



DOWN-TO-EARTH HERBAL

HERBAL QUICK TIPS FOR YOUR HEALTHY LIFESTYLE



Herbal Quick Tips - Down-to-Earth Herbal Remedies and Tips for Your Healthy Lifestyle

Presented by

Health Benefits of Herbs

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Topic 1: Historical Usage

A Brief History of European Natural and Herbal Remedies

The earliest Roman knowledge of natural healing came from earlier Egyptian methods. The ancients took their medicine from Mother Nature. They didn't have the modern scientific and technological advances or ideas that led to modern medical treatments. In many ways, this is a good thing. Early European healers like Hippocrates, known as the father of modern medicine, understood the benefits of herbal medicines that offer little to no side-effects promised by modern drugs.

In 400 BC, Hippocrates famously said, *"Let thy food be thy medicine and thy medicine be thy food."* He learned from Egyptian priests and physicians that certain herbs and plants had remarkable preventive and healing powers when consumed. For instance, Roman gladiators ate fennel seeds before fighting in the Colosseum, as this practice gives a boost in self-confidence and clarity of focus.

The holistic idea of using nature to cure human illness was widespread in Europe. Unfortunately, much of the natural healing knowledge was lost when the Roman Empire fell to barbaric rule. Since many traditions were passed along orally and not written down, much of Europe had to turn to other nations to once again learn natural healing techniques. This continued through the Renaissance, where Europe learned from its previous mistakes. An attempt to catalog all human knowledge, including natural, herbal medicinal practices, continued well into the 17th century.

Unfortunately, with the progress of science, many natural healing remedies were forgotten or abandoned. In the late 20th and early 21st centuries, however, Europeans have been increasingly receptive to natural medicines and herbal remedies as alternative and complementary treatment methods for a host of health problems.

The Influence of Aboriginal Bush Medicine on Natural Healing in Australia

Traditional Australian “bush medicine” is still in use today. Unfortunately, much of the Aboriginal knowledge gained over thousands of years of using nature for its healing properties has been lost. Localized knowledge of how to use plants and herbs to prevent and treat specific mental and physical health issues was passed on through stories and verbal lessons by the Aborigines but was not recorded in written form.

As the presence of Aborigines continues to dwindle in Australia, so do natural healing techniques. Even so, as Aborigines have enjoyed more intimate contact with non-Aboriginal Australians over the past couple of centuries, some bush medicine practices have been written down and recorded in modern times.

The 19th century saw traditional Chinese medicine (TCM) take hold in Australia. Gold hunting Chinese migrants traveled to Australia and brought with them healing practices that were thousands of years old. This led to the widespread adoption of TCM as a natural healing practice in the late 1900s. Traditional Chinese medicine became so well-received in Australia that practices like acupuncture began to receive coverage from government-backed insurance policies in the 1970s. Alternative medicines such as homeopathy, naturopathy and osteopathy have been embraced since. Today bush medicine is still practiced in 21st century Australia, herbs are used as medicines, and the essence taken from plants and herbs is used in aromatherapy.

North American Natural Healing Practices Began with Native Americans

Landing in North America and christening it Isla Santa, Christopher Columbus claimed the continent for Spain. Long before Europeans showed up to North America, Native Americans turned to their natural surroundings for medicine. The first Native American female to publish a novel, Christine Quintasket, was a member of the Salish tribe in the late 19th and early 20th centuries. She has written that *"... everything on the earth has a purpose, every disease has an herb to cure it."*

There were over 2,000 indigenous tribes in North America thousands of years ago, all embracing the same belief that nature can heal. Each of these groups had its own tribal knowledge of how to use roots, herbs and other natural plant material to address health problems. As with the aborigines in Australia, unfortunately many of the Native American natural healing techniques have been lost to time. They were passed down orally, and few have been documented in written form.

The Cherokee Indians were one of the only tribes to create a written language. Because of this, their natural and herbal healing processes made it to the 20th century and many are practiced today. As Europeans began to arrive in North America in great numbers, they were surprised to find native Americans curing rapidly and almost miraculously from diseases or injuries they would have deemed as fatal.

