

Welcome to the  
Herb Growers  
Network of WA



Herb of the  
Month:  
Rosemary



## Network News

Hi All,  
What a wonderful start to January. I have spent 2 weeks cruising around New Zealand and the East coast on a cruise ship, listening to Abraham, via Ester and Jerry Hicks. What a great start. It has manifested to create another Abraham cruise around Alaska later in the year. Bring it on!

News on the Herb front, the Herb growing part of the network is temporarily closing down. Herbs,

teas and newsletter will still be happening. I will be selling my farm and will be off heading around Australia for 12 months to re-assess my life and work out where the next herbal base will begin.

If you know any one who wished to buy an Organic 173 acre farm, then please pass them my way!

I will be keeping you posted on events.  
Enjoy your month, Louise Plant

## Interesting Facts to Consider

- Research has found that people who take high doses of painkillers have their risk of heart attacks and strokes increased. Non-steroidal anti-inflammatory drugs were found to increase the risk of heart attacks and strokes. Ibuprofen was associated with the highest stroke risk, with more than 3 times the risk. Rofecoxib was associated with two-fold increase in the risk of heart attack.
- Earth's background base frequency, or "heartbeat," (called Schumann resonance, or SR) is rising dramatically. Though it varies among geographical regions, for decades the overall measurement was 7.8 cycles per second. This was once thought to be a constant; global military communications developed on this frequency. Recent reports set the rate at over 11 cycles, and climbing. Science doesn't know why, or what to make of it. Gregg Braden found data collected by Norwegian and Russian researchers on this; it's not widely reported in the U.S. (The only reference to SR to be found in the Seattle Library reference section, is tied to the weather. Science acknowledges SR as a sensitive indicator of temperature variations and worldwide weather conditions. Braden believes the fluctuating SR may be a factor in the severe storms, floods, and weather of recent years.)

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

# Warming Foods



*Detox Teas*

The foods that we eat all have an element of being cold, warm or neutral. Both Chinese medicine and Ayurvedic medicine view foods as having energetic effects.

In these hot summer months it may be an idea to choose some cooling foods such as raw foods and salads. This is why we like to eat so many salads when it is hot as it helps to cool us down.

The most cooling of foods that we can eat is cucumber.

This article looks at the opposite of cooling foods. It looks at warming foods.

When we eat too many cooling foods, or not enough warming foods cold patterns can arise. These cold patterns can also arise from not having enough physical exercise, being over exposed to a cold climate, or it can be a constitutional weakness from birth.

### Signs of Coldness Are:

Water element issues – kidneys, bladder, bones, head hair, emotional fear and sexual functioning.

Cold is hard and motionless like ice. A cold person can move and bend with difficulty.

Pain is intense and fixed.

Dislike of cold, chilliness and attraction to warmth.

Attracted to warm foods and drinks

Copious and clear body secretions such as clear urine, watery stools and thin or watery mucus.

The natures of foods also is affected by the preparation and the cooking of foods. According to TCM principles cooked food will require less energy to digest than raw foods.

The warmest foods we can eat are roasted foods, followed by deep fried and baked foods. Stir fried and stewed foods are less warm, followed by boiled food, steamed foods and lastly raw foods which are the most cooling.

Warming foods push the deep energy and blood up and out to the surface of the body.

The hottest foods are cayenne peppers can cause an extreme reaction and is not appropriate for someone who is deeply cold.

Alcohol can warm a person in the same way. Foods like ginger, oats, parsnips, butter and anchovies will provide a more enduring warmth.

Warming foods generally are :

Plants that take longer than 6 months to grow – carrot, rutabaga, parsnip, cabbage and ginger.

Cooked food is more warming.

Red, orange or yellow foods are more warming.

Cooking methods that are cooked



*Cold and Flu Tea*

longer involving higher temperatures, dryness, air circulation and greater pressure are more warming.

Whole foods are more warming than cutting, grounding or pounding foods.

Chewing foods more will create more warmth.

#### Remedies for Cold

Work on fears and insecurities

Be active

Avoid long hot baths

Keep lower abdomen and kidney area warm.

Use warming foods and methods of preparation. Eat fewer raw and cooling foods.

Avoid microwaves

Avoid very hot and cold temperature foods.

