

# GREEN ENERGY HERBALS



**Eherbalnewsletter Issue 10 – August/September 2012**  
**Hand preparing organic herbal medicinals since 1992**



Welcome to our 10<sup>th</sup> edition of eherbalnews. Thank you to all of you for your suggestions and compliments. This issue is packed full of herbal and organic gardening ideas for you to experiment with.

**To celebrate our 20 years in herbal practice Green Energy Herbals are giving away a Spring Cleansing kit consisting of a variety of herbals.**

**Lemongrass & Grape seed mask/cleanser**  
**Comfrey & Orange Blossom Rejuvenator**  
**Comfrey Nettle Wintergreen for sinus & hay fever**  
**Reliever Mix No 1 for sinus & hay fever**  
**Reliever Mix No 2 to calm and detoxify**  
**Infection Fighter – Immune System Booster**  
**Happy T for adrenal support**  
**Rescue Me – the Restor tonic**  
**Indigo Star – the Expansion Flower & Rock Crystal Elixir**

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**Offer valid in S.A. only – ends 30/9/2012**

## HEALTHY TIPS

The risk for respiratory ailments decline when magnesium levels are balanced. Eat foods such as whole grains, soya beans, nuts, fruits, dairy products and lean meats.

Daily requirement is between 300 – 600 mg.

Dandruff concerns – add comfrey tincture to your shampoo. This acts as an anti dandruff treatment.

Insomnia one of your challenges – try this remedy:

Combine 2 parts each chamomile, lavender, lemon balm with 1 part orange peel. Infuse covered for 10 minutes. Strain and cool. Drink a cupful 3 times a day. This alleviates the stress that often causes insomnia.

Menstrual cramps are effectively diminished by using a combination of herbs. 1 part each chastetree berries, calendula flowers, nettle and raspberry leaves. Infuse covered for 10 minutes. Strain and cool. Drink 3 cups per day.

Treating bunions. This is sometimes hereditary although mostly it's from trying to force feet into pointy toed high heeled shoes. This causes the bunion to rub against the shoe causing a callous to form. So the first step is to wear roomy shoes to ensure no rubbing takes place. Wearing cushioned shoe pads also helps.

Calendula or Arnica ointment or tincture can be rubbed over the bunion.

Eat pineapple or take a bromelian supplement 3 times a day.

Apply grated turmeric over the bunion twice a day. Add turmeric to your meals as this often helps with bunion pain.

Use fresh inner willow bark as a bandage. This can also be used internally for pain.

Chamomile or Clove essential oils are useful to rub over the bunion.

## Just a thought

There is a growing need to recognize that the past holds the key to our future. By understanding previous events, however small or large they may be it assists us in making decisions in keeping with the world we find ourselves in today. We cannot go back into the past physically, but we can explore this endless vista through the intricacies of the mental and spiritual being. It creates who we are becoming. By using all the energies around us in constructive ways, we add to ourselves rather than diminishing who we are. Accept who you are with joy and acknowledge that you are here in physical form to experience all that this has to offer. Remove or balance out those either over or under positive energies, just as the moon passes through her phases.

Throughout history there has been a systematic attempt to create grievances in order to exploit them.

Democracy founded on and in violence only exacerbates the problem. In our age we are truly faced with the challenges of implementing a massive shift in consciousness. This journey brings many faiths into question. Sometimes it is indeed necessary "to shoot the messenger" in order to hear the message.

## CRYSTAL TALK NUUMMITE

This is an ancient stone found only in Greenland and is estimated to be about 3 billion years old. Nuummite is known as the metaphysical talisman.



Whenever I feel a disconnection with the earth Nuummite rescues me, grounding my energy and starting the process of interaction. This opens the pathway to inner power, thereby allowing self discipline, motivation and personal magic to flourish. As a meditation tool nuummite is exceptional. This is the stone to bring light into your inner world, lifting and dispersing deep seated negativity, allowing you to feel free within yourself.

Nuummite brings a clear vision of Self. It allows us to reach our full potential, bringing understanding of the balances within ourselves that consist of both light and darkness. Nuummite activates all the chakras, balancing and removing any blocked energies, while creating an aura of protection around you.

Wear Nuummite when you are feeling down and discomforted. This stone brings relief from stress and anxiety and allows your thoughts and speech to flow freely. From the time of the creation, Nuummite reconnects us all.