The Europeans to this new country began communicating with its native inhabitants and trading healing practices. It is in this way that natural tribal healing knowledge mixed with European medicine to form the basis of many herbal and natural medicinal practices used in North America today. As practices such as traditional Chinese medicine (TCM) and Ayurveda were previously adopted by Europeans after their trade dealings with Asia and India, they joined Native American herbal medicine to offer natural alternatives to modern medical practices in North America.

Today practices such as aromatherapy, TCM and Ayurveda offer plant and herb-based natural healing benefits. Much of the Native American healing techniques have unfortunately been lost or abandoned, but the past couple of decades have seen a rebirth of interest in other natural healing methodologies in North America.

Natural Healing History of Africa - Same as It Ever Was

Using herbs and plants to cure and heal was going on long before European explorers made their way to the Dark Continent. The European exploration (and exploitation) of Africa began in earnest during the 15th century Age of Discovery. When Henry the Navigator led Portuguese sailing ships to South Africa, he discovered natural and herbal medicines with a long history in Africa.

Ancestral medical practices had to rely on local plants and trees for preventing and healing disease and illness. Unlike modern-day Western medicine, the earliest natural healing practices in Africa embrace a holistic approach. Herbs indigenous to that continent were used to balance the body and mind, as any physical or mental malady or affliction was seen as a sign that the whole person was out of balance.

Locally grown herbs and plants were used to treat the whole person, rather than a symptom of a condition. This traditional African teaching looks at a person as a combination of social, spiritual, moral and physical aspects. All these characteristics must function in harmony for proper mental and physical health. If an individual became ill, it was a social as well as personal issue, and that person, as well as the local healers, had a moral obligation to heal that sickness and return balance to the overall system.

Remarkably, unlike modern nations, much of Africa still practices traditional medicine as opposed to modern healing techniques.

The World Health Organization estimates that approximately 80% of African citizens turn to traditional medical practices for their primary source of prevention and treatment. In many cases this is because modern medical practices most people take for granted are not available in many parts of Africa. Because of this, traditional African medicine is still the principal healing practice embraced in Africa. This is proof that even in modern times, natural, herbal remedies used in a holistic approach for health and wellness still have a place in society.

The Historical Usage of Herbs and Plants for Medicine in China

Chinese herbology is a phrase which refers to the basis of traditional Chinese medicine, or TCM. Asian medical practices going back thousands of years include the use of herbs and other plant material as medicine. The oldest known Chinese medical text, The Recipes for Fifty-Two Ailments, showed up around 186 BC. This was during the start of the Han Dynasty, and the text included herbal medicines and remedies.

More than 2,500 years earlier, herbal remedies appeared in a written record titled Pen Tsao. While that early reference to nature as a healer is impressive, it is believed that the origins of TCM go back as many as 5,000 or 6,000 years. This is when the Yellow Emperor became the ruler of central China, establishing a written language. Chinese history shows us the Yellow Emperor was interested in acupuncture, herbal medicine and other natural healing techniques.

So powerful was the Yellow Emperor's influence that more than 2,000 years after his rule, the healing methods of his time were compiled in a book titled The Yellow Emperor's Classic of Internal

Medicine. Herbs were viewed as influential to overall health and well-being, and not necessarily used to address a single issue. A symptom was merely a sign that the body was out of balance, and herbs, plants and other natural products and spices were used to return balance.

Modern time has TCM combining mind/body practices such as tai chi and acupuncture with herbal medicine to maintain balance. While there are obviously scientific and technical advancements in modern China, TCM to this day still plays an important part in preventing and treating disease, illness and injury.

The Origin of Ayurvedic Herbal Medicine in India

Using herbs and plant materials to promote health and wellness is a practice known as Ayurveda in India. Thought by many to be the first organized system of medicine, Ayurvedic herbal medicine is at least 5,000 years old. Arabic traders traveled to India for herbal remedies and plant-based medicine before Islam became a religion. We know Egypt got plants from India because seeds indigenous to India have been found in the tombs of pharaohs.

The foundation of the influential Ayurvedic practice of herbal medicine took place during a secret meeting in a cave in the Himalayan mountains. The greatest Indian healers of the day met to share their knowledge of natural healing methods. They named this practice Ayurveda, a combination of the Sanskrit words "ayus", which means life or life force, and "veda", a word which means knowledge. Ayurvedic medicine is therefore the knowledge of life, and more specifically, the knowledge of natural ways to heal the human body and extend life.

