

THE MYSTERY OF THE MISUNDERSTOOD HERB

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The following is intended for those who have attended this lecture. Therefore it has been written in 'note' form without elaboration as further data was supplied during the talk. This information was written in a general manner and is not intended to replace the advice of a qualified herbal practitioner. In addition, should you be on prescription drugs, are pregnant or breastfeeding, it is highly recommended that you consult a qualified herbal professional before embarking on any programme involving herbs or supplements.

Notes:

- These notes are a general exploration of a very complex system and are not meant to provide a full understanding of historical Western medicine.
- Always start with the lowest dose possible.

TYPE 1:

- ☞ **HOT & DRY** (Fire)
- ☞ Lots of energy; loves a challenge
- ☞ Needs to keep busy but can overdo things
- ☞ Off balance: restless insomnia, heartburn & acid reflux

Marshmallow (*Althaea officinalis*)

- ☞ **COLD & WET**
- ☞ **Family:** Malvaceae
- ☞ Hardy Perennial
- ☞ Hardy to Zone 3
- ☞ Sun; moist, well-drained soil
- ☞ **Parts used:** root
- ☞ **Cold decoction:** ½ - 1 tsp. dried root/cup; ½ - 1 cup up to 3x/day

Meadowsweet (*Filipendula ulmaria*)

- ☞ **COLD & DRY**
- ☞ **Family:** Rosaceae
- ☞ Hardy Perennial
- ☞ Hardy to Zone 2
- ☞ Sun/semi-shade; moist/wet soil
- ☞ **Parts used:** leaf
- ☞ **Infused tea:** 1-2 tsp. dried herb/cup; ½ - 1 cup up to 3x/day

Wild Lettuce (*Lactuca virosa*)

- ☞ **COLD & DRY**

- ☞ **Family:** Asteraceae
- ☞ Annual/biennial
- ☞ Hardy to Zone 6
- ☞ Sun; moist, well-drained soil
- ☞ **Parts used:** leaf
- ☞ **Infused tea:** ½ - 1 tsp. dried herb/cup; ½ cup up to 3x/day
- ☞ **Note:** not with drugs for sleep or depression

TYPE 2:

- ☞ **COLD & WET** (Water)
- ☞ Passive & calm; steady & consistent
- ☞ Methodical; best if sets goals & schedule
- ☞ Off balance: indigestion with gas/bloating; excess catarrh

Ginger (*Zingiber officinalis*)

- ☞ **HOT & DRY**
- ☞ **Family:** Zingiberaceae
- ☞ Tropical; buy or grow indoors
- ☞ **Parts used:** rhizome
- ☞ **Decocted tea:** ¼ - ½ tsp. fresh root/cup; ½ - 1 cup 3x/day
- ☞ **Note:** not in kidney disease; small doses if pregnant or have gastric ulcers

Sage (*Salvia officinalis*)

- ☞ **HOT & DRY**
- ☞ **Family:** Lamiaceae
- ☞ Hardy to Zone 5; perennial
- ☞ Sun; dry/moist, well-drained soil
- ☞ **Parts used:** leaf
- ☞ **Infused tea:** ½ - 1 tsp. dried herb/cup; ½ - 1 cup up to 3x/day
- ☞ **Note:** not in pregnancy, hypertension, epilepsy or haematuria

Nettle (*Urtica dioica*)

- ☞ **HOT & DRY**
- ☞ **Family:** Urticaceae
- ☞ Hardy Perennial
- ☞ Hardy to Zone 3
- ☞ Sun; moist, well-drained soil
- ☞ **Parts used:** leaf
- ☞ **Infused tea:** 1 - 2 tsp. dried herb/cup; 1 cup up to 3x/day

TYPE 3:

- ☞ **HOT & WET** (Air)
- ☞ Very social; loves communication

- ☞ Can become scattered and exhausted
- ☞ Off balance: anxiety and 'busy brain'; overindulgence (food, alcohol)

Oats (*Avena sativa*)

- ☞ **NEUTRAL & WET**
- ☞ **Family:** Poaceae
- ☞ Annual
- ☞ Hardy to Zone 2
- ☞ Sun; dry/moist, well-drained soil
- ☞ **Parts used:** oatstraw
- ☞ **Infused tea:** 1 - 2 tsp. dried herb/cup; 1 cup up to 3x/day
- ☞ **Note:** not with gluten sensitivity

German Chamomile (*Matricaria recutita*)

- ☞ **HOT/COLD & DRY**
- ☞ **Family:** Asteraceae
- ☞ Self-seeding annual
- ☞ Hardy to Zone 4
- ☞ Sun; dry/moist, well-drained soil
- ☞ **Parts used:** flower
- ☞ **Infused tea:** 1 tsp. dried herb/cup; 1 cup up to 3x/day

Passionflower (*Passiflora incarnata*)

- ☞ **COLD & DRY**
- ☞ **Family:** Passifloraceae
- ☞ Hardy to Zone 6; perennial
- ☞ Sun; moist, well-drained soil
- ☞ **Parts used:** leaf
- ☞ **Infused tea:** ¼ - ½ tsp. dried herb/cup; ½ cup up to 3x/day
- ☞ **Note:** low dose in pregnancy; not with drugs for sleep or depression

TYPE 4:

- ☞ **COLD & DRY** (Earth)
- ☞ Studious & good at analysis
- ☞ Introspective; can get stuck
- ☞ Off balance: problems digesting heavy foods; prone to anxiety

Fennel (*Foeniculum vulgare*)

- ☞ **HOT & DRY**
- ☞ **Family:** Apiaceae
- ☞ Hardy Perennial
- ☞ Hardy to Zone 5
- ☞ Sun; dry/moist, well-drained soil
- ☞ **Parts used:** seed

- ☞ **Decocted tea:** ½ - 1 tsp. dried seed/cup; ½ cup up to 3x/day

Dandelion (*Taraxacum officinale*)

- ☞ **COLD & DRY**
- ☞ **Family:** Asteraceae
- ☞ Perennial
- ☞ Hardy to Zone 3
- ☞ Sun/semi-shade; moist, well-drained soil
- ☞ **Parts used:** root
- ☞ **Decocted tea:** 1 tsp. dried herb/cup; ½ - 1 cup up to 3x/day

Valerian (*Valeriana officinalis*)

- ☞ **HOT & DRY**
- ☞ **Family:** Valerianaceae
- ☞ Hardy to Zone 4; hardy perennial
- ☞ Sun; moist, well-drained soil
- ☞ **Parts used:** root
- ☞ **Decocted tea:** ½ - 1 tsp. dried root/cup; ½ cup up to 3x/day
- ☞ **Note:** not with drugs for sleep, depression or epilepsy

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