

## Separating Wheat From the Chaff and Herbs I've Used

I would like to thank Well Sweep Farm for the invitation to address you and for the welcome that our Teutonic Healing booth received at Herb Day, May 4th.

My name is Greg Rowe. My main center of practice as a tietaja is in Capshaw, Alabama, just outside the place with the highest number of PhD's in the US, Huntsville, Alabama. I have worked always at least part time and during past twenty years' full time, as a healer for the past 41 years following ten years of training and supervised practice, working under master healers in the 8,000-year-old Finnish-Scandinavian tradition of Tietajar wherein a Suommonescu priest or priestess goes on to become a priest-healer, much like a Nordic equivalent of the old Shaolin tradition of China, and, yes, we had a martial option also, Klima, although I did pursue this instead.

When I completed my Tietajar training (and it varies from small group to group in which trained) in 1983, there were very few people in US who recognized this as a valid type of healing. There was some acceptance of Reiki and Ayurveda in places such as the West Coast where there was a substantial Asian population and a general acceptance of the new and Avant garde. So that was where I did most of my Residency, the years when one or more of my teachers came to the states to supervise while I met with patients.

We did not encounter people doing a lot of other methods at the time. Over the four decades since, alternative healing has blossomed. There seems to often be a shift wherein people previously pursuing crafts, trades, or usual careers either quit or were laid off from such jobs and, if they had the backing, took a few months, or even a few weeks' training in one of the many systems of healing and offer themselves as a full alternative to the allopathy-dominated medical system.

We have all learned to be weary of dollar-driven abuses by that system. I was in hospital recently with congestive heart failure, a default diagnosis when they don't know what's erratic with the heart and the label stuck even when cardiac catheterization failed to find any significant atherosclerotic build-up. Having a broken hip, while I was laying there, an X-ray tech came and x-rayed my hip, when the same hospital already had an image of it on file. They also wanted to do a Doppler of the legs, when there was no sign of clotting or peripheral edema to warrant it.

We all know that, if your insurance will cover it, additional and unnecessary tests, and even surgeries, are frequently done. While we're aware of these abuses, I'd like to make you aware of some of the questionable practices that I've seen by alternative practitioners. I'm not normally going around looking for the faults of fellow alternative practitioners, but I just keep hearing about them.

You might ask how? It's simple, really, a Tietaja, a shaman, is usually the last person consulted about a health challenge and only hears from the patient after other methods have been tried and found ineffective. This is true for alternative healers to a lesser extent as many are well marketed and promoted and our clientele come to us almost exclusively by recommendations of those who have already used our services.

In the following are offered some examples of business practices which should not be, but too often are found among alternative healers. Our model in Teutonic Healing, based on the village shaman as part of the community, every bit as much as a cooper, wheelwright, fisherman, or blacksmith, is very different. It is based upon service to the patient, to delivering improved outcomes as cost effectively as possible and in as few sessions as are required. This is the difference between a "healing model" and a "business model."

I would like to go over some of the patients whom I have served over the past several years and what they have reported. I will have changed up a bit of the biographical data on both healer and client for anonymity. In these cases, I'll point out how a new patient, having had a 'treatment' from one of these healers recounted that experience to me.

Keep in mind that there are probably persons working under various platforms who are competent or effective, so, when I speak of a particular Quantum Hypnosis, Quantum Touch, Emotion Code, Body Code, Polarity, or Reiki healer, I am not implying that all of them are using dodgy practices. There are however some general trends in alternative

healing which I find concerning and, as you consumers of alternative healing, would like to make you aware of. Then we'll go over some specific cases.

**The Contract:** There was actually a disgruntled banker who walked away her job after marrying a successful contractor. She took online classes in Quantum Touch and attended a few seminars. Within six months, she was holding herself out there as someone who could cure anything. She thought it was a good business model to set up a contract with new clients, having them sign up for a minimum of six sessions. (In all of these cases, I will present our best practices as a contrast.) We approach this very differently. If Bryan or my other journeyman, Calli, can resolve your issue in one session, we are more than happy to do so. We never want to stretch out or withhold resolution to create a subsidy. We are constantly trying to work ourselves out of a job.

