

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 12: Herbs & Plants VIII

- **SAGE** (*Salvia Officinalis*)
- **SOY** (*Glycine Max*)
- **ST. JOHN'S WORT** (*Hypericum Perforatum*)
- **THYME** (*Thymus Serpyllum*)
- **TOMATO** (*Solanum Lycopersicum*)
- **VALERIAN** (*Valeriana Officinalis*)
- **WALNUT** (*Juglans Regia*)
- **WILD GARLIC** (*Allium Ursinum*)

### 58. SAGE (*Salvia Officinalis*)



- **Introduction:**

Sage is a herb which grows in small bushes, 30-60mm in height. There are two major types of sage; wild sage which grows in Mediterranean regions and garden sage. The main difference between the two types is that wild sage is grey-white in color, while garden sage is bright green in color. Its stem is square in shape, with egg-shaped leaves and dark violet colored flowers.

- **Remedial Properties**

Sage is gathered during the blooming period and should be dried in a draughty place, away from direct sun light. The best time of the day to collect wild sage is in the early morning. The name of the herb derives from the Latin word 'Salvare', which means 'To Cure'.

Sage is considered to be one of the greatest healing herbs and has beneficial effects on blood, liver and the stomach. Sage can be used as a remedy for various ailments such as hoarseness, colds, influenza and catarrhs. Because sage has anti-inflammatory properties, it can be used for treating sore throats, bladder infections and any other inflammatory illness. An infusion of dried leaves is a well-known aid to digestion. A decoction of sage leaves taken hot is a most effective gargle for a sore throat. It is also a very good mouthwash for sore gums and mouth ulcers. During puberty and the menopause it should be used regularly, as it is a very effective hormonal regulator. It could also be said that sage is a natural antibiotic. Rubbing gums and teeth with a fresh sage leaf will do wonders for mouth hygiene and also will make teeth stronger.

Sage herbal tea is prepared by pouring one cup of boiling water over one spoonful of dried sage leaves. The mixture should then be left covered for a minimum of ½ an hour, after which it may be consumed. Note: It may be sweetened with honey if required.

## 59. SOY (*Glycine Max*)



- **Introduction:**

Soy is an annual herb which has pods containing between 2 and 5 beans. The beans are either yellow, yellow-green or brown in color. Soy bean contain 36% to 40% proteins, 15% to 23% oil, 34% carbohydrates, 2% to 6% minerals and a significant number of vitamins. Since Soy bean products are so rich in proteins, vitamins and minerals they can be used as a very effective substitute for meat and animal products (eggs, milk, fish). In fact soy bean is quite often one of main components of a vegan and vegetarian diet.

- **Remedial Properties**

Lecithin, which is found in soy beans, is a natural compound with very beneficial characteristics. It tends not to be very well known to the general public. Lecithin has the ability to reduce cholesterol levels in the blood, as well as cleaning blood vessels and strengthening heart muscles. Modern western diets tend to contain high levels of fat, and lecithin is very effective in breaking them down. Additionally, lecithin has the ability to significantly reduce, if not totally remove joint pain. Hence, people with painful joints should include soy beans in their diet. Another quality of lecithin is that it gives hair a healthy appearance and also helps to reduce hair loss. It also increases concentration and memory.

soy beans are a very important part of a diabetic's diet. It provides sufficient calories and proteins and reduces absorption of carbohydrates. soy beans are also recommended for people with high blood pressure and some liver disorders.

## 60. ST. JOHN'S WORT (*Hypericum Perforatum*)



- **Introduction:**

St. John's Wort is a perennial herb that can grow up to 60cm in height. Its green, egg-shaped leaves have a series of tiny 'blisters', which contain etheric oils and its yellow flowers have five petals with black dots on the underside. St. John's Wort can be found growing along roadsides, woods and in meadows. If its flowers are pressed a red juice is released, and in ancient times this was associated with the blood of Christ!

- **Remedial Properties**

Remedial properties of this herb can be found in its flowers and leaves, during the blooming period, which occurs in May and June. It is used for treating stomach cramps, kidney, liver and bladder problems. Also, St. John's Wort can be used externally for treating cuts, burns and hemorrhoids. The herb is also known to be a very good antiseptic.

The most famous product of this herb is St. John's Wort oil, which can be used for treating a whole range of ailments such as open wounds, burns, skin ulcers, lumbago and rheumatism. Additionally, back pains can be treated with this oil, as well as stomach pains in children.

