

Welcome to the
Herb Growers
Network of WA



Herb of the
Month:
Rosehips

Network News

Hi All,

I Hope all is happy and well in your world. All has been busy here, planting tomatoes, asparagus and getting shade houses built.

On the herb front I have been busy creating some smoothie powders. There are three powders, the brown, green, orange and purple powders.

I like the purple berry one best. These powders are added to your

smoothie blends and seeing as summer is heading our way it will be good to get back into smoothie season.

The beginnings of the online courses are also starting on the web, you will see there I have 400ys experience. Go to www.aahh.com.au and check it out so far.

Enjoy your month,
Louise Plant



Interesting Facts to Consider

QUALITY HERBS Given with WISDOM

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

Do you know where you can find information and traditional uses of herbs?

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

- Senate Bill S510 makes it illegal to grow, share, trade or sell home-grown food. It may be the most dangerous bill in the history of the US.
- The optimum hours for sleeping has been shown to be 7 hours. Too little sleep (5 hours) has been associated with angina and too much sleep (9 hours) has been associated with heart attack and stroke.
- The Sunday Telegraph has stated that food colors in breakfast cereals can pose a cancer risk as well as cause hyperactivity and allergic reactions in children.
- Cooking starch food such as hot chips release a chemical called acrylamide which has been proven to cause cancers. This chemical was discovered by Swedish scientists in 2002.
- Perth researchers have shown that ADHD has been linked to junk
- Foods. 1800 adolescents were categorized as either eating a healthy diet or a western diet of processed, fried and take away foods. Teenagers on the western diets had double the risks of being diagnosed with ADHD.
- Studies have shown that calcium is best obtained in the diet as supplementation increases risk for stroke and heart attack risk.
- Coco-cola own the company that make the Vitaminwater brand. In court recently they claimed that .. "No consumer could reasonable be misled into thinking vitaminwater was a healthy beverage" !
- Recent studies in London have shown that 8 yr olds who were exposed to licorice in the womb had levels of cortisol (stress hormone) up to a third higher than those whose mothers never ate it

Article

Coconut Power



*Organic Green Teas
with a hint of herbs*

The early Spanish when they first came across coconut called it 'Monkey face.' They called it monkey face because of the three indentation on the end of the coconut.

The coconut gives us meat, milk, juice and oil.

In many countries it is part of the staple diet. Nearly one third of the worlds population depend on coconuts for both their food and their economy.

It is a nutritious food that is high in many nutrients, and it possesses many healing properties. Pacific Islanders consider coconut oil to be the cure for all illness. The coconut palm is so highly valued by them as both a source of food and medicine that it is called "The Tree of Life."

People all around the world have used it for food and medicine and they hold it in a respected and valued place.

The oil has a high saturated fat content and is high in fibre. It is different from many other fats and has been used in plasma blood transitions during the second world war.

The difference in the oil found in coconuts is due to its fat molecules. Coconut oil is composed predominately of medium-chain fatty acids (MCFA), also known as medium-chain triglycerides (MCT).

The vast majority of fats and oils in our diets, whether they are saturated or unsaturated or come from animals or plants, are composed of long-chain fatty acids (LCFA). Some 98 to 100% of all the fatty acids you consume are LCFA.

The physiological effects of MCFA in coconut oil are distinctly different from those of LCFA more commonly found in our foods. The saturated fatty acids in coconut oil are predominately medium-chain fatty acids. Both the saturated and unsaturated fat found in meat, milk, eggs, and plants (including most all vegetable oils) are composed of LCFA

MCFA are very different from LCFA. They do not have a negative effect on cholesterol and help to protect against heart disease. MCFA help to lower the risk of both atherosclerosis and heart disease.

It is primarily due to the MCFA in coconut oil that makes it so special and so beneficial.

Coconut water is low in fat and calories, has no cholesterol, and has a natural balance of sodium, potassium, calcium and magnesium- making it a healthy electrolyte drink. It has even been used intravenously to stabilize electrolytes.