Use dried ginger root cooked with black beans, adzuki beans and lentils ( Avoid aduki beans if the person is dry).

Use cinnamon, rosemary, basil angelica and cloves.

Eat warming grains such as oats, spelt, quinoa, sunflower seeds, sesame seeds, walnut, pinenut, chestnut, fennel, dill, anise, caraway, carob, cumin, sweet brown rice and its products. Rice corn, buckwheat and rye are neutral so they can be used.

Warming veggies and fruit include parsnip, parsley, mustard greens, winter squash, sweet potato, kale, onion, leeks, chives, garlic, cherry, citrus peel and dates.

Warming meats are anchovy, mussels, trout, chicken, beef and lamb.

Intensely warming foods include hot peppers. Use sparingly.

Warm sweeteners such as molasses, rice syrup and barley malt is best used sparingly too.

Butter is the only dairy that is warm. Milk and cheese are neutral.



*Tincture Making  
at a Field Trip*

Cooked foods will absorb lots of heat when cooking and hence will help to generate body heat. When we drink, ideally we are best drinking water at body temperature. Very cold water can throw the body off balance and can chill the kidneys and actually act to warm us up.

The most warm to cool types of foods are meat, seafood, dairy, nuts, seeds, grains, tubers, roots, vegetables and lastly cooling fruits.

Specific warm foods include black and white pepper, ginger, garlic, cayenne, walnuts, green onions, and chili peppers which are particularly warm and stimulating.

Nutmeg, Squash, Sunflower seeds, Chestnut, Brown sugar, Clove, Coconut, Dates, Coriander, Chives, Rice wine or vinegar, Cinnamon, Green/red pepper, Caraway, Mustard greens, Pine nuts, Rice milk, Parsley and Turmeric are all warming.

As will all diets and foods it is important to maintain balance. The time of year and the seasons can also be a focus for what we eat. In winter are bodies need more warming and a warm diet will help to balance the damp, windy and cold weather.

Animal proteins are in general warming, so a good balance of meat and raw salads would be a good meal for many of us.

Specific warm foods include black and white pepper, ginger, garlic, cayenne, walnuts, green onions, and chili peppers which are particularly warm and stimulating.





## *Herb of the Month—Rosemary*

# Name: Rosemary

**Rosmarinus officinalis – Rosemary**

**Herb Name** - Rosemary

**Botanical Name** - Rosmarinus officinalis

**Family** - Labiatae

**Other Names** - Rosemary, garden rosemary, rosemary plant, compass weed, dew of the sea, Incensier, mary's mantle, mi-tieh-hsiang, old man, polar plant

**Parts Used** - Leaves and twigs

**Description** - Native to the Mediterranean region, cultivated widely elsewhere. This herb is an evergreen shrub, with lovely aromatic linear leaves which are opposite and leathery. Coloured a dark shade of green above and white below. They are lustrous and dark green above and downy white underneath, with a prominent vein in the middle and margins which are rolled down on the sides. The leaves of the rosemary give off a beautiful fragrance, and with its small pale blue flowers. The shrub has several ash coloured branches, and the bark is rather scaly.

**Cultivation**—Rosemary needs full sun, and a sandy, well-limed soil. Rosemary generally grows best in light, well-drained, rather dry soil, with its recommended pH range about 6.0 to 7.5. After the plant has flowered, it is a good idea to cut it back, so that it does not become too leggy. Propagation can be carried out by using layering and cuttings. The shrub thrives in full sunlight, but it will also grow well in semi-shade.

The seeds of the rosemary are very slow to germinate and thereafter, it is for this reason that experts recommend buying the plant. Layering is a good technique to be used when one has a rosemary plant already. Stem cuttings can be used for this purpose. The rosemary is extremely susceptible to infestations of scale, mealy bugs and spider mites, and to root rot in wet soil, and these are the conditions one must be constantly aware of when one is cultivating the shrub. The leaves must be misted every alternate week.

**Active Constituents** - Volatile oil: composed of borneol, camphene, camphor, cineole, limonene, linalool, isobutyl acetate, 3-octanone, terpineol, verbenol etc.

