heavy menstruation.

Should you find yourself hiking in the mountains of the Western Cape and run out of suntan lotion, pound the leaves into a paste and work with boiled cooled water to a smooth consistency and apply to exposed areas.

The flowers can be used in a Flower Essence for those who are seeking truth, understanding, wisdom and knowledge. It provides the necessary grounding for future expansion. The dried leaves can be used in cleansing ceremonies, together with Sage or any of the *Helichrysum* species.

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CRYSTAL TALK

CHAROITE – the Stone of Transformation

**This is a stone that is imbued with many abilities but the chief amongst them is for those who wish to make a giant leap...in another direction.
This is indeed a stone for our Age.**



We live in constantly changing times and however we look at it, this affects us in many subtle ways. Charoite gives to us the motivation and courage to forge ahead but at the same time keeping us in touch with the order of everything. As we tread upon each new pathway keeping this stone with us assists in removing the last traces of insecurity and negativity.

From the Soviet Union, a custom in that part of the world is to boil Charoite together with tea and then this elixir is drunk on special occasions within the family to strengthen family ties and protect against negative influences.

What I find working with this stone is the individual experiences that it gives as each person receives different energy and information as it is needed. There is no particular reason to work with this stone other than it responds so well to each individual's self. When any of your chakras are blocked and need opening or your auric field is murky, Charoite rises to the individual's need and opens those pathways which are needed for self discovery and enlightenment.

Charoite is used to stabilise the immune system and has a calming effect on the nervous system. It is also used to protect against harmful UV rays. Charoite tea is made by placing a glass of water next to your bed and on awakening drinking this water before rising. Always rinse your stone under running water after each use and on each Full Moon allow the stone to recharge under the gaze of Mother Moon.

For everything that you need to release in order for you to progress to your full potential, physically, mentally and spiritually, Charoite is a handy partner to have on your travels. It allows you to see the threads that you need to follow without fear as you travel through the unknown factors of your own self and your place and space in the grand scheme of things.

Wherever and however you travel, Charoite is there to guide and protect you on your journey.

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Consultations by email for convenience

**Green Energy Herbals have been preparing medicinal herbals for 20 years. We grow many of our own herbs using sustainable and organic methods to ensure optimum medicinal quality for all our products. Contact Michele for all your herbal requirements and expert herbal advice on the health challenges you may be facing.
Be prepared for winter with Green Energy Herbals**

HERBS TO AVOID WHILE PREGNANT OR BREAST FEEDING

African potato / Agrimony / Alfalfa / Aloe vera / Angelica
 Anise / Ashwagandha (Withania) / Astragalus
 Barberry / Basil / Bay / Bearberry
 Bethroot (Trillium erectum)
 Bilberry / Bitterleaf (Vernonia amygdalina)
 Black Cohosh (If history of breast cancer do not use)
 Black haw (Viburnum prurifolium) / Blackberry
 Blue Cohosh / Boldo / Boswellia
 Broom (induces labour)
 Buchu / Burdock / Butchers Broom
 Calamus / Calendula / Californian poppy / Cascara
 Caster Bean (Ricinus communis)
 Cat's claw (Uncaria tomentosa)
 Cayenne / Celandine / Celery / Centaury / Chamomile
 Chasteberry/Tree (Vitex agnus-castus)
 Chaulmoogra (Hydnocarpus lurzii)
 Cinchona / Comfrey / Coriander / Cramp bark
 Damiana / Devil's claw / Dong Quai - Angelica
 Elder / Elecampane (Inula helenium)
 Eleuthero (Eleutherococcus senticosus)
 Ephedra (Ephedra sinica) / Eucalyptus / Eyebright
 Fennel (Foeniculum vulgare) / Feverfew
 Garcinia / Gentian / Gingko
 Ginseng – Siberian, Korean, Asian, American
 Goats Ruse (Galega officinalis)
 Golden seal (Hydrastis Canadensis)
 Gotu kola / Grape seed extracts
 Guarana / Gymnema
 Hawthorn / Hoodia / Hops / Horse chestnut
 Horsetail / Hyssop / Jujube / Juniper
 Kava / Kelp
 Lady's mantle / Lavender / Lemon balm (Melissa officinalis) / Lime flower / Liquorice (Glycyrrhiza glabra)
 Lobelia (Lobelia inflata)
 Mate (Ilex paraguariensis)
 May apple (Podophyllum peltatum)
 Meadowsweet / Milk thistle
 Mistletoe (Viscum album) / Mugwort
 Mullein / Myrrh / Noni (Morinda citrifolia) / Nutmeg
 Oregano / Pau d'Arco (Tabebuia impetiginosa)
 Periwinkle / Pygeum (Prunus Africana)
 Raspberry / Rosehips
 Sage (Salvia officinalis) / Sassafras (Sassafras albidum) /
 Senna (Cassia angustifolia) / Saw palmetto
 Schisandra / Senna
 Shepherd's purse / St. John's wort / sandalwood
 Tea tree oil / Thuja (Thuja occidentalis)
 Thyme (Thymus vulgaris) / Tribulus
 Valerian / Vervain / White horehound
 Wild cherry / Wild ginger / Wild yam / Wild yam
 Willow / Winter savory / Witch hazel
 Wormwood (Artemisia absinthium) / Yarrow (Achillea millefolium) / Yohimbe (Pausinystalia johimbe)

