



GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992
2012 is the year we celebrate 20 years of Herbal Preparations



December is holiday time and staying at home is an option that can turn into an invigorating and motivating session that fulfils us in many ways. Whatever our beliefs, this is a time in our psyche that responds to giving. It is also a time when many of us have family and friends arriving either to stay or visit, making for a wonderful renewal, but at the same time, stretching us physically, mentally and spiritually. Physical – walk through the forest; mental – debate a subject no one knows anything about; spiritual – meditate, mediate and maybe even levitate. Remember the humour....

May 2012 close its doors upon you with good health and peace in your hearts. Lois Stahl brings you hints of what 2013 has for you together with our blessings for the year ahead.

This edition is full of novel ideas for gifts that you can make yourself and we've put in an extra page so do enjoy the read.

JUST A THOUGHT

We are fascinated by stories, myths, legends and anything that defies our eyes. This is when we glimpse for an instant the unseen order of things. Throughout the ages and indeed in our present age there are those who have witnessed beings that our minds find difficult to recognise.

Magic is the alteration of natural processes in accordance with human will. Our manipulation of the atom is perhaps the magical process that summons the technological equivalent of the non-human entities of folklore.

There are grounds for suggesting that we are witnessing the activities of a genuine non-human intelligence that is constantly reshaping itself in order to correspond to the prevailing world view in any particular period. They have appeared to human eyes as angels and demons, as fairies, as brilliant scientific inventors and as the pilots of extraterrestrial space vehicles. They are the harbingers of a reinvented mythology, a psychic process by which we may bridge the gap between a dangerous and uncertain present and the boundless potential of our future. (*The Enigmas of History – Alan Baker*)

FLOWER TALK

Most of us celebrate at this time of the year by dining together. Placing certain flowers on your table brings more meaning to any occasion. Here are some ideas on a wonderful way to send a message when words alone are not enough.

Tie together a bunch of *Lavender*, *nasturtium*, *rosemary*, *sunflower*, *thyme* and *carnation*. You would be telling the other person that you are friends forever, graced with natural beauty, your memory brings motivation, would like to get to know them on a deeper level, and thanks for the comfort and encouragement. And for those friends that need that extra bit just place a single *carnation* on the plate as this represents encouragement.

Honeysuckle sends a silent message of love to your special person, while *Lavender* strengthens the bond of friendship.

HERBALS TO MAKE YOURSELF

This is the season of giving, whether it be to friends and family or just strangers we meet along the way. Here are a few ideas for something different and fun to prepare.

A deliciously scented hair rinse can be made by mixing together 1 cup each of dried **lavender flowers**, **thyme**, **oregano** and **dried orange peel**. Pour a bottle of white wine over this mix. Stir in well and then cover well – you can use cling wrap if you wish. Leave this for about 2 weeks in a warm place. Strain the liquid and add a tablespoon to either your final hair rinse or those hand wash clothes. This mix can also be taken internally, using a teaspoon at a time to relieve chest ailments.

Rosemary can be used to make a tonic wine, just what's needed for a quick pick me up. Place a handful of fresh rosemary, 2 or 3 small cinnamon sticks and 4 or 5 cloves into a container. Crush these slightly, then add 1 tsp ground ginger, a pinch of grated nutmeg to this mix. Pour over a bottle of good quality red wine. Seal and place the jar in a cool place for 7 to 8 days. Do not leave for longer than this. Strain and store in a well sterilised bottle.

Rosemary Flower Punch

2 15cm sprigs flowering tops of rosemary
150 ml water
pinch of salt
600 ml apricot juice, chilled
150 ml lime juice, chilled
1 litre ginger ale, chilled
2 lemons or limes, thinly sliced

Put the rosemary, water and salt into a pan and bring slowly to the boil. Simmer for 2 minutes. Leave to cool. Strain and chill. Pour this rosemary infusion into a bowl and stir in the apricot juice. Whisk well and then whisk in the lime or lemon juice. Chill. Add the ginger ale just before serving. Decorate with slices of lime or lemon and sprays of rosemary. This recipe is ideal for children, who often feel left out as their elders partake of slightly more potent thirst quenching draughts.

