

# Eherbalnews

## Green Energy Herbals

Issue 3 – June/July 2011

Growing organic herbs for the hand preparation of medicinal herbals since 1992

Welcome to our 3<sup>rd</sup> edition. There has been great interest in the newsletter and I thank all those who sent such encouraging emails. Here we discuss a little about ourselves, herbs, crystals and other topics that assist us in maintaining a healthy lifestyle and becoming the persons we are meant to be.

Win a hamper of medicinal herbals – right in time for mid winter! Details at the end of the newsletter.

Our 2<sup>nd</sup> giveaway has been won by Dr. Camilla Pombo. Your herbals will be on their way to you shortly.

Each month we welcome an article by a friend and this month we are delighted to have **Lois Stahl, Mayan Astrologer** share her insights on Beauty and Weight.

This is the month of the winter solstice. It is the time of year when we often heed the call to open the doors of our inner perceptions and allow impurities and unwanted elements of the past to pass from us, thereby allowing the forces from the universal spirit to infuse within, creating an everlasting cup of transformation. As a miniature copy of the Universe each human has within themselves not only the characteristics of Creation but also the attributes of the Creator. Through the inherent nature of our composition, an individual, therefore, has access to cosmic resources, and should you wish, the possibility, while still earthbound, of contact with the Divine within yourself. Such a consciousness of the Presence of the Creator allows each one of us to know and be known by God.



## The alchemy of eating – Part 1

We take eating for granted, yet it is as necessary as breathing, Air, water and food – items we cannot live without. Yet eating can be full of psychic hazards, such as who you eat with and how you eat. In ancient times communities connected with every stage of the eating process. With the advent of commercial agricultural practices many of us do not know where our food is coming from. Yet this is not a problem if we glance back at how our ancestors dealt with these challenges. They did not have our so called technological advancements, but instinctively learnt how to cope with what was edible and what was not. We forget the deep experimentation that came so long before us as far as eating habits are concerned. It is another of those fascinating marches on our evolutionary journey.

Consider this. When you eat you are breathing into your food; and some of your, and if you're sitting close to someone, theirs as well, psychic energies are released into the food. Sure, many bless their food, but is it just a habit or is this something real in your life. Ask yourself the question:

*Do I live to eat or do I eat to live?*

The nostrils are said to be the external openings of the two polar opposites within the body. We are either breathing in, or out. The right nostril is considered solar; fiery red to the astral sight and affects the sympathetic nervous system. Breathing through the right nostril raises blood heat and energises the body. When you need to start something new, try conscious breathing through your right nostril.

The left nostril is lunar, magnetic and pale white to astral sight and affects the parasympathetic nervous system, stimulating your mental, creative and psychic abilities. It is said that you should always breathe through your left nostril when you are angry or highly emotional. (*Body Magic – B. Walker*)

Sight alone is not enough; it is our sense of smell that makes us turn our heads. In a very small way the nose also tastes. *The sense of smell is involved with motivation and memory. We humans have far fewer active odour receptor genes than other primates and other mammals. These odour receptor nerve cells function like a key-lock system. If the airborne molecules of a certain chemical can fit into the lock, the nerve cell will respond.* (*Wikipedia source*).

Our deep ancestors already had wired into their genes the various scents that meant good eating. Animals were hunted respectively for their total usefulness - bones for tent supports and needles; skins for clothing and coverings; and food for the groups. Blood pouring as thankfulness offerings, accompanied these ritual killings, were mostly observed. Thanking the earth for her bounty; the sun for his energy was probably the beginning of food thankfulness. It is all very well farming on roof tops (and I'm not against this!) but we need the good soil of our earth to keep us fully nourished.

Fruits and vegetables were another matter. This was totally trial and error. You ate something that smelt like heaven and it was good for you. Then another heavenly scented object turned deadly and wiped out small groups.

Still others gave visions – to some who could work the energies, they became the first alchemists; to others a sense of calm and to others the strength to go out and prove they can conquer the world. So before we knew what was good for us our noses gave us an abundance of lessons.

First we tasted with our noses as scents assailed us. Then we tasted physically and that produced a whole new range of possibilities. Just look at the range of foodstuffs we have available today. I sometimes wonder if we're not over indulging on the physical aspects of eating, rather than the nourishment and spiritual experience of the actual feeding experience.

We tend to change our diets with the seasons and whereas in the natural world diet has remained fairly constant, humans have evolved the art of good food to new heights. In fact so much so that unless we keep our wits about us, much of what we eat could well be GMO foods. Ultimately the choice is individual and sometimes we just don't have the time to read all the labels. What we should be doing is determining what foods and leisure stimulations are best for ourselves as individuals. Many consider food as fuel to motivate the entire being and eat accordingly. Perhaps the determining factor is eating in moderation that which makes us feel really good about everything and thereby creating an internal balance.

*Food cooked or eaten with joy is good food indeed!*

We are entering winter and often find ourselves needing those herbal healers so suited to sorting out those chills and blues. **Sweet potato** is a food often neglected; it is an excellent winter supplement.

Sweet potatoes are a little medicine chest of a food! They are highly nutritious, supplying a variety of minerals such as manganese, copper, calcium and iron; and vitamins C, B2, B6 and E. There are orange fleshed sweet potatoes on the market and they are a good source of beta carotene.

Being high in antioxidants sweet potatoes aid the body in preventing arthritis and other inflammatory conditions. They help to balance blood sugar levels; aid in easing digestive ailments, boosts the immune system and stabilize blood pressure.

Baked sweet potato is best and you can also add to soups and stews.

### Food for the mind arrives in so many forms

#### Flaxseed Lemonade –

Good for those who need strengthening.

*4 tablespoons whole flaxseed placed in 4 ½ cups of boiling water. Simmer for approx. 1 ½ hours. Strain and cool slightly. Add 4 tablespoons of honey (raw honey if possible) and the juice of 2 lemons. Drink slowly while hot. Enjoy.*

### Wilde Als (*Artemisia afra*)

This graceful herb is a pharmacopoeia all on its own! Treat colds, coughs, flu, fevers, stomach ache, gout, rheumatism, arthritis, loss of appetite, headaches, colic, intestinal worms and most bronchial ailments with an infusion of this herb. The standard procedure is to take 1 to 2 tsp. of the herb and infuse in a cup of boiling water for 10 to 15 minutes. Please remember to cover the cup while infusing to retain all the goodness this herb has to offer. 3 cups a day for a few days is the recommended dose.

A handful of leaves made into a strong infusion can be poured into the bath to draw out rashes, measles and to soothe haemorrhoids. A few drops of this brew can also be gently dropped into the ear to relieve earache and also makes a very effective eyewash. Wounds, sores, rashes, bites and stings are effectively cleansed and prepared for healing by using this wash. A ¼ cup of leaves infused until cool in a cup of boiling water makes an ideal mouthwash that treats gum problems and mouth ulcers.

*A word of caution - Wilde Als is a very potent herb and should never be used for too long a time. It has been noted that Wilde Als dilates the blood vessels and has an effect on the heart and therefore Wilde Als should never be taken by people who are on heart medication and should also be used with caution by pregnant or breastfeeding mothers.*

*We are the curiosity behind the need for wisdom!*

### Dandelions (*taraxacum off*)

Dandelions act as a diuretic and are believed to cleanse the liver by stimulating the flow of bile. Dandelion root is a highly effective detoxifier. Working on the liver and gall bladder to assist in the removal of waste products and also stimulating the kidneys to remove toxins that may build up in the urine. A beneficial side of dandelion

is that it encourages steady elimination of toxins that may occur from infection or even pollution. Dandelion also aids in clearing acne troubles as well as skin irritations such as eczema and psoriasis. It is also effective in easing arthritic woes.

#### Fresh Dandelion Salad

4 small beetroot, cleaned, trim tops  
1 cup fresh dandelion leaves  
½ cup roasted walnuts  
2 tablespoons red wine vinegar  
½ teaspoon rock salt  
¼ teaspoon ground pepper  
1 tablespoon chopped chives  
5 tablespoons olive oil

Bake the beetroot in a hot oven until tender. When cool peel the beets and cut into small cubes. Wash the dandelion leaves and spin in a salad spinner. Place in serving dish and add the beetroot and walnuts. In another bowl combine the vinegar, salt, pepper and chives. Drizzle in the olive oil until well combined and then drizzle over the salad.

**Nature Therapy helps you put your own house in order.**  
**Creating something from an idea, working through the making and realising of the dream, this is what life is all about. We cannot change where we have come from, but we can change where we are going.**

### IOLITE

*The stone of inner vision*

Lost continents were found using this lovely stone. The Vikings sailed the Atlantic using Iolite as a polarizing filter;

looking through Iolite they were able to navigate using the exact position of the sun.

The name Iolite comes from the Greek 'ion', which means violet.

Connects the Throat, Brow & Crown chakras.



Iolite assists you in releasing any discord in your life. It opens the pathway for each of us to access every aspect of whatever spiritual path we are journeying, gently easing us into communication with our higher self and guiding us so that we may have direction in our lives. An excellent healing stone that should be worn around the neck, especially when you feel that intuition calling and are unsure of how to listen. Meditation should be done holding a piece of Iolite in both hands.

Iolite stimulates us as spiritual beings, constantly guiding us and awakening our inner knowledge. While the door may appear to be closed, it is only awaiting the key that is Iolite. Harmony of self within.