This vast knowledge was passed from one generation to the next orally. As natural healers discovered new herbal remedies and other plant-based healing formulas, these techniques were added. Just before the turn of the first century, an Ayurvedic physician named Charaka wrote the totality of Ayurvedic herbal medicine down in 8 books comprising 120 chapters. This text is

called the Charaka Samhita, named in honor of the man known as the father of Indian medicine.

The practice exists today and has influenced just about every natural healing discipline that uses plants as medicine. Ayurveda is a holistic practice which treats the person as a whole, interconnected being that must exist in harmony with nature, other people and the environment. By treating the whole person rather than individual symptoms, balance and overall health and well-being can be achieved.

Topic 2: Preparation and Preserving Plant Remedies

Preparing Plant-Based Medicine Is a Cinch If You like to Cook (and Even If You Don't)

If you're new to herbal medicine, ask yourself these simple questions. Do you feel at home in the kitchen? Do you enjoy making meals, shopping for and preparing food? If so, you will find that you are a natural for whipping together herbal remedies and preserving them, so they hold their healing powers for as long as possible. If you answered "no" to the previous two questions, don't fret. If you have the will to learn and the right tools, herbs and accessories, you can begin to heal yourself and your family naturally in no time.

What You Need to Get Started

Non-aluminum and non-Teflon pots, pans, drying racks and bowls are required. If you have some in your kitchen already, they will do just fine. You definitely need a mixer and a food processor or blender, a teakettle or something similar, and a ceramic teapot and lid. Additionally, you want to purchase strainers with a minimum of three different sized holes, a kitchen scale that measures very light and small quantities, small and large measuring cups, and at least one whisk and one spatula.

For storage you need a variety of glass jars or tin containers with lids that snap on tight. Glass should not be clear, as extended exposure to light can render your remedies ineffective. Don't forget blank adhesive labels so you can name your remedies and list the ingredients, and you should pick up a few small and medium glass bottles with dropper caps, like those used in aromatherapy. Finally, buy some large, small and medium sized glass canning jars with tightfitting lids.

Consider picking up the book *Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments* by Anne Kennedy. In it the author reveals the specifics you need to get started with an herbal medicine practice, as well as the herbs and recipes you need to treat different conditions. You should also invest in a double boiler, or you can make your own with a pot and a glass bowl.

How to Make a Double Boiler for Herbally-Infused Oils

A double boiler is pretty much what it sounds like. You use 2 bowls or pots for boiling. The idea is to place one pot on top of another, bring the water to a boil in the lower pot, and the steam from that boiling water will heat the top pot. A double boiler is not the most common kitchen accessory, so you may not be able to find one at your local home appliance store.

They are available online at sites like Amazon, where we found the Cuisinart 7111-20 Chef's Classic Stainless Universal Double Boiler with Cover. It comes highly rated by previous purchasers and costs less than \$30. If you are anxious to get started making verbally infused oils and don't want to wait for the Amazon drone to deliver your purchase, you probably already have what you need in your kitchen to build one of your own.

You Need a Sauce Pan and Mixing Bowl

Choose a medium to large saucepan, and make sure it is tall. This is especially important if you are whipping together herbal remedies that take a long time to cook. Choose a glass mixing bowl or any heat-proof container that makes a snug fit when sitting on top of your saucepan. Make sure there are at least 4 inches between the bottom of your mixing bowl and the bottom of the saucepan, and more space is better

To get started, place 2 to 3 inches of water in your saucepan. Check that the base of your top bowl does not touch the water. Heat your water to a boil, reduce to a high, steady simmer, and add your top bowl. Add the ingredients per your herbal remedy recipe and stir frequently to ensure an even mixture. For a more in-depth explanation and some pictures that explain the process, check out the following link.

