

# GREEN ENERGY HERBALS

## Newsletter

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*Hand preparing organic herbal  
medicinals since 1992*

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There are many sunrises and sunsets in our lives. They are fleetingly remembered in our subconscious and, naturally by our immune systems. We are creatures of beauty living on a beautiful planet in a magnificent universe.

As it is told, we are apparently aliens in our own body; being composed of trillions of bacteria. It is this tiny bit of us that is Self and that is slowly turning to that elusive state of enlightenment.

It is not enough just to see or to perceive or to visualise. It is to be what we see, to tear through the veil of perception and to live what we visualise.

It is just to Be.

Enlightenment –

En – Enki, Enlil, Enoch – the teachers

Light – who brought to light the light within

En – who then caused to happen  
Ment – mental, men (humans),  
me, and what is meant to be.

Thank you to  
Riedwaan Norodien,  
Lois Stahl  
Gerrard Chaiken  
Michele Slabbert

for sharing their knowledge,  
wisdom and joy of being.

## ENLIGHTENMENT Words of Wisdom by Riedwaan Norodien

The Buddha, shortly after his awakening, was asked by his companions, who sensed that there was something remarkable about him: 'Are you a god?' He replied: "I am Buddha", meaning that he was Awake, Enlightened.

But, to what did the Buddha awaken? What does enlightenment comprise? To be enlightened is to have realized the profoundest insight into: Mind, Self, Truth, God; it is to be awake to intrinsic Wisdom; it is to live in the light of our innate intelligence; it means, as Hui Neng puts it, "insight into the immutable Self-nature".

One who is enlightened has resolved the problem of mistaken identity, and is not confused by the mechanism or the content of his mind; he understands the intellect operates on duality: subject-object, which thereby generates the illusion of separateness; enlightenment transcends categorical, intellectual knowledge.

So, one who is enlightened has no need of the teachings, which the Buddha likened to just the raft to deliver us to the shore of enlightenment; once there-on the other shore, we have no need of the raft.

Enlightenment is the immediate direct knowing of Truth:

" COME; recognize that your sensation and imagination and understanding are like the reed-cane on which children ride.

The spiritual man's knowledge bears him aloft;  
the sensual man's knowledge is a burden.

God hath said, like an ass laden with books:  
heavy is the knowledge that is not inspired by Him,  
But if you carry it for no selfish ends,  
the load will be lifted and you will feel delight.

How can you become free without the wine of Him,  
O you who are content with the sign of Him?  
From attribute and name what is born?

Phantasy; but phantasy shows the way to the Truth.

Do you know any name without a reality? Or have you ever plucked a rose from R.O.S.E? You have pronounced the name: go, seek the thing named.  
The moon is in the sky, not in the water.  
Would you rise beyond name and letter,  
make yourself entirely pure,

And behold in your own heart all the knowledge of the prophets, without book, without learning, without preceptor. –Rumi

While unenlightened or ignorant, we are in mis-identification: we identify with our ego, our body, and our thoughts. Patanjali puts it most succinctly:

" At other times, when yoga (maintaining the Enlightened attitude) does not happen and when the mind is busily occupied with the movement, there is a cloud of confusion in the undivided, homogeneous intelligence. In the shadow of that cloud, there arises false identification or cognition of the movement of the mind-fragment and hence distorted understanding. The single concept or idea or the single movement of thought is mistaken as the totality." One who is enlightened is liberated from that generic, archetypal confusion:

"Then (when the individual is enlightened), the seer or the homogeneous intelligence which is ignorantly regarded as the separate experiences of sensations and emotions, and the separate performer of actions, is not split up into one or the other of the states or modifications of the mind, and exists by itself and as itself." –Patanjali.

The Buddha said: " the enlightened one uses terms such as 'I', 'me', 'mine'; 'they', 'them', 'theirs' - all the while knowing they are mere terms of convenience." To be enlightened is to have the essential insight that our identity is our awareness itself:

"You are the one witness of everything, and are always totally free. The cause of bondage is that one sees the witness as something other than this. Your real nature is one perfect, free, and actionless consciousness, the all-pervading

witness - unattached to anything, desireless, at peace. It is illusion that you seem to be involved in any other matter..- Astavakra gita.

I can go on and on, stating or describing the insights that the enlightened one is awake to, but if you are not enlightened then it would be like me telling you about a spectacular place to which you have never been .