**The UnderPrepared Alternative Healer:** This same lady served as a good example of another shortcoming of many alternative healers- lack of depth of preparation, a condition we shall visit later as well. This QT healer whom I knew through an anomaly study club, told me that she had just fixed a seventy something client who had a pronounced pelvic tilt and had always had lower back pain just magically in one session. I asked her where the misalignment went. I asked how she disposed of it. She told me she held the space and asked the quantum field to fix it. Three days after the 'cure', she was in my practice with exactly the same condition, a pronounced pelvic tilt and lower back pain. It turned out that, being twenty years younger than her patient, she was a

more inviting host for the entity which her client had hosted for so long. She had no concept of shielding herself and had missed the fact that this disorder had appeared in her patient's 30's, was not a genetic defect, and had no known cause. A traditionally trained shaman would have suspected that the cause was spiritual and the resolution would have to be also, but a spiritual dimension was not part of the few months course. After I worked with her, she was relieved to be rid of it then herself and gave her some pointers on shielding.

**The Fantasy instead of Reality in doing Past Life regressions:** This has become a popular accessory for a successful person to have and is a natural outgrowth of human curiosity. A Pew study found that “nearly four-in-ten adults under the age of 50 (38%) believe in reincarnation, compared with 27% of those ages 50 and older.” I have two cases to report on this practice:

**The Waitress with a fifth grade education working as a Psychiatrist:**

Morgan worked as a waitress after getting pregnant as a teenager and becoming a very young mom. She later became a hair stylist and there met her husband, a successful tradesman, years after her three kids were grown and moved away. He helped her go to Delores Cannon's classes for Quantum Hypnosis and within a few months, with the good advertising and upscale office, she was seeing clients.

One of these clients came to me a few months later, complaining of having trouble sleeping and having disturbing, intrusive dark thoughts. She had regressed him to a

traumatic life that ended in the American Civil War. In a later life, he had the image of having died in prison serving a sentence for a victimless crime, breaking Prohibition in the 1930's. With both of these, this intelligent professional man, who had hired her services for this only out of curiosity, had very strongly felt as a real past life memory, privations as a starving Confederate soldier and then as a prisoner with the untimely end in both.

These memories had been very disturbing and she had not helped him to process the memories, nor to put them into context and clear them of the power to disturb his current life. That task was ahead for me as was the resolution, where we depotentiate the disturbing content of these past life memories to find peace and resolution. We also seek to find themes that resonate with the present life and help us toward more inner peace and life satisfaction. That was the first past life regression case I am sharing with you.

**The Princess and the Queen:** The second one I wrote up in my blog, referring to the pseudo-Indian Shaman who spent a few thousand and a few weekends doing peyote on a reservation to be adopted as a member of a "medicine clan" when members of that tribe amongst whom I had a very good friend who was a real shaman said that they do not take on non-Indians and those who sell tribal memberships are not real medicine elders. I refer to this guy as "surfer dude" because the way of speaking is like that of an early Keanu Reeves "stoner" movie. A patient came here for other reasons for a few sessions and the issues were resolved.

On the last session, she asked if I do past life regressions. I told her yes, I do, but why did she want to do this and I explained the process whereby we try to open up the soul's journey through time for the person to know, but are very careful to allow a lot of follow up time to process the information and put it into context. She responded that she wanted it done because she was confused by the previous two sessions she's had with Surfer. In the first one, he told her that she was an Indian princess who could talk to animals.

In the second one, Surfer told her that she reincarnated earlier from the Princess life as an ET queen who had a special headset that shot out rays that healed her people on a distant world. These revelations cost my patient far more than I charge, \$120 an hour. I got suspicious about the process and inquired about how Surfer Dude acquired this very entertaining information. Both stories sounded like science fiction or historical fiction. She said that he ingested something- she wasn't sure what, went into a trance, and started speaking for her past personalities. I asked her why she paid attention to or trusted this 'channeling.' She reported that his voice changed while doing it, so it must have been authentic- he almost sounded like her! And there was more; she was scheduled to go back for another 'regression' soon.

Then she asked how I would do it. I told her that, for one thing, she would do the talking. She asked how that was possible. I told her that I would ask her to get into a relaxed state. I would do a shamanic regression. She asked if that was hypnosis. I told her that, no, it was not what she thought of as hypnosis. The information will be coming from her, not from me. I encouraged her to record it and then told her that if she wanted to do this with me, we would try to figure out what relevance any theme that we found in a prior

lifetime had for her present life. It turned out that she was never any kind of a princess or queen and that indeed the life of drudgery and abandonment she had endured in prior incarnations presaged many of the themes of her current history.

