



Herbs For Healing Newsletter



Make time for some thyme tea

The common garden thyme loves poor stony soil, a dry and warm place, and plenty of sun, the more sun the better.

It is indigenous to Mediterranean regions and southern Europe, but grows here in Britain as well.

Bees and butterflies are particularly fond of thyme because of its aroma and long flowering time, which lasts from May to October.

As an aromatic herb it is used to flavour stews and soups and many other savoury dishes.

Thyme is popular because it is a culinary and a medicinal herb. As thyme is an evergreen one can pick the herb all year round.

The herb has a pleasant aromatic smell and a warm taste which is due to its essential oil, thymol. This oil, a powerful antibacterial constituent is often used in mouthwashes and toothpastes.

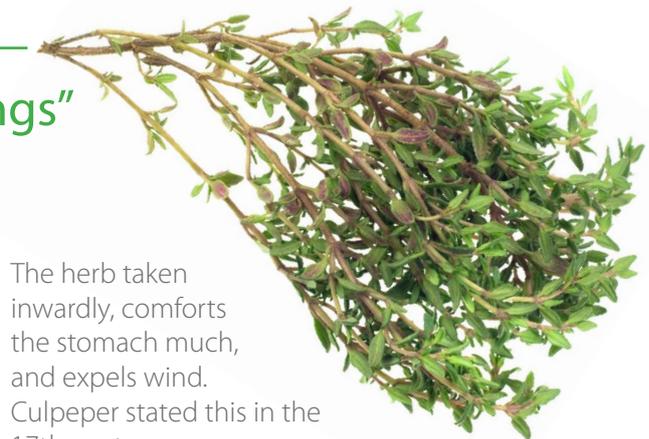


“a noble strengthener of the lungs”

Nicholas Culpeper (1616–1654), botanist, herbalist, physician



According to Culpeper, thyme is **a noble strengthener of the lungs, .. nor is there a better remedy growing for whooping cough. It purgeth the body of phlegm and is an excellent remedy for shortness of breath..**



The herb taken inwardly, comforts the stomach much, and expels wind. Culpeper stated this in the 17th century.

Today thyme has the official approval of the stringent European regulatory agency Commission E for treating bronchitis.

It has expectorant, antispasmodic, and antibacterial properties. Thyme is a safe herb for young and old.

However it should not be taken in large amounts during pregnancy, i.e. not more than 3 mugs of thyme tea a day.

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Thyme as an infusion

Thyme as an infusion or as a tincture is safe. Thyme essential oil however must not be used internally. It can be used to treat cuts and wounds to prevent and treat infections.

When you have infused the thyme leaves or thyme sprigs in hot water, inhale the steam to help clear the sinuses, and drink the infusion while it is still warm.

The volatile oils end up in the blood stream where they are released through the lung's alveoli and have an antiseptic effect on the respiratory system.

For an infusion pour a cup of boiling water over 2 to 4g of fresh or dried thyme, leave to infuse for 10 minutes. Drink 2 or 3 cups daily.

Try to avoid foods that are likely to encourage mucous production, such as milk and milk products, meat and those containing white flour, white sugar or food additives.



Inhalation thyme!

Fill a basin with hot water and a handful of fresh or dried herbs.

Place a towel over your head and the basin so you can carefully breathe in the healing steam and aroma.

You can add other herbs to the infusion: eucalyptus oil, peppermint, or hyssop.

Clear the passageways

Thyme also helps to clear phlegm and congestion. Excess phlegm is usually a sign of an infection in the respiratory system. The membranes that line the passages of the throat, nose and lungs become irritated and produce thick mucous to get rid of the infection.

Apart from drinking thyme tea, fresh air and regular out door exercise will help to clear the airways and also help to prevent a further attack.



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