

# *Sarah's Healing Touch for Women*

## **Sarah's Top 10 Favorite Herbs**



1. **Red Raspberry**-Red raspberry is highly nourishing to the female reproductive system. Very rich in iron and is great for anemia and low energy levels. It is one of the richest sources of manganese, a trace mineral used by the body to produce healthy connective tissue and is an important factor in energy metabolism. Red raspberry also reduces excessive menstruation and is one of the superior tonics for pregnancy and childbirth. Red Raspberry is also high in vitamins A, B, C, E, pectin, calcium, magnesium, and phosphorus. It tones and strengthens the uterine and pelvic muscles to encourage easy labor too which always a plus. There are seriously pages of benefits from this amazing herb in every herbal book I read. I tell every woman I know that no matter what stage or season of life they are in they should be taking red raspberry! It should be mandatory however when pregnant.

**How I use it:** I use the leaf in tea. I put a spoonful of the powder in my green smoothies and applesauce. I have also taken it in capsule form but that is the most expensive way.

2. **Burdock**-Burdock is rich in magnesium, silicon, iron and other important vitamins and minerals. This plant seems to have a favorable effect on the pancreas and spleen. This awesome herb purifies the blood, and rids the body of harmful toxins. It is very useful in treating skin conditions such as eczema, acnes, boils, psoriasis, or sores. It encourages elimination of uric acid via the kidneys. It stimulates the liver and digestion system and helps regulate blood sugar.

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**How I use it:** Fresh young burdock root can be used like carrots in soups, stir-fries and other dishes. The way I use this herb the most however is drinking it as tea.

- 3. Catnip**-Cats love this awesome herb for a reason! Catnip calms and sedates not just cats but people too and is helpful for all manners of stress. It is beneficial for lowering fevers and for the pain of teething or toothaches. It is a favorite to use for little ones, which help with colic, discomfort of the stomach, and flatulence. It also helps a restless child sleep. Catnip heals and cleanses the lower bowel also not to mention eases symptoms of flu, colds and bronchitis.

**How I use it:** I drink it as a tea. It goes well with fennel, lemon balm, and peppermint. I have also been known to put it in my green smoothies! ☺ The first time we used catnip was when my daughter was born and was experiencing some colic. My midwife told my husband to go to the health food store and get some catnip and other herbs and make a tea for me to drink so the baby would receive the nutrients through my breast milk. We were amazed how quickly it worked and how it soothed both baby and momma.

- 4. Chamomile**-Chamomile is so beautiful and smells so sweet and humble. Even though this herb has a gentle and delightful taste it is very powerful and effective. It is a great herb for children's colic, nervous stress, infections, and stomach disorders. Offers moderate sedative and calming effects. Relieves symptoms of colds and flu, especially when aches and pains are present. Soothes irritated or sunburned skin or sore muscles when added to a bath. Chamomile flowers are also rich in powerful anti-inflammatory agents.

**How I use it:** My favorite way to use this herb is drinking it as tea with a spoonful of raw honey. A delightful blend is Chamomile, catnip, peppermint, and spearmint. You will want to have this as a before bedtime tea. Chamomile essential oil is also awesome and so great for relaxing and soothing sore and achy muscles. For a marvelous soothing bath fill an old sock with the flowers and put in your hot bath with some Epsom salts.

- 5. Dandelion**-The average person is annoyed when seeing this popular weed spring up all over their yard. But dandelions are one of the great tonic herbs of all times. The entire plant is restorative and rejuvenating. This herb is bitter but is packed with vitamins A, B, C, D, and also high in iron and potassium. Dandelion has a high inulin content that aids in regulating pancreatic function. This helps tone the liver, kidneys, pancreas and blood and

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has a gentle laxative action. It also stimulates liver and gallbladder activity. Benefits stomach and intestines, helping assimilate nutrients from food. Eases chronic sluggish bowel. Cleanses the blood, especially useful for treating congestive skin problems.

**How I use it:** I use Dandelion greens mainly in my green smoothies or if I juice. I have not used the root yet mainly just cause I have not been able to find it but would like to because the root in itself is amazing. I have not dared to use the ones that grow in our yard but might just do that one of these days. Just make sure to start with a small amount because this herb is bitter.

- 6. Echinacea**-Echinacea flowers are so pretty but they are also very powerful. They are one of the most immune boosting herbs of all times. Useful in fighting off colds and flu especially at the onset of symptoms. It purifies the blood, lymph, and is useful in conditions such as eczema, acne, and boils that indicate impurities in the blood. Echinacea aids in proper digestion by stimulating the liver and digestion enzymes. Chewing the root can ease discomfort from a sore throat or toothache. Even though this herb is potent and strong it is 100% safe for children, the elderly, and everyone in between. Contrary to what many believe, not only the root of the plant but also the leaves and flowers are very potent and enhance immune function.

**How I use it:** I drink it as a tea and also add it to my green smoothies. If we are starting to come down with something or in the middle of a cold then I make sure to make a big pot of chicken noodle soup and add plenty of Echinacea to it along with other herbs. I honestly cannot remember the last time any of us have been really sick because when we start getting the symptoms of anything I start using a ton of the herbs and it seems to nip it right away.

- 7. Fennel**-Fennel seems to be most known for digestion health, colic, relieving flatulence and helping with abdominal cramps. But it also helps stimulate milk flow for nursing mothers soothes coughs and throat and the lungs and helps expel mucus from the body. Fennel has a licorice like taste and makes a tasty tea.

**How I use it:** I drink it in tea form. Nursing Mothers can drink 2-4 cups daily to increase and enrich their flow of milk.

- 8. Lemon Grass**-I use lemon grass essential oil often in massages because it is so great at relaxing the muscles and nervous system. But it is also one of my favorite herbs to take

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internally. It is great for treating digestion problems and relaxing the stomach muscles. It helps reduce fevers with an overall cooling effect on the body. Lemongrass is very good for the skin and will clear your complexion up quickly of any acne or blemishes. I notice when I drink this tea regularly my skin glows and I just feel amazing!

**How I use it:** I use it mainly in tea form but have also put it in my green smoothies. You can also do a facial steam or bath with this herb, which will not only leave you feeling relaxed but will leave your skin looking great too!

9. **Nettle**-Nettle is a vitamin factory! It is rich in iron, calcium, potassium, silicon, magnesium, manganese, zinc, chromium, potassium, Vitamin A and C, as well as a host of other vitamins and minerals. Nettle nourishes and builds the blood. Builds adrenal and kidney function. Nourishes core energy and helps deal with daily stress. Strengthens pregnant women and increases milk supply for nursing mothers. It also helps moderate allergy response. Nettle is also helpful for alleviating the symptoms of PMS and menopause. It's a superb herb for the genitourinary system and will strengthen weak kidneys, essential for vitality and energy. It is indicated for liver problems and great for growing pains for younger children and achy joints for us older people. Also very rich in calcium and helps sexual drive and dysfunction.

**How I use it:** I use it in teas and in my green smoothies. Have also taken it in capsule form. If you can find fresh young leaves you can use them in any recipe like you would spinach. But you must have them well steamed because they will sting if they are undercooked!

10. **Oatstraw**-Oatstraw contains B-complex vitamins, calcium, iron, copper, magnesium and zinc. This wonderful plant is an antidepressant, antispasmodic, and strengthens the body in many ways. It calms and tones the entire nervous system, nourishes the bones, teeth, hair, and cartilage. It is also helpful in drug withdrawal especially cigarettes. Oatstraw increases stamina and gently raises energy levels.

**How I use it:** I drink it as a tea. Make sure to simmer 15-30 minutes to help draw out more minerals.

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## Resources:



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