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5 Common Herbs and Powerful Home Remedies

Here is a list of 5 healing herbs that we grow at Ananda Farm.
These are common plants and grow well here in Colorado.

1. Mint

Stomach aches

Mint naturally produces menthol which helps in soothing the stomach from aches and pains. It is estimated that mint can reduce stomach pain by 40%.

Breath freshener

Peppermint or spearmint tea are great breath freshener especially if you add a pinch of anise, caraway or cinnamon.



Colds

Drink peppermint tea with elder flower and yarrow.

Coughs

Drink 3-4 cups of cool peppermint tea throughout the day, taking a sip every 15 to 30 minutes. Rub ointments with mint on the chest.

Digestion

Drink a cup of hot herbal tea to settle your stomach after a meal -the menthol in peppermint soothes the lining of the digestive tract and stimulates the production of bile, which is an essential digestive fluid.

Tension Headaches

Add 1-2 drops peppermint essential oil to a carrier oil such as sesame or sunflower oil and apply to temples when headache starts and once an hour after, if needed.

Mental Fatigue

Mint is a stimulant similar to caffeine, but won't cause jitters. Try a drop of essential oil at the back of the tongue. Too much at once can be overwhelming; try a SMALL drop first. Mint is also known for lifting the mood, bringing cheer. Also throughout history has been used in cases of hysteria and shock.

2. Dill

Gas and stomach pains

Dill has limonene which kills off harmful intestinal bacteria such as E. coli. It has been known to work as well as antibiotics for killing off harmful bacteria.



Hiccups

Boil 1 teaspoon dill seeds in 1 cup water for three minutes, then drink the tea unsweetened.

Insomnia

Steep 1 teaspoon crushed dill seed in 1 cup of boiling water for 10-15 minutes. Strain and add raw honey to taste. Sip this soothing tea before bedtime.

Headaches

Infuse 1 teaspoon of chopped fresh dill in 1 cup of boiling water for about five minutes, then strain. Drink two cups per day, preferably in the morning and in the evening after meals. You can also try to chew a few stalks of dill, which have beneficial effects on the nervous system.

Colic in Babies

A dill diet during lactation positively affects breast milk, protecting your baby from colic.

Aphrodisiac

Traditionally, to provoke bodily lust in both sexes, fresh ground dill seed is taken in a bit of honey or in a glass of wine (or both) several hours before the effect is desired. Unlike Viagra, this is completely safe with the only side effect being potential increased fertility.

A Woman's Herb

Dill is a remedy for the problems faced by women at any age. It is recommended to eat at least 3-4 tablespoons of fresh dill daily. For nursing mothers, fresh dill stimulates lactation. As fresh dill leaves contain flavonoids with antioxidant properties, they soothe menstrual pain. Dill seed tincture stimulates the production of estrogen, delaying the aging process and maintaining the vigor of the breasts. Take 20 grams of fresh dill per day for 20 days during the spring and fall is said to prevent osteoporosis after the age of 40.

3. Parsley

High in Minerals

Parsley is rich in vitamin K, vitamin A, folate, iron and vitamin C. Half a cup of fresh parsley contains 40 milligrams of vitamin C = 70% of the Daily Value. This is more than half the amount found in a whole orange.

A cup of minced parsley has more calcium than a cup of milk and 20 times as much iron as a serving of liver.

Parsley contains more beta-carotene than a large carrot.



Urinary Health

Parsley contains myristicin and apiol which help increase the flow of urine. Bring 1 quart of water to a boil. Remove from heat and add 1 cup of coarsely chopped parsley. Cover and steep for 40 minutes, then strain. Drink 1 cup 4 times daily with a meal. Great for urinary tract infections.

Bloating

Parsley is a natural diuretic that reduces bloat inducing water retention by blocking salt from being absorbed into the bodies tissue.

Bad Breath (especially after eating garlic or smoking tobacco)

Dip parsley in a bit of vinegar and chew it slowly before swallowing. This will make offensive odors go away for at least 3-4 hours. Even your dog's breath will benefit. Simply mix several sprigs of parsley in with your regular dog chow.

Inflammation of the eye and eyelids

Parsley leaves have anti-infective, inflammatory and regenerative effects. Apply a compress of fresh parsley juice for 20 minutes.

Breast inflammation during lactation

Boil parsley leaves and roots in water. Cool and place a poultice on the affected area for 30 minutes. Repeat daily. (Note that a poultice of uncooked parsley leaves can stop lactation).

4. Basil

Fever

Boil leaves with cardamom in two quarts of water, then mix with sugar and milk, to bring down temperature.

Cough

Use basil in cough syrups and expectorants.

Cold and flu

Chew on basil leaves.

Sore Throat

Gargle with basil decoction.

Blues

Basil has been known to cure cases of the blues in as little as 3 days. Basil has eugenol and rosmarinic acid which boosts the brains production of dopamine and serotonin, leaving you feeling refreshed and energized.

Kidney Stones

Drink fresh squeezed juice of basil leaves mixed with honey. Take daily for 6 months to expel stones through the urinary tract.



5. Cilantro (Coriander leaves)

Sleepiness

Cilantro has carboxylic acid which releases heavy toxins from your body. The removal of heavy toxin buildup will help in eliminating fatigue, joint pain and depression.

Indigestion, nausea, dysentery

Add 1-2 teaspoons of coriander juice to ½ cup fresh buttermilk and drink daily after meals.

Cholesterol

Regular drinking of coriander water helps lower blood cholesterol as it is a good diuretic and stimulates the kidneys. It can be prepared by boiling dry seeds of coriander and straining the decoction after cooling.

