

CERTIFIED ADVANCED HERBALISM COURSE - SESSION 9: Herbs & Plants V

- **LAVENDER** (*Lavandula Vera*)
- **LEEK** (*Allium Ampeloprasum Porrum*)
- **LEMON** (*Citrus Limon*)
- **LEMON BALM** (*Melissa Officinalis*)
- **LIME TREE** (*Tilia x Vulgaris*)
- **LOVAGE** (*Levisticum Officinale*)
- **MARIGOLD** (*Calendula Officinalis*)
- **MARSHMALLOW** (*Althea Officinalis*)

34. LAVENDER (*Lavandula Vera*)



- **Introduction:**

There are many species of this herb, but the essential oil of lavender is extracted from *Lavandula Vera*. Lavender is a small bush-like herb that grows up to 60cm in height. The leaves are grey-green in color and their shape resembles rosemary leaves. Its flowers are violet-blue in color. The lavender blooms in July and August.

- **Remedial Properties:**

For remedial purposes only its leaves and flowers are gathered. The flowers are picked before they have quite fully bloomed i.e. when they reach the stage between a bud and a fully opened flower.

An infusion of this herb is good for migraines and insomnia. The lavender herbal tea is also recommended for problems with the respiratory tract, e.g. laryngitis, asthma and bronchitis, and also for influenza, chills and general fevers. A tincture of lavender applied as a lotion makes hair stronger. Also a few drops in lukewarm water can be very beneficial as a gargle and mouthwash. An oil extract made from lavender is very useful as a remedy for insect bites, burns and wounds. If used in the bath it helps with lumbago and back muscle pains. It is important to know that lavender oil is only for external use and it should never be used internally.

- **Lavender Herbal Tea**

Ingredients:

1 teaspoon of dried lavender flowers & leaves
200ml of water, previously boiled and cooled down

Step 1.

Put the herb mix into a porcelain bowl.

Step 2.

Bring 200ml of water to the boil.

Step 3.

Pour boiling water over the herb and cover the bowl. Leave it for 15 to 20 minutes.
Take 2 to 3 cups of lavender tea daily.

35. LEEK (*Allium Ampeloprasum Porrum*)



- **Introduction:**

Leeks are members of the same family as onions and garlic and possess similar healing qualities, only in a much milder form.

- **Remedial Properties:**

Leeks contain compounds called allicin and sulfides, which are antibiotic, antifungal and possibly antiviral. They are a mild anti-coagulant, so when eaten regularly they lower the level of cholesterol in the blood. Leeks also destroy some of the dangerous bacteria in the gut, hence protecting the body from stomach cancer. Leeks are also high in potassium, which regulates blood pressure and fluid balance within cells. Folic acid can also be found in leeks as well as vitamin C and beta-carotene, which is converted to vitamin A in the body.

36. LEMON (*Citrus Limon*)



- **Remedial Properties:**

Lemons contain high levels of vitamin C, which boosts the body's resistance to illness. They also help to enhance iron absorption, aiding efficient wound healing and strengthening cell membranes. They also lower blood-fat levels and help maintain a healthy heart, nerves and muscle tissue. Lemon juice has long been heralded worldwide as a diuretic, an astringent, a lotion for sunburn, a cure for hiccups and a tonic.

In Mediterranean regions, a common morning drink is 2 tablespoons of lemon juice mixed with 2 tablespoons of honey and some water. Lemon juice contains bioflavonoids - nutrients found in high concentration in fruit and vegetables - that help the body fight off viruses and allergies and protect the mucus membrane.

Lemon peel has been shown to be a good antioxidant. It is very beneficial in guarding the body cells from free radicals, which are the main cause of cancerous changes in the body. Antioxidants are believed to have a profound beneficial impact on human cells, including warding off cancerous changes and retarding ageing.

37. LEMON BALM (*Melissa Officinalis*)



- **Introduction:**

The lemon balm is a perennial herb with a square stem that can grow up to 60cm in height. Its flowers are white, blue-white or yellow-white. When bruised, the herb releases a very pleasant smell that resembles a lemon fragrance, hence the name.

- **Remedial Properties:**

The best remedial properties can be found in the leaves. The leaves are gathered before the blooming season. They should be dried quickly and carefully, in the shade and moving them should be kept to a minimum. Lemon balm is a very good herb for all heart diseases. It strengthens the heart and it also cleanses the blood. A lemon balm bath is very good for migraines, headaches and nervousness caused by stress.

