

Welcome to the
Herb Growers
Network of WA



Herb of the
Month:
Cayenne

Network News

Hi All,
I hope you are enjoying your November, not long till Christmas! This month I have chosen to promote the Swan Valley Tea Shop. This shop is laden with herb teas and is a great healthy place to eat and drink herb teas in the Swan Valley. They can be found on the Gt Northern Hwy. I also want to tell you about the next Radiance Clinic Retreat. This is to be held on the beach, perfect place to be in January and if you

want to find out more, or if you want to have a week of cleansing, relaxing and eating raw foods, then see the attached flyer. This month I have written about introducing foods for babies and about cayenne. Cayenne has so many actions and uses it is a great multifaceted herb. You can taste it in my Oxyblood, blood purifying powder. It is my favourite !!

Enjoy your month,
Louise Plant



Interesting Facts to Consider

- The wearing of tight ties by men may increase the risk of diseases to the eyes.
- The number of diabetics in the world has increased by eight fold in the last 20 years. Studies in the US have shown that a deficiency in Magnesium help to contribute to the development of insulin resistance and Syndrome X which is the precursor state for diabetes.
- Research has shown that listening to music after a stroke has helped to speed up convalescence and accelerate recovery.
- Studies shown that those who go without breakfast as a means to lose weight will actually not prove beneficial. The University of Minnesota studied 2,000 adolescents for five years.
- The participants that skipped breakfast on average weighted 2.3kg more than those that ate breakfast. A University in Cambridge studied 7,000 middle aged participants showed that people who eat in the morning put on the least weight.
- 500ml of beetroot juice a day will reduce blood pressure. The blood pressure levels will drop after one hour of drinking the beetroot juice. Three to four hours later the effect was still increased, lasting up to 24 hours.
- A Canadian study has shown that men who drink lemonade are more likely to develop gout. It is the fructose in the lemonade which is believed to increase incidence of the painful disease.

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

How do I give my Baby Solids?

There is no need for children and babies to eat junk foods, fast foods and processed foods.

Most of our eating patterns are laid down during breastfeeding. If the mother is relaxed and is eating a wholesome diet then the baby benefits from this. It will only consume nourishing and wholesome milk.

It is a belief that if the infant is firstly weaned onto sweet, oily and starchy food then the child will always crave sweet, oily and salty food. The first foods lay down the foundations for the rest of the child's and adult's life.

Food for Babies

It is very important that the newborn infant is given the correct types of food as their first food. A baby's digestive system is still not quite fully developed and certain foods such as wheat and unpasteurised milk can bombard the digestive system and cause permanent damage. This can lead to problems such as irritable bowel disorders later in life.

For the first 6 months the best diet is mother's breast milk only. Between 6 to 9 months some solid foods can be introduced. Aim to give the infant pureed vegetables. There is no need to add salt, butter or sweeteners. Start with the evening feed, to help sustain them through the night. As the food starts being increased, start to decrease the milk production. By the time the child is 12 months then the milk consumption is decreased by 50%. Aim to keep the child on simple foods, mashed bananas, mashed sweet potatoes, mashed pumpkin are good suggestions. No wheat and unpasteurised dairy products are to be given prior to 12 months.

Between 12 months to 18 months, start to decrease milk production by another 25%. Once the first molars appear then this is an indication that the pancreatic enzymes are being manufactured more efficiently. Here a combination of steamed and mashed vegetables can

can be used. Mashed vegetables, fish, mashed baked beans or mashed fruits can be given. It is still recommended to hold off on the wheat products. From this point the child may wean themselves off the milk themselves.

At 18 months the best types of foods to eat are those that are low in complex carbohydrates.

These foods include:

- Sprouts or legumes, grains and seeds
- The milk made from soaked and sprouted seeds and nuts
- Vegetable juices particularly carrot juice and other low starch vegetables
- Small amounts of sea vegetables
- Tofu or tempeh
- Fruits and avocados
- Small amounts of fruit juices, ideally fresh

Under 18 months food is to be cooked, mashed or pureed with small amounts of water added. The overuse of fruits at this time will weaken digestion. This is specific for citrus fruits, raw fruits and large amounts of veg juices.

