

Divine Plants for Women's Health



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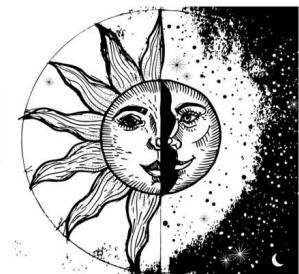
I AM BECOMING Retreat
January 5, 2019





Autumn's Harvest
Herbs - Health - Healing

Harvest MOON
School of Natural Health



Todays Topics

- Who am I
- An introduction to Herbal Medicine
- Individual herbs, what they do and how to use them.
 - Nervines, Adaptogens, Cardiac Tonics, Wound Healers & Gentle but Deep Detoxifiers
- Making teas, tinctures, oils, syrup with tastings!
- Food as medicine – Cocoa, Fudge, Juicing and more recipes
- Q&A



Autumn's Harvest emphasis
is not to treat pathologies,
but to look at the body and
it's organ systems in terms of
balance & imbalance, to
unify & bring harmony to the
body's amazing innate
capacity to heal itself.



Why Herbs

Herbal medicine is as **ancient** as life itself; our **first foods & medicines were plants**. Our bodies **evolved** deeply **interrelated** with the Earth's ecosystems over hundreds of thousands of years.

The innate connection with plant flora has created a **natural affinity for plants & their unrefined products in our bodies**.



Ways to use Herbs

- Teas
- Tinctures
- Oils
- Cooking
- Poultice
- Powder
- Pill
- Salve
- Lotion
- Steam
- Soak
- Oxymel
- Honey
- Balm



- Shrub
- Essential Oil
- Hydrosol
- And more...

- Vinegar
- Syrup



Ways to use Herbs

- **Teas (aka Tisane)** are my favorite ways to introduce herbs. Steep each herb and try on it's own as you make your herb card file. Get to know it and then use in blends. *Love a good Tea party.*
- **Tinctures** are liquid extracts made from herbs that you take by mouth. Usually extracted in alcohol, but they can also be extracted in vegetable glycerin or apple cider vinegar.
- **Infused Oils** are herbs chopped up and steeped in a carrier oil for 2-6 weeks (or longer often solar infused). The plant matter is then strained out, leaving behind just the oil, which has been infused with the medicinal properties of the herb.



Harvesting Herbs

- Best time to harvest is 10:00am, after any dew (or rain) has dried
- Evening also good, avoid the middle of day if possible
- However, harvest when the need presents itself
- Snip the aerial (above ground) stems between the nodes to create a bushier, fuller plant
- When needing roots, try to harvest the roots in the fall when the energy of the plant presents in the roots
- Use fresh when available for potency



Drying Herbs



- Long stem herbs (like Rosemary), tie the stems together, hang upside down, ventilated room.
- You can use large baskets or cookie cooling rack, lined with paper towels for a quick, economical method of drying leaves
- Herbs are properly dried when they easily crumble
- Careful not to dry your herbs too long as they may lose potency, not enough and they can mold (though I have only done this once!)
- Most take a few days to dry fully, touch to judge

Storing Herbs

- Store in airtight, glass containers
- Label all jars with the name of the herb and date
- Where you got the herb
- Minimally handle
- Keep in a dark closet or pantry.
 - I use a tension rod/blackout curtain for my personal kitchen supply.
- Storage techniques = gifting possibilities
dried herb can make tea, tinctures, salves, lotions...
- Use within 2-3 years of harvest



Why Teas?

Teas (aka Tisane) are my favorite ways to introduce herbs.

They can be used to treat multiple symptoms at once –
for example, a custom tea could aid heartburn,
support blood sugar regulation & anxiety all at once.
Tasting great too!

They can be turned into other beautiful and fun botanical
beauty and relaxation rituals such as facial steams, foot and bath
soaks.