## HYPOXIS Sp.

### (Rooperi/Hemerocallidea) African Potato / Inkomfe

The African Potato plant is a delightful addition to any garden, with gently bending leaves and clusters of bright yellow star like flowers, almost sure to catch the eye. This graceful little herb has a myriad of medicinal uses and is highly valued as an immune system booster.

The corms can be boiled or roasted to be eaten, and an added bonus is when you boil the corms, the water can be used as an effective lotion for septic wounds.

Infusions of the corms can be used to alleviate dizziness, bladder disorders, and can be given in a weak solution to children and adults as a general tonic. The fresh corm can be juiced and applied to burns. Tincture of Hypoxis is used to relieve rheumatoid arthritis. Hypoxis is an anti inflammatory.

Some of the claims given to this little plant: pancreas disorders, urinary tract infections, anxiety and depression. It is said that the heated corms yield an oil that is used to cure chafing on horses.

The entire plant can be used, as above the corms are used for various medicinal and food purposes. The leaves produce a black dye and the flowers can be made into an essence that assists us in allowing ourselves to see our own self-deception, thereby bringing about the ability to create our own reality, releasing the creative and strengthening the inner resolve to succeed.

The tuberous rootstock is the part to be used medicinally, being dark brown on the outside and yellow on the inside. When harvesting the plant, dig up the whole plant and slice off a portion of the rootstock. If needs be separate the plant and then replant quite close together. They are water wise, need little attention and seed themselves all over, so do watch out for this. The little seedlings can be used to edge walkways.

## HELICHRYSUM SPECIES

Most of the species of helichrysum are aromatic and have woolly leaves and the ends of the straggling branches are covered in a white/gold flower, which blooms for a good length of time. The H. petiolare scents the air during late spring and early summer with a delicious curry flavour. This scraggly shrub or creeper tends to sprawl all over the garden, climbing into other trees and over shrubs without smothering the host plant.

The leaves, roots and twigs are used to treat coughs, colds, flu, fever, chest complaints, headaches, menstrual pain, asthma, stress, backache, kidney ailments and high blood pressure. The leaves can be used as a wound dressing and a steam bath is used to treat fevers and associated nightmares.

The ash from the burnt plant is mixed with vegetable or animal fat to make an effective ointment for bruises. The lovely scented flowers make an unusual addition to pot pourri and should you have an invasion of insects, try placing some of the leaves and flowers around your sleeping area for relief. The leaves dried and powdered can be sprinkled in the house for general insect control.

The dried aerial parts are used in cleansing ceremonies. The plant has powerful cleansing properties and is used most effectively in clearing negativity from an area. Be careful to only burn a small amount at a time as the scent can be overpowering.

Oil can be made from the aerial parts and used to treat muscular aches and pains

## HERBAL BANDAGES

Living even a little way out of town makes it easier to locate sources of healing that we would otherwise leave to others. However when we are hiking in the veldt or just gently strolling through our immediate countryside it is useful to know what plants can be used should an emergency arise. Over the years I have resorted to many "old wives tales", hand me down remedies and a host of other fascinating ideas and have found many that worked. Here are a few of them!

*Hermania species* – commonly known as the plaster bush. Rub a few fresh leaves together (the amount crushed depends on the size of the wound) and apply to affected area. Hold gently in place for a minute or two and the leaves stick to the area, aiding healing in the process.

*Leonotis Leonurus* – **Wilde dagga**. The fresh juice of the leaves is applied to sores and insect bites. Roll the leaves before rubbing over the area.

*Melanthus major*. The lovely plume of flowers is warmed and used as a poultice for burns and to relieve rheumatic pains.

*Hypoxis sp.* – **African potato**. The juice of the leaves is highly effective on burns.

*Artemisia afra* – **Wilde als**. The leaves are used as a poultice on swellings, can be used rolled either in the nose to stop nosebleeds or in the ear should an infection arise.

*Solanum nigra* – **nastergal**. The fresh leaves make a soothing dressing for piles, bruises and varicose veins.

*Arctotheca Calendula*. Rubbing the petals and leaves over insect bites will bring relief for a short while.

*Ficus species* – **Wild Fig** – Collect the sap and use on skin rashes such as eczema.

*Cotyledon* – **Pigs Ears** – Take a leaf and pound to make a poultice for sores or warts.

*Carpobrotus* – **Sour Fig** – squeeze out the juice from the fleshy leaves to use on sores or burns.

These few plants represent only a small fraction of the wonder that is the plant kingdom of South Africa. While many of us do have a basic first aid kit with us when hiking, there are sometimes those occasions when Mother Nature provides us with that which we have forgotten to bring along. Enjoy the awakening of spring.