HERBS TO BE USED WITH CAUTION WHILE PREGNANT OR BREAST FEEDING

Green or Black Tea (no more than 3 cups per day)
 Alfalfa – limit to sprouts / Basil – limit to food
 Bay leaves – limit to food / Cinnamon – in food only
 Cloves – in food only / Corn oil
 Cypress / Fennel - limit in food
 Fenugreek – limit in food / Garlic – limit in food
 Horseradish - limit in food / Papaya – limit in food
 Parsley – limit in food / Pineapple – limit in food
 Red clover / Rhubarb / Rosemary – limit in food
 Sweet Marjoram – limit in food / Thyme – limit in food
 Turmeric – limit in food

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GARDENING THE RIGHT WAY WITH LOIS STAHL - A STARTING POINT

I think that many people find it daunting to start a garden as it appears to be a lot of work, especially digging to prepare the space. However this need not be the case as there are ways of starting your garden without any digging whatsoever.

What you need for this project though is empty cardboard boxes which you can obtain from most supermarkets or bottle stores free of charge. The cardboard boxes get flattened and then placed on the area you want to garden in, covering the entire surface. All your weeds can remain in the ground but if they are too tall then it is preferable to cut them down in order for the cardboard boxes to lie flat.

After you have covered the area with the boxes you need to put a very thick layer, an estimation of about 40 to 50 cm, of compost and mulch on top of the cardboard boxes. Dry leaves, grass and straw are ideal for this and then all the compost that you can afford and that comes from your kitchen waste.

It is fine to use some cow or horse manure if you have access to this, but it is not advisable to use chicken manure or pig manure at this stage. These are best used as liquid manures only which entail them being left to soak in a container of water for about ten days in order to then use on the garden. They are strong and tend to burn the roots of the plants so care should be taken to keep them away from the root systems.

Once you have covered the cardboard boxes with the mulch and compost, you need to water very thoroughly and be sure that the soil is wet throughout and then you are ready to plant in your new garden. In due course the cardboard breaks down and disintegrates and the weeds underneath also become food for the plants. So you need the water to seep in thoroughly.

Now you can plant seeds or seedlings in directly. You need to keep your soil wet so especially in the beginning regular watering is required. If you have planted seeds then daily watering and even twice daily is required if it is very hot. But if you have planted seedlings then you should water for longer periods so that the water goes deeper but every second day to start with and then moving on to every third day, once the roots have got a grip, which should take about a week to ten days.. Your mulch keeps your moisture content higher and then you need not water every day as the mulch prevents evaporation.

You want to remember that you require the water to get to the bottom of the roots of the plants and to determine this you can see the height of your plant indicates the depth of the roots. As above so below. If you water too shallowly then the roots tend to turn upwards to get to the water which weakens your plants and then they are prone to diseases and insects.

Most diseases and insects occur when the plants are not happy – in particular regarding watering as this lowers their immune systems and they become prey to diseases. Loads of compost and good watering is the key to healthy and happy plants.

However to every rule there is an exception and in this case the carrot is an exception. They like poor sandy soil but once they are growing into little carrots they like deep watering to form strong roots. So for your carrot section it is advisable to put down some sandy soil and leave off the compost. Some mulch will help to keep the soil wet.

