

Traditional Medicine from Madeira

Title: Funcho (Fennel)



Name of the herb: *Foeniculum vulgare*; **Family:** *Apiaceae*

Short Description:

The Fennel, also known as sweet anise, the original name given to this perennial herb is *Foeniculum vulgare*.

The city of Funchal owes its name to this plant, because when the first settlers arrived on our island this plant was the most prevalent.

It is a flowering plant, very fragrant and edible medicinal plant widely used, as for example in tea, also relieves colic in babies, is sometimes used in cooking and even perfumes.

Fennel can reach six feet tall but usually is between 60 and 90cm, has an intense green color, the leaves reach 40cm and are close in form of needles. The flowers that this plant stems are very small with a yellowish, when the seeds are dry are used in tea and as flavoring in liqueurs.

Flowering:

From July to September.

Common Usage:

➤ Medicinal uses:

- This indigenous plant, who is the origin of the name of the city /capital of the Autonomous Region of Madeira, is used as a diuretic and digestive. The tea made from its seeds relieves colic in babies. You can also eat the leaves and roots.
- To regulate the menstrual period reported tea leaves of strawberry and fennel, through the ingestion of a cup and using it for a sitz bath.

➤ Use non medicinal:

- In addition to human use was reported to prepare a tea given to the cows after give birth.

Source:

- http://www.sir-madeira.org/epages/Sir.sf/pt_PT/?ObjectPath=/Shops/sirmadeira/Products/FunchoPlantasA-Z
- <http://aflorestalaurissilva.blogspot.com/2011/05/funcho.html>

- SEQUEIRA, M. Menezes; FONTINHA, S.; FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). *Plantas e Usos Tradicionais nas Memórias de Hoje. Freguesia da Ilha*. Santana: Casa do Povo da Ilha/Parque Natural da Madeira.

Title: Loureiro (Laurel)



Name of the herb: *Laurus azorica*; **Family:** *Lauraceae*

Short Description:

Dominant tree of the Laurissilva Forest, with great versatility of habitats, occurring from the 200 m to above 1200 m. Very common throughout the island can be seen in Ribeira da Janela, Calheta and São Vicente.

It can reach 20 m in height, has a dense crown, dark green leaves, bright with variable manner, the berries are green when ripe become black and its flowers are yellow. Sometimes in the trunks of the laurels adults, a fungus develops unique characteristic shape, known as mother-of-laurel. The fruit serves as food for endemic Pombo Trocaz inhabiting this forest. Local populations of North Madeira use it in the manufacture of oil of laurel that claim pharmaceutical properties.

Flowering:

Period February to April

Common Usage:

➤ Use / Medical Benefits:

- The fruit of the laurel still manufactures in some rural parishes, the oil of laurel is known as a good remedy cleanses the blood and healing of internal injuries. It is also used to reduce rheumatic symptoms.
- The very aromatic leaves are used in cookery and infusion may be a cough medicine and sudorific.
- The laurel flowers are used to make teas and gargle to fight sore throats.
- About the trunks and branches of laurel, the older often arise are galls caused by a parasitic fungus specific - Mother-of-Laurel. Of soaking in brandy cecídoas these results a remedy very popular in Madeira by effects on the control of uterine bleeding.
- To disinfect and heal wounds made by iron, it was indicated the direct application of a few drops of laurel oil heated. For constipation, 3-5 drops of laurel oil taken with water or tea in the morning. Also on the prevention of "evil" or thrombosis and in situations of early cancer, reported the intake of three drops of laurel oil fasting. To strengthen bones reported a leaf tea with parsley. (Sequeira et al. 2006: 64).

➤ Use / non-medical benefits:

- The new shoots are used as typical kebab skewers in Madeira.

Source:

<http://issuu.com/olyceu/docs/laurissilva>

http://www.madeiranature.com/index/cms/page//page/nature_flora/articleId/345/articleTitle/loureiro/lang/pt

SEQUEIRA, M. Menezes; FONTINHA, S.; FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). *Plantas e Usos Tradicionais nas Memórias de Hoje. Freguesia da Ilha*. Santana: Casa do Povo da Ilha/Parque Natural da Madeira.

Title: Madre –de-Louro (Mother-of-Laurel)



Name of the herb: *Laurobasidium lauri*; **Family:** *Teleforaceae*

Short Description:

Appears with frequency in the trunks of old laurels a unique parasitic fungus, with characteristic shape. It can reach 20 cm long and is produced by Lauri Exobasidium, fungus family of Teleforaceas.

Flowering:

Common Usage:

➤ Use/ Medicinal Benefits:

- The infusion of this curious plant in brandy (a fungus that lives on the trunks and branches of laurel) is used as hemostatic in uterine ailments and dust against rheumatism.
- It was mentioned eating a small cup for stomach pain and sick of an infusion prepared with brandy, buttons of chamomile and lemon balm rum. Women in the postpartum period is also given a small cup of brandy into a brew with basil, always engaged, white cinnamon and Mother-of-Laurel, which is 8 to 15 days under the cow manure in the barns (Sequeira et al. 2006: 66).

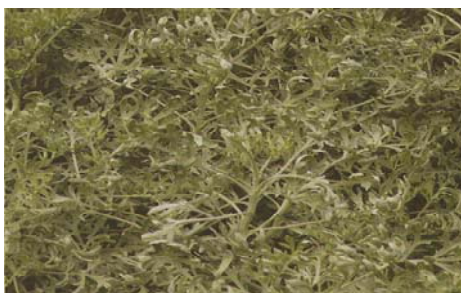
Source:

http://www.sir-madeira.org/epages/Sir.sf/pt_PT/?ObjectPath=/Shops/sirmadeira/Products/LosnaPlantasA-Z

<http://asminhasplantas.blogspot.com/2007/06/laurobasidium-lauri-geyljlich.html>

SEQUEIRA, M. Menezes; FONTINHA, S.; FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). *Plantas e Usos Tradicionais nas Memórias de Hoje. Freguesia da Ilha*. Santana: Casa do Povo da Ilha/Parque Natural da Madeira.

Title: Losna (Wormwood herb)



Name of the herb: *Artemisia argentea* LHér; **Family:** Asteraceae

Short Description:

Endemic species of Madeira who lives in places rocky coastline on the south side of the island. It is also common on Porto Santo and the Deserted Islands.

Cultivated for medicinal purposes, as occurs spontaneously in coastal areas, in locations exposed and dry. Shrub that reaches up to 1 m high, with many branches, leaves triangular and yellow flowers.

Flowering:

Flowering season from April to August.

Common Usage:

➤ Use / Medical Benefits:

- This shrubby plant, exclusive of the Madeira archipelago and often cultivated near the houses, use the infusion of the leaves and sprigs of flowers, especially as an appetizer, stomachic and tonic.
- Tea leaves and stem was referred for bronchitis in adults, as well as stomach aches and menstrual pain.

➤ Use / non-medical benefits:

- It was mentioned that to avoid the "evil eye" and protect the home they proceeded to draw up a branch of laurel, orange, lemon, rosemary and wormwood that on Palm Sunday was blessed in the local church. Being taken from this branch before being saved, a little of all of his herbs to make tea for drinking.

Source:

http://www.sir-madeira.org/epages/Sir.sf/pt_PT/?ObjectPath=/Shops/sirmadeira/Products/LosnaPlantasA-Z

http://www.madeiranature.com/index/cms/page//page/nature_flora_endemic_indigenous_other_endemics/lang/pt/articleId/344/articleTitle/losna

SEQUEIRA, M. Menezes; FONTINHA, S.; FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). *Plantas e Usos Tradicionais nas Memórias de Hoje. Freguesia da Ilha*. Santana: Casa do Povo da Ilha/Parque Natural da Madeira.

Title: Macela, Marcela (Camomile)



Name of the herb: *Anthemis nobilis* L; **Family:** Asteraceae

Short Description:

The Macela or Marcela is the name by which Chamomile is known on the island of Madeira, having been introduced here, particularly in the area of Camacha. Plant of the family compound, derived from the European continent, the Macela is an annual plant that grows in the form of small rods 20 to 50cms with thin leaves and spiky, and yellow flowers. It grows well on dry land, but with a cool climate and good sun. Although it can be used in cooking or even as homemade aromatic and ornamental flower, it is as a medicinal herb that has gained more fame, and without doubt one of the most widely used medicinal plants around the world.

Flowering:

Blooming in June and July here in Madeira.

Common Usage:

➤ Use / Benefits Medical:

- Plant whose buds or "heads" are often sold on the streets. This plant is widely used, mainly as anti-spasmodic, digestive, stimulant, stomachic, sedative and tonic, using their flowers or 'heads' in infusion or cooking.
- For stomach problems (bloating) and menstrual pain reported the ingestion of a glass of brandy into a brew with honey, chamomile, cinnamon, lavender and white, or white with perpetual, language cervina, white cinnamon, chamomile, lavender and honey bee (Sequeira et al. 2006: 65). Reference was also eating a small cup for stomach pains and being sick, an infusion of spirit, with buds of chamomile and lemon balm rum. It was also mentioned the preparation of a tea-3, 5 or 7 buttons per cup: for stomach (bloating), abdominal pain and vomiting for sick tea rosemary add to this or other plants (Sequeira et al. 2006: 65).

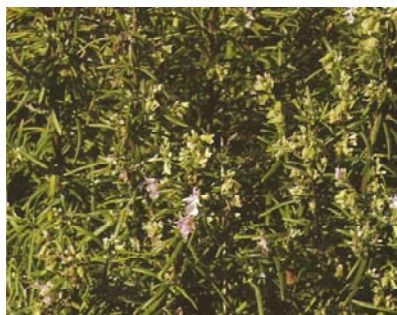
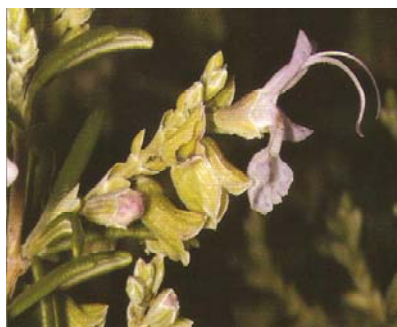
Source:

http://www.sir-madeira.org/epages/Sir.sf/pt_PT/?ObjectPath=/Shops/sir-madeira/Products/MacelaPlantasA-Z

<http://drakonyaz.blogspot.com/2006/06/macela.html>

SEQUEIRA, M. Menezes; FONTINHA, S.; FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). *Plantas e Usos Tradicionais nas Memórias de Hoje. Freguesia da Ilha*. Santana: Casa do Povo da Ilha/Parque Natural da Madeira.

