



Green Energy Herbs Newsletter

Issue 4 August/September 2011

This is the time of year I await with eager anticipation. The beginning of August is the start of the wild flower show here on our small piece of earth. We have left a good portion of the property in as natural a state as possible and our gift from the earth – an ever increasing display of floral wonder to dazzle and delight all the senses. Yet much of this regeneration comes from introducing an alien! The Beefwood tree.

After years of vigorous growth and the dropping of an endless supply of needles there are plants appearing for the first time in the 17 years we have been on our property. Sometimes we need to introduce the foreign into our thought patterns in order to change, as nature has so gently and wondrously shown us.

Yet there is also a warning on this beneficial tree. It has so much pollen that it can cause severe sinus, bronchial or allergic reaction in certain folk. We are hearing the whispering of spring when all flora bursts forth and as her scents beguile us, many of us start sneezing and wheezing. With this in mind *this issue's giveaway is our Spring Coping Hamper Kit*. Again, nature has an answer. Details at the end of the issue.

Our winner for Issue 3 giveaway of a Winter Hamper is Vivienne Olswang of Westdene. Your herbs will be on their way to you shortly.

We conclude our guest writer Lois Stahl's article on Beauty and Weight, which has drawn much interest. Thank you Lois for your counsel.

Just a thought....

Because they are so long-lived, atoms really get around. Every atom you possess has almost certainly passed through several stars and been part of millions of organisms on its way to becoming you. We are each so atomically numerous and so vigorously recycled at death that a significant number of our atoms – up to a billion for each of us, it has been suggested – probably once belonged to Shakespeare. A billion more each came from Buddha and Genghis Khan and Beethoven, and any other historical figure you care to name. (*the personages have to be historical, apparently, as it takes the atoms some decades to become thoroughly redistributed; however much you may wish it, you are not yet one with Elvis Presley.*) So we are all reincarnations. (*A short history of nearly everything – Bill Bryson*)



The Alchemy of Eating – Part 2

The physical body is not designed to become ill. Only when the defence mechanism of the body becomes weakened do we actually become ill. The conclusion is that something somewhere must be interfering with our natural process of implosion and explosion. While farming practices, chemicals, certain vaccinations, our foodstuffs and water interfere with this process, it is the mind or ego, which creates the most interference. There are two emotions – unconditional love, which is balanced, and, fear, which is unbalanced. For the past few thousand years human beings have been moved by the emotion of fear. We have lived and are living in a state of fear. Fortunately today there are many of us who have realised what fear is doing to our energy levels and are moving towards the motivation of perfect health through the process of love. Many have realised the effect our collective unconsciousness is having on the Earth's energy fields and our overall health. Water stores emotions very well and we can all appreciate what has happened to the Earth's consciousness over the past few thousand years and what is happening today. We have created a disease outside of ourselves and this disease is being fed back into our energy fields. We take in this unbalanced emotional energy with every breath we take, with every drink we consume and with every meal that we eat.

Remember that when you are emotionally upset and anxious your digestive system becomes impaired. Before you eat anything ensure you are relaxed and unhurried. The process by which the body digests food is done unconsciously; so you need to make a conscious effort to maintain this vital system; empower yourself with knowledge on the process of digesting what you eat to obtain maximum results.

Before we can embark on any life changing programme there are a few basics needing observation.

1. BODY CYCLES

When the ability of the body to recognise nutrients is impaired, making absorption difficult, eating healthily will make little difference.

The body is in an anabolic state from 4 a.m. to 10 a.m.; from 10 a.m. to 4 p.m. in a catabolic state; between 4 p.m. to 10 p.m. becomes fully catabolic; and between 10 p.m. to 4 a.m. the body is moving into an anabolic state.

The anabolic state is when the body must receive the building block substrates, that is the proteins and fatty acids. This is the period when maximum digestion and absorption takes place. In a catabolic state the body is breaking down and eliminating toxins.

VITAMINS		MINERALS	
ANABOLIC	CATABOLIC	ANABOLIC	CATABOLIC
Vitamin E	Vitamin A	Sodium	Calcium
Thiamine B1	Vitamin D	Potassium	Magnesium
Riboflavin B2	Beta carotene	Lithium	Manganese
Nicotinamide B3	Pyridoxine B6	Zinc	Copper
Pantothenic Acid B5	Cobalamin B12	Iron	Selenium
Vitamin C	Choline	Chromium	Vanadium
Folic Acid	Inositol	Caesium	Silicon
		Rubidium	Germanium
		Molybdenum	

By following some simple rules for eating or supplementing at the correct time assists you unconsciously in realising your weight loss goal.

75% of your daily intake of protein should be at 7 a.m. and then again between 12 noon and 1 p.m. Now this is not always possible, however even if you manage this a few times a week to start off with, you'll find yourself gradually ingratiating yourself into this aspect of your new lifestyle.

There should always be a small quantity of gastric juice available in the stomach even when it contains no food! Gastric juice secretion is at a peak when meals have a high fat content. There are 3 phases of secretion of gastric juice.

Cephalic phase is when the sense of sight, taste or smell gets those juices going!

