

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 7: Herbs & Plants III

- **CINNAMON** (*Cinnamomum Zeylanicum*)
- **COLTSFOOT** (*Tussilago Farfara*)
- **COMFREY** (*Symphytum Officinale*)
- **COWSLIP** (*Primula Officinalis*)
- **CRANBERRY** (*Vaccinium Macrocarpa*)
- **DANDELION** (*Taraxacum Officinale*)
- **DILL** (*Anethum Graveolens*)
- **ELDER** (*Sambucus Nigra*)
- **FENNEL** (*Foeniculum Vulgare*)

### 17. CINNAMON (*Cinnamomum Zeylanicum*)



- **Introduction:**

Cinnamon is an indigenous plant to tropical Asia, India and Indonesia. It has been used in the human diet for over 5000 years. In Europe it can be purchased in shops, grounded or in 3-10cm long sticks.

- **Remedial properties:**

Only the bark has medicinal qualities. Because the bark contains tannin, it can be used as a remedy for diarrhea.

Cinnamon is good for the cardiovascular system, is a very good diuretic and helps regulate stomach acid production. Cinnamon can also be used as a cure for high blood pressure, rheumatism and arthritis. If suffering from a cold, chewing on cinnamon sticks can be helpful.

- **Cinnamon Vine**

**Ingredients:**

30g cinnamon powder  
500ml sweet red wine

**Step 1.**

Slowly pour the wine over cinnamon powder and mix continuously.

**Step 2.**

Pour it into a dark bottle and leave it for a minimum of 6 days.

**Dosage:**

50ml to be taken 3 times a day, before meals.

- **Cinnamon Tincture**

**Ingredients:**

100g cinnamon powder  
500ml of 80% medicinal alcohol

**Step 1.**

Slowly pour the alcohol over the cinnamon powder and mix continuously.

**Step 2.**

Pour it into a dark bottle and leave it for a minimum of 15 days.

**Dosage:**

20 to 30 drops to be taken 3 times a day, before meals.

**18. COLTSFOOT (*Tussilago Farfara*)**



- **Introduction:**

Coltsfoot is a perennial herb with far spreading roots. In the springtime the 10cm to 15cm tall stalk is first to appear with only one yellow flower on top. Its leaves, which are hoof shaped, only appear after blooming has finished.

- **Remedial properties:**

The leaves are used for medicinal purposes and are usually gathered in June.

Coltsfoot is a very good remedy for coughs. Herbal soup prepared from coltsfoot leaves is used to relieve asthma and colds. Coltsfoot syrup is a very good remedy for chronic bronchitis. Coltsfoot can also be used externally as a compress for inflammations, burns and swellings.

**19. COMFREY (*Symphytum Officinale*)**



- **Introduction:**

Comfrey is a plant that can grow up to 1m in height. The comfrey's root is thick and juicy. It has a hairy stalk and leaves and also has drooping one-sided clusters of bell shaped pink or purple flowers. Comfrey can generally be found growing in damp locations such as ditches and adjacent to rivers and streams. The blooming period is from May to August.

- **Remedial properties:**

Comfrey leaves and roots are used in the preparation of herbal remedies. Its leaves are very effective as an external bandage to heal fractured bones. It is also used as a compress for deep cuts, boils and abscesses, swellings and sprains.

A herbal soup prepared from comfrey leaves is a very good remedy for asthma and hay fever. For these situations the herbal soup should be taken in small doses at the patient's discretion. Comfrey root is also very beneficial for various digestive and kidney problems. Following harvesting, the root should be washed and then dried whole for 2 to 3 days. It should then be cut into small cubes and dried further in a warm place.

## 20. COWSLIP (*Primula Officinalis*)



- **Introduction:**

The cowslip is one of the first herbs to appear in early spring and it blooms in April and May. It has egg shaped leaves, which grow close to the ground and tend to be organized in a rosette shape. From the centre of the rosette, a 10 to 20cm long stem grows with 5 to 10 yellow flowers at its end. The whole plant is covered in tiny hairs.

- **Remedial properties:**

Cowslip flowers, leaves and roots are collected in May, as that is the time of year when the herb has the most medicinal value.