Elderflower Wine is used for hay fever and associated respiratory challenges and can also be used together with other herb wines (such as parsley or mint) as a chest rub to relieve bronchial ailments. You can use either dried or fresh elderflowers. If dried please use whole heads, you do not want crushed flowers. If using fresh, collect on a warm sunny day when the flowers are fully opened. Trim the flowers gently from the stalks. You can add raisins to this mix but first pop them into a bowl of boiling water for a minute or two before adding. Use a white wine for this and should you wish to make the wine stronger, just replace the flowers each day for 3 to 4 days.

Make a **central floral display** of herbs to keep harmony in the home. Lavender brings a sense of peace and harmony. Rosemary removes negativity. Roses bring about universal love. Ferns bring to the surface the purpose of the celebrations. Jasmine brings balance. Marjoram brings protection, love, happiness, and health for your family. Olive Leaf creates an aura of healing, peace, fertility, potency and protectiveness.

CHERRY RING & ROSE PETAL FLAN

Here's a tart with a difference.....

20 cm flan case
450g stoned cherries
60 ml water
15 ml corn flour
30 ml redcurrant jelly
4 tablespoons scented rose petals, gently torn

Place cherries (leave a few for decoration) in a pan with 45 ml water. Bring to the boil and simmer for about 15 minutes, until they begin to soften. Strain from pan and place in the bottom of the flan case.

Put the remaining 15 ml water into a small bowl and sprinkle on the corn flour. Mix to a smooth paste. Add this and the redcurrant jelly to the juice in the pan. Stir over medium heat until it clears and thickens. Mix in half the rose petals.

Pour this glaze over the cherries and leave until set. Decorate with remaining cherries and rose petals.

You can make birthday bags of herbs and crystals to give to friends. Here are a few suggestions. Use velvet or hemp cloth to make your bag Add a few drops of essential oil to your dried herbs and place in a small sealed container for a week. Place a good handful in each bag Pop in the crystal you have chosen And there you have a lovely handmade with love gift!

Aries	Rosemary or basil	Garnet or bloodstone
Taurus	Elderberry or Mint	Coral or Lapis Lazuli
Gemini	Parsley or Marjoram	Topaz or Beryl
Cancer	Chamomile or Rose	Moonstone or Pearl
Leo	Calendula or Juniper	Amber or Garnet
Virgo	Fennel or Lavender	Moss Agate or Kunzite
Libra	Viola or Dandelion	Carnelian or Aventurine
Scorpio	Basil or Nettle	Jasper or Blue Lace Agate
Sagittarius	Chrysanthemum or Sage	Sardonyx or Rhodocrosite
Capricorn	Borage or Mullein	Green Calcite or Obsidian
Aquarius	Thyme or Heartsease	Turquoise or Aquamarine
Pisces	Peppermint or Red Roses	Amethyst or Fluorite

HERB HONEY

6 small sprays of herbs e.g. rosemary or marjoram
4 tablespoons scented petals, try rose
1 long strip orange peel
15 ml orange juice
900g clear honey

Put all the ingredients in a heatproof jar, cover and stand in a pan of cold water almost to the top. Bring water to the boil, remove pan from heat and leave it to cool. Leave the honey to steep for 7 days, then gently reheat and strain.

Marjoram honey is good for small children (2 years and older) in helping to alleviate many chest problems. A little lemon and ginger can be added.

Melissa or Lemon Balm steeped in honey is also a good remedy for hyper activity and sleeplessness.

THE FLOWERS AROUND US

ARCTOTHECA CALENDULA

Cape Weed / Dune Calendula

These pale yellow daisy type flowers are happiest where the earth has been disturbed. We see them everywhere, along the sides of roads, in the veldt and generally anywhere there is a space open for them. Arc. Cal. flowers from July onwards usually through to November.

This modest little plant is most interesting.

A tincture or infusion made from the petals is used to disinfect wounds, bites, rashes, eczema, acne and general skin irritations. We use the tincture as we battle the spring insect hordes. It is highly effective. Rubbing the petals/and leaves over an insect bites will bring relief for a short while.

