

Herbal ideas and notes from classes in 2013, Ozark Folk Center

Mediterranean Plants, generally and mostly in our area

Soil base for planting most herbs: “PRO MIX”

Peat, Perlite (Oxygen/air), Bark, Compost

Note: this mix for beginning seeds and rooting

Sea grow

From Nitron Industries (a ready-made mix also)

Succulents, other kinds of plants of the area (mints, basil, rosemary, lavender, etc)

½ Pro Mix

½ more sand, perlite, pebbles

Water underneath the plants

Always ASK, “Where did that come from?” for determine the way to plant something

Put sand under or around the plants in pots, for the winter, to keep them warm.

CUTTINGS AND ROOTING

When cutting to make a new root, cut at elbows with good strong shaft

Root with only pro mix, not at full soil mix

Water the soil until the water is coming out the bottom of pot

Make hole with finger and place the shaft into soil. Should root within a few days.

Lavender, for instance, grows best up on rocky soil; needs pruning, sun, gravel, mulch

*HUMMERT—this is a company to purchase supplies from

Keep things from getting root bound; loosen the roots and repot when needed

From seed, especially Mediterranean varieties, keep soil warm and moist

Asian Natural Products—good resource also

Steven Foster

Herbal info, history, area elements of the plants that grow in Arkansas, and other areas.

3,000 plus flora in area: 25% medicinal by historic, 30 % non-native/European

The Plant List (theplantlist.org)

Use 17, 18th, 19th, medieval literature to find uses, see patterns and repetitions to find out what a plant does mostly. RESEARCH your plants.

The Golden Light Center

Approach in a whole medicinal study: with care: genetic literature, chemical literature

Where from, where grown, what time of day best: all affects the way the plant works and how the oils will affect you.

Rosemary Gladstar

All plants are antioxidant—they all take away free radicals

“PREDIGESTED SUNLIGHT” is what we take in when we eat or are around the plants

When a plant is labeled as only an antioxidant, or astringent, or other, IT is because it was never specified or it is a general popular plant that grows everywhere.

Major constituents are what to associate the herb with: meaning, what is said about it first or the most prominent things it is known for

“empirical” evidence is experience on people: this is the best way to know what the effects are.

****THE FOLLOWING ARE SOME OF ROSEMARY’S FAVORITE HERBAL USES**

California poppy—excellent for pain ☺ (illegal to grow unfortunately)

Lemon balm syrup—in hot summer, is a superb energy drink

Combined with licorice: one of the best anti-viral remedies (such as herpes—lemon balm kills herpes virus)

Hawthorne parts, lemon balm, St. John’s wart, milky oats: good for depression or any similar mental anxiety.

All mints have square/alternating leaves (but not all square alternating leaves are mints) ☺

MINT IS SWEET POWER

Sage is “GROUNDING”: any excess liquids in the body can be taken care of with sage, such as mothers milk to dry up, or male early ejaculation, body fluids in elderly bedridden, and other similar instances. SAGE is also good for menopause; it will make a lady feel wonderful! ☺

Steve Foster

Enjoying the spirit of herbal science

“Consumer of science”, is what we are, not scientists

Prove all science, all scientific experiments; it is dynamic and ongoing

Eackles: scientist of first strings to lab in US, Mississippi

Shannan Lucas: shaman herbalist/scientist

Shiu Ying Hu, botanist in Maine, 1908-2012, (Sabbath day/Holy day keeper also)

Chinese botanical “rock star”, in china; she was a “pay attention” and exact to detail lady

Norman R Farnsworth 1911-2011), Grand old man of pharmacology

Jim Duke, 83 yrs in 2013, taxonomy photochemistry, lots of books

Varro Tyler 1926-2001, advanced debate on moving forward the regulatory uses of herbs (good and bad), can learn from this man even if disagree with regulatory mess

Tyler’s Honest Herbal

John Uri Lloyd 1800’s, lead the production and manufacturing of pharmaceutical naturals

Lloyd Museum in OHIO, lloydlibrary.org, largest collection of books on herbs, etc. in the world.