[https://www.wikihow.com/Make-a-Double-Boiler-\(Bain-Marie\)](https://www.wikihow.com/Make-a-Double-Boiler-(Bain-Marie))

Maier Premium Heavy Duty Digital Weight Touch Sensitive Kitchen/Lab Scale Review

To unleash the healing power of herbs for food recipes, medicine, rubs, oils and lotions, you are going to need a good kitchen scale. The Maier Premium Heavy Duty Quad Transducer Digital Weight Touch Sensitive Kitchen/Lab Scale comes with batteries included so you don't need a free power plug in your kitchen. It can measure up to 11 pounds of weight and is perfect for the home apothecary.

Space-Saving Size

This low-profile and attractive stainless-steel scale measures just 7 inches by 5.5 inches and is just over 1/2 of an inch tall. It has a large backlit, LCD display so you can clearly see what weight is registered. All you have to do is place something on the scale and the weight appears on the display, so it is always ready to go. Some similarly priced kitchen or lab scales use 1 or 2 transducers to calculate weight. This particular model uses 4 transducers, so you get a precise and accurate measurement no matter what you are weighing.

Weight in Ounces or Grams

Measurements can be displayed in ounces or grams, and measurements are displayed by 0.01 ounce or 1 gram increments. One really neat feature is the ability to zero the scale after you have calculated the weight of something that still remains on the scale. This means if you want to weigh and add several ingredients to an herbal remedy, you can pour them into the same bowl or receptacle on the scale without having to measure and remove them one at a time.

If you forget to turn off the scale, the auto shutoff design will save your battery life because it powers down the device after 2 minutes of inactivity. You receive a full 2 year, 100% moneyback guarantee from Maier, and this scale has earned a nearly perfect 4.8 star customer satisfaction score on Amazon out of a possible 5.0 rating. The product currently qualifies for free shipping to Amazon Prime customers, and you can learn more at the following link.

<https://amzn.to/2JDN1Tx>

Herbal Medicine Natural Remedies: 150 Herbal

Remedies to Heal Common Ailments Book Review

Preparing and storing herbal remedies and other plant-based recipes can be difficult for the beginner. Do you need any special kitchen appliances or accessories? What type of herbs should you buy, and what recipes work for healing different conditions and illnesses? Those and other questions you have about harnessing the healing power of herbs is answered in Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments, a book available in paperback or Amazon Kindle e-book format.

The author starts in the first chapter by explaining how natural herbal remedies have been used for medicine for thousands of years. She explains that nature still offers healing properties

today, without the frequently present side-effects and costly prescriptions modern medicine delivers. Chapter 2 is titled The Herbal Kitchen. It covers all the tools and appliances you need from A to Z to prepare, produce and store herbal salves, tinctures, oils and lotions.

Chapter 3 lists 150+ herbal recipes and remedies for treating disease, illness and other health issues, such as warts and weight loss, hair loss and bad breath, acne, cold sores and bee stings. Chapter 4 lists the top herbs you need to know for a multitude of herbal remedies, and the book closes with a helpful appendix and glossary. If you are considering beginning a natural, herbal medicine practice, Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments can save you a lot of time, money and frustration in the process, and makes a quick reference guide you need to treat an injury or illness in a hurry.

Topic 3-4: Herbal Review

Herbs for Respiratory System

*It is "Thyme" to Start Taking this Lung-Friendly Herb
Seriously for Respiratory Health*

There are certain herbs which promote strong, healthy lungs. How important are your lungs for your overall health and well-being? You can go more than 30 days without eating. It takes 3 or 4 days before getting no water into your body becomes a threat to your existence. If your lungs stop working, you have mere minutes, and in some cases just seconds, before you experience a possibly fatal situation.

That's how important it is for your lungs to properly pump oxygen-rich blood throughout your body. Every cell in your body depends on oxygen to survive and thrive, and thyme supports lung and respiratory health in a number of ways. A tea made from thyme combats viruses and bacteria that can damage your lungs. Respiratory conditions such as pneumonia have been treated with the thyme herb for centuries, as have respiratory tract infections.

Thyme has made its way into prescription gels, lotions and creams that can break up chest congestion. The antiseptic oils found in thyme contain antibiotic, antifungal and anti-inflammatory properties. This boosts your overall immune system while directly and positively impacting the health of your lungs and entire respiratory process.