Flower essence of Arc. Cal. enables the awakening to spiritual enlightenment. Many religious texts state that the way to spiritual enlightenment is through pain and suffering. This is not always a physical only manifestation but a mental and spiritual ideals challenge as well. This flower essence appears to diminish mental anguish by opening pathways within and allowing ourselves to feel cherished and have a sense of belonging and in so doing are able to pass this on to others.

MAKE YOUR OWN FLOWER ESSENCE

Take rainwater and place in large glass bowl for three days with a muslin bag tied together containing granite and quartz chips. Strain the water. Pick just opened arctotheca flowers and gently pull the petals from the base until the water is covered with petals. Place amongst growing arctotheca in the sun until roughly 4 p.m. Bring the bowl inside and place a blue glass plate over this for the night. Repeat the next day with fresh flowers. The best time to do this is the day before the full moon. Strain and mix 50/50 with a good liqueur brandy to preserve. Only a few drops are needed as dosage in either internal or external application.

FROM THE VELDT

Moraea fugax/ edulis – uintjie/wituintjie

The corms are either roasted in hot ash or boiled in milk and were once an important food source for early inhabitants of the Western Cape.

The flowers are used in a flower essence to unblock the creative where childhood based problems are difficult to overcome. It deals with an overabundance of superior thought and balances toward reality. The usual dosage is 1ml to every 100 ml. The flowers open in the afternoon, pick 1 hour after opening. A good combination is the addition of St. Johns wort and plumbago flower essences.

It is absolutely essential that the correct plant be identified. The corms of certain Moraea species are highly toxic to both man and beast (the effects being similar to those of digitalis).

A hint - The bulbs are harvested in the rainy season, they are considered inedible during the dry time.

PRODUCT NEWS

Tinctures & Flower & Rock Crystal Essences Combinations

Sleep Drops

And end to sleepless and anxiety filled nights

Happy T

Adrenal support, restoring calm and balance

CENTELLA ASIATICA

GOTU KOLA / PENNYWORT

When no other ground creeper will venture in my garden, the centella boldly goes. Where there is a patch it doesn't enjoy it just shoots over it and creates another little plant on the other side. Now isn't that adaptability and uncanny instinctive behaviour, the energies of which can only enhance us in our time of need.

Centella has been used for thousands of years in the east, where it is highly venerated as a miracle herb, used for both its medicinal properties and spiritual enlightenment. It has remarkable rejuvenating properties and is known in India as the longevity herb and has been used to treat leprosy, skin ulcers and various other skin ailments. It has been in use in southern Africa for many hundreds of years and now forms an important part of our own pharmacopeia.

Centella has antibacterial, antifungal, anti inflammatory and anti allergic properties.

It is a vital part of tonification therapy when we strengthen blood, organs and the vitality of the body. This when the immune system is weak especially after an illness or injury. Known as the blood purification herb.

Centella's anti-inflammatory effect is used to treat rheumatism, rheumatoid arthritis and poor venous circulation. It strengthens veins and treats varicose veins. Centella is a highly valued remedy for depression, blood diseases and mental weakness. Neutralises blood acids and lowers the temperature. It acts on the circulatory and nervous systems. An herb often used for the pituitary gland. Tablets are used for vertigo.

The wound healing activity is due to the facilitated development of normal connective tissue. This process includes stimulating an increase in the development of blood vessels in the affected area, an increase in the formation of tissue structural components and an increase in the keratinisation of the epidermis. (*People's Plants – Ben-Erik van Wyk & Nigel Gericke*)

The leaves are used fresh or dried and make an excellent spring tonic. Fresh leaves are pulped and applied to sores, wounds, varicose ulcers, burns and stings. 1 heaped teaspoon of herb to 1 cup boiling water is given at the same time. Remember to cover the cup while the herb is infusing for 10 minutes. Strain, cool slightly and sip. This brew can be used for mild fevers, acne, allergies, diarrhoea, TB and cancer. It is also used for fertility ailments and as tonic for poor digestion. Dried leaves are powdered and used as a snuff. After ½ hour this has a calming, sedative effect, relieving anxiety and stress.

The tincture can be used as a brain food, for endurance, high blood pressure, mental fatigue and poor vitality. Centella strengthens nervous function and memory, thins the blood and in large doses lowers blood sugar levels. Tinctures, teas and ointments made with centella are used to treat most forms of eczema, psoriasis and other skin ailments.

