



GREEN ENERGY HERBALS



herbalnewsletter Issue 19 – February/March 2014

Hand preparing organic herbal medicinals since 1992



Welcome to the first newsletter of 2014. We have started the year off with some easy do it yourself energy saving ideas. Lois Stahl shares her plans and knowledge with us. Thank you Lois. A welcome to Di Hennings, a wonderful Reiki healer who has conceptualized an eco dry solution. Read about her innovation at the bottom of this column.

As we deal more and more with changing climatic conditions it becomes wise to experiment with every available alternative method. We will continue to find natural ways to deal with our natural environment. As each one experiments, as we share this knowledge, then we will succeed in sending our children into a brighter and more enlightening future.

"Follow your bliss.

*If you do follow your bliss,
you put yourself on a kind of track
that has been there all the while waiting for you,
and the life you ought to be living
is the one you are living.*

*When you can see that, you begin to meet people
who are in the field of your bliss,
and they open the doors to you.*

*I say, follow your bliss and don't be afraid,
and doors will open where you didn't know
they were going to be.*

*If you follow your bliss, doors will open for you
that wouldn't have opened for anyone else."*

~ Joseph Campbell

MAKE YOUR OWN ELDERFLOWER WATER

if you have one of these graceful trees in your garden. This is suitable for normal to dry skins. Gather the flowers just as they are about to bloom fully, discard the stalks.. You can do a simple distillation with a pot and a container. Gather some smooth pebbles to put in the base of the pot and place a rack and onto this a ceramic bowl in the centre. Place flowers on the pebbles and just cover with water. Turn the lid upside down and fill with ice. The herbal water falls into the bowl and there you have it. Check after 10 minutes to see whether scented enough.

ADVERTISERS CORNER

Di's Eco Dry's for re-useable washable incontinence supplies help make living with incontinence easier, more cost effective and environmentally sustainable. Discreet and Comfortable – Allowing Self Confidence and Dignity – Low Carbon Food Print – 10 years Hands on Research AND Proudly South African.



Diana Hennings Eco Dry's
P.O Box 16
Klein Dassenberg
7358
021 5721227 | 0795810228

[WEBSITE](#) [EMAIL](#)

HEALING WITH HERBS – Michele Slabbert

Herbs are my passion and those that will grow in the garden are encouraged and pampered to be all that they can be, and sometimes more. Plants are just like us – or should that be we are just like plants. Here are 2 good herbs to have in the garden. One indigenous, the other from the northern hemisphere.

Wild Rosemary (Eriocephalus Africanus)

Known as the kapokbos or Cape snow bush because of the snow like seed tufts that develop after the flowers have faded, this shrub is a good showy addition in the garden. This "snow" can be collected and used to make fragrant stuffed cushions. I notice in my garden that certain birds harvest the snow for their nests as wild rosemary also has insect repelling properties. Used mainly in infusions as a diuretic, this herb also relieves stomach disorders, coughs and colds. To make an infusion take a small sprig of leaves and place in a cup and cover with boiling water. Ensure the cup is then covered and allow to infuse for 10 minutes. Strain and then sip. Take 2 to 3 times a day for not more than 2 days at a time. Wild Rosemary makes a similar fragrant hair rinse to the common rosemary and a good recipe to treat dandruff naturally is to use 1 tsp of dried and powdered wild rosemary mixed with ¼ teaspoon powdered Aloe. Add 1 litre boiling water. Infuse ½ hour. Strain. Add 1 liter of boiled cooled water to this mix and use as a rinse for the hair.

Wild Rosemary falls under the influence of the Moon, the ruler of Monday, the day of receptivity. Use the innocence and fortitude of these energies to start each week positively and wisely.

Please be aware that Wild Rosemary is not to be used by pregnant women or breastfeeding mothers.

GREATER CELANDINE (Chelidonium majus)

Celandine graces one of the greenhouses and provides protection for many a small plant that faints in summer. This herb provides a stunning background when little else is flowering.

It is to be used both internally and externally with caution.

The Aerial parts are used. Collect late Spring, early summer. When harvesting the rootstock – collect in early spring, before the plant flowers. Note: The dried plant is less active than the fresh.

Dosage: 1 level teaspoon rootstock or herb to 1 cup boiling water. Steep 30 minutes. Drink cold. ½ cup per day.

