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Written and Compiled
by Minette Tonoli

March 2015 Newsletter

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Our group making Herbal Salts at the February Meeting.

News

It is officially autumn according to my calendar! And although it still feel much like late summer, in a wink of an eye winter will slowly creep in.

This month's newsletter brings a bit on herbal hair-care, as requested, a few ideas on how to herbally boost your immune system for the coming winter, and a quick few recipes.

Next Meet

Monday, 9 Mar, 7.30pm

Milford Primary
30 Shakespeare Rd
Milford

Helen: 479 7344

Topic: Tinctures

In the Garden

Watering continues to be a focus while temperatures are still hot.

Most of the annuals and biennials have by now gone to **seed**, and you can collect and clean seeds for next year's planting. Seeds of plants that have grown in your garden should succeed better year on year as they are adapting to their specific environment. Besides harvesting seeds, this is also a good time to harvest herbs for **pre-serving and drying**.

Cutting back herbaceous perennials such as rosemary, sage, lavender, and thyme encourages them

to produce extra growth for winter protection and picking. Lemon balm, oregano, hyssop and catnip can be cut back hard.

Mulch around your perennials to ensure their roots are protected, and to keep weeds down.

If you have tender herbs (e.g. lemon grass, aloe vera, gotu kola), now is also the time to **lift** them and bring them to a sunny conservatory.

A great many herbs can be **sown** in autumn, e.g. yarrow, angelica, arnica, caraway, coriander, foxglove, woad, lovage, mallows, evening primrose, salad burnet, santolina, goldenrod, comfrey, feverfew, germanders, and violas.

Herbs for Hair Flair

I've made hair rinses of chamomile, lemon and mullein for myself before to lighten my hair, and I know that rosemary and sage are said to be good for dark hair. I have also heard before that stinging nettle root is great to encourage hair growth. But besides these titbits and a time where I tried to do the whole "no shampoo" thing, I admit that for someone with long hair, I've not investigated the whole herbs for hair-care thing much.

When I set down to do research for this newsletter segment, I was astounded at the sheer magnitude of recipes, ideas and thoughts out there to do everything for any kind of hair with herbs—from cleaning and volumising, to controlling dandruff, encouraging growth, tinting and conditioning. Any type of hair in any colour it seems can benefit from herbs. Here follows just a few examples...

Other natural hair care ingredients

Apple Cider Vinegar is conditioning, cleansing and an anti-microbial agent for great hair.

Raw egg is rich in fats and proteins and is naturally moisturizing

Beer with its yeast can help to add volume and shine

Sour Cream or Plain yoghurt has lactic acid to clean gently while the fat content moisturizes

Also listed: Olive Oil, Baking Soda, Honey, Avocado and Cornmeal

Herbs for Hair

3 Herbs to balance oily or dry scalps

- Burdock, (*Arctium lappa*)
- Calendula (*Calendula officinalis*)
- Chamomile (*Matricaria recutita*)

3 Herbs for dry scalp and hair

- Elder Flowers (*Sambucus nigra*)
- Marsh Mallow (*Althaea officinalis*)
- Sage (*Salvia officinalis*)

3 Herbs for oily scalp and hair

- Lemon Grass (*Cymbopogon citratus*),
- Lemon Balm (*Melissa officinalis*)
- Rosemary (*Rosmarinus officinalis*)

3 Herbs for Hair Loss and Thinning

- Basil (*Ocimum basilicum*)
- Horsetail (*Equisetum arvense*)
- Nettle (*Urtica dioica*)

3 Herbs for Body and Luster

- Aloe vera (*Aloe barbadensis*)
- Dandelion (*Taraxacum officinale*)
- Seaweed / Kelp

3 Herbs for Highlights

- Blonde
⇒ Mullein (*Verbascum Thapsus*)
- Dark
⇒ Black Walnut (*Juglans nigra*)
- Red (
⇒ Rose (*Rosa spp*)

How to use herbs in your hair

Herbs can be used in home-made shampoos and conditioners, hair masques or vinegar rinses.

Herb and Vinegar Hair Rinse Recipe

- ◇ 2 cups of cider vinegar
- ◇ 1 cup chopped herbs of choice

Chop fresh herbs and place in a glass jar, cover with vinegar and steep for about 2 weeks. Lightly swirl every now and then. Strain and bottle and store in a cool and dry place.