Creating a Herbal Tea Infusion

- Place in a tea cup or pot
 - Fresh herb (muddle 2 tablespoons, per cup of water)
 - Dried herbs, use 1 tablespoon per cup of water
- Bring kettle/pot of water to a light boil
- Pour water over the herbs, cover tea cup or pot (keep in steam)
- Let infuse for at least 15 minutes to overnight
- Strain and enjoy! Add lemon, honey or syrup as desired
- Always use a stainless steel, glass or ceramic kettle and pot
 - Never copper or aluminum as it negatively effects the quality of the herbs
 - Tip - Herbal Soak – add a quart of strained herbal infusion to your bath or foot soak
 - Tempered glass like mason jars are great because they won't break with the heat



Creating a Herbal Tea Decoction



- Decoctions are used for any herb with a hard woody texture; roots, bark, seeds etc.
- Place your plant material (2 to 3 tablespoons per quart of water) in the cold water pot and bring to a boil. Cover with glass lid.
- When at a boil, reduce simmer for 15 minutes, leaving it covered.
- Strain and enjoy.

Warming Cinnamon Ginger Lemon Tea

DIY Video on my website www.autumnsharvest.tv

Lemon Balm (*Melissa officinalis*)

Common Name

(Official name)

Parts Used:
Leaves

This native to Southern Europe has mint-green heart shaped leaves with crinkled tops and serrated edges. Naturalized to USA.

- Tonify the Nervous System, anti-depressant
- ‘Gladdening herb’, soothing & calming. Relaxing restorative for CNS.
- Delicious lemony member of the mint family
- Easily grown perennial, part shade, moist soil
- Eases night time headaches
- Supports reduction of nervous tension
- Can promote sleep, sedative
- Anti-spasmodic = relaxes the stomach
- Slows the digestive system, aka peristalsis (great after indulging)
- Great for restless and/or sleepless children

Anti-viral!!!



Passionflower (*Passiflora incarnata*)

- Analgesic (pain)
- Antispasmodic (spasms)
- Bitter (digestion)
- Cooling
- Hypotensive (lower BP)
- Sedative
- Heart Tonic, Relaxes Blood Vessels
- Nervine, Mild Sedative, Calms the Mind
 - Over time changes the way your nerves react to stimuli
- Increases Serotonin
 - Acts as a natural mood elevator
 - Anti-depressant



Parts Used: Leaves & Flowers

Chamomile (*Chamaemelum nobile*)

Common Name

(Official name)

Parts Used:
Flowers

- Nervous & digestive system supportive
- Cleansing, lightening, cooling, anti-inflammatory.
- Lightens hair, cholic, antispasmodic (muscle spasm), indigestion, tension.
- Contains azulene = anti inflammatory, anti-fever.
- Headaches, restful sleep.
- Wonderful as a diluted tea in a bath to soothe and calm infants, especially cholic.
- Sedative
- Anti-emetic (reduce vomiting), ulcer, stomachache



Rose (Rosa, spp)

Common Name

(Official name)

Parts Used: Petals
& Hips

- Gladdens the heart
- Helps one open their heart
- Great for people with grief or quick to tears
- Said to enhance psychic powers
- Mood elevator, acts as an anti-depressant
- Antique Varieties (Rose Hips, Vit C)
- Red & Pink most medicinal



Kava Kava (*Piper methysticum*)

Common Name

(Official name)

Parts Used:
Root

- Tropical climates, traditional ceremonial herb, soothe arguments between communities
- Eases tension, relaxes body, opens the mind.
- Reduces anxiety, stress, analgesic
- Doesn't block neurotransmitters but kavalactones, an active chemical constituent that relaxes muscles and tones nerve endings
 - Numbs the tongue, great for a chai mix!



Tinctures

Tinctures are liquid extracts made from herbs that you take by mouth.

Usually extracted in a liquid menstruum of alcohol, but they can also be extracted in vegetable glycerin or apple cider vinegar (non-alcohol).



Administered usually via a dropper bottle. Easy to carry with you.

Tinctures can be placed in a steaming mug of tea or coffee and the alcohol will burn off leaving the plant medicine behind.

When I travel or start to feel ill I use a Echinacea immune tincture.

