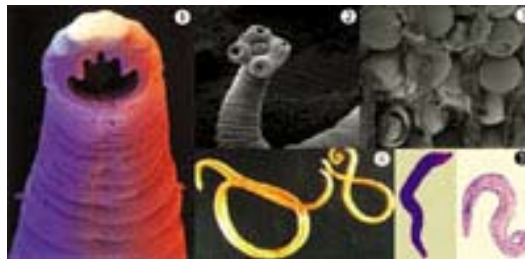


~ Ask Granny Earth ~

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Human Parasites

ASK GRANNY EARTH

Last week I mentioned a few herbs which are considered to be anti-parasitic, or as traditional herbalists call them; Anthelmintic or Vermifuges. While there are many herbs that aid in the expulsion of parasites, Sage, Wormwood and Black Walnut are some of the more traditional.

SAGE (*salvia officinalis*): Native to the Mediterranean region, Sage has been used medicinally since early Roman and Greek times. *Salvia* comes from the Latin word '*salvare*', which means "to rescue, save, or heal" and '*salvus*' meaning "safe". The word *officinalis* signifies that sage was among the medicinal herbs listed in the "officinal" Herbal Medicinal Guide established in the 17th century. Properties of Sage are *astringent* (causes contraction of tissues), *antiseptic* (inhibits growth of microorganisms), *antispasmodic*, *anti-diarrhea*, *ant diaphoretic* (inhibits perspiration), *carminative* (prevents gas and expels it), *tonic* (restores and strengthens entire system) *wound healing*, and *immune stimulating*. Due to the presence of labiatic acid and carnosic acid, Sage is a powerful antioxidant, which inhibits the enzyme that breaks down acetylcholine, thus preserving the compound that seems to help prevent and treat Alzheimer's disease.

Sage is a good digestive remedy, because it encourages the flow of digestive enzymes and bile as it settles the stomach and relieves gas, indigestion and diarrhea. It also assists the system in expelling parasites. As if that isn't enough, Sage contains estrogenic properties and is an excellent remedy for

menopausal problems. Traditionally used to treat sore throats, bleeding gums and canker sores, Sage has also been shown to reduce blood sugar levels in diabetics if drunk (as a tea) on an empty stomach. Because Sage tends to dry up secretions in the body it is not recommended for women during pregnancy, or while breast-feeding.

www.herbnet.com, www.herbreferance.com, www.azuswebworks.com

BLACK WALNUT (*Juglans nigra*): *Juglans* (or *jovis glans*) means "Jupiter's nut". Mythology tells us that gods residing on Earth in antiquity, lived off a diet consisting mainly of Walnuts. The properties of Black Walnut are *alternative* (gradually facilitates a beneficial change in the body), *antifungal*, *anti-inflammatory*, *antiseptic* (inhibits the growth of microorganisms), *astringent* (causes contraction of tissues), *hypoglycemic*, *laxative*, *purgative* (promotes evacuation of bowels), and *sudorific* (cause perspiration).

Traditionally used for hundreds of years by the Asians and American Indians, Black Walnut is known best for its ability to expel human worms (parasites), treat fungal infections and eliminate warts, which are caused by viruses. It is believed that its powerful healing abilities are due to the way it oxygenates the blood, thus killing not only parasites, but also the bacteria and viruses that they harbor. The green outer husk contains organic iodine, which is antiseptic and healing. Black Walnut is also used to balance sugar levels and burn up excessive toxins and fatty materials within the body. It has exhibited anti-cancer properties due to its content of both strong and weak acids and alkaloids. Use in extract or tincture form for internal and external infections. (www.viable-herbal.com and <http://hepatitis-central.com>)

WORMWOOD (*Artemisia absinthium*): The word *Artemisia* is derived from *Artemis* the Greek goddess associated with the moon and *absinthium* means "without sweetness". Wormwood is one of the most bitter herbs known to mankind. It is this intensely bitter taste which gives it its therapeutic effect by activating the bitter taste receptors on the tongue, which sets off a reflex action, stimulating stomach and other digestive secretions.

The properties of Wormwood are *Tonic* (restores and strengthen the whole system), *stomachic* (gives tone to the stomach, and stimulates digestion), *febrifuge* (reduces fever), *anthelmintic* (destroys and expels worms from intestine), *anti-inflammatory*, and *anti-depressant*. Wormwood was the source of *absinthe*, an addictive and toxic drink in France in the 19th century. Absinthe (now banned) was flavored with the **essential oil** of wormwood, which due to its "thujone" content, is considered to be toxic in excess. This 'thujone', is a stimulant to the brain and safe in small doses, but toxic in excess. Wormwood has been used to treat neurasthenia (nervous exhaustion, listlessness) and depression. But its traditional use has been for ridding the body of parasites, hence the name: Wormwood.

www.botanical.com -Chevallier, Encyclopedia of Medicinal Plants