

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 8: Herbs & Plants IV

- **GARLIC** (*Allium Sativum*)
- **GINGER** (*Zingiber Officinale*)
- **GRAPEVINE** (*Vitis Vinifera*)
- **GROUND IVY** (*Glechoma Hederacea*)
- **HAWTHORN** (*Crataegus Oxyacantha*)
- **HORSE CHESTNUT** (*Aesculus Hippocastanum*)
- **HORSETAIL** (*Equisetum Arvense*)
- **JUNIPER** (*Juniperus Communis*)

### 26. GARLIC (*Allium Sativum*)



- **Introduction:**

Garlic is an annual herb that has been in the human diet for so long that it is impossible to say where it came from. It has a tubular stalk that can grow up to 1m in height. It has small flowers that form a sphere like shape and are usually white.

- **Remedial properties:**

Garlic is an all round wonder drug food that protects from a wide range of infections: bacterial, fungal and viral. It is one of the most effective natural anti-microbial, stimulating the production of white blood cells. It is known that garlic was a part of the daily diet given to the people that worked on the Great Pyramids in ancient Egypt. Garlic is very good for fighting infections and is especially useful for children that suffer from coughs and colds. If included in the everyday diet it will dramatically reduce the requirements for antibiotics.

Garlic syrup is recommended as a prevention for bronchitis, chest infections and sinusitis. Garlic oil can be used to ease earaches. It is important that before garlic oil is applied, it has to be heated to room temperature. The areas affected by fungal infections can be treated with fresh garlic juice. An unpeeled clove of garlic, if placed in the mouth and kept there for as long as possible, will help with blocked sinuses and will also do wonders for mouth hygiene. It is important not to bite or chew the clove, as it will burn your mouth. Garlic has the ability to help to open blood vessels, thereby reducing blood pressure. Allicin is one of the active ingredients found in garlic that is responsible for garlic's ability to suppress the formation of cancer cells and enhance the immune system's ability to slow the spread of malignant tumors.

- **The Old Tibetan Cure:**

This recipe was translated from clay plates found in the Tibetan monastery by a UNESCO expedition in 1971. Since then it has been translated to all major languages. The only change made to the recipe is that the ancient fluid and weight units have been converted to modern units.

It is believed that the recipe helps the body to get rid of fat deposits, improve metabolism and elasticity of the blood vessels. It is also considered as a remedy for strokes, arteriosclerosis and as a prevention of tumors. Additionally, if taken as prescribed, it rejuvenates the body.

- **The Old Tibetan Cure - Recipe:**

**Ingredients:**

350g of garlic  
300g of 96% medicinal alcohol

**Step 1.**

Peel the 350g of garlic cloves. DO NOT use a metal knife. Use a plastic or ceramic one.

**Step 2.**

Crush the cloves in a ceramic or wooden bowl. Do not use a metal or aluminum one.

**Step 3.**

Mix the alcohol and crushed garlic cloves thoroughly and pour into a dark bottle (brown or green). Cork tightly and store it for 10 days in a cool place (not a refrigerator)

**Step 4.**

Sieve through muslin cloth and leave for another 3 days, tightly corked and in cool place.

**Dosage:**

Drops to be taken by mixing them with 50ml of milk, heated to room temperature in the following measures:

The table below gives the number of drops to be mixed with 50ml of milk.

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Supper</b>
1	1	2	3
2	4	5	6
3	7	8	9
4	10	11	12
5	13	14	15
6	15	14	13
7	12	11	10
8	9	8	7
9	6	5	4
10	3	2	1
11	25	25	25

Continue by taking 25 drops, three times a day until the whole amount is used.  
It is recommended to repeat the treatment after 5 years.

- **Garlic Syrup:**

**Ingredients:**

6 to 8 freshly peeled cloves of garlic  
6 tablespoons of honey

**Step 1.**

Finely chop the garlic cloves. 6 tablespoons of finely chopped garlic cloves are needed for this recipe.

**Step 2.**

Put the chopped garlic cloves into a glass jar and add 6 tablespoons of honey. Mix thoroughly.

This quantity should be enough for approximately 3 days.

**Dosage:**

Adults:

2 teaspoons 3-4 times a day.

Children between 5 and 12 years of age:

1 teaspoon 3-4 times a day.

**Note:**

Garlic syrup prepared as described above should be used within one week of preparation. Therefore, when making garlic syrup try to anticipate the amount that will be used within three days and avoid unnecessary wastage.

- **Garlic Oil Extract:**

**Ingredients:**

Garlic cloves

Olive Oil

**Step 1.**

Peel and finely chop enough garlic cloves to fill half a glass jar of your choice.

A 125ml standard type jar, in which spices tend to be sold in supermarkets is recommended. For this jar size you might need 6 to 8 cloves, depending on their size.

**Step 2.**

Add olive oil until the jar is full. Close tightly and leave overnight in a cool place (not a refrigerator).

