

Welcome to the
Herb Growers
Network of WA



Herb of the
Month:
Epilobium

Network News

Hi All,
I hope April is finding you fit, well,
happy and joyous.
I was approached this month to
list my top 10 herbs so I thought I
would write this month's article
about them. I am looking at writing
a mini course on Superherbs, so
you will get a sneak preview of
what I feel are my top 10 herbs.

The Luna Theatre in Leederville
will be showing the movie FOOD
INC. This movie starts on the 20th

of May and it explores how mod-
ern food developments for food
production pose great risks to our
health and our environment.
Sounds very interesting. You can
find out more at the website
www.foodincmovie.com
It is likely to give you an appetite
for better meals.

Enjoy your month,

Louise Plant



Interesting Facts to Consider

Aloe gel has been shown to be more
effective than toothpaste in the reduc-
ing tooth decay.

Women younger than 30 could have
their risk of breast cancer trebled after
menopause from exposure to certain
chemicals and pollutants. A study by
the British Medical Journal has found
petrol products and synthetic fibers
are the pollutants most at risk. The
breast tissue is more sensitive when
the breast cells are still active, before
a woman reaches 40. Their findings
found that women exposed to acrylic
fibres appeared to have a seven fold
risk of breast cancer and those ex-
posed to nylon fibres doubled their
risk.

Our daily bread is not very good for us.
That's certainly true for the standard loaf you
buy in the stores, and now researchers
know why. Most bread is made with wheat
flour and bran, and this causes insulin resis-
tance which, in turn, can lead to high blood
sugar (glycaemia), high blood pressure and
cause bad blood fats. These are conditions
that are precursors of type II diabetes and
heart disease, researchers from Sweden's
Lund University have discovered. The only
bread that actually helps us become health-
ier is wholegrain bread that is baked with
white rye flour, which comes from the inner,
white part of the rye kernel. This bread helps
improve levels of insulin and blood sugar
levels. And to make your diet better yet, add
porridge to the mix. (Source: Lund Univer-
sity; Expertanswer via Alphagalileo: [http://
www.alphagalileo.org/ViewItem.aspx?
ItemId=68219&CultureCode=en](http://www.alphagalileo.org/ViewItem.aspx?ItemId=68219&CultureCode=en))

QUALITY HERBS Given with WISDOM

Do you know where
you are able to find
quality herbs?

Do you know where
you can find informa-
tion and traditional uses
of herbs?

- The Herb Growers
Network of WA, of-
fers Quality Herbs
with Wisdom.

Article

My Top 10 Herbs and Why



*Organic Green Teas
with a hint of herbs*

Having been asked to list my top 10 herbs, I have decided to expand on why.

The reasoning behind my choices of herbs, are herbs that tone, nourish and heal. Herbs that are multifaceted and can address many ailments at the same time and the other reasoning behind my choice of herbs, is the current age that we live in and what herbs are relevant to us now. I am sure this could change in 3 years time, as the earth shifts and changes with us.

1. **Alfalfa**—I have chosen alfalfa as number one because it is high with nutrients, vitamins and minerals, as well as being a nutritive herb that is high in protein. It can be used for young and old and even animals benefit from its use. It has been used from countries all around the world and it can be used as raw herb, dried herbs and even for sprouting. It lowers cholesterol, prevents strokes and it will neutralize complex carcinogenic compounds in the body. Sounds good to me.
2. **Go Ji**—the Go Ji or wolfberry I have chosen because of its cardio-vascular toning action. It can be used as a food that will nourish the feminine aspect and enrich the blood. This ties in well with the need for healing of the earth. Working on the heart it heals love, compassion and forgiveness. The leaves can be eaten as well, acting as a good tonic.
3. **Kelp**—kelp or bladderwrack I have chosen again because of its nutritional value. A small amount goes a long way. It softens skin, helps weight loss, nourishes the thyroid, all of which is essential in this day and age.

Kelp is high in protein and trace minerals. It helps balance metabolism, heart disease, GIT complaints as well as arthritis. It is the herb for obesity and there is certain more of that on the increase. I like to use kelp flakes or granules as a substitute for salt. It gives a far superior flavour.

4. **Hawthorn**—hawthorn is another cardio-vascular and heart tonic. All of the plant can be used and the leaves themselves have a high nutritional value. Unfortunately it does not grow as readily here as it does on the hedgerows of England. It helps bring the heart back to balance, therefore it has its own consciousness as to what is 'right'. It helps blood vessel repair as well as helping to lower blood pressure and cholesterol. We all suffer from stress so hawthorn would benefit us all. It does work best however when taken consistently overtime. This then leads me to think that we need some consistency and commitment in our lives, which hawthorn will help to bring in.

