

Welcome to the
Herb Growers
Network of WA



Herb of the
Month:
Herb Robert

Network News

Hi All,
I hope you are all easing into 2010 with ease and grace. I have started getting back into the gist of herbal happenings, with a new tea creation to happen in the future to be launched in the eastern sates. Good to see our herbal teas are going to start to spread their wings!

Robert, there have been some miracle cures for cancer using this Herb. Read on to find out more.

More things to follow, we are looking to selling essential oils on line. Stay tuned for more info.

Enjoy your month,

Louise Plant

I have a very interesting Herb of the Month this month. Herb



Interesting Story to Consider

[Dr. Arun Gandhi, grandson of Mahatma Gandhi and founder of the M.K. Gandhi Institute for Non-violence, in his June 9 lecture at the University of Puerto Rico shared the following story:](#)

I was 16 years old and living with my parents at the institute my grandfather had founded 18 miles outside of Durban, South Africa, in the middle of the sugar plantations. We were deep in the country and had no neighbors, so my two sisters and I would always look forward to going to town to visit friends or go to the movies.

One day, my father asked me to drive him to town for an all-day conference, and I jumped at the chance. Since I was going to town, my mother gave me a list of groceries she needed and, since I had all day in town, my father asked me to take care of several pending chores, such as getting the car serviced. When I dropped my father off that morning, he said, "I will meet you here at 5:00 p.m., and we will go home together." After hurriedly completing my chores, I went straight to the nearest movie theatre. I got so engrossed in a John Wayne double-feature that I forgot the time. It was 5:30 before I remembered. By the time I ran to the garage and got the car and hurried to where my father was waiting for me, it was almost 6:00.

He anxiously asked me, "Why were you late?" I was so ashamed of telling him I was watching a John Wayne western movie that I said, "The car wasn't ready, so I had to wait," not realizing that he had already called the garage.

When he caught me in the lie, he said: "There's something wrong in the way I brought you up that didn't give you the confidence to tell me the truth. In order to figure out where I went wrong with you, I'm going to walk home 18 miles and think about it."

So, dressed in his suit and dress shoes, he began to walk home in the dark on mostly unpaved, unlit roads. I couldn't leave him, so for five-and-a-half hours I drove behind him, watching my father go through this agony for a stupid lie that I uttered.

I decided then and there that I was never going to lie again. I often think about that episode and wonder, if he had punished me the way we punish our children, whether I would have learned a lesson at all. I don't think so. I would have suffered the punishment and gone on doing the same thing. But this single non-violent action was so powerful that it is still as if it happened yesterday. That is the power of non-violence.

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.

Article

Cucumbers

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.



*Organic Green Teas
with a hint of herbs*

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!



*Our Lumina Tea
for stress*

Are Our Plastics Feminising Boys?

Studies in New York are finally showing the effects of plastics and phthalates are having on our hormonal systems. These studies showed that those exposed to high doses of two types of phthalates – diethylhexyl phthalate (DEHP) and dibutyl phthalate (DBP) in the womb are less willing to join "rough and tumble" games and are less likely to play with "male" toys such as cars.

Di(2-ethylhexyl) phthalate (DEHP) is a cost effective general purpose plasticizer which is used mainly for making PVC soft and pliable. In Western Europe it accounts for about 18% of all plasticizer usage. Phthalates help make plastic flexible and help hold a perfume's scent

Researchers tested urine samples from mothers in the 28th week of pregnancy for traces of phthalates, these are chemicals which can mimic the female sex hormone oestrogen. The women, who gave birth to 74 boys and 71 girls were contacted again when their children were aged between 4 and 7 and were asked about their personalities, the toys they played with and the activities they liked.

The study, by the University of Rochester in New York State, found that DEHP and DBP were strongly linked with the more feminine play in the boys but had no impact on girls. Boys born to expectant mothers exposed to high levels of phthalates showed smaller penis sizes, incompletely descended testicles, and a shorter distance between the anus and base of the penis, compared with boys born to women exposed to low levels of the chemical.

Boys with higher doses were less likely to play with cars, trains and guns and preferred "gender neutral" activities such as sports, according to the research published in the *International Journal of Andrology*. The research adds to growing evidence that hormone-disrupting chemicals in thousands of household products are interfering with the development of children and in particular brain development.

The American Chemistry Council believe that the questions and results from this study was adjusted to incorporate parental attitudes about male behaviour. They said that the researchers biased the results by using mothers from their previous study and because Dr. Swan has repeatedly de-

clared that phthalate exposure is reason for alarm.

Both DEHP and DBP have been shown to lower testosterone in humans and are also associated with genital changes in boys, including smaller genitals and incomplete descent of the testicles, consistent with the finding of a "phthalate syndrome" in rodents.

Although the plastics industry says phthalates are safe, the EU has banned many of them from cosmetics, teething rings and children's toys. Some researchers have pointed to potential links between phthalates and abdominal obesity, among other concerns.

However, pregnant women are still exposed to the chemicals, which are used to soften plastics, in household items such as plastic furniture, shoes and PVC flooring. All of us are exposed to these chemicals in They are widely used in food processing, personal care products, such as soaps, shampoos, nail polish, perfumes and lotions, and household products such as air fresheners, floor vinyl, detergents, lubricants, paint, food packaging, plastic bags and children's toys.

In Feb 2008, a University of Washington study tested the urine of 163 infants and found that all the babies had at least one type of phthalate in their system while 81 per cent had at least seven different types. Among children who had recently had their hair shampooed or had lotion applied to their body, levels of phthalates were higher, the study said.

In March 2007, researchers at the University of Rochester Medical Center theorized that phthalates might be directly linked with abdominal obesity and insulin resistance in men. Researchers found that men with the highest concentrations of phthalates in their urine had more belly fat and insulin resistance.

