



### MINT

Mint and freshness go hand in hand. From chewing gum and peppermints to toothpaste and mouthwash, we all use mint every day. But did you know that mint oil is a very powerful brain stimulant? It promotes concentration and eases drowsiness. Some computer schools and offices pump a minty vapour through their air-conditioning systems to help the students and staff stay more alert. It also helps combat drowsiness on a long journey. To make your own air freshener, fill a spray bottle with water, add a few drops of Lennon's Peppermint Drops and wake up your brain! It seems to keep flies and mosquitoes away too. Mint tea is good for nausea, colds, colic, indigestion and rheumatism or for children with poor appetites. Sweeten herb teas with molasses because white sugar and honey affect the pancreas and can lead to blood sugar disorders.

### ROOIBOS

Rooibos is regarded as a cheap tea to drink in South Africa and we seldom appreciate its remarkable healing properties. All the goodness of nature is packed into this unique herb: antioxidants, minerals and vitamins as well as soothing anti-inflammatory compounds. Because it doesn't contain caffeine or other stimulants, rooibos is safe for everyone to drink. There are many stories of babies who have suffered from incurable allergies or bowel and chest infections who came right by drinking rooibos tea. Replace juice, cooldrinks, milk and tea with a strong brew of rooibos and let children drink it sweetened with molasses. Do away with honey, sweets and other forms of sugar and see how your child improves. Rooibos and molasses are high in potassium, a mineral which restores the body back to health. They also contain a lot of calcium, magnesium, iron and trace elements. For skin allergies, rashes, burns, genital itches and vaginal irritation, there is nothing more soothing than applying a strong brew of rooibos tea with a few spoons of salt and a few drops of vinegar for washing the intimate area. Don't use soaps, they only burn and irritate. For persistent thrush or candida, apply a little fresh plain yoghurt. Rooibos tea can also be added to bathwater and hair rinses for problem skins.



### FENNEL

Wild fennel is regarded as a weed and most of us don't realise that it is one of the best cures for cramps, bloating, gas and colic. Fennel is a component of gripe water (behoed-middel). Add fennel seeds to the rooibos tea you give your baby for colic problems. If you are breastfeeding, chew a few fennel seeds with every meal because it will help your baby's colic. Avoid gassy foods like raw cabbage and cauliflower. An instant cure for bloating, flatulence and abdominal pain is one teaspoon molasses mixed with one teaspoon fennel powder (barishap). Drink a glass of hot water and you can expect relief in half an hour, otherwise take another dose. Fresh baby fennel seeds are delicious to chew and the chopped leaves and flowers are nice with fish or potato salads. You can chew fennel seeds after a meal to help digestion, prevent flatulence and to freshen the breath.

### DANDELIONS

We all love to blow the seeds of dandelions into the wind without realising how valuable this herb is. A few dandelion leaves in your daily salad works better than a water tablet for swelling, bloating and water retention. To herbalists, dandelion is the safest diuretic to use as the high potassium content prevents all the minerals being lost from the body via the urine. Try eating four dandelion leaves in a salad, or hide them in a cheese sandwich. Dandelions flush out all the toxins in the body while they strengthen the liver. Stop and pick some leaves to use every day.



### BAY LEAVES

This herb adds a delicious spicy taste to curries and stews. In recent tests with diabetics, it was found that it helps increase the effect of insulin. It's best to try using ground up bay leaf powder, about 1/8 teaspoon with each meal. This powder can be mixed into molasses and taken as a muti.

You can add 1/4 teaspoon of cinnamon to this dose. For larger quantities, mix 2 teaspoons of bayleaf and 4 teaspoon of cinnamon to half a jar of blackstrap molasses. Take a teaspoon before meals. Be careful to adjust your insulin dose if you notice your blood sugar levels begin to drop as bay leaves and cinnamon can be powerful hypoglycemic agents. Rather reduce your insulin than make an excuse to eat extra sugar again.



### GARLIC

How many of us take antibiotics, decongestants, blood thinners, cholesterol drugs, heart medicine and immunity boosters daily without looking for safe, cheap and effective alternatives? Garlic is all of the above: it's one of the most

extensively used and researched substances ever known to man. Moses had difficulty leading the Israelites out of Egypt because they did not want to leave their garlic – and for good reason! It has antibacterial, antifungal, antiparasitic, antiprotozoan and antiviral properties – they knew this even then. Tucking into a garlic pizza is a delightful way to handle high cholesterol and heart disease – as a delicious flavouring agent, the taste is unmistakable – but how do we use garlic as a serious medication? Trials based on people swallowing one to three whole garlic cloves per day have produced remarkable results in terms of preventing colds and flu, keeping the blood thin without a daily aspirin and bringing cholesterol levels right down. Remember to chew a few sprigs of parsley or use mint and fennel seeds as a breath freshener to prevent running the risk of ruining your social life.

**IMPORTANT!** This information should not be used to diagnose, treat or cure a condition without the consent of your doctor or clinic. Get their advice first if you are pregnant, epileptic, diabetic or have high blood pressure or a heart condition. You are responsible for the health and safety of your family.

**Next month:** Top 10 healing spices