

Chickweed

Stellaria media

Description: A delicate annual of rich ground and gardens in the Carnation family. It grows to about two feet tall with ovate glabrous leaves and small white starry flowers.

Part Used: Leaf

Action: Emollient, Vulnerary

Category: Specific

Systems: Hormonal, Integumentary

Taste: Bitter, Sweet

Energy: Cool

Primary Uses: Acute Sore Throat, Bruises, Bruising Easily, Boils

Caution: None noted

Preparation: Infusion; Fresh Leaves

Dose: 1 cup 2-3 x daily; a handful of fresh herb in salads

Products: Bulk Herb



Health Benefits: Chickweed is most often made into a poultice for bruises, boils, psoriasis, and eczema. In the spring, when it is tender, chickweed is a good addition to salads and was formerly used for its Vitamin C content. As a tea, chickweed is drunk to rid the lungs of phlegm and relieve sore throats. Although it has a reputation as an herb that helps to melt off excess pounds in people who are overweight, there is little evidence to support this use. It is considered a very mild thyroid and metabolic activating herb, but the herb is practically useless when purchased in commercial products, because after drying, it probably loses most of its activity. To make use of its weight-reducing properties, it is best eaten fresh in quantity in salads.

Notes:

Ginsengs Formula

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|--------------|--|
| Action: | Stimulant |
| Category: | Stimulating Tonic, Specific |
| Systems: | Hormonal, Nervous, Digestive |
| Energy: | Warm |
| Uses: | Chronic Fatigue, Sexual Weakness, Poor Circulation |
| Caution: | None noted |
| Preparation: | Tincture |
| Dose: | 1-3 droppersful as needed |



Health Benefits: Ginsengs Formula may be useful for chronic fatigue, sexual weakness, fertility problems, coldness, poor circulation, and poor digestion and assimilation. It includes a blend of herbs that are traditionally associated with ginseng in Traditional Chinese Medicine. Unlike a pure *Panax ginseng* product, this formula provides a stronger, more broad-spectrum formula that is less likely to cause over-stimulation. It can also be taken for several months as a general tonic formula to increase endurance, counteract stress, support the adrenal system, and enhance the digestive and nervous systems.

Formula: (approximate proportions which may vary in commercial preparations)

Siberian Ginseng (30%)

Codonopsis Root (20%)

Tangerine Peel (20%)

American Ginseng (10%)

Korean Ginseng (10%)

Chinese Ginseng Root (10%)

Hypoglycemia

Recommended Herbs:

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|--------------|----------------------|------------------------------------|
| Eleuthero | Tincture | 40-60 drops 2-3 x daily |
| Rehmannia | Decoction: 3-6 grams | 1 cup 2-3 x daily |
| Reishi | Powdered Extract | 2-4 500 mg capsules 2-3 x daily |
| Devil's Club | Tincture | 1-3 droppersful in water 2 x daily |

Medical Description:

Hypoglycemia is a condition where blood sugar levels in the body are commonly lower than what is required by an individual for optimum metabolic activity. This can be associated with long-term stress and the continuous use of foods that contain a high percentage of simple (refined) sugars. Symptoms might include depression and fatigue, especially after eating. Tolerance for refined sugar and its products is low.

Holistic Program:

A treatment program can include blood-sugar regulating herbs (eleuthero, rehmannia, devil's club, reishi).

Recommended diet: Low-Sugar diet.

Jet lag

Recommended Herbs:

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|------------------|------------------|-----------------------------|
| Eleuthero | Tincture | 40-60 drops 2-3 x daily |
| Reishi | Powdered Extract | 2-4 capsules 2-3 x daily |
| St. John's wort | Tincture | 1-2 droppersful 2-3 x daily |
| American Ginseng | Tincture | 25-40 drops 2-3 x daily |

Medical Description:

Jet lag is associated with symptoms that can occur after a long jet flight across several time zones, such as light-headedness, dizziness, nausea, depression, and fatigue.

Holistic Program:

Helpful herbs include adaptogens (eleuthero, reishi, gotu kola, schisandra) and antidepressive or hormone-balancing herbs (St. John's wort, vitex).

Recommended Diet: Fast or eat lightly during long flights and drink plenty of water.

Thyroid, hyper-**Recommended Herbs:**

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|------------|---------------------|-----------------------------|
| Bugleweed | Tincture | 3-4 droppersful 2-3 x daily |
| Motherwort | Tincture | 25-40 drops 2-3 x daily |
| Linden | Infusion: 1-4 grams | 1 cup 2-3 x daily |

Medical Description:

Hyperthyroidism (Grave's disease) is an overactivity of the thyroid gland sometimes accompanied by increased size of the gland, but also due to a tumor. Common symptoms include goiter (enlargement of the thyroid gland), fast heartbeat, nervousness, increased sweating, intolerance of heat, insomnia, weight loss, increased appetite, and fatigue. The disease is often associated with a hyperreactivity of the immune system, which sends antibodies out to attack the cells in the thyroid that produce thyroid hormone (thyroxin), making them hypersecrete.

Holistic Program:

Commonly recommended remedies include herbs to slow down thyroid function (bugleweed, motherwort) and relaxing herbs (linden, California poppy, valerian).

Adjunct Therapy: Sea vegetables