On a physical level Iolite is good to use for those who wish to lose weight. It assists in ridding the body of toxins, and is useful when detoxifying and trying to kick addictions. Bloating, heartburn, indeed most stomach and bowel disorders respond well to Iolite.

**BEAUTY AND WEIGHT: Part 1 by Lois Stahl**

I think and hope that at this stage of human development we are becoming more conscious of the fact that all things are inter-related and through our own bodies we are given the opportunity to learn this valuable truth.

To take pleasure in a world filled with many kinds of beauty is a joy in life to which all are entitled. Therefore to support only one kind of beauty is to be somehow unobservant to nature itself. There cannot be only the one kind of beauty that is presented in many magazines as the ideal beauty. To be thought ugly or un-acceptable because one's beauty is outside the current fashion is deeply wounding to the natural joy that belongs to the true nature.

It also cheats women of their confidence and causes them to wonder about whether they are a good person or not and bases their self-worth on how they look instead of who they are. It pressures them to use up their energy worrying about how much food they consume or the readings on the scale and tape measure. It keeps them pre-occupied and colours everything they do, plan or anticipate.

*This causes compulsive and destructive eating disorders that distort body size and creates fear and unhappiness.*

Also to confine the beauty and value of the body to anything less than its magnificence is to force the body to live without its rightful spirit, its rightful form, and its right to exultation. Women have good reason to refute psychological and physical standards that are injurious to spirit and which sever the relationship with their own inner truth. It is clear that the instinctive nature of women evaluate body and spirit far more for their ability to be vital, responsive and enduring than by any measure of appearance. This is not to dismiss who or what is considered beautiful in various cultures, but to draw a larger circle that embraces all forms of beauty, form and function.

To make destructive and exclusionary judgments about a woman's inherited body shape, robs her of several critical and precious psychological and spiritual treasures. It robs her of pride in the body type that was given to her by her own ancestral lines. Disowning and reviling this body inheritance immediately slashes away her female body identity with the rest of her family lineage. If she is taught or feels that she hates her own body how can she love her mother's and other females in her family? This destroys her rightful pride of affiliation with her own people and robs her of her inheritance.

It makes utter sense to stay healthy and strong, to be as nourishing to the body as possible but angst about the body robs a woman to a large degree of her creative life and her attention to other things.

Of course the manner in which we use our body is also a very different factor regarding our body shapes. Our bodies are such amazingly wonderful things that can manifest what is essential for us at whatever point we are in life. In whichever way we use or abuse our bodies it will manifest in how we look. If we are doing a lot of physical work then our bodies will adapt to the best approximate shape and size to accommodate this. So we can learn about ourselves, our elemental nature, through various systems of which one is astrology.

#### FROM A TRADITIONAL ASTROLOGICAL VIEWPOINT....

My approach from an astrological viewpoint is based on western astrology as well as the astrology from the Ancient Maya.

The following is merely related to our sun sign as most people are familiar with the sign the sun was in at their

date of birth. However the position of the other planets and in particular the moon will also have a lot of bearing on the physiological make-up of each person. So having your birth chart can help you to further understand your body's needs.

Sometimes we become –even unconsciously so -- indoctrinated by the media and the current fashion images that we fail to recognize and accept the times in our lives that our bodies need to be covered with more flesh in order to stabilize us and keep us connected to the earth or alternatively we suddenly shed a whole lot of weight that our bodies do not require at that time. Therefore deviants from our traditional sun-sign shapes can also occur at different times in our lives.

As the cycles in our lives change through progressions from fiery to earth –earth to air – air to water – and water to fire, our physical requirements change too. These changes come about at different periods in one's life, depending on the birth chart.

#### The 4 elements: FIRE – EARTH – AIR - WATER.

Fire is a combination of warmth and dryness.

Earth is a combination of coldness and dryness.

Air is a combination of warmth and moisture

Water is a combination of coldness and moisture.

**Fire:** Moral conduct, aspiration and spirit are associated with the fire signs:  
**ARIES – LEO - SAGITTARIUS**

The fire signs are motivated by energy and creativity and are associated with action, pure energy and burning up fuel with strong life force, sexual fire and instant combustion. In a positive expression Fire people will generate heat, enthusiasm, encouragement and movement and usually have good digestive systems and excellent recuperative powers.

Naturally this does not mean that every Aries is underweight or thin because as mentioned, other factors also play a decisive role in body shape.

As a negative expression : Fire signs can suffer fevers, inflammations, acidity and illness or injuries such as sudden hemorrhages, strains and accidents often resulting from over-exertion. Fire people who do not discover a balance in their self-expression of their powers become tense and suffer from an angry type of depression, often inwardly directed.

