



HEALTHY PLANTS

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DVD included

Plants for the Eyes



Wild carrots can be found in farmed land borders. Though the plant's root is inedible, when used as a poultice it exerts a notable soothing effect on the skin.



Carrot

- Essential for vision and skin

Preparation and use:

- Raw or juice
- Infusions
- Poultices



Eye baths can be done with the help of an eye cup.

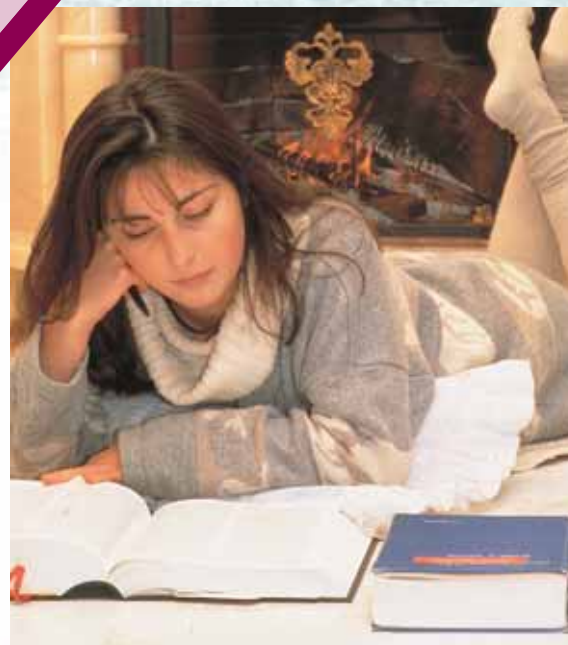


Herb Robert

- Cleans the eyes
- Reduces mouth inflammation

Preparation and use:

- Decoctions ▪ Essences
- Bath ▪ Mouth rinses ▪ Compresses



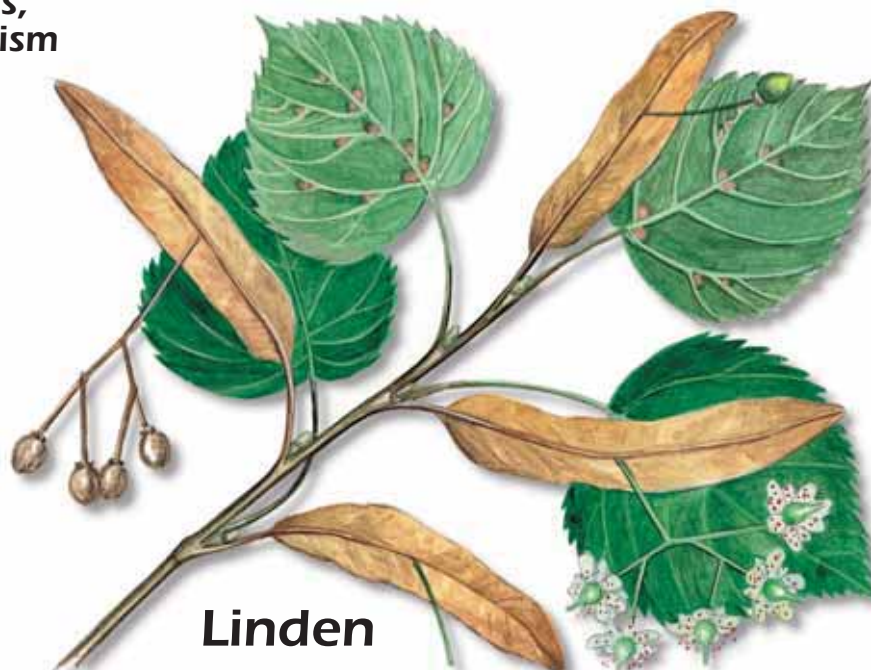
Steam baths with linden flowers soothe the skin and make the face supple. In order to obtain a relaxing effect, the same infusion is added to the bath water, and a complete bath is taken before bedtime. Linden flower baths are very effective against nervousness or insomnia.



Passion Flower

- Helps to control and cure stress, insomnia, depressions, alcoholism and drug addiction

Preparation and use: ▪ Flowers and leaves infusions



Linden

- A sedative used for nervousness
- It protects the heart
- Beautifies the skin

Preparation and use:

- Infusions of flowers
 - Bark decoction
- Linden flower baths
 - Compresses



Sticklewort

- Cures tonsillitis, pharyngitis and laryngitis

Preparation and use:

- Mouth rinses and gargles
- Infusions (flowers, leaves)
- Compresses



Oak Tree

- Anti-inflammatory and astringent

Preparation and use:

- Rinses and gargles
- Vaginal irrigations
- Sitz baths
- Compresses (for skin afflictions)





Yellow Adonis

- Strengthens the heart, a powerful cardiotonic

Preparation and use:

- Infusions (under medical control)



The flowers and fruits of the hawthorn are one of the most effective vegetal remedies for the treatment of tachycardia, hypertension, and other heart dysfunctions with a nervous cause.