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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. We do email consultations.

## Growing Vegetables Like Wild Plants With Lois Stahl

One can either use a backyard garden to supply kitchen vegetables for the household or else grow vegetables on open, unused land.

The main aim of a semi-wild vegetable growing is to grow crops as naturally as possible on land that would otherwise be left unused. If you try to use improved techniques or to get bigger yields, the attempt will end in failure. In most cases, the failure will be caused by insects or diseases. If various kinds of herbs and vegetables are mixed together and grown among the natural vegetation, damage by insects and diseases will be minimal and there will be no need to use sprays or to pick bugs off by hand.

You can grow vegetables any place there is a varied and vigorous growth of weeds. It is important to become familiar with the yearly cycle and growing pattern of the weeds and grasses. By looking at the variety and the size of the weeds in a certain area, you can tell what kind of soil is there and whether or not a deficiency exists.

In growing vegetables in a "semi-wild" way, making use of a vacant plot, riverbank or open wasteland, the idea is to just toss out the seeds and let the vegetables grow up with the weeds.

The important thing is knowing the right time to plant. For the spring vegetables the right time is when the winter weeds are dying back and just before the summer weeds have sprouted.

For the autumn sowing, seeds should be tossed out when the summer grasses are fading away and the winter weeds have not yet appeared. It is best to wait for a rain, which is likely or hopefully to last for several days. Cut a swath in the weed cover and put out the vegetable seeds.

There is no need to cover them with soil; just lay the weeds you have cut back over the seeds to act as a mulch and to hide them from the birds and chickens until they can germinate. Usually the weeds must be cut back two or three times in order to give the vegetable seedlings a head start, but sometimes just once is enough.

Where the weeds are not so thick, you can simply toss out the seeds. The chickens will eat some of them, but many will germinate. If you plant in a row or furrow, there is a chance that beetles or other insects will devour many of the seeds. They walk in a straight line. Chickens also spot a patch that has been cleared and come to scratch around. It is my experience that it is best to scatter the seeds here and there.

Vegetables grown in this way are stronger than most people think. If they sprout up before the weeds, they will not be overgrown later on. There are some vegetables, such as spinach and carrots, which do not germinate easily. Soaking the seeds in water for a day or two, then wrapping them in a little clay pellet, should solve the problem.

If sown a bit heavily, radish, turnips, and various leafy green autumn vegetables will be strong enough to compete successfully with the winter and early spring weeds.

A few always go unharvested, reseeding themselves year after year. They have a unique flavour and make very interesting eating.

Radishes and turnips grow half in the soil and half above the surface. Carrots and burdock often grow short and fat with many root hairs, and their tart, slightly bitter flavour is that of their original wild predecessors. Garlic, onions, and leeks, once planted, will come up by themselves year after year.

Legumes are best sown in spring. Cowpeas and kidney beans are easy to grow and give high yields. In growing peas, red *azuki* beans, soybeans, pinto beans, and kidney beans, early germination is essential. They will have difficulty germinating without enough rain, and you must keep an eye out for birds and insects.

Tomatoes and eggplants are not strong enough to compete with the weeds when they are young, and so should be grown in a starter bed and later transplanted. Instead of staking them up, let the tomatoes run along the ground. Roots will grow down from the nodes along the main stem and new shoots will come up and bear fruit.

As for the cucumbers, the creeping-on-the-ground variety is best. You have to take care of the young plants, occasionally cutting the weeds, but after that, the plants will grow strong. Lay out bamboo, or the branches of a tree and the cucumbers will twine all over them. The branches keep the fruit just above the ground so that it does not rot.

This method of growing cucumbers also works for melons and squash. Potatoes and sweet potatoes are very strong plants. Once planted they will come up in the same place every year and never be overgrown by weeds. Just leave a few in the ground when you harvest. If the soil is hard, grow radish first. As their roots grow, they cultivate and soften the earth and after a few seasons, potatoes can be grown in their place.



For the backyard garden, it is enough to say that you should grow the right vegetables at the right time in soil prepared by organic compost and manure. Plant disease was prevented by growing the traditional crops at the right time, keeping the soil healthy by returning all organic residues to the soil, and rotating crops. Harmful insects were picked off by hand, and also pecked by chickens.