Lemon balm herbal tea sweetened with honey is a very good remedy for insomnia caused by tiredness.

38. LIME TREE (*Tilia x Vulgaris*)



- **Introduction:**

Lime trees can grow up to 30m in height, and can live for several hundred years. When in bloom (usually in June and July) its flowers have a very pleasant scent. Because of this, lime trees tend to be very popular in public parks.

- **Remedial Properties:**

Remedial properties are found in the flowers and attached leaves. The best time for collecting the flowers is at the beginning of the blooming season. It should be noted that when the blooming period is over, the lime tree no longer has remedial properties. Lime-tree flowers should be collected on a dry and sunny day. They should then be dried in the shade in a cool, dry and draughty place. If dried properly, the flowers and leaves will retain their original color and pleasant smell.

Herbal tea prepared from lime-tree flowers is a very effective remedy for colds and respiratory tract illnesses. The herbal tea or tincture is also very good for anxiety or insomnia. Prolonged use of the herbal tea will improve nerves and help the recipient to cope better with stress. Lime-tree herbal tea is also very good for digestion.

39. LOVAGE (*Levisticum Officinale*)



- **Introduction:**

Lovage is an aromatic herb that can grow up to 2m in height. It can be grown in gardens and it can also be found in the wilderness.

- **Remedial Properties:**

Lovage is a mild herb and because of this quality, it is particularly useful for remedying flatulence and other disturbances of the digestion system in children. It encourages perspiration, where such encouragement is required. For all these purposes it can be taken as an infusion of the roots and fruit. An infusion of lovage seeds, used cold, is an old recipe for clearing up inflammation and general irritation of the eyes. A lovage decoction also makes a good throat gargle.

40. MARIGOLD (*Calendula Officinalis*)



- **Introduction:**

Marigold is a herb native to the Mediterranean region. It can grow up to 60cm in height. Its flower is usually yellow, dark yellow or orange in color. It has the unusual characteristic of closing early in the afternoon. Its leaves are oval shaped and the whole plant is covered with tiny hairs.

- **Remedial Properties:**

Remedial properties can be found in the leaves during the blooming season and also in the flower buds. The flower containing remedial qualities has a strong orange color. In order to retain their remedial qualities, the flowers should be dried in a draughty place, away from the direct sunlight. Marigold flower petals have the most abundant remedial properties.

Marigold is used to treat constipation, stomach and bowels problems. Other medicinal uses include helping with chronic ulcers and varicose veins. Also, marigold herbal tea can be beneficial with cases of diarrhea.

Marigold cream is very good balsam for lips and dry skin.

- **Marigold Mouthwash**

Ingredients:

1 teaspoon of dried marigold flowers
200ml of water (previously boiled and cooled down)

Step 1:

Bring the water to the boil

Step 2:

Pour the boiling water over the dried marigold flowers; cover with a lid and leave for 15minutes.

Marigold mouthwash, prepared as outlined in this recipe, is a very effective means of relieving the discomfort associated with inflamed gums.

41. MARSHMALLOW (*Althea Officinalis*)



- **Introduction:**

Marshmallow is a plant with thick white roots and large silvery green leaves. It can grow up to 2m in height and blooms from June to the end of August.

It should be noted that the marshmallow sweet has no connection of any kind with the herb.

- **Remedial Properties:**

The root of the herb has the best remedial properties. It is collected in spring and autumn, when the blooming season has ended. Its flowers are gathered during the blooming season, while its leaves should be gathered in Autumn, after the blooming season. It is important to note, that the leaves should not be collected in the springtime.

After collection, the root needs to be peeled, cut in stripes (longitudinally) and dried. Drying only takes a few days. After this, the root is cut into small cubes and stored. The marshmallow root with the most beneficial remedial properties is white in color.

Marshmallow is a very effective remedy against colds, coughs, constipation and catarrhal conditions of the bladder. For any of the above listed ailments it can be taken as either a herbal soup or as a herbal tea. Gargled Marshmallow herbal soup is very good for dental abscesses and other conditions of the mouth. To ease congestion of sinuses, herbal soup should be inhaled hot, with a towel placed over the head. Syrup made from marshmallow is the most suitable way of treating coughs in children.

CERTIFIED ADVANCED HERBALISM COURSE - SESSION 9 – 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 (US) or at 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 Lavender
2. List some of Leek's remedial properties
3. List some of Lime Tree's remedial properties
4. Describe the preparation of Marigold Mouthwash
5. List some of Marshmallow's remedial properties