Title: Alecrim (Rosemary)



Name of the herb: *Rosmarinus officinalis*; **Family:** *Lamiaceae*

Short Description:

Introduced plant originated in the Mediterranean region (López González, 2002: 617 quoted by Sequeira et al. 2006: 17).

Cultivated for medicinal and ornamental often being close to dwellings (Press, 1994: 280 quoted by Sequeira et al. 2006: 17).

Flowering:

Early Spring

Common Usage:

➤ Medicinal uses:

- It is a shrub often cultivated in Madeira. The tea of this plant, besides being used as an appetizer, diuretic and stomach tonic, aids in concentration in the brain by stimulating circulation and improving memory, it is also used against arthritis and joint pain. It should not be taken for more than one month and followed pregnant women should use it with caution.
- The tea leaves, stems and tips mentioned to combat headaches, stress, migraines, "bads" or thrombosis, menstrual pain and sick. In cases of "evil" or thrombosis, also reported exposure to fumes, resulting from placing the rosemary on the coals. For headaches and stress, it was noted that added to the tea of rosemary leaves, tangerine, orange or lemon, taking 9 days. For menstrual pain, join the tea of rosemary, lavender. The blend with chamomile was referred to the sick and bloated.

Source:

http://www.sir-madeira.org/epages/Sir.sf/pt_PT/?ObjectPath=/Shops/sir-madeira/Products/AlecrimPlantasA-Z

SEQUEIRA, M. Menezes; FONTINHA, S.; FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). *Plantas e Usos Tradicionais nas Memórias de Hoje. Freguesia da Ilha*. Santana: Casa do Povo da Ilha/Parque Natural da Madeira.

Title: Alecrim de Nossa Senhora (Our Lady Rosemary)



Name of the herb: *Eriocephalus africanus*; **Family:** *Asteraceae*

Short Description:

Introduced from South Africa (Press, 1994: 357 quoted by Sequeira et al. 2006: 18). Cultivated for ornamental and medicinal purposes, often close to homes

Flowering:

Early Spring

Common Usage:

➤ Medicinal Uses:

- Tea leaves, stems and tips mentioned for headaches, menstrual pain and body-in-general.

Source:

- SEQUEIRA, M. Menezes, Fontinha, S., FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). Plantas e Usos Tradicionais NAS Memórias de Hoje. Freguesia da Ilha. Santana: Casa do Povo da Ilha / Parque Natural da Madeira.

Title: Erva Terrestre (Grass Land)



Name of the herb: *Sibthorpia peregrina* L.; **Family:** SCROPHULARIACEAE

Short Description:

Endemic plant of Madeira (Short, 1994: 315 cited by Sequeira et al. 2006: 43).

Frequent in Laurissilva Forest and other humid and shady places, occurring between 150 and 1400 meters of altitude (Garden R., 2000: 257 cited by Sequeira et al. 2006: 43).

Hirsute plant, stems to 1 m, creeping. Leaves with 15-60 mm wide, orbicular to reniform, margins wavy, petiole 10-70 mm; 1-6 flowers in the axils of the leaves and stems of 15-80 mm, slender, somewhat curved when curly with fruit; Goblet of 3.5-5 mm, lobes lanceolate, acute. Corolla with 9-12 mm in cross section, pale yellow with lobes rounded; seeds 1-1.2 mm, orbicular, reddish-brown.

Flowering:

April to October

Common Usage:

The fresh tea leaves were mentioned for the heart.

A hot infusion used for bronchitis, the tea used to relieve cough and how expectorant action, the decoction used for bronchitis and cough, juice externally applied to the toes.

Source:

<http://www3.uma.pt/biopolis/planta.php?id=244>

- SEQUEIRA, M. Menezes, Fontinha, S., FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). Plantas e Usos Tradicionais NAS Memórias de Hoje. Freguesia da Ilha. Santana: Casa do Povo da Ilha / Parque Natural da Madeira.

Title: Arruda (Rue)



Name of the herb: *Ruta graveolens*; **Family:** *Rutaceae*

Short Description:

Subshrub widely cultivated in gardens throughout the world due to its leaves, strongly aromatic. It affects up to one meter tall, with woody stem, branched from the base. The leaves are alternate, petiolate, fleshy, glaucous, composed of up to 15 cm in length. The flowers are small and yellowish. The fruit is capsular, four or five lobes protruding, rough, opening up more fully and in four or five valves.

Cultivated for medicinal purposes and superstition, naturalized in rocky, dry, and exposed coastal (Short, 1994: 210 cited by Sequeira et al. 2006: 26).

Flowering:

Spring, Summer

Common Usage:

➤ Medicinal Use:

- Tea leaves was reported to combat headaches and intestinal problems. For stroke, these were three distinct uses: A tea of leaves, flowers and buds (fruit), a mixture of the above, with nutmeg; fasting ingestion of a button, for 9 consecutive days.

➤ Non-medicinal uses:

- On the morning of St. John, fasted, ingest up 2-3 with five buttons cracks, to protect the "evil eye." To protect the house, mentioned the establishment of a branch of mandarin, rosemary, rue, orange and olive, on the day of Palm Sunday is blessed in the local church and then stored

Source:

- SEQUEIRA, M. Menezes, Fontinha, S., FREITAS, F.; RAMOS, L.; MATEUS G. Maria. (2006). Plantas e Usos Tradicionais NAS Memórias de Hoje. Freguesia da Ilha. Santana: Casa do Povo da Ilha / Parque Natural da Madeira.

<http://pt.wikipedia.org/wiki/Arruda>

Title: Hortelã de cabra (Minto of Goat)



Name of the herb: *Cedronella canariensis* (L.); **Family:** *Labiatae*

Short Description:

Endemic plant of Madeira, Azores and Canary Islands (Press, 1994: 286 cited by Sequeira et al. 2006: 55). Herbaceous plant and undergrowth, vivacious and quite frequently in the Ecological Park, boasts its pale pink flowers in summer.

Frequent in shady places, usually above 500 meters (Press, 1994: 286 cited by Sequeira et al. 2006: 55).

Flowering:

Summer

Common Usage:

The leaves are aromatic and its infusion functions as an excellent digestif.

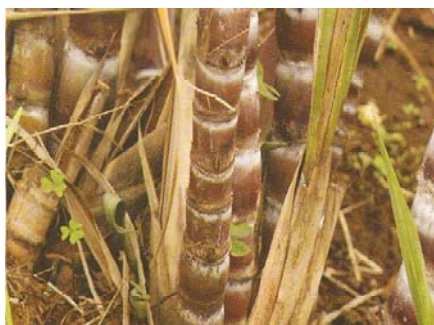
Reference was made to make tea from 1-3 leaves per cup to lower cholesterol. It also leads to good results as an anti-spasmodic and calming. Some say it also heals the diseases of liver and combat hypertension.

Source:

SEQUEIRA, M. Menezes, Fontinha, S., FREITAS, F.; RAMOS, L.; MATEUS G. Maria. (2006). Plantas e Usos Tradicionais NAS Memórias de Hoje. Freguesia da Ilha. Santana: Casa do Povo da Ilha / Parque Natural da Madeira.

<http://plantassubarbustivasdaurissilva.blogspot.com/2008/05/hortel-de-cabra-hortel-de-burro-ou.html>

Title: Cana-de-açúcar (Sugarcane)



Name of the herb: *Saccharum officinarum*; **Family:** *Poaceae*

Short Description:

Originating in tropical Asia. It is widely cultivated in Madeira because of its high commercial value and multiple uses, including the production of honey. The Madeira is positioned in the annals of history as the first universal Atlantic area of occupation, a pioneer in culture and dissemination of sugar.

Sugar cane is considered the most important crop in human history, as it provoked the greatest phenomenon in terms of human mobility, economic, commercial and ecological.

Grass that reaches up to 2 m high. It is a plant upright perennial, with cylindrical stem, glabrous externally and variable colors, internally, with vascular bundles. The internodes may be straight or zigzag, with long, thick and very varied. The leaves are simple, alternate and lanceolate and the flowers are grouped in clusters. The fruits are dry and the type caryopsis.

Flowering:

October

Common Usage:

➤ Medicinal Use:

- The brown sugar is a medicinal herb, contains lots of iron, calcium and phosphorus, which help in growth of the skeleton, heart weakness from anemia and maintains muscle strength, constitution. The sugar cane juice, molasses and brown sugar are a good food. Three leaves boiled in a liter of water helps to lower blood pressure and fight fevers. The cane is good against cough, renal colic, digestive problems, mouth sores and stretch marks on breasts. The bagasse is a powerful disinfectant
- To soothe a cough, it emerged that the cane is heated directly over the flame until soft, then twisted so as to extract the juice, which is ingested.

➤ **Non-medicinal uses:**

- The cane, in addition to sugar, extracts were also brandy and molasses. At the base of cane, it is the famous Poncha. Since the sugar syrup is a key ingredient in the traditional honey cake.

Source:

http://cantinhodamadeira.net/index.php?option=com_content&view=article&id=70&Itemid=81

<http://plantasesuasqualidadesmedicinas.blogspot.com/2010/08/cabaca-sinonimo-porongo-polpa-verde-e.html>

http://www.madeiranature.com/index/cms/page/nature_flora_introduced_agricultural/lang/pt/articleId/202/articleTitle/sugarcane

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Title: Perpétua branca (White Perpetual)



Name of the herb: *Helichrysum melaleucum* Rchb. ex Ho **Family:** *Asteraceae*

Short Description:

Endemic species of Madeira who lives in rocky cliffs on the north coast and the interior of the island, up to 1700 m altitude. It also occurs in Porto Santo and the Great Desert, though less frequently.