Coconut Water is:

Low in Carbohydrates

Low in Fat 99% Fat Free

Low in natural occurring sugar

Keeps the body cool and at the proper temperature

Contains organic compounds possessing growth promoting properties

Cures malnourishment

Effective in the treatment of kidney and urethral stones

Natural drink for feeding infants suffering from intestinal disturbances

Excellent oral re-hydration medium, an all natural isotonic for all ages

Re-hydrate naturally, free of added sugars or chemicals

Lower arterial pressure

Relieve spasms and stomach pain

Ease burns

Natural diuretic

Presence of saline and albumen makes it an excellent drink in cholera cases

Maintains the human body's natural fluid levels

Can be injected intravenously in emergency cases

Found as a blood plasma substitute because it is sterile, does not produce heat, and does not destroy red blood cells and is readily accepted by the body

Helps in carrying nutrients and oxygen to cells

Excellent all natural water to drink while

Relaxing, Meditating, Driving, Eating, Running, Aerobics, Working, Skiing, Mountain Biking, Exercising, Body Building, Surfing, Fishing, Snow Boarding, Working Out, Surfing, Physical Activities, or Exertion of any kind

Eliminate swelling in hands and feet

Normalize the intestinal function and raise metabolism

Heal damage induced by antibiotics and toxins in the digestive tract

Boost poor circulation



*Our Lumina Tea
for stress*

. Some of the published studies regarding the above mentioned uses of coconut products.

- Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea, and other diseases.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections.
- Expels or kills tapeworms, lice, giardia, and other parasites.
- Provides a nutritional source of quick energy.
- Boosts energy and endurance, enhancing physical and athletic performance.
- Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids.
- Improves insulin secretion and utilization of blood glucose.
- Relieves stress on pancreas and enzyme systems of the body.
- Reduces symptoms associated with pancreatitis.
- Helps relieve symptoms and reduce health risks associated with diabetes.
- Reduces problems associated with malabsorption syndrome and cystic fibrosis.
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
- Helps protect against osteoporosis.
- Helps relieve symptoms associated with gallbladder disease.
- Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.

- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Functions as a protective antioxidant.
- Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease.
- Does not deplete the body's antioxidant reserves like other oils do.
- Improves utilization of essential fatty acids and protects them from oxidation.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).
- Reduces epileptic seizures.
- Helps protect against kidney disease and bladder infections.
- Dissolves kidney stones.
- Helps prevent liver disease.
- Is lower in calories than all other fats.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
- Helps prevent obesity and overweight problems.
- Applied topically helps to form a chemical barrier on the skin to ward off infection.
- Reduces symptoms associated the psoriasis, eczema, and dermatitis.
- Supports the natural chemical balance of the skin.
- Softens skin and helps relieve dryness and flaking.
- Prevents wrinkles, sagging skin, and age spots.
- Promotes healthy looking hair and complexion.
- Provides protection from damaging effects of ultraviolet radiation from the sun.
- Helps control dandruff.
- Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
- Has no harmful or discomforting side effects.
- Is completely non-toxic to humans.

Coconut Water can be injected intravenously in an emergency



Celestial Herb Teas



Herb of the Month— Rosehips



Name: Rosehips

Botanic Name – *Rosa canina*

Family Rosaceae

Other Names - Rosa Canina, Brier hip, brier, rose, dogberry, dog rose, eglantine gall, hep tree, hip fruit, hip tree, hop fruit, hogseed, sweet brier, wild brier, witches' brier

Parts Used: The fruit (hips) and seeds of the Dog Rose

History: Rosehips were commonly used as a herbal tea, often blended with hibiscus, and as an oil. They can also be used to make jam, jellies, marmalades and wine. Rosehip soup, 'nyponsoppa', is especially popular in Sweden. During World War II, the English government organized the harvesting of all available rose hips to make vitamin C syrup, since fruits were virtually unattainable at the time.

Habitat: Rosa canina is the dried, ripe aggregate fruits of Rosa canina L. (Fam. Rosaceae), a shrub common throughout Europe including the British Isles. It is one of the many species of wild rose found in the countryside. The plant grows widely in North America after having been naturalized from Europe and Asia. R. canina is the major source of rose hips, but other Rosaceae plants have also been used.

Description - Rosehips of some species, especially Rosa canina (Dog Rose) and Rosa majalis, have been used as a source of vitamin C and carotenoids to treat vitamin C and A deficiencies and scurvy.