The truth is, that the Truth cannot be told:

*" The Tao that can be described  
is not the eternal Tao.  
The name that can be spoken  
is not the eternal Name."  
Tao te ching*

You have to be enlightened to know what it means to be enlightened!

"Though words are spoken to explain the Truth,

The Truth as such can never be expressed.

Though we say "the mind is a bright light,"

It is beyond all words and symbols".- Song of Mahamudra

However, enlightenment is not something that can just happen to you, or that you will spontaneously grow into with the passage of time. No, enlightenment is an individual attainment; and, like all other attainments, unreachable unless we first desire that.

Once the Buddha was asked: "You say we must relinquish desires, yet you encourage us to desire enlightenment?" The Buddha responded: "Will you get to the beach when you have no desire to be there? And, tell me: when your desire to be at the beach finally gets you there, is there still desire to be at the beach?"

So, first we must desire to awake to the fundamental insights that comprise enlightenment; then that desire must crystallize into a firm and steady resolve to commit to what the attainment of takes or involves.

"These three things are hard to achieve, and are attained only by the grace of God - human nature,

the desire for liberation, and finding refuge with a great sage."- Viveka Chudamani  
That is why the Buddha referred to himself as 'The Way Shower'; we ourselves must tread the path.

Our desire must drive us to commit: therefore Right Effort is one of the essential factors of the Noble Eightfold path the Buddha directs us to walk.

Patanjali points us to the grades of effort: " Yet, again, it is possible to see a distinction between mild, middling and intense zeal, energy and effort". It takes no less than 'intense zeal, energy and effort' to ensure enlightenment.

With strong resolve and intense zeal we will face and surmount all the obstacles we likely to encounter in our adventure to enlightenment.

" What are the obstacles? : (1) Disease, (2) dullness, (3) doubt, (4) carelessness, (5) laziness, (6) inability to turn the attention away (from the obstacles) (7) perverted or distorted vision, (8) inability to find a firm ground for the spiritual investigation, and (9) even when such a ground is found, unsteadiness of mind and attention in the pursuit of the inquiry -." Patanjali

The way to enlightenment entails an integrated three-fold discipline: Wisdom (understanding/insight); Meditation (contemplating our understanding/insight); Morality (healthy, pure and clean communication and relationship interactions). Ignite yourself with the desire for enlightenment; commit yourself to the path that will take you there – for it is joy in the beginning, joy in the middle, and joy in the end.

"God hath placed a ladder before us: we must climb it, step by step.

You have feet: why pretend to be lame?

You have hands: why conceal the fingers that grip?

Freewill is the endeavour to thank God for His Beneficence; your necessitarianism denies that Beneficence.

Thanksgiving for the power of acting freely gives you more power to thank Him; necessitarianism takes away what God hath given.

The brigands are on the road: do not sleep until you see the gate and the threshold !

If you put trust in God, trust Him with your work!

Sow the seed, then rely upon the Almighty"!- Rumi

Explore with  
Riedwaan Norodien

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REFLECTIONS  
by  
Gerrard Chaiken

Somewhere in the middle of the vast ocean

A puzzled little fish asked his Mother:

"Mommy, Mommy, what is water?"

The Mother totally perplexed and a little embarrassed that she could not answer, finally decided that honesty was the best policy, and replied:

"How should I know, my son?"

And here we are, cosmic creations and creators, wandering through our days, in the darkness of ignorance, in the confusion and chaos of dreams, filled all too often with doubt and despair,

Haunted by hallucinations we ourselves have conjured up

We have to wake up to our real identity, our purpose, our meaning, to embody Truth and Beauty and Goodness and to reflect upon these and becoming them, then reflect them and express them.

*We are that which we seek.*

To be continued.....

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## EAT RIGHT TO SEE RIGHT

Researched by Michele Slabbert

Lutein and zeaxanthin, found in colourful fruits and vegetables, belong to the group of carotenoids classified as xanthophylls. Regular consumption of these nutrients may decrease the incidence of cataracts and age-related macular degeneration, according to the American Optometric Association. Lutein and zeaxanthin concentrate in the macula lutea or central region of the retina, where they filter blue light, act as antioxidants and help maintain health of the macula.