Small shrub that reaches up to 1 m high, with many branches and leaf-shaped spear. Aromatic flowers and purplish-black.

Flowering:

Flowering season from March to June.

Common Usage:

➤ **Medicinal Use:**

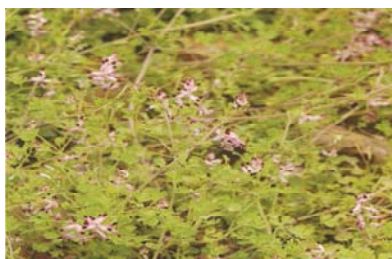
- For the stomach and intestines has been reported the preparation of a fresh tea leaves

Source:

SEQUEIRA, M. Menezes, Fontinha, S., FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). Plantas e Usos Tradicionais NAS Memórias de Hoje. Freguesia da Ilha. Santana: Casa do Povo da Ilha / Parque Natural da Madeira.

http://www.madeiranature.com/index/cms/page/nature_flora_endemic_indigeno_us_other_endemics/lang/pt/articleId/424/articleTitle/white-everlasting

Title: Molarinha, Erva pombinha



Name of the herb: *Fumaria officinalis* (L.); **Family:** *Papaveraceae*

Short Description:

Endemic plant of Madeira and the Canaries.

Frequent among rocks, walls, on agricultural land, abandoned fields and roadside paths, except the mountains (Vieira, 1994: 107 quoted by Sequeira et al. 2006: 70). Small Corolla (7-9mm), pink, dark red on top, fruit broader than long, rugulate; sepals ovate-lanceolate, narrower than the corolla, and approximately three times smaller than her, leaves bi-tripenactissectas; segments of the leaves narrow, flat, 1.5-4dm plant, ramose, diffuse, green-blue with poor clusters.

Flowering:

February to June

Common Usage:

➤ Medicinal uses:

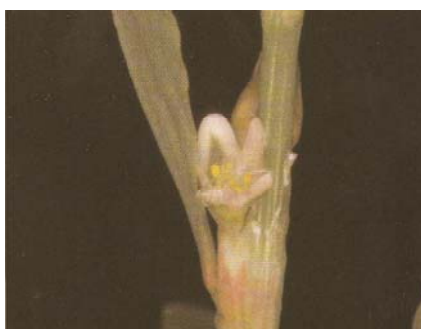
- For warts and eczema mentioned the boil 2 to 3 sprigs, which are crushed, mixed with wheat bran and applied to the skin.

Source:

<http://biorui.no.sapo.pt/papaveraceas.htm>

SEQUEIRA, M. Menezes, Fontinha, S., FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). Plantas e Usos Tradicionais NAS Memórias de Hoje. Freguesia da Ilha. Santana: Casa do Povo da Ilha / Parque Natural da Madeira.

Title: Sempre Noiva (Always Bride)



Name of the herb: *Polygonum aviculare* (L.) **Family:** *Polygonaceae*

Short Description:

Plant 2-6dm, polymorphous; branches leafy flower stalk to the top; pauciflora flowers arranged in fascicles in the axilla of a leaf or a bract, perianth colored (green or pink), alternate leaves, peninérveas.

Frequent roadside paths in regions of low altitude (Press, 1994: 63 cited by Sequeira et al. 2006: 85).

Flowering:

June to October

Common Usage:

➤ Medicinal uses:

- Ingestion of a tea from leaves and stems has been reported for urinary infections and stomach aches. Alternatively, prepare a tea with basil and wormwood, which is used for sitz bath.
- In the case of "heat in the area of the kidneys," was a reference to always bride tea, basil, beard of corn, linseed and sugarcane sprout scallop "I've never seen the sea" after being used in sitz baths. For postpartum women reported the ingestion of a small cup of brandy in an infusion of basil, always engaged, cinnamon and white mother-of- laurel, which is 8 to 15 days under the baking of cow manure in the barns.

Source:

<http://biorui.no.sapo.pt/>

SEQUEIRA, M. Menezes; FONTINHA, S.; FREITAS, F.; RAMOS, L.; MATEUS, Maria G.. (2006). *Plantas e Usos Tradicionais nas Memórias de Hoje. Freguesia da Ilha*. Santana: Casa do Povo da Ilha/Parque Natural da Madeira.

Traditional Medicine from Italy

Title: Chervil



Name of the herb: *ANTHRISCUS CEREFOLIUM* **Family:** UMBELLIFERAE

Short Description:

It is a name commonly applied to two plants of the parsley family both of which are cultivated for food. The salad chervil (*Anthriscus cerefolium*) has leaves that are similar in taste and appearance to those of parsley. They are used as a salad green, a garnish and as a seasoning in meat, loaf, soup and other dishes. They are also used to flavour vinegar. The salad chervil is generally cultivated in the Caucasus region of Russia, but has now become naturalised from Quebec to the United States. It is not grown in India.

Flowering:

The turnip root chervil is a biennial European plant grown for its edible carrot shaped roots which are grey on the outside and yellowish white inside. They are mostly eaten in stews or as a boiled or fried vegetable. Chervil contains iodine, potassium, fluorine and sulphur.

Common Usage:

- Medicinal plant, chervil is considered a diuretic, expectorant, and stimulant. It has been used against eczema and to lower blood pressure.
- The leaves can be infused in water to use as a skin freshener. Dried chervil may be used to scent potpourris.
- Fresh leaves and stems are used to flavor soups, casseroles, salads, sauces, eggs (particularly omelettes), carrots, spinach, sorrel, fish, and cheese. Chervil also can be used in herbal butters.
- Chervil has been used in the past as a diuretic, expectorant, digestive aid, and skin freshener.
- It was also thought to relieve symptoms of eczema, gout, kidney stones, and pleurisy.
- The plant contains vitamin C, carotene, iron, and magnesium.
- The fresh leaves are also used as eyewash to treat sore or inflamed eyes.

Title: Chicory



Name of the herb: *CICHORIUM INTYBUS* **Family:** *ASTERACEAE*

Short Description:

Chicory is a hardy perennial that was brought to North America from Europe in the 1700s, and is now well-established across the continent. Though chicory has a variety of uses, it's best known for its association with coffee. The root of the chicory plant is long and thick, like the tap-root of the dandelion. When dried, roasted and ground, it makes an excellent substitute for coffee. There is no caffeine in chicory, and it produces a more 'roasted' flavour than coffee does.

Flowering:

It is a biennial or perennial grassy plant

Common Usage:

A perk about chicory is that it's more soluble in water than coffee, which means you use a lot less of it when brewing. Very economical for someone on a tight budget.

Chicory also offers extra health benefits that you wouldn't normally get from your cup of coffee. It is reported to help cleanse the blood and improve the health of your liver.

The young leaves can be used in salads, and the root can also be boiled and eaten like a vegetable (it's related to endive and radicchio). It's also grown for cattle food in Europe. The flowers are blue-purple, and will open and close at precisely the same time every day.

Title: Common Fennel



Name of the herb: *FOENICULUM VULGARE* **Family:** *UMBELLIFERAE*

Short Description:

Common fennel is a mature plant that reaches a height of four to ten feet. Fennel has finely divided leaves, which appear almost feather-like. The stem and leaves have a strong anise or licorice-like odor. The small flowers are yellow, and grow in umbrella-like clusters, at the ends of stems. Each cluster is about four inches across and the plant flowers in the summer. Fennel has a long, thick taproot, which produces 10 to 20 stems in the spring. The stems dieback in the winter and new stems emerge from the root crown in the spring. There are many cultivated varieties, some of which have swollen bulb-like structures at the base of the stems.

Flowering:

Perennial

Common Usage:

The sweet fennel is cultivated for using the seeds and the green parts of it. The seeds enter the composition of the useful medicines against the pulmonary illnesses, the cough, the digestive troubles and the intestinal flatulence

Title: Black Mulberry



Name of the herb: *MORUS NIGRA* **Family:** *MORACEE*

Short Description:

It is a small deciduous tree growing to 10–13 metres (33–43 ft) tall. The leaves are 10–20 centimetres (3.9–7.9 in) long and 6–10 centimetres (2.4–3.9 in) broad (up to 23 centimetres (9.1 in) long on vigorous shoots), downy on the underside, the upper surface rough with very short, stiff hairs. The edible fruit is dark purple,

almost black, when ripe, 2–3 centimetres (0.8–1.2 in) long, a compound cluster of several small drupes

Flowering:

Mulberry trees do not begin to bear fruit early in life, and few fruits can be expected from a tree before it is fifteen years of age. It is commonly said that the fruit of the oldest Mulberry trees is the best.

Common Usage:

Antiinflammatory activity. Antioxidant Antihyperglycemic. The inhibition of carbohydrate hydrolyzing enzymes such as a-amylase reduction of blood glucose.

Title: Indian Fig



Name of the herb: *OPUNTIA FICUS-INDICA* **Family:** *CACTACEE*

Short Description:

The Indian fig looks like a prickly pear, however, it is not as ferocious as the prickly pear, as it bears few prickles. Although related to prickly pear, it is not a banned, noxious plant like the prickly pear. The opuntias belong to a very large group of plants in the cactus collection. Many of these bear thick, sharp, spines, magnificent flowers, and are valued as popular pot-plants or for landscaping effects. They are able to survive in extremes of heat and drought for long periods, in fact for many years, because the stems and leaves can store large volumes of water during times of rain. The whole plant has a hard, thick, skin and wax coating which helps to protect from evaporation. Long roots can reach down deeply into the ground to seek moisture.