That is where a Tietaja's training as a priest is helpful, to help the querant learn how the prior lifetime informs or shapes the present one and how to alter old patterns so that the soul's history does not become the person's destiny. There is a difference between entertainment and real memory retrieval. I also told her that not everyone can be regressed and that, if this was not workable for her, there would be no charge. We accept a fee only when there are results. Luckily, we did seek a new life trajectory where the old patterns would be left behind as a new one emerged.

### **Feathers, Chanting, Incense, Ritual, an exotic language and???:**

As stated above, I do acquire this knowledge of what's out there by accident, not by looking for it. I hear about what happened when someone comes to me later. A successful technical salesman who is stationed near me had traveled to a regional large city and went to healing at a church in a town where he'd be working with clients in his software business for a few weeks. His issue was a deep and disturbing sense of anxiety, which sometimes disrupted his work. The shaman claimed to be from Latin America, as was my patient, although he could pass for Italian or French and has no trace of an accent and a name that does not identify his Hispanic heritage. During his encounter, in casual chat, he began to doubt her origin story and the healing itself.



The shaman told him that he was separated from his totem animal and that she could lead him back to it and this was the reason for his anxiety. She smudged him, blowing first sage, then incense onto his skin (he was told to wear only briefs, and she rubbed feathers over his body to soothe the angry totem animal spirits that accompanied him, while she chanted in what he assumed was a Latin American Indian language. Tony said it was very relaxing, but, an hour after leaving the session his anxiety was back with its usual force. I asked him what he thought he'd paid for.

A perceptive fellow, he smiled and said, "entertainment and ritual." He grew up accepting that shamanic work was valid, but was disappointed with this outcome. I did what we usually do by way of intake, probing the job, lifestyle, living arrangements, exercise, relationships, diet, wholistic factors that can lead to understanding what is causing the issue. This included finding that Tony had been prescribed Xanax by one physician and Klonopin by another one. These had both proven addictive and had the "rebound" effect where the anxiety came back worse after he incrementally took himself off the meds than before he began taking them.

Over three sessions we found the causes and the resolution. We discovered where the sense of an unseen and unidentifiable threat had emerged. It was from two very successful, driven parents, who were not that nurturing. They often failed to praise successes and yet would 'audit' Tony's schoolwork, looking for lower grades or late papers and, rather than celebrating his successes, harping on the shortfalls. This had led him to generalize the fear that at any time, someone in authority would criticize

disproportionately leaving him feeling that he was not okay and that his performance would never be enough.

This pattern had resulted in finding either professors or supervisors who treated him that way or feeling that sense of dread about never being good enough, even when they had not manifested this behavior. We did some spiritual exercises to reframe his relationships and train him to quit projecting this anomalous fear, which attracted the hypercritical boss or client like a magnet. We worked on breathing, visualization, and a type of grounding that removes the anxiety. Instead of ritual, we rolled up our sleeves and got to work on the issues, leading to a full resolution.

### **Scared by Allopathy, she went to Peru for Egg and Guinea Pig:**

At 55, Nancy is quite fit, having competed in swimming, rowing, and other endurance sports while teaching fitness classes to seniors. She started losing weight inexplicably, experiencing diarrhea, and nausea, with continual bowel pain. The diagnosis was Chron's Disease. The physicians tried steroids, aminosalicylates, and antibiotics, but after several months, the symptoms persisted. Then they tried biologicals, and a year on from the diagnosis, the condition was only slightly improved. The colon, they said, was badly ulcerated and should be removed, replacing it with a stoma and an external bag for wastes. Nancy was horrified at the doctors (she'd sought a second opinion) conclusion and had no intention of going around with an ostomy unless there was no other option.

In desperation, she turned to a friend who did Reiki. While it made her feel relaxed and better able to handle the discomfort and urgency of her condition, again, after several sessions and two months, the symptoms were only slightly reduced. She heard about shamans in Latin America and went to the highlands of Peru to find one.

The Kichwa shaman had her disrobe, then took an egg and rubbed it over her abdomen. Then he took a live guinea pig and rubbed it all over her at which point she put clothes back on. Then, her interpreter explained, the rodent had taken the disease out of her body and now had to be sacrificed, completely removing it. The egg was cracked into a bowl and the configuration of the yolk foretold that the condition would now go away over the next few days. Nancy was relieved and hopeful that it would work. Back at her hotel in Huancayo, she noticed that her condition was still with her and returned to the States.