Link: <https://blog.mountainroseherbs.com/guide-tinctures-extracts>

Turmeric (*Curcuma longa*)

Common Name

(Official name)

- Digestive and Liver Disorders
- Carminitive, Cholegogue
- Potent Anti-Inflammatory
- Prevents Angiogenesis
- Increases the Antioxidant Capacity of the
- DNA Control of Cancer Cells
- Works to kill cancer stem cells (unlike chemo)
- Safely take for long periods, protects liver, stimulate bile flow
- Apoptosis - Turns on Cancer Cell Death Gene
- Interacts positively with over 100 genes



Parts Used:
Roots
(Rhizome)



<https://draxe.com/turmeric-benefits/>

<https://thetruthaboutcancer.com/turmeric-can-prevent-cancer/>

<https://thetruthaboutcancer.com/benefits-turmeric-cancer-treatment/>

Due to blood thinning side effects of turmeric, stop taking turmeric at least two weeks before any surgical procedure. So caution if on blood thinner.

Turmeric Recipes

[Autumn's DIY Turmeric ACV Tincture Video Link](#)



[Golden Milk by Wellness Mama Link](#)



[Turmeric Face Mask Link](#)

[Turmeric Uses Link](#)

Turmeric for Cancer?

- This yellow Indian spice is related to ginger, and has been long been loved for its anti-inflammatory properties. Researchers are now taking a long look at its potential activity against tumors.
- Curcumin has multiple effects. It is **anti-bacterial and anti-fungal**. It **inhibits leukotriene, which is an inflammatory compound** associated with different types of arthritis. It **prevents auto-immunity and protects the nervous system**. It also increases the production of glutathione, an important anti-oxidant made by the liver.
- With regard to cancer, turmeric **induces cell-death in cancer cells**, while leaving healthy cells undamaged. According to Dr. Dennis Liotta, an American biochemist, curcumin **inhibits the release of a transcription factor** that is made by cancer cells.
- With specific regard to breast cancer, turmeric has been shown to **potentiate the action of certain types of chemotherapy**. It does this by increasing the sensitivity of the cancer cell to the drug.
- **How to take:** An average serving of curry contains 250mg of turmeric. Most herbal tablets contain between 300 and 1000mg of turmeric.
- Tip: For daily prevention of breast cancer, consider using turmeric regularly as a spice and condiment. It adds yellow/orange color and a pungent flavor to meals, and there is no hassle of taking a tablet. Remember that turmeric is more than just curries. It is a prime ingredient in Worcestershire sauce, chutneys, and mustards.
- The powder hides great in a smoothie!
- **Precautions:** Do not take turmeric if you are on blood thinners or will have surgery within 2 weeks.
- <https://www.chrisbeatcancer.com/circummin-vs-chemo-for-colon-cancer/>

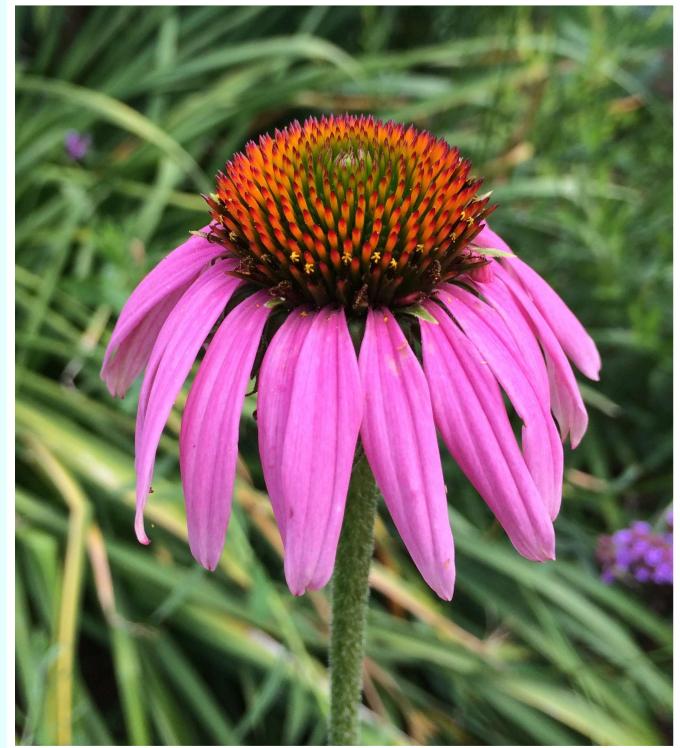


Purple Coneflower (Eichanacea purpurea)