**Step 3.**

Strain the oil extract through the sieve.

Pour it into clean a dark bottle. Put a label on the bottle, clearly stating the type of herb(s) used in the preparation of the syrup and the date of preparation. Store in a cool and dark place (not a refrigerator).

This garlic oil extract is a very useful remedy for earaches and also as a chest rub for coughs or colds.

**Dosage:****Earache:**

Put two to three drops of oil in the ear. Warm the oil to room temperature before using.

**Chest rub for coughs and cold:**

Use one part of garlic oil with four parts of olive oil.

## 27. GINGER (*Zingiber Officinalis*)



- **Introduction:**

Ginger is a tropical aromatic herb that looks very much like a cane. It can grow up to 1m in height and has very thick odd shaped root.

- **Remedial Properties:**

Ginger is highly effective in protecting the body's blood platelets from sticking together, which helps stop the formation of blood clots. The more ginger that one consumes, the greater the effect. Burning ginger root in a room will boost the immune system and help to fight colds, flu, bronchitis, catarrhs, sinusitis and headaches. If added to bath water it is very good for the circulation. Other benefits of using ginger include preventing migraines, relieving symptoms of rheumatoid arthritis, acting as an anti-inflammatory agent and killing salmonella. Ginger is also considered to be an aphrodisiac.

Fresh ginger and dried ginger have completely different remedial properties. The fresh root is used to increase sweating and hence removes toxins from the body.

The dried ginger root is used to fight stomach illnesses, diarrhea, rheumatism and coughs.

## 28. GRAPEVINE (*Vitis Vinifera*)



- **Introduction:**

Grapevine is a bush that can live for a few hundreds years. It can reach a height of 10m to 15m. Its fruit is very sweet and it can be consumed fresh or dried.

- **Remedial Properties:**

Even though all parts of the grapevine have some remedial properties, the majority of the remedial properties are in the fruit. Grapes are a rich storehouse of anti-oxidant and anti-cancer compounds. They are also antibacterial and ideal detoxifiers, particularly of the skin, liver, kidneys and bowels. Fresh grape juice is rich in vitamins A, B and C and is very effective in treating diarrhea and releasing toxins from the body.

## 29. GROUND IVY (*Glechoma Hederacea*)



- **Introduction:**

Ground ivy is an aromatic plant that grows 20 to 40cm in height. The lower part of plant stays on the ground, whilst the top part grows upwards. Its leaves are on long stems, kidney shaped and with jagged sides. Ground ivy flowers are magenta blue in color with purple spots. Ground ivy blooms during May & June.

- **Remedial Properties:**

Remedial properties can be found in the tips of the branches during the blooming season. Additionally remedial properties are found in the leaves, whole plant (not root) and juice from the fresh plant.

Ground ivy is used as a remedy for bronchitis, diarrhea and problems with gall. It can be effectively used to increase appetite.

It can also be used for strengthening the immune system, particularly if there are problems due to a lack of vitamin C. Externally, ground ivy can be used for catarrh treatment, and as a dressing for wounds. A fresh leaf of ground ivy rolled into a ball and placed inside the nostril will relieve a headache within 10 minutes

- **Ground Ivy Juice:**

**Ingredients:**

Fresh young ground ivy plant (as many as you want)

**Step 1.**

Wash the ground ivy and chop them finely.

**Step 2.**

Blend it in a blender until it becomes paste.

**Step 3.**

Squeeze it through a muslin cloth, and pour it into a dark clean bottle. Put a label on the bottle, clearly stating the type of juice contained and the date of production.

**Dosage:**

For adults, half a glass should be taken daily to refresh the body.

Children should take 2-3 teaspoons daily with a little honey or warm milk.

- **Gargle for sore throat:**

**Ingredients:**

30g of ground ivy

1 tablespoon of honey

125g of apple cider vinegar

125g of water (previously boiled and cooled)

Boil the mixture for 10-15 minutes

Allow to cool in a covered container and store in a dark bottle. It should then be used in a similar manner to any gargle.

### 30. HAWTHORN (*Crataegus Oxyacantha*)



- **Introduction:**

Hawthorn generally grows up to 2m in height. However, if ground and weather conditions are desirable, it can grow up to 5m in height. The Hawthorn trunk is ash colored. Its branches are covered with 1 to 1.5cm long thorns. The leaves are three-finger or five-finger shaped and resemble oak tree leaves. They are dark green in color on the top side and blue-green in color on the bottom. Its flowers are small, white, clustered and smell like honey.

- **Remedial Properties:**

Flowers with stems, leaves and ripe berries are collected for their remedial properties. Flowers and flower stems are to be collected only from bushes, which are in full bloom. Its leaves are harvested after the blooming season, and the berries are gathered when ripe. Berries are initially placed in the shade until shriveled, and then moved to a warm oven.