When introducing non sprouted cereals, legumes and starchy vegetables, introduce them slowly looking for signs of gastric distress. If there is any resume the diet and re-introduce later. When introducing these grains and legumes make sure they are pre-soaked before cooking to eliminate the phytic acid which depletes minerals in infants.

In regards to meat, it has been shown that meat contains more pesticides and herbicide residues than other foods. In fact vegetables and fruits have 1/10th the pesticides of mammal meats, fish and fowl. It is important to feed children the cleanest food, and as much as possible. Meats can produce uric acid and they are acid forming, this can be a problem for some children. Ideally whole fresh foods from the plant kingdom are the preferable foods to give infants and children. Meat such as fish and chicken can be used as a useful tonic for deficiency conditions. (weak, frail, withdrawn, pale complexion).



Detox Teas



Cold and Flu Tea

Foods to Use with Caution

Flours – especially wheat flours as these promote mucus and allergies. Children over 2 yrs will be able to tolerate them easier.

Raw onions and garlic – these can be too stimulating for young children, though they make great medicines for colds. To give it to children for worming, slice thinly and place between thin slices of apple. When the mother eats garlic it will come through the milk.

Salt – do not use it for children 10 months and under. Excess salt is hard on the kidneys.

Refined and rancid foods – these include margarine and hydrogenated oils. These can lead to incomplete development of the nervous system, emotional instability and degenerative diseases.

Excess raw foods – these can be eaten later in life, though for infants it can weaken them and deplete digestive strength. When the child is in a state of excess (loud voice, yelling) or in a state of heat (red face and wants cold fluids), salads and fruits are better foods to eat.

Refined sweeteners – of any description for the young and old.

Chocolate – contains stimulant substances theobromine and oxalic acid which inhibits calcium absorption.

Raw honey – it can contain botulin. Avoid for children that are 18 months or less.

Fruit – fruit is sweet and too much can encourage weakness, runny noses and ear problems. Always dilute fruit juices, as they can easily cause tooth decay.

Buckwheat – it is very drying and stimulating for children and can cause nervousness and irritability if consumed in large amounts.

Sautéed or fried foods – these are too concentrated

Spices – limit or reduce as they can be very stimulating.

There is no need to spice up infants food.

Herbs for Baby

There are many herbs which you can give to your baby, though there are many such as cayenne and garlic which could be too strong.

It is best to use gentle herbs. Herb that can be considered are:

Chamomile—this must be on the top of my list. It is the best thing for colicky babies, whether given homeopathically as chamomilla 30c or whether given as a weak tea. When making herb teas for infants, ensure you dilute them down. I would recommend giving them a tsp at a time in a weak tea form. As the baby gets to 6 months, then larger doses can be given, though still diluting the tea.

Other herbs that could be given for colic in a weak tea form are dill seed, aniseed and meadowsweet.

Herbs that can be used for skin conditions are diluted lavender, aloe juice, burdock or honey. Even though honey is best not given internally it can be used externally for sores and wounds. It is worth noting that if the baby is starting to have skin rashes or eczema then the mothers diet will need to be addressed.

Lavender oil diluted in a carrier oil can also be used for insect bites and to help baby sleep.

Essential oils are very effective for babies, again use gentle oils. The oils can be placed on their clothing to help sleep and colic, or when bathing the baby add 1/2 cup of milk and in the milk add 1 to 2 drops of oil. The milk can then be added to the bath without the concern of the essential oil damaging the tender babies skin.

Other herbs that I found valuable was the use of infused comfrey and calendula oils. These are excellent when made into an ointment for nappy rash. I found my babies only had nappy rash when teething. If there is nappy rash then diet or the types of nappies that you are using will need to be considered. A good airing every now and then is good.