Centella should not be used while pregnant or breast feeding. It has been noted that centella can interact with other medications that cause drowsiness, cholesterol lowering medications, antidiabetic medicines and corticosteroids. (Readers Digest).

A few fresh leaves eaten raw each day is said to strengthen and revitalise the body and brain. When mixed with your meal health is restored and one is able to live to a ripe old age. It has been used as a diuretic to stimulate the kidneys and bladder.

SINUS RELIEF

There is a direct link between digestive ailments and sinus ailments. A soothing tea to aid the digestive system can be made with equal parts of burdock root, slippery elm, calendula flowers, Echinacea and dandelion root and leaves. A teapot for the day can be made and each taking is lessened e.g. after 20 minutes infusion, strain a cupful and sip. Around midday, before meals, strain out ½ cup. Around 4 p.m. strain out ¼ cup and just before the evening meal strain out a further ¼ cup. Discard any leftovers. Make fresh each morning for 3 days. Have a 4 day break, before another 3 day regimen is applied. After this take only as required.

Try and avoid these foods for a while to bring further relief -: dairy products, oily, rich and sweet foods, hot spices, wheat, wheat pasta, alcohol, tea, coffee, meat, fried foods, bananas, peanut butter, jams.

Avoid refined foods as much as is possible.

Do not mix fruit or dairy products with meat and fish.

CRYSTAL TALK SERPENTINE

Awakening energy – creating order

Serpentine is known as the stone of the kundalini; the stone of awakening, the stone that you use when meditating to heal the earth through the healing of individual self throughout the world, The stone stimulates the inner flute, in which kundalini travels, and eases the tensions associated with the rise of kundalini



Through self exploration and emotional healing, serpentine creates an aura of protection, allowing you to explore to the limits and beyond of your own abilities. Acting as an earth recorder, serpentine is excellent for those who work the land, showing the way to repairing aeons of damage caused by ignorance of the divine way. A stone for all Earth Healers.

In meditative healing placing serpentine on both the base and crown chakra creates a free flow of energy, thereby unblocking stagnant energies. In ages past medicines were kept in serpentine bowls as this was said to increase the healing powers. Serpentine was considered a guardian of vital energy and was used as protection against the invisible world of animosity and bringing peace to the mind.

For those experiencing PMS or menopausal challenges, serpentine is a good stone to have around. Serpentine is good for those who have erratic blood sugar levels. It harmonises mental desires with physical ability.

Serpentine assists you in reaching your goals by changing your attitude.

Serpentine was believed to protect one against the bites of venomous creatures and the name serpentine is derived from the resemblance to a serpent's skin. Do not keep serpentine near iron objects when meditating as this is believed to diminish its power.

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HERBS OF THE BAVIAANSKLOOF

WITH LOIS STAHL

PURSLANE --

Portulaca oleracea, also known as Pigweed,

This is an annual succulent in the Portulacaceae family, of which the Spekboom is a relation as well. It can reach 40 cm in height and has smooth, reddish, mostly prostrate stems and alternate leaves clustered at stem joints and ends. The yellow flowers have five regular parts and are up to 6 mm wide. The flowers appear depending upon rainfall and may occur year round. The flowers open singly at the centre of the leaf cluster for only a few hours on sunny mornings. Seeds are formed in a tiny pod, which opens when the seeds are ready.

Purslane has a taproot with fibrous secondary roots and is able to tolerate poor, compacted soils and drought. As a companion plant, Purslane provides ground cover to create a humid microclimate for nearby plants, stabilizing ground moisture. Its deep roots also bring up moisture and nutrients that those plants can use, and some, including corn, will actually "follow" purslane roots down through harder soil than they can penetrate on their own.

It is known as a beneficial weed in places that don't already grow it as a crop in its own right. Although purslane is considered a weed, it can be eaten as a leaf vegetable. It has a slightly sour and salty taste. The stems, leaves and flower buds are all good to eat. Purslane can be used fresh as a salad, stir-fried, or cooked like spinach, and because of its mucilaginous quality it is also suitable for soups and stews.