Manufacturers are not obligated to list phthalates in the ingredients lists on children's products. Some manufacturers may list the chemicals on their packaging. Phthalates commonly used in products include:

- DBP (dibutyl phthalate).
 - DINP (diisononyl phthalate).
 - DEP (diethyl phthalate).
 - DEHP (di 2-ethylhexyl phthalate).
 - DMP (dimethyl phthalate).
 - BBP (benzyl butyl phthalate).
 - DNOP (di-n-octyl phthalate).
- DIDP (Diisodecyl phthalate).

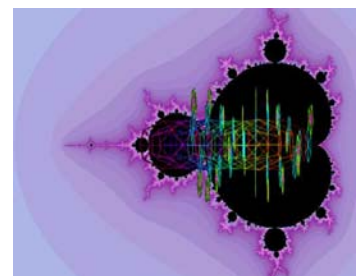
California became the first U.S. state to ban products for children and babies containing more than residual quantities of phthalates.

European Union has outlawed the use of DEHP, DBP and BBP in children's products. DINP, DNOP and DIDP are also banned in toys that children under the age of three might put in their mouths. Cosmetic manufacturers are also not permitted to use DEHP and DBP in the formulation of their products.

Calamus and yerba mansa to clean up soil, one yard at a time. You can detoxify your soil and produce medicine at the same time.



*Celestial
Herb Teas*



Herb of the Month— Herb Robert

Name: Herb Robert

Botanic Name – Geranium robertianum

Family - Geraniaceae

Other Names - Red Robert, Herb Robertianum, St. Robert, Storkbill, cranesbill, Fox Geranium, St Robert's Wort, Bloodwort, Felonwort and Dragon's Blood

Parts Used: The ariel parts

History: The plant was first identified as being used in ancient times as a cure for cancer. It was traditionally used for toothache and nose bleeds.

Habitat: Herb Robert is indigenous to Europe, Asia, North America and North Africa

Description - It can grow at altitudes of up to 1,500 metres (4,921 ft). It grows as an annual or biennial producing small, pink, five-petalled flowers (about 1 cm in diameter) from April until the autumn. The leaves are fern-like, and the stems often reddish; the leaves too turn red at the end of the flowering season. The plant has little root structure.

Propagation – Will propagate easily by seed. Best grown as a winter annual. Plants grow well in shady, damp places being able to grow quickly and flower profusely. It will readily self seed. It requires shade from the strong sun and it does not like to dry out. If the leaves are picked regularly, then it will produce a bounty of leaves . It must be watered and fed regularly.

Active Compounds - Tannins, bitters and essential oils. Ellagic acid. It contain significant amounts of Vitamins A, B and C as well as minerals calium, potassium, magnesium, iron, phosphorus and geranium.

Actions

- Antitumour
- Alterative
- Anti-oxidant
- Diuretic
- Digestive
- Adaptogen
- Anti-biotic
- Antiviral
- Styptic
- Tonic
- Digestive
- Sedative

Indications – As a good source of germanium it has the ability to make oxygen available to the cells. This then enables the cell to fight disease more efficiently and hence has been found valuable in the treatments of cancers. Herb Robert also contains ellagic acid. Researchers have found ellagic acid may slow growth of tumours caused by certain carcinogens; and it has been used to fight and prevent cancer.

The body can create an environment with a lack of oxygen by exposure to free radicals. This creates an anaerobic environment which can lead to all manner of serious and degenerative diseases. Germanium works not only as an oxygen carrier it also works as a catalyst which stimulates electrical impulses at a cellular level.

Herb Robert has a potent effect on the immune system as an energy builder, an immune builder, as a cancer preventative and as a post chemotherapy tonic, as a vigorous adaptogen as well as being anti-oxidant and antiviral.

There are documented stories of people with confirmed bowel cancer who used Herb Robert in powdered form and she mixed the herb with raw egg, she then took this and was healed. There are other records of people being cured of bowel cancer, lung cancer, breast and uterus cancer who have been healed within weeks using Herb Robert.

There are many other stories from Isabell Shipard, a Herbalist from Queensland and you can read more about Herb Robert in her book 'How can I use herbs in my daily life'

Stories from Isabell's book and I quote

"Adam called to tell me he had been diagnosed with advanced bowel cancer and his doctor told him to go away and die. He had been told about Herb Robert and started taking the herb daily. His cancer is now in remission. "

"A lady in Brisbane, was very sick with cancer, but was not told the full extent of her condition. She started on a regime of raw foods, herb Robert and wheatgrass juice. Sometime later the doctor admitted her to hospital and put her through many X-rays. Eventually the doctor told her the reason for the X-rays. Previous X-rays has shown extensive cancer of the spine and lymph nodes. The new X-rays did not show one sign of cancer. Lee said the doctor gave her a bit of unconventional advice ... to continue what you are doing. Lee said she was using 2 tsp of herb Robert with raw egg yolk every morning."

"I well remember a lady with cancer of the mouth (she had been a smoker), who heard about Herb Robert from her sister, when she went to Brisbane to join in a herb course. She started making the herb as an infusion; gargling the warm tea and the swallowing it. The specialist was baffled at her next visit. She now lives in full health."

An infusion made from the whole plant, minus the root, has been used for its diuretic and tonic effect and as a remedy for dysentery. It is also used on wounds for healing and to prevent scarring, having both an antiseptic and a styptic effect. Freshly picked leaves have an odor resembling burning tires when crushed, and if they are rubbed on the body the smell is said to repel mosquitoes.

Dosage – Infusion: Pour a cup of boiling water onto 1 teaspoonful of the dried herb and leave to infuse for 10-15 minutes. This should be drunk three times a day.

Tincture: take 1-2ml of the tincture three times a day.

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