Flowering:

All year long

Common Usage:

The mucilaginous properties have served man in many ways. Medicinal uses have included: nausea, headaches, fevers, toothache, blood tonic, gout, arthritis, digestive problems, constipation, nervousness, diarrhea, earache, fluid retention, whooping cough, asthma, burns, boils, abscesses, venereal diseases, stomach-ache and to benefit the pancreas, spleen and heart. A Cough Syrup is prepared by soaking chopped leaves in a little water, strained and sweetened with honey. The high mucilage content forms a healing and protective surface over sore throats. Pads, dried and powdered, are used as base material in vitamin preparations, and the powder is capsulated for treating hemorrhoids

Title: Common Sow Thistle



Name of the herb: *SONCHUS OLERACEUS* **Family:** *ASTEARLACEAE*

Short Description:

The central stem is hairless and dull green; sometimes it is tinted with reddish purple. The alternate leaves are up to 10" long and 2½" across, becoming smaller and more sparsely distributed as they ascend the central stem. Each leaf is odd pinnate with deep triangular lobes; its margins are dentate with soft prickles. The upper leaves are more likely to be entire or have shallow lobes. Like the central stem, each leaf has a dull green upper surface and is hairless; its base may be tinted reddish purple. At this base, there is a pair of pointed lobes that wrap around the stem. The upper stems terminate in small clusters of flowerheads about ¾" across when fully open; they bloom during the morning and close by noon. Each flowerhead consists of numerous yellow ray florets and no disk florets. The floral bracts at the base of the flowerhead are dull green, hairless, and overlap each other in a vertical series. Each flowerhead is shortly replaced by numerous achenes with tufts of fluffy white hairs. Each dark achene is somewhat flattened, ribbed, and oblongoid; one end is somewhat broader than the other. Distribution of the achenes is by the wind. The root system consists of a stout taproot. The foliage contains a milky latex. This plant spreads by reseeding itself.

Flowering:

Winter or spring annual. The blooming period occurs from late spring to mid-summer and lasts about a month in a given locale; a few plants may bloom later in the year.

Common Usage:

The roots furnish a substitute of the coffee and for the fact that they are bitter and they have quantity of inulina, replace the fructose and besides from its latex it is drawn a natural rubber that assumed away oral it constitutes a good catartico and a good colagogo

Title: Clickweed



Name of the herb: *CARYOPHYLLACEAE STELLARIA* **Family:** *MEDIA*

Short Description:

It has very thin roots. The stems are bifurcated and cm 40-60 high, they have a weak structure therefore don't maintain the erect position. The leaves are oval. The flower is hermaphroditic. The fruit is an oblong oval capsule

Flowering:

Annual herb, widespread in temperate zones,

Common Usage:

They are very nutritious, high in vitamins and minerals, can be added to salads or cooked as a pot herb, tasting somewhat like spinach. The whole plant is used in alternative medicine as an astringent, carminative, demulcent, diuretic, expectorant, laxative, refrigerant, vulnerary.

Title: Big Sting Nettle or Stinging Nettle



Name of the herb: *URTICA DIOICA* **Family:** *URTICACEAE*

Short Description:

Stinging nettle has fine hairs on the leaves and stems that contain irritating chemicals that are released when the plant comes in contact with the skin. While the hairs, or spines, of the stinging nettle are normally very painful to the touch. When they come into contact with a painful area of the body, they can actually decrease the original pain. Scientists think nettle does this by reducing levels of inflammatory chemicals in the body, and by interfering with the way the body transmits pain signals.

Flowering:

Perennial

Common Usage:

Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, and anemia. Today, many people use it to treat

urinary problems during the early stages of an enlarged prostate (called benign prostatic hyperplasia or BPH), for urinary tract infections, for hay fever (allergic rhinitis), or in compresses or creams for treating joint pain, sprains and strains, tendonitis, and insect bites.

Title: Carob Tree



Name of the herb: *CERATONIA SILIQUIA* **Family:** *LEGUMINOSAE*

Short Description:

It is a species of flowering evergreen shrub or tree native to the Mediterranean Region. It is cultivated for its edible seed pods. The tree grows up to 10 metres tall. The crown is broad and semi-spherical, supported by a thick trunk with brown rough bark and sturdy branches. Leaves are 10 to 20 centimetres (3.9 to 7.9 in) long, alternate, pinnate, and may or may not have a terminal leaflet. It is frost-tolerant. The flowers are small and numerous, spirally arranged along the inflorescence axis in catkin-like racemes borne on spurs from old wood and even on the trunk they are pollinated by both wind and insects. Male flowers produce a characteristic odour, resembling semen. The fruit is a pod that can be elongated, compressed, straight or curved, and thickened at the sutures. The pods take a full year to develop and ripen. The ripe pods eventually fall to the ground and are eaten by various mammals, thereby dispersing the seed

Flowering:

The trees blossom in autumn (September–October).

Common Usage:

Carob, dried or roasted and having a slightly sweet taste, in powder or chip form, is used as an ingredient in cakes and cookies. Carob is sometimes used as a substitute for chocolate (one reason is because, unlike chocolate, carob does not contain caffeine). The glazes of carob is used in the cosmetic to prepare facial idradanti masks and emollients.

Title: Rocket



Name of the herb: *ERUCA SATIVA* **Family:** *CRUCIFERAE*

Short Description:

It grows 20–100 centimetres (8–39 in) in height. The leaves are deeply pinnately lobed with four to ten small lateral lobes and a large terminal lobe. The flowers are 2–4 cm (0.8–1.6 in) in diameter, arranged in a corymb, the petals are creamy white with purple veins, and the stamens yellow; the sepals are shed soon after the flower opens. The fruit is a pod 12–35 millimetres (0.5–1.4 in) long with an apical beak, and containing several seeds (which are edible).

Flowering:

Annual plant

Common Usage:

The seeds of rocket are rich of mucilages, proteins and oily substances and they are used as antispasmodics and emollients. The infusions of rockets are useful in the cases of asthenia, impotence and in the spring cares.

Traditional Medicine from Ireland

Title: Comfrey *Symphytum Officinale*



Short Description:

Comfrey has large hairy broad green leaves with a black root which can irritate the skin if touched. The stalk grows to three feet (90cm) high with pale purplish flowers. The leaves and roots are used in herbal decoctions but the oil is extracted from the leaves and stalks. It grows wild in the countryside.

Common Usage:

Therapeutic effects:

Cultivated for organic gardeners and used as a liquid feed and compost activator. It is known as knit bone. The root is used for treating leg ulcers, wounds and skin disorders, including eczema, psoriasis, athlete's foot and torn muscles. It is also helpful in treating stretch marks and for menopausal and menstrual problems.

<http://en.wikipedia.org/wiki/Comfrey>

Source: Source: McGilvery, C. & Reed, J. "Aromatherapy for Health Beauty & WellBeing" 2000 Pub, Hermes House

Title: Carrageen Moss *Crocodus Crispus*



Short Description:

Carrageen moss is an Irish food delicacy. It's a colourful food with tiny fans of purple, pink and cream. It is harvested on the sea shores of coastal regions.

Common Usage:

Therapeutic Effects:

Carrageen is an edible seaweed. To-day it is commonly used in cookery to make delicious mousse. This has long been considered as a cure for stomach problems.

Many Irish children have memories of being fed Carrageen mixture from a young age as a cure for chest complaints.

When used in food products, carrageenan has the EU additive E-number E407 or E407a when present as "processed eucheuma seaweed", and is commonly used as an emulsifier. In parts of Scotland (where it is known as (An) Cairgean in Scottish Gaelic) and Ireland (variety used is *Chondrus Crispus* known in Irish Gaelic variously as carraigín, fiadháin, clúimhín cait, mathair an duilís, ceann donn-meaning little rock, wild stuff, cats puff, mother of sea weeds, red head), it is known as Carrageen Moss it is boiled in milk and strained, before sugar and other flavourings such as vanilla, cinnamon, brandy, or whisky are added. The end-product is a kind of jelly similar to pannacotta, tapioca, or blancmange.

<http://en.wikipedia.org/wiki/Carrageenan>

Title: Caraway (*Carum carvi*)



Short Description:

Caraway (*Carum carvi*) also known as meridian fennel or Persian cumin, is a biennial plant in the family Apiaceae, native to western Asia, Europe and Northern Africa. The plant is similar in appearance to a carrot plant, with finely divided, feathery leaves with thread-like divisions, growing on 20–30 cm stems. The main flower stem is 40–60 cm tall, with small white or pink flowers in umbels. Caraway fruits (erroneously called seeds) are crescent-shaped achenes, around 2 mm long, with five pale ridges.

Common Usage:

Medicinal Uses:

Medicinally caraway has a long history of use. It is mostly used as a decoction (tea) (tisane), either from the fruits or from fresh or dried foliage. As a (tisane) the "seeds" are used as a remedy for colic, loss of appetite and digestive disorders. An infusion of fruits and foliage is used as a vermifuge (to dispel intestinal worms).

The fruits usually used whole, have a pungent, anise-like flavor and aroma that comes from essential oils, mostly carvone and limonene. They are used as a spice in breads, especially rye bread. Although rye flour is naturally more dense than wheat flour, there is a theory that seeded rye bread is even more dense because the limonene from the caraway fruits has yeast-killing properties.

Caraway is also used in liquors, casseroles, curry and other foods. It is more commonly found in European cuisine. For example, it is commonly added to sauerkraut. Caraway seed oil is also used as a fragrance component in soaps, lotions, and perfumes. The roots may be cooked as a root vegetable like parsnips or carrots.

Source: <http://en.wikipedia.org/wiki/Caraway>

Title: Dilisk, *Palmaria palmata* also called dulse, dillisk, dilsk



Short Description:

Dilisk grows attached by its discoid holdfast to the stipes of Laminaria or to rocks. It has a short stipe, the fronds are variable and vary in color from deep-rose to reddish-purple and are rather leathery in texture. The flat foliose blade gradually expands and divides into broad segments ranging in size to 50 cm long and 30 - 8 cm in width which can bear flat wedge-shaped proliferations from the edge.