Purslane contains more Omega-3 fatty acids (alpha-linolenic acid in particular[4]) than any other leafy vegetable plant.] It also contains vitamins (mainly vitamin A, vitamin C, and some vitamin B and carotenoids), as well as dietary minerals, such as magnesium, calcium, potassium and iron. Also present are two types of betalain alkaloid pigments, the reddish betacyanins (visible in the coloration of the stems) and the yellow betaxanthins (noticeable in the flowers and in the slight yellowish cast of the leaves). Both of these pigment types are potent antioxidants and have been found to have antimutagenic properties in laboratory studies. 100 grams of fresh purslane leaves (about 1 cup) contain 300 to 400 mg of alpha-linolenic acid] One cup of cooked leaves contains 90 mg of calcium, 561 mg of potassium, and more than 2,000 IUs of vitamin A.

One half cup of purslane leaves contains as much as 910 mg of oxalate, a compound implicated in the formation of kidney stones.

Medicinal usage: It is used to treat infections or bleeding of the genito-urinary tract as well as dysentery. The fresh herb may also be applied topically to relieve sores and insect or snake bites on the skin.



Purslane

RUE -- WYNRUIT

This plant is used for many things in the Baviaanskloof by the indigenous people. It has a very strong aroma which some say is a bit like cats spray. The leaves are small and clustered and the plant has little yellow flowers during spring and autumn.

This plant has many uses and is very helpful in keeping the flies away when hung in bunches around the kitchen and I use it as a spray on the fruit against fruit fly. If sprayed on the small fruits just after they have formed then it is very effective against fruit fly but like all sprays needs to be repeated if it has rained.

For medicinal purposes the Rue is very effective against boils, absences and 'veldt-sores' which is quite common here. These are sores that erupt on the skin and are also very contagious and have to be kept extremely clean and disinfected. The Rue is good for this.

Some of the local people also use it for stomach upsets and make an infusion to be taken three times a day.

WILDE DAGGA: LEONOTIS LEONURUS.

This perennial plant grows with long stems that have oblong leaves opposite each other and is distinctly hairy and prickly. It grows profusely throughout South Africa and is very prolific in the Baviaanskloof. It grows in almost any soil and likes full sun.

The flowers, which are orange and tubular are borne in characteristic rounded groups, neatly arranged along the branch ends.

Mostly the leaves and stems are used for medicinal purposes but sometimes also the roots. In days gone by it was smoked mainly by the Khoikhoi people as a substitute for tobacco or dagga as it is mildly narcotic. However it is also smoked as a relief against epilepsy.

Externally concoctions have been used to treat boils, eczema, itchy skin diseases and also muscular cramps. In some instances it has also been used against leprosy. For internal use decoctions are boiled to be used against coughs, influenza, bronchitis and high blood pressure.

The flowers are used in an infusion as a treatment against jaundice, haemorrhoids headaches and also as a diuretic against corpulence. Leaf infusions can be used for asthma and viral hepatitis.

AGAPANTHUS

This plant can grow in virtually any soil in the sun or the shade and looks very good in the garden but it also grows in the veldt and in some places along the mountain slopes here. It has long strap like leaves that are dark green in colour and has clusters of white or purple flowers that eventually contain tiny black seeds in small pods.

It is commonly used to ensure an easy birth and a decoction of the root is taken after the sixth month of pregnancy to ensure this. Some of the older people believe this plant ensures fertility and grow it around the home. However it is also a treatment for heart disease, paralysis and as an emetic for coughs and colds, chest pains and tightness.

Apparently the leaves in your shoes soothe your feet on a long hike and wrapping your feet in the leaves to rest them at the end of the day is very soothing.

The smooth strap-like leaves were also used to bandage a dressing or poultice and the leaves wrapped around the wrist brings a fever down.

2013 – the year ahead for you

ARIES: - This will also be a year of tensions as old and existing belief systems have to be replaced by new and innovative ideas in order for you to access your freedom and empower you to fulfil your destiny. In the month of August these tensions increase drastically, but if you are willing to plunge beyond your own psychic blockades to grasp the truths that are being presented to you, you can move towards an integration and completeness within yourself.

