

CERTIFIED ADVANCED HERBALISM COURSE - SESSION 5: Herbs & Plants I

- **ALMOND** (*Prunus Amygdalus*)
- **APPLE** (*Malus Communis*)
- **BANANA** (*Musa Sapientum*)
- **BASIL** (*Ocimum Basilicum*)
- **BEETROOT** (*Beta Vulgaris*)
- **BIRCH** (*Betula Pendula*)
- **BITTERBLOOM** (*Centaurium Umbellatum*)
- **BLACKBERRY** (*Rubus Fruticosus*)

HERB - A seed plant that does not develop permanent woody tissue and dies at the end of a growing season.

PLANT - Any living but immobile multi-cellular organism such as trees and flowers that typically have cellulose cell walls, root systems for absorbing water and inorganic substances, and leaves that manufacture nutrients.

1. ALMOND (*Prunus Amygdalus*)



- **Introduction:**

The Almond tree can grow up to 10m in height. It can be found in the Mediterranean area, either cultivated or in the wild. There are two major groups of almonds - sweet almonds and bitter almonds.

- **Remedial Properties:**

The remedial properties can be found in the almond nuts. Almonds help maintain healthy blood-fat levels, strengthen the cardiovascular system and reduce the risk of coronary heart disease. Almonds are very rich in calcium and are recommended to people who are lactose intolerant. It is known that almonds have the ability to lower cholesterol and are very nutrient-rich.

2. APPLE (*Malus Communis*)



- **Introduction:**

The apple tree can grow up to 10m in height. The foliage is very wide and uneven in shape. Its leaves are egg-shaped or heart-shaped and jagged. The fruit of the apple tree vary in size depending on the variety, but typically can range from 3-4cm in diameter to over 10cm in diameter. Again, depending on the variety its taste can vary from sour, bitter to very sweet. The blooming period is from April to May.

- **Remedial properties:**

The vitamin C in apples helps to boost the body's own immune defenses. Apple is also rich in pectin, which can help to lower cholesterol. Fresh apples also contain the anti-cancer agent chlorogenic acid, which blocks the formation of the disease. Apples also help to clear a blocked nose and sinuses of catarrh. It is recommended that apples should be eaten first thing in the morning or last thing at night.

Apple cider vinegar is the product of apples which has many remedy qualities, and when mixed with honey and water makes an excellent refreshing drink.

- **Remedy For Anemia:**

Ingredients:

One apple

½ a lemon

1 tablespoon of honey

1 teaspoon of cranberry juice

Step 1:

Grate one apple

Step 2:

Pour the juice of ½ a lemon over it

Step 3:

Add 1 tablespoon of honey

Step 4:

Add 1 teaspoon of cranberry juice

Step 5:

Mix everything together

This mixture should be consumed on an empty stomach, preferably first thing in the morning.

- **Apple Flowers Herbal Tea**

Ingredients:

10g of apple tree flowers
250ml of water (previously boiled and cooled down)
1 tablespoon of honey
1 lemon

Step 1:

Pour 2.5dl of water into a pan

Step 2:

Add 1 tablespoon of honey and the juice from 1 lemon into the water and boil for 5 minutes.

Step 3:

Pour this mixture over 10g of apple tree flowers and leave it covered for 15 minutes.

Step 4:

Strain it through a sieve and add more honey as a sweetener, if required.

This herbal tea can be used for strengthening the heart and lungs. It can also be used for regulating the digestive system and easing coughs and sneezing.

3. BANANA (*Musa Sapientum*)



- **Introduction:**

The banana tree is native to India and Sri Lanka. It is a perennial herb that grows up to 3m in height. The banana tree could actually be described as a giant herb.

- **Remedial properties:**

Banana contains potassium, which helps to lower high blood pressure and prevent strokes. Banana is a very good source of fiber and also contains a large amount of vitamin B6 and vitamin C. It also contains a chemical compound called bufotenine, which stimulates the brain to increase ones sense of happiness and self-confidence. It is recommended to eat a few bananas if you feel down or depressed. It is also known that the high carbohydrate content encourages the production of serotonin, a “feel good” chemical.

