

Herbal Remedies|Herbal Medicine|Natural Treatments

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Nutritional & Health Tidbits

The saying “There’s no place like home” often conjures up pleasant memories of days gone by, thoughts of family and cherished friends. However, the saying takes on another truth when applied to the use of homegrown foods and local herbs.



People derive a greater benefit when they use *herbs* and foods common to the earth, air and water the local area where the people live. There is a communal vibrational energy shared by the people and the plants found in the same area. Although our energy is universal and we are very adaptable to our surroundings, there is truly no place like home. Every living thing has its own vibration: rocks, plants, human organs, etc.

Each Season Has a Connection With the Various Vibrational Energies In Our Bodies:

Winter– *energy* = hibernation /retreat / Organs- Kidneys/Bladder/Urinary/ Strengthen

Spring-*energy* = birth/decisions / Organs-Liver/Gallbladder/Lymph/Cleanse

Summer-*energy* = growth/refinement / Organs-Heart / Circulatory / Revitalize

Autumn/Fall-*energy* = transformation/ harvest / rhythmic flow Organs - Spleen / Stomach/Digestion / Fortify Lungs / Respiratory / Stimulate

Winterizing Your Body



In addition to the change in temperature and energy, there seems to be an increase of coughs, sore throats, colds, and other maladies during the winter season. While there may be other herbs that are effective as remedies for so-called winter ailments, the following nine [herbal remedies](#) and natural nutritional supplements are widely and historically known to be effective and are the most commonly used:

1. **Mullein** - strengthens and nourishes the lungs, relieves chest congestion, bronchial coughs, and sore throats. Best method: tincture or a tea.
2. **Eucalyptus** - excellent remedy for bronchial cough, sinusitis, chest congestion. Best method: inhaling steam.
3. **Ginger** - is a blood stimulant and cleansing herb. Used as a tea to relieve respiratory problems, head colds, congestion, and bronchitis. Ginger is also helpful for digestive upset.
4. **Garlic** – has the ability to stimulate the lymphatic system to rid the body of waste, also has strong antibiotic effects. Best method: eat two cloves of raw garlic chopped or crushed, mix with food. Chewing parsley helps to reduce odor, or odorless capsules can be purchased at area health food stores.
5. **Goldenseal/Echinacea** – has an antiseptic effect, known for its healing and antibiotic effects. Goldenseal can speed healing of sore throats by gargling. Best method: use as a tea at the onset of symptoms. Echinacea, excellent for colds has an immune enhancing effect. Best method: use standardized tincture.
6. **Red Clover** – is rich in vitamins and minerals, considered to be a good blood cleanser and fighter of viral infections. Can be mixed with lemons and honey and warm water as cough syrup. Best method: use as tea.
7. **Astragalus** – has antiviral properties and immune enhancing abilities. Used widely by the Chinese daily as an herbal tonic. Best method: tincture or capsules.
8. **Slippery Elm** – used by Native Americans as a survival food. As a demulcent and astringent, it is soothing to the stomach and great for coughs, sore throats, asthma, and bronchitis. Best method: lozenges.
9. **Valerian/Kava Kava/St. John's Wort** – all three of these herbs are known for their

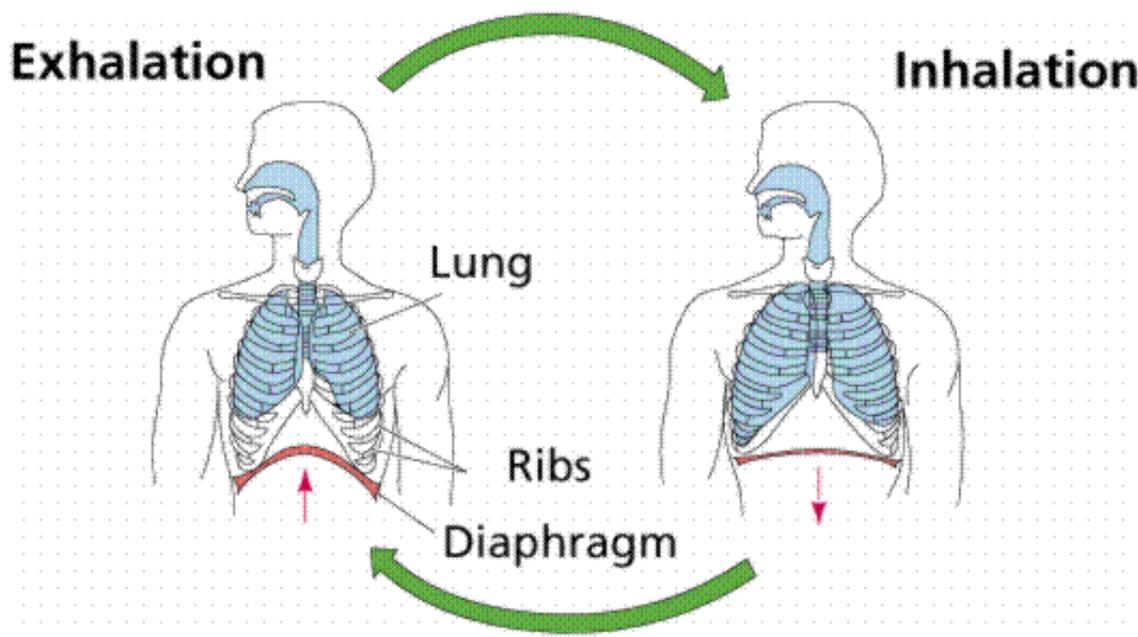
relaxant and anti-anxiety abilities. The combination works well for calming, as an antidepressant and relief from SAD (seasonal affective disorder).

Our goal here is to provide information to help our readers maintain natural homeostasis (balance), and as best they can master the vibration of healing. Herbal remedies have little to no side effects when compared to over the counter drugs and other pharmacological products.

However, in recent years we have witnessed the larger pharmaceutical houses manufacturing so-called herbal compounds as well as buying up small organic farms to monopolize the growing herbal market. Partly in response to this market growth, new large commercial drugstore chains daily erect sizable stores primarily in our communities. These new stores advertise that they carry quality herbal products.

Some of the newer compounds using herb names do not actually have any herbs in them, while others may have substandard amounts making the herbal product or remedy ineffective. Natural herbs do not have fillers, coloring, artificial flavoring, stabilizers, or synthetic compounds. So be a wise and informed consumer.

Contact your master herbalist or one of the expert Wholistic health practitioners at AWC for proper usage and natural safe resources. Consult your local Naturopathy or contact our office for suggestions and biologically effective herbs.



Stress Buster#1 When struck in traffic, squashed in a crowded bus, standing in a long line or just unconsciously rushing from here to there, take a moment to gather your senses and quietly tune into your breathing. In this moment slow your breathing down.

See and feel how still, deep, and quiet you can make your breathing while adequately supplying your body with enough air.

Enjoy the increase in calmness and decrease in agitation. This exercise simply works well!