In nature, lutein and zeaxanthin appear to absorb excess light energy to prevent damage to plants from too much sunlight, especially from high-energy light rays called blue light

A single serving of cooked, frozen spinach contains close to 30 milligrams of lutein and zeaxanthin, which is the maximum amount present in any food, according to the USDA National Nutrient Database. The quantity of these two nutrients varies based on method of preparation, but cooked, frozen, fresh and canned dark green leafy vegetables such as kale, spinach, turnip greens, collards, dandelion greens, and mustard greens top the list with 8 to 25 milligrams of lutein and zeaxanthin per serving.

All varieties of cooked summer and winter squash, peas, yellow corn, beet greens, pumpkin, Brussels sprouts, broccoli, romaine and iceberg lettuce, asparagus and carrots are good food sources of lutein and zeaxanthin and contain between 1 to 4 milligrams of lutein and zeaxanthin per serving.

Canned carrot juice and vegetables such as leeks, snap beans, canned mixed vegetables, artichokes, okra, sauerkraut and sweet green pepper, by contrast, only provide 0.5 to 1 milligram of lutein and zeaxanthin per serving. Among fruits and fruit juices, canned tangerine juice and canned mandarin oranges provide about 0.4 milligrams of lutein and zeaxanthin, which are present in small amounts in most other fruits such as raspberries, papayas, oranges, peaches, cherries and blueberries. Additionally, you can eat one egg daily as a source of lutein and zeaxanthin without risk of increasing serum triglyceride

and low-density lipoprotein cholesterol levels, according to a 2006 study published in the "Journal of Nutrition."

### Foods Containing Lutein and Zeaxanthin

The best natural food sources of lutein and zeaxanthin are green leafy vegetables and other green or yellow vegetables. Among these, cooked kale and cooked spinach top the list, according to the U.S. Department of Agriculture (USDA).

Non-vegetarian sources of lutein and zeaxanthin include egg yolks. But if you have high cholesterol, you're much better off getting most of these yellow nutrients from fruits and vegetables.

Lutein and Zeaxanthin Foods		
Food	Serving	mg
Kale (cooked)	1 cup	23.7
Spinach (cooked)	1 cup	20.4
Collards (cooked)	1 cup	14.6
Turnip greens (cooked)	1 cup	12.2
Spinach (raw)	1 cup	3.7
Green Peas (canned)	1 cup	2.2
Corn (canned)	1 cup	2.2
Broccoli (cooked)	1 cup	1.7
Romaine lettuce (raw)	1 cup	1.3
Carrots (cooked)	1 cup	1.1
Green beans (cooked)	1 cup	0.8
Eggs	2 (large)	0.3

Source: USDA National Nutrient Database for Standard Reference, Release 22 (2009)

The source of lutein in many lutein supplements is marigold flowers, while for zeaxanthin it is often red peppers.

(Gary Heiting, OD, is senior editor of AllAboutVision.com.)



Egg yolk and maize (corn) contained the highest mole percentage (% of total) of lutein and zeaxanthin (more than 85% of the total carotenoids). Maize was the vegetable with the highest quantity of lutein (60% of total) and orange pepper was the vegetable with the highest amount of zeaxanthin (37% of total).

Substantial amounts of lutein and zeaxanthin (30-50%) were also present in kiwi fruit, grapes, spinach, orange juice, zucchini (or vegetable marrow), and different kinds of squash. The results show that there are fruits and vegetables of various colours with a relatively high content of lutein and zeaxanthin.

Most of the dark green leafy vegetables, previously recommended for a higher intake of lutein and zeaxanthin, have 15-47% of lutein, but a very low content (0-3%) of zeaxanthin. Our study shows that fruits and vegetables of various colours can be consumed to increase dietary intake of lutein and zeaxanthin.

Recent research has discovered a third carotenoid in the macula. Called meso-zeaxanthin, this pigment is not found in food sources and appears to be created in the retina from ingested lutein.

Lutein and zeaxanthin appear to have important antioxidant functions in the body. Along with other natural antioxidants, including vitamin C, beta carotene and vitamin E, these important pigments guard the body from damaging effects of free radicals, which are unstable molecules that can destroy cells and play a role in many diseases.

Although lutein and zeaxanthin are essential nutrients that you need from food, there are no current guidelines for their recommended intakes. Based on research available at the time of publication, daily intake of at least 6 milligrams of lutein and zeaxanthin may reduce the incidence of age-related macular degeneration. Making a conscious effort to eat a variety of the suggested five servings of fruits and vegetables daily can help you meet your needs for lutein and zeaxanthin. (U.S. Library of medicine.)

