

Body, mind and soul

HOLISTIC INTROSPECTION



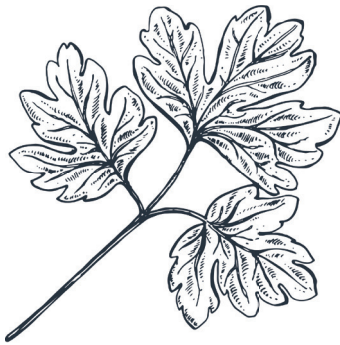
It is gratifying that these days we do not regard health as merely the absence of illness, but rather that a large part of the population considers a **holistic sense of well-being** as increasingly valuable.

MENTAL AND PSYCHOLOGICAL HEALTH HAVE ONLY BEEN MANDATED BY LAW AT THE WORKPLACE SINCE 2013.

More and more, the picture is evolving to that of a being that cannot be seen in isolation only in terms of its function, but which also assigns importance to fitness, hygiene and well-being at all levels. It is certainly a matter of opinion whether balance should be the goal, or whether certain times, situations or circumstances call for one to carry more weight than the others. It is clear that we are responsible for taking care of our own health. Recent years, both in research and everyday life, have seen more focus on extending the definition of health to a more preventative approach.

This, too, can be too much of a good thing and opens the door for self-optimization mania, the dissolution of boundaries and exaggeration. Nevertheless, we all face challenges, want to master our everyday lives, aim to be well and seek to enjoy life. Medicinal plants can assist us in these missions.

Energy & Stress



STRESS IS NOT OUR FRIEND.

People suffer from unfavourable working conditions, financial dependency and hardship, challenging relationships and family life, sleep deprivation, too much media consumption and poor eating habits at all levels in today's industrialised countries.

Stressful situations are not harmful in the short-term per se. Our basic intuition still works under stress, helping us to survive and mobilize survival instincts in dangerous situations. Extreme physical reactions remain the same; we only see ourselves exposed to completely different and stronger stressors. Long-lasting stress, meanwhile, harms us. When we get out of balance, we suffer from a lack of mental and physical ability, irritability, insomnia and many other symptoms.

Neurotransmitters (the messengers that exchange information between nerve cells) and hormones are also thrown out of equilibrium. In the long run, the effects are fatal: increased susceptibility to inflammation, anxiety disorders, depression, slowed and unfavourable digestion, increased cortisol release, high blood pressure and reduced functioning of an adaptable and effective immune system.

WE CAN FIND REMEDIES IN THE PLANT WORLD THROUGH EFFECTIVE PLANT SUBSTANCES. SO-CALLED ADAPTOGENS SUPPORT US AND COMPENSATE STRESS TO REPLENISH OUR ENERGY LEVELS.

The term **adaptogen** was coined in the **mid-1950s** by the Russian scientist **Nicolai Vasilevich Lazarev**. He found that certain herbs can help support and adapt the body to stressful situations. **Ayurveda**, the traditional Indian art of healing, has been harnessing the effects of herbs for thousands of years. **Adaptogenic herbs can help reduce the imbalance in homeostasis** that occurs as a result of stress. Homeostasis refers to the regulatory processes in circulation, body temperature and hormonal balance. These systems are regulated by various factors, including your hormonal balance. Chronic stress interferes with one's hormonal balance, which in turn influences homeostasis. Adaptogens build resistance to imbalance.

Qualities: stimulating, balancing, invigorating, energizing.

Jiaogulan

- GYNOSTEMMA PENTAPHYLLUM -

Sources: Naturheil-Shops, Internet

Jiaogulan is considered the **»herb of immortality«** by the Chinese. People in **China** have been drinking tea from this plant for more than 1,000 years. Jiaogulan belongs to the gourd family of plants such as cucumber and pumpkin. In China it grows at an altitude of up to 3,000 meters. The plant also thrives in Europe at mild temperatures. If you want to grow it at home, it is best to do it in a pot. The leaves can be harvested all year round; the highest concentration of active ingredients is when the plant is in bloom. Alternatively, you can buy the dried herb.

The effect of Jiaogulan was first discovered around 1400. It was discovered during a census in the province of Guizhou that there was a far above-average number of people older than one hundred years. After other influences were ruled out, it came to light that the region's inhabitants regularly drank **Jiaogulan tea**.

