

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 10: Herbs & Plants VI

- **MISTLETOE** (*Viscum Album*)
- **NETTLE** (*Urtica Diotica*)
- **OAK** (*Quercus Robur*)
- **OATS** (*Avena Sativa*)
- **OLIVE TREE** (*Olea Europaea*)
- **ONION** (*Allium Cepa*)
- **PARSLEY** (*Petroselinum Hortense*)
- **PEACH** (*Prunus Persica*)

### 42. MISTLETOE (*Viscum Album*)



- **Introduction:**

Mistletoe is a small evergreen bush that can grow up to 1m in height. It is often found living as a parasite on other trees. Its stem is a yellow-green color with green leathery leaves. The berry is transparent and is full of sticky liquid.

The blooming period for mistletoe is from March to May.

- **Remedial Properties:**

Remedial properties can be found in the leaves and new twigs. The mistletoe berry is poisonous and is not suitable for human consumption. The period for collecting the leaves and new twigs is from the beginning of October to the end of December and from March to the end of April. Mistletoe leaves and twigs collected outside this period have no remedial qualities. The best quality mistletoe is one that is found on pine trees or the various fruit trees (e.g. apple tree, plum tree)

Mistletoe is a good remedy for high blood pressure and arteriosclerosis. In a similar way to hawthorn, mistletoe has the ability to regulate blood pressure i.e. it can raise low blood pressure and can reduce high blood pressure. Inhaling cold mistletoe tea will stop nose bleeds. Additionally, mistletoe is considered to be one of the best remedies for heart problems.

- **Mistletoe Cold Tea**

**Ingredients:**

1 teaspoon of crushed dried mistletoe leaves and twigs  
250ml of water (previously boiled and cooled down)

**Step 1:**

Put the dried and crushed mistletoe into a bowl and pour COLD water over it.

**Step 2:**

Leave it overnight to soak.

**Step 3:**

Sieve it through muslin cloth and heat it up until lukewarm before drinking.

**Dosage:**

Take three cups of tea, prepared in the manner described above and it will help with heart problems and blood pressure (high and low).

**43. NETTLE (*Urtica Diotica*)**

- **Introduction:**

The nettle is a well known plant that can grow up to 1.5m in height. Nettle leaves are green with serrated edges. The leaves and stems are covered with hair like thorns that break when touched. When the thorn is broken sap is released and if comes into contact with skin it burns.

- **Remedial Properties:**

Remedial properties can be found in the leaves, root and seed. Nettle can be used as a remedy for hair loss, rheumatism, bronchitis and kidney stones. In the Mediterranean countries it is believed that a nettle sting can help with rheumatism. Up until the end of May, nettles may be gathered and cooked like any other green vegetable. When gathering nettles, it is recommended to wear rubber gloves, as the nettle sting can be very uncomfortable. Pluck only the four to five topmost leaves of the young nettle, as these are tender and the tastiest for cooking. Make sure to pick a good quantity, as nettles have a tendency to diminish in bulk when boiled. After the beginning of June, nettles become too strong for cooking.

The gathering time for the leaves is in the spring, before June. Its roots are gathered in the Spring and Autumn and the whole plant (stem) can be collected throughout the year.

Herbal tea prepared from the whole plant is very good for regulating digestion, cleansing the liver and bowels and also helps with insomnia. It is also recommended as a remedy for strengthening the whole body, as it helps to get rid of toxins.

- **Nettle Herbal Tea for the Stomach and Liver**

This herbal tea is prepared from the whole plant.

**Ingredients:**

3 teaspoons of dried crushed nettle (whole plant)  
2litres of water (previously boiled and cooled down)

**Step 1:**

Pour the water over the dried nettle and leave it to soak for 10 to 12 hours

**Step 2:**

Bring to the boil and let it simmer for half an hour.

**Step 3:**

Take it off the heat and let it cool down. Keep it covered at all times. When cooled, strain it through muslin cloth and drink one cup 3 times a day, before meals. If required it can be sweetened with honey.

For maximum effect it should be sipped and not gulped down.

- **Nettle Tincture For Hair Growth**

Fill the bottle up to the neck with cleaned chopped nettle roots. Pour 40% vodka over the roots and leave it for 2 weeks in a dark and warm place. Shake occasionally. Massage this tincture into the scalp.

#### **44. OAK (*Quercus Robur*)**



- **Introduction:**

The Oak tree can grow over 40m in height. Its bark can be over 2m in radius and it can live for over 1000 years.

- **Remedial Properties:**

Remedial properties can be found in the young leaves, new bark and in the fruit (acorns).

Its leaves and bark are gathered in the Spring and the acorns in the Autumn when they are ripe.

The decoction prepared from the young oak bark is used as a gargling liquid for sore throats. It is also useful to rub on bleeding gums.