Gastric phase is when the food reaches the stomach, and the intestinal phase is when the partially digested contents of the stomach reach the small intestine.

Take note of this - when foods are low in vitamins and minerals the liver is depleted and sends signals to the brain that it is hungry for more nutrition.

The process of digestion begins the moment you put something into your mouth.



Look at your digestive system as your earth centre. Just as you ensure the correct mix of nutrients when attending to your garden, so should you attend to the correct mix of nutrients that you intake on a daily basis. If you mix plant nutrients incorrectly into the soil, your plant growth can become erratic and your harvest compromised. So it is with your digestive system, so try not to compromise this essential process.

It then becomes increasingly apparent that if you are not obtaining the correct food that your system becomes debilitated and many ailments occur, both weight gain and weight loss amongst others! Herbs and correct eating patterns aid this process and have been doing so for thousands of years.

The liver is the largest organ in the body and is one of the most important for overall health. It is capable of complete self renewal at a faster rate than the rest of the body.

The liver makes and releases into the body many useful substances and sustains us in many vital ways by storing vitamins, minerals and sugars and becomes congested when you lack any of these ingredients, begins to work poorly and gives rise to a number of problems such as low blood sugar levels, diabetes, menstrual, hormonal problems. It also affects the bowel, bloodstream and lymph system. Weak tendons, ligaments, as well as brittle nails can be signs of an overworked liver. Acne and psoriasis are liver related skin disorders, and the digestive system and spleen can also be affected.

Our food provides the raw material for these internal chemical processes. When we eat correctly the liver remains healthy as it absorbs food and then releases it into the body at the necessary rate.

The liver creates immune substances and also purifies and filters the blood by neutralizing poisons. This cleansing, manufacturing and storage center, through its influence on nutrients and energy supply, as well as detoxification, has a direct link with the mind and its function.

Liver herbs to consider are – Milk Thistle, Dandelion, fennel, parsley, plantain, aloe, chicory, angelica, carrot, celery, elder, golden seal, motherwort, sage, wild yam, wormwood, lemon balm and hops.

Milk Thistle is one of those herbs that has been used for many, many years as a liver aid and in alleviating depression. This herb is highly protective to the liver, disallowing damage caused by toxic intake of food and pollution. As a spring tonic there is little to match the Milk Thistle. Should you be undergoing chemotherapy, then this is the herb to use to limit damage by this treatment.

ONE DAY LIVER CLEANSE

Spring is a good time to do a liver cleanse as everything is in a process of rejuvenation. This should be done once a month for 3 months and should lead to an improved sense of well-being. It is effective in breaking down cholesterol in the bloodstream by preventing fatty acids from forming along the walls of the arteries.

Cut out all coffee, tea and alcohol for 3 days before you begin this cleanse. This gives the body time to prepare for the cleansing. Drink plenty of water, as the body will have started cleansing just cutting out the above.

There are 4 foods needed: Olive oil, garlic, lemon juice and ginger. *Combine these ingredients and take 1 tablespoon morning, noon, mid afternoon and evening. (4 tablespoons in the day).*

1. Olive Oil - This helps to oxygenate the body internally. Uncooked and unrefined it is an excellent antioxidant. Being monounsaturated fat it doesn't clog the arteries with fatty acids. Increases high density lipo-proteins or "good cholesterol" which allows the blood to absorb more cholesterol so that it may be eliminated by the liver.

2. Garlic - Crush the garlic before putting in the blender/liquidizer. Rich in sulphur. Helps the liver perform and clear out better. Keeps cholesterol in check

3. Lemon Juice - Lemon juice is a citrus acid that becomes alkaline in the stomach and aids in cleansing the digestive tract. It also helps emulsify the olive oil. Blood cleanser. Clears out excess acids

4. Ginger - Helps ease any nausea associated with the cleanse. Warms the body
(Note: omit if the liver feels hot or inflamed)

General herbal tips to a healthier you....

Once a week drink potato water. Boil an unpeeled but washed potato in a stainless steel pot. Water to cover. No salt. Boil until tender and strain the liquid into a cup. Cool and sip slowly. This may turn your urine bright yellow – if so, continue for taking once a day for a further 2 to 3 days until your urine runs clear again.

On rising have either a slice of lemon or a piece of freshly grated ginger in slightly cooled boiling water.

Do not have coffee or tea first. Take a Vitamin E tablet as early as possible in the morning.

Have oats for breakfast!

Go for a gentle medium length stroll after eating, especially at night. Ensure you get enough exercise between meals as little or no exertion can lead to a sluggish digestive system.

Sinus congestion is linked with digestive disorders so try this warming brew of
Lemon & Chilli Tea to keep your nasal passages clear.

1 teaspoon cayenne (use less if you're not brave enough!) /

2 to 3 tablespoons freshly squeezed lemon juice

1 teaspoon chopped fresh mint leaves / 1 tablespoon grated ginger / 1 tablespoon honey

To 1 litre water (in a stainless steel pot) add cayenne and lemon juice. Cover and bring slowly to the boil. Remove immediately from heat and stir in the other ingredients. Drink while still pleasantly warm.