One does not become enlightened by imagining figures of light but by making the darkness conscious (C. Jung)



## ROOIWORTEL/BULBINE NATALENSIS/FRUTESCENS

There are various types of Bulbine in South Africa. Many of us have the Bulbine frutescens growing in our gardens and know that the leaf sap aids many an insect bite or sun rash. The much broader leaf variety is known as B. Natalensis. The fresh sap of B. frutescens is used to treat burns, rashes, blisters, insect bites, cracked lips, cold sores, acne, bee and wasp stings. An infusion can be made using a fresh leaf snapped and placed in a cup of boiling water. Cover the cup and stand for 10 minutes. Use this for coughs, colds and to ease arthritic pains. This herb can be used successfully on your pets.

The leaves and roots of B. natalensis are used medicinally. Rooiwortel has proved to be a highly effective blood cleanser and infection fighter. The sap from the leaves is squeezed onto wounds, burns, rashes, ringworm and cracked lips. The root is dug up in part and used in tincture form for diarrhoea, rheumatism, blood disorders and assists the immune system in fighting off infections. A piece of root roughly 8 cm in length, cut up into thick pieces is enough to make about 1 litre of tincture, which turns quite red, hence the name.

A poultice can be made of the leaves by warming the leaf – try a steamer – and placing this on areas affected by eczema, arthritis, sunburn, burns or rashes.

Bulbine makes an attractive pot plant and can be placed in a light and airy bathroom, or alternatively on a balcony for you to use exactly when you need to! This charming indigenous plant requires minimum watering and when they bloom they make any little corner sunny and bright.



***To look into the sun is taboo for all eyed creatures. Only plants can face that awesome force – and transform it in myriad ways to make this planet hospitable to life.***

## Nature as Teacher Excerpts from Viktor Schauberger

Our incorrect way of thinking has made the struggle for our own survival more difficult. Our thinking is inconsistent with what we actually see. The eye is a perfect, natural organ. The seen image is a reaction phenomenon.

Our sight constitutes an unconscious, automatic transformation process. Our thinking however is really a purely individual, conscious and under certain circumstances, a learnable process. If our thinking is to attain the same perfection as our seeing, then we must change our way of thinking and learn to see reality not as an action, but as a reaction.

Perfect thought lies in the apprehension of the correct reaction, for before the eye can show us the positive, it must first transform the negative. In effect it must break up what it records. What we see therefore, is the turning inside out of what we receive. What our minds grasp in this way must be re-formed and re-thought if we wish to attain that for which we strive.

There are many contradictions which appear to lie in between our thinking, our action and what exists in reality.

On closer inspection it can be shown that our increasingly widespread impoverishment is principally to be traced back to gross flaws in logic; to errors which in part had their beginnings thousands of years ago, and to which the wealth of whole nations have already fallen victim. Thus we increasingly come face to face with the conscious realisation that in many cases we have built on false theorems and principles.

Unfortunately, these false principles can neither be removed from the biological catalogue, nor from humanity's memory. Passed on from generation to generation, they always remain the basis for our economic legislation. Since it is founded on false premises, it must inevitably lead to the economic decline of those nations deemed highly cultured by today's concepts.

Take one concept as an example here – when the farmer clearly understands what water actually is and what role water and its habitat,

the forest, play in the whole economy of life then the present activities of our forest and water industries would be forbidden by law.

If humanity is to be controlled, quality has to be destroyed. If the excellence of water and the wholesomeness of food is destroyed, then the quality of human thought processes deteriorates.

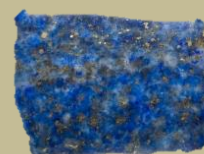
This results in a spiritual and mental torpor, the prerequisite for mastery over the broad mass of people.

*This was written in the 1930's.  
Excerpts taken from the book  
Nature as Teacher – translated  
and edited by Callum Coats*

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*Information by Michele Slabbert*

## LIVING IN THE LIGHT

With Lois Stahl

**There can be no light without a burning of some form or other.  
He who knows others is wise.  
He who knows himself is enlightened.**

Every person should grow up enlightened, enjoying their full potential and the ability to achieve anything they desire. Enlightenment is no longer a far-off concept. It is within the reach of everyone because pure consciousness is within everyone and is easily and effortlessly experienced through Meditation.