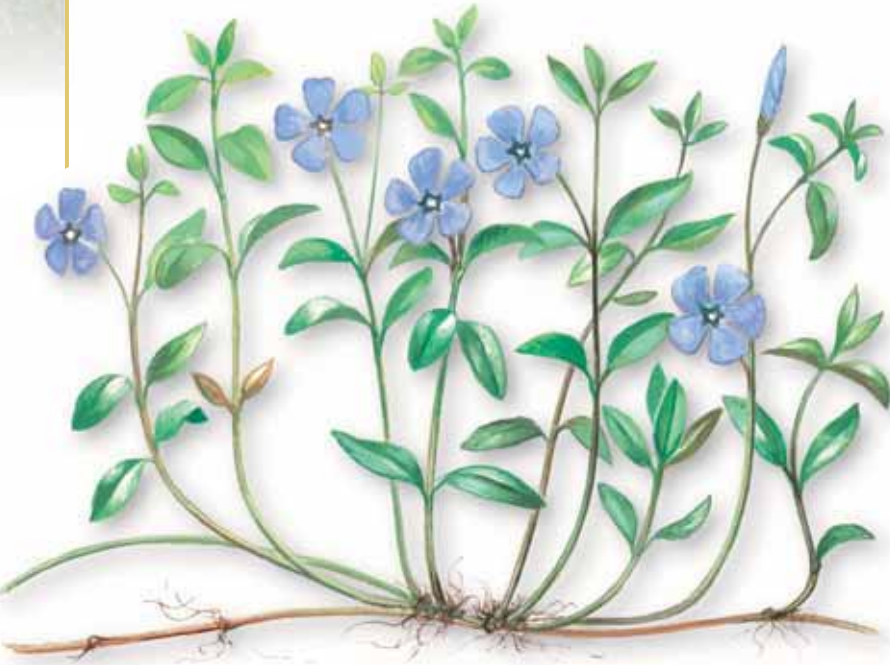


Hawthorn

- Strengthens the heart and calms the nerves

Preparation and use:

- Flowers infusions ▪ Fresh fruits ▪ Dry extract



Early-flowering Periwinkle

- Ideal to fight ageing and lack of memory

- Preparation and use:
- Leaves decoction
 - Pharmaceutical preparations



The early-flowering periwinkle increases brain blood flow, thus being an ideal plant to fight against senile disorders caused by arteriosclerosis.



Sunflower

- Reduces excess cholesterol
- Diabetes
- Kidney
- Skin

- Preparation and use:
- Oil of the seeds
 - Flowers infusions
 - Young stems





Sitz baths with a decoction of green nuts (fruits) of the cypress alleviate prostatic syndrome, urine disorders, as well as cystitis or urine incontinence. Due to their invigorating action on the venous blood circulation, these baths are also good in the case of hemorrhoids.