Some people may be sceptical at first about using animal manure, thinking it primitive or dirty. Today people want "clean" vegetables, so farmers grow them in hothouses without using soil at all. Gravel culture, sand culture, and hydroponics are getting more popular all the time. The vegetables are grown with chemical nutrients and by light, which is filtered through a vinyl covering. It is strange that people have come to think of these vegetables grown chemically as "clean" and safe to eat.

Foods grown in soil balanced by the action of worms, micro-organisms, and decomposing animal manure are the cleanest and most wholesome of all.



## Natural Cleaning

An excellent all purpose cleaning agent is borax mixed with lemon or alternatively some vinegar.... this mixture cleans virtually anything and everything and also keeps cockroaches away as they don't like the borax.

To store and keep precious paper --- especially expensive watercolour paper and also precious books sprinkle some dry borax between the pages or on the paper you are storing and this will keep the fish moths away.

## Some tips with Vinegar

Sagging cane chairs: sponge them with a hot solution of half vinegar and half water. Place the chairs out in the hot sun to dry.

Skin burns: apply ice cold vinegar right away for fast relief. Will prevent burn blisters.

Rinse glasses and dishes in water and vinegar to remove spots and film.

Prevent grease build-up in your oven by frequently wiping it with vinegar.

Wipe jars of preserves and canned food with vinegar to prevent mould producing bacteria.

To eliminate mildew, dust and odours, wipe down walls with vinegar-soaked cloth.

Clean windows with vinegar and water.

Hardened paint brushes: simmer in boiling vinegar and wash in hot soapy water.

Pour boiling vinegar down drains to unclog and clean them.

## ECO-FRIENDLY INSECT AND DISEASE CONTROL RECIPES

### For fungi:

200ml basil leaves and stems, 2 litres boiling water  
Pour boiling water over the basil. Allow to cool.  
Strain and spray.

### For caterpillars:

Crush 4 chillies, 1 small onion, 1 clove garlic  
2 litres of water. Bring to boil. Soak for two days.  
Strain and spray.

## HERBS OF THE BAVIAANSKLOOF

### COMMON DOCK— RUMEX LANCEOLATUS

This herbaceous plant has wonderful large green, smooth leaves that look very similar to spinach leaves and is a great favourite with the porcupine. The leaves are slightly wavy on the edges, borne on tall stalks that can grow up to 30 or 40 cm. This plant produces clusters of pale yellow flowers which eventually turn into pale brown little fruits with dark brown seeds. There are two types of common dock – the Rumex Crispus and the Rumex Lanceolatus but both are coveted by the porcupine and have equal healing properties. The pulp of the fruit can also be applied to ringworm and is an effective cure for various skin disorders

Mainly the roots are used for internal parasites (tapeworm and roundworm) and the whole plant is also used for vascular diseases and internal bleeding. Externally it gets applied to abscesses boils and tumours.

The roots and leaves are boiled in water or at times in milk and taken as an infusion but for external topical uses the roots and leaves get pounded and then applied like a poultice.

## TANDPYN BESSIE -- SOLANUM SUPINUM

This plant is also in some place known as gifappel as its fruits look like little green variegated apples. The pulp of the green fruit is applied directly to the tooth and adjacent gum for the effective treatment of toothache. In some cases pounded roots are also used. It contains steroidal alkaloids that are toxic and is best not swallowed. The dried ripe fruits are also used as a sedative and anticonvulsants but it is best to be very cautious with this. The pulp of the fruit can also be applied to ringworm and is an effective cure for various skin disorders.

## BOOPHANE DISTICHA -- GIFBOL

This is a most unusual looking plant with its bulbous strap like fan-shaped leaves that have a twist in the middle. The bulb is partly exposed above the ground with many papery scales surrounding the fleshy inner part.

The flowers form a rounded inflorescence and have numerous reddish pink flowers on a main flowering stalk. When the flower has dried out the inflorescence rolls about in the wind like a tumbleweed and distributes its seeds which are contained in little pockets on the tips of the inflorescence.

The dry outer scales of the bulb are used as dressings for various septic and infected wounds and boils, in particular in the circumcision of the Xhosa people. These scales are a wonderful pain reliever on wounds and also draws out pus and infection. A very weak concoction can be used for an enema and for headaches, abdominal pains and weak eye conditions.

However as it is a highly toxic plant only the very outside scales should be used and in moderation. Very weak concoctions can be used as a sedative as well and in the rituals of the indigenous people this plants is used to induce visual hallucinations but it is best to exercise great caution as it is potentially a toxic plant and can be fatal. Therefore it is best to avoid external uses.



Boophane Disticha



Common Dock



Solanum Supinum

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