As an element FIRE can be a law unto itself, unrestrained and overpowering, but when balanced and directed it can warm and light up the planet.

**Earth:** The body, its physical functions & requirements are associated with the earth signs which are:  
**TAURUS – VIRGO - CAPRICORN**

Like the earth itself there is a solidarity and physical security about earth signs. Good health relates to good nutrition and many earth people have a natural instinct as to which foods are wrong and which are right for them.

Earth signs are more inclined towards heavier body shapes with exceptions as mentioned.

Positive expression: The earth signs are motivated by practicality and structured progress, as well as grounding, materializing and earthing dreams and ideals. Spirituality made tangible.

In a Negative expression: Due to Earth being affiliated with the digestive tract it is more likely than the other elements to retain some of the impurities from the foods they eat.

Sluggish digestion can leave an accumulation of waste clogging up the system. Their sense of discrimination



must therefore include their diet. They need plenty of natural, non-toxic cleansing foods and pure water will ensure efficient functioning.

**Air:** The mind and intellect are associated with the air signs which are:  
**GEMINI – LIBRA – AQUARIUS**

The air signs are motivated by intellect and the desire to communicate. They are associated with prana, breathing, the nervous circulatory system, communication, balancing and objectivity.  
Air is all around us – nothing is hidden.

In a positive expression people born under the air signs can express themselves well, socialize and bring people together with ease and charm. Because they can become involved in an objective manner they make good advisers and helpers.

Potentially air signs can be very thin due to fast metabolisms. However in a negative sense when called upon to deal with the emotions of others they tend to distance themselves in order to retain their sense of 'un-involvedness' and freedom and they do not feel comfortable in 'heavy' atmospheres. Their physical defects tend to be lung complaints, nervous conditions and an over-active mind, which can lead to insomnia and exhaustion. Often they tend to have wind in the digestive tract, which is often the direct result of gulping air and talking while eating.

**Water:** The emotions and psychic feelings are associated with the water signs which are:  
**CANCER – SCORPIO – PISCES**

Water signs are motivated by instinct and emotion. Water is the element that can be readily converted by the other elements. It can be heated by fire, floated in the air as steam, frozen into a solid mass and absorbed into the earth. As Water signs take the shape of their container it takes time and often heartache to learn to take on their own shape and avoid negative influences. Unprocessed emotions can lead to heaviness in water signs.

Water has a natural urge to unify, become one with and empathize, so that objectivity is often difficult to achieve, even when it is required. But this quality can be a great asset in the care-taking professions such as counseling, nursing and when suffering patients demand complete understanding.

The positive aspects of the water signs are their psychic, emotional and intuitive abilities. Water is intangible so that water people often seek out those with clearly defined personalities as partners and friends. Negatively their sensitivity can lead them to stimulants such as alcohol and drugs, which dull the sensitivity as this comes with emotional pain. Water signs are secretive and seek a safe place to hide away. Physically they tend to suffer from emotional disorders, mucus discharges, colds, tumours and an incorrect water balance in the body. Being usually attracted to water itself they should drink plenty of purified water as well as spend time in or near water.

**Part 2 of Lois' article will appear in the August/September eherbalnewsletter**

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**Under the guidance of Prof. Philip Sobantu Kubukeli**

**Send us an email to win a hamper of  
our organically grown medicinal  
herbal products**  
*Subject line – winter give away.*

## **Green Energy Herbs Winter Survival Kit Give Away**

*Give away only valid in South Africa until end July 2011*

**Comfrey Nettle & Wintergreen balm**  
*sinus, hay fever & muscular aches*

**Wild Herb Muscle Balm**  
*circulation promoter, muscular aches, arthritis, rheumatism*

**Comfrey Lavender & Chamomile - Mother & baby**  
*soothing, chilblains, chapped skin*

**Tincture Blend No 6**  
*Flu, fever, bronchial ailments*

**Tincture blend No 7**  
*Flu, headaches, loss of energy*

**Herbal Antiseptic Wash**  
*Cleans all wounds, rashes, soothes stings & bites*

**Blue Sky Flower & Rock Crystal Essence**  
*Development elixir – intuitive emotion unblocking*

**Green Earth Flower & Rock Crystal Essence**  
*Protective Elixir – allows free flow of inspiration*

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***Hand preparing organic herbal medicinals since 1992.***

[Back to top](#)

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web pages: [www.greenenergyherbals.co.za](http://www.greenenergyherbals.co.za)  
hand prepared medicinal herbs - organically grown  
established 1992

*the living spirit grows, and even outgrows its earlier forms of  
expression;  
it freely chooses the being in whom it lives and who proclaim it.  
the living spirit is eternally renewed and pursues its goal in  
manifold and  
inconceivable ways throughout the history of mankind. (C. Jung)*