Flavonoids: apigenin, diosmetin, diosmin, genkwanin, 6-methoxygenkwanin, hispidulin, sinensetin, luteolin and derivatives. Rosmarinic acid and other phenolic acids Diterpenes such as picrosalvin (= carnosol), carnosolic acid and rosmariquinone

Miscellaneous; rosmarinic, the triterpenes ursolic acid, oleanolic acid & derivatives.

### Actions

- Carminative
- Anti-spasmodic
- Anti-depressive
- Rubefacient
- Anti-microbial
- Emmenagogue
- Stimulant
- Cephalic
- Tonic
- Astringent
- Diaphoretic
- Nervine
- Aromatic.

**Indications** - recent research is revealing many benefits of this culinary and medicinal herb. It is being shown to act as a cancer preventative, to reduce age-related skin damage, to boost liver function, reduce swelling and to help eliminate excess oestrogens from the body. The University of New Jersey found that 2% concentration of rosemary extract given for 3 weeks will significantly inactivate excess oestrogen, possibly by stimulating the liver enzymes which will work to inactivate oestrogen and oestradiol. The caffeic and rosmarinic acid are both antioxidants and anti-inflammatory agents.

The antioxidants and Vitamin E it contains will protect the body from free radical damage. It therefore will protect our DNA, as studies in the Slovak republic have found. Other benefits have shown rosemary to inactivate toxins and then eliminate them from the liver. French scientists found rosemary extract encouraged the detoxifying enzymes cytochrome P450, glutathione transferase and quinone reductase to flush harmful toxins from the liver.

Rosemary is a circulatory and nervine stimulant, which in addition to the toning and calming effect on the digestion is used where psychological tension is present. Useful for flatulent dyspepsia, headache or depression associated with debility.

Studies in Morocco have shown that rosemary will improve kidney function, increase urine flow and preserve the essential minerals sodium and potassium. German studies have showed it to support rheumatic disorders, and bring relief from indigestion.

As rosemary strengthens capillaries it is often used externally. It can be found in a number of cosmetics such as skin toners, creams, soaps and hair products. Externally it may be used to ease muscular pain, sciatica and neuralgia. Acts as a stimulant to both the hair follicles and circulation in the scalp and thus may be helpful in premature baldness and dandruff. The oil is most effective in this case.

Small amounts of the fragrance are added to the products such as frozen desserts, candy, alcoholic beverages, puddings and various other similar goods. Extracts containing lipoic and carnolic acids have antioxidant or food preservative properties similar to those of butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), but it must always be remembered that large quantities of rosemary oil cannot be taken internally.

One of the best known uses of rosemary oil is that it serves as an extremely effective mouthwash. It can get rid of halitosis almost immediately after it is taken. This is how the mouthwash is prepared: take about 1 pint of water. Heat it well. Remove it from the heat, then steep 3 tsp. of the dried flowering tops or leaves of rosemary for 30 minutes. Keep the solution properly covered. Strain and keep it in the fridge. Gargle and rinse the mouth every morning or several times daily.

**Combinations** - For depression it may be used with Skullcap, Kola and Oats.

**Dosage** - Infusion: pour a cup of boiling water onto 1-2 teaspoonfuls of the dried herb and leave to infuse in a covered container for 10-15 minutes. tds

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

The recommended dosage is two 400mg rosemary capsules up to three times a day.

**Cautions** - Pregnant women should not take rosemary extract. In addition, you should not take rosemary supplements if you suffer from high blood pressure or epilepsy.

## References

Chevellier A. 2001. Encyclopedia of Medicinal Plants. Dorling Kindersley, London  
Plant, L. 2006. Rapid Reference Guide, 3<sup>rd</sup> ed. Self published Western Australia  
Plant L. Lectures Notes, Material Medica HB04 2009  
Hoffman  
L. Bremness, 1994. Herbs. Dorling Kindersley Handbooks  
[www.herbs2000.com](http://www.herbs2000.com)



## **Bogbean Herbal Farm**

Tel: 96287042 Mobile: 0418 940 653 Email: [planter@wn.com.au](mailto:planter@wn.com.au)

Web Sites: [www.bogbeanfarm.com](http://www.bogbeanfarm.com) or [www.herbgrowers.org](http://www.herbgrowers.org)

[www.louiseplantbealive.com](http://www.louiseplantbealive.com)

