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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Wild medicine and Tansy cakes**

**By Simon Mitchell**

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It started with the Tansy cakes. I had to ask myself 'Why would anyone eat anything so utterly disgusting in taste'? Chrysanthemum Vulgare is a common perennial in the British Isles and the name Tansy is said to be derived from the Greek 'athansia', meaning 'immortal'. Reasons suggested for this include the fact that the dried flower lasts forever or that it has a medicinal quality contributing to long life. Looking back to Greek literature, Tansy was given by the Gods to Ganymede to make him immortal. In the language of flowers the gift of Tansy means 'Rejected address' – "I am not interested in you". Its strange taste, not unlike the smell of 'mothballs' might have something to do with this.

Tansy certainly had a reputation as a vermicide and vermifuge (killing and dispelling intestinal worms) in the middle ages. John Gerard wrote in his 17th century Herball:

"In the Spring time are made with the leaves here of newly sprung up, and with eggs, cakes of Tansies, which be pleasant to taste, and good for the stomacke. For if any bad humours cleave there unto, it doth perfectly concoct them and scoure them downewards".

Tansy was a common kitchen garden herb for medicinal and culinary use, in place of expensive foreign spices such as nutmeg and cinnamon. It was used to flavour custard, cakes, milk puddings, omlettes and freshwater fish. In Ireland it was included in sausages called 'Drisheens'. Its use as a springtime 'cleanser' became ritualised into a part of the Christian religious Easter traditions;

"On Easter Sunday be the pudding seen,  
To which the Tansy lends her sober green."

The consensus on this much written about herb is that it was used at Easter to purify the blood after lent. This consensus shows a problem though, in that in England the plant does not show leaves until the end of May – well after Easter. This is evidence of the assimilation of natural 'self-medicating' herbalism into a controlling religious patriarchy.

Observation of wild and domesticated animals shows that they regularly self-medicate with wild plants. Sick chimpanzees chew bitter leaves from a bush not normally part of their diet, and then recover. Research by Michael Hoffman shows that a particular nematode worm is common in the monkey's gut during the rainy season and that their chewing of the leaves coincided with the prevalence of this parasite, which it destroyed. This was the same bush that local tribes use to get rid of stomach parasites.

Dogs and cats self medicate by eating couch grass or cleavers. Parrots, chickens, camels, snow geese, starlings – all have been observed consuming substances normally alien to their diet to remedial effect. Bears particularly are venerated by North American Indian culture because they symbolise the powers of 'regeneration'. North American Indians discovered the use of a root called Osha from bears. It is so effective as an all round painkiller, antiviral, anti-peptic that it is now on the endangered species list.

The Woolly Bear caterpillar has also been observed to change its diet according to whether it is infected by a particular parasite. Normally a Lupin eater, the caterpillar increases its chance of surviving a particular fly parasite by changing to a diet of Poison Hemlock. Self-medication is not therefore a 'rational choice' in other species, but a carefully integrated part of a survival mechanism against an invisible predator – disease. Humans seem to have lost this sense of their own health and are not usually informed as to the uses of plants growing around them.

Humans often self-medicate though – alcohol indulgence to deal with stress being an obvious example of this or the ready availability of pharmaceutical or street drugs. We often consume substances such as caffeine or sugar drinks for easy energy. The natural trait towards self-medicating may well be at the basis of many of our unconscious 'eating choices'. Potatoes contain a form of opiate and all foods to some extent can act as 'alteratives' to a unique physiology. We talk about comfort foods and rewarding ourselves with treats to eat. Often we might have a favourite food that can help if we feel too ill to eat, like scrambled egg. This is a unique food because it contains all of the amino acids we need to digest it. Chocolate is to many the ultimate comfort food treat.

An extreme example of what we do is shown in 'Pica' where a person gets uncontrollable desires to eat certain edible (and inedible) substances. This condition occurs in pregnant women and is thought to express the need for particular minerals. Because our food sources are often limited to processed (and demineralised) food, and because of the destruction of herbal folk-lore and access to wild medicine, many of us have lost touch with our 'health sense' and an ability to use food or wild plants for self-medication. A regular preventative 'detox' was an essential part of our diet at one time and if you like the taste of mothballs you could even try Tansy cakes.

Article with thanks to Roger Phillips and Michael Hoffman

Simon Mitchell  
The Wild Herbal at

**Stress Relief Provided By Herbal Medicine**

**By Grace Palce**

Chances are, you may not know about the use of herbal medicine to provide stress relief.

We certainly can't blame if you don't. Herbal medicine, after all, is still trying to gain its former popularity and so many people are still in doubt of its efficacy and prefer to use prescription medicine instead. But you see, if you take the time to check historical texts, the use of herbal medicine can date back as far as 5,000 years ago! The efficacy of herbal medicine, therefore, should not be in doubt anymore since it's supported by five millennia worth of proof.

Before we give you an example of herbal medicine that can provide stress relief, however, we shall give you a little bit of do's and don'ts on the subject of herbal medicine to ensure safety and proper use.

Do consult your doctor first before taking any herbal medicine to fight stress or for whatever reason. Self-medication is never good and it can bring you a lot of complications that could have easily been avoided if you had only asked your doctor about your chosen type of medication.

When consulting your doctor, do bring a sample of your herbal medicine so he'll be able to analyze whether it's real and of good quality. To safeguard yourself from cheap herbal medicine imitations, always buy from any herbal medicine store of good and long-standing reputation. These stores may even offer money back guarantee and of course, that wouldn't hurt at all.

Your doctor may also make you aware if there would be any possible negative reactions if and when you do take a particular herbal medicine. That doesn't mean you can't take herbal medicine anymore to provide relief; it simply means that you're just not able to take that particular herbal medicine and you have to search for another.

Lastly, if you're already taking prescription medicine, you truly need to visit your doctor before taking herbal medicine as well because there are instances when a combination of both can result to unwanted complications.

And now for an example of herbal medicine that can provide stress relief:

**Catnips** - One of the most common symptoms of stress are diarrhea, increased or loss of appetite and anxiety. If these are stress symptoms that trouble you most, this herbal medicine is definitely what you need because it nurtures the stomach and nerves.

**Kada Kava** - This herbal medicine can provide stress relief by vanquishing symptoms like insomnia (typical of workaholics who love to do overtime) and anxiety (typical of workaholics who have high pressure jobs).

Grace Palce is writing articles about stress relief

on her site about natural medicine

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