Tincture: 10 to 15 drops.

Fresh Juice – this is the latex : for warts, dab no more than 2 or 3 warts at a time per day, 2 to 3 times per day.

In the past celandine has been used as a cure all. For 1000's of years it was used to treat eye disorders: clearing eyesight, cataracts.

Pliny and Dioscorides (1st century AD): swallows used the latex as a means to sharpen their eyesight.

Greater celandine acts as a mild sedative, relaxing the muscles of the bronchial tubes, intestines and other organs. Good for ulcers.

Used to treat bronchitis, whooping cough, and asthma. The antispasmodic effect works on the gallbladder, helping to improve bile flow. Used to treat jaundice, gallstones and gallbladder pain. Has a special effect on the digestive system (stomach, gallbladder, liver). Soothes and promotes healing of skin conditions such as eczema. Use in ointments for herpes, eczema, and ringworm.

The juice can be poisonous – it can congest the lungs and liver by narcotic action on the nervous system. Skin poisoning can result from handling the plant.

LATEX is applied to warts, ringworm and malignant skin tumours – these are slowly broken down by the effect of its protein dissolving enzymes.

*Causes the muscles of the uterus to contract –
So do not use during pregnancy*

ALTERNATE FEEDING – ENERGISE YOUR PLANTS

Over the past 20 years we have experimented with various ways of feeding trees and shrubs without having the luxury of abundant water. Here is one method we have found to be everything that it stated, and more.

This method is called paramagnetism. The claims: -

“The atoms or molecules of a substance that have a net orbital or spin magnetic moment, and are capable of being aligned in the direction of the applied field.”

Not being very scientific, combined this with underground water energies and was astounded by the results. This art is an ancient one and most healing structures were designed to face east (where the forces are weakest) and the strong energy at the back (where the healing chambers were).

Have you ever wondered why Ivy enjoys climbing all over walls? This is because of the paramagnetic forces in brick, stone and concrete that stimulates growth. Well, we don't have that much stone to use, so looked at this from another angle. We have an electricity line and a telephone line bordering part of the property, with a smallish piece of land in between. Herbs, trees and plants were planted, only watered twice in October and then left. There is a hum in the air at a certain point and the plants, with the closest growing higher and stronger than those further down the line, absorbed the energy released. The plants ate the energy and are thriving. “Plants, weeds, as well as crops, actually get about 80% of their nutrition from the air. Most of this nutrition is taken from carbon dioxide and water, but it also includes cosmic and solar energy and airborne nutrients. The effectiveness of nutrient flow is totally dependent upon 2 conditions – the inherent integrity of the plant or seed and the health of the soil.” *Read Philip S Callahan's book on Paramagnetism, Rediscovering Nature's Secret Force of Growth, really food for thought.*

The stone we do have is used in small rock gardens that are designed to help the plants reach their maximum potential in the healing process. We don't always need to take a pill or a tonic to revive ourselves. Delighting the senses through nature is one of the most healing actions we can take for ourselves, by ourselves. Quartz and granite rocks show a degree of paramagnetism and these have been used. The area is cleared and then left for the weeds to take over and do their work. In depleted soil, weeds take over and send their roots deep down to gather up the more mineral rich subsoil. Potassium, lime, magnesium, manganese, iron, silica etc. are brought to the surface soil. It's like having a magic mixer in your back yard. A green manure to be used and cherished. Volcanic rock adds paramagnetism to the soil, but not all of us can obtain this, so weeds form the natural route to paramagnetism. We dig most of the weeds (before they begin to flower) into the soil and ensure that they are also added to the compost heaps.

There are so many plants that are given to us for use by nature. Keep your garden organic, plant green manures – mustard seed is readily available and germinates speedily. I always leave plants for seed, but the rest are dug in to enrich the soil. A small nutrient poor patch can be sown with alfalfa, the wonder herb. Not only does this plant enrich the soil but is an excellent supplement for us as well. The roots of the alfalfa plant reach deep under the ground, pulling up the nutrients, storing them and when the plants are dug back into the ground all these wonderful nutrients are put back into the soil. When we eat food from good healthy soil, we become healthy in body and mind.