However to every rule there is an exception and in this case the carrot is an exception. They like poor sandy soil but once they are growing into little carrots they like deep watering to form strong roots. So for your carrot section it is advisable to put down some sandy soil and leave off the compost. Some mulch will help to keep the soil wet.

A golden rule to remember is: Mother nature hates being naked just like we do. In the summer the soil burns and the roots can burn too no matter how many times a day you may water and in the winter the cold and possible frost also damages the roots. Everything needs to be mulched at all times. Lots of mulching and groundcover is advisable and don't be too intent in taking every little weed out because they are often useful and edible in some cases. Of course too much will overtake what you are wanting to grow but when you do take some out leave them to cover the soil and turn into compost.

HERBS OF THE BAVIAANSKLOOF

GENEESBLAARBOSSIE

ASHWAGANDHA --- WITHANIA SOMNIFERA.



This plant is covered with dense velvety stems and leaves that are oblong and pale green. When young they are covered in short dense hairs and small white or yellowish flowers are produced in short clusters which give small round orange/red berries that are enclosed in a small calyx similar to gooseberries.

The leaves and root bark are mainly used and poultices are made for wound healing. Root infusions or tinctures are taken for asthma, rheumatism and arthritis. It is a very good immune system booster and helps against insomnia as well as lowers blood pressure and because of its high iron contents it assists against anaemia. In small doses it is a stimulant but in larger doses it acts as a sedative. It also enhances the memory and is anti-inflammatory. It should not be taken during pregnancy or breast feeding.

CHEESEWOOD BARK: PITTOSPORUM IRIDIFLORUM.



This tree can grow into a scrub or into a 3 meter high tree. The bark is pale brown, almost greyish with distinctive white dots hence the name 'cheesewood'. The leaves are dark green and glossy with a distinctive network of veins on the lower surfaces.

It forms small little white flowers in clusters which turn into numerous orange seeds that are covered in a sticky resinous exudates.

The bark of the tree is used in a decoction or infusion to treat stomach complaints, biliousness, fever and abdominal pains. At times it is also used as an emetic or for enemas in the event of constipation and various problems relating to the liver. It also has a relatively calming effect.

CAPE MISTLETOE -- VOELENT VISCUM CAPENSE



This is a parasite that grows in large clusters on shrubs and trees and predominantly on the Acacia tree in this place. The stems are yellowish green and seemingly leafless however the leaves are minute and scale-like. The stems are in short sections that look like joints and tiny white flowers appear that are followed by white translucent berries.

The whole plant gets used. Its benefits are for diarrhea and it is very good against excessive bleeding during women's periods and also assists for irregular periods. It is traditionally used against bronchitis, asthma and to remove warts.

A tea made of the mistletoe is also supposedly very good for difficult relationships as the mistletoe lives in a symbiotic relationship with the tree that it lives on.

SOOIBRAND BOSSIE -- WILD VERBENA:

This shrub-like plant grows all over the veldt as well as along the mountain slopes. It has a woody rootstock which is very good at withstanding veld-fires. It has small oval, hairy leaves that come in pairs and the flowering heads are similar to that of a garden verbena with tiny pale mauve or blue flowers.

The leaves and stems warmed in water make an excellent poultice for sprains, swellings, sores and arthritic diseases. The root is pounded into hot water and applied as a poultice to hemorrhoids and can also draw boils, abscesses and suppurating wounds as it seems to have the quality of drawing out pus. The washed, pounded root is applied directly to the area and is usually left on overnight with a fresh poultice applied daily until the condition clears up.

A decoction or tea is also made of the root to be used as a treatment against chest ailments, colds and for blood impurities, fever and flatulence and colic. This pretty plant is a natural antibiotic.

An infusion made of the leaves and stems and even some of the flowers are used as a wash to assist the milk flow in a new mother.

MOTHER-IN-LAW'S TONGUE

They have thick, leathery and sword-shaped leaves of dull grey-green with speckled markings. They are prolific growers in the forests and hillsides, and are also to be found in many gardens.

The root of this plant is used for haemorrhoids and intestinal worms. The root can be eaten raw or boiled in water for the relief of piles. When eaten raw it is normally chewed to extract the juice and the rest discarded. Sometimes the people use it as an external application to haemorrhoids and also varicose veins and to soothe contused veins.

The local women also used it if there is fear of a miscarriage. Cooked it can be eaten with other vegetables to ease the pains of childbirth.

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