To ease the pain caused by a burn, place a strip of the skin of the banana on the burn (inner side down).

Overripe bananas are also an effective laxative.

Warning:

Do not eat bananas or any banana based products if you are taking antidepressants.

4. BASIL (*Ocimum Basilicum*)



- **Introduction:**

Basil is an aromatic herb that grows 30-40cm in height. Its leaves are egg shaped with pointed ends and its flowers are white, pink and purple in color.

The origin of basil is India. It is also known to have been used in ancient Egypt 5500 years ago. Monks brought it to Europe in the 12th century.

Basil is very sensitive to low temperatures and watering with cold water can damage the plant. Basil can be cultivated externally in gardens (mainly in Southern Europe) and also internally in the form of potted plants.

- **Remedial properties:**

The whole plant can be used to prepare various natural remedies. Basil has digestive, sedative, anti-spasmodic and anti-inflammatory properties. Also basil is effective in fighting infections. Basil also can be helpful in easing migraines and in some instances, insomnia.

Herbal tea made from basil should be taken three times a day, after meals, to deal with the complaints listed above. In addition to this, a few drops of the sap from the leaves helps with earache. The powdered dried leaves make a snuff, which helps to clear nasal passages and restores the sense of smell.

Basil can also be used to prepare gargling water to help cure mouth ulcers and gum problems.

Basil is also used in everyday cooking as an addition to casseroles, cooking vegetables and for the preparation of various soups etc. One or two basil leaves are generally enough for any meal. The classic Italian pasta sauce “pesto” is made from basil.

- **PESTO Sauce**

Ingredients:

4 tablespoons of chopped basil
2 tablespoons of ground walnuts
1/2 tablespoon of finely chopped walnuts (optional)
2-3 garlic cloves crushed (not chopped)
2-3 tablespoons of grated hard cheese (Parmesan or similar)
5-6 tablespoons of olive oil (not extra virgin)
2 tablespoons of melted clear butter

Step 1.

Mix together basil, nuts and garlic. Use force to pound together all ingredients in one homogenous mass.

Step 2.

Add grated cheese and mix thoroughly.

Step 3.

Mix the butter and olive oil sufficiently to ensure they do not separate.

Step 4.

Add the mixture of butter and olive oil very slowly, while ensuring to continuously mix. Blend thoroughly.

Pesto can be served cold or warm.

Store in a dry and cold place.

Warning:

It is not advisable for pregnant women, children and newborn babies to use basil.

5. BEETROOT (*Beta Vulgaris*)



- **Introduction:**

The origin of beetroot is the Mediterranean coast, but it could be grown in almost any part of Europe. This vegetable is one of the most useful and healthiest in our diet. It is very easily digested, packed with vitamins and minerals and can be used as often as we like. In addition to being rich in vitamins and carbohydrates, beetroot contains almost all the minerals important to the human diet i.e. calcium, potassium, phosphorus, iron, iodine, copper, lithium, bromine, etc.

- **Remedial properties:**

The remedial properties in a beetroot are contained in the root. By boiling beetroot, many of the remedial properties are lost, so the best way to use beetroot is to make juice from the raw vegetable.

Beetroot has a high concentration of vitamins B1, B2, C and B12. It should be noted that vitamin B12 is extremely rare in vegetables and therefore beetroot can be a very important element in vegetarian diets.

Beetroot is very good for blood and it acts as an anti-carcinogen. It is also very effective in helping with brittle bones and in fighting arteriosclerosis. Additionally, beetroot has the ability to regulate blood pressure, reduce cholesterol and is very effective when used at the early stages of the flu.

Beetroot can also be used successfully to reduce tumors and to fight leukemia.

- **Beetroot juice:**

Ingredients:

1kg of peeled beetroot
2 normal size lemons
100g of honey

Grate peeled beetroot with a small grater. Pour juice from the two lemons over the grated beetroot and add honey. Leave it for 1/2 to 1 hour and squeeze the juice. 1kg of fresh beetroot will produce approximately 0.7litres of beetroot juice.

