

Herbal Medicine – Simple remedies

Indigestion



There are many herbs that can aid digestion and they are best taken as a tea. If you are using tea bags of the herb you may need to add several tea bags to a mug of hot water to get a good strength. If you are using dried herbs the general rule of thumb is 1 – 2 tsp of dried herb to 1 cup of boiling water. If you are using fresh herbs double that.

Herbs to try for indigestion: Peppermint, chamomile, fennel, cinnamon, caraway, ginger.

Improving circulation

Taking ginger tea is an excellent way of gently improving circulation.



Sore throats

Sage tea with a tsp of honey is an excellent gargle and it can then be drunk.

Coughs and colds



Thyme is an excellent herb for coughs as it not only fights any infection it also reduces the strength of the cough and helps to move any mucous.

A classic cold and flu tea is made elderflower (to reduce a fever and dry up excess mucous).

The tea can be taken as a normal dried herbal tea up to 8 times a day during a cold or flu.

Onion and garlic syrup



Garlic is well known for its antibacterial properties and it is an excellent remedy for treating colds and flus. Both onion and garlic have been found to have antiviral properties and that's what makes them fantastic for colds and flus that do not respond to antibiotics.

Peel and slice a white onion and half a bulb of garlic.

Layer the slices of onion and garlic in a clean jam jar and either sprinkle sugar over the slices or a tsp of honey. Build the layers up in the jar and then screw on the lid and leave for several hours.

The sugar or honey will have extracted the liquid from the onion and garlic and it will now be an antiviral syrup. Take up to 5 tsps of this mixture a day when you have a cold or flu.

Headaches



Rosemary tea is an age old recipe for headaches, as is peppermint and lavender. A strong tea or infused oil can also be applied to the temples and wrists.

Natural sleep

Chamomile and lime flower in equal parts is a lovely tea to take before bed to aid relaxation and natural sleep.

Bites and stings



The key thing with bites and stings is to reduce the itch, and one of the best herbs for this is peppermint. You can soak a peppermint tea bag in a small amount of hot water and then allow it to cool in the fridge. Apply the cold tea bag to the bites and stings.

NB: Please note that while many herbs are safe to take alongside medications it is important to check with a medical herbalist if you are unsure. Do not take any herbs while pregnant unless under the supervision of a medical herbalist.