As a balancing adaptogen, **it helps the body resist disease and respond better to stressors.** It **supports the immune system and increases energy and vitality.** Furthermore, Jiaogulan can increase one's libido. With its antioxidant effect, it fights free radicals and increases the production of the body's superoxide dismutase enzyme.

The herb can be consumed as a **tea**. The herbal extract is even more intense **in a tincture** which, together with other herbs and plants, serves as an immune booster.



Schisandra

- SCHISANDRA SCHINENSIS -

The **small, red berries** of the Schisandra (also known as Chinese Magnolia Vine or Five Flavored Fruit) turn reddish-brown when dried and are then used. Also called »**wu like zi**« – the berry with flavours – it is used in traditional Chinese medicine as a plant that everyone can benefit from as it has **uniting qualities** and a **balancing effect**, depending on what is required.

The dried berries taste peppery-hot and sour-bitter. They can be chewed throughout the day, but a tincture is better. Schisandra supports **energy, vitality, memory** and **mood**, and is excellent for maintaining a **healthy liver**.



Pefferminze

- MENTA PIPERITA -

Peppermint has been used as a remedy since ancient times. The areas of application are so varied that **peppermint oil** should be in every medicine chest, especially in vials. Peppermint has a **stimulating, refreshing effect** and **increases concentration**. It **helps with headaches and travel sickness**. This all-rounder is **antibacterial, antiviral, immune-boosting** and **antiseptic**.

As an herbal distillate and oil in a mixture, peppermint is the ideal companion on the go to give yourself an energy boost, clear your head and even to wash your hands.

RECIPES

Recipe: **SANDY NEUMANN**

IMMUNE - BOOSTER TINCTURE

for 240 ml

90 ml Jiaogulan

90 ml Huáng jí root

30 ml Schisandra

20 ml Turmeric

10 ml Ginger

STEP 1 Prepare the individual herbs in a tincture as described above.

STEP 2 Use a pipette to drip into a brown glass bottle and close. Stir one teaspoon of tincture in a glass of water and drink daily.

ENERGISING CLEANSING SPRAY

for a 30 ml brown glass bottle

25 ml peppermint herbal
distillate

STEP 1 Place into a brown glass bottle and shake vigorously. Spray into hands and around head. Rub into hands and inhale.

essential oils:

5 drops peppermint

3 drops bergamot

3 drops neroli

3 drops orange

*Mood,
relaxation,
sleep*



Often our days take place in the fast lane of life. We need a counterweight: relaxation. The body needs relaxation to be able to devote itself entirely to its tasks. **Good digestion** and **metabolism**, a **healthy cardiovascular system**, **plentiful sleep** and **emotional balance** are all integral.

Sufficient physical activity, time outdoors, meditation and, last but not least, aromatherapy can support us on the way to a more relaxed lifestyle.

Qualities: relaxing, loosening, promoting sleep.

Lavender

- LAVANDULA ANGUSTIFOLIA -



Anyone who has ever driven through the Hautes Provence in the South of France during summer will certainly remember the sight and smell of the expansive lavender fields. **The real lavender is to be distinguished from lavandin** (also known as hybrid lavender), which contains a higher proportion of camphor and is more suitable for cleaning and disinfection.

Genuine lavender flowers contain an **essential oil with high linalool and linalyl acetate content**, as well as **low amounts of eucalyptol and camphor**. Linalool and linalyl acetate are said to have a **calming effect**; additionally, linalool has an **inhibitory effect** on the growth of some bacteria and fungi.

The real Lavender, *lavandula angustifolia*, also *lavandula officinalis*, is a member of the Labiate family. It also belongs to the botanical subfamily Nepetoideae, to which many other herbs such as rosemary, sage, savoury and peppermint belong. If

you want to grow lavender at home, do something good not only for yourself but also for the bees, you should **cultivate lavender from seeds**. Most plants in DIY stores or garden centres are over-fertilized.

Both as an herb and as an essential oil, lavender is an **»almost all-rounder«**. In the kitchen it gives a wonderful Mediterranean touch to lamb and fish dishes together with rosemary and thyme; chopped lavender leaves on fresh goat cheese served with a little honey is a dream.

