

Welcome to the  
Herb Growers  
Network of WA



Herb of the  
Month:  
Fumitory

## Network News

Hi All,

I wish you all a joyous June and wish for you all to be good and be happy.

As I am writing some manufacturing courses at the moment I chose to write about some herbal lozenges for this months article. A versatile way of taking herbs, which we often do not think about .

I am hoping to be able to offer

some online manufacturing courses by the end of this year. This months article will give you a taste of what is to come. On a more cleansing herbal note, I created a bowel purge powder which I gave to the retreaters last week to try out. They all found it worked as a great bowel cleanse and no one complained of any griping or pain! What a bonus.

Enjoy your month,  
Louise Plant



## Interesting Facts to Consider

- Girls to eat a lot of meat through their earlier years are more likely to start their periods earlier than others.
- A class of drugs commonly used to treat heart problems has been linked with a "modestly" increased risk of cancer.
- Sunscreen will block your body of essential Vitamin D
- A new study is showing that cloves are one of the best antioxidant foods that we can eat!
- IVF babies could face up to double the risk of major congenital malformations such as heart disease, according to French research.
- A FEDERAL Court ruling the popular anti-inflammatory drug Vioxx doubles the risk of heart attack, opens the way for more than 600 Australian victims to launch claims estimated at more than \$200 million in compensation, lawyers say.
- Drinking a cup off coffee fortified with olive leaf extract has sown the potential to help combat obesity. Australian research from the University of Queensland has suggested that olive extract reduced fat stores in rats. Findings were published in the American Journal of Nutrition

### 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

# Herbal Lozenges



*Organic Green Teas  
with a hint of herbs*

Herbal Lozenges are a great way of introducing the more unpalatable herbs into the body.

They can be a great addition for the young and the old and with the taste of sugar and honey that can be found in them, anybody would be happy eating them.

Lozenges can be made in a number of ways. They can be :

1. Sugar based
2. Mucilage based
3. Gelatin based
4. Powdered herb based

They can also be a combination of all of these.

What is unique about them is that they are made in a small pill like shape or a flatten shape to make them sit comfortably in the mouth and dissolve over time.

The herbs that can be used in them

Are selected due to their actions. If soothing herbs are needed to soothe a sore throat then herb such as slippery elm, marshmallow root or plantain can be used. Comfrey was a herb that would have been used in the past, though it is worth noting that Comfrey is restricted for internal consumption in Australia.

Mucilage herbs that can be used to soothe and heal and also to bind the raw materials together include gum Arabic, gum Tragacanth or Agar Agar. Each of these gums have their own techniques and methods for use. Some of them need hot water to dissolve in, some will dissolve in cold water.

Some have stronger water holding capacities than others and some have a greater binding action than others.

When making lozenges, water is the primary liquid that is used to give the necessary moisture.

Herbs used in them can either be steeped in the sugar water mixtures or they can be powdered and added to the mixture and then left in. I give preference to using powdered herbs as the lozenges then contain herbs in their complete powdered form and they are easily absorbed and digested.

When we eat lozenges we place them on our tongue and we allow them to dissolve slowly. Having the powdered herbs allows the herbs to come into contact with the mucous membranes of the mouth, the throat and the upper respiratory tract.

It is deemed that the actions of lozenges are mainly local, ie. They work on the point of contact, though I believe there would be some form of absorption that would occur and this in turn would become absorbed into the body.

The major actions of lozenges are expectorant, demulcent, sedative and antiseptic. Therefore the herbs selected will be ones used to achieve these actions.

### **Expectorant Herbs**

Thyme, mullein, echinacea, elecampane, wild cherry bark, and garlic could be considered.



*Our Lumina Tea  
for stress*

### Demulcent Herbs

Slippery elm, psyllium husks, marshmallow leaf and root, plantain and ribwort could be used.

### Sedative Herbs

These herbs include chamomile, valerian, passion flower, corydalis and St John's wort.

### Antiseptic Herbs

These types of herbs include peppermint, eucalyptus, tea tree, thyme, garlic and echinacea.

When making the lozenges each type of lozenge has its own method.

Sugar based lozenges are made like making toffee. See the lemon, Lime and Bitters recipe given below.

Mucilage lozenges are made by adding powdered herbs with mucilage herbs and mixing until the lozenges become sticky but not brittle. Slowly adding water to the slippery elm will give you the consistency you want. These are then dried out to be used as needed.

Gelatin based lozenges are made using gelatin with dissolved herbal decoctions in them. These have a distinct gelatin taste, though they do not contain sugar.

Powdered herbs can be added to any of the tree methods above.

When making lozenges essential oils can be added at the end. They are not recommended to be added when hot as they will simply evaporate.

### Toffee Lozenges

– Lemon, Lime and Bitters Lozenge

1 cup Sugar  
2 tbs Lemon and/or Lime Rind (grated)  
20mls Lemon juice (fresh)  
10mls Wormwood tincture (1:5)  
20mls Apple Cider Vinegar  
20 g Butter

*Step 1:* Combine ingredients in a saucepan and stir over a gentle heat until sugar is dissolved.