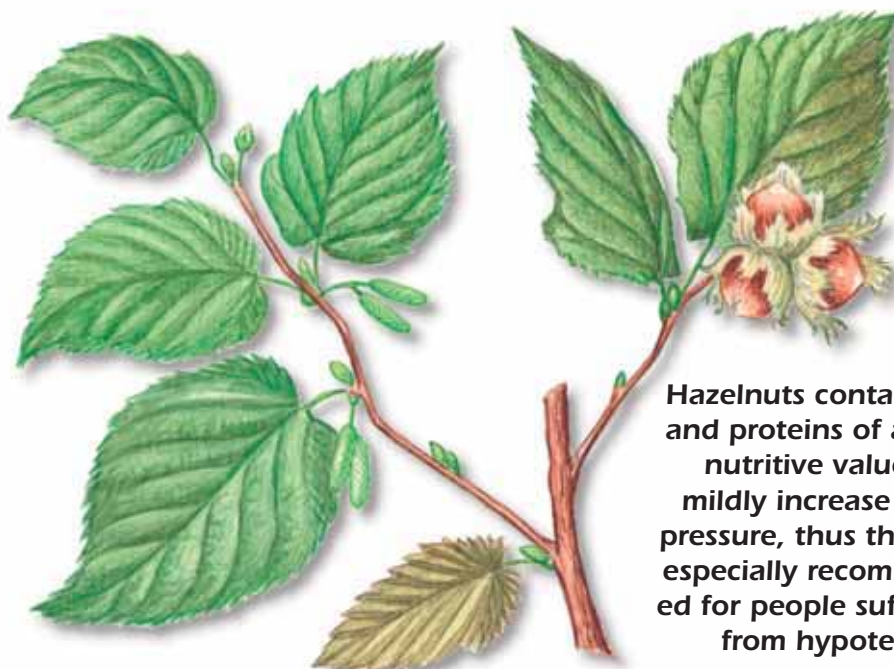


Cypress

- Powerful circulation invigorator
- Ideal for hemorrhoids, prostate and urinary incontinence

Preparation and use:

- Decoction ▪ Essences ▪ Sitz baths
- Inhalations ▪ Compresses



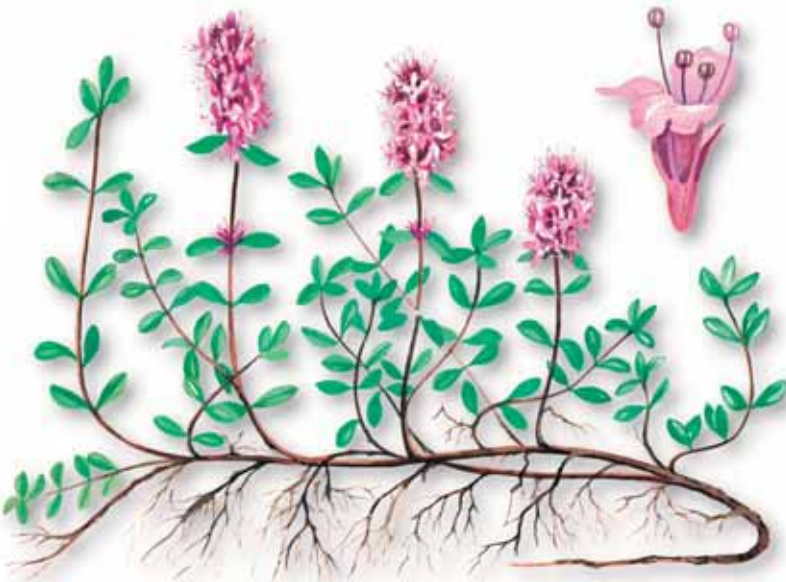
Hazelnuts contain fats and proteins of a high nutritive value, and mildly increase blood pressure, thus they are especially recommended for people suffering from hypotension.

Hazelnut

- It is a good remedy for swollen legs with varicose veins, and venous insufficiency

Preparation and use: ▪ Decoction ▪ Hazelnut fruits

- Compresses ▪ Sitz baths ▪ Massages



Mother of Thyme

▪ Eases coughs and pains

Preparation and use:

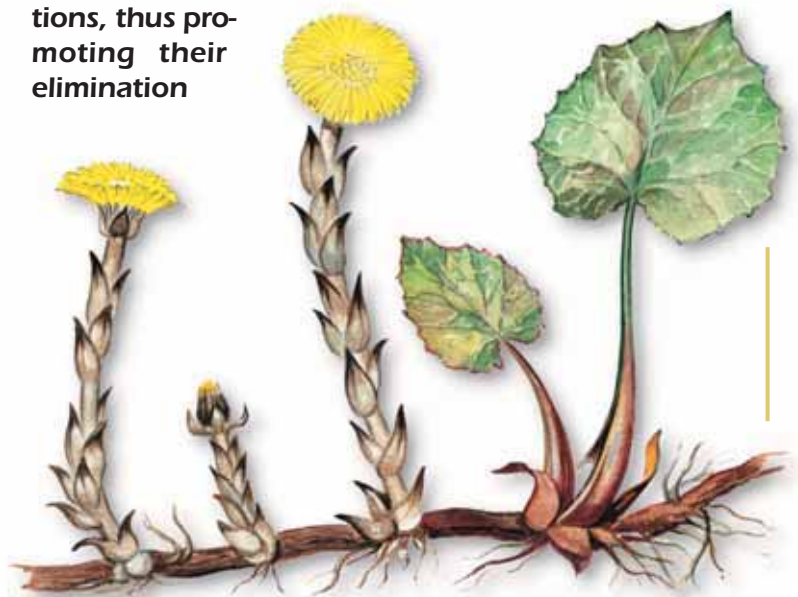
- Infusions ▪ Essences ▪ Baths ▪ Bathing
- Mouth rinses ▪ Gargles ▪ Compresses ▪ Frictions



A good invigorating bath is prepared by adding a decoction of flower clusters, to the hot bathtub water. It gives good results with depression, asthenia, and exhaustion, both in children and in adults.