As we move into the last weeks of summer and begin preparing for the autumn, take some time to rethink your basic planting methods and turn those “negative” forces that surround you into nourishment for the plants that will ultimately nourish you. Have fun.....

NEWS FROM THE ANCIENTS

As an avid reader I often come across strange snippets of make believe information as to how travellers reported on how certain plants were obtained.

Early in the 5th century BC, Herodotus reported the method used by Arabians to collect cinnamon bark. They first cut up dead oxen or donkeys into large, heavy joints and placed these near some inaccessible precipices inhabited by certain outsize birds. Then they concealed themselves. Soon the birds flew down and returned to their nests with the hunks of meat, whose prodigious weight broke the nests and brought them tumbling down. Among the fallen debris was cinnamon bark, which the birds had brought from unknown sources. The account of course is make believe; but it shows the ingenuity used to protect the lucrative spice trade.

THE IMPORTANCE OF OILS

Apart from fossil oils (which are of different compositions, though they derive from ancient plant life), oils come mainly from plant, and to a dimini9shing effect from animals. Within the plant they serve to store food for future use. Oils have an oblique style. It seldom plays the leading role. It garnishes salads, facilitates cooking, and permits incompatible elements to run smoothly together. Unobtrusively and invisibly, it makes life easier and nicer. Greeks and Romans rubbed their bodies with it after bathing and in the evening their homes were illuminates with it. In the Old Testament the oil was essential in the rituals and liturgies of the temple. Oil was used for the consecration of kings, a habit which persists in modern coronations. Christianity gave oil the symbolic purpose best suites to its mysterious and pervasive qualities, causing it to represent the Holy Ghost.

Used in cooking heads the list of oil's more mundane functions. Its ability to sustain a higher temperature than water before vaporising makes possible most of our cooling methods. Fish canning uses millions of litres of peanut, cottonseed, soybean, olive and other oils. Oils go into the making of confectionery and many medicines. Apart from human consumption oils are important in the making of soap, ointments, candles, paints, varnishes, plastics, putty, glycerine, explosives etc.

Because of oil, the paintings of old masters endure, blades keep sharp, we keep clean, and wheels turn smoothly. In a thousand ways, the oil that plants give us lubricates the workaday running of the world.

(from The Power of Plants – Brendan Lehane)

**Contact Michele Slabbert
Herbalist / Traditional Healer**

Email: Michele.herbalist@gmail.com

Visit our web pages
www.greenenergyherbals.co.za

You'll also find us on Facebook



Economical and Ecologically Sustainable Cooking Methods.

By economically sustainable I do not only mean financially economical but also in terms of using fossil fuels and electricity that comes from nuclear power to do your cooking and in so doing decreasing your footprint on the earth.

The solar cooker works off the sun and the hotbox retains the heat. To me these two cooking methods actually go hand in hand.

The Solar Cooker:

In the South like South Africa and Australia and New Zealand there is more than enough sun even during the winter months to cook in a solar cooker.

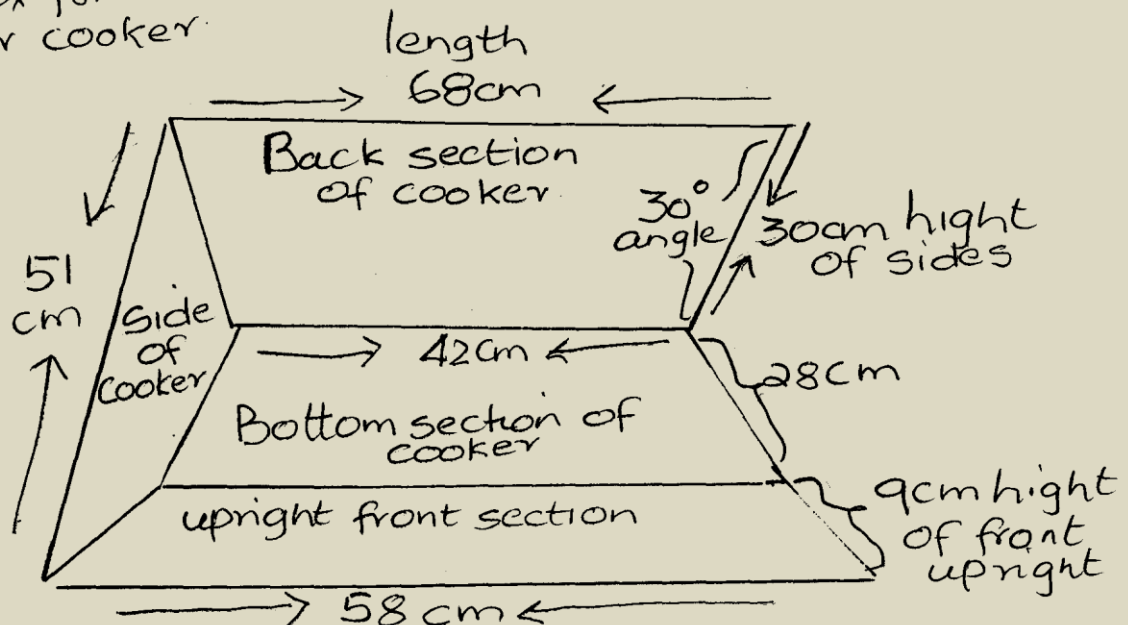
I have seen many various prototypes of solar cookers and mostly they are very expensive, however it is not necessary to have to buy such an expensive piece of equipment when you can actually make your own simpler and also effective solar cooker.