Palmaria palmata is to be found growing from mid-tide of the intertidal zone (the area between the high tide and low tide) to depths of 20 m or more in both sheltered and exposed shores. It is commonly found from June to September and can be picked by hand when the tide is out.

Common Usage:

Medicinal Uses:

Dilisk is a good source of minerals and vitamins compared with other vegetables, contains all trace elements needed by humans, and has a high protein content.

It is also used as fodder for animals.

Fresh dilisk can be eaten directly off the rocks before sun-drying. Sun-dried dilisk is eaten as is or is ground to flakes or a powder. It can also be pan fried quickly into chips, baked in the oven covered with cheese, with salsa, or simply microwaved briefly. It can also be used in soups, chowders, sandwiches and salads, or added to bread/pizza dough. Finely diced, it can also be used as a flavour enhancer in meat dishes, such as chili, in place of monosodium glutamate. Dilisk contains iodine, which prevents goiter.

Source: <http://justseaweed.com/wdpress/products/duls>

Title: Garlic (*Allium sativum*)



Short Description:

Allium sativum, commonly known as garlic, is a species in the onion genus, *Allium*. Its close relatives include the onion, shallot, leek, chive, and rakkyo. Dating back over 6,000 years, garlic is native to central Asia, and has long been a staple in the Mediterranean region, as well as a frequent seasoning in Asia, Africa, and Europe. It has been used throughout its history for both culinary and medicinal purposes. Garlic plants can be grown close together, leaving enough room for the bulbs to mature, and are easily grown in containers of sufficient depth. When selecting garlic for planting, it is important to pick large heads from which to separate cloves. Large cloves, along with proper spacing in the planting bed, will also improve head size. Garlic plants prefer to grow in a soil with a high organic material content, but are capable of growing in a wide range of soil conditions and pH levels.

Common Usage:

Garlic is widely used around the world for its pungent flavor as a seasoning or condiment. It is also widely used for its medicinal properties. Garlic has been found to have antibacterial, antiviral, and antifungal activity. Garlic is also claimed to help prevent heart disease (including atherosclerosis, high cholesterol, and high blood pressure) and cancer. Garlic is used to prevent certain types of cancer, including stomach and colon cancers. In fact, countries where garlic is consumed in higher amounts, because of traditional cuisine, have been found to have a lower prevalence of cancer.

Garlic cloves are used as a remedy for infections (especially chest problems), digestive disorders, and fungal infections such as thrush.

Source: <http://en.wikipedia.org/wiki/Garlic>

Title: Lavender (*Lavandula*) Lavender

**Short Description:**

Lavender is a shrubby plant with woody branches and long narrow leaves. It has purple –blue flowers on long spikes. After cutting, the plants are dried and steam-distilled. The essential oil is clear to pale yellow in colour with a strong aroma. The leaves are long and narrow in most species. In other species they are pinnately toothed, or pinnate, sometimes multiple pinnate and dissected. Flowers are borne in whorls, held on spikes rising above the foliage. Flowers may be blue, violet or lilac. The calyx is tubular, with five lobes. The corolla is often asymmetric

Common Usage:

Therapeutic effects:

Its sedative and tonic effects make lavender a great balancer of the nervous and emotional systems. Excellent for migraine. As an antiseptic it can be used for many

skin conditions and infections of the lungs, digestion and urinary tract. Extraordinarily versatile.

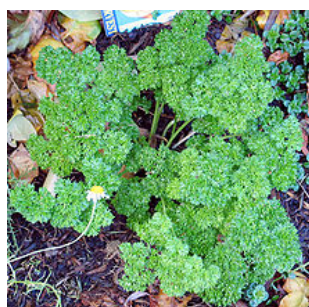
Medicinal Uses:

Lavender is used in Inhalations, baths, room spray, massage and most other uses. Use as a cold compress of place a few drops in boiling water and inhale for headaches and migrane. A warm towel wrap will soothe nervous exhaustion. A late-night lavender bath will help combat sleeplessness.

Source: Source: McGilvery, C. & Reed, J. "Aromatherapy for Health Beauty & WellBeing" 2000 Pub, Hermes House

<http://en.wikipedia.org/wiki/Lavender>

Title: Parsley (*Petroselinum crispum*)



Short Description:

Native to Asia Minor, it is now found all over the world. The common parsley is cultivated for its culinary uses and essential oil properties. The highest content of oil comes from the ripe seeds but the leaves are also used in distillation. It has a warm, herbaceous, spicy smell and is used in many herbal perfumes and cosmetic products.

Common Usage:

Therapeutic Effects:

A diuretic, useful for kidney and urinary problems and water retention. Also high in vitamin A- essential for healthy hair, skin, teeth and eyes; and iron- for the blood and liver, and during menstruation and menopause.

Medicinal Uses:

Massage. It blends well with fennel to help combat excessive water retention when massaged over the body. In conjunction with lemon and Rosemary it can help clear toxins in the liver and kidneys. In general, a good oil to help calm the nervous system. Parsley tea may be used as an enema. Chinese and German herbologists recommend parsley tea to help control high blood pressure. When crushed and rubbed on the skin, parsley is said to reduce itching of mosquito bites. It is commonly believed that when chewed, parsley can freshen bad breath, especially from eating garlic. Parsley appears to enhance the body's absorption of manganese, which is important to help build bone. The absorption appears to be especially enhanced when parsley is eaten in conjunction with copper and zinc rich foods such as shellfish and whole grains.

Source: McGilvery, C. & Reed, J. "Aromatherapy for Health Beauty & WellBeing" 2000 Pub, Hermes House

<http://en.wikipedia.org/wiki/Parsley>

Title: Sage *Salvia officinalis* (garden sage, common sage)



Short Description

Salvia officinalis The many varieties of common sage are all shrub-like herbs with rough wrinkled leaves. The oil is distilled from the dried leaves and has a powerful, fresh, spicy fragrance with a hint of camphor. The plant flowers in late spring or summer. The leaves are oblong, ranging in size up to 2.5 in (6.4 cm) long by 1 in (2.5 cm) wide. Leaves are grey-green, rugose on the upper side, and nearly white underneath due to the many short soft hairs. Modern cultivars include leaves with purple, rose, cream, and yellow in many variegated combinations.

Common Uses:

Therapeutic effects:

A tonic, particularly renowned for regulating menstruation, can also help relieve arthritis, bacterial infections, throat infections and water retention. Clary sage is also used for its sedative and euphoric effects, and in treating insomnia, anxiety and depression, as well as menstrual and menopausal problems. It has a spicy fragrance, rather more floral than common sage.

Medicinal Uses:

Bathing and Massage. A sage bath helps muscular aches and the effects of prolonged stress or mental strain.

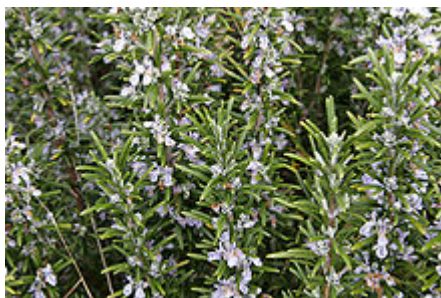
Cautionary note.

In high doses, sage can over-stimulate and should be avoided by anyone who suffers epilepsy. Both sage and clary sage should be avoided in early pregnancy.

Source: Source:McGilvery, C. & Reed, J. "Aromatherapy for Health Beauty & WellBeing" 2000 Pub, Hermes House

<http://en.wikipedia.org/wiki/Sage>

Title: Rosemary (*Rosmarinus officinalis*)



Short Description

Rosemary is a woody, perennial herb with fragrant, evergreen, needle-like leaves. It is native to the Mediterranean region. It is a member of the mint family Lamiaceae, which also includes many other herbs.

A small shrub, it grows to around three feet ninety centimetres high, with grey-green leaves and pale-blue white flowers. The clear oil is steamed-distilled from the flowers and leaves, and has a powerful, warm, woody aroma.

Common Usage:

Medicinal Uses

Inhalation, baths and massage. Inhaled from a handkerchief to clear headaches and fatigue. In massage it stimulates the lymphatic system.

Therapeutic Effects

Good stimulant especially for memory and circulation. Also helps alopecia, bronchitis, burns, colds, dandruff, diarrhea, flatulence, headaches and obesity.

Cautionary note:

Use in low concentration, as excessive doses may bring about epileptic fits or convulsions. Do not use in early pregnancy or if you have high blood pressure.

Source: McGilvery, C. & Reed, J. "Aromatherapy for Health Beauty & WellBeing" 2000 Pub, Hermes House

<http://en.wikipedia.org/wiki/Rosemary>

Title: Eucalyptus



Short Description:

The silvery, blue-green leaves produce pale yellow oil which has a cool, camphorous smell. The fresh leaves give a rich yield of highly potent essence, one of the most versatile substances in aromatherapy medicine.

Common usage:

Medicinal uses:

The principle constituent of the oil is the antiseptic eucalyptol. Combined with its anti-inflammatory properties, eucalyptus oil is particularly helpful for asthma, bronchitis, flu, sinusitis, skin infections, rheumatism and sores. It also used to reduce fever, it is a very strong diuretic and in addition it's head clearing qualities are well known.

Household use:

Eucalyptus oil is utilised for baths, inhalation and massage. It has a cooling effect on body temperature, reduces fever and is also a remedy for muscular/rheumatic aches and pains. It is widely used in cold and cough medicines and rubs. It is also used in the bath to relieve cystitis or on a handkerchief to head the head.

Source: McGilvery, C. & Reed, J. "Aromatherapy for Health Beauty & WellBeing" 2000 Pub, Hermes House

<http://en.wikipedia.org/wiki/Eucalyptus>

Title:FENNEL *Foeniculum vulgare*.



Short Description

This graceful perennial plant is found in Europe where it favours coastal regions. It has delicate bright green feathery foliage. The bright tuft of yellow flowers serves to attract bees.

Common Usage

Medicinal.