Herbal tea prepared from its flowers will increase the red blood cell count in the body. It is also used for treating insomnia, migraine and to regulate the menstrual cycle. Herbal soup prepared from cowslip root has a soothing effect when taken before going to bed. It is also used as a remedy for headaches, insomnia and dizziness.

## 21. CRANBERRY (*Vaccinium Macrocarpa*)



- **Introduction:**

The origin of cranberry is North America. Its fruit is red and round. Due to the large amount of vitamin C contained in cranberry, its taste is very sour.

- **Remedial properties:**

Cranberries have strong antibiotic properties. Also cranberries contain vitamin A, vitamin C, potassium and have strong antioxidant properties, which help to prevent the development of cancer.

The most popular way to consume cranberries is in the form of cranberry juice. The juice has powerful antioxidant effects that improve cardiovascular health and help prevent cancer.

It is also a good remedy for kidney stones. Cranberries also have the ability to lower the glucose level in the blood and are highly recommended to people with diabetes.

## 22. DANDELION (*Taraxacum Officinale*)



- **Introduction:**

Dandelion is a plant with an astonishing range of health benefits. It grows up to 20cm in height and has only one flower on top of a hollow stalk. The dandelion can be found far and wide from spring to autumn.

- **Remedial properties:**

The uses for dandelion are endless. Its leaves can be used fresh in salads or boiled like vegetables. Fresh dandelion leaves have long been used as a diuretic to treat high blood pressure by reducing the volume of fluid in the body. Because its leaves are rich in iron, herbal tea prepared from dandelion leaves is very good for treating anemia. Its leaves can also help to dissolve pre-formed gallstones. It is also recommended for gout, rheumatism, eczema, ulcers and loss of appetite. It is suggested that people with diabetes should chew between 5 and 10 dandelion stalks per day. The fresh white juice from the dandelion stalk is very effective in removing warts from the skin when used regularly.

- **Dandelion Herbal Tea**

**Ingredients:**

5-6 tablespoons of dried dandelion leaves.  
500ml water (previously boiled and cooled down)

Herbal tea made from dandelion leaves can be used as a diuretic. It is also good for all digestive upsets.

- **Dandelion Herbal Soup**

2-3 tablespoons of crushed dried dandelion root  
500ml water (previously boiled and cooled down)

Dandelion herbal soup can be taken on its own or sweetened with some honey.

Dandelion root is one of the most effective detoxifying herbs. As well as having a cleansing effect on the liver, it helps kidneys to remove toxins in the urine.

- **Dandelion Syrup**

**Ingredients:**

3-4 handfuls of fresh dandelion flowers (no stalks)  
2 liters of water (previously boiled and cooled down)  
1.5kg of sugar (or other sweetener)  
2 lemons

**Step 1.**

Boil water.

**Step 2.**

Pour boiling water over fresh dandelion flowers.

**Step 3.**

Bring to the boil and boil it for 1 minute before removing it from the heat.

**Step 4.**

Strain it into a ceramic or glass dish

**Step 5.**

Allow to cool for twenty minutes and add 1.5kg of sugar and the juice from two lemons.

**Step 6.**

Simmer on a low heat with constant stirring until syrup consistency is achieved.

**Step 7.**

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

This syrup is very effective for cleansing the body, regulating digestion and increases the appetite. One tablespoon should be taken before every meal. The taste from syrup made in this way is very similar to honey.

### 23. DILL (*Anethum Graveolens*)



- **Introduction:**

Dill is an aromatic herb used in the preparation of a large numbers of meals. The origin for this herb is Southeast Asia. Dill is an annual herb with thin, long roots. The stalk is straight and hollow and can grow up to 120cm in height. A group of small yellow flowers grow on top of the stalk. The root is collected in the second part of March to the end of April. The whole herb is collected in the summer and the seeds are collected when ripe.

- **Remedial properties:**

Dill is a very good remedy for coughs, chest pain, flatulence and colds. It is also a very effective flu remedy.

Herbal tea prepared from Dill seeds is a very good remedy for flatulence, trapped wind and with digestive track problems.