TAURUS: - Learning to work with the opposites through different levels of consciousness until body, soul and spirit resonate together affects your own attitude and the way you are addressing issues in your life. Your awareness of the significance of the non-tangible or psychological qualities of life is encouraged and forced to develop. Initiation rites, experienced at the appropriate times, burns off what is no longer relevant, opening your eyes to new possibilities of your own uniqueness.

GEMINI: - The first part of this year will be expansive but from June onwards there will be an overflow of emotional issues that you will have to contend with and sort out. You will feel caught between two conflicting feelings – the rational and goal-orientated versus the irrational emotions. Your task is to hold the tension between them. You also should try to look at what you are attracting in your life. If it is negative and disruptive you can avoid this by being methodical and careful in your dealings and relationships with others.

CANCER: - Your dedication to using intuition and sensitivity to resonate with can enable a fascinating and comprehensive synthesis to take place. Expansion starts for you after June but it comes with a price. A compulsive personality does not turn energies around effortlessly and letting go of that is no easy task. It cannot be done unless you recognize that the regressive energy has become destructive and needs to be redirected into new creative outlets.

LEO: - This is a time of learning but to attempt to enforce strict discipline merely reinforces the psychology of the victim and with it the compensatory rebel and liar. Learning about yourself you need to work through the negative beliefs that you picked up or inherited to claim your true power and abilities. Then you can be prone to rushing into matters that you have not given deeper thought to and this keeps you racing around as if there is some ghastly time limit set upon you. You are having to realize your own personal contribution to bring harmony in your life and those that you love.

VIRGO: - Prolonged abuse may result in illness which brings you to the consciousness of your healing abilities.. The Higher Self has within it a natural gradient toward wholeness, and while you may attempt to ignore nature, your body endeavours to remain in harmony with it in order to incubate the totality. If you have not yet realized your capacity to create abundance direction and opportunities will come your way but it will not come easily and flowing without you putting in the work involved.

Your body has wisdom of its own. Once it is experienced it is a foundation that gives confidence and total support to the ego. To reach its wisdom requires the process of expression until negative, dammed energy is out, making room for the positive energy, genuine light to flood in.

LIBRA: - A year of changes which living wholly in one world, then doing an about turn to live in another, can create an emptiness in your centre unless you are strong enough to hold your own standpoint while attempting to integrate both sides. Being true to your desire to pursue your dreams and ideas will literally rejuvenate any flagging relationship/s. You need to nurture your love through being more steadfast and not abandoning it or leaving it to the winds of fate

SCORPIO: - Saturn in Scorpio unearths issues from the past and old debts need to be settled and Karma lived through. There is a release in this process if you are willing to let go of unnecessary baggage and move into a new consciousness. Surrendering to the creative unconscious happens when you are strong enough to submit. How you view material stability could be said to hinge on the law of infinite supply; which states that in order to keep supply flowing in you must keep it flowing out.

SAGITTARIUS: - You function best when you are cool and detached from the ego whose bias is towards getting what it thinks it wants. This is difficult for you because your personal aims and intentions seem to be all-important and other factors of less importance. Then again as long as you are unable to find your own identity, your responses will be determined by some combination of complexes as you tend to observe your own behaviour by judging how it is going to look from the outside, and to others in order to please others.

CAPRICORN: - Ultimately the inherent strength and power you have is best used to heal and transform your environment in some way, beginning with your own self-image and it is best to remember. That what you don't know is always greater than what you do know. As long as you identify with a collective value system that denies your individual nature, the implied expectations can lead to pretence, masochism and a self-destructive rejection of life. The stubborn resistance to change is an attempt to protect the ego from the abject despair of rejection.

AQUARIUS: - As a compensatory reaction to your cool exterior you attract passionate and even dramatic persons into your life and relationships. You are inclined to live life as a concept rather than as a living event. Remember that it is alright to make mistakes. You are concerned with creating and maintaining a set of values that will guide you as you constantly endeavour to relate to one and all in an impartial and pleasant fashion.

PISCES: - You should base and maintain your relationships according to your innate sense of balance and your awareness of what is pleasing or fair both to yourself and to the other party. You will be going through a learning curve but you need to look at this as a necessary happening to learn more about yourself and others. The changes will be valuable as you grow into your greater potential.. It is only in retrospect that you understand why certain things happen in your life.

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