

Herbs by Lady Aurora Leilani

Introduction

BOTANICALS 01 (an introduction to alternative food and medicine sources)

The medical uses listed in this course are from various home-remedy sources and worldwide lores. None of these botanicals have been tested or approved by the USFDA. While some of these herbs are medically approved elsewhere in the world, many are not. Most of these remedies have undergone little or no clinical trials. Therefore, any benefits and/or side-effects are unproven. I have attempted to list the chemical(s) in each plant that should cause the desired effect, possible interactions and side-effects, and any nutritional information on the plant where ever possible. However, I must urge anyone interested in herbals to practice extreme caution when ever trying a new food or supplement for any reason. Reactions can be sudden and extreme.

WARNINGS AND PRECAUTIONS:

1. Anyone with a serious medical condition; allergies, asthma, or hay fever; or taking any medications or alternate herbals should consult a qualified professional before trying ANYTHING new.
2. When switching from another herb or over-the-counter medicine always wait 2-3 days before starting something different. This gives your body time to rid itself of any last traces of the previous substance.
3. When buying whole plants for harvest, wait at least one full cycle new growth to occur before harvesting. Never eat the fruits, leaves, or flowers that are on the plant when you buy it. Most are sprayed with harmful chemicals either before shipping, or at the nursery.
4. When harvesting from the wild: Be 100% sure that you are picking what you think; there are many plant mimics, and some are poisonous. Never pick plants from roadsides or other highly polluted areas, some toxins may have been absorbed by the plant.
5. When buying pre-made remedies, always buy from a source you know and trust. If you are unsure of a particular store or brand-name, ask someone you know for a recommendation. Check the label for dosage and DO NOT take more than recommended, some things are safe only in small amounts. Look for warnings on the label, some brands do include these.
6. Never buy flowers for consumption from a florist or nursery, most have preservatives, dyes, etc. added.

Edible Flowers:

Apple	Lavendar	Tulips
Anise Hyssop	Mustard	Violets
Basil Blossoms	Nasturtium	Yucca
Beebalm	Pansy	
Broccoli	Pineapple Guava	
Calendula	Pineapple Sage	
Chamomile	Red Bud Blossom	
Chives Blossoms	Red Clover	
Chrysanthemum	Roses	
Dandelion	Rose of Sharon	
Daylilies	Rosemary Blossoms	
Dianthus	Sage	
English Daisy	Scented Geraniums	
Garlic Blossoms	Signet Marigold	
Hollyhock	Squash Blossoms	
Honeysuckle	Sweet Woodruff	
Hyssop	Thyme	
Johnny-Jump-Ups	Tuberous Begonias	

Sugared Flowers

Here's how to sugar-coat edible flowers to preserve and enhance them. Gently wash fresh edible flowers in water. Place on white paper towels and let air dry or gently blot dry. Stir together 2 tablespoons water and 1 tablespoon thawed frozen egg product in a small bowl. Using a small, clean paintbrush, brush the egg mixture on each side of each petal in a thin, even layer. Sprinkle each flower evenly with sugar; shake to remove excess sugar. Let flowers dry on waxed paper for 2 to 4 hours. Store in an airtight container between layers of waxed paper for up to 4 weeks. For longer storage, freeze sugared flowers for up to 6 months.

Edible Flowers

Colorful Alternatives

Borage's star-shape blossoms practically fall off the plant when they are ready to eat. They have a mild cucumber flavor that is delicious in lemonade.

Tulips have a wonderful crunch—especially at the base of the petals. The flavor ranges from pea- to bean like. Use tulip petals as a low-calorie substitute for chips with dip.

Pinks and other Dianthus have a sweet, clove like taste. Do not eat whole—remove individual petals. Infuse petals in water for tea, or top a cracker and cheese with several petals. Makes a delectable sorbet.

'Tangerine Gem' marigold and the other Gem hybrids are the only good-tasting marigolds, with a citrusy tarragon flavor. Use petals in deviled eggs. Lilacs are another variable flower, with a grassy taste or a delightful perfumed flavor. Use in chicken dishes and fruit salads.

Edible Flowers

Popular Options

Pansies span every color of the rainbow, so you can have fun decorating food. Plan a party months ahead and grow pansies to match your decor, best outfit, or favorite color. Their flavor is slightly minty.

Nasturtiums may be vivid yellow, orange, or red as well as muted tones and bicolors. Both the leaves and the flowers have a peppery flavor and are best eaten uncooked. Toss petals into salads.

Roses may be tasteless, sweet, perfumed, or slightly spicy. Chop the petals and mix with sugar. Let them infuse for a week and use for baking and desserts.

Medical Terms

ABORTIFACIENT: Induces or causes premature expulsion of a fetus.

ACRID: Has a biting taste or causes heat and irritation when applied to the skin.

ADJUVANT: An herb used to aid the effect of a principal ingredient when added to a mixture.

ALTERATIVE: A vague term to indicate a substance which alters a condition by producing a gradual change toward the restoration to health.

ANALGESIC: Relieves or diminishes pain; anodyne.

ANAPHRODISIAC: Reduces sexual desire or potency.

ANODYNE: Eases pain.

ANTACID: Neutralizes excess acid in the stomach and intestines.

ANTHELMINTIC: Expels or destroys intestinal worms.

ANTIABORTATIVE: Helps to inhibit abortive tendencies (help prevent miscarriages)

ANTIASTHMATICS: Relieves the symptoms of asthma.

ANTIBIOTIC: Destroys or arrests the growth of micro-organisms.

ANTICATARRHAL: Eliminates or counteracts the formation of mucus.

ANTICOAGULANT: Prevents clotting in blood, or liquid.

ANTIDOTE: Agents which counteract or destroy the effects of poison or other medicines.

ANTIEMETIC: Counteracts nausea and stops vomiting.

ANTI HISTAMINE: Stop or minimizes the body's allergic reactions by blocking the body's production and/or use of histamines.

ANTIHYDROTIC: Reduces or suppresses perspiration.

ANTILITHIC: Reduces or suppresses urinary stones and will dissolve existing stones and gravel.

ANTIPERIODIC: Counteracts periodic or intermittent diseases such as malaria.

ANTIPHLOGISTIC: Reduces inflammation.

ANTIPYRETIC: Prevents or reduces fever.

ANTISCORBUTIC: Counteracts scurvy.

ANTISCROFULOUS: Counteracts scrofula.

ANTISEPTIC: Destroys or inhibits bacteria.

ANTISPASMODIC: Prevents or allays spasms or cramps.

ANTITUSSIVE: Relieves coughing.

APHRODISIAC: Stimulates the sex organs.

APERIENT: Herbal agents that are mild laxatives to the intestines, being gentle in peristaltic action.

APPETIZER: Stimulates the appetite.

AROMATIC: Agents which emit a fragrant smell and produce a pungent taste. Used chiefly to make other medicines more palatable.

ASTRINGENT: Causes contraction of tissues.

BALSAMIC: A healing or soothing agent.

BITTER TONIC: Bitter tasting properties which stimulate the flow of saliva and gastric juice. Used to increase the appetite and aid the process of digestion.

CARDIAC: Agents which have an effect on the heart.

CARMINATIVE: Expels gas from the stomach, intestines or bowels.

CATHARTIC: Causes evacuation from the bowels. There are different types of cathartics. Aperient or laxatives are mild and gentle in their actions. Purgatives are powerful and produce copious evacuations and are used only by adults afflicted with stubborn conditions.

CAUSTIC: Acts as a laxative to empty the bowels.

CHOLAGOGUE: Increases the flow of bile and promotes its ejection.

CORDIAL: Invigorating and stimulating.

COUNTERIRRITANT: Agents applied to the skin to produce an irritation for the purpose of counteracting a deep inflammation.

CURATIVE: Healing.

DEMULCENT: Soothing, bland. Used to relieve internal inflammations. Provides a protective coating and allays irritation of the membranes.

DEODORANT: Destroys or masks odors.

DEPRESSANT: Eases nervousness or functional activity.

DEPURATIVE: A purifying agent.

DETERGENT: Cleansing.

DIGESTIVE: Aids digestion.

DIAPHORETICS: Herbal agents that increase eliminative secretions through the sweat glands, thus facilitating elimination of toxic and accumulative waste matter.

DISINFECTANT: Cleans infection by destroying or inhibiting harmful micro-organisms.

DIURETICS: Herbal agents that promote secretions of the urinary system, increasing toxic elimination and accumulative matter along with excess water.

EMETICS: Herbal agents that cause evacuation of the stomach contents via induced vomiting and are usually anti-poisonous.

EMMENAGOGUES: Herbal agents that act upon the reproductive system by strengthening and balancing the cellular tissues by regulating the body's hormonal flow.

EMOLLIENTS: Herbal agents that soothe and soften the external skin surfaces and promote healing by removing foreign toxic matter through absorption.

ERRHINE: Substances which, when applied to the lining membrane of nostrils, creates a discharge of mucus.

EUPHORANT: Produces an abnormal sense of vigor and buoyancy.

EPISPASTICS: Causes blisters, when applied to the surface of the body, and causes sloughing.

EXANTHEMATOUS: Pertains to skin eruptions or skin diseases.

EXPECTORANTS: Herbal agents that act upon the mucosal membranes of the respiratory tract, facilitating catarrhal discharge, by rendering them less viscid.

FEBRIFUGE: Reduces fever.

GALACTAGOGUE: Promotes the secretion of milk from the nursing breast.

GERMICIDE: Destructive to germs.

HALLUCINOGEN: Produces hallucinations.

HEMOSTATIC: Capable of slowing down or stopping hemorrhage.

HEPATIC: Acts on the liver.

HYDRAGOGUE: Purgative that will produces large amounts of watery discharge.

HYPNOTIC: Capable of inducing sleep.

INVIGORANT: A strengthening agent.

IRRITANT: Capable of producing local inflammatory reaction.

LAXATIVE: Causes the bowels to act.

LITHOTRIPTIC: Help dissolve and eliminate urinary and biliary stones and gravel.

MUCILAGINOUS: Emits a soothing quality to inflamed parts.

NARCOTICS: Herbal agents that have a sedative effect by diminishing the action of the nervous system and vascular system.

NAUSEANT: Produces the tendency to vomit.

NEPHRITIC: Applies to diseases of the kidneys.

NERVINES: Herbal agents that regenerate the entire nervous system, having a calming effect, by altering deranged nervous tissues and neutralizing toxins, that cause irritation of the nerve fibers.

NUTRIENT or NUTRITIVE: Nourishing.

OXYTOCIC: Capable of producing uterine contractions

PALLIATIVE: Relieves or lessens symptoms without curing.

PECTORAL: Relieves affections of the chest and lungs.

POISON: Harmful, destructive, or fatal.

PROPHYLACTIC: Protects from disease; preventative.

PURGATIVE: Causes copious evacuations from the bowels. More drastic than laxatives or aperient, and are generally combined with other agents to control or modify their actions. Used only by adults.

REACTIVATOR: Restores to a state of activity.

REJUVENATOR: An agent which imparts renewed vigor.

RUBEFACIENT: A substance used externally which causes redness and increased blood supply when rubbed into the skin.

RESTORATIVE: Restores consciousness or normal physical activity.

SEDATIVE: Calms the nerves.

SIALAGOGUES: Increases the flow of saliva.

SOPORIFIC: Induces sleep.

SPECIFIC: Agent or remedy that has a special effect on a particular disease.

STIMULANTS: Equalizes circulation and regenerates the tissues of the arterial system.

SUDORIFICS: Increases perspiration, thus facilitating the elimination of toxic waste through the skin.

STOMACHIC: Stimulate the flow of digestive secretions and increases the volume.

STYPTIC: Contracts the blood vessels and stops bleeding.

TENIAFUGE: Expels tapeworm.

TONICS: Tones the alimentive tract, thus correcting problems of the digestive system. Promotes regeneration of tissues throughout the body.

TOPICAL: Applied to the skin only.

VASOCONSTRICTOR: Narrows the blood vessels and raises blood pressure.

VERMIFUGES: Kills and/or expels parasites or worms.

VESICANT: Raises blisters.

VULNERARY: Tone and heal the muscular and skeletal systems and are often employed along with emollients as a poultice for external wounds.

INTERPRETATIONS OF OLD OCCULT HERBAL INGREDIENTS:

Tears (or Sleep Sand) of a Hamadryas Baboon - Dill Juice
Blood of Hephaistos - Wormwood
Hairs of a Hamadryas Baboon - Dill Seed
Semen of Hermes - Dill
Blood of Ares - Purslane
Blood From a Shoulder - Bear's Breach
From the Loins - Chamomile
A Man's Bile - Turnip Sap
A Pig's Tail - Leopard's Bane
Blood of Hestia - Chamomile
An Eagle - Wild Garlic
A Lion's Hairs - Tongue of a Turnip (the leaves of the taproot)
Kronos' Blood - Cedar Blood (sap)
Semen of Helios - White Hellebore
Blood of a Goose - A Mulberry Tree's Milk (sap)
Semen of Herakles - Mustard Rocket
A Titan's Blood - Wild Lettuce
Blood From a Head - Lupine
A Hawk's Heart - Heart of Wormwood
Semen of Hephaistos - Fleabane
Semen of Ammon - House Leek
Semen of Ares - Clover
From the Belly - Earth Apple
From the Foot - House Leek