So herbs can be used for young and old. Start with small dilute doses and always dilute the herbs and oils down. The baby will show quick changes.

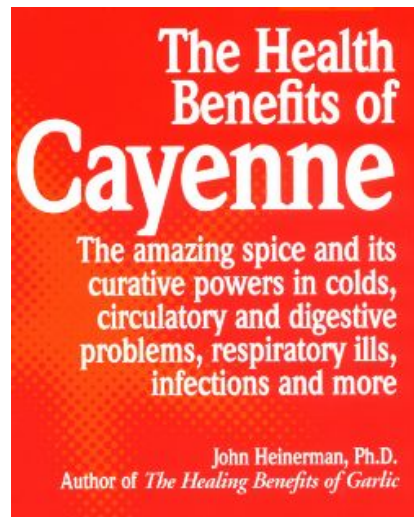
Louise Plant



*Tincture Making
at a Field Trip*

The US Senate is wanting to pass their S510 Bill, The Food Safety Modernisation Act. This means personal control over gardening will be restricted and seed saving will be outlawed. It will give new authority over the publics right to plant, grow, trade and transport foods. Scarey !!





Herb of the Month— Cayenne

Name: Cayenne

Botanic Name – *Capsicum minimum/frutescens/annuum*

Family - Solanaceae

Other Names - Africa pepper, American pepper, bird pepper, capsicum, chili pepper, cockspur pepper, goat's pepper, pod pepper, red pepper, chillies, chili pepper, garden pepper, African red pepper, American red pepper, Spanish pepper, Zanzibar pepper, capsicum, Cayenne

Parts Used: Fruit

History: History - The potent, hot fruit of cayenne has been used as medicine for centuries. It was considered helpful for various conditions of the gastrointestinal tract, including stomach aches, cramping pains, and gas. Cayenne was frequently used to treat diseases of the circulatory system. It is still traditionally used in herbal medicine as a circulatory tonic (a substance believed to improve circulation). Rubbed on the skin, cayenne is a traditional, as well as modern, remedy for rheumatic pains and arthritis due to what is termed a counterirritant effect. A counterirritant is something that causes irritation to a tissue to which it is applied, thus distracting from the original irritation (such as joint pain in the case of arthritis).

Habitat: Originally it comes from South America, now it can be found all around the world.

Description - Cayenne is very closely related to bell peppers, jalapenos, paprika, and other similar peppers. The fruit is used. Cayenne is a perennial plant in its native tropical habitat; but is annual when cultivated elsewhere. It grows to a height of 3 feet or more. Its stem is woody at the bottom and branched near the top. The leaves are ovate generally. The flowers are white to yellow. It may grow alone, in pairs or threes. The flowers appear from April to September. The fruit is a many seeded pod with a leathery outside in various shades of yellow or red.

Active Compounds - Cayenne contains a resinous and pungent substance known as capsaicin. This chemical relieves pain and itching by acting on sensory nerves. Capsaicin temporarily stimulates release of various neurotransmitters from these nerves, leading to their depletion. Without the neurotransmitters, pain signals can no longer be sent. The effect is temporary. Capsaicin and other constituents in cayenne have been shown to have several other actions, including reducing platelet stickiness and acting as antioxidants.

Actions

- Stimulant
- Tonic
- Sialogogue
- Alterative
- Rubefacient
- Carminative
- Digestive

Indications—

Capsicum has so many benefits, too many to be listing in this limited space!

It has been known to be beneficial for conditions such as Bursitis, Diabetic neuropathy, Osteoarthritis, Psoriasis, Rheumatoid arthritis and Shingles (herpes zoster)/post herpetic neuralgia

Cayenne pepper has beneficial antioxidant and cardiovascular effects. It has many beneficial effects on gastrointestinal function. Antioxidant activity: The carotene molecules of cayenne pepper and paprika exert powerful antioxidant effects.

