

My Notes from the book
'Healing Secrets of the Native Americans' by Porter Shimer

Black Cohosh -

dubbed the “female fortifier”, black cohosh has been shown to reduce hot flashes, sweating, headaches, vertigo, heart palpitations and tinnitus or ringing in the ears - all common symptoms of menopause. The herb has been so effective at relieving menopausal problems that some doctors believe it may be an acceptable alternative to conventional hormone replacement therapy. Black Cohosh can also be used for treating painful or delayed menstruation and difficult childbirth. This herb has the ability to relax the muscles of the uterine walls.



Black Haw -

This plant is called the ‘crampbark’ and used by many tribes to treat the discomforts of pregnancy - a use widely recommended by herbalists today. Its best known for its ability to reduce menstrual cramps.

The most effective way to use black haw is as a tea (boiled and simmered for 20/30 minutes).

<https://www.baldwins.co.uk/baldwins-black-haw-herb-viburnum-prunifolium>



Ginseng -

Ginseng was considered sacred by the native americans. This herb is known for increasing sex drive, but scientists believe this may be somewhat overstated. Many herbalists feel that ginseng does increase vitality making people feel stronger and more energetic. They call ginseng an 'adaptogen' meaning that it will help the body to adapt to stresses of all types, physical as well as emotional. Studies suggest that ginseng does reduce fatigue and improve athletic performance. It also may be helpful for stimulating the immune system, improving memory, reducing depression and in diabetics improving the ability to tolerate carbohydrates.



Hawthorn -

Hawthorn can lower cholesterol levels and help prevent the build up of plaque on artery walls, which allows more blood and oxygen to travel through the arteries. It is also believed to lower high blood pressure by increasing the flexibility of blood vessel walls.



Hops -

The Mohegan tribe used hops blossoms to make a sedative. Modern research has done much to confirm that hops has sedative qualities. According to herbal expert Daniel B Mowrey it will bring “a soothing relaxing calm will be experienced within twenty to thirty minutes of ingesting the herb.”

As a sleep aid, it's best to drink hops tea about half an hour before going to bed. You can also put dried flowers in a small sack and place it beneath your head at night. Pro tip is to moisten the hops with water so they don't rustle too much.



Nettle-

To help relieve the pains of arthritis Native Americans would take long sprigs and swat the affected joints. Research has shown that the sting produced by nettle causes the body to manufacture chemicals that have anti inflammatory and pain reducing powers. Scientists now believe that nettle tea may be helpful for treating conditions as varied as asthma, bladder infections, bronchitis, gum disease, prostate enlargement, premenstrual syndrome, kidney stones, bursitis, tendinitis, and possibly even hair loss.



Holy Basil/Tulsi -

Tulsi is also known as *Holy Basil*. It is known to reduce stress, enhance stamina, relieve inflammation, eliminate toxins, improve digestion and provide a rich supply of antioxidants and other nutrients. As an adaptogen with anti-inflammatory and antioxidant properties, holy basil provides all of these benefits. It can even help people with arthritis or fibromyalgia.