His memorial is something to read

His quotes are unique

NJ McGinty is another name he went by

Arkansas Native Plants (ANP) society

Habanero drink:

Vinegar and habanero peppers

21-30 days

Strain, enjoy

Creative Herbal (book of recipes)

Elderberry liquid

Mule strainer and lids and cheese cloth, and press (at leanards’)

Tincture: press flowers to get oil, heat oils, (yogurt maker, or sun, or oven), oils into muslin bag, strain, press, use

Vitamin E in salves to prevent rancidity

“wellness resistance” liquid by Source

Golden Seal/ with Elderberry (good tonic for winter)

Mix thyme, orange, vanilla, GSE, citric acid WITH witch hazel for a sanitizing spray where ever you go (ie: bathtubs in hotels, etc.)

Sasha

Visual—senses—making a connection—be present—walking is a presence—walking is healthy—walking is healing—waling is profound—walking makes things jump out.

Something happens when you are just where you are.

“What are you without name and label?”

“Who are you without name and label?”

Jennifer Blankenship, Modern pharmacist (not natural), speaking candidly

Ramifications of the new health care reform are innumerable.

For example: Tic borne infection is rising, the pharmacy cost of treatments is on the rise
Antimicrobial resistance is on the rise worldwide (in modern pharmacy)

Post- anti-biotic era in modern medicine

There are shortages all over in modern medicine.

B-12 is low or unavailable for example

Vermafuge (the task of ridding worms) will be needed much in the near future; the modern pharmaceutical is not working.

Hormone replacements are not working with Big Pharma

NO innovation in drug companies, no new stuff, all copy cat stuff.

Rosemary Gladstar

Love of plants

We are alive because of the plants.

Plants breath in our toxins, we breathe in the plant's goodness. Beautiful relationship.

“herbalism/ natural IS the common system, the primary system; modern medicine is the secondary or complimentary.

Modern medicine is allopathic. Herbalism is traditional.

We need to use and learn the natural stuff NOW>

Health care is not sickness.

Herbalism is a way of life. It IS healthcare.

We ARE the system. The “system” may not own us.

Herbalism is art. No rules. What works for you? learn and allow for unlimited ways.

Herbalism works better than anything in Big Pharma.

Waste is dominating in our society, especially from Big Pharma, BUT natural is not wasteful and “earth ruining”.

Chronic will always work better, long term, with whole healing. Pharma only works on symptoms.

Least invasive remedy is herbalism/homeopathy.

Playing with plants, being with them, in nature, makes us happy. Think about this.

Plants were here before us, they are our “Elders”.

When eating plants, we are eating “pre-digested” sunlight.

Safety of plants

Information is sifted, tried and true

Tested on people

Empirical science researched

Scientific science researched

(Unlike Big Pharma, with high death rates, inhumane testing, and no one knows or can find out what “it” is)

Synergistic, whole plants

Tonic Herbs (NOTE: Allopathic are misinformed)

Superior
Everyday stuff
No harmful side effect
Safe with other medicines always
Nutrient dense
Food herbs

Specific medicines, herbal

Target herbs
Many overlap from the tonic group (Example: lemon balm)
Dosage makes it this group

Powerful drug like herbs

Will have warnings
Very specific
Some illegal
Sassafras, golden seal, coffee bean, etc.
Alkaloids and glycosides
When you take them you know it

Practice of herbalism is important

You do not need to know a lot of herbs to be a good herbalist.
It is better to know 20 ways to use one, than to know 20 different herbs.

Suggested list of herbs to get to know well

Always research them in 3 books before using medicinally
Use on self, first.

Chamomile:

Relax and energy both, depending on how you use it.

Yarrow:

Bleeding internally and externally, menstrual heavy, diaphoretic open pores, fever,
Spasms, moves the blood
MIX yarrow, peppermint, elderberry, wrap in cold sheets, for fever

Mullen:

Lungs, lymphs, ears, congestion

Garlic:

All culinary herbs are excellent to take in a lot of

Olive Leaf:

Hay fever, any virus or bacteria virus (like thrush), arace or arotiola

Dandelion: and Yellow Dock:

Roots, flowers

Cleansing

MIX these for depression or sluggish bowels. Tincture them

Clover: and Plantain

Mixed with mints, makes a great tea to drink daily (steep one hour to over night)

Cleansing, refreshing, and strengthening.

Conservation and preservation of these precious plants is important, and the animals that help to propagate them.

Support the organic farmer to help save them also. United plant savers