Out of desperation, she got in touch with me in a final attempt to avoid such drastic surgery. She tried alternative measures to lessen the discomfort, but found that essential oils of mint and patchouli and eating candied ginger gave some symptomatic relief, but as we worked, it seemed that there were underlying issues that we would have to confront.

Our teaching is that often auto-immune disorders are a form of the body's consuming itself. The person, at an existential level, mostly subconsciously, has decided not to be here any longer. Rather than taking an overdose of pills or jumping off a bridge, the body begins shutting down. Since the physical interventions had not worked to this point, and I explained all this to her, some metaphysical intervention might be worth a try.

She was open to this approach. We began by examining all the closed doors, all the, in her opinion, missed opportunities, such as marriage or to have had a child and family. The normal process of being and the disorder rendered her increasingly less able to continue as a competitive athlete and she feared that the continued weight loss and weakness would compromise her classes as well.

We set about doing what in our tradition is known as “rewriting the life story” or cognitive mapping to help her develop a healthy overview and do some planning on how to change her circumstances. Most importantly, she needed to make peace with the life she had chosen and quit wishing for another that was no longer in reach. She had to relinquish punishing herself, which was somaticized as the body’s trying to consume itself. To this end, we used several guided meditations for long term, sustainable recovery. These included among other approaches having her relax deeply and visualize different alternative futures from this point forward where she could thrive and find fulfilling relationships, activities, and conditions to grow into, looking forward, rather than backward.

For the short term, I worked on sealing up lesions through energetic intervention, which some refer to as “psychic surgery.” After two months of this treatment, the symptoms receded. When I heard from her late last year, six months after the intervention, the discomforts and dysfunctions had ceased and she was regaining some lost muscle mass and healthy weight.

## **Now, Let's talk about Medicinal Herbs that You Can Use**

The above are just a few examples of cases where alternative care can be less than effective or sometimes little more than therapeutic theatre. Now, I would like to pivot and go over some herbs that I have used over the years for various conditions. This farm has a truly amazing variety of medicinal and culinary herbs and a data base of over 600 of them.

There are thousands of herbs used in natural treatment protocols all around the world, so I will only touch on a few of these. I'm sure that in our Q and A session, some of you will ask me about herbs which I have not used. Like anyone else, or the story of the lawyer, a client asks her about a potential litigation, and, no, she does not know it directly, but she knows what to ask about and where to look it up. Herbalism is only part of our shamanic practice and we do know what to ask you, if it were a face to face conversation, and what to look up, when reference books are handy. Speaking of reference works, the gift shop at this farm has a great stock of herbal reference books for any of you who want to dig deeper into what we covered here today.

The field is vast and most of the world's population use herbal remedies in one form or the other- if you've used Vicks Vapo Rub, you've used an herbs al product.

In going over these or subsequently looking for an herb for a particular ailment, you'll find David Hyde and Patrick McDuffee here to be great resources and Tracy Fly, Master Herbalist, can help to design a custom herbal supplement for your use, so you are connected, by being here, to a great resource.

If any of you are interested in exploring Teutonic Healing, you do have a very competent local practitioner here in Hackettstown, Bryan Nolan. You're already here and so know where to go for herbs and the idea of fresh herbs for culinary use is a compliment any kitchen, aside from their medicinal value. When touring the greenhouses in May, David showed me many delightfully scented and strongly flavored herbs of all kinds.

The script of this presentation will be available for download at our [TeutonicHealing.com](http://TeutonicHealing.com) website and in it we will have contact information. Please come visit our booth located in the main marketplace if you are interested in a talking with us or a session this weekend.

**Now I would like to pivot to my second topic:** Some common uses of Medicinal Herbs. I want to focus on herbs that you could grow, take off some leaves, dry them for use in making an infusion (tea) and combine with other herbs towards alleviating common symptoms. In herbal lore, we know of infusion, decoction, or tinctures as ways of extracting bioactive compounds from the dried, prepared herb. More exotic techniques such as Co<sub>2</sub> or solvent extraction are used by commercial preparers.

I will be presenting simple recipes where steeping or slow simmering the herbs for 5-10 minutes will be sufficient to benefit from using them. These are preparations that you can make yourself, but for more complex cases, getting with a master herbalist is advisable.

