

The Healing Power of Natures Herbs

In today's world doctors and medicines are the ones we trust when it comes to our health matters. Medical progress is good news for all of us, but I've got good news too! Nature, our oldest doctor, has simple solutions to treat many cases effectively. Those solutions are called herbs. Below is a list of the most well known herbs, what they can do and how we utilize them.

Thyme: Bronchitis, cough, diarrhea. In half liter of water we use 1-2 spoonfuls drained thyme. We leave for few hours (we do not boil) and drink the water.

Garlic: Spring allergies, arteriosclerosis, stomach pain, cathartic. Simply put it in your salad!

Acne. Fresh leaves are applied on the problem are. However, do not leave long because it causes irritation. Rinse of with water.

Oak rind: Sore throat, mouth ulcers or canker sores. Boil for 10 minutes and use it as a mouthwash.

Burns, hemorrhoids. We prepare the same solution and wash the area.

Aniseed: Cough, stomach disturbances, soft purgative. We boil 1 spoonful drained leaves in half liter of water and drink.

Rosemary: antiseptic, diuretic. Boil a handful of drained leaves in half liter of water and drink.

Wounds. We prepare the same solution and wash the area. Attention! In high doses it can cause vertigo and convulsions.

Spearmint: Diarrhea, liver diseases. Boil a handful of drained leaves in half liter of water and drink.

Mouth infections. We prepare the same solution use as a mouthwash.

Cinnamon: dysmenorrhoea, cramps. We boil 2-3 sticks of cinnamon in half liter of water and drink.

Tooth pain. We prepare the same solution and use as a mouthwash

Parsley: Diuretic, infections on kidneys and urinary bladder. We boil 1 spoonful drained leaves in half liter of water, leave for a few hours and drink.

Attention! High doses can cause vertigo and bleeding, should not be used by pregnant women

Mint: convulsions, heartburns, icterus biliary stones. In hot (not boiling) water place the leaves; leave for 1-2 hours and drink.

Infections of the larynx, colds. Prepare the same solution and wash the area.

Rose: Due to it's mild action, it is recommended particularly for children.

Diarrhea. Boil a handful of drained petals from pink or red roses

in half liter of water and drink.

Mouth ulcers or canker sores. Prepare the same solution and use as a mouthwash.

Wounds and burns. We prepare the same solution and wash the area.

Chamomile: antiseptic, relaxing balancing acidity, appetite stimulant

Stomach pain, diarrhea, nausea Boil 1 spoonful drained leaves in half liter of water and drink.

Mouth and larynx infections. Prepare the same solution and use as a mouthwash.

Wounds, exanthemas, burns, herpes, hemorrhoids, eye infections. Prepare the same solution and wash the area.

We can utilize herbs to overcome minor health problems but don't neglect to consult your doctor in serious situations. And don't forget, scientists also use herbal basis in many medicines. Botany was the ancestor of pharmacology!

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About the Author

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