

Two Powerful Herbs to Keep You Safe and Strong

By Sharon Wojno

With winter's arrival this question arises: What herbs will I take to protect my body from the elements of the cold wet winter? Let's hear from some herbal friends. Our story starts with Mullein. Mullein grows in the wild in Virginia or it can be cultivated. You find me outdoors from June through September. My leaf is like woolly flannel and is so soft to touch. It is no wonder the hummingbird uses me as a nest lining. My beautiful light-yellow flowers produce seeds that goldfinches enjoy. I am appreciated by many species. I am a gift to all life.

I strive to help you in many ways. Use my flowers if you have a nervous cough, to clear your lungs and sinuses from congestion, or to mitigate tuberculous issues. I am a great expectorant. My dried leaves can be used for these same issues. Use me to benefit your lymphatic system too. Utilize me as a massaging oil. The oil of my flowers can be used for your ear issues such as: ear eczema or inner & outer ear issues. If you wish, you might try smoking my leaves to relieve a continuous cough. In fact, even my roots are used in herbal medicine.

To sooth tired feet and to prevent blisters, people put my leaves in their sneakers. Use my leaves to relieve elbow & shoulder blade issues. I have antiseptic qualities as well so try me on external sores to fight inflammation.

Night bedwetting can be helped by me. My flowers are useful for lightening your hair. If you haven't gathered my leaves, flowers, or roots this year, you can purchase me as a tea, powder, tincture or oil. (Author's note: I have used the raw leaves and put them in hot water and breathed in the steam. It worked wonders for my chest cold.)

Garlic would also love to tell its story. Every culinary artist knows about me. While you can add my delicious green stalks to salads or cook my cloves, my greatest health benefits come via the use of my raw crushed cloves. Apply me on infected wounds or external ulcers to activate my antifungal, antibacterial, and anti-yeast qualities. Put me on gauze and apply to a wound. At the first sign of athlete's feet, try me. Additionally, I have been used to combat influenza viruses, typhus, cholera, dysentery, enteritis, staph and strep bacteria.

Try crushed cloves on a piece of bread at the first sign of a sore throat or use me as a syrup for congestion. Rub me on the chest and back for whooping cough. My garlic oil or juice can be used as an inhalant for tuberculosis and other lung and bronchial issues.

What are some of my other health benefits?

1. Lowering high blood pressure & cholesterol
2. Alleviating circulatory issues & other heart issues
3. Helping colic, colds, kidney & bladder problems
4. Easing toothaches
5. Preventing Alzheimer's & dementia
6. Improving digestion
7. Reducing inflammation in the stomach & intestines
8. Detoxifying from heavy metals like lead or internal parasites
9. Protecting the good bacteria in the gut
10. Fighting candida, etc.
11. Helping with weight loss

If you haven't grown me in your garden yet, you may be surprised at how easy it is to cultivate me! Also, you can purchase me in the following forms: Extracted juice, granular powder, oil, capsules or tablets. In summary, my antioxidants are so high you might want to use me to protect against all kinds of diseases. In conjunction with my friend Mullein, you have access to two of the best herbs for protection and optimal health.

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