Coffee prepared from roasted acorns is used as a remedy for insomnia, rickets and aching bones.

#### **45. OATS (*Avena Sativa*)**



- **Introduction:**

Oats belong to the grass family. They are full of various vitamins and minerals such as potassium, phosphorus, magnesium, zinc, copper etc. In laymen's language, this means that oats should be included in the everyday diet. They are very beneficial to the body, because they help with blood regeneration, strengthening teeth, stimulating brain activity and growth in children. Because they are very easily digested, it is recommended that people with digestive problems and those with bronchial problems should consume oats regularly.

It is recommended to complete cooking oats within 2 to 5 minutes of commencing, as all the beneficial qualities stored in oats will be lost if the cooking time exceeds this. It is important never to throw away the water in which oats are cooked, as many of the remedies are contained in this water.

- **Remedial Properties:**

Oats remedial properties are contained in the seed and also can be found in oat hay.

The oat is a very important element in the diet of sick people, as it contains many important vitamins and minerals. It is considered to be a remedy for anemia, various inflammations of the digestive tract and also speeds up regeneration of the body. Baths prepared from oats and oat hay is very good for people suffering from kidney problems, kidney stones, rheumatism and stiffness.

- **Oatmeal**

**Ingredients:**

5 tablespoons of crushed oats  
Half a liter of water (previously boiled and cooled down)

**Step 1:**

Bring water to the boil.

**Step 2:**

Pour crushed oats into the boiling water.

**Step 3:**

Let it boil for 2 to 5 minutes.

**Step 4:**

Remove it from the heat and leave it until all the remaining water is absorbed.

After the water is absorbed it is recommended to add some sweetener like organic honey.  
An alternative way to prepare oatmeal is to use milk instead of water.

- **Tonic**

**Ingredients:**

1 kg of wholegrain oats  
3litres of water (previously boiled and cooled down)

**Step 1:**

Wash the wholegrain oats thoroughly.

**Step 2:**

Bring water to the boil.

**Step 3:**

Add the wholegrain oats into the boiling water and boil for 4 to 5 minutes.

**Step 4:**

Strain it through muslin cloth and sweeten it with honey.

The contents should be consumed daily.

This tonic is a good remedy for tiredness and for strengthening the body.

Oats are also recommended to people with an enlarged prostate.

#### 46. OLIVE TREE (*Olea Europaea*)



- **Introduction:**

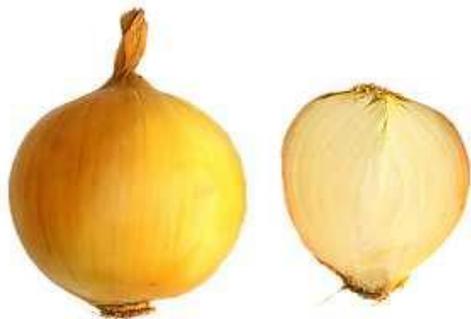
In the wild, the olive tree can be found as a bush, but if cultivated, it can grow up to 10m in height. It is a tree with a large number of thin branches. Its leaves are smooth and narrow and can be up to 5cm long. The upper side of the leaf is light green in color and the underside is silver. The fruit of the olive tree i.e. the olive, is green or black in color and is a similar shape to a grape. The olive tree can be found in coastal areas of the Mediterranean Sea. There are more than one thousand known varieties of olive tree.

- **Remedial Properties:**

Remedial properties can be found in the fruit and leaves. Also olive oil is a very useful remedy for constipation, gallstones and digestive tract problems. It can also reduce temperatures and regulates blood pressure. Additionally, it is very good for people with high levels of stomach acid. Olive oil can also be used for treating dry and flaky scalps.

Olive oil is used as a base for producing creams used for treating burns.

#### 47. ONION (*Allium Cepa*)



- **Introduction:**

The onion needs little introduction, as it is a very well known vegetable used in everyday cooking. Its remedial properties however, are not as well known. It matches, if not surpasses, the remedial properties of garlic. It is used as part of normal diet throughout the year; in spring as a spring onion, where the leaves are also used, and later in the year as a normal onion.

- **Remedial Properties:**

The onion is one of the oldest herbs used for medicinal purposes. Onion strengthens the heart, acts as a blood purifier, increases appetite, strengthens nerves, improves digestion, reduces wind and is a good worm and cramp remedy.

- **Onion Syrup**

**Ingredients:**

1/2kg of onion  
1/2kg of honey (or sugar)  
1litre of water (previously boiled and cooled down)

**Step 1:**

Grate or finely chop an onion.

**Step 2:**

Mix the grated onion with 1/2kg of honey (sugar). Put it in a pan and pour water over it.

**Step 3:**

Simmer the mixture on a low heat for 3 hours.