- **St. John's Wort Oil**

**Ingredients:**

Bitterbloom  
St. John's Wort  
1litre of Olive Oil  
1 liter glass bottle

**Step 1:**

Fill approximately 3/4 of the bottle with equal amounts of leaves and flowers of Bitterbloom and St. John's Wort.

**Step 2:**

Put the St. John's Wort stem into the bottle

**Step 3:**

Heat the olive oil to between 60°C and 70°C. If possible use a ceramic bowl instead of metal one.

**Step 4:**

Pour the heated olive oil into the bottle up to the herbs level, thus ensuring the herbs are completely submerged.  
Note: Prior to pouring the heated olive oil into the bottle, it is advisable to heat the bottle by putting it in hot water for about 10 to 15 seconds. This should prevent bottle breaking when the hot olive oil is added.

**Step 5:**

This mixture should then be allowed to "rest" for at least 10 days, of which the bottle should be exposed to sunlight for a minimum of 2 days.

When using St. John's Wort oil, only the amount required should be poured and the remainder should be left in the bottle with the herbs. It is important to know that St. John's Wort oil improves with time up to about 2 years after which the remedial properties start to decline.

**61. THYME (*Thymus Serpyllum*)**



- **Introduction:**

Thyme is a herb that can grow up to 30cm in height. It has grey/green, egg-shaped leaves with short petals. Its flowers are pink or lilac in color and have a very pleasant smell.

- **Remedial Properties**

Remedial properties from Thyme are found in its leaves and flowers. Thyme is a very delicate herb and therefore, it is important to know that only the top part of the branch with leaves should be collected. The branch should also be removed only using a pair of scissors (removing the branches indiscriminately would cause severe damage to the herb). An infusion of thyme can be used as a remedy for the whooping cough. Other conditions that can be treated with thyme include insomnia, urinary tract infections, asthma, bronchitis, bad digestion, anemia and general exhaustion. Additionally an infusion of thyme is also a very good remedy for wind in the stomach and treating fever.

## 62. TOMATO (*Solanum Lycopersicum*)



- **Introduction:**

Tomato is a vegetable with many varieties. It varies in size from that of a table tennis ball to several inches in diameter. It is usually red in color, but there are some varieties that can be yellow.

- **Remedial Properties**

Tomato has the ability to detoxify the body and to prevent many illnesses. It is very rich in vitamin A, vitamin C, potassium and calcium.

There are two important components that can be found in tomatoes.

- Lycopene
- Glutation

- **Lycopene**

Lycopene is the component which gives tomatoes their red color. It has similar properties to the beta-carotene found in carrots. It is believed that it reduces the risk of getting many cancers; such as those affecting the prostate, lungs, stomach, bladder and uterus. Lycopene appears in fresh tomatoes, but is more abundant in cooked tomatoes, as cooking helps to liberate this element and also assists its absorption by the body. Therefore, eating tomato ketchup or any other food cooked with tomato sauce can be a good way to prevent cancer or reduce cholesterol.

- **Glutation**

Glutation is another component with proven antioxidant properties which help to eliminate free radicals - responsible for the appearance of many illnesses, including cancer. Glutation is generally found in the skin of vegetables. Therefore to obtain the most benefit from this component, tomatoes should be eaten raw in salads. This component is a very effective element in the elimination of toxins from the body, particularly heavy metals (An accumulation of heavy metals in the body leads to premature ageing and general poor health). Other herbs rich in glutation are: garlic, potato, spinach and corn. In addition to these properties, glutation has a capacity to lower blood pressure and prevent eczema.

### 63. VALERIAN (*Valeriana Officinalis*)



- **Introduction:**

Valerian is a perennial herb with green leaves and white or pink flowers. Its stalk is hollow and grooved and can reach a height of 120cm. The root is dark yellow or brown in color. Valerian has a main root with shoots springing from it that can be over 10cm long. This herb can be found in wet places such as meadows, lakes, rivers and ditches. The smell of its stem and root is very unpleasant. For some reason, the smell of valerian root excites cats.

- **Remedial Properties**

Remedial properties of valerian are to be found in its roots. The blooming period for this herb is from June to September. The roots are gathered in October and November, when the blooming period is over. Valerian root decoction is an effective sedative for nervous upset and nerve pains of various kinds. It is very beneficial for people who suffer from stress as it has none of the undesirable effects of narcotics. Valerian is used as a sedative for nervous ailments including vertigo, palpitations (increased heartbeats) and insomnia. It is believed that people with weakened eyesight can benefit from using valerian. Valerian can also be used as a tincture. It is important to know that valerian should not be used for continuous periods in excess of three weeks. It is recommended to cease using valerian for a period of five weeks after each treatment. Valerian also lowers blood pressure, so people suffering from low blood pressure should use hawthorn as an alternative to valerian.