It is noted as an effective diuretic and a mild laxative. It is equally effective when used as a cure for colic, constipation, digestive problems, kidney stones, menopausal problems, nausea and obesity. It is also often helpful for increasing milk yield during breast feeding.

Household Use.

It is commonly used as a cooking herb. Its fresh leaves are particularly valued for fish dishes. Most importantly, the seeds of fennel which smell like aniseed are used in the making of liquorice. The sweet oil which has a similar is extracted from the crushed seeds.

Source: McGilvery, C. & Reed, J. "Aromatherapy for Health Beauty & WellBeing" 2000 Pub, Hermes House

<http://en.wikipedia.org/wiki/Fennel>

Traditional Medicine from Greece

Title: Yarrow



Botanical Name: *Achillea millefolium*, ASTERACEAE or COMPOSITAE Sunflower family

Short Description:

Used as something of a cure-all, yarrow is an excellent remedy for colds, flu, and fever. It is equally good for healing cuts and bruises and slowing or stopping bleeding, for example, nosebleed. The Ancient Greek hero Achilles reputedly used yarrow on his wounded troops during the Trojan War.

Common Usage:

Colds, flu, and fever Yarrow is most commonly taken as a tea to ease cold and flu symptoms, control associated fever, and speed recovery. Drink the tea hot, since this strongly stimulates sweating and encourages cooling. Increased sweating can help to reduce fever and leads to improved cleansing of waste products from the body. It combines particularly well with elderflower (*Sambucus nigra*).

Other uses As a mild bitter, yarrow stimulates appetite and digestive activity, and is useful in treating diarrhea and irritable bowel syndrome. It will help to reduce heavy menstrual bleeding and aids menstrual regularity. Yarrow is also a remedy for the circulation, helping to lower blood pressure, strengthen capillaries (small blood vessels), and tone varicose veins. Topically, the tea can be applied as a lotion to small cuts and abrasions.

Title: Garlic



Botanical Name: *Allium sativum*

Short Description:

One of the world's most important medicinal plants, garlic is also one of the most researched, with over 1,000 published papers investigating its therapeutic activity. Folklore has it that garlic protects against the devil and vampires, beliefs that attest to its power as a medicine, particularly in countering infection.

Common Usage:

Infections Before modern antibiotics became commonly available, garlic was one of the most frequently used remedies to treat infection. In World War I, it was used to dress battle wounds. Although we have far more potent antibiotics today, garlic still has a place in treating infection. It makes an excellent remedy for all types of respiratory infections, including sinusitis, cold, flu, sore throat, cough, and, more specifically, bronchitis. Swallowed whole (one small clove), eaten crushed in with food, or taken as a tablet, garlic will strengthen the body's ability to fight infection and speed recovery. A simple and effective kitchen remedy for colds, sore throats, and coughs can be readily made by mixing a crushed clove of garlic with freshly squeezed lemon juice (*Citrus limon*), 1–2 teaspoons of honey, and a pinch of dried ginger (*Zingiber officinalis*) powder or, preferably, a small piece of chopped fresh ginger root. Place in a mug, add hot water, and stir. Drink up to three cups a day. Garlic may be taken alongside, and is likely to complement prescribed antibiotics, at the same time warding off possible side effects by helping to protect beneficial intestinal bacteria and reducing the chances of developing thrush. Applied consistently over several weeks, fresh garlic or garlic oil may prove successful in countering local fungal infections, such as itchy ear passages and warts.

Circulatory problems Despite its varied uses, garlic is today most valued for its positive effects on the circulation. Taken long-term, garlic helps to prevent atherosclerosis (furring up and narrowing of the arteries), thins the blood, and supports better cholesterol levels. These effects promote a more efficient circulation through the arteries, support a lower blood pressure, and reduce the risk of heart problems.

Cancer When taken long-term, garlic also has a firm reputation as a preventative against cancer.

Title: Marshmallow



Botanical Name: Althea officinalis

Short Description:

A traditional European herb, marshmallow has soothing and calming properties that are mostly used to treat digestive and respiratory disorders.

Common Usage:

Inflamed mucous membranes Marshmallow root is typically used to soothe and protect irritated mucous membranes in, for example, acid indigestion, irritable bowel syndrome, and chronic bronchitis. Its sticky consistency means that it works like the body's own mucus to reduce discomfort and inflammation.

Other uses: The leaf is preferred for urinary tract problems such as mild cystitis. The flower soothes the skin and contains high levels of antioxidants.

Title: Angelica



Botanical Name: Angelica archangelica

Short Description:

The botanical name of angelica points to the highly prized status of this European herb in the past. A warming tonic that is good for both poor digestion and weak circulation, angelica is also an excellent remedy to support recovery from chronic illness and to revitalize a delicate digestive system.

Common Usage:

Digestive system. The bitter taste of angelica—best savored as a tincture—stimulates stomach activity, making it a key remedy for poor appetite and anorexia. It soothes cramping and sensations of fullness in the digestive tract, and eases gas. Respiratory problems Angelica eases conditions such as asthma, bronchitis, chest congestion, and cough, and is an ideal remedy for recuperation after an acute chest infection.

Other uses: The root's warming and stimulatory action upon the heart and circulation improves the blood flow throughout the whole body, making it useful in problems such as cold hands and feet, chilblains, and fibromyalgia.

Title: Celery



Botanical Name: *Apium graveolens*

Short Description:

A good detoxification remedy, celery stem, leaf, and seed stimulate the kidneys to clear waste products, especially helping to cleanse salts that accumulate in joints, causing stiffness and inflammation. Although celery today is considered to be a mild sedative, in earlier times it was believed to be an aphrodisiac.

Common Usage:

Arthritic and rheumatic problems Celery is a key remedy in European herbal medicine in the treatment of arthritic and rheumatic problems where joints, muscles, and tendons are sore, swollen, or stiff. The seed contains a volatile oil which stimulates the clearance of waste products by the kidneys. In particular, it supports the elimination of salts such as urates that often cause inflammation and stiffness within the muscular-skeletal system. Celery seed is taken to ease joint and muscle pain and stiffness, especially when it occurs in the early morning. It also clears fluid accumulation linked to arthritis. Gout is one of its main indications—the seed can be taken to relieve symptoms and prevent recurrence. Detox remedy Juice from the stem and leaf is an excellent dietary supplement in aiding detoxification and weight loss. It is particularly suitable for people with a tendency to retain fluids.

Other uses: Celery seed may also be taken to relieve gas and bloating.

Title: Marigold, Calendula



Botanical Name: *Calendula officinalis*

Short Description:

Calendula is best known as a cream or ointment that makes a soothing and healing application to sore, angry, or inflamed skin. The herb's bright orange flower heads can also be prepared as an infusion that, once cooled, makes a soothing wash or lotion for hot and inflamed rashes, cuts, or grazes.

Common Usage:

Skin infections. Whether applied topically on the skin or taken internally, calendula has antiseptic, cleansing, and detoxifying properties, and a wealth of potential uses. As a lotion, cream, or ointment, it will speed healing and counter infection in conditions as diverse as minor burns and sunburn, insect bites and stings, sore and pustular spots, mastitis, cuts and abrasions, inflamed rashes, hemorrhoids, and varicose veins.

Digestive disorders Taken internally (best as an infusion), calendula may be used to help heal inflammatory problems throughout the digestive tract, including peptic ulcers and gastritis. Due in part to its antifungal properties, it will aid recovery from gastrointestinal infection, especially when linked to gut dysbiosis and candidiasis, and help to treat problems such as acne, throat infections, and mastitis. As an infusion, it combines well with herbs such as cleavers (*Galium aparine*), red clover (*Trifolium pratense*), and chamomile (*Chamomilla recutita*).

Title: Cinnamon



Botanical Name: *Cinnamomum verum*

Short Description:

An ancient spice, the inner bark of cinnamon leaves a pleasant and warm taste on the tongue. Its undoubted health benefits are not that well known. Recent research points to an entirely new use for it—cinnamon appears to work with insulin to help stabilize blood sugar levels in the body.

Common Usage:

Digestive upsets and colds Cinnamon's warming, stimulant action has made it a favorite remedy for digestive upsets. As an infusion, it helps to soothe gas, bloating, nausea, and indigestion, as well as speed recovery from gastrointestinal infection. It has moderate antibacterial and antifungal activity, and acts against *Helicobacter pylori*, an organism that can cause stomach ulcers. In colds, flu, chest infection, and coughs, cinnamon provides a pleasant treatment that can be safely given to children.

Other uses: Cinnamon's ability to stimulate the circulation is often overlooked; taken long-term, it strengthens blood flow to the hands and feet, helping those with poor peripheral circulation. It can also be taken on a regular basis—one recommendation is a teaspoon of cinnamon powder at night—to support stable blood sugar levels.

Title: Globe artichoke



Botanical Name: *Cynara scolymus*

Short Description:

The flower heads of globe artichoke make a tasty vegetable dish and, like the leaves, have a tonic action on the liver and digestion, stimulating appetite and detoxification. However, the leaves alone are used in medicine, with substantial evidence to prove that they lower cholesterol levels.

Common Usage:

Liver and kidney problems Another herb where recent research has found new uses, globe artichoke remains a key herb for strengthening liver and kidney function, thus supporting detoxification in chronic conditions such as arthritis, gout, and liver disease. High cholesterol Clinical trials over the last 30 years have found that globe artichoke leaf lowers cholesterol and triglyceride levels, while high density lipoprotein (HDL) levels tend to increase. The improvement in cholesterol levels varied from 5 to 45 percent, with a daily dose of 7g equivalent of dried leaf. It should be taken for some months to achieve best results. Patients also reported significant relief from symptoms such as nausea, vomiting, abdominal pain, flatulence, and constipation. Following the outcome of these trials, globe artichoke is now commonly taken to treat irritable bowel syndrome and related

symptoms such as bloating, abdominal distension, and alternating constipation and diarrhea.