Most herbs have several uses, not merely those for a single malady. As such, the recipes I'll be presenting are those which I know work, but keep in mind there are other,

equally valid ways to accomplish the same goal. E.g., for insomnia, I could use vervain, skull cap, and / magnolia bark or skunk cabbage instead of the hops in the formula that I present.

There is no one “right” blend, only what is right for you, for your unique biochemistry. You will find the folks here very knowledgeable about the herbs and their uses. At my booth, for those of you who will be trying Teutonic Healing, or coming back after visiting us in May, we will not be selling any but two simple herb blends, one for inflammation and one to improve mental function. I will not be giving advice on herbs at the booth, but rather simply doing our type of shamanic healing.

The folks here at Well Sweep are well versed to help you with the former.

### **Let’s look now at some common conditions and their herbal remedy recipes.**

Most medicinal herbs taste, well, medicinal. Many are bitter. You can always sweeten with honey to offset this and much recent thinking in oral health is that honey does not promote tooth decay as it is a natural antibiotic in its own right. If you are hyperglycemic, but find the bitterness or sourness of some herbs objectionable, another option is using some of the low glycemic index so called “alcohol sugars,” such as mannitol and xylitol. Personally, I use an even mixture in baking or sweetening tea or coffee, a combination of one half of each of those. Some people do have a gastric reaction to mannitol, xylitol, allulose, or other alcohol sugars, so try a small portion of a product before buying this to use as a sucrose substitute.

## **Colds:**

Calendula Flowers: 2 tablespoons Hyssop Leaves: 3 tablespoons Pour one pint boiling water over these and allow to steep for 8-10 minutes. Strain and pour off. 2 cups fresh elderberries: place into blender with sufficient water to cover. Grind coarsely and strain through a fine mesh. Allow to settle and pour, all off the juice, discarding the grounds or strain through coarse paper filter. Take the elderberry extract and add to the calendula and hyssop, once cooled. This should make a bit less than a quart. Keep refrigerated after decoction for use during cold season.

## **Insomnia:**

Lemon Balm: 3 tablespoons crushed or dried leaves Hops flowers: 1 tablespoon Chamomile flowers: 2 tablespoons Lavender flowers: 3 tablespoons Passion flowers: 2 tablespoons Bring quart of water to boil. Immerse flowers and leaves and let simmer two minutes and steep another 8 minutes, then strain through fine strainer. As with most herbals, this will be strong and somewhat bitter, so consider adding freshly squeezed lemon and either the mannitol/xylitol blend or honey to taste to offset the medicinal taste. The amount it takes to help you relax varies by the person. When I use this, a cupful is usually enough. I keep the rest of the strained tea in fridge, sweetened with 3 tbsp honey and it lasts a month for the occasional insomnia.



## Hypertension:

Yarrow leaves: 2 tablespoons Basil leaves: 2 tablespoons Thyme leaves: 3 tablespoons (lemon thyme very good here) Celery Leaves: 2 cups tightly packed Olive Leaf Extract Garlic Extract capsules (Allicin) You certainly can use freshly picked olive leaves, fresh leaves, a cup tightly packed in enough water to cover, put into blender and strained as part of the formula, or you can order olive leaf extract containing oleuropein and hydroxytyrosol. Dr. Axe's take on it and most studies put the useful amount between 500 and 1000 mg daily. I personally use an extract of it from Spain. If you can get fresh leaves, often fresh is better!

I personally use Allimax twice daily, which offers 180mg stabilized Allicin powder daily. There is good clinical literature on use of garlic extract for HBP: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5136635/>

In the above recipe, pour boiling water over the yarrow, basil, thyme combination. Let steep for 8-10 minutes. Strain off liquid. Let cool. Pour this over celery leaves, enough to cover them. Blend and strain. Add to liquid. Same can be done with liquid over a cup of fresh olive leaves. Omit the latter if you are using an olive leaf extract.

Garlic is harsh and strong and would not normally be part of a decoction, hence the suggestion on a capsule form. [ I'm sure some of you will ask about the olive leaf extract. I personally take a 50:1 extract, 400mg once daily, having had episodic Afib and chronic heart failure. In no way do I prescribe anything for you, but since starting this in late March, BP has diminished and I no longer test for A-fib, so it is considered episodic; i.e., triggered by another illness, then a bad Asian flu.]