The core of enlightenment is to have the courage to use your own understanding. Enlightenment is man's emergence from his self-imposed unawareness and is the inability to use his own understanding without another's guidance. This unawareness is self-imposed if its cause lies not in lack of understanding but in indecision and lack of resolution to use one's own mind without another's guidance.

Laziness and cowardice are the reasons why such a large part of mankind gladly remain minors all their lives, long after nature has freed them from external guidance. They are the reasons why it is so easy for others to set themselves up as wardens. It is so comfortable to be a minor. If I have a book that thinks for me, a pastor who acts as my conscience, a physician who prescribes my diet, and so on--then I have no need to exert myself. I have no need to think, if only I can pay; others will take care of that disagreeable business for me.

Those who have set themselves up as custodians and who have kindly taken supervision upon themselves see to it that the overwhelming majority of mankind should consider the step to maturity, not only as hard, but as extremely dangerous. Firstly, they carefully prevent the docile ones from taking a single step without the leading-strings to which they have fastened them. Then they show them the danger that would threaten them if they should try to walk by themselves. Now this danger is really not very great; after stumbling a few times they

would, at last, learn to walk. However, examples of such failures intimidate and generally discourage all further attempts.

Thus it seems very difficult for individuals to act out of accordance to what has become almost second nature to them. They have even grown to like it, and are at first really incapable of using their own understanding because they have never been permitted to try it. Dogmas and formulas, these mechanical tools designed for reasonable use--or rather abuse--of their natural gifts, are the fetters of an everlasting bondage. They that cast them off would make an uncertain leap over the narrowest ditch, because they are not used to such free movement. That is why there are only a few people who walk firmly, and who have emerged from enslavement to societies rules by cultivating their own minds.

However the Planet Uranus in Aries making a 90 degree angle to Pluto in Capricorn at this present stage of evolution is the big step towards enlightenment for many. Enlightenment leads us to comprehend our place in the universe, leads us toward a new moral imperative, perfectly secular in its values: the equality of all creatures and the preservation of life and of this planet.

Pluto in Capricorn is about inspiring major transformations in the hierarchical structures of governments, corporations & all those in places of power. With Pluto SQUARING Uranus in Aries we are feeling an intense desire to rebel, revolt and not sit back and take it anymore. We are so dissatisfied with the lies, deceit and propaganda. Yet at the same time, we know from a higher consciousness that running away is futile, as we need to work pro-actively to dismantle & tear-down and then rebuild, restructure and transform from the ground up.

Nature, then, has carefully cultivated the seed within the hard core--namely the urge for and the vocation of free thought. And this free thought gradually reacts back on the modes of thought of the people, and men become more and more capable of acting in freedom which brings enlightenment. At last free thought acts even on the fundamentals of

government and the state finds it agreeable to treat man, who is now more than a machine, in accord with his dignity.

This enlightenment requires nothing but *freedom*--and the most innocent of all that may be called "freedom": freedom to make public use of one's reason in all matters.

*Now it is to be fully conscious in this present moment, live fully, learn how to drop through fear into enlightenment, and be the love that you are on the Earth.  
Contribute to the mass consciousness your part in lifting the hearts and minds of all beings on the planet. You are an essential part of the equation. The power of one is immense.*

### Common culinary plants that are Medicinal plants: With Lois Stahl

#### Onion – *Allium sativum*

In times gone by the onion was a basic food and medicine for the Greeks and Romans and the ancient Egyptians paid the pyramid builders with onions. The Egyptians regarded the onion bulb as a symbol of the universe and sacred to the mother-goddess, Isis. The consecutive onion skins about the centre corresponded to the concentric, layered spheres of Egyptian cosmology.

Firstly one must never eat an onion that is going rotten as onions absorb toxins and when going rotten it is full of toxins. It helps to hang an onion in a room where someone is sick as this will absorb toxins that are not visible to the eye.

It can be used as a poultice for septic sores, exterior inflammation on the skin like boils and inflamed sores.

Onions stimulate the appetite, assist the digestion and alleviate coughs, sore throats and congested lungs caused by colds. An old cure for colds is to macerate an onion and mix it with 3 spoonful's of honey.

This is cooked for several minutes in water and then left to set. A teaspoon full is taken 3 or 4 times a day.



### **Garlic *Allium cepa*.**

Garlic has long been a means of protection from evil spirits and in some cultures like in Estonia infants were supplied with amulets of garlic or it was placed under their pillows to fend off demons and witches.