As infusion of dry leaves and flower heads of coltsfoot, is an invaluable help in the treatment of tobacco addiction. It has the property of cleaning bronchial secretions, thus promoting their elimination



Coltsfoot

- The antitussive plant par excellence
 - Antiseptic and antirheumatic
 - Complement to give up smoking

Preparation and use:

- Infusions ▪ Gargles
- Compresses ▪ Lotions

Plants for the Digestive System



Drinking an infusion of roman camomile is a good and healthy habit.



Abdominal pain is usually caused by functional disorders of digestion, such as "nervous stomach," excess gas, bloated stomach or slow digestion, inadequate food mixtures, or constipation. Digestive plants regulate and balance the digestive process, if the causes of the disorders are suppressed.

Roman Camomile

- Digestive, cicatrizant, antirheumatic
- Natural collyrium

Preparation and use:

- Infusions ▪ Powders ▪ Essences ▪ Compresses
- Eye baths ▪ Frictions



The essence contains polyphenolic substances with antiviral properties on the A Hepatitis virus

Peppermint

- Calms muscular and rheumatic pains
- Invigorator, digestive, aphrodisiac

Preparation and use:

- Infusions ▪ Essences
- Compresses ▪ Frictions

Plants for the Stomach



Raw cabbage leaves are heated with an iron and then applied to the skin as if they were a poultice. They have wound healing and vulnerary properties. Skin wounds and sores difficult to heal, as well as eczema and even acne, will improve noticeably with the application of cabbage leaves.



Cabbage

- Heals skin and peptic ulcers

Preparation and use:

- Fresh plant juice ▪ Poultices



Besides promoting digestion, pennyroyal calms menstrual pains, especially in young women.

European Pennyroyal

- Helps digestion
- Fights bad breath

Preparation and use:

- Infusions
- Mouth rinses
- Cleansings



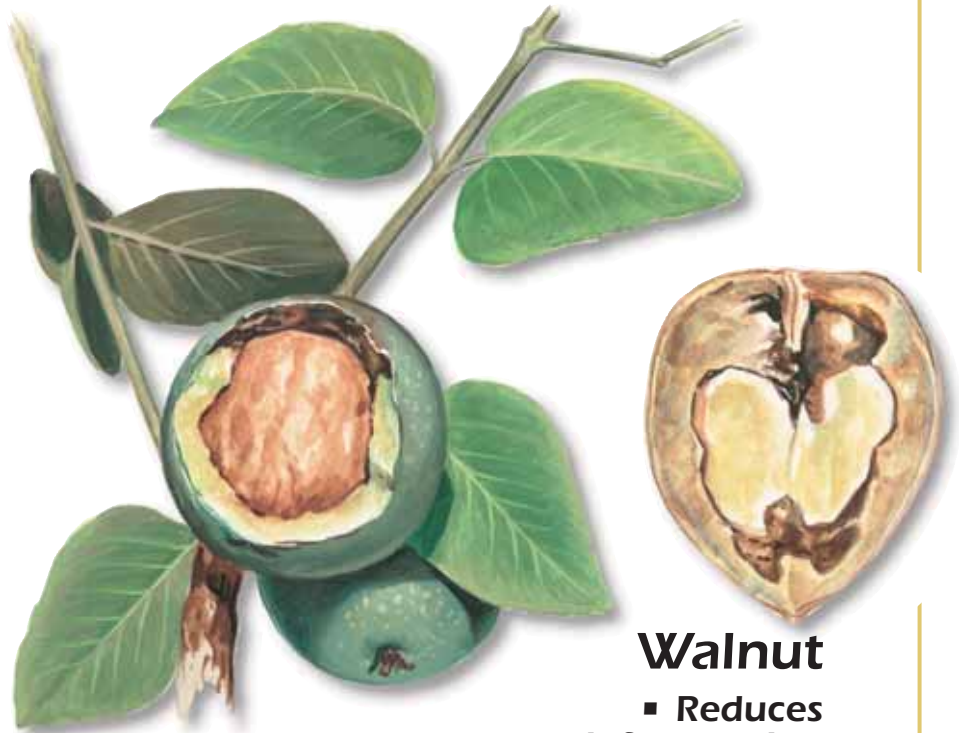
Tinnevelly Senna

- The laxative par excellence effective and save
- Stimulates the peristaltic movements of the large intestine
- Decreases the permeability of the intestinal mucosa.