## **Menopause:**

*Motherwort* (“The European Medicines Agency suggests using motherwort for hormonal changes during menopause, menopausal flashes, encouraging menstruation, absent or painful menstruation, and premenstrual tension.” The Botanical Institute)

Red Clover (“Promensil, a dietary supplement of standardized red clover extract, has shown to significantly reduce menopausal hot flashes.” Ibidem) St. John’s Wort (“This herb has shown to decrease fatigue and hot flashes, and improve sleep for perimenopausal women in a clinical study. Another study showed the positive effect of St. John’s Wort on perimenopausal and postmenopausal women by decreasing the number of hot flash episodes, as well as their severity. Dr. Aviva Romm, herbalist and women’s health expert, states that St. John’s wort can be used to help depression associated with menopause (2).”- Ibid)

*Fenugreek*: From Plant Medicines.org: <https://plantmedicines.org/fenugreek-estrogen-menopause/> Double blind study shows significant reduction in hot flashes, night sweats, and insomnia from ingesting 1,000mg daily of standardized fenugreek extract.

*Vitex (Chaste Tree)*: From Dr. Axe; <https://draxe.com/nutrition/vitex/> “One 2007 study published in Gynecological Endocrinology found that an herbal supplement containing chasteberry provided safe and effective relief of hot flushes and sleep disturbances in pre- and postmenopausal women. Another 2015 study found that a supplement containing vitex as a key ingredient was able to reduce moderate to severe menopause symptoms.” I am leaving the amounts out on this, not pointing to a specific recipe, as

what works varies all over the place. One person's menopause is not like any others, but the above generally demonstrates the efficacy of herbal remedies in mitigating common change of life symptoms.

### **The Blues:**

We all get them, baked into our human condition, whether a sense of emptiness or despair to just a general doldrum of indifference. That we now have clinical terms for it does not change the fact that humans long ago found ways of treating the blues which were neither habit forming nor had the 'rebound' effect, wherein the original condition returns with more force when a patient stops using the drug.

People have historically treated their mood disturbances with herbs such as the following:

Holy Basil (*Ocimum sanctum*)- infusion with three cups water and 4 teaspoons of dried leaves or 12 teaspoons of fresh leaves. Bring water to boil: after adding tulsi leaves, cover and let boil at light simmer for 5 minutes, then let stand for another 5 minutes, then drain off and let cool.

Ashwaganda: Often in Ayurvedic use, ashwagandha root was stirred into milk and simmered, as the myelin sheath lines the nerves and this was thought the best way to reach the nervous system, by infusing the heated milk with the root, then simmering at low heat for 10 minutes and draining off. You can do this same thing with boiled water, add root, lower heat and simmer 10 minutes, 5 teaspoons A root in 2 cups water, then strain off and cool.

Blue Vervain: Two cups boiling water- add in three teaspoons blue vervain leaves. Reduce heat and simmer five minutes, then let steep for another five minutes. Strain and let cool.

Licorice Root (*Glycyrrhiza glabra*): Two tablespoons licorice root in one cup boiling water. Cover and steep for 8 minutes, strain and cool.

Bacopa Monnieri: This is usually available only as a powder, which can be mixed in with hot water and infused for 5 minutes and strained as a tea, or taken as a 300-400mg capsule supplement. If making a tea, take three tablespoons powder and stir into cup of boiled water. Cover and let steep, then pour off and cool to add to above fluids. I've seen this done with fresh leaves of this water hyssop, which are soft, where they'd be put into a blender, blended until fluid is green, usually a minute where a half cup of packed leaves is ground in 10 ounces of water, and poured off.

Take the above fluids and combine. Sweeten with honey or mannitol/xylitol, if desired, and for the occasional blue mood, drink a cup. Can be stored in the refrigerator.

## **Now, Let's get Acquainted with some of their Wild Cousins and Their Uses**

Some Wild Medicines (and Foods!) that we ignore as Weeds

There are thousands of wild plants with medicinal uses throughout North America and what is local to you may vary to some extent to the plants available even one USDA planting zone or one state away.

I'm just briefly going to go over some commonly used wild medicines today. There are countless books to help you identify these if you own some land or don't manicure and monoculture with grass every bit of your yard. Also, every state has extension services often in every county or serving a few counties, who will have reference guides.