To use, dilute 1/2 to 1 tablespoon of vinegar in a cup of water and rinse through wet hair (after shampooing).

Silica Rich Horsetail Shampoo Recipe

- ◇ 2 tbsp. horsetail
- ◇ 100ml hot water
- ◇ Baby shampoo

Steep chopped horsetail in hot water and mix with baby shampoo to create a gentle silica rich wash for your hair.

Herbal Oil Treatment for Hair

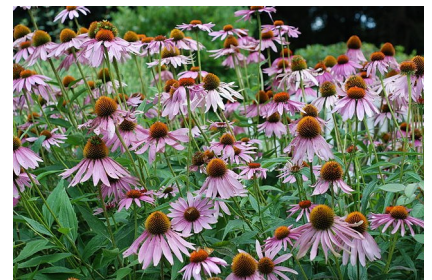
- ◇ 30ml organic Jojoba, Coconut, or Olive Oil
- ◇ 10-30 drops of essential oils of choice (e.g. Ylang-Ylang, Orange, Cedarwood, Rosemary or Lavender)

Mix oils to blend and massage into scalp. Leave in for up to 24hrs, wash and rinse as normal.

Build Immunity

As the seasons change, there always seem to a greater susceptibility to passing bacteria and viruses. Already I know of many friends who has had a bout of cold.

But by strengthening and supporting your immune system timeously, you need not suffer these common winter ailments. Autumn is the best time to start seriously boosting our immunities and preparing our bodies for prolific cold bacteria and influenza viruses in the colder seasons. Here then follows a few herbs that are said to be natural immune boosters:



Echinacea (Echinacea angustifolia, E.pallida, E.purpurea)

Probably one of the most commonly known herbs for improving the function of the immune system, Echinacea has antiviral and antibacterial actions and contains various active compounds that are important for resistance against a wide range of micro-organisms, including viruses, bacteria and yeasts. To maximise efficacy, use it intermittently - one week on, one week off.

Immune Building Herbs



Garlic (*Allium sativum*)

This common culinary herb has been used to prevent infections for thousands of years and is often named 'nature's antibiotic'. Only one or two cloves a day can significantly reduce your susceptibility to colds and flu.

Cayenne (*Capsicum frutescens*)

Cayenne is perhaps one of the most beneficial herbs in the entire herbal kingdom. As a tonic herb, it is said to be unequalled in warding off disease and in particular helps with the body's utilisation of other herbs when used in a herbal combination.

As a general immune booster you can take 1/4 teaspoon with plenty of water at least once a day at mealtimes.



Liquorice (*Glycyrrhiza glabra*)

Various studies on this herb has shown that it has remarkable immuno-stimulant and immuno-modulating properties. Liquorice is one of the three most commonly cited herbs in America for building immunity (others are echinacea and goldenseal).

Pelargonium sidoides (*Pelargonium sidoides*)

This indigenous South African herb is beneficial to prevent and to cure. The alcoholic extract of the root has been shown to have a three-way effect: it prevents bacteria from attaching to cells in the mucous membranes, it prevents viruses from attaching cells in a similar fashion and it stimulates the body's immune system in such a way that both bacteria and viruses are prevented from multiplying.



Siberian Ginseng (*Eleutherococcus senticosus*)

Also considered as one of the most effective tonics and adaptogens in the herbal realm, it is often included in herbal formulas prescribed to support both the adrenal and immune systems.

Other

Other herbs and spices that are beneficial to the immune system include nettle, horseradish, cinnamon, ginger, african potato, cumin, fennel, coriander, turmeric, sage, thyme and marjoram. Honey and Lemon are also quoted top on the list of immune enhancing foods as is



beets, carrots, medicinal mushrooms, seaweeds and dark leafy greens. Drinking lots of water, getting enough exercise and fresh air as well as supplementing with vitamins and minerals are all also very beneficial to your general health and specifically to keep your immune system in ship shape.

Immune Boosting Tea

This Echinacea tea with Nettles and Cayenne works great in preparation for the flu season and it will help speed up your recovery if you have been infected. Remember just a pinch of cayenne - a little goes a long way!

- ◇ 1tsp Echinacea (herb, dried)
- ◇ 1tsp Stinging Nettle (herb, dried)
- ◇ pinch of cayenne
- ◇ 2 cups of boiled water

Add herbs and cayenne to the water and let stand for 5 - 10 minutes. Strain and enjoy!

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