



## **“These Herbs Aren’t Just for Cookin’- Herbal Medicinal Remedies**

Submitted by Jan Behler

Dr. Linda White was introduced by Terri Sundermann. Dr. White received her bachelor and masters from Stanford and her M.D. from the University of San Diego. She is the author of several books the latest being *500 Time-Tested Home Remedies and the Science Behind Them*. Dr. White began her presentation by serving members a hot tea good for colds. It was a variation of gypsy tea. The tea consisted of black elderberries, Echinacea, peppermint, and yarrow. She asked her audience how many people use herbs then went on to remind us that if we drink coffee or use garlic we are definitely already using this group of plants on a daily basis. Pomegranate juice and green tea also fit into this category.

Dr. White’s presentation was focused on plants we can use that grow in this environment. From a list of top selling supplements, only one is natural to Colorado (Echinacea spp.) and two others grow easily in Denver. Those two are garlic (*Allium sativum*) and St. John’s wort (*Hypericum perforatum*).

Echinacea’s main medicinal claim is that it enhances immune function. The most common use of this herb is the prevention and treatment of the common cold. Dr. Linda White gave a recipe for an Echinacea tincture.

Garlic’s common uses are the prevention of atherosclerosis, bronchitis, and the common cold. Garlic is an antitoxin that moderately reduces blood pressure in people with hypertension. It also discourages blood clots and improves arterial elasticity and function. It also inhibits induction and growth of cancer. When garlic is crushed, minced, or chewed the enzyme allinase converts alliin to allicin, which is thought to be responsible for garlic’s benefits.

St. John’s wort is actually considered an invasive weed here in Colorado. The part of the plant used is the flowering tops. It blooms about June 24<sup>th</sup> each year. The herb’s validated uses include use for depression, menopausal symptoms, and irritable bowel syndrome.

One other plant touched on by Dr. White was nettle. She described it as the most nutritious plant ever. It has been shown to have positive results in reducing arthritis pain and hay fever. You can juice the fresh leaves or use as a spinach substitute in cooking.

For those of you who were unable to be at the presentation here is a recipe to get you through the rest of the winter!

### **Garlicky Honey**

1 head garlic, cloves separated & peeled  
2 thin slices onion  
honey

Crush and peel garlic cloves. Place in pint jar. Layer on onion. Cover with honey. Let sit overnight. Take by spoonful for respiratory infection, especially with cough. Eat garlic and onion or not, as you like.

--Adapted from *500 Time- Tested Home Remedies*.