Lavender as a **healing herb** cured many wounds for the ancient Romans and Greeks and was revered as a sacred plant. Hildegard von Bingen described its anxiety-relieving and calming effect, while Paracelsus used it for heart complaints.

With its **muscle relaxing and sedative effect**, lavender is especially helpful for good sleep. A cup of lavender tea in the evening, a lavender bath and a soothing lavender balm applied in the evening is a wonderful self-care ritual.

Damiana

- TURNERA DIFFUSA -



Kamille

- MATRICARIA RECUTITA -

ATTENTION: This herb should definitely not be used during pregnancy.

Damiana is probably unfamiliar for most of us. This medicinal plant originates from Central and South America and is used for **depression, libido disorders** and **anxiety disorders**.

A passionflower plant it is in principle possible to cultivate the plant in our latitudes, but one should be a little versed beforehand. It is therefore easier to buy Damiana as a dried herb.

For the Aztecs and Mayans, the plant was often used as an anti-stress agent and anxiolytic, as well as an aphrodisiac. A number of studies have shown that the ingredients of Damiana, with its **richness in oils, bitter compounds, flavonoids** and **tannins**, are medically valuable. It is used in Europe to relieve anxiety and stress, evoke stimulation and to treat sexual dysfunctions. It can provide women with relief from menstrual cramps and mood swings.

Harness its relaxation by preparing it in a tincture mixed with spices and some honey.

The real chamomile is known for its **healing powers against stomach and intestinal problems** or when externally applied **on inflamed and sore skin**. It also makes for a wonderful **tea** to encourage restful sleep. Roman chamomile (*Chamaemelum nobile*) is also suitable for use as a medicinal plant.

Chamomile belongs to the family of composite flowers and is related to dandelion, calendula and mugwort. As a rather undemanding plant it grows on wild meadows and fallow land but can also be well cultivated in your home garden.

Records describing the healing power of chamomile have been around since the Middle Ages, and it has probably been used since ancient times. Leaves and flowers were soaked in water or wine and the extract was drunk in order to restore balance to one's digestive system.

Chamomile can be taken fresh or dried. Essential oils, flavonoids, coumarins and bitter compounds make up the healing effect of chamomile, which remedies sleep disturbances, irritability and upset stomach and intestines. **The calming and balancing effect restores harmony and fights stress.**

RECIPE

Recipe: **SANDY NEUMANN**

SLEEP BALM

for 3 jars of 15 ml

3 tsp Shea butter, unrefined,
fragrance-free

2 TL beeswax

3 TL jojoba oil

essential oils:

20 drops lavender

10 drops incense

STEP 1 Pay attention to the quality of both the Shea butter and the beeswax and buy the best products with organic certification. Sometimes you can buy the wax directly from beekeepers.

STEP 2 Melt the beeswax in a water bath, then add the Shea butter and let it merge. Stir in the jojoba oil and then take the bowl out of the water bath. Add the essential oil and then pour the mixture into sterile jars. Allow to cool.

STEP 3 Since no preservatives are added, consume within 6-8 weeks.

RECIPE

Recipe: **SANDY NEUMANN**

CHAMOMILLE BAGS

Cotton fabric
handkerchiefs, etc
Chamomille flowers

STEP 1 Collect chamomile blossoms. There are several ways to dry them. If it is sunny and dry, put the flowers in a small bag of folded baking paper and dry in the sun. Make sure that the blossoms are lying separately so that they dry well.

STEP 2 Alternatively, the flowers can also be dried in the oven. Place the flowers on a baking tray lined with baking paper. Dry at 50-60 degrees without circulating air for about 2-3 hours, depending on the size of the flowers.

STEP 3 For the bag, cut a 20x15 centimetres cotton cloth. Fold in the middle and then sew up to a small opening on the sides. This can be done with a machine as well as by hand. Then turn the fabric to the right and fill with the flowers. Close the seam.

STEP 4 Mould the bag in your hands to release the odorous substances. Place on or next to your pillow. If it is cooler, warming the bag on the radiator brings additional pleasantries.

A LITTLE TIP:

Put the warm bag on your ear to relieve pain