Unakite The Balancing Stone

Emotions reside not only in the heart but also in the solar plexus. The only difference is that the emotion is imprisoned in the solar plexus while it can fly free in the heart. When as children we were unable to fully express our emotions, we start to forget how to breathe as shallow breathing can sometimes make us immune to the pain. By repressing these feelings we start to lack joy in our lives and this discontent is often the root cause of many of the challenges we face as individuals.



Unakite is very good for helping one deal with issues from the past which are blocking progress for the self in the present and future. Being a balancing stone, it assists in the unification of the emotional, spiritual, mental, and spiritual aspects of self. This makes it good for people seeking a more well-rounded existence. It helps us to cope

with the stress of changing situations.

People suffering from low weight disorders should meditate with a piece of Unakite and those who wish to lose weight will find this stone most beneficial in visualisation techniques as it promotes visions of ideal weight. *Ask yourself – are you reacting, or responding*

IMBALANCES IN THE ELEMENTS (Part 2 of Beauty & Weight) By Lois Stahl

Most people have planets and points distributed over the four elements but some have few in one particular element and an overload in another.

It has been my experience as an astrologer though, that we are all born with a balance of elements although this might not always be evident. As we grow and go through different phases and transitions in life we express the potential imbalances in various ways, which will make its presence felt in some way or another. However there are some things that get expressed stronger than others and often overweight and ill health become expressed through these weaker aspects.

It is essential to understand that our bodies are constantly aiming towards a balance and what is the best for us, but we are often oblivious to the signs we receive from our bodies showing us where we are concealing, even from our conscious selves, the hidden fears that create feelings of not being acceptable or good enough.

Fear often goes hand in hand with guilt and every sweet morsel we consume that takes the image of our ideal body image away from its shape, creates feelings of guilt.

ABUNDANCE OF FIRE

An overload can set the world on fire but can be interpreted by some as pushy and manipulative as well as centered on the SELF.

DEFICIENCY OF FIRE

Low energy and confidence levels, which must be sustained by plenty of affection and encouragement. There may be in-adequate fuel to burn up food quickly, which requires the correct food choices in order to maintain a healthy weight and good health.

ABUNDANCE OF EARTH

This can sometimes create a limited imagination but usually great discipline. Rigidity of thought can lead to frugality with the self and others. An excess of earth endows the individual with a feeling of closeness to Nature and the spiritual source.

DEFICIENCY OF EARTH

Sometimes a lack of earth in the birth chart coincides with a lack of financial ambition and material success. It is also often the case with a person that lacks sufficient earth in their chart that they have a tendency to worry about security and there is frequently an over-compensation: striving for emotional and material security becomes the major pre-requisite to happiness.

ABUNDANCE OF AIR:

In a positive way this can endow a person with brilliant mental faculties but negatively the over-emphasis on thought and reason can be at the expense of the emotions and feelings.

DEFICIENCY OF AIR:

It is common that people with low air in their chart don't analyze themselves as a rule and they are rarely known for their reasoning power and articulate way of expressing themselves. They tend to view life from their own unique perspective, which sometimes seems illogic to others but does provide an abundance of warmth, feeling and frequently great benefits for those around them. Often the intellectual development becomes the challenge in their lives.

ABUNDANCE OF WATER:

People with an abundance of water in their birth charts are renowned for their sensitivity, psychic gifts and natural ability to read and interpret the characters of others. Negatively directed an abundance of water is linked to hypersensitivity, defensiveness and a refusal to confront life, with the propensity to escapism through drugs, alcohol or sickness as props. Sometimes they disguise their emotions in order to avoid vulnerability and can then present a cold, detached image to others.

DEFICIENCY OF WATER:

A lack of water in the birth chart suggests a depletion of emotion, intuition and moisture.

As water is the healing and cleansing factor a lack of it usually results in a severe physical disturbance, due to an accumulation of toxins. The intake of plenty of fresh clean water will wash away a multitude of dietary sins.

I wish to reiterate that a lack or abundance of any element in the birth chart is neither positive nor negative but merely gives added focus and direction. It is the choice of the individual as to where the focus is directed and these people often make their presence felt in society.

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Always remember to ask for advice before starting any herbal programme. Your conventional medication can interact negatively with alternative therapies, so do some research and if in any doubt seek the assistance of a health practitioner.

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*Send us an email to win a hamper of our organically grown medicinal herbal products
Subject line – Spring Coping Kit.*

Green Energy Herbals

Spring Coping Kit Give Away

Give away only valid in South Africa only until end September 2011

Reliever Mix No 1 - sinus, hay fever & allergies /

Reliever Mix No 2 – calming and detoxifying

Comfrey Nettle & Wintergreen Balm – sinus, hay fever & muscular relief

Herbal Pain Relief – headaches & inflammation

Infection Fighter – Immune system booster

Tincture of Milk Thistle – liver tonic / Tincture of Cancer Bush – stimulating tonic

Rescue Me - Flower & Rock Crystal Essence / The restor tonic elixir

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hand prepared medicinal herbals - 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)*