5. **Goldenseal**—This herb has to be on the list because of its ability to rid us on infestations and to heal the mucous linings. Nearly all of us have digestive disturbances, the harsh processed foods and drinks that we eat lead us to have poor digestive functioning and commonly leads to the over growth of parasites, bacteria's, fungi and viruses. Goldenseal will help to reduce this and bring digestive functioning back into balance. I am not sure I am happy about the cultivated goldenseal, as all wild goldenseal has been harvested. It would be good to put some back out there into the wild.

6. **Cats Claw**—I like cats claw and what I like about it most is its ability to act as a detoxifier. The Peruvians have been using it for centuries for the treatment of chronic illnesses. They believe it has the ability to regulate any serious illnesses.



*Our Lumina Tea
for stress*

Cats claw supports our immune system, hence it could be used before and after cancer treatments. It is a powerful antioxidant, which is always a good thing and it helps to prevent any cellular damage. It does not seem to be selective, any cellular damage will do. It has even been known to reduce bone spurs when taken consistently over time, how detoxifying is that!!

7. **Nettle**—nettle has to be in there, just because it is the best soup I have ever eaten. I have used it through 3 pregnancies and have never had any iron or calcium problems. It is high in silica, and vitamins A, B and C. It is great for the skin, the nervous system, blood sugars, circulation and especially problems like gout as it works to eliminate uric acid from the body, as well as reducing bleeding and making a wonderful hair wash to give your hair a wonderful shine. A great all round tonic!

8. **Garlic**—garlic well warrants a mention as being a great blood cleanser and detoxifier. It was given to the builders of the pyramids to keep them healthy, enhance their wellbeing and stamina. The Romans then decided to use it on their armies for the same reason. It is a great herb to use for any type of infections and infestation. Whether originating from viruses, bacteria or fungi, garlic will address them all. There are stories of people healing their own cancers with garlic. It will regulate blood sugars and blood pressure, reduce blood cholesterol and will act as a stroke preventative. It is also a great source of iodine, so is beneficial for under active thyroid.

9. **Perilla**—Now perilla is not a well known herb, though it comes in my top 10. the reason is does is because of its powerful antioxidant activity. A leaf that is that purple must be endowed with great antioxidant properties. It is also a herb that will help to balance immune function and the Japanese have been using it as a sweetening agent for years.

I am sure we will be hearing more about Perilla in the future.

10. **Pau d'arco**—now my last top 10 herb is Pau d'arco. What I like about Pau d'arco is its multi faceted action. Like cats Claw it can be used for any debilitated or chronic conditions. It has even been shown to be useful in the treatment of cancers, leukemia and especially candida. One belief system of many is that candida is the underlying infestation that lies under chronic conditions such as cancers and chronic fatigue. Unless this underlying infestation is addressed, the chronic condition can continue. Pau d'arco will reduce fungal infestations and yet its taste is quite palatable. It has been shown to cure such chronic diseases such as Lupus, Hodgkinson's disease, Parkinson's, osteomyelitis and psoriasis. It has been used as an anti-dote to poisons as well as increasing oxidative phosphorylation. It also has great topical applications for wounds.

So there you have it, a brief overview of my top 10 herbs and why.

If I was to increase my list it would look something like this

11. Ginseng
12. Dandelion
13. Aloe
14. Rehmannia
15. Burdock
16. Cleavers
17. Bilberry
18. Schisandra
19. Oregano
20. Herb Robert

There are so many great herbs out there, many of which that did not get a mention here. I am sure if I was asked another question 12 months down the track, some of the goodies would stay there such as garlic, nettle and pau d'arco, though some would change. Herb do have their own fashions, molded by availability of herbs, current research and advertising.

I am happy to share my list with you, I hope you enjoyed it.

Louise Plant

Top 5 Spices

1. Turmeric
2. Cayenne
3. Cinnamon
4. Ginger
5. Cardamom



Celestial Herb Teas



Herb of the Month— Epilobium

Name: Epilobium

Botanic Name – *Epilobium parviflorum*

Family - Onagraceae

Other Names - Epilobium, small flowered willow herb

Parts Used: Aerial parts. The leaves are edible and can be added to salads.

History: It has originated from Europe. It gets its name from the 6-9mm flowers that it produces.

