

[Leaflet advertising "Homeostatic Herbs", spices and essential oils].

Publication/Creation

[1982?]

Persistent URL

<https://wellcomecollection.org/works/cjj2mawe>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Homeostatic Herbs

...their uses...

Good health is your natural right. Take advantage of it and don't lose it. Nature provides the way to good health but modern man has fallen out of harmony with nature and has neglected the wonderful plant kingdom which provides for all his needs. Under natural conditions the body is able to regulate itself in a state of harmony known as HOMEOSTASIS. Herbal remedies are nature's way of serving the homeostatic principle.

Nature understands the working of the body. Plants are living things and they work harmoniously with the whole person as they have done from the beginning of time.

The Father of Greek Medicine, Hippocrates, said: Let food be your medicine and medicine your food. In his lifetime herbs and spices played a major role. Today they not only flavour and improve the taste of food but supply us with many nutritional prophylactic substances.

We need vitamins, as everyone knows, but we also need a combination of the active substances of alkaloids, essential oils, trace-elements, sugar, fatty oils, protein and starch, all to be found in varying degrees in most herbs and spices.

Alkaloids produce stimulating effects on the nervous system,

others stimulate the appetite and it is thought they enable the body to build up protein.

Spices activate the lower digestive glands without which food is not digested properly. Small amounts are needed to stimulate these glands - their condition determines man's energy, nerves, elasticity, beauty and youth.

The essential and volatile oils are the aromatic substances and these oils have beneficial effects on metabolism - they increase production of white blood corpuscles and improve circulation of blood to the skin and increase production of mucus and bile. They promote perspiration, soothe inflammation and these ethereal oils often possess bactericidal and disinfectant qualities.

Herbs contain minerals as inorganic salts - potassium which is diuretic and calcium to keep the bone structure; others such as organic acids (citric, oxalic) can increase resistance to infection, influence the blood count, strengthen tissues, act as effective laxatives. Mucilage, found in many plants, dissolves in water to produce a viscous mass and acts as a natural lubricant for the intestines and mucous membranes.

The Glucosides in plants act mainly as anti-inflammatory and febrifuge.

Saponins have a cleansing, diuretic and expectorant influence on the system.

Tannin has an astringent effect on the mucous membranes and is anti-biotic by nature. Finally, there are the so-called 'bitter principles' which can improve secretion in the mouth and stomach and generally help organs such as the liver and

spleen. It can be seen that natural herbs and spices provide an abundance of 'goodies' to improve the quality of life.

Modern man is harrassed by many stresses - physical, emotional and mental. Nature's herbs help us to cope by stimulating the body's vital force without creating new problems. They gently restore the harmony required for the body to heal itself.

Since Nature has provided us with all the beneficial remedies, we don not have to turn to synthetic drugs to effect a cure as these are known sometimes to create unpleasant side-effects.

We have moved far away from the natural foods provided for our well-being. Plants contain natural sugars, mineral salts and vitamins which make up for the loss sustained by eating demineralised and devitalised foods. They also help to remove the toxic wastes which result from such a diet.

Pain and sickness are the symptoms of disharmonious living. Herbal remedies go to the root of the trouble by treating the cause in a natural way. They supply nutrients, relax tense tissues, stimulate excretory activities and arouse the depressed vital force to bring the body back to health and harmony.

In the world of today, we are conditioned to think in terms of disease. The very fear of a particular condition is known to cause that condition to appear in the body. Herbs taken as part of a balanced diet and with a positive approach to living can help create a harmonious condition which is the best form of preventive medicine.

The decision is yours to make. Take your health in your own hands and live in harmony with nature.

METHODS OF TAKING HERBS

It is a good idea to grow your own herbs and preserve them for use but this is not possible for everyone. However, whether home-grown or purchased, the dried raw herbs are generally used in the following ways:

INFUSION is the traditional way of using the leaves and flowers. Put one heaped teaspoonful of the dried herb into a thermos flask or earthenware pot and pour a cup of boiling water on it. Leave it to infuse for five or ten minutes. Then strain and drink.

An infusion will keep for two or three days in the refrigerator. You can therefore prepare a good supply by using 30g (one ounce) of the herb to approximately half a litre (one pint) of boiling water.

DECOCTION is the traditional method of using roots and bark. Pour enough water in a saucepan to cover 30g of root or bark. Do NOT use an aluminium saucepan. Cover and bring to the boil. Simmer gently for twenty minutes. Strain and drink. The remainder may be stored in the refrigerator and taken within two or three days.

AVERAGE ADULT DOSAGE in the customary treatment of a condition is one wine-glass taken three times a day. Since medicinal plants are potent remedies, care must be taken not to exceed the dose and not to rely on them over extended periods of time. If there is any doubt about a condition, a qualified medical practitioner should be consulted.

For price list and further information send foolscap sae to
22, Springfield Avenue, Hampton, Middlesex TW12 3DT