

CERTIFIED ADVANCED HERBALISM COURSE - SESSION 6: Herbs & Plants II

- **BLACKCURRANT** (*Ribes Nigrum*)
- **BLUEBERRY / BILLBERRY**(*Vaccinium Myrtillus*)
- **BROCCOLI** (*Brassica Oleracea L. v. Italica*)
- **BRUSSELS SPROUT** (*Brassica Oleracea L.*)
- **BURDOCK** (*Arcitum Lappa*)
- **CABBAGE** (*Brassica Oleracea*)
- **CAMOMILE** (*Matricaria Chamomilla*)
- **CELERY** (*Apium Graveolens*)

9. BLACKCURRANT (*Ribes Nigrum*)



- **Introduction:**

The Blackcurrant bush can be easily grown in a normal garden. The best place in the garden is in a wet corner. Its flowers are generally yellow green in color with a slight dark red rim around the perimeter. The leaves contain small oily blisters on the underside.

- **Remedial properties:**

The most beneficial parts of the plant used to prepare remedies are the fruit, leaves, bark and roots. Effectively the whole plant can be used to prepare various herbal teas, herbal soups and tinctures. Herbal tea made from blackcurrant leaves will help with arthritis, migraines, whooping cough, difficulties with the urinary tract and general fatigue. The blackcurrant herbal tea is also a diuretic.

The leaves are harvested before the berries are ripe and are dried away from direct sunlight or in an oven at 40°C. Only the leaf body without the stem is collected, as the stem has no remedial value.

Because of the amount of vitamin C contained in the berries, consuming them can prevent or help with infections such as chest infections or pneumonia.

Blackcurrant berries and juice are also very useful with kidney problems and stomach cramps.

10. BLUEBERRY / BILLBERRY (*Vaccinium Myrtillus*)



- **Introduction:**

Blueberry is a small bush 20cm to 30cm in height. Its leaves are egg shaped, slightly jagged with small stems. Its flowers are light purple in color and the fruit is dark blue in color, pea sized and shaped with a circular depression at the bottom.

Blueberry can be found in most forests in Europe.

- **Remedial properties:**

The leaves and berries have remedial qualities. The leaves are harvested before the berries are ripe and are dried away from direct sunlight or in an oven at 40°C. The berries are collected ripe, in summer. When drying, the berries need to be exposed to the sun.

The leaves are used in combination with other herbs for preparing various herbal teas. They are beneficial as a remedy for vomiting, diarrhea, stomach cramps, and coughs. They are also a very strong herbal remedy for diabetes. They lose their remedial qualities after the berries ripen, so they must be collected before this occurs. It is very important to note that herbal tea made from blueberry leaves should not be consumed without consulting a professional.

The berries can be consumed fresh or dried. Blueberry can also be consumed as fresh juice, and indeed in this way the most value is obtained from the herb. Dried blueberries are a very good cure for diarrhea and fresh blueberries can be used as a light laxative and can help with constipation. Blueberries can also help with bleeding hemorrhoids. The juice is good for digestive problems and loss of appetite. Dried berries are very useful in preparing gargling water or a skin lotion.

11. BROCCOLI (*Brassica Oleracea L. v. Italica*)



- **Introduction:**

Broccoli has been used in the human diet for over 2000 years. Its name is derived from the Italian word 'brocco' which means branch.

- **Remedial properties:**

Broccoli is a very valuable source of vitamins and minerals. It is abundant in numerous strong antioxidants, including beta-carotene and vitamin C. It has an extremely high anti cancer capability; especially against lung, colon and breast cancer. Broccoli is considered to be one of nature's biggest weapons against cancer.

Beta-carotene makes broccoli green, so when buying broccoli, choose a piece with very dark florets for maximum antioxidant content.

12. BRUSSELS SPROUT (*Brassica Oleracea L.*)



- **Introduction:**

Brussels sprout is a vegetable with a shape that resembles miniature cabbage. In addition to the resemblance, it also possesses some of the same powers as broccoli and cabbage. It is packed with various antioxidants and cancer-fighting chemicals.