How to Construct Your Own Solar Cooker:

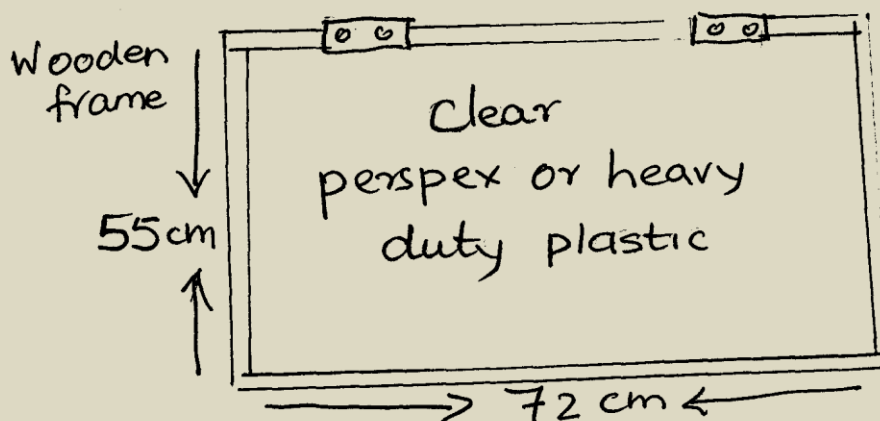
The best suited material to construct the box for the cooker is probably Masonite or hardboard. These come in various thicknesses but you could use the thinnest one just as effectively and it would be more lightweight in case you want to move your cooker around.

The construction of the box for the cooker gets cut into pieces according to the diagram below.

The box for
the solar cooker.



The top covering for the cooker



You can of course enlarge the cooker if you want to but at this size it can easily contain two pots or a bread pan and pot and at a push three pots even, depending on the sizes of the pots. The height should not really be any lower than the diagram because your pots would not fit in if this is the case. In fact rather go a bit higher if you feel the need but remember smaller pots cook quicker and more effectively than larger ones. Also black pots absorb the heater better and are therefore more effective.

After cutting your pieces of Masonite to the required sizes according to the diagram, cover the side pieces either with tin foil or paint them shiny silver. It is best to glue the tinfoil down smoothly, possibly with an Alcolin wood glue in order for it not to get easily ripped. They need to reflect the sun and therefore the appropriate angle of the pieces are also necessary to reflect the sun inwards onto the pots. The bottom section where the pots stand on gets painted black as black absorbs the sun. .

To assemble the pieces you can stick them together with a very strong adhesive tape in the outside and the inside and to secure a longer lasting product you can get some v-shaped plastic corners that can fit over the corners which also can be glued down. It is not possible to screw or nail these pieces together due to their angles so your tape has to be ultra-strong and well administered.

Now to cover the solar cooker so that the heat stays sealed inside you construct a cover that goes over the top with an overlap.

The wooden frame should be made of the thinnest possible wood to keep things light. Two small hinges get put at the top of the lid to open and close it like a door and if you prefer you can put a catch at the bottom too to keep it closed. The edges of the woods can be put together with an L-shaped overlapping cornering. These can also just be glued together with a good wood glue.