**Step 4:**

Pour it into a clean dark bottle; put a label on the bottle and clearly state the type of herb(s) used in its preparation and the date of preparation. Store it in a cold and dark place (not a refrigerator).

If suffering from lung or digestive problems, this syrup should be taken several times a day with lukewarm water or milk

- **Remedy for Insomnia:**

**Ingredients:**

1-2 normal size onions

**Step 1:**

Put the onions into a blender and blend to a paste.

**Step 2:**

Squeeze the paste through a muslin cloth into a glass.

Before going to bed, drink this juice with a little lukewarm water or milk and a teaspoon of honey.

- **Skin Ulcer Remedy**

**Ingredients:**

1-2 Onions  
1-2 tablespoons of vegetable oil

**Step 1:**

Grate an onion into a ceramic bowl.

**Step 2:**

Add vegetable oil and mix thoroughly.

Make a compress with the paste and apply to the skin ulcer. The compress should be changed 3 to 4 times a day.

#### 48. PARSLEY (*Petroselinum Hortense*)



- **Introduction:**

Parsley is a perennial herb with thin, white, carrot-like roots. Its stem is smooth and slightly grooved and its leaves are jagged. Its flowers are yellow-green in color and clustered. Parsley is usually grown in gardens.

- **Remedial Properties:**

Remedial properties can be found in every part of parsley. Its roots are collected in the spring and autumn. The seeds are gathered just before they ripen and the whole plant is gathered during the blooming period.

Parsley is very rich in calcium and iron. It is very beneficial for kidneys and the urinary tract. It also stimulates blood circulation. A decoction made using the dried root is particularly good for kidney problems, such as urine retention. It is also good for arthritis, dropsy and jaundice.

#### 49. PEACH (*Prunus Persica*)



- **Introduction:**

There are over 2500 known varieties of peach in the world. Even though the Latin name for peach means 'Persian Plum' the origin of the peach is in fact China. It can be eaten raw and it is very useful for preparing jams. It can also be used as an ingredient in fruit salads and in fruit juice. The size of the fruit varies hugely, from the size of a golf ball to the size of a baseball, depending on the variety.

- **Remedial Properties:**

Remedial properties can be found in the flowers, leaves and in the fruit. The flowers are gathered during the blooming season (March, April and May) and the fruit is gathered after it ripens (from the beginning of June to September). Peach is rich in sugar, carotene, iron, various minerals and vitamins A, B and C. Peach is a very good remedy for anemia and bowel problems. Peach juice is recommended for people with low stomach acid levels and sensitive nervous systems. Peach is also a laxative and a diuretic. Eating peach fruit is very beneficial for the whole digestive system.

- **Peach Tea 1 (Suitable for Sickness during Pregnancy):**

Note: This tea should be prepared in the evening

**Ingredients:**

50g of dried peach tree leaves  
0.5litres of water (previously boiled and cooled down)

**Step 1:**

Put the crushed leaves in a ceramic bowl

**Step 2:**

Pour 0.5litres of boiling water over the crushed leaves and cover it with a lid.

**Step 3:**

Leave it at room temperature to cool down.

**Step 4:**

Strain it through a sieve.

**Step 5:**

Leave it in a refrigerator over night.

In the morning, heat it up and drink one teacup on an empty stomach. This treatment should be repeated every 2 hours.

- **Peach Tea 2 (Diuretic):**

**Ingredients:**

30g of dried peach leaves  
30g of dried peach flowers  
1litre of water (previously boiled and cooled down)

**Step 1:**

Put the peach leaves (crushed) and flowers into a ceramic bowl

**Step 2:**

Pour 1litre of boiling water over the dried leaves and flowers.

**Step 3:**

Cover the bowl with a lid and leave it for 15 to 20 minutes.

**Step 4:**

Strain the contents through a sieve and drink this instead of water.

- **Peach Facial Treatment**

**Ingredients:**

2-3 ripe peaches

**Step 1:**

Remove all make-up and clean the face with natural almond oil.

**Step 2:**

Crush 2 or 3 ripe peaches into a pulp and apply it on the face.

**Step 3:**

Remove the mask after 20 minutes.

**Step 4:**

Wash the face thoroughly with lukewarm tea, prepared from dried peach flowers.  
This treatment helps to revitalize the skin and it should be repeated at least once a week.

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 10 – QUESTION & ANSWERS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at 425-955-4639 (US) or at +353 1 647 5705 (EU) or e-mail it to us at [joyful@best.com](mailto:joyful@best.com) (US) or at [answers@med-herbs.com](mailto:answers@med-herbs.com) (EU). We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Describe Mistletoe

2. List some of Nettle's remedial properties

3. Describe the preparation of Oatmeal

4. Describe the preparation of Onion Syrup

5. Describe the preparation of Peach Facial Treatment