Title: Licorice



Botanical Name: Glycyrrhiza glabra

Short Description:

Tonic and anti-inflammatory, this most versatile of herbs finds use in treating ill health of all kinds. Added routinely to herbal prescriptions, licorice acts on the adrenal glands and seems to reinforce the action and improve the flavor of herbs with which it is combined. The medicinal value of licorice was championed by the ancient Greek commander Alexander the Great (356–323 bce). It is said his troops chewed on licorice roots before a battle to give them fighting energy, which would have been derived from its effect on their blood sugar and adrenal glands. Soldiers also used it to quench thirst while marching, and thought it helped them stop shaking with fright during battle.

Common Usage:

Gastritis, peptic ulcer, inflammatory bowel disease Licorice's soothing, healing action works throughout the gastrointestinal tract, making it applicable in any situation where the gut or stomach wall is inflamed or ulcerated. Licorice tea taken at night can help ease acid reflux. Inflammatory arthritis Licorice's anti-inflammatory action serves to relieve stiffness, heat, and pain in muscles and joints. Working in a manner not too dissimilar to prescribed steroids, it helps to dampen chronic inflammation, easing associated discomfort in conditions such as rheumatoid arthritis and polymyalgia rheumatica. Mouth ulcers, sore throat, bronchitis, cough On its own or in combination with other herbs, licorice tea makes an effective, pleasant-tasting mouthwash or gargle for sore tongue, mouth and throat ulcers, and laryngitis. Swallowed, its demulcent action soothes irritation and inflammation within the airways, such as in bronchial infection, helping to ease cough and stimulate the clearance of phlegm. The herb also appears to protect against tooth decay. Viral infections Not really an herb to use on its own in this context, licorice combines well with other immune enhancing herbs to strengthen the body's capacity to counter viral (and other) infections. Among other conditions, licorice has been recommended for chronic fatigue syndrome, mononucleosis, Lyme disease, shingles, and tonsillitis. Adrenal tonic Licorice can provide valuable support in any situation where the adrenal glands have been subject to long-term stress. It makes an effective tonic in aiding recovery from illness and chronic

exhaustion. An estrogenic remedy, it can be particularly helpful in menopausal exhaustion.

Other uses: Research in China indicates that licorice can prove helpful in polycystic ovary syndrome, improving menstrual regularity and fertility. It also supports liver function and soothes mucous membranes in the stomach and airways. Licorice makes a valuable tonic to aid recovery from illness and the return to good health.

Title: Oregano, Wild marjoram



Botanical Name: *Origanum majorana*, *O. vulgare*

Short Description:

Common to cuisines of the Mediterranean, the aromatic, slightly spicy flavor of oregano adds zest to food, while stimulating digestive activity. The herb is used for digestive disorders and throat or chest infections. Essential oils from oregano species have strong antiseptic and antifungal activity.

Common Usage:

Respiratory and digestive infection. With strongly antiseptic and antimicrobial constituents, oregano infusion or tincture is a useful expectorant in bronchial infection, chesty coughs, and respiratory catarrh. Digestive problems such as gastroenteritis and candida infection will also benefit from the herb's tonic activity, especially where bloating and food intolerance are present. For mouth and throat infections, including oral thrush, use the infusion as a mouthwash or gargle, then swallow.

Other uses: Apply the infusion or the diluted oil (a maximum of 5 percent dilution in a carrier oil such as olive oil) regularly to skin problems such as ringworm and fungal nails.

Title: Parsley



Botanical Name: *Petroselinum crispum*

Short Description:

A useful food at any time, parsley is rich in a number of readily absorbable nutrients, including vitamin C and phytoestrogens, making it a valuable supplement, particularly during menopause. Medicinally, the root is preferred, having a distinct benefit on the urinary tract and in rheumatic problems.

Common Usage:

Menopausal symptoms, prevention of osteoporosis. Moderately estrogenic, parsley leaf is a nutritious food supplement to take during menopause. Its relatively high boron content makes it a valuable supplement in natural approaches to preventing osteoporosis.

Urinary tract problems. Commonly used with other urinary antiseptic remedies, parsley root can bring relief to the urinary tract in disorders such as mild cystitis and urethritis. It has traditionally been used in the prevention and treatment of kidney stones and is thought to aid the kidneys in the clearance of waste products that exacerbate muscle aches and stiffness.

Other uses: Parsley has strong deodorizing properties and the leaf is commonly chewed to treat bad breath and to freshen the breath. It is said to mask the odor of garlic on the breath. The root has a tonic activity on digestion, helping to relieve indigestion, gas, and bloating. Valued for its ability to promote menstrual blood flow, parsley at the recommended dosage can help in stimulating regular menstruation and relieving menstrual cramps. Parsley is thought to suppress breast milk production, so it is best avoided when breast-feeding. The root can be used to relieve arthritic symptoms.

Title: Rosemary



Botanical Name: *Rosmarinus officinalis*

Short Description:

Few herbs are as well known as rosemary, especially for its distinctive aroma. Traditionally used to strengthen memory and recall, it is frequently taken to aid study and exam performance, and to ward off mental exhaustion.

Common Usage:

Headache, migraine, nervous exhaustion. An infusion of rosemary can bring quick relief to headaches caused by overwork and nervous tension. For headaches linked to high blood pressure, combine with lindenflowers (*Tilia* spp.). It can also prove helpful in migraine.

Digestion, poor circulation, low energy. Tonic and antioxidant, rosemary stimulates digestion and blood flow throughout the body, proving helpful for those

with low energy levels, especially where linked to low blood pressure or poor appetite. It is a key herb for those failing to thrive, either after long-term illness or where digestion and circulation are weak. For best results, take rosemary tea or tincture before meals for several months.

Hair tonic. An infusion made from the leaves acts as a natural hair conditioner, toning the scalp and strengthening the hair.

Title: Thyme, Common thyme



Botanical Name: *Thymus vulgaris*

Short Description:

A classic kitchen herb, thyme makes a refreshing tea that counters infection and tones the respiratory system. Useful in almost any problem affecting the ear, nose, throat, and chest, thyme disinfects the air passages, soothes coughing, and stimulates clearance of phlegm.

Common Usage:

Ear, nose, and throat (ENT) problems. Thyme tea, with or without a spoonful of honey, is an excellent home remedy for ENT problems, including colds, catarrh, sinus congestion, sore throat, and tonsillitis. The tea can be used first as a gargle and then swallowed.

Cough and bronchial infection. Thyme brings relief to all manners of cough and chest problems, and can provide valuable support in asthma and whooping cough. It is often combined with licorice (*Glycyrrhiza glabra*) and echinacea (*Echinacea* spp.).

Other uses: The tea may be taken as a general tonic, as well as to relieve indigestion and gas and to treat threadworms. In arthritic and rheumatic conditions, it makes an invigorating addition to a bath. The essential oil can be applied undiluted to fungally-infected nails; use 1 drop per nail twice a day (do not use undiluted elsewhere and do not take internally).

Title: Valerian



Botanical Name: Valeriana officinalis

Short Description:

Used wherever nervous tension, overactivity, or an inability to relax are present, valerian's gently sedative action helps to soothe and slow a nervous system that is beginning to spin out of control. It is one of the first herbs to consider when a remedy is needed to ease anxiety and panic attacks.

Common Usage:

Anxiety, nervous tension. Safe and nonaddictive, valerian helps in easing anxiety symptoms such as tension headache, palpitations, and tensed muscles. Take valerian on its own or in combination with herbs such as oat straw (*Avena sativa*) or skullcap (*Scutellaria lateriflora*). For nervous palpitations, combine it with limeflower (*Tilia* spp.). People vary in their response to valerian – some feel sedated even with a low dose, but for a few it produces a stimulant effect. Start with a low dose and build up. Valerian is usually best taken in small frequent doses through the day.

Poor sleep. A key remedy in many herbal sleep preparations, valerian can prove valuable when sleep is disturbed due to worry or overwork. Combined with St. John's wort (*Hypericum perforatum*), it improves sleep quality and eases anxiety and depression.

Other uses: A good antispasmodic, valerian can relieve muscle pain and tension in menstrual cramps, rheumatic aches, and irritable bowel syndrome.

Traditional Medicine from Spain

Title Garlic



Scientific name: Garlic (*Allium sativum*)

Short Description:

it is a herbaceous, perennial plant from the lilac family, its leaves are flat and thin and they can reach 30 cm of height, whereas the roots can reach more than 50 cm depth. The bulb, which is white, makes up a head divided in little parts known as teeth. Each tooth is wrapped in a thin white or rather reddish layer.

Preparation and administration:

Take a garlic tooth and cut it in thin layers. Rub the haemorrhoids with one of them in as very smooth way twice or three times a day. The inflammation will be reduced. you must do it until it disappears altogether. Also cut in thin layers, rub it gently on the styes that appear on the eyelids avoiding touching the eye. Do it twice or three times a day until the inflammation disappears. In layers as well, it can also be rubbed on a mosquito bite for twice or three times a day until it removes both inflammation and pain.

Flowering:

Flowers are white and in some species the stem also grows some bulbs.

Common uses:

For the haemorrhoids.

For the styes. styes are said to appear when a pregnant woman looks at us.

For mosquito bites.

It is also used to season meat, in the preparation of some meals and for the rheumatism when it is taken undone.

Title St. John's- wort.



Scientific name: St. John's- wort (*hypericum perforatum*)

Short Description: it reaches one metre height. It is a herbaceous perennial plant, from its stump both weak, sterile stalks and stronger flowering ones are grown. It has oval, translucent, complete-edged leaves.

Preparation and administration:

Pick up some little branches and put them on a burn or injure. Then, wrap it in a lint. Change the leaves twice or three times a day until healed. Both flowers and leaves can be boiled in hot water. When it gets cold, you can take a cup of this water twice or three times a day until the cold is healed.

They can also be used at St. John's night. They are left in recipient with water together with some other plants such as rosmary, roses... the dew from this magic night must fall over them, so they must be left outside in the open air. They are left to dry and they are stored away, tied by a cord line. If we are stung by a spider, or to "take the air away" (to expel the bad spirits) that a dead spirit may bring, some branches are burnt, and the person is "smoked" with them.