When feeling sick, it is advisable to start with 1/2 to 1 liter of juice per day, and when you feel better, reduce it to 1/4litre per day. It is also believed that beetroot juice is a very good hangover remedy.

6. BIRCH (*Betula Pendula*)



- **Introduction:**

Birch is the most useful tree that can be found in Europe. They are between 10m and 25m in height and have thin branches and a white bark. The bark can be peeled off in thin layers. There are two types of birch:

- White or Common Birch
- Northern Birch.

- **Remedial properties:**

Both types have exactly the same remedial properties. Birch leaves, flowers, bark and the sap have remedial properties.

The leaves can be collected during the whole vegetative cycle of the tree and should be dried away from direct sunlight in a dry airy place. The bark is collected in the spring and autumn, while the sap is collected in the spring. The most effective way to collect sap from the birch is as follows:

Step 1.

Drill a small hole in the bark of the trunk.

Step 2.

Insert a straw into the hole and allow the sap to drip into a covered container.

Step 3.

Use a wooden cork to plug the hole afterwards.

In this way 4 to 5 liters of sap can be collected from one tree in a day. This results in a total of approximately 170litres of sap per tree in one season. So it is important to ensure that the container is large enough and it should also be checked regularly. Too many holes in one tree should be avoided as it is not good for the tree.

Sap contains sugar and if it is brought to boil, birch vine is produced. Sap and birch vine is a very good remedy for arteriosclerosis, obesity, kidney stone and other kidney problems.

If for some reason a birch tree is not available from which to collect sap, herbal soup prepared from the bark and leaves can be used as an alternative. This soup acts as a strong diuretic. Four cups daily, taken between meals, will help to gain relief from skin diseases, fluid retention, rheumatism and also helps to dilute and pass kidney stones. This soup can also act as a cleanser to counteract acne, pimples and other facial blemishes.

7. BITTERBLOOM (*Centaurium Umbellatum*)



- **Introduction:**

Bitterbloom could be annual or perennial herb. The stem is square in shape and the whole herb can reach a height of up to 30cm. Its leaves are green and egg-shaped, while its flowers are small and pink-red in color. It usually grows along roadsides and deserted fields.

- **Remedial properties:**

Remedial properties can be found in the flowers and leaves. They should be gathered only during the blooming period. Herbal tea prepared from this herb is a good remedy for kidney and liver problems. Also it is very good for heartburn, headaches and it also improves appetite and regulates digestion. Bitterbloom is also used as an ingredient to prepare St. John's Wort Oil.

8. BLACKBERRY (*Rubus Fruticosus*)



- **Introduction:**

Blackberry is a shrub with horizontal spreading roots, which crawl just below the surface. There are numerous 1m to 3m long thorny branches stemming from the root, crawling over walls or other tree branches. Its flowers are small and white or pale pink color and its fruit is black in color when ripe.

- **Remedial properties:**

Remedial properties could be found in the root, new leaves, shoots, flowers and fruit. The root and is gathered in spring and autumn and the young leaves and shoots are gathered in the springtime, while the flowers are gathered during the blooming season. The fruit can be gathered either when ripe or unripe.

Its leaves are harvested before the berries are ripe and they are dried away from direct sunlight or in an oven at 40°C.

Herbal soup made from dried blackberry leaves is a very good remedy for gastritis, diarrhea, and inflammation of the mouth. Taking 4 cups of the soup daily between meals, can bring the relief to people suffering from gastritis, dysentery and diarrhea. Gargling the herbal soup will help with sore throats.

CERTIFIED ADVANCED HERBALISM COURSE - SESSION 5 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

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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. What is a herb?
2. Name two major groups of Almond.
3. Describe basil.
4. List some of beetroot's remedial properties.
5. List where the remedial properties of birch are found.
6. List some of blackberry's remedial properties.