- **Remedial properties:**

Researchers at the Institute of Food Research in England discovered some compounds found in brussels sprouts that caused pre-cancerous cells to self-destruct. In fact, the effect was so strong that it is believed that even occasional serving of sprouts could destroy such cells in the large intestine.

In addition to this very important property, brussels sprout also generally strengthen the immune system, nervous system and help the health of skin. It is also believed that brussels sprouts may protect against asthma, migraine and depression.

Sprouts are also high in antioxidant, vitamin C and are a very good source of beta-carotene.

13. BURDOCK (*Arcitum Lappa*)



- **Introduction:**

Burdock is a biennial plant with a long conical root. In the first year it has big heart shaped leaves that grow close to the ground. In the second year the stem grows up to 1.5m in height, with smaller and smaller leaves towards the top of the plant. Its flowers are crimson in color and the size of a marble, tightly packed together. They are equipped with many tiny hooks that help cling onto animals coats in order to be carried across long distances.

- **Remedial properties:**

The root, leaves and seeds have remedial properties. Roots from the two year old herbs are collected in spring and autumn; leaves are collected in spring and seeds when ripe. It should be noted that one year after collection and drying, burdock loses all medicinal properties.

Herbal soup made of burdock root is a great purifier of the blood. It is also used to cure venereal diseases, boils and rheumatism. Herbal soup lowers the sugar level and therefore is recommended for diabetics. Herbal soup taken with an equal amount of full fat milk and sweetened with honey is a very good remedy for rheumatism, gout and arthritis.

Eating fresh burdock leaves, stems and root will improve skin condition for those suffering from eczema, skin ulcers and psoriasis.

- **Burdock root and leaves herbal soup:**

Ingredients:

1 tablespoon of crushed burdock root and leaves.
500ml of cold water (previously boiled)

Step 1.

Pour 500ml of cold water over the herbs

Step 2.

Bring to the boil and simmer for 5 minutes

Step 3.

Remove from heat, cover and leave for 10-15 minutes.

Drink 2 tablespoons in the morning and evening.
This soup is a remedy for all the conditions listed above.

- **Burdock root herbal soup:**

Ingredients:

60g of dried burdock root, crushed
1litre of cold water (previously boiled)

Step 1.

Pour 1litre of cold water over the herbs

Step 2.

Bring to the boil and simmer for 5 minutes

Step 3.

Remove from heat, cover and leave for 10-15 minutes.

Drink 1 cup in the morning and evening.

- **Burdock leaves herbal soup:**

Ingredients:

100g of dried burdock leaves, crushed
1litre of cold water (previously boiled)

Step 1.

Pour 1litre of cold water over the herbs

Step 2.

Bring to the boil and simmer for 5 minutes

Step 3.

Remove from heat, cover and leave for 10-15 minutes.

Drink 1 cup in the morning and evening. This tea is also very good with boils inside the mouth, if used as gargling water.

Herbal tea made of burdock seeds is considered to be a good cure for kidney stones.

Washing hair in burdock root herbal soup and soaking it in burdock oil every second day will strengthen the root and stimulate hair growth.

- **Hair loss lotion**

Ingredients:

250ml of burdock herbal tea
250ml of apple cider vinegar

Mix the herbal soup and apple cider vinegar. Rub the scalp in this lotion 2 times a day. Make sure that lotion is at room temperature.

- **Burdock Oil**

Ingredients:

100g of dried burdock seeds.
90% medicinal alcohol
1litre of olive oil (not virgin)

Step 1.

Crush seeds in crusher to get powder

Step 2.

Soak crushed seeds with 90% medicinal alcohol

Step 3.

Put the mixture in a bottle and leave it at room temperature for 14 days.

Step 4.

Add olive oil until the bottle is full.

Step 5.