There was once a lot of folk knowledge about using herbs as medicines and a Georgia high school teacher, Elliot Wiggington, took his students out through the Appalachian mountains searching for old timers and those who remembered folk crafts, including use of herbs, and pre-electric technologies like the spring lathe.

**Gorse:** (Fabacdae) Used for vanilla-like taste in desserts. Infusion can be used as a flea repellent. Spikey evergreen leaves, many different types of gorse, yellow flowers, shrub lives 30 years, is in the legume family.

**Yarrow** (*Achillea millefolium*) Leaves valued as they taste like tarragon, used as seasoning. Tincture from yarrow is used to stop bleeding and can also be used on hemorrhoids. It grows to a yard tall, has small white flowers and fern like leaves and is in the daisy family.

**Carolina Jewelweed** (*Impatiens capensis*) Used as topical medicine for skin irritations or scrapes. USDA writes: "sap from the stem and leaves is said to relieve itching and pain from a variety of ailments, including hives, poison ivy, stinging nettle, and other skin sores and irritations. The sap has also been shown to have anti-fungal properties and can be used to treat athlete's foot." It's a beautiful herb that comes in many different forms and sizes in most parts of North America.

**Self-heal** (*Prunella Vulgaris*) aka “wound wort”, used for sore throats and having an anti-inflammatory action. According to [Wildlifetrusts.org](http://Wildlifetrusts.org), it is “a low-growing, perennial herb with paired, oval leaves and bluish or violet flowers that appear in dense, oblong clusters on the top of its stems. Its purple-tinged seed head remains after flowering.” “As its common name suggests, selfheal has a long tradition of being used in herbal medicine for everything from stopping bleeding and healing wounds, to treating heart disease and sore throats.”

**Mullein** (*Verbascum thapsus*) Mullein is a 4' to 6' tall perennial now found in all 50 states. Although noted as a weed in many publications, it is described as a gardener's friend, and herbalist's delight, and an engineering marvel all on its own, in *Mother Earth Living*. Mullein features 2' to 3' long spikes of small yellow flowers above large fuzzy lower leaves. It prefers dry to medium soils in full sun or partial shade. It is a member of the snapdragon family with multiple medicinal uses according to [Health.ClevelandClinic.org](http://Health.ClevelandClinic.org):

In “How Mullein Benefits Your Lungs”:

> loosens mucous

> calms inflammation

> protects cells

> fights germs

**Violets** (Viola) There are over 600 species of wild violets found throughout the country. Callicoandtwine.com summed up their medicinal and culinary uses: “Wild violets grow abundantly and are both edible and medicinal. Amongst dandelions, wild violets are another one of our favorite “weeds” to forage from our property. Both the flower and leaves are edible, but the leaves contain the most medicinal benefits.

- The flavonoids and alkaloids found in violets help to lower blood pressure
- The salicylic acid found in leaves is wonderful for inflammation related pain relief, acne, warts, and other fungal related ailments.
- Extremely high in vitamin C
- The mucilage in violets acts as an expectorant and is commonly used for coughs, colds, and flus
- Beneficial in the treatment of cancer, especially that of the throat, tongue, and lymph system.
- Detoxifies through supporting the liver and acts as a diuretic
- Can dissolve cysts and encourage lymphatic flow, especially beneficial for women during their cycle that can cause lumpy and tender breasts (this is what our [Breast Health Salve](#) does!)
- And so much more! Swelling, inflammation, pain, eczema, acne, cancer, lymphatic flow...this is a beautifully well-rounded herb that you definitely want to keep in your home apothecary.”

**Chickweed** (*Stellaria media*): Leaves, stems, and flowers can be dried and infused for a dry cough. Leaves can be crushed to make a poultice. Gallowaywildfoods.com describes it well: “Look for its small, white, star-like flowers made up of 5 deeply notched petals. If in doubt, close inspection will reveal a single line of hairs running down one side of the stem only.

Edibility – This common “weed” is actually a delight to eat. It has a mild, fresh, “grassy” flavour with no bitterness, making it an excellent bulker in wild salads – where mild flavours are needed to balance more pungent flavours. It cooks down well – like spinach, but try to harvest only the lush, leafy tops or it can tend towards stringiness.”

