

July 2010

Volume 3, Issue 7

Welcome to the
Herb Growers
Network of WA



Herb of the
Month:
Witch hazel

Washballs, Cheaper than
washing powder. Reduce
chemicals, save water and
help the environment.

Cost is \$49.95. Lasts for 1
yr

Email Lynda and Bill at
etom4757@bigpond.net.au
Seasonal and powerfeed
also available at close to

Network News

Hi All,

I hope this month is keeping you
healthy and happy.

I am please to say that the herbs
for pets course has finally been
completed and is available. We
are now looking into writing the
next herbal course we will be
looking to offer. Spiritual Uses of
Herbs .

More courses that will be put
together in the future are herbs for
horses and feeding your cats and

dogs the Natural Way.

New blends on the herbal front
will be some v\blends that can be
used in your smoothies. Maca,
cocoa, broccoli sprout and
beetroot powders will be part of
the blends. Stay tuned for more
for info.

This months article is about
asparagus. I have just created a
10 meter asparagus bed and
came across lots of info about the
wonderful benefits of asparagus
that I thought I would share with
you.

Interesting Facts to Consider

- Vitamin B deficiency has been linked to increased depression risk in older adults
- Lung cancer risks have been cut by increasing your B vitamins.
- The Australian Radiation Protection and Nuclear Safety Agency have recommend child only text rather than talk on their mobile phones. This comes after a 10 year international study linked to extended mobile phone use to increased risk of brain tumours.
- Australian scientists believe tea tree oil could be a fast, cheap and safe treatment for
- And precancerous lesions.
- The chemical Bisphenol A (BPA) which is found in baby bottles and plastic packaging, has been found by latest USA research to harm brain development and the prostate gland.
- Australian researchers believe drinking a cup of coffee which has been fortified with olive leaf extract has the potential to combat obesity.
- Curry leaf is high in antioxidants, is high in Vitamin C, calcium and can be used in lemon juice with a little honey to prevent morning sickness.

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

Asparagus, so good for you!

*Organic Green Teas
with a hint of herbs*

Do you realise
by the time we
are 75 years
old we have
slept 23 years
of our life!



*Our Lumina Tea
for stress*

Asparagus has many health benefits. It can be used to help detoxify the system, as well as being used as a cancer cure!

The time to be planting your new asparagus crowns is now. To give you a good asparagus crop for summer.

Not only will it help to detox it will also act as an anti-aging agent and as an aphrodisiac as well.

Asparagus is rich in potassium, vitamin A, folate, glutathione, and vitamin K. It is high in fiber, has no sodium.

Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth. This accounts for its action on cancer and in acting as a general body tonic.

The US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anti-carcinogens and antioxidants.

Detox Agent

Asparagus has 288 milligrams of potassium per cup. Potassium is known for reducing belly fat. It also contains 3 grams of fibre which cleanses the digestive system. It has virtually no natural sodium so no bloating during PMS, has no fat or cholesterol, and one cup has only 40 calories. According to a clinical dietician at UCLA Medical Centre, asparagus is the ultimate in detox vegetables.

Anti-Aging Agent—Asparagus is rich in potassium, vitamin A, and folate. It is also very high in glutathione which has potent antioxidant properties; a must as an anti-aging deterrent.

Glutathione (GSH)

is an antioxidant that protects cells from toxins such as free radicals.

Aphrodisiac—Asparagus is considered a psycho-physiological aphrodisiac because of its shape. It is said to trigger the mind to have a physiological response. The French word for asparagus is asperge; asperge is a slang word for penis.

Anticancer Agent—asparagus is high in folate which is now known to be an important protection against cancer, heart disease and reduce pain and inflammation.

Osteoporosis Preventative—

Asparagus has vitamin K which studies have shown can help prevent osteoporosis and osteoarthritis. Vitamin K aids in bone formation and repair. Asparagus has been listed as the number one source of vitamin K.

Preventing birth defects - getting enough folate is especially important for women who are pregnant or plan to become pregnant. Having a folate deficiency has been correlated with increased risk of Spina Bifida (a spinal cord birth defect) and also anencephaly (a neural tube defect). Folate helps to regulate embryonic and fetal nerve cell formation and may also help to prevent premature births.

Additional studies have shown that the nutritional benefits of asparagus can help prevent and treat urinary tract infections and kidney stones.

Asparagus Benefits

- It is high in vitamin K and Folate
 - Eat asparagus when you are pregnant or thinking about conceiving –
 - Great for your heart
 - Helps with menstrual cramps and with fertility problems
 - Great for your gastrointestinal tract and your colon
 - Helps menstrual cramps
 - Great food to help treat depression
 - Has been known to increase the success rate of chemo therapy
 - Is considered a diuretic which means it is a good anti-inflammatory – best for arthritis, asthma rheumatism, and even water retention...PMS
 - Helps to get rid of warts
 - Helps detoxify your body
- Add more asparagus to your diet to lower cholesterol
- Great for nursing mothers stimulating milk production
 - Has antioxidant agents – prevents the effects of aging
 - Has antifungal and antiviral qualities
- Great for your kidneys – cleansing your body by stimulating urination and preventing kidney stones
- Helps prevent bladder and urinary tract infections
 - Use to be used as an aphrodisiac – increase sexual and comforting feelings
 - Helps with treating HIV
 - Helps prevent multiple sclerosis
 - Helps prevent scurvy
 - Asparagus has anti-cancer agents – especially lung cancer
 - Helps fight chronic fatigue syndrome
 - Helps fight off high blood pressure
 - If you bruise easily – eat more asparagus
 - Is considered a laxative – eat an asparagus if you have diarrhoea and constipation
 - Great for your capillaries – eat more asparagus to avoid varicose veins

- Great for your eyes preventing cataracts
- If you are experiencing hair loss- eat more asparagus
- Helps treat toothaches

What is asparagus therapy?