Flowering:

The corolla is yellow. It is full of scented grains similar to the ones from the incense. It blooms in late spring and early summer. It can present a variety with flowers similar to daisies but much smaller.

Common uses:

For burns, spider bites and injures.

For colds taken as an infusion.

They are burnt to take the "air" from a dead person away (to expel bad spirits).

With the water that remains from the soaking of plants at St. John's night, you wash your face to be lucky and to keep witches away all the year long.

Title Marjoram.



Scientific name: marjoram (*origanum vulgare*)

Short Description:

It is an herbaceous plant from the solaneaciac family. It is labial, aromatic, with a hairy stalk and dry, and dry, globolus fruit. Its leaves appear opposed, oval and broad in shape. They measure from 2 to 5 cm, and their borders are complete and slightly dentate, with hairs on the back.

Preparation and administration:

Take some little branches of marjoram and put then in a pot in boiling water. Five or ten minutes later, pour the liquid in a cup and let it cool down. Then drink it twice or three times a day until either the cough or the heaviness in the stomach is healed.

It is a fantastic seasoning to cook both fish and roasted meat.

Flowering:

Flowers are small, either white or pink in colour, they bloom in tight terminal ramificated thrives, and they are protected by tiny red leaves.

Common uses:

As an infusion when we have a cough or heaviness in the stomach. Once dry, they are an excellent seasoning for cooking.

Title RUE



Scientific name: Rue (*Ruta chalepensis*)

Short Description:

Haerbaceus plant from the rutacic family, with alternated leaves, of a yellow-greenish colour, without hairs, and composed by parted leaves with oblong lobes. Its smell is strong and unpleasant. It is made up by strong erected stalks.

Preparation and administration:

As the idiom says: "rue heals everything except death". In a saucepan, pour a little olive oil and add some little thinly-chopped branches of rue. Turn over till you get a compact mixture. The mixture is put on a wound, protecting it with a gauze until it is healed.

You can prepare it as an infusion, letting some water boil in a pan and adding some branches of rue. When the water is cold, you can take it with some milk. Drink a cup of it twice or three times a day. When we were children, our mothers kneaded some corn flour with rue leaves, without cooking the mixture, to use when our eyes ached. At night, they used to make a plaster with the dough and wrapped it with a cloth, then they put the extended cloth on our eyes. After that the cloth was tied so that it could remain in place all night long. In the next morning, it was removed, and the area was washed with fresh water. As a rule, two or three nights later, you feel fresh again...and if you were not healed, you had to go to the doctor...

Flowering:

Its flowers have tiny little hairs and are yellow in colour. They are very small, and have four wavy petals, concave in shape and with racemes on the edges. Its fruit produces a capsule that attracts our attention with its strong smell.

Common uses:

Prepared as an infusion for the nerves, the belly ache and to wash the vaginal area. Prepared as a mixture for both warts and wounds.

Title "SOUP FOR A TIRED HORSE"



Scientific name: Vine (*Vitis Vinifera*). Wheat (*triticum*)

Short Description:

Elaboration for a preparation called "soup for a tired horse".

Vine is a climbing, twining plant from the vitaceae family, of twisted trunk, with leaves parted in five lobes.

Wheat is an annual herbaceous plant from the pulse family, its trunk is a hollow cane and its leaves are long, straight and sharp-pointed.

Preparation and administration:

Take a glass of red wine and let it boil in a pan. Add a spoonful of sugar or honey. When it starts boiling, add some small bits of wheat bread. Then, pour it in an earthenware cup and drink twice a day until the flu is healed. It is said that a woman who used to sell products at the local markets, once she had finished working, she sat in a pub and asked for a two litre jar of red wine and a big piece of bread. Then the old woman poured the wine in a bowl and added the bread cut in small pieces together with 250 gr. of sugar. Afterwards, she ate it to the full. Once she had finished, she wanted to stand up but she could not. Then, she said: "I

hardly drink anything, neither I smoked a joint. I want to stand up and I can't. It must be a devil's business".

Flowering:

The flowers from the vine have a greenish colour, they are raceme-shaped and their fruit is the grape.

Wheat has no flowers, some ears grow from it and from them, some grains are obtained. With these grains, bread is made.

Common uses:

For the flu.

Title HORSE CHESTNUT



Scientific name: horse chestnut. Fruit from the horse chestnut tree (*Aesculus hippocastanum*).

Short Description:

It is the fruit from the horse chestnut. It is very nutritious, its shell is very thick, and it has a dark brown colour. It has the characteristic of being a more wrinkled chestnut than the normal one and it cannot be eaten.

Preparation and administration:

Horse chestnuts are normally picked up in gardens or groves. You need to peel them off and cut them in small pieces. Then, put them in a recipient and add a litre of alcohol. Let it macerate for twenty days in a dark place.

When the mixture is ready, rub the affected part of the body with the resulting liquid, normally on the legs down to up so that it can calm and heal the pain. Do it twice a day for several days until the pain disappears. This process is good to improve the circulation of the blood.

For the diabetes, the same mixture is used in the same way, but now you must rub the head, and the forehead.

Flowering chestnuts have each one of their female flowers surrounded by a shell made up by some little leaves. The shell becomes woody later on and protects the fruit partially.

Common uses:

For the blood stream and the diabetes.

Title CHERRY LEAF STALK AND CORN BEARD



Scientific name; cherry leaf stalk (*Cerassus avium*) and corn beard (*Zea mays*)

Short Description:

The cherry tree is a fruit tree from the roseate family. Its trunk is smooth, the top is broad and the leaves are spear-like in shape. Its fruit is the cherry and it belongs to the genre of the fruit trees so called pit trees.

Corn is an herbaceous annual plant from the pulse family. It has a simple, straight and thick stalk, with deep, abundant roots and spearlike leaves.

Preparation and administration:

Put in a pan with hot water the cherry leaf stalks and the beard from the corn and let them boil. When they are cooked, let it cool. Then pour the obtained infusion in a cup and drink it three times a day until the infection is healed and the pain disappears.

Flowering:

The cherry tree blooms either single flowers, flowers joined in couples, or little bunches from six to eight flowers, of a white or pink colour which grow at the same time than the leaves.

The flowers from the corn are unisexual and appear in separate blooms, forming either terminal panicles the male ones, or cobs or auxiliary ears with a thick pod the female ones. The beards appear on the cobs.

Common uses:

for kidney colics and cystitis.

Title PUNCH

Scientific name: punch (punch)



Short Description:

to make a drink called punch.

Preparation and administration:

Pour half a litre of milk in a bowl, heat it but do not let it boil. Then, in a cup, beat an egg with two spoonfuls of sugar, or some honey if you like, when it is well shaken, add a cup of cognac, then, add the hot milk and mix carefully. Take the mixture for several nights before going to bed. Wrap up yourself warmly, and certainly, the flu will disappear in a few days.

Common uses:

With milk when you are hoarse or anaemic.

Without milk to cure the flu.

Title Rosmary:

Scientific name: Rosmary (*rosmarinus officianalis*)

Short Description:

It is a bush from the soleanacic family; labial in shape it can reach three metres high. It has a cuadrangular, straight and ramificated trunk. Its leaves are opposed, lineal and coriacic and they present a great whitish hairiness. Both stalks and leaves have several glands with essential oils, which give them a character of aromatic plants.

Preparation and administration:

Take some rosmmary branches and cut them in very small pieces. Buy a little bottle of 96 degree alcohol in the drugstore and mix the rosmmary with the alcohol in a recipient. Let it macerate for 15 days and after this time the preparation will get a green colour. Once the mixture is ready, rub the part of the body which is aching twice or three times a day untill the pain disappears.

Title LUISA HERB

Scientific name: " Luisa" herb (lippia tripilla)

Short Description:

It is a deciduous, aromatic bush from the verbena family which can reach 2,5 m high. It has upright stalks of woody consistency in their upper part. Leaves are spear-like in shape and can measure up to 10cm. They are joined in little bunches of 3.

Preparation and administration:

Take two or three little branches and let them boil in a pan full of water. After some five minutes, when it gets colder, you can drink it. You can take two or three cups of the infusion every day until the symptoms disappear.

Flowering:

The bell-like flowers are joined in little bunches and are violet outside and white in their inner part. Their fruit has the shape of a drupe.

Common uses:

For the stomachache and heart problems.

It is also a wonderful relaxator for the nerves. It is very useful to expell flatulences, to help the digestion, to avoid spasms and dyspesia, for the bad breath, for the breathing system, mucus, cough and neves relaxing.

Administration: it can be taken as an infusion made up with a spoonful of dry leaves and flowers for each cup of water; it must be taken twice or three times a day until you feel better.

Title NETTLES



Scientific name: nettle (urtica dioica).

Short Description:

It is an herbaceous plant from the urticaric family which can reach 1,5m high. In contact with the skin, it causes nettlerash. It has opposed, pointed, saw-edged leaves of a green colour which, as well as the stalks have urticating hairs. It has upright quadrangular stalks.

Preparation and administration:

Take some nettles and right away, rub your legs upside down with them. In this way, the blood stream is activated and the pain diminishes. You must do this once a day until the symptoms disappear.

You can also boil them in a pan full of boiling water. Once the water is cold, put some in a cup and soak a bandage in it. Do it twice or three times a day until the bandage is removed.

If you want to use them for cooking, pick them up and let them rest for a day, so that they cannot itch.

Flowering:

Flowers are normally joined in little bunches of 1cm. They are unisexual, female ones appear in long, hanging racemes while male ones in smaller blooms.

Common uses:

To improve the blood stream.

When they are boiled, they are used to calm and heal the sprain of any body member, articulation or sinew. Also as a diuretic, for liver diseases, for diabetes and for anaemia.

They are also used in cooking, especially in potato omelettes and for the skin care, in spots, ulcers, acne and to prevent dandruff.