Preparation and use:

- Infusions ▪ Extract ▪ Enemas

The effectiveness of vaginal irrigations with a decoction of walnut leaves is proven to treat vaginitis and other infections of the female genital organs.



Walnut

- Reduces the inflammation of the skin and the mucosa
- Cure digestive disorders, diarrhea, gastroenteritis, colitis...
- Useful for lowering high cholesterol, diabetes and urethritis

Preparation and use:

- Infusions ▪ Irrigations and cleansing (urethral and vaginal) ▪ Sitz baths
- Compresses ▪ Gargles



Grapevine

- Combats varicose veins, hemorrhoids, and menopause related disorders
- Purifies the blood
- Ideal against exhaustion and stress

Preparation and use:

- Decoction of leaves ▪ Fruits ▪ Oil of grape seeds ▪ Baths



A decoction from bramble's or grapevine's leaves, or bramble's young buds is an effective remedy for hemorrhoids.

Bramble

- Improves hemorrhoids and stops diarrhea
- Cures mouth sores

Preparation and use:

- Decoctions (young buds)
- Juice
- Syrup
- Poultices





Dr. Klein, a Viennese physician, observed that in Transylvania prostate hypertrophy was almost unknown. One of Klein's collaborators concluded that fact was likely due to the consumption of pumpkin seeds by the inhabitants of that European region.

Pumpkin

- Reduces inflammation of the prostate and the urinary bladder, and expels intestinal parasites

Preparation and use:

- Seeds



Ginseng

- Improves sexual capabilities
- General invigorator for the organism

Preparation and use:

- Pharmaceutical preparations
- Extracts ▪ Capsules ▪ Liquids

Plants for the Metabolism



By decreasing appetite, by its laxative properties, and by accelerating the metabolism, fucus achieves an effective weight-losing action which lacks any side effect.



Orthosiphon's leaves promote the elimination of nitrogenic organic waste. It is recommended for renal insufficiency and retention of fluids. Its main application, however, is as a complement in weight-loss diets.



Javan Tea

- Very useful in weight-loss diets, due to its diuretic, depurative and anticholesterol properties

Preparation and use:

- Infusions of leaves and flowers

Fucus

- Fights obesity and cellulitis

Preparation and use:

- Fresh alga ▪ Infusions ▪ Powder
- Compresses ▪ Poultices



Cowslip

- It alleviates rheumatic aches

Preparation and use:

- Poultices



Frictions with
rosemary alcohol,
hot fomentations
and compresses
are ideal for
sprains and
rheumatic and
muscular aches.



Rosemary

- Revitalizes,
invigorates, rejuvenates...
and reduces inflammation

Preparation and use:

- Infusions ▪ Essences ▪ Baths ▪ Gargles
▪ Frictions ▪ Fomentations ▪ Compresses



Aloe

- Has a favorable effect on many skin afflictions: wounds, burns, psoriasis, herpes, itching
- Helps cure gastroduodenal ulcers

Preparation and use:

- Aloe gel or juice
- Lotions and creams
- Compresses
- Directly



St. Johnswort is highly valued due to its vulnerary properties for the treatment of burns. Moreover, because of its invigorating and sedative properties, it is useful for depression and other nervous disorders.



Aloe juice exerts beneficial effects when applied as compresses on burns or clean or infected wounds, promoting the cleaning of the wound, accelerating skin regeneration and reducing scarring to a minimum.

St. Johnswort

- An excellent remedy for burns
- Invigorator for the nervous system, effective against depressions