Leave it at room temperature for 4 weeks and give the bottle an occasional shake say two or three times a week. Do not cork the bottle but cover it with muslin cloth to allow the alcohol to evaporate.

- **Burdock Root Cream**

Ingredients:

Fresh Burdock Root
Unsalted organic lard (beeswax or lanolin)

Step 1.

Peel and thoroughly clean the fresh burdock root. Put it in a blender and make a paste.

Step 2.

Squeeze as much of the juice as possible from the paste.

Step 3.

Add lard to the juice in small amounts until you get a consistency of thick cream.

Step 4.

Put it into a clean porcelain (NOT METAL) container with a tight lid. Put on a label, clearly stating the type of cream and date of preparation. Store it in a refrigerator.

This cream is a very good remedy for burns and boils. It is applied several times a day and loosely covered.

Warning:

Burdock based remedies should not be taken during the first six months of pregnancy.

14. CABBAGE (*Brassica Oleracea*)



- **Introduction:**

There should be no need to introduce one of the most common vegetables in the world. It is usually the size of a football, with leaves growing tightly on top of each other forming a spherical shape.

- **Remedial properties:**

In ancient Rome cabbage was considered as a cancer cure. Cabbage has the capability to speed up estrogen metabolism, which is thought to help prevent breast cancer. It contains numerous anti-cancer compounds that can help prevent the development of colon cancer and also suppresses the growth of polyps.

There are studies showing that eating cabbage more than once a week reduces the probability of a man contracting colon cancer by 66%.

Cabbage juice contains anti-ulcer compounds, so it is very effective in treating mouth ulcers, stomach ulcers as well as bronchitis.

A lightly beaten cabbage leaf applied directly on the breast can reduce breast inflammation.

15. CAMOMILE (*Matricaria Chamomilla*)



- **Introduction:**

Chamomile is a one-year cycle herb that can grow up to 50cm in height. It can be found on uncultivated ground and meadows.

- **Remedial properties:**

The whole plant is medically valuable. The flower is the most used part of the whole herb. Herbal tea prepared from chamomile flowers should not be drunk to excess, as it contains substances that could damage the coating of the stomach or bowels.

Notwithstanding this warning, chamomile herbal tea is an excellent treatment for nervous manifestations. Additionally, it can be used as a remedy for stomach cramps, bowel inflammation, and diarrhea.

Chamomile herbal tea is also beneficial against indigestion, heartburn, headaches and general lethargy. Swishing chamomile herbal tea diluted with water (1:1 ratio) around inside your mouth is a very good remedy for bleeding gums. It can also be used in conjunctivitis treatment if applied as a compress.

16. CELERY (*Apium Graveolens*)



- **Introduction:**

Celery is a biennial herb that grows up to 80cm in height. In normal everyday diets, the root and leaves are used. The root is used fresh in salads and as an ingredient in soups and stews. Its leaves are usually used as a garnish. Celery can also be used as a dried herb as it keeps the same aroma after the drying process. It should be noted that only cultivated celery should be used in the preparation of food and herbal remedies.

- **Remedial properties:**

Celery root and leaves have remedial properties and have been used to lower blood pressure for over 2000 years. It is also recommended to people suffering from asthma, rheumatism, kidney ailments and appetite loss. There is also a belief that celery root is an aphrodisiac.

- **Celery Herbal Tea for Rheumatism:**

Ingredients:

40g Celery leaves
1litre of water (previously boiled and cooled)

Step 1.

Pour cold water over the chopped herb.

Step 2.

Bring to the boil and simmer for 3-5 minutes.

Step 3.

Remove from the heat, cover and leave to cool down naturally.

Step 4.

Strain it and store it in dark bottle.

Dosage:

Drink it several times a day, warm.

People suffering from kidney problems should drink juice prepared from fresh celery leaves, mixed with honey. Alternatively 30 drops per day of tincture prepared from fresh celery leaves should be consumed.

Warning:

Celery should not to be taken by pregnant women as it may induce contractions.