The RX List Overview adds the medicinal uses: “Chickweed is a plant. The leaf is used to make medicine. People take chickweed for constipation, stomach and bowel problems, blood disorders, [asthma](#) and other lung diseases, [obesity](#), a [vitamin C](#) deficiency disease called [scurvy](#), a skin condition called [psoriasis](#), rabies, itching, and muscle and joint pain. Chickweed is sometimes applied directly to the skin for skin problems including boils, abscesses, and ulcers.”

**Plantain** (*Plantago major*) Has many uses, in olden times, the leaves used as a bandage, directly applied to disturbed or cut skin.

[Extensions.wvu.edu](#) writes, “Broadleaf plantain is characterized by rosettes of spirally arranged leaves and numerous whitish adventitious roots that emerge from the lower part of its short stem. Leaves are oval to elliptical with entire or wavy margins. It



reproduces mostly from seeds that develop from tiny yellowish-white flowers borne on spikes. “

As to its major medicinal uses, [www.healthine.com/plantain](http://www.healthine.com/plantain) summarizes:

> May decrease inflammation > May promote wound healing

> May support digestive health

Chicory (*Cichorium intybus*) Leaves are chopped for salads and roots are roasted for a coffee substitute.

Jefferson County, CO gives a good summary as to its appearance:

“Vegetation”

- ½ inch wide and 2 to 6 inches long
- Leaves dark green with some red tones, lance shaped, deeply notched, fine hairs on both leaf surfaces
- Plant 4 to 5 feet tall
- Stems long, hollow. Nearly naked branching stalks distinguish chicory from dandelion” ([www.jeffco.us](http://www.jeffco.us)

From [rishi-tea.com](http://rishi-tea.com), “In terms of health benefits, roasted chicory root has been found to have several positive effects on the body. It contains inulin, a type of dietary fiber that acts as a prebiotic, promoting the growth of beneficial gut bacteria. This can aid in digestion and support overall gut health. Additionally, chicory root has been associated

with potential anti-inflammatory properties and may help regulate blood sugar levels.”

(Inulin)

**Dock** (*Rumex obtusifolius*) In folk medicine, a person would cut or chew the stems for the goo-like medicine within the stems for insect bites or stings. (Curly Dock commonly found, but there are also Western and Broad Leaf Dock) Leaves, fruits, and seeds are edible and seeds can be ground as a flour, similar to buckwheat.

Writing of broadleaf dock’s medicinal uses, [eatweeds.co.uk](http://eatweeds.co.uk) posts that, “The juice from the leaves can be applied as a compress to heal bruises. The seeds have been used to treat coughs, colds and bronchitis, and the roots used as a remedy for jaundice, liver problems, skin ailments, boils, rheumatism, constipation and diarrhea.”

For culinary use, [rootedfood.com](http://rootedfood.com) writes of dock: “The leaves have a lemony taste to them that works well in a salad when they're small and tender, but are better wilted or sautéed when older and tougher. Try [topping a bed of dock leaves with warm gnocchi](#) or freshly grilled meat or adding a handful of dock leaves to a soup. A member of the buckwheat family, Polygonaceae, the seeds are similar to buckwheat seeds but not as hard. When toasted, the seeds have a slightly tart-nutty flavor similar to rye, look kind of like ants (really), and can be used in everything from granola to crackers.”

The above are just some of the herbal remedies with which I am familiar. Like most who have used herbs over decades, I could write a book of recipes or, if you prefer, formulas, but there are so many good sources published that another one would hardly be noticed.

For some good literature on the herbs you've viewed and many more that we do not have time to explore, check the gift shop.

I just hope that the above recipes give you some ideas with which to do your own investigations. Interestingly, when you look up these and other herbs which Well Sweep offers, you will often find NCBI or NIH, Cleveland Clinic, Mayo Clinic or other mainstream medical investigations of these, validating that the herbs can, indeed, be powerful allies of ours in seeking health and quality of life.

Suggested nutritional support supplements are offered for evaluation only. This a pastoral healing service based upon psychic and energetic approaches to healing and traditional herbal knowledge. Use of herbal or homeopathic remedies is based upon the literature of each discipline and on anecdotal experiences of clients or practitioners who have used these over many millennia in our indigenous Scandinavian tradition. In modern Tietajar training, shamanic students learn global herbalism and so suggestions may refer to herbs employed in other folk medicine traditions. Do research the uses and applications of components yourself and discuss it with a licensed healthcare professional prior to using.