If thyme tea doesn't tantalize your taste buds, consider an aroma-therapeutic application. Inhaling the aroma of thyme delivers the above lung-healthy properties, and can add a bold, woody, herbaceous scent to any environment.

Peppermint for Respiratory Health

Have you ever taken a peppermint candy to clear up congestion in your lung, nose or throat? Many lozenges sold as cough medicine have peppermint added. This herb is so well-known for its promotion of respiratory health that it has been used for thousands of years to clear the lungs and respiratory tract and support healthy breathing.

The credit belongs to the menthol compound found in peppermint, peppermint oil and peppermint tea. Menthol is a fast working decongestant. It is found in balms and rubs which can be applied topically to the chest to clear up breathing channels. Additionally, peppermint has powerful antioxidant properties that fight bacteria, viruses and other organisms which are harmful to your respiratory system and your overall health.

When you have a cold, flu or some other respiratory-based illness, it is sometimes hard to focus. A couple of drops of peppermint essential oil in your morning tea or coffee can clear up your foggy brain in minutes. Peppermint has been used to promote clarity of thought and focus since antiquity. For treating symptoms of a number of upper respiratory conditions, the expectorant capability of peppermint is a natural treatment that can't be beat. For treating asthma, some studies show the antispasmodic and decongestant properties of this minty herb reduced the severity and number of asthmatic attacks. A few wonderful side-effects of peppermint are that it freshens bad breath, relieves headaches and can calm an upset stomach.

Skin Care

Chamomile for Skin Care

Chamomile (sometimes seen as camomile) is an herb which has been used since ancient times for skin care. The chamomile herb makes a soothing tea that promotes skin health from the inside out, while also making your hair healthier. Many skin conditions are signs that inflammation has occurred. The anti-inflammatory properties of chamomile naturally treat any skin-related conditions or symptoms which arise from inflammation.

Additionally, the chamomile herb is hypoallergenic in nature. This characteristic, plus the presence of health-boosting antioxidants, means chamomile fights harmful free radicals which can do damage to your skin. Some skin health issues pop up because of a bacterial infection. Chamomile possesses antibacterial strengths that cannot only prevent bacteria-related skin problems, but also treat and reverse those issues.

Chamomile essential oil mixed with a carrier oil can be applied topically to the skin as a scrub or cleanser. This practice takes advantage of the antiseptic capabilities of this relative of the daisy which has been used for thousands of years for multiple health rewards.

Your skin is the largest organ of the human body, and it is the first line of defense in the human immune system. It is negatively affected by mental stress. There are more than a few skin problems which arise from stress and worry. Chamomile further promotes overall skin health and wellness by promoting feelings of calm, peace and tranquility. An overall promoter of human health, while your skin benefits from chamomile, this aromatic herb also promotes positive sleep patterns. It is used to treat muscle spasms, can calm a restless stomach, and has been used by the Romans and Egyptians for centuries to treat cuts and wounds.

How Calendula Heals Skin Naturally

Calendula (*Calendula officinalis* for you scientific-minded folk) is considered a "go to" skin healer in holistic circles. This species of herbs which belongs to the Marigold genus has properties which speed up the healing process in humans, and this leads to multiple oral, vision and skin benefits. An ancient healer, calendula essential oil can be applied directly to cuts and bruises to keep the wound clean and accelerate the healing experience.

This plant makes for an excellent treatment of insect bites as well. If you are one of many people who would like to slow the hands of time, calendula deserves your consideration. Calendula oil improves the appearance of your skin and a number of ways. It improves blood flow to the cells of your skin, while additionally providing antioxidant protection. This means if you want to slow down the development of age spots, liver spots and wrinkles, calendula oil can help.

Some products which contain organic calendula oil are safe for consumption. Others can be applied topically to your skin with a carrier oil such as almond oil to give your skin a youthful glow. Calendula additionally fights the development of skin cancer and reduces the inflammation which is linked to a number of skin problems.

If you suffer from oily skin or acne, combine 1 part dried calendula blossoms to 2 parts almond oil and apply to the problem area. Rashes, eczema, dry skin and just about any skin-based health problem responds positively to the calendula herb.