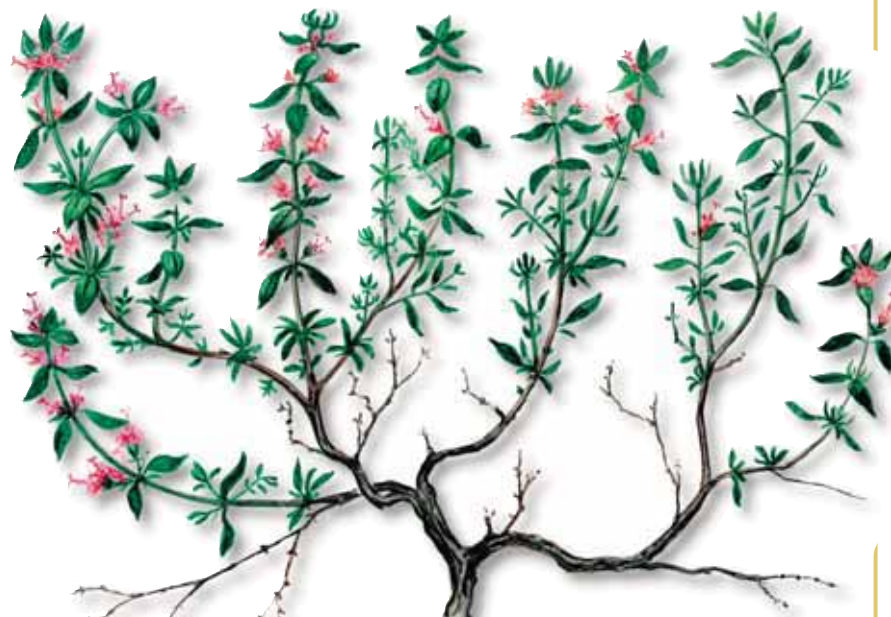
Preparation and use:

- Infusions or oil (pharmaceutical preparations)





Thyme is a medicinal herb with many well proven medicinal virtues. When applied as hot poultices it alleviates cystitis aches and renal colic.



Nasturtium

- A natural antibiotic of proven effectiveness

Preparation and use:

- Flowers and leaves salad
- Infusions of flowers
- Sitz baths
- Lotions

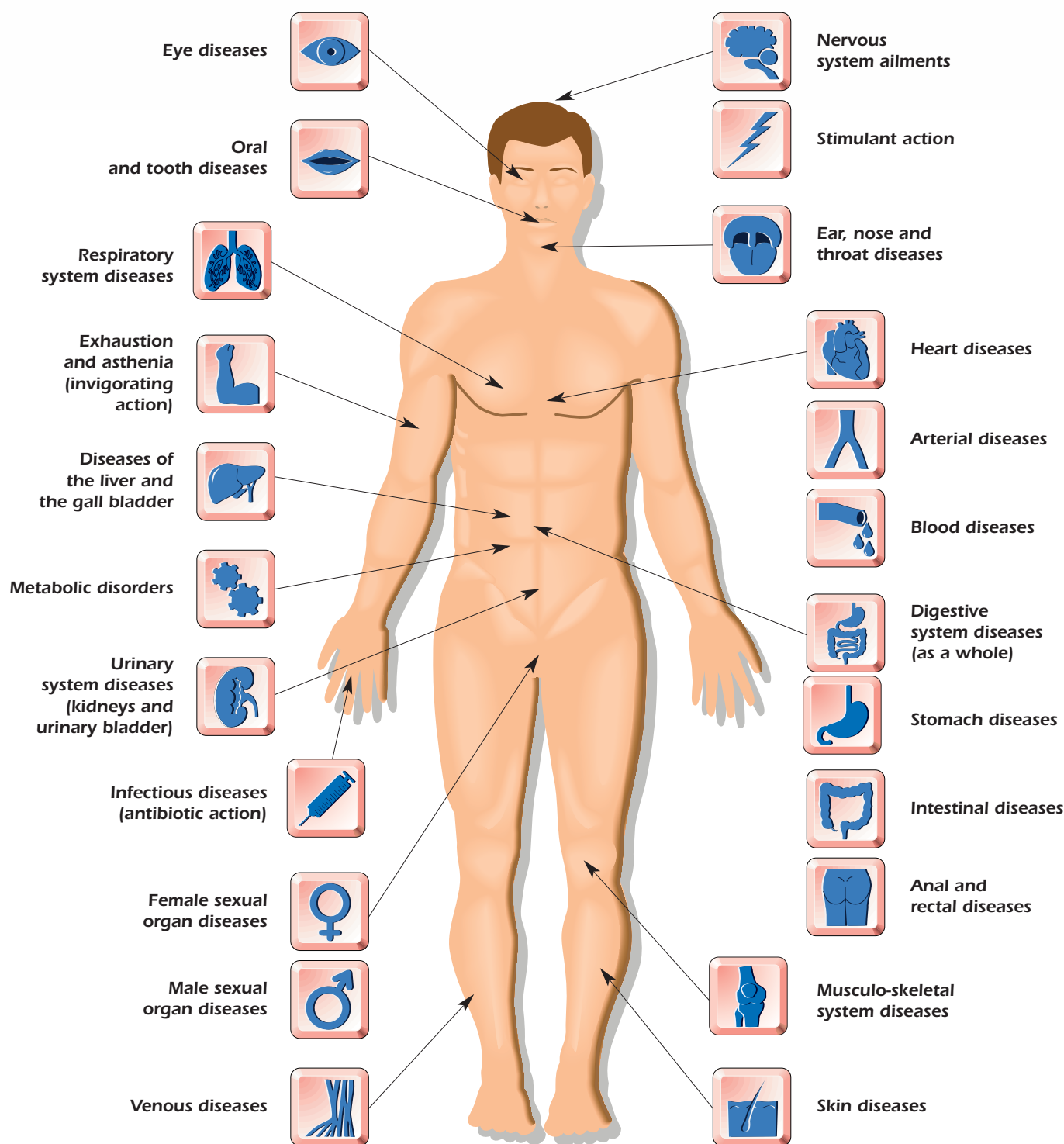
Thyme

- Powerful antiseptic and natural stimulant

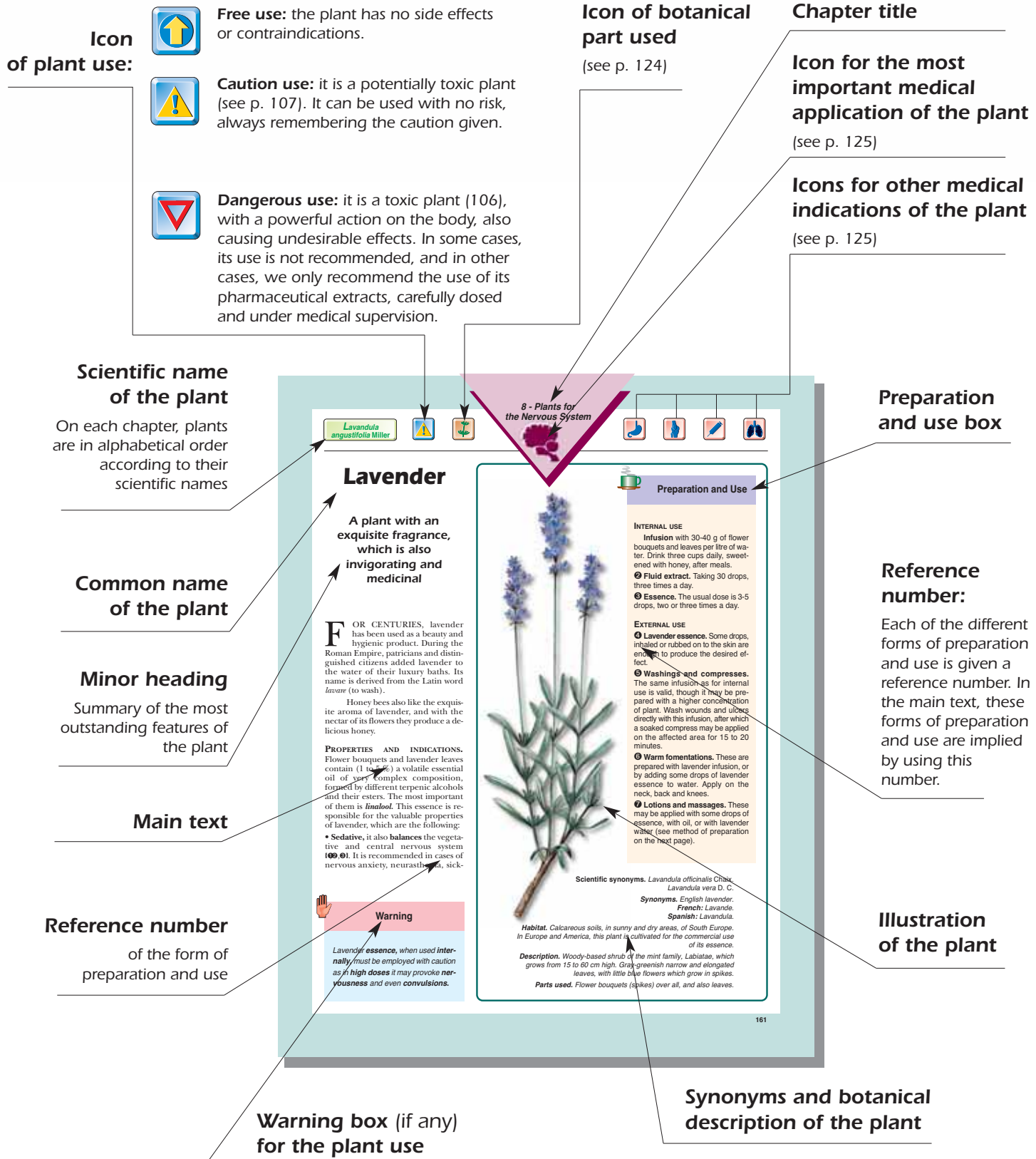
Preparation and use:

- Infusions ▪ Essences ▪ Mouth rinses ▪ Gargles ▪ Steam inhalations
- Compresses ▪ Baths ▪ Lotions ▪ Frictions ▪ Poultices

Meaning of the Icons of Anatomical Parts Used in This Work



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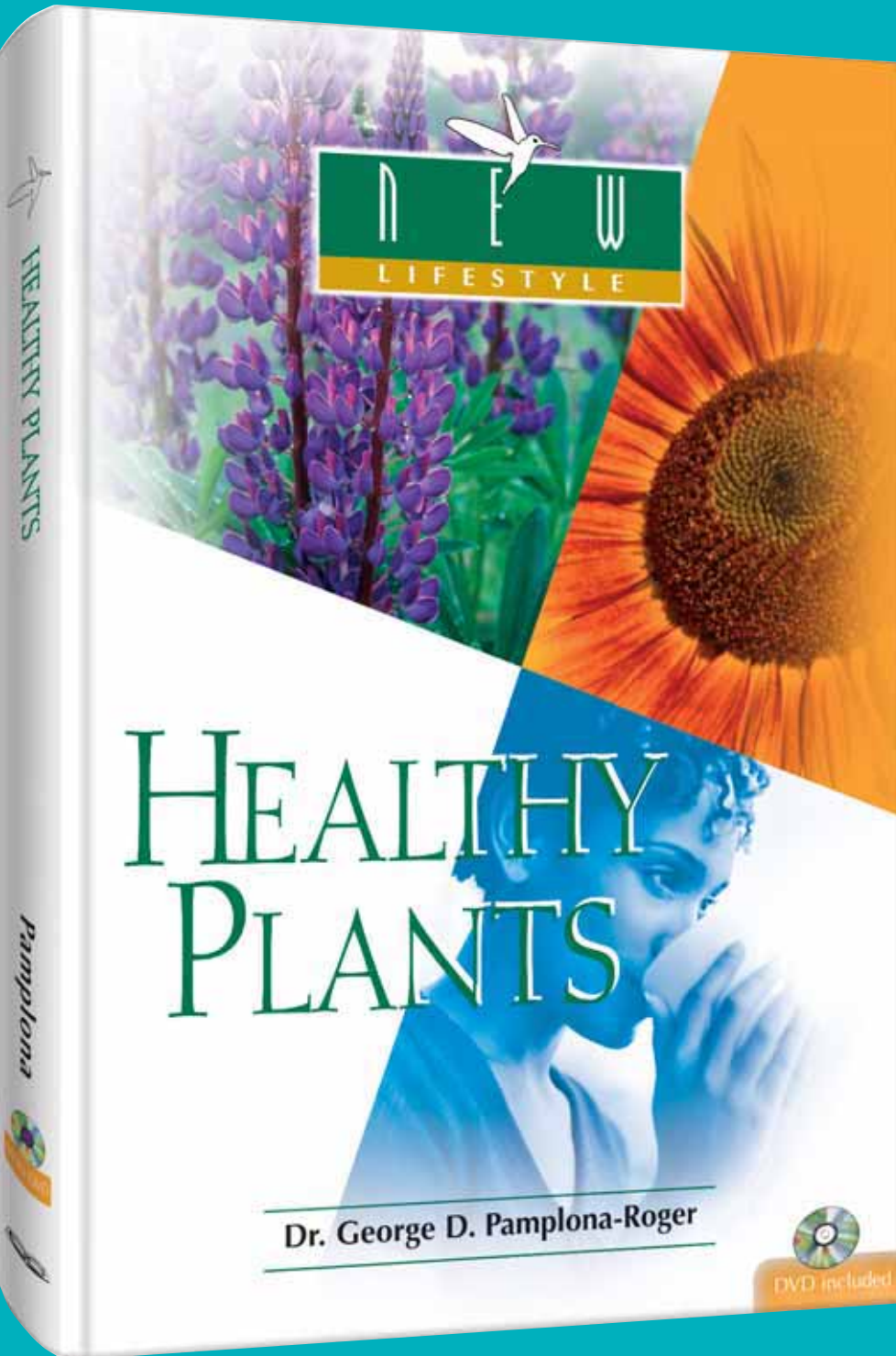
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NEW

LIFESTYLE



HEALTHY PLANTS

Pamplona

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