The Garlic plant which was native to central Asia is used in China to treat high blood pressure and in India for abdominal tumours. The Jews used garlic cloves to treat melancholy and to expel worms while the Copts prescribed a garlic cure to cleanse the intestines and clear the head.

Today the garlic is used not only to treat specific diseases but rather to enhance the body's immune system and general state of being.

Garlic counters blood conditions that foster hardening of the arteries, heart attacks and strokes as it contains alicin and other biochemical which reduce low density cholesterol and the oxidation of other potentially harmful blood fats. It also promotes the regression of fatty deposits in the blood vessels and dissolves arteriosclerotic blockages in coronary arteries.

Garlic cleanses the blood by hindering the clumping of blood platelets, helping to dissolve existing blood clots and increasing both arterial dilation and capillary blood flow.

Diets rich in garlic are associated with low rates of cancer as garlic contains organic sulphur compounds which prevent carcinogenic chemicals from converting normal cells into cancer cells and may inhibit the growth of malignant cells.

The constituents of garlic break down dangerous nitrosamines in the stomach, colon and rectum and other chemicals which can cause cancers of the breast and oesophagus.

The compounds of garlic also protect the cells against damage by heavy metals.

However garlic is not always beneficial and in large amounts it may produce anaemia, stomach inflammation and ulcers and suppression of testicular function.

### **Oats – *Avena Sativa***

Oats are amongst the earliest grains to have been domesticated. The oat groats, which is the kernels with the husks removed and sprouts, contain amino acids, minerals, beta carotene, vitamins B2, K and E and they are also high in zinc content.

It is easily digested as a food in whatever form and is very suitable for children. It is highly recommended for diabetics and it eases inflammation of the mucous lining of the stomach as well as stomach ulcers, chronic diarrhoea and constipation.

An oatmeal poultice helps soothe allergic skin conditions and a finely grinded oatmeal face pack is an excellent skin cleanser and conditioner.

A tea made from oats is excellent for kidney ailments and also a cure for liver complaints and dysentery as well as insomnia. It is beneficial too against colds of the throat and larynx, fever, loss of appetite and nervous exhaustion. The boiled extract of oats straw strengthens the nervous system and is ideal for convalescing. Oat tincture is a homeopathic remedy containing a sedative, avenine which is used by insomniacs and anyone suffering from stress or overwork. Too much consumption of oat derivatives may cause headaches and a general cure uncooked oat flakes should be taken in moderate amounts.

### **Fennel – *Foeniculum vulgare*.**

For over 2,000 years fennel has been an important culinary and medicinal herb. The Greeks wore wreaths of the herb and athletes ate the seeds as a health food and to control weight. The Romans ascribed twenty-two medicinal uses to fennel, one of which, the treatment for eye ailments, is also found in Coptic medical prescriptions. The uses of fennel have remarkable historical continuity. The Romans claimed to have discovered fennel's use as an eye cure by observing snakes who after shedding their skins, rubbed against fennel plants to improve their eyesight. A snake's eyes are milky and apparently blind when it sheds its skin and clear after rubbing against the fennel.

The leaves are fine and feathery upon stalks that can grow up to 1.5 meters high. It has a very distinct smell when the leaves are crushed and it tastes like liquorice. The yellow flowers are small and borne in a distinctive umbrella like shape and they radiate out from one point. The seeds are divided into small segments similar to the carrot family.

For medicinal purposes the seeds or fruits are mainly used but the bulb of this plant is very edible and a delicacy on many tables.

It is also used to increase mothers milk and against colic in infants and it is a very good diuretic and enhances the renal excretion of water. Generally it is used for the relief of digestive disturbances. An infusion of the seeds taken at night is very helpful against insomnia as well.

Mild and gently calming, fennel makes an excellent tea for treating coughs, flatulence, abdominal cramps and colic in infants and children. Having expectorant, antispasmodic and anti-inflammatory properties, fennel has been used to treat hoarseness, catarrh, halitosis, asthma, headaches, dizziness, depression and delayed menstruation.

A general dosage: 25 to 40 gm. of seeds to 1 litre of boiling water or in tinctures 60 to 80gm. soaked for several days in 1 litre of wine. Fennel is also used as an antidote to snake bites and insect repellent. Fennel stimulates the digestion and cuts the taste of oily species of fish.

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Astro Readings

*When you feel as though you are ready to crack, know that is when you allow the light to illuminate your being.*