It is believed that hawthorn is one of the best and most effective herbs for heart conditions. Hawthorn strengthens the heart and regulates heartbeat. Also, hawthorn is a very good regulator of blood pressure, and has the ability to raise low blood pressure and lower high blood pressure. Infusion prepared from hawthorn leaves is very effective if ones nervous system feels frayed and fragile.

A decoction of the berries can be taken for diarrhea and dysentery and also for sore throats.

A decoction of flowers and berries is good for facial skin problems, including acne.

**Warning:**

Benign as the hawthorn is, it may interact with powerful modern drugs. Therefore, it is strongly recommended that one contacts ones GP before using a hawthorn remedy if already undergoing medication for any condition.

### 31. HORSE CHESTNUT (*Aesculus Hippocastanum*)



- **Introduction:**

The Horse chestnut is a tree that can grow up to 30m in height. The bark is fractured and dark-brown color. Its leaves are jagged, hand-shaped and have seven 'fingers'. Its fruit is concealed in cocoon covered with thorns an each cocoon can contain up to 4 nuts.

- **Remedial Properties:**

Remedial properties are contained in the flowers and buds, which should be gathered in the springtime. The nuts also contain remedial properties and should be gathered in the autumn. The buds and flowers are a good remedy for rheumatism. Additionally, the nuts are used to treat hemorrhoids, enlarged prostates, varicose veins and diarrhea.

- **Horse Chestnut Extract:**

**Ingredients:**

10 fresh normal size nuts  
250ml of cognac

**Step 1.**

Grate the nuts together with their dark brown skin.

**Step 2.**

Pour 2.5 of cognac into a pan and bring to the boil.

**Step 3.**

Add grated nuts slowly to the boiling cognac.

**Step 3.**

Remove from heat and allow to cool.

**Step 4.**

Strain it through muslin cloth and pour into a clean dark bottle. Put a label on the bottle and clearly state the type of herb(s) used in its preparation along with the date of production. Store in a cold and dark place (not a refrigerator).

- **Hemorrhoids:**

20 drops of extract 3 times a day, before meals for two weeks. After two weeks of therapy, introduce a break for a week.

- **Cream for varicose veins:**

20g of horse chestnut extract  
60g lanolin

The treated areas should to be covered with a cloth.



### 32. HORSETAIL (*Equisetum Arvense*)



- **Introduction:**

The horsetail is a perennial herb that belongs to a very primitive order of plant, and its closest relation is the fern. The plant can grow up to 40cm in height and its roots spread in all directions, creating a network. It will grow almost anywhere, but is particularly vigorous in loose sand, as long as it gets rooted in place. If rooted in a field it is very hard to get rid off. The plant looks like a miniature pine tree.

- **Remedial Properties:**

Medicinally the horsetail has many functions. The remedial properties of the plant have been known for a long time. The horsetail is one of the best remedies for lung diseases especially tuberculosis (TB). It is very effective in treating anemia as it encourages the body to produce red blood cells. It also cleans wounds and heals bleeding and is also very effective against kidney and bladder dysfunction, including kidney stones.

A cup of horsetail tea taken daily is a well-ried remedy for the pain associated with rheumatism and gout. This tea will stop vomiting of blood and internal hemorrhaging. The horsetail is also a very good herb for treating stomach ulcers and urinary tract problems.

A foot-wash with a little decoction of horsetail is a very successful remedy for cracked feet, athlete's foot and various fungal diseases. It is particularly effective for people with sweaty feet.

### 33. JUNIPER (*Juniperus Communis*)



- **Introduction:**

The juniper is a coniferous tree, which reaches a height of 7m in Mediterranean regions, whereas in cooler regions of Western Europe it does not tend to reach heights greater than about 2m. It has needle shaped leaves. It takes two years for the juniper berry to ripen. In the first year the berries are a green color but when ripened, the berries become a dark bluish-purple color and their taste is bittersweet.

- **Remedial Properties:**

The whole plant has remedial properties, but the most commonly used element for remedial use is the berry. Only the ripe dark bluish-purple berries have remedial properties. The unripe green berries have no remedial properties. The best time for collecting the berries is from the end of the summer to the beginning of the winter. Following their collection, they should be stored in an airy, draughty place and allowed to dry. The juniper leaves (needles) and shoots are gathered from April to the end of June and should be stored and dried in the same way as the berries.



Herbal tea prepared from crushed berries helps to strengthen the stomach, calm nerves, purify blood, induce perspiration and cleanse the liver.

This herbal tea is also very good for increasing the volume of urine produced and is recommended for rheumatism, arthritis, sluggishness, loss of appetite and digestive upset.

Herbal soup prepared from shoots and leaves using milk as opposed to water, is very beneficial for rheumatism, lumbago and scurvy.

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 8 – 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. List some of Garlic's remedial properties

2. Describe Ground Ivy

3. List some of Hawthorn's remedial properties

4. Describe the preparation of Horse Chestnut extract

5. List some of Horsetail's remedial properties