

Dear Friends

Summer or Winter we can enjoy a plate of delicious soup, where we can add herbs and enjoy their many flavours. In Genesis 1:29, we read that the Lord gave us every herb bearing seed for food (meat).. Let's look at a few of our favourite herbs and just see what they can or may do for us.

**HERBS:**

Last month we touched on the growing of herbs and how they could be beneficial for one's health. Let's take a look at some of the herbs and see what is so interesting about them. Yes, they all look quite different from each other and they certainly all taste very different. The varying shades of green and the fragrant aromas. The shape of the leaves and how they grow are most fascinating. The Asian people have been using herbs in their traditional medicines for centuries.

Let us have a quick look at a few of our most commonly used herbs, and of course we are talking about using them fresh. I imagine we would have to consume large amounts to get the benefits suggested below, but every little helps and sometimes a little goes a long way.

**OREGANO:** In traditional Chinese medicine, oregano is often used to help bring down a fever, treat jaundice and relieve diarrhea. The oil from Oregano is said to be rich in antifungal and antiviral properties. It is high in fibre which may help break down unhealthy cholesterol. It is good for bones as it is rich in Vitamin C and Calcium.

**DILL:** This is a herb I have got to learn to like as it contains chemoprotective compounds and antioxidants that zap cell damaging free radicals. These free radicals can be a problem in the modern diet. Naturally, it is a good source of fibre and also magnesium which is a mineral we do not get enough of generally. I believe it is also used as a digestive aid to get rid of wind.

**THYME:** I remember that Mum always used fresh thyme in her stuffing. I was surprised to learn that it is a good source of Omega-3 fatty acids which help keep the brain, kidneys and heart in good health. As an antiseptic and digestive aid, it may soothe sore throats and coughs. *Wow, I should have tried it over the past weeks!* Thyme may also help with respiratory problems to soothe chest congestion and bronchitis. *This sounds like a good herb for the Winter months!*

**BASIL:** This is a very strong smelling herb so what could it be good for? Yes, rich in flavonoids for healthy, good functioning cells. It's rich in Vitamin K which helps promote blood-clotting, heals cuts and abrasions. Pepper your food with fresh basil to ease those menstrual pains and for sore muscles. Have you heard of eugenol, well it is an inflammatory compound in Basil that can act like aspirin.

**MINT:** Most people like mint or peppermint flavourings. They are cooling and refreshing. It is suggested to use Mint as a digestive and anti-nausea aid. Evidently the menthol activates enzymes to relax the intestines to promote smooth digestion. Some studies suggest that peppermint oil may inhibit the growth of some tumors.

**ROSEMARY:** *Such a sweet girl!* Soothing in its aroma, rosemary may help in stimulating the immune system, keep the blood flowing and keep the nervous system in good health. Next time you have an asthma attack or a headache, try breathing in the fragrant, anti-inflammatory properties from a bunch of Rosemary.

**SAGE:** Ladies, this is the one for us to try! Not only is it said to have an antioxidant to stimulate the nervous system and protect against cell damage; but it also may help soothe asthma, rheumatoid and arthritis pain, BUT, it may help with those cramps and provide relief for menopausal hot flashes.

**PARSLEY:** *This has just got to be the 'King' of the herbal family. Where would we be without parsley to flavour, garnish and add that green to make food look nice? Like Dill, it too has chemoprotective qualities. It is rich in Vitamin C and A and is considered a blood and tissue cleanser.*

**So let's get with the herbs and enjoy the benefits they can bring to us.**

\* \* \* \* \*

## **LET'S BEAT THE FLU:**

Sometimes it is hard, not to catch a cold or the flu when everyone around you seems to be sneezing or coughing. With the cold weather now upon us, may be we could be taking some steps to help build up our immune systems to avoid these nuisances.

Mothers first keep a bonnet or hat on your babies. It is so important that baby ears be kept warm and that their body warmth be kept from escaping through the top of their heads. Also, keep those little feet warm by keeping booties or shoes and socks on. This is sometimes difficult but it is important when very small to keep them warm.

*It is important that hikers in cold climates in particular, keep a hat on their head, so as to keep the warmth in the body from escaping.*

It is suggested that at the first sign of a cold take a vitamin C, and Zinc combination tablet and Echinacea tablets.(Follow instructions on bottle) .Echinacea is a herb I have personally found very beneficial in fighting off a cold. Echinacea tea bags make a very nice hot drink too. Echinacea can be bought as tablets or capsules.

Reduce the amount of sugary foods and drinks, in fact we are better off without them in our diet. Drink plenty of clean water. fresh fruit and vegetables. Avoid alcohol and smoking!