Then you use tiny tacks and tack the heavy duty plastic or Perspex onto the wooden frame. You could use glass as your cover but it is very difficult to attach the glass to the frame and it does also make it heavy and accident prone.

When this has been completed you paint the outside of the cooker black as well.

How to Use Your Cooker:

Your solar cooker can be used to cook virtually anything from meat to vegetables, legumes and pulses. It is also ideal for baking bread and even cakes and cookies. On hot sunny days there is virtually nothing that you cannot cook in this cooker and your best cooking time is from 10 am to 3 pm. After that the angle of the sun declines and your cooking will be less effective. Naturally it takes somewhat longer than a gas or electrical stove but considering it costs you nothing it is worth the effort.

It is necessary to move your cooker to follow the sun especially on days that are slightly overcast.

The Hotbox:

I have found that with a solar cooker you obviously cook your food during the day but the meals often get served and eaten a couple of hours later. Therefore the use of the hotbox is very valuable.

After you remove your food from the solar cooker you place it in the hotbox until you are ready to serve it and it remains piping hot.

The hotbox can also cook things like rice, lentils etc. as you just bring the rice for instance, to the boil and allow it to cook for a couple of minutes and then you place it in the hotbox and the box does the rest of the cooking. Obviously this cuts down costs tremendously as you only use a small amount of gas or electricity.

How to Make Your Hotbox:

You can use a large cardboard box or crate of any kind. Line this with newspapers and then a blanket or old duvet that you wrap around your pots and these keep the heat in. The newspapers give additional insulation to keep things hot.

Alternatively you can also make two large cushions that are big enough to contain your cooking pot. These you fill with polystyrene chips. The one cushion goes at the bottom and the other one covers the top. Here too additional newspapers lining a box or crate help for insulation.

Your food is kept hot for a long while until you are ready to eat and this cuts costs against reheating.

Reducing – Reusing and Recycling.

1 – Reducing:

In many cases the reducing has been overshadowed by the focus on recycling.

It is necessary to simplify your life as much as possible and only keep belongings that you use or enjoy on a regular basis. By making an effort to reduce what you own you will naturally purchase less and create less waste in the future.

One of the main factors is to switch where ever possible from disposable to reusable products. All nappies, food and beverage containers, shopping bags, razors, etc. can be switched to reusable ones. Especially things like disposable nappies can really rather be replaced by old fashioned towelling and cotton nappies although this does mean some washing but your child will be better off as the disposable nappies are always prone to creating rashes and other skin problems for the little one.

Then things like paper napkins and towels could rather be replaced with cloth ones which can be washed and reused and in so doing you are also saving the trees in your own small way.

Purchase bleach free toilet paper that is made from the highest post consumer waste content you can find.

When printing documents also try to use recycled paper or hemp-paper as an alternative source of paper if you can find it.

To jot down messages or to leave messages for family members etc, use paper that has been used on one side and or throw away paper.

If you are doing any construction on your home source where you possibly can recycled wood or alternative products.

The main thing is to remember that every piece of wood and every piece of paper has been sourced from trees and the main idea is to save as many trees as possible.

Then of course the main thing is to think before you purchase any item and decide if you really need it and consider how this product is made and the impact it had on the environment and the last but not least is to consider what will entail the disposal of the product that you buy.

Avoid creating trash wherever possible and ask where possible that things you buy do not come packaged in loads of unnecessary plastic and of course when shopping always take your own bag, preferably made of cloth.

Hold garage sales to reduce what you don't need and shop at them yourself for items you are needing.

2 – Reusing:

The media is always intent on selling us the attractiveness and benefits of buying “new” – “improved” – “special” products. However we all collectively own so much that we could survive quite a while on the existing products if we just reused them a few times.

Reusing beats recycling although many think they mean the same thing but they are really quite different. Reusing in the broadest sense means any activity that lengthens the life of an item. Recycling on the other hand is the reprocessing of an item into a new raw material for use in a new product - for example grinding a tyre and incorporating it into a road surfacing compound.

Reusing is nothing new. Reusing is accomplished through many different methods. Purchasing durable goods, buying and selling in the used marketplace, borrowing, renting or subscribing to business waste exchanges and making or receiving charitable transfers.