Propagation – The hips are collected in the Autumn

Cultivation— Fumitory will

Active Compounds - Vitamin C, tannins, pectin, carotene, organic fruit acids, fatty oil. Bioflavonoids, phytoestrogens. Vitamin C, E and K. Calcium, citric acid, iron, niacin, phosphorus, tannin, vitamin A, B1, B2, and P.

Actions

- Nutrient
- Mild laxative
- Mild diuretic
- Mild astringent
- Antioxidant
- Vitaminic
- Anti-inflammatory
- Anti-allergenic

Indications—

Rosehips provide one of the best natural and freely available sources of vitamin C. They may be used wherever this vitamin is required. Rose hips are reported to have up to 60 percent more vitamin C than citrus fruit and are rich in bioflavonoids which act to build and strengthen body tissue. This in turn strengthens the vascular system and can therefore help with bruises, skin irritations and wound healing.

They will help the body's defences against infections and especially the development of colds. They make an excellent spring tonic and aid in general debility and exhaustion. They will help in cases of constipation and mild gall-bladder problems as well as conditions of the kidney and bladder.

The German Commission E also lists rosehips for treating biliary complaints and colic, urinary tract disorders, oedema (water retention) and for strengthening and cleansing the kidneys and preventing kidney stones. The rosehip tea is also listed as a diuretic and as a treatment for bone and joint disorders and as an astringent and eyewash. The pectin in the hips makes them effective as a mild laxative, similar to apples for helping regularity, with the added bonus of preventing diarrhoea. A decoction can be made for cradle cap in babies and a yellow dye can be obtained from the flowers.

It can be used in the reproductive area for uterine cramps, heavy menstrual flow and some breast disorders. rebalance the natural production of female hormones (estrogens), which are 'caught' by the receptor sites of the mammary glands in the breast as food for their development

Additional studies have proven rose hips are helpful to the circulatory system, respiratory system, the thymus gland and as a blood cleanser.

Other health benefits include lowering abnormal body heat, relieving thirst, healing of internal haemorrhaging or spitting of blood, aid for dysentery, strengthens the stomach, prevents and helps relief chest infections and coughs, cleans the kidneys and bladder, prevents fluid retention, helps with gout and rheumatic conditions and nourishes the skin.

Its anti-allergy activity makes it a useful remedy for the prevention of breathing allergies

According to the Nobel Prize Linus Pauling, if taken in abundant doses, it can prevent and fight cancer.

The *R. canina* flower petal extract containing anthocyanins was shown to have a protective effect on radiation-induced cell damage in Chinese hamster cells. The roots of *R. canina* showed anti-inflammatory effects in vitro. This anti-inflammatory activity was also exhibited by several plant extracts used in Turkish traditional medicine when they exerted effects on either tumour necrosis factor or interleukin-1.

Rose hips contain more vitamin C per milligram than many citrus fruits and raw broccoli. However, much of the vitamin C contained in rose hips (more than 50%) may be destroyed during processing. More than 100 g of actual rose hips may be needed to obtain 1,200 mg of vitamin C. Thus, many products that contain rose hips are supplemented with synthetically prepared vitamin C.

Dosage -

The decoction or syrup may be taken quite freely.

Decoction – put 2 ½ teaspoons of the cut hips in a cup of water, bring to the boil and simmer gently for 10 minutes.

Syrup – To make a syrup it is important to remove the seeds from the hips as well as the fine, brittle hairs found at the end.

Tincture – Take 2-4 mls of the tincture three times per day.
daily.

Safety - Some say they can get headaches, heartburn and nausea.

Estrogens and oral contraceptives: Increased serum levels of these drugs. Monitor for adverse effects.

Iron: May enhance absorption of oral iron products. Monitor patient.

Warfarin: May antagonize effects of warfarin. Monitor concurrent therapy.

Old Remedies

In the **Middle Ages** it was commonly used in **folk remedies** for chest problems, and the hips were popular in their own right as a sweetmeat before the development of the sweet products of today. In 1597, Gerard (one of the most famous historical herbalists) wrote that they were "most pleasant meates and banketting dishes, as tartes and such like."



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