FAVORITE NATURE GYPSY HEALING HERBS

ALOE

Planet– moon

Element–water

Sex– female

Deities– venus, aphroditie

Herbal Lore-

Aloe originated in Africa but has spread throughout the world. The first written record of the use of this storied plant dates back to 2200 B.C.E. and a clay tablet from Sumeria.

The Key of Solomon provides an incense recipe for offering to good spirits who aid you which includes aloes. Possibly this is A. soccotrina.

The Greek physician Dioscorides (41 C.E.- 68 C.E.) described a few different types of aloe in his famous herbal De materia medica (3-25). He noted that the gel was a treatment for numerous ailments.
It is said that Queen Cleopatra used aloe in her beauty routine.

Magical Attributes–

Aloe is used as an amulet against accidents and misfortunes, especially around the home. It is also used for love and beauty and all spells related to lunar energies. Common lore states that if you grow an aloe plant in your house, it will help prevent household accidents, particularly burns. In Africa, aloe plants are hung over doors to bring luck and drive away evil.

Healing Abilities—

Aloe vera gel is antibacterial, anesthetic, anti-inflammatory, and antifungal and increases blood flow to the skin where applied, stimulating healing. It is also full of antioxidants.

Antioxidants are important for health. Aloe vera gel contains powerful antioxidants belonging to a large family of substances known as polyphenols.

These polyphenols, along with several other compounds in aloe vera, help inhibit the growth of certain bacteria that can cause infections in humans.

This makes it useful for burns, sunburn, rashes, poison Oak, Poison Ivy, diaper rash, ringworm, frostbite, acne, any minor cut or abrasion, and just about any skin problem you might have.

Just split the skin of a leaf and apply the gel to your skin. For a large area, you can place some peeled leaves in the blender and add the goo to your bath for a good soak.

I also enjoy drinking the juice to aid in digestion and to clean the gut.

CALENDULA

Planet– sun

Element–fire

Sex– male

Deities– ra, helios, apollo

Herbal Lore-

Calendula has been revered as a magical medicinal for centuries as well. Ancient Egyptians used calendula to rejuvenate their skin. The Greeks and Romans used it as a culinary garnish. In ancient as well as modern India, Calendula is often strung into garlands for weddings and religious rituals. Powers of protection and prophecy have been attributed to calendula. Strewing calendula under your bed was said to offer you protection from robbers and thieves and to induce prophetic dