

Thyme For Me/April

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Kathy's Blog- HEAT DISPELLING THERAPY

Heat dispelling therapy is very important and can be effective in relieving discomfort and averting more serious complications. For instance, in the case of low grade fevers, infections, hypertension, certain skin problems and other internal heat problems, herbs can be used to protect the body fluids and internal organs by reducing inflammations. The antipyretic or refrigerant herbs are used to reduce fevers that may be caused by such things as sun stroke, heat caused by strenuous activity, overheated body reaction because of anger and aggression, etc. Here certain herbs and fruits are very important. Herbal tea made from either chickweed or peppermint is good. Fruit juices such as lemon, lime or cranberry should be take as needed. The peppermint or chickweed tea can be used as a body wash to cool down the system. Have the tea at about 70 degrees F.

CHICKWEED HERB-

It grows wild all over the U.S. It can be found growing under trees, especially oaks, and in moist shady places in the woods and gardens. It grows along the ground and is easily recognized by its tangled manner and its tiny flowers that are star shaped and white. The vigorous and rapid growing leaves and stems of chickweed can be eaten from early spring until the plants are covered with snow. They can be quickly steamed or eaten raw in salads. For strong medicinal use, the herb can be juiced. There are many uses for this little wonder, but most importantly remember that chickweed is a 'Cool Helper'! Fevers, infections, inflammations, all sorts of 'hot' diseases are relieved, tempered and chilled by chickweed. The tea may be taken up to 4 or 5 cups per day. Tincture- 1/2 tsp. as needed.

It is said that chickweed water is a remedy for obesity. You will find it in many herbal weight-loss blends. It is a superb metabolic balancer and will regulate the thyroid helping women whose weight seems to grow no matter what. It is also used in herbal baths to relieve sore legs, backache, stiff neck and rheumatism. It should be taken internally as well to help restore joint mobility and ease pain. This will also restore elasticity to ligaments and tendons after injury. Take this herb over an extended period of time. It is not harmful, but very beneficial.

A fresh herb poultice can be used on sores, closed eyes and wounds. When you apply a chickweed poultice, you will notice that it heats up. This is the drawing action to remove infection and heat! Poultices can be used for 5 minutes up to 2-3 hours depending on the need. Chickweed is also an excellent herb to have in a salve base. It is gentle enough to use on babies! During the month of April, I have a free chickweed tea bag for you to try at home as long as supplies. The catch is that you have to ask me for it so I know you read the article.

BONESET-

This is another antipyretic herb. It is referred to as Indian Sage and has been used extensively by the Native Americans. Besides being a cleanser for the stomach, liver, bowels and skin, boneset is used to treat fevers of all types. When using to help a fever, use a warm tea infusion taking 3-4 cups daily. The tincture can also be used to break fevers: 1 tbs. of tincture added to hot water. An amish friend of mine has allowed me to get some boneset off their property. I dry it and keep it on hand to make a tea when someone in my family isn't feeling the best.

VERVAIN-

Another herb that is considered an antipyretic and can be very helpful when combined with boneset for treating influenza type infections that have a fever. This can be used at the onset of colds, coughs and upper respiratory infections. When vervain is combined with boneset, it will settle a nervous stomach. Vervain and boneset are quite bitter and you can add your trusty peppermint and honey to make the medicine go down a little easier. During the month of April, I have a free vervain tea bag for you to try at home as long as supplies. The catch is that you have to ask me for it so I know you read the article.

