

# Factsheet

**Household Herbs:** Adding everyday fresh herbs to your diet is a simple way of looking after your general wellbeing, reducing stress levels and helping to relax your mind and body, according to new research conducted by the School of Biosciences at Cardiff University.



## Introduction

Luzia Barclay is a registered medical herbalist (DBTh MIRCH), based in Turnworth near Blandford, Dorset.

As well as appearing on BBC Radio Solent as a 'resident herbalist', Luzia is a regular tutor at Kingston Maurward College in Dorchester and Dorset Adult Education.

Her website: [www.herbsforhealing.org.uk](http://www.herbsforhealing.org.uk) is a fast growing resource for those interested in the benefits of herbs and herbal medicine.

On the site you can: ● Sign-up for a workshop/course; ● Shop for organic herbal products; ● Arrange a consultation; or ● Read news and articles about herbs.

The aim of a herbalist is always to find the root cause of symptoms and to help the body to heal itself. Herbs have been used for centuries to enable this.

"By running these courses, and doing BBC radio phone-ins, I hope to ensure that the knowledge isn't lost," says Luzia. "We have become so used to quick fixes for everyday ailments. Sadly, these often weaken our immune systems; but there are some really effective natural alternatives."

Half-day courses and workshops are booking up fast this year. Why not find out more? Visit [www.herbsforhealing.org.uk/courses](http://www.herbsforhealing.org.uk/courses) for details and to sign up.

## Luzia explores common household herbs and their benefits:

### ● **Peppermint**

Has a relaxing effect on the digestive system, acts as anti-flatulent and stimulates bile and other digestive juices. This helps to relieve intestinal colic.



### ● **Thyme**

Good as tonic for sluggish digestion. Its volatile oil acts as a strong antiseptic for infections of the upper respiratory tract where it helps to remove congestion and catarrh. Very effective remedy for sore throat and irritable coughs.



### ● **Sage**

This is the classic remedy for inflammations of the mouth, throat and tonsils. Good to heal mouth ulcers. Internally it reduces sweating, and may be used to reduce production of breast milk. Avoid during pregnancy.



### ● **Coriander**

This herb helps the digestive system to overcome flatulence and colicky pain. It has a calming effect on the stomach increasing the secretion of digestive juices.

## Common herbs and their benefits

– continued



### • Parsley

Highly nutritious food containing many vitamins and minerals. Also acts as diuretic, anti-microbial, anti-spasmodic, anti-rheumatic and mild brain tonic. Strengthens hair, nails

and skin. It also eases flatulence and colic pains. Good for practically all body systems.

### • Chives

Good nutritional food. Medicinal value similar to onions and leeks: helps to prevent colon cancer.



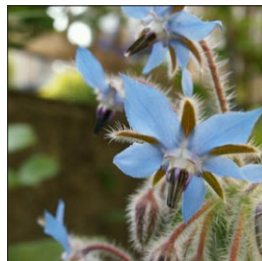
### • Rosemary

Rosemary stimulates the circulation and the nerves and has a calming effect on the digestive system. It is

helpful for migraine headaches due to high blood pressure or due to stomach problems or emotional upset. For inflammation of the gallbladder and jaundice. It strengthens the blood vessels by decreasing their fragility and permeability.

### • Borage

This is good for adrenal glands (cortex) after cortisone or steroid treatment. Helps in coping with stress and during convalescence.



### • Garlic

Very potent natural antibiotic acting on practically all body systems (digestion, respiration, urinary). Helps to get rid of intestinal parasites. Helps to reduce blood pressure and cholesterol level in blood. Has a thinning effect on the blood.



### • Aloe Vera

Good First Aid remedy for cuts, wounds, burns and stings. Protects against radiation burns and sunburn.



### • Angelica

Useful expectorant for coughs, bronchitis and pleurisy. Has a calming effect on digestive system in case of intestinal colic and flatulence.



### • Basil

Good for nervous irritability. Increases secretion of mother's milk. Helps to overcome nausea and vomiting. Has calming effect on stomach.

### • Lemon Balm

Excellent calming herb on digestive tract. Good for stomach pain in case of anxiety and depression. Has a tonic effect on heart and circulation. Useful for insomnia.



### • Dill

Dill tea or water is a good remedy for an upset stomach, hiccups or insomnia, or for nursing mothers. It eases flatulence and colic.



Many **Spices** in your kitchen cupboard are also full of health-giving benefits...



## Common **SPICES** and their health-giving benefits



### • **Cinnamon**

Cinnamon is a delicious aromatic spice. It is a warming and strengthening remedy to dispel cold, winter chills and congestion. It is a tonic to the whole system. A hot drink of

cinnamon will stimulate the circulation and cause sweating which helps to reduce fevers. It also relieves cramps and colic. Cinnamon is useful for weak digestion, colic, griping, diarrhoea, flatulence, nausea and vomiting.

### • **Ginger**

Ginger stimulates the heart and circulation creating a feeling of warmth and wellbeing. Hot ginger tea promotes perspiration, brings down fever and helps to clear catarrh. It has a stimulating and expectorant action in the lungs. In the digestive system, ginger invigorates the stomach and intestines, stimulates the appetite and enhances digestion by encouraging secretion of digestive enzymes. Ginger is famous for relieving nausea and vomiting, whatever the cause. In the uterus, ginger promotes menstruation, useful for delayed and scanty periods as well as clots. It relaxes spasms and pain.



### • **Turmeric**

One teaspoon of powdered turmeric can be taken twice daily to help regulate the menses or to prevent or lessen symptoms of PMS. It gently activates liver

function that helps to regulate and balance the hormones. The same treatment is useful in helping to lower blood sugar for the treatment of diabetes. Turmeric promotes blood circulation and has anti-inflammatory properties. When these properties were tested in a double blind clinical trial in patients with rheumatoid arthritis, curcumin produced significant improvement in all patients. The therapeutic effects were similar to a prescription drug known for its analgesic and anti-inflammatory properties.



### • **Cayenne**



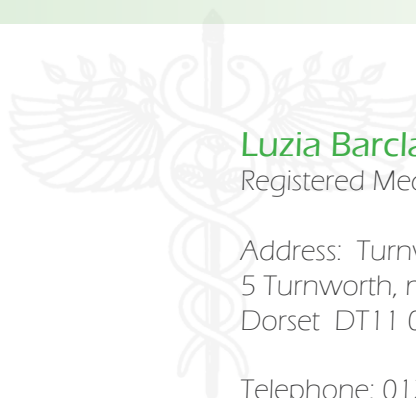
Cayenne is considered a crisis herb, useful as a first aid remedy for most conditions. Taken as a daily tonic, ¼ teaspoon three times daily is of benefit for the heart and circulation, preventing heart attack, strokes, colds, flu, diminished vitality, headaches, indigestion, depression and arthritis.

### • **Cloves**

Cloves may be used to allay nausea, vomiting and flatulence. They stimulate the digestive system. Externally they act as antiseptic and mild anaesthetic which can give temporary relief in toothache.



- For more information about any of the points made in this factsheet, or to sign up for a half-day course or workshop please visit [www.herbsforhealing.org.uk](http://www.herbsforhealing.org.uk), or call Luzia Barclay, registered medical herbalist, on 01258 456223.



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