Pain

Take Devil's Claw for Natural Pain-Relief

Devil's claw is a South African herb that dates back centuries as a natural healer in that part of the world. These days you can find byproducts and oils taken from the leaves, flowers and roots of the devil's claw plant in daily supplements and other nature-based medications that primarily offer pain-relief. The ability of this odd-looking plant to suppress the perception of pain is so powerful that it has been used for arthritis pain treatment since ancient times.

Many prefer to turn to nature instead of modern medicine for relief from a number of pain symptoms. This is because of the numerous side-effects which sometimes accompany traditional painkillers. You can also save quite a bit of money by taking devil's claw instead of an expensive prescription for pain relief offered by your doctor. Remarkably, even severe and chronic pain experienced by conditions like arthritis and back problems responds favorably to this inexpensive and natural healing herb.

Like the spice turmeric, devil's claw fights inflammation and its many accompanying symptoms. Inflammation can cause pain internally and externally, throughout the body. Like its South American cousin, the cat's claw root, devil's claw provides relief from digestive issues as well as natural pain relief. For joint pain, back pain, arthritis pain and head to toe pain relief support, devil's claw is a natural answer which has shown anticancer properties as well.

Oregano - The Pain-Relieving Herb

Oregano is a popular herb in the kitchen, used to flavor many Italian dishes. Oregano is also frequently found in an herb-based medicine cabinet, as it is an excellent pain-reliever. In aromatherapy, oregano oil is an essential oil whose use dates back to ancient Greece for treating wounds and infections of the

skin. Combine 2 or 3 drops of oregano oil with a carrier oil such as coconut or almond oil and you have a topical pain reliever.

Oregano in any form provides antiviral and antibacterial properties. Eat oregano regularly and you can prevent bacteria and viruses from causing harm. Aside from its antispasmodic, analgesic, anticancer and allergy-fighting characteristics, this powerful natural healer contains a full 32 compounds which fight inflammation.

Inflammation is a premier symptom of numerous human illnesses and diseases. When an internal or external body part becomes seriously inflamed, severe pain can occur. Chronic and acute pain sufferers can lessen the number and severity of painful attacks by taking a daily oregano oil capsule. Some health conditions cause muscle spasms. Muscle spasms can be very painful. The antispasmodic feature of oregano limits the number of muscle spasms which occur with some diseases, thereby reducing the pain effect.

Aside from being a tasty herb, oregano is an all-around health booster and preventive. The pain fighting property of oregano is so powerful that this herb has earned the nickname of "nature's morphine" in natural healing circles.

Digestion and Gut Health

Boost Gut Health with a Daily Dose of Dandelion

The health of your digestive system and gut is important for overall health and wellness. The old saying tells you to, "Trust your gut." You hear people refer to a "gut feeling" they have, and someone who makes brave decisions or takes courageous action is said to "have guts". These sayings came to be because humans have long understood the power of digestive health to promote mental well-being.

The ancient healer Hippocrates believed that most human disease originates in the gut. In the 21st century scientists refer to the gut as the second brain. It is believed that certain nervous system responses and activities that were formally thought to be controlled predominantly by the brain in your head are heavily influenced by your gut and digestive tract.

For boosting gut health, and thereby improving your wellness from head to toe, sip dandelion tea. Dandelion, *Taraxacum officinalis*, is a bitter herb which has been used to improve digestive and liver health for thousands of years.

Dandelion improves potassium levels, unlike medicinal diuretics, thereby boosting digestive function. Dandelion has been shown in multiple studies to improve the immune system. Since the immune system is largely contained in the gut, you get an instant boost in head to toe wellness when you improve the health of your gut with dandelion tea, or a dandelion supplement.

You may sip dandelion root coffee for digestive health benefits or use dandelion essential oil in an aromatherapy practice. Dandelion oil combined with a safe carrier oil can be applied topically to the stomach to treat multiple digestive problems.

Milk Thistle - A Natural Aid for Digestive Health

Related to the daisy, the milk thistle plant is a liver-strengthening, digestion-boosting herb that has delivered thousands of years of natural healing. The silymarin flavonoid contained in milk thistle is what offers much of the health benefits of this flowering herb. The age-old medicinal use of milk thistle includes beliefs that the rough-looking plant has supernatural, miraculous healing powers.

