

## **Brian Holman – Herbs**

Brian was our guest Speaker for our August meeting.

He started off by explaining that in the early days that certain herbs and nuts were used in trying to cure certain bodily ailments due to their similarity to very various body parts.

Culinary herbs, for example Bay tree, Sage etc. can be used to ease a sore throat.

Oregano, found in Mediterranean countries, can install energy.

As for cosmetics, Lily of the Valley goes into soaps. Rosemary for perfume.

Not forgetting Lavender, used in bathing.

In handicrafts Hemp is used for rope making, Cocoa Palm for Coy mats.

Flax and Linen seeds used for making Linseed Oil.

In the dyeing process Weld is used for dyeing wool.

Woad produces a blue dye

Soap wort for fabric cleaning.

For medicinal purposes, Aloe Vera for scolds or burns

Comfrey, for aching joints or burns.

Soloman's Seals, used as a poultice

Feverfew, arthritis or migraine

Foxglove, heart conditions

St. John's Wort , blood disorder

It's amazing how various herbs can be used to treat common ailments that a lot of us may suffer from.

Our thanks to Brian Holman for bringing all this to our attention.