It is also achieved by attending to maintenance and repair as well as by designing in relation to reuse. This may mean designing products that are reusable, long-lived, and capable of re-manufacturing or creatively refashioning used items.

Buy products that will last and take care of them and teach your children the value of thrift.

Be creative about how you can reuse products that are no longer useable.

Buy second-hand books from your local library or used book stores.

Most of all learn to share with your neighbours regarding ladders, tools and various other items that are infrequently used.

3 – Recycle:

Learn about the recycling centres in your area and for this create designated 'bins' for each type of recycled product and place in convenient locations in your home or garage. This can then be taken to the right disposable areas. For instance glass, plastics and cardboards. It is taken for granted that you would put your kitchen waste into a compost. Leave your grass clippings on the lawn as fertilizer.

In general try to buy products or containers made from recycled material as often as possible to support the recycled product market. Also purchase from companies that do not use chlorine to bleach their paper products which creates dioxin waste.

Purchase rechargeable batteries and a battery recharger – some battery recharges will also recharge regular alkaline batteries.

When you buy new tires ask if your old tyres will be recycled and if not then find out where there is a recycling centre for tyres. If you live in a place where you can garden they can be used in the garden for growing various plants in like potatoes etc. Recycled tyres can be very handy in building structures too.

When you are travelling and there are no recycle bins available, try to take as much of it home so that you don't leave behind things that can be recycled or are toxic.

Recycling

2 Litre Plastic Bottles:

Of course I am aware of the fact that 2 liter plastic bottles are very useful if you are living in a rural, country environment and can be used for a multitude of purposes. However if you have plastic bottles to throw away there are also many arty things you can make from them. Here are two examples for one bottle.

Lampshade:

You cut the bottle in half around about the middle section. Incidentally the section with the mouthpiece can make a very useful funnel.

The top half can be cut with a scissors into petal shapes. Using a burning candle you carefully burn around the edges around the petals, letting the plastic melt without actually burning it.

Then you cut narrow strips of paper from magazines and glue them onto the plastic. You paste these paper strips in a crisscrossing fashion until your funnel is completely covered inside and outside. The strips can be all of the same color, multi-colored or pasted in a pattern or design of your liking and if you are really adventurous you could make geometric patterns out of the strips of paper. The creative options are your personal choices and of course this is what makes each art individual.

I use glue from the Acacia tree to do the gluing. Here you collect some of the Acacia gum – place it in some water to cover the pieces of gum and allow to stand for a day and night until it has dissolved. Stir vigorously and there's your glue.

Do not use combustible glue for this purpose but an alkaline glue would do the trick if the Acacia gum is not available to you. Pritt glue sticks won't do the gluing and will be very costly.

You can then varnish this with a clear varnish, a decoupage varnish or a mixture of pure Turpentine with Linseed oil in a 75 percent mixture of linseed oil and 25% genuine turpentine. Here again the mineral turpentine will not suffice as it will not mix well with the linseed oil to make a varnish.

When your shade is dry you can put a light fitting through the neck and you'll have a very nice lampshade for a hanging light or a standing light.

The Vase Shape:

From the bottom half of the 2 liter bottle you can make a very attractive vase.

You also cut some easy pattern into the top and finish it off with the burning candle, or you can cover the edges with your strips of paper.

As the bottom of the bottle has many indentations it is advisable to use small pieces to cover this area. You can put several layers on too to get various effects.

Varnish the same as for the lampshade.

Play around and have some fun being creative as you recycle.

Contact Lois Stahl

Mayan Astrologer and Reiki Master

Email: masonwaspstudio@telkomsa.net

**Follow Lois on Facebook at
Astro Readings and Green Energy Herbals**

If you notice ants coming into your home and they are bothersome, try following some of these tricks:

Cinnamon Sticks & Garlic Cloves

Place cinnamon sticks or garlic in areas where you have seen ants enter, such as in window tracks, by doors and in corners around your home. While garlic cloves aren't as aromatically pleasing as cinnamon sticks, they work really well. Just peel and slice a few cloves and place them where you notice the ants.

You can also place cinnamon sticks around the pantry for extra protection. Once, I ran out of cinnamon and used cloves instead – it worked just as well. I actually witnessed ants crawling away from the cloves.