Garlic - we all have this in our cupboard and it is good for fighting off so many illnesses.

**If you have a sore throat, gargle with salty warm water several times a day and sip on a glass of boiling water that has a crushed clove of garlic in it. This may fight off any infection in the throat.**

### **To treat a chest infection:**

***Slice 3 or 4 garlic cloves and place in a saucepan with 3 or 4 teaspoons sliced ginger and 3 cups water. Bring to the boil, lower heat and simmer for 20 –30 minutes. with lid on saucepan. Strain into a jug and add juice of one lemon and 2 teaspoons natural honey. Sip as many cups as you can throughout the day to help stimulate the bodies natural defenses against bacteria, viruses and other micro-organisms.***

Clean Hands: Keeping hands clean also helps to stop in the spread of health troubles.

Inhalations: Pour some boiling water into a bowl. Add 2 or 3 drops eucalyptus oil and 2 or 3 drops tea-tree oil. Place towel over your head over bowl and breathe in the fumes. This is very beneficial for clearing the head and sinuses when you are feeling all blocked up with phlegm etc. and also helps if chest is feeling heavy.

Antibiotics: The advice from a leading naturopath here on the Gold Coast, is to avoid them unless absolutely necessary and never take them for the common cold.

**VICKS VAPORUB:**

There's no denying that Vicks Vapour Rub, has proven itself many times over. I guess there is not a family in Australia that does not have a jar of Vicks Vapour Rub in their medicine cupboard, which is used for chapped lips, sore toes and many body parts in between.

I hope that none of you get a cold or cough this year, but if you do, try the following. The scientists who discovered the following use, are not sure why it works but it is evidently working miraculously for some. This night time coughing remedy, is most effective for children but has been proven to help adults also. Give it a go, it sure will be worth the trouble if it stops that coughing!

*Apply Vicks VapoRub generously on the soles of your feet.  
Cover with socks and the coughing is reported to stop in about 5 minutes.  
It is reported that it works for several hours if it is right for you*

*I sincerely hope it works for you as there is nothing worse than a continual coughing*

\*\*\*\*\*

**OIL CHECK:**

No doubt you have read or heard a lot on this oil or that oil, what oil is good and what oil is not so good. However, let us get this straight, we need some oil or fat in our diet daily.. If you were to exclude all oil or fat from your diet you would find your skin drying out, wounds failing to heal and basically most organs failing to function normally.

We looked at the marvels of coconut oil back in March, so let's now take a closer look at another oil packed with fatty acids, particularly Omega-3, and it won't make you put on weight. Many of us use ground flax seeds in our L.S.A. (Linseed, sunflower seeds and almonds), an addition to our breakfast cereals each morning and it is very good for you. (Recipe to follow) Buy in liquid form or as capsules.

Nutritionists have reported that supplementation with flax oil may result in:

- |  |                                  |                                       |
|--|----------------------------------|---------------------------------------|
| <b>Smoother skin</b>                                       | <b>Improved immunity</b>         | <b>Increased stamina &amp; energy</b> |
| <b>Faster wound healing</b>                                | <b>Healthier hair</b>            | <b>Less anxiety or stress</b>         |
| <b>Less constipation</b>                                   | <b>Lowers cholesterol levels</b> | <b>Less inflammation of joints</b>    |
| <b>Improved hormonal regulation</b>                        |                                  | <b>Improved digestion of fats</b>     |
| <b>Faster recovery after exercise, of fatigued muscles</b> |                                  |                                       |

That is quite a list of benefits for using flax seed oil. What's more, flax seed oil is not hard to take. You can add it to salad dressings, spreads, sauces, mayonnaise, shakes, soups and stews. Drizzle it over steamed vegetables rather than virgin olive oil.

**Take note:** Never use Flax Oil for cooking with - add to hot foods after they are cooked.

Look on the packaging for the red tick of approval from the National Heart Foundation

I do hope you will be daring and give one of these recipes a try.  
Until next month, take care and God bless you.

Judy

-----

Health Ministries Leader

**LSA** (Linseeds (which are flax seeds), Sunflower seeds and Almonds) (Dr. Sandra Carbot's recipe)

**1 1/2 cups Linseeds      1 cups sunflower seeds      1/2 cup almonds**

- 1. Place Linseeds into a blender and partly crush them.**
- 2. Add sunflower seeds and almonds and continue to blend all three ingredients until flour-like.**
- 3. Use 1 – 2 tablespoons over your breakfast cereal. *Deliciously healthy!***
- 4.**

**NOTE:** Make small quantities at a time and keep in sealed container in refrigerator.

