

Lavendar

MEDICINAL: Lavendar tea made from the blossoms is used as an antidepressant. It is used in combination with other herbs for a remedy for depression and nervous tension and stress. It is also used as a headache remedy.

GROWING: Lavendar likes light sandy soil and full sun. It grows to 18 inches. It should be mulched in colder climates for winter protection for this perennial.

This English garden herb is highly regarded for its classic fragrance in soap, and potpourris, but lavender is also an important medicinal herb.

Originally, the oil from the flower was used to protect cloths and stored linens from moths. It was, and is, used as a scent in air fresheners.

Oil distilled from the flower has applications as a stimulant, tonic, headache relief, and for relief of intestinal gas. It is also used to quiet coughs and disinfect wounds. Applied as a compress, lavender oil provides relief from neuralgic pains, rheumatism, sprains, and sore joints.

Lemon Balm

MEDICINAL: Lemon Balm is used in treating headaches, colds, and nervous or upset stomachs. Externally the crushed leaves can be applied to wounds and insect bites to speed healing.

GROWING: Lemon Balm is a perennial that can reach up to 3 feet high. It needs full sun and rich soil with regular watering. Plant where you can enjoy the lemon scent of the leaves from a porch, deck, or open window.

Licorice

MEDICINAL: Licorice Root is a great source of the female hormone estrogen. It is used for coughs and chest ailments. It is an important herb to use when recovering from an illness, as it supplies needed energy to the system. Used as a remedy for stomach and heart problems, indigestion, and most respiratory ailments. Helps to normalize and regulate hormone production. Should not be used by pregnant women as it can sometimes lead to high blood pressure with prolonged use.

GROWING: Licorice is a perennial that reaches 3 to 7 feet tall. Hard freezes will kill it, so it grows best in warm sunny climates.

Licorice is a perennial herb native to southern Europe, Asia and the Mediterranean. It is extensively cultivated in Russia, Spain, Iran and India. It is one of the most popular and widely consumed herbs in the world.

Although many know this herb for its flavoring in candy, licorice

contains many health benefits. Ancient cultures on every continent have used licorice, the first recorded use by the Egyptians in the 3rd century BC. The Egyptians and the Greeks recognized the herb's benefits in treating coughs and lung disease. Licorice is the second most prescribed herb in China followed by ginseng, it is suggested for treatment of the spleen, liver and kidney. The Japanese use a licorice preparation to treat hepatitis.

The most common medical use for licorice is for treating upper respiratory ailments including coughs, hoarseness, sore throat, and bronchitis.

The main constituent found in the root is glycyrrhizin. The plant also contains various sugars (to 14%), starches (30%), flavonoids, saponoids, sterols, amino acids, gums, and essential oil. Glycyrrhizin, stimulates the secretion of the adrenal cortex hormone aldosterone.

It can be as effective as codeine, and safer, when used as a cough suppressant. Rhizomes in licorice have a high mucilage content which, when mixed with water or used in cough drops, soothes irritated mucous membranes. The drug also has an expectorant effect which increases the secretion of the bronchial glands. Licorice is an effective remedy for throat irritations, lung congestion, and bronchitis.

Homeopathic use of licorice for gastric irritation dates back to the first century. Today, herbal preparations are used to treat stomach and intestinal ulcers, lower acid levels and coat the stomach wall with a protective gel. Rarely used alone, it is a common component of many herbal teas as mild laxative, a diuretic, and for flatulence. It has also been known to relieve rheumatism and arthritis, regulate low blood sugar, and is effective for Addison's disease. The root extract produces mild estrogenic effects, and it has proven useful in treating symptoms of menopause, regulating menstruation, and relieving menstrual cramps.

The main ingredient glycyrrhizin has also been studied for its anti-viral properties in the treatment of AIDS. In clinical trials in Japan it prevented progression of the HIV virus by inhibiting cell infection and inducing interferon activity. Glycyrrhizin also encourages the production of hormones such as hydrocortisone which give it anti-inflammatory properties. Like cortisone it can relieve arthritic and allergy symptoms, without the side effects.

The constituent glycyrrhizin is 50 times sweeter than sugar, making it a widely used ingredient in the food industry. The distinctive flavor of licorice makes it a popular additive to baked confections, liqueurs, ice cream and candies. It is also widely used in other medicines to mask bitter tastes and also to prevent pills from sticking together.

Licorice has also been used in poultices for treatment of dermatitis and skin infections. It helps to open the pores and is used in combination with other cleansing and healing herbs as an emollient. Part Used: Root in the making of powder, teas and tonics, extracts, tinctures and decoctions.

Common Use: It is an ingredient in many cough medicines and a popular and well-known remedy for bronchial distress. Can have a beneficial effect on gastric disturbances.

Care: Licorice grows best in a dry and warm climate. Prefers sandy, rich soil and full sun.

Toxicity: May cause side effects in healthy people. May cause headaches, elevated blood pressure, hypertension, lethargy, edema, or shortness of breath.

Licorice root is used to soothe upper respiratory symptoms due to colds or bronchitis (coughing) and to treat gastro/duodenal ulcers. Most of the sweetness of licorice root is due to glycyrrhizin, which occurs in the root in concentrations averaging between 5 to 9%. Excess consumption of licorice (or glycyrrhizin) can cause symptoms similar to excessive secretion of the hormone aldosterone. During prolonged use and with higher doses, mineralocorticoid effects may occur in the form of sodium and water retention, potassium loss, hypertension, and even heart failure or cardiac arrest.

The internal dose is 5 to 15 grams of root, equivalent to 200 to 600 milligrams of glycyrrhizin. The herb should not be used for longer than 4 to 6 weeks without medical advice. There is no problem with using licorice as a flavoring agent up to a maximum daily dose equivalent to 100 milligrams of glycyrrhizin.

The drug is contraindicated during pregnancy and lactation, liver disorders, and severe kidney insufficiency. Licorice or glycyrrhizin may interfere with existing hormone therapy. Licorice may increase potassium loss due to other drugs (thiazide diuretics) and therefore increase sensitivity to digitalis

Lovage

MEDICINAL: Lovage root eases bloating and flatulence. It is also used with other herbs to counteract colds and flu.

GROWING: Lovage is a perennial that grows 3 - 7 feet tall. It is adaptable to many conditions, and does best in full sun.