Place the cooked or raw asparagus in a blender and liquefy to make a puree, and store in the refrigerator.

Take 4 full tablespoons twice daily, morning and evening. Patients usually show some improvement in 2-4 weeks. It can be diluted with water and used as a cold or hot drink.

This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases. A biochemist is convinced of the old saying that 'what cures can prevent.' Based on this theory, it has been used as a beverage with meals. Take 2 tablespoons diluted in water to suit taste with breakfast and with dinner. You take hot and cold.

Cancer Cases Case No. 1, A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No 2, , a successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 months, examinations revealed that his bladder tumour had disappeared and that his kidneys were normal.

Case No 3, a man who had lung cancer. On March 5th 1971, he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the Asparagus therapy and immediately started taking it By August, x-ray pictures revealed that all signs of the cancer had disappeared.. He is back at his regular business routine.

Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer



*Celestial Herb
Teas*



Herb of the Month— Witchhazel

Name: Witchhazel

Botanic Name – *Hamamelis virginiana*

Family - Hamamelidaceae

Other Names - Winterbloom, snapping hazel, Virginia Witch Hazel.



Parts Used: The bark, leaves and twigs. The leaves are gathered in summer. The bark is harvested in autumn and dried as quickly as possible in the shade. It is cooling and drying.

History: The name *Witch* in witch-hazel has its origins in Middle English *wiche*, from the Old English *wice*, meaning "pliant" or "bendable." *Hazel* is derived from the use of the twigs as divining rods, just as hazel twigs were used in England and also because of its similarity to the Hazelnut tree. This use may also have, by folk etymology, influenced the "witch" part of the name. American tribes rubbed the decoction of the herb on their cuts, bruises, insect bites, aching joints, sore muscles and sore backs. They also drank the tea to stop internal bleeding, prevent miscarriage as well as treating colds, fevers, sore throats and menstrual pain.

Habitat: Native to Europe, east Canada and the US. Native American Indians used the leaves from the shrub for its tannin and astringent action.

Description - They are deciduous shrubs or (rarely) small trees growing to 3–8 m tall, rarely to 12 m tall. The leaves are alternately arranged, oval, 4–16 cm long and 3–11 cm broad, with a smooth or wavy margin. The horticultural name means "together with fruit"; its fruit, flowers, and next year's leaf buds all appear on the branch simultaneously, a rarity among trees. It flowers in the autumn. Each flower has four slender strap-shaped petals 1–2 cm long, pale to dark yellow, orange, or red. The fruit is a two-part capsule 1 cm long, containing a single 5 mm glossy black seed in each of the two parts; the capsule explosively splits at maturity in the autumn about 8 months after flowering, ejecting the seeds with sufficient force to fly for distances of up to 10 m, thus another alternative name "Snapping Hazel".

Propagation – Easily grows from seed. Trees can be grown from hardwood cuttings. Both are planted in Autumn.

Cultivation— grows easily in temperate zones. The seeds are edible.

Active Compounds - Tannins 8-10%, Bitter principle, proanthocyanidins, flavonoids, resins. Leaves contain volatile oil.

Actions

- Astringent
- Antispetic
- Anti-inflammatory
- Anesthetic
- Styptic
- Disinfectant
- Bitter tonic

Indications— It is a standard remedy with more than 1 Million gallons being sold in the US every year for being used as a remedy for cuts, bruises, hemorrhoids and other minor skin problems such as red rashes. It is one of the

US's most widely used healing herb.

Witch hazel is an important botanical for controlling bleeding: It can reduce bleeding when applied topically to a wound or used internally for bleeding ulcers or bleeding gums.

The astringent tannins in witch hazel temporarily tighten and soothe aching varicose veins or reduce inflammation in cases of phlebitis (an inflammation of a vein). A cloth soaked in strong witch hazel tea reduces swelling and can relieve the pain of hemorrhoids and bruises.

The large volumes of tannins will tighten up the proteins in the skin and hence can be used to provide a protective coating in abrasions. It will reduce inflammation and aid healing

It can be used as a gargle for sore throats and even to help sunburn, helping to cool and reduce the redness.

Extracts from its bark and leaves are used in aftershave lotions and lotions for treating bruises and insect bites.

Witch-hazel helps to shrink and contract blood vessels back to normal size, hence its use as the active ingredient in many hemorrhoid medications. It is also a common treatment for postnatal tearing of the perineum. The seeds contain a quantity of oil and are edible. It is also used in treating acne.

Witch hazel combined with arnica makes an excellent topical remedy for the treatment of traumatic bruises, bumps, and sprains to relieve pain and promote speedy healing. It can also be used in a lotion to help with cysts and tumours. Witch hazel also makes an effective eyewash and can be used to treat diarrhea.

Dosage - An infusion may be daily. Boil 1tsp of finely chopped leaves or twigs. Strain and use infusion topically or internally. It can be added to lotions and creams.

Dilute 20ml of the tincture in 100ml of cold water to apply on varicose veins

2-4ml of leaf in a 1:1

2-4 ml of a 1:5 of the bark

Safety - Do not take the iso-propyl alcohol extracts found in chemists internally. These contain 14 % alcohol and are not to be confused with a tincture of witch hazel. Distilled itch hazel still retains its astringent action which suggests there are other astringent agents present other than tannins.

Old Remedies

A tea made from witch hazel, chamomile, mint, and a bit of thyme can be very effective for diarrhea that accompanies an intestinal illness, or what we often call stomach flu. A cotton swab dipped in a witch hazel, goldenseal, and calendula tea and applied to the outer ear is useful in treating swimmer's ear.

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