Habitat: This herb can be found in stream banks and marshes. It ranges from Europe, southern Sweden and east to N. Africa and W. Asia to India. It is considered a noxious weed in Western Australia.

Description - Epilobium will grow to 20-80cm tall. It has an erect stem which is stiffly hairy. The lower leaves are in a small rosette, with leaves opposite, oblong, lanceolate, slightly toothed, sessile and longer than broad. The flowers are light purple, isolated in the axil of smaller upper leaves, 6-9mm in diameter. It has 3-9 mm long petals, sepals equaling 2/3 of the length of the petals. Stigmas have 4-crossed lobes. The fruit capsule is 3.5-8cm long with small jointed hairs. It is a perennial with rhizomes.

Propagation – Epilobium likes a light sandy soil, which is medium loam and is well drained. It prefers an acid, neutral and basic soil. It does not like to grow in the shade, and it needs moist or wet soil. It is excellent fodder for bees. Since there are several species of Willow-herb and some people are uncertain which are the ones with the medicinal properties, Maria treben believes that these species can be used: Pink Willow-herb (*Epilobium roseum*), Small flowered Willow-herb (*Epilobium parviflorum*), Mountain Willow herb (*Epilobium montrum*), Dark-green Willow-herb (*Epilobium obscurum*), Lanceleaved Willow herb (*Epilobium lanzellatum*), Hill Willow-herb (*Epilobium collinum*), Marsh Willow-herb (*Epilobium palustre*), Gravel Willow-herb (*Epilobium fleischeri*), and Alpine Willow-herb (*Epilobium anagallidifolium*).

Cultivation— Seeds can be sown in early spring in situ or as soon as the seeds are ripe. The plant can be divided in spring or autumn and then planted out in spring once a root system has developed.

Active Compounds - Flavoglycosides especially derivatives of kaempferol, quercetin and myricetin. B-sitosterol, various esters of sitosterol, and sitosterol glucoside. Gallic acid. Macrocyclic ellagitannins, oenothien A and oenothien B which are the major constituents responsible for the inhibition of 5 alpha-reductase and aromatase which play a key role in the formation of prostate cancer.

Actions

- Astringent
- Anti-inflammatory
- Prostrate tonic
- Demulcent
- Counter-irritant

Indications – Epilobium is commonly known for its use in the treatment of prostate disorders. Studies at the Prostrate Centre of Vancouver have found that very low concentrations of its extract in the micrograms per ml level was shown to be the most active ever seen against abnormal cells and growths of the prostate. Aqueous extracts

have been shown to reduce and inhibit the enzymes 5 alpha-reductase and aromatase which are involved in the cause of benign prostatic hyperplasia (BPH).

Out of 92 plant phenolic extracts that were tested, willow herb was found to have the highest anti-oxidant activity. According to the Austrian herbalist Maria Treben it is highly recommended in helping men to recover from the annoying symptoms of prostatitis. One of patients writes

“The Small Flowered Willow-herb has relieved my prostate disorder. I was in the hospital with a heart infarct, but also suffered from prostate disorder and because of my heart trouble, I could not be operated on. I heard of the wonderful Willow-herb which has helped in so many similar cases. I started to drink 3 cups daily. After several days, I had no more complaints. I still drink 2 cups per day for a complete recovery. I thank God from the bottom of my heart. May you, Mrs. Treben, help many more people with the Small Flowered Willow-herb. It is unbelievable that medicinal plants give such results.”

It is not only useful in the treatment of the male genitor-urinary area, it is also recommended for urinary tract infections in women. It has been shown to be one of the most active plants tested to act against bacteria.

Dosage – Infusion: Take 1 cup of herbal tea 30 minutes before bed and 1 cup of tea 30 mins before evening meal for 3 weeks.



References

Chevellier A. 2001. Encyclopedia of Medicinal Plants. Dorling Kindersley, London
Plant, L. 2006. Rapid Reference Guide, 3rd ed. Self published Western Australia
Www .plantsforthefututre.com

[Ducrey B, Marston A, Gohring S, Hartmann RW, Hostettmann K. 1997. Inhibition of 5 alpha-reductase and aromatase by the ellagitannins oenothein A and oenothein B from Epilobium species. Planta Med 1997 Apr; 63(2): 111-4].

Bogbean Herbal Farm

Tel:96287042 Mobile: 0418 940 653 Email: planter@wn.com.au
Web Sites: www.bogbeanfarm.com or www.herbgrowers.org
www.louiseplantbealive.com