This was thought to be the case because milk thistle was often found in the graveyards and the gardens of monasteries and convents. One of the miracles of this hardy plant is the ability to prevent and reverse liver disease is caused by toxins and poisons. Digestive health can't happen when your liver is not working properly. Additionally, the anti-fibrotic nature of milk thistle prevents the scarring of tissue. This means the lining in your digestive tract and gut heal quickly after internal injury.

Regarded as a weed in many areas around the world, milk thistle has powerful anti-inflammatory properties. Inflammation is one issue that has proven to be both a causal factor and symptom of digestive health issues large and small. Studies show the inflammation fighting power of milk thistle is similar to that of turmeric and green tea, a couple of promoters of digestive and overall health.

In the case of cancer and other gut health issues, milk thistle combats the effects of endoplasmic reticulum stress (ERS). This type of stress leads to cellular death if untreated. While simultaneously combating inflammation, this means milk thistle boosts gut health on a cellular level. If your digestive issues are serious and chronic or mild and merely frustrating, milk thistle can help.

To relieve indigestion or an upset stomach or to treat more serious gut-based concerns, drinking milk thistle tea daily can provide relief. Milk thistle may be used in the kitchen, but it

bears noting that this herb is rather bitter tasting and unfriendly to some pallets.

Mental Wellness

Turn to Ginseng for Mental Well-Being

Ginseng's healing properties were well-known to ancient healers of the Far East. It is still a staple of traditional Chinese medicine (TCM) today. The root of the ginger plant improves cardiovascular health by lowering high cholesterol and blood sugar levels. Sexual performance issues have been treated with ginseng for centuries, and the herbal root is used to crank up energy levels and treat diabetes.

Ginseng can also boost your mental health in a number of ways.

We already mentioned the ability of ginseng to boost energy. It is tough to be on the ball mentally when you are physically tired and fatigued. Your brain is one of the largest consumers of oxygen in your body. When your energy levels are low, oxygen flows less freely. This means your brain gets less oxygen than it requires, and mental clarity, focus and concentration suffer. Boost your energy with a cup of ginseng tea and you simultaneously enjoy mental health benefits.

When you consume ginseng in any form, neural pathways are stimulated. This means whether you are a student preparing for a big exam or a senior citizen fighting age-related memory loss, ginseng can help.

Antioxidants in ginger fight the buildup of plaque in neural pathways to ensure messages flow freely. These antioxidants also destroy harmful free radicals in the brain. This is one of the reasons it is believed regular ginseng use has been linked to preventing the development of Alzheimer's, dementia and other brain-based disorders.

Kava Kava - A Mood-Enhancing, Stress-Fighting Mental Health Herb

The kava kava plant yields a South Pacific island ceremonial drink which soothes the central nervous system. If you need relief from stress and anxiety, lounging on a beautiful a South Pacific island beach could do wonders for your state of mind. If you don't have the time or wherewithal to benefit from such an experience, drink some kava kava tea.

The kava kava root has sedative properties. When your moods and emotions are out of control and your mental health could benefit from some calm and peacefulness, it is this sedative nature of kava kava that provides relief. The pyrones found in this healing herb have proven effective for reducing anxiety and restlessness, while simultaneously soothing mental stress and worry.

The kava kava plant yields an essential oil-based product which can be used in an aromatherapy practice. Add a few drops of kava kava essential oil to filtered water in a diffuser and you fill your surrounding air with a mental health-boosting aroma. The MentalHealthAmerica.net website reports that in more than a dozen studies, kava kava was discovered as an effective natural treatment for stress, depression, insomnia and anxiety.

When you do not sleep properly, your mental health suffers. Enjoy a kava kava tea in the evenings to promote healthy sleep patterns, and you start the day with less anxiety and stress. As an alternative or complementary treatment, the natural kava kava plant has shown promise treating nervous disorders and emotional imbalance. For improved overall mental health, the root of this South Pacific island plant offers multiple benefits.



What results do you need?

- Improving your memory
- Sharpening your focus
- Reduce Anxiety and Mental Fatigue
- Fall Asleep Faster
- Wake Up Energized and Refreshed

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