- **Valerian Tincture**

**Ingredients:**

20g of crushed dry valerian root  
100g of 70% medicinal alcohol

**Step 1:**

Place the crushed valerian root into a dark bottle.

**Step 2:**

Pour 100g of 70% medicinal alcohol over the valerian root and seal the bottle with a cork.

**Step 3:**

Leave it for 14 days and shake twice daily

**Step 4:**

Strain it through muslin cloth and pour it into a clean dark bottle; put on a label clearly stating the type of herb(s) used in the preparation of the syrup and the date of preparation. Store it in a cool dark place (not a refrigerator). Keep away from children.

**Dosage:**

20 drops should be taken on a sugar cube with a glass of water before bedtime.

#### 64. WALNUT (*Juglans Regia*)



- **Introduction:**

Walnut is a tree that can grow up to 25m in height. Its leaves are long and egg-shaped. When they are young they are reddish in color, but tend to change to green as the leaves get older. The walnut originated in The Far East and Asia. It should be noted that it cannot resist low temperatures.

- **Remedial Properties:**

The remedial properties in walnut can be found in its young leaves and fruit. The unripe green fruit is gathered in June and the ripe dark brown fruit in autumn. Herbal tea prepared from young walnut leaves and honey is very effective for strengthening blood, is good for digestion and helps with various ulcers. This tea can also be used as a compress and for rinsing inflamed eyes. Additionally, it can be used as a mouthwash and gargling liquid for treating bleeding gums. Syrup made from the green fruit and honey, is equally effective in treating the above ailments.

#### 65. WILD GARLIC (*Allium Ursinum*)



- **Introduction:**

Wild garlic is a herb with long elliptical leaves and white flowers. If any part of the herb is crushed or rubbed it releases a scent very similar to garlic - hence the name. Its leaves can be used in the preparation of salads or stews as they taste very similar to garlic. This herb is the best spring purifier and can be used for blood and liver cleansing. When gathering wild garlic, it should be noted that its smell is the most accurate way to assess its quality.

- **Remedial Properties**

The remedial properties of wild garlic are to be found in its young leaves, harvested in April and May and its root which should be collected during the summer and autumn. It is very important to note that drying of this herb removes all its remedial properties and it must be avoided.

This herb should only be used in seasons when its young leaves and roots are available. The therapeutic qualities of this herb are similar to garlic. It is considered that wild garlic is a good remedy for arteriosclerosis, high blood pressure and various stomach and intestine ailments. Additionally, taking extracts of wild garlic is very effective in treating problems with the respiratory system such as bronchitis and asthma.

The only way to use wild garlic during the year is to preserve it in the form of a tincture. This tincture is a useful way to treat haematomas and open wounds which heal slowly. It also helps in extracting phlegm from lungs, and this obviously helps with breathing. Wild garlic tincture also has antibacterial properties.

- **Wild Garlic Tincture**

**Ingredients:**

250g of wild garlic roots  
1litre of vodka (40% alcohol)

**Step 1:**

Clean and wash the wild garlic roots.

**Step 2:**

Pour vodka 5-6cm deep into a glass bowl.

**Step 3:**

One by one put the wild garlic root into the bowl, while ensuring to crush them with a wooden spoon. Make sure that the root is completely submerged in vodka before crushing. Alternatively, the roots can be crushed outside the bowl, but in that case the tincture will be brown in color, due to oxidation of the root juices when exposed to air.

**Step 4:**

After crushing all the roots, use a funnel to pour the mixture into a dark bottle. Pour the remainder of the vodka into the bottle. Ensure there is enough space left in the bottle for occasional mixing and shaking of the mixture. Use a wooden stick for mixing.

**Step 5:**

Leave it at room temperature for 14 days. After this time has elapsed, strain the contents of the bottle through muslin cloth. Cork tightly and store in a refrigerator.

**Dosage:**

10 drops of the tincture should be taken in the morning and evening, with half a glass of milk or yoghurt. If the tincture is taken with milk, ensure the milk is cold. This tincture should be taken for high blood pressure.

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 12 – QUESTION & ANSWERS

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

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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 Sage

2. List some of St. John's Wort's remedial properties

3. Describe Thyme

4. List some of Tomato's remedial properties

5. List some of Wild Garlic's remedial properties