Common Name

(Official name)

- My Go To **Immune** Powerhouse!
- Native to North America, great in TX Sun
- Tincture – Flower, Leaves, Root
 - I take the tincture every few hours when traveling to stave off germs.
- Published in the journal *Lancet Infectious Diseases*, the University of Connecticut performed a meta-analysis study that evaluated 14 studies and determined that:
 - Echinacea cuts the chances of catching a **common cold by 58 percent**.
 - Echinacea **reduces the duration** of the common cold by almost one-and-a-half days.



Parts Used: Leaves, Flowers, Root

Purple Coneflower (*Eichanacea purpurea*)

Common Name

(Official name)

- Native to the Eastern USA
- Extensively researched as an antibiotic remedy treating a broad range of infections.
- Immune stimulant, Infection Fighting
- Anti-allergenic
- Lymphatic tonic
- Antimicrobial
- Anti-inflammatory
- Cuts, wounds, colds, flu often as decoction or tincture



Parts Used: Leaves, Flowers, Root

Nettle

Common Name

(*Urtica dioica*)

(Official name)

Parts Used:
Leaves, Root

- Nutritive tonic
 - Iron, Vit A, B & C
 - Calcium, Potassium, Zinc
- Liver issues
- Diuretic, Strengthen Kidneys
- Haemostatic, Circulatory Stimulant
- Galactogogue
- Hypotensive
- Anti-allergenic, HISTAMINE!!!

Tincture is great for allergies to Cedar or hay fever

Joint Pain - Urtication – fresh nettle joint thrashing

Can juice or eat for Anemia. **Stings unless dry or heated!**

Wonderful as a nutritive dandruff hair rinse



Mullein (*Verbascum Thapsus*)

Common Name

(Official name)

Parts Used:
Flowers, Leaves

- Cough remedy & respiratory disorder support
 - Chronic coughs, throat pain
- Expectorant
- Demulcent
- Mild Diuretic
- Sedative
- Wound Herb - Flowers
- Astringent and Anti-inflammatory
- Try in a chest rub or sinus steam
- Use in an ear oil for ear infections and pain



Hibiscus (*Hibiscus sabdariffa*)

Common Name

(Official name)

Parts Used:
Flowers

Makes very dramatic tea color change!

- Edible calyxes that can be dried and used for tea.
- It's a large, fast-growing, sun-loving shrub that is an annual in our temperate climate
- Try mixed with peppermint!
- Cholesterol management
- Stimulate hair growth
- Wonderful heart tonic
- Aid to lower blood pressure if consumed regularly.



Hawthorne (*Crataegus laevigata*)

Common Name

(Official name)

- Heart Tonic, Peripheral Vasodialator - Dilates arteries and veins
- Astringent, Relaxant, Antioxidant
- Spring flowering tops stimulate circulation
- Berries & Flowering Tops: Tea/Tincture for Heart related support.
- Gently stimulates or depresses the hearts activity as needed via procyanidins, flavonoid compounds = strong anti-oxidant activity.
- Supreme for the heart, strengthen, nourish, tone, the heart muscle and it's blood vessels.
- Good for irregular heartbeat and palpitations
- Remedy for broken hearts, anxiety, depression, and can help those who find it difficult to suppress emotions.
- Can be safe with conventional heart medications



Parts Used:
Flowering tops,
Berries, Leaves

Holy Basil aka Tulsi (*Ocimum sanctum*)

Common Name

(Official name)

Parts Used: Leaves, Flowers

- Known as the meditation herb
- Tonic for the mind, body, and spirit
- **Adaptogen** – invigorates & strengthens (Liver)
- Rejuvenates, improves memory & mental balance
- Use its fresh flowers for bronchitis
- Use the whole plant for diarrhea, nausea, and vomiting
- Vitality, vigor and energy renewal
- Contains - vitamin A and C, calcium, zinc, iron, chlorophyll



Other Adaptogens: Ashwaganda, Rhodiola, Ginseng, Astragalus

Ashwaganda (*Withania somnifera*)

Common Name

(Official name)

Parts Used:
Root, Leaves

AKA Indian Ginseng

- Adaptogen Tonic when used over time
 - Energizing and calming for nerves
 - Restorative to relieve stress
- Nervine – tension, stress, anxiety, overactivity
- Sedative - Insomnia
- Anti-inflammatory
- Restorative tonic for over-work, exhaustion, sleep problems
- Sexual tonic used in reproductive and aphrodisiac formulas
- Ashwaganda Milk!