*Step 2:* Boil with the lid off, without stirring, until 'hard crack' stage reached (when drops form brittle threads in some water).

*Step 3:* Remove from heat and pour into greased mould. Leave to set.

*Note:* 1) May be stronger if the rind is added towards the end of the boil, when the colour starts turning darker.

2) Decant to mould as soon as step 2 is complete or the toffee will burn

Making lozenges is really a process of trial and error. I still have not quite mastered the toffee technique, though it is like baking a cake, once you have mastered it then it is easy to repeat.

I would recommend that you write down your trails and tribulations, this way when you find a recipe that works I would stay with it.

There is no reason why more herbs can not be added and even substances like minerals such as zinc and things like bee pollen and popu- list could not be used. Feel free to experiment and enjoy!

Louise Plant



*Celestial Herb  
Teas*



## *Herb of the Month— Fumitory*

### **Name: Fumitory**

**Botanic Name** – *Fumaria officinalis*

**Family** - Fumariaceae

**Other Names** - Earth Smoke. Beggary. Fumus. Vapor. Nidor. Fumus Terrae. Fumiterry, Scheitereg. Taubenkropp. Kaphnos. Wax Dolls

**Parts Used:** The whole herb is used, primarily the flowering tops. It is harvested as a winter annual.

**History:** Fumitory has been used throughout Greek and Roman history. It was used in apothecary shops sold under the name as Earth Smoke. It was believed to have special powers to help bring about long life. Pliny made an ointment from it to treat eyesight and Dioscorides used it as a diuretic. It got its names from its sharp taste making the eyes water as they would from smoke in them.

**Habitat:** It was believed to have been cultivated since at least Neolithic times. It is native to Europe and North Africa. It now grows as a weed in Australia, North America and Asia.

**Description** - The herb is annual small and slender, with weak, straggling, or climbing stems, compound leaves, and clusters or spikes of small flowers of a pinkish hue, topped with purple, or more rarely, white. The pink flowers are considered more active. It grows up to 30 inches tall with slender stems and many limp branches. The gray-green leaves are divided into triangular toothed leaflets. At the ends of the branches bloom elongated clusters of small, tubular, pink-purple, crimson-tipped flowers. The leaves have no odour, but taste bitter and saline. Corydalis is also in this family fumariaceae.

**Propagation** – Easily grows from seeds.

**Cultivation**— Fumitory will readily self seed and appear next winter as a winter weed, if left to seed.

**Active Compounds** - Isoquinoline alkaloids, Fumaric which is believed to be similar to corydaline. Fumaric acid, maleic acid.

### **Actions**

- Weak Tonic
- Diaphoretic
- Diuretic
- Aperients
- Hepatonic
- Laxative
- Digestive tonic
- Antiscorbic

**Indications**—Fumitory has always been known for its purifying power. The Japanese use it as a tonic and even animals will benefit from it.

French and German physicians used it as a purifier of the blood and even smoked it as tobacco. They used it for a wide range of skin disorders including removing freckles and clearing the skin.

It is commonly used in succi form, where the juice can be made into a syrup and used to stimulate liver function and clear the body of impurities and hence clear the skin. Some recent research has shown it to contain sub-

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stances that have a beneficial effect on the heart and blood pressure.

It can be used for eczema, scabies and acne. And also due its cleansing action, it can be used as a kidney and liver tonic. It can be used topically as an eyewash for conjunctivitis.

It is now used for arthritis, liver disorders and gall stones. It has been found to help remove obstructions in the liver and in the digestive system. It can be used in colds and fevers, for constipation, heart problems associated with blood flow disorders, gall bladder and liver diseases as well as all skin eruptions.

A decoction can be made for cradle cap in babies and a yellow dye can be obtained from the flowers.

**Dosage** - An infusion may be made with 1-2 teaspoons and drunk 3 times a day. Tincture take 1-2ml three times daily.

**Safety** - Contraindicated in beta-blockers, hypotensives, calcium channel blockers and lanoxin.

### Old Remedies

For dyspepsia—2 oz of the flowering tops added to 3 pints of Madeira wine. Take 2-4 fl oz twice daily.

The juiced liquid can be taken in the mornings when fasting. It works to purify the blood from salt, choleric or viscous humours, strengthening the viscera as it goes.

The syrup can be made from the green herb and can be given with Syrup of Damask Roses or Peach Blossoms.

This is very effective for jaundice, Dropsy and Gout.

The dried herb, 1 drachm is taken with 1/2 a drachm of Powder of Esula root. This will cause vomiting and will cleanse the stomach and the bowels. If it stirs up too much wind it can be taken with a few drops of Anise or Fennel seed oil.

*The Spirituous Tincture* is good against Plague, Fevers, Colic, and Gripping of the Guts, whether in Young or Old.

### References

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