Cardiovascular effects - Cayenne pepper exerts a number of beneficial effects on the cardiovascular system. It reduces the likelihood of developing atherosclerosis by reducing blood cholesterol and triglyceride levels. It also reduces the platelet aggregation and increases fibrinolytic activity. Cultures consuming a large amount of cayenne pepper have a much lower rate of cardiovascular disease.

Topical Effects - When topically applied to the skin or mucous membranes, capsaicin stimulates and then block small diameter pain fibres by depleting them of neurotransmitter called substance P. Substance P is believed to be the principal transmitter of pain impulses. It also has been shown to activate inflammatory mediators in joint tissues in osteoarthritis and rheumatoid arthritis.

Clinical Applications - Capsaicin lowers body temperature by stimulating the cooling centre of the hypothalamus in the brain. It appears that people who live in tropics deals with high temperature by consuming cayenne pepper.

Cayenne ointments may offer benefits in a number of conditions, including pain disorders (post amputation pain, post mastectomy pain, post herpetic neuralgia, diabetic neuropathy, cluster headaches, osteoarthritis, and rheumatoid arthritis. Topically applied capsaicin may be useful in the treatment of psoriasis.

Pain Relief - Capsaicin was found to relieve the pain associated with shingles (herpes zoster), a clinical condition known as post-herpetic neuralgia. Clinical trials have shown that about 50% of those taking capsaicin report improvement as opposed to 10% for the placebo group. Topically applied capsaicin may be effective in reducing the pain of trigeminal neuralgia, a painful disorder of the main nerve of the face characterized by severe, stabbing pain affecting the cheek, lips, gums, or chin on one side of the face. In one study, more than 80% of those treated with capsaicin responded favorably. This is remarkable as there are no medication available for this condition except surgery. Capsaicin may help relieve the pain following breast reconstruction or mastectomy.

Mouth pain due to chemotherapy or radiation:

Capsaicin was found to reduce the pain of mouth sores resulting from chemotherapy or radiation treatment dramatically in a clinical trial.

Diabetic Neuropathy - Diabetic neuropathy is a painful nerve disorder caused by long-term diabetes. Capsaicin has been found to be of considerable benefit in relieving pain of this condition.

Cluster headaches - Cluster headaches are migraine-like headaches characterized by severe pain, usually localized around one eye. Double blind studies have shown that intranasal application of a special capsaicin ointment by a physician may relieve cluster headaches. Episodic patients were found to benefit more from the treatment than chronic patients.

Arthritis - Capsaicin may be effective in relieving the pain of either osteoarthritis or rheumatoid arthritis.

Psoriasis - Excessive substance P levels in the skin have been linked to psoriasis. Capsaicin was found to reduce scaling, redness and combined psoriasis severity.

Dosage - Creams containing 0.025-0.075 % capsaicin are generally used. There may be a burning sensation for the first several times the cream is applied, but this should gradually decrease with each use. The hands must be carefully and thoroughly washed after use, or gloves should be worn, to prevent the cream from accidentally reaching the eyes, nose, or mouth, which would cause a burning sensation. Do not apply the cream to areas of broken skin. A cayenne tincture can be used in the amount of 0.3 - 1 ml three times daily.

Infusion: Use 0.5 to 1 tsp. Pepper per cup of boiling water. Take warm, 1 tbsp. At a time.

Powder: For acute conditions. Take 3 to 10 grains, for chronic conditions 1 to 3 grains.

Safety - Besides causing a mild burning for the first few applications (or severe burning if accidentally placed in sensitive areas, such as the eyes), there are no side effects from use of the capsaicin cream. Very high intake of cayenne internally may cause ulcers, but the necessary amount is rarely achieved with sensible intake.

As with anything applied to the skin, some people may have an allergic reaction to the cream, so the first application should be to a very small area of skin.

Prolonged application to the skin can cause dermatitis and raise blisters. Excessive consumption can result in gastroenteritis and kidney damage.

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