### 24. ELDER (*Sambucus Nigra*)



- **Introduction:**

Elder grows as a bush between 3m and 10m in height. The bark on the bottom part of the trunk is light brown and is grey white on the top. Its flowers are small and grow in groups. They are white or yellow white in color.

Twigs and young leaves are collected in April and May. The flowers are collected in June when in bloom and the elderberries when ripe (elderberries ripen in September and tend to be black in color when ripe). The bark is collected between February and the end of November.

- **Remedial properties:**

Elder is a very useful plant to use for the preparation of remedies for a large number of everyday illnesses.

Herbal soup prepared from elder bark is a very effective purgative.

One leveled teaspoon should be used with 200ml of water. It is important not to exceed the normal daily dosage of this soup.

An ointment prepared from the green inner bark is an instant cure for burns. Also, if the ointment is prepared from elder leaves, it is a very effective cure for sprains and bruises.

Green elder leaves heated and applied to the forehead and temples will help to relieve headaches.

Herbal tea made from elder flowers is a very good remedy for heavy colds, bronchitis, flu, coughs and all rheumatic illnesses.

The juice of fresh elderberries is used for the relief of stomach cramps, loss of appetite and for improving blood circulation.

Elderberries have more vitamin B than any other known fruit, herb or vegetable.

Since fresh elderberries are not used for consumption, they can be used to make jam, which is very good for insomnia.

- **Elderberry Jam**

**Ingredients:**

Ripe elderberries

Brown sugar

Water (previously boiled and cooled down)

**Step 1.**

Draw the stalks of the ripe elderberries through the prongs of a fork and collect the ripe berries in a saucepan (preferably ceramic).

**Step 2.**

Pour warm water over them until the berries are totally submerged.

**Step 3.**

Simmer gently for 15 to 20 minutes, while crushing the berries with the back of a wooden spoon.

**Step 4.**

Strain the mixture through a muslin cloth

**Step 5.**

Leave it for 10 minutes to cool down slightly

**Step 6.**

Add 500g of brown sugar to every liter of juice.

**Step 7.**

Heat gently with constant stirring until all the sugar is dissolved.

**Step 7.**

Bring to the boil and boil until syrup consistency is achieved. This should take approximately 10 to 15 minutes.

**Step 8.**

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

Elderberry jam mixed with water can be used as a refreshing drink. Two tablespoons of elderberry jam mixed with 200ml of boiling water will help with colds and sore throats.

## 25. FENNEL (*Foeniculum Vulgare*)



- **Introduction:**

Fennel is a biennial herb that can grow up to 2m in height. It has green-blue feather like leaves and a hollow stalk. Fennel flowers are small, golden yellow in color and bloom between July and September. Wild fennel can be found all around the Mediterranean coast.

- **Remedial properties:**

Remedial properties can be found in the root, the whole plant and its seeds. The root and plant are collected in the summer, and the seeds when they are ripe.

Fennel helps to regulate blood-fat levels and maintains a healthy heart, muscles, skin, mucous membranes and nerves. Fennel is also very useful as a remedy for coughs, chest pains, cramps, indigestion, colds and flu. It is also useful in treating kidney, stomach and intestinal problems.

Fennel is a rich source of potassium, which is essential for regulating blood pressure.

- **Fennel Herbal Tea**

**Ingredients:**

1 teaspoon of dried fennel plant  
200ml of water

**Step 1:**

Put a crushed herb into a saucepan

**Step 2:**

Pour 200ml of boiling water over the herb

**Step 3:**

Boil for 5 minutes

**Step 4:**

Cover and leave for 10-15 minutes

**Dosage:**

2-3cups of tea to be taken daily, after meals

**Warning:**

An excessive intake of fennel seeds can be toxic. It should not be taken excessively at the beginning of pregnancy and should be avoided if a patient has a chronic digestive illness.

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 7 – 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 Cinnamon.
2. Describe the preparation of Cinnamon Vine.
3. List some of Coltsfoot's remedial properties.
4. Describe Cowslip.
5. Describe the preparation of Dandelion Herbal Tea.
6. List some of Fennel's remedial properties.