Adaptogens – increase the body's overall ability to deal with stress, anxiety and depression

Common Name

(Official name)

Parts Used: Root

- Adaptogenic tonic
 - Thrives in cold northern regions
 - Herb for depletion, lack of energy, depression
 - Vikings - used it to enhance physical endurance and mental clarity.
 - Siberians – enhance immunity, prevent illness
 - Tibetans – increase circulation, energy
 - Chinese – expand life span and sexuality
 - Useful when cutting back on coffee or other withdrawal
 - Rebuilds depleted immune system
 - Great for altitude sickness, with Reshi especially
 - Helpful with menopausal insomnia or Lyme disease



Energy Cocoa – smooth AM energy

- ½ Gallon Cashew Milk
- 1 whole and split vanilla bean pod
- 1tsp All Spice Whole Pods
- 1 cup Rhodiola rosea (Adaptogenic Herb)
- ½ cup coco powder (try raw dutch process from Azure Standard)
- ¼ cup Raw Honey

Simmer 10-15 minutes, pull of heat as it gets thick. Longer=Bitter

Strain and Enjoy



Yarrow

Common Name

(Achillea millefolium)

(Official name)

Parts Used:
Leaves,
Flowers

- Styptic – stops bleeding, think wound powder
- Fresh poultice or powdered dried - used to encourage external blood clots.
- Astringent – tighten and tone tissue
- Diaphoretic – to cause sweating
- Peripheral vasodilator, digestive stimulant,
- Restorative to the menstrual system
- Febrifuge – break a fever, sweat out a fever
- Great with St. Johns Wort as a massage oil
- Nose bleed – put a leaf in your nose



Motherwort (*Leonurus cardiaca*)

Common Name

(Official name)

Parts Used:
Flowers, Leaves

- Relaxant, Nerve tonic, lowers BP
- Cardiac Tonic
- Carminative – good for GI, Gas
- Antispasmodic – Muscle spasm
- Hypotensive – lower BP
- Diaphoretic - Sweating
- Uterine Stimulant, aids menstruation, stimulates onset Infusion – $\frac{1}{2}$ cup, 3x day for anxiety, menopausal problems or heart weakness

Tincture – Great for heart palpitations, especially anxiety related in women also for hot flashes, PMS, emotional instability, rapid heartbeat.

<https://www.sewisewomen.com/resources-articles/item/making-motherwort-tincture>



Vitex Chaste Tree (*Agnus castus*)

Common Name

(Official name)

Parts Used:
Fruit

AKA Chaste Tree

- Endocrine glad tonic and regulates hormones in men and women
- Menstrual irregularity, PMS, breast tenderness, fluid retention, headache and premenstrual tension.
- Hormone balancer/regulator – Stimulate, normalizes and balance female hormones
- Stimulates the pituitary gland, increasing luteinizing hormones normalizing progesterone
- Progestogenic, PCOS
- Galactagogue – stimulates milk production
- Infertility, Inhibits FSH, normalizing estrogen
- Menopausal problems
- Endometriosis, fibroids, inflammation of the womb



Cramp Bark (*Viburnum opulus*)

Common Name

(Official name)

Parts Used:
Bark

- AKA Guelder rose
- Antispasmodic - Muscle relaxant – smooth and skeletal
- Help relieve rheumatic and arthritic problems, leg cramps, IBS, intestinal cramps
- Sedative
- Cardiac tonic, can lower BP
- Anti-inflammatory
- Tincture for nervous or muscular tension
- Tea wonderful to aid menstrual cramps
- Could be great in a massage oil or lotion

