

~ Ask Granny Earth ~

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Golden Rod

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**It seems like the only thing blooming around here is 'ragweed', better known as Golden Rod. Since it is so plentiful, I know it must be good for something, but I can't seem to find anyone who knows what- do you?**

As you know, when an herb is growing abundantly, Mother Nature is trying to send us a message. In the case of Goldenrod, its medicinal properties are astounding! After reading all about it, no doubt you'll want to go out and gather a bunch or two. Actually, Common Ragweed (*Ambrosia Artemisiifolia*) or Giant Ragweed (*Ambrosia trifidais*) are two totally different species from the Goldenrod and they are the ones that are most responsible for seasonal allergies, not Goldenrod.

**Goldenrod** (*Solidago virgaurea*): The name *Solidago* "to make whole" gives us an indication of just how profound Goldenrod is. Historically, it has been

used in European medicine to treat all types of skin wounds topically. In traditional folk medicine it's used to treat inflammations of the mouth and throat as well as all slow-healing wounds.

One would want to make a poultice of the herb and apply it directly to the wound. Don't know how to make a poultice? It's so easy that anyone can do it. Boil a little water (about 1 cup) in a clean, glass pan. Turn off heat and stir in about 1- cup cut or chopped herb. Let this mixture sit for 5 minutes, covered. Then squeeze out the water and apply directly to the inflammation or wound. You might want to cover it with clean gauze and wrap with an ace bandage. After a few hours, repeat the process and reapply.

Recent research demonstrates that the active constituents in Goldenrod not only help to reduce inflammation, relieve muscle spasms and lower blood pressure, but also to treat urinary tract infections and kidney stones. These active constituents are: saponins, diterpenes, phenolic glucosides, acetylenes, cinnamates, flavonoids, tannins, hydroxybenzoates and inulin. The saponins are antifungal and therefore Goldenrod is useful in the treatment of *Candida* fungus, the cause of yeast infections and oral thrush. It may be used as a mouthwash for thrush, or a douche for vaginal yeast infections. For these purposes, you would make an infusion of the flowers: 2 cups boiling water and 2 tablespoons of the herb. Simmer for 15 minutes. Cool and use as a gargle or douche.

Goldenrod is a perennial herb which is found along roadsides and in open fields. It has single woody stems that grow as high as 3 to 7 feet tall. Its yellow flowers appear in August and September and can be seen along our local countryside as a profusion of yellow. The flowers are only about ¼ inch wide but grow in large clusters so that it appears that the whole plant is one big yellow flower. The part used for medicinal purposes are the leaves and flowers; very easy to collect and dry.

Because of its mild action, Goldenrod is appropriate for treating gastroenteritis in children. The whole plant is thought to have antioxidant effects on the body as well which would explain why it is such a good overall healing herb. The 16<sup>th</sup> century herbalist, John Gerard wrote that "Goldenrod is extolled above all other herbs for the stopping of blood in bleeding wounds."

Goldenrod is such a good all-round healer because it is Anti-catarrhal (eliminates mucus conditions), Anti-inflammatory (counteracts and diminishes inflammation and its effects), Astringent (has a constricting effect which is useful in healing), Carminative (relieves intestinal gas pain and promotes peristalsis action of intestines) and Diaphoretic (increases elimination of fluids via kidneys).

Goldenrod is an exceptional herb for healing urinary tract, or kidney infections, stomach, or gastrointestinal problems and all conditions where

inflammation is a problem. It also presents with an alternative (to drugs or chemicals) use for yeast infections of all kinds. The famous 'parasite lady', Dr. Hulda Clark uses Goldenrod in her Kidney Cleanse Tea (*The Cure for All Diseases*).

Here are some other conditions where Goldenrod can be used: arthritis, allergies, colds and flu, inflammation, kidney stones, laryngitis, sore throats and topically for eczema. The recommended adult dose:

Tea: 2 cups boiling water, 2 tablespoons herb. Simmer for 10 minutes. Take 1 cupful three times per day. For a gargle, make the tea and gargle 3 times a day. Drink lots of water throughout the day. There are no known scientific reports of interactions between Goldenrod and conventional medications (Mark Blumenthal- *The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines*).

Contrary to popular belief, Goldenrod does not cause 'hay fever'. Its pollen grains are much heavier than those of other plants, such as Ragweed (*Ambrosia artemisiifolia*), which has very small, airborne pollens that cause hay fever. This 'heaviness' of the pollen grains of Goldenrod causes it to be carried by insects, rather than through the air as in Ragweed.