

How Plants Help People



Comenius

A Recipe for 21st Century Life

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marjoram

mint

savory

coriander

parsley

hyssop

bay

lemon balm

sage

thyme

borage

rosemary

basil



HERBALISM: Treats the whole person, not just the symptom.
Strengthens the body and encourages it to heal itself. The whole plant is better than an extract. Dried herbs are available from herbalists. Other herbal products also from health and whole food shops.

Dandelion

(TARAXACUM OFFICINALE)

Root & Leaves



DIURETIC
LAXATIVE

Water Retention
Constipation
Anaemia (leaves)



Excellent source of potassium

Fennel

(FENICULUM VULGARE)

Seeds & Roots



ANTI-SPASMODIC
DIGESTIVE TONIC

Breast Milk Promotion
Morning Sickness
Indigestion



Avoid high doses during pregnancy

Borage*

(BORAGO OFFICINALIS)

Leaves, flowers & seeds
(Star flower)*

ANTI-INFLAMMATORY
DIURETIC
TONIC

P.M.S.
Breast Milk Promotion
Depression



Higher GLA content than evening primrose.

False Unicorn

(CHAMAELIRIUM LUTEUM)

Rhizome & Roots

HORMONE
BALANCER
REPRODUCTIVE
SYSTEM TONIC

Miscarriage
Irregular Periods
P.M.S.



Basil

Basil helps prevent diabetes
Basil helps from bronchitis and asthma
Basil seeds help to cure flu, fever and cold



Rosemary

Rosemary is the best herb for your hair
Rosemary uses to treat skin, respiratory
and memory problems

Mint

A refreshing mint is a medicine to treat nausea
The use of the mint can help people with asthma
Mint juice is great as a face mask



Marjoram

Marjoram herb has a lot of minerals like iron, calcium, copper, zinc and magnesium
Marjoram uses for the treatment of Alzheimer's disease

Ginger

Ginger is especially useful in summer
Ginger is an antioxidant
Ginger reduces spasms
Eating ginger helps kill salmonella



Garlic

Garlic has a good effect on the respiratory system
Garlic helps to tone the skin and makes it smooth
Garlic is unfriendly to mosquitoes
Garlic also helps treat acne

Parsley

Parsley helps to fight cancer
Parsley can freshen breath
Parsley can reduce blood pressure
Parsley prevents bacterial growth



Dill

Dill helps to control blood cholesterol levels
Dill fights against infections and free radicals
Dill weed is a good source of minerals like copper, calcium and iron

Cinnamon

Cinnamon reduces the level of sugar in the blood
Cinnamon improves metabolic activity
Hot tea with honey and cinnamon
is an effective remedy for cold



Thyme

Thyme uses as an antiseptic and for coughs
Thyme helps against headaches and
fighters against the parasites



Caraway

Caraway improves the appetite
Caraway helps against nausea
Caraway is good for our bowels



Oregano

Oregano is one of the best herbal antiseptics
Oregano is used for the treatment of coughs and flu
Oregano is sedative and should not be taken in large doses



Using Fresh Herbs in Cuisine

- 1. Beef:** basil, bay, caraway, dill, marjoram, mint, thyme
- 2. Pork:** anise, basil, caraway, dill, mint, rosemary, thyme
- 3. Lamb:** basil, bay, caraway, marjoram, mint, rosemary
- 4. Poultry:** **Chicken:** basil, caraway, dill, marjoram, mint, rosemary
Goose: sage (šalvěj)
Duck: dill, mint, rosemary
- 5. Fish:** anise, basil, caraway, dill, marjoram, mint, parsley, rosemary
- 6. Soups:** anyse, caraway, chives, marjoram, mint, dill, thyme ...



**Herbs are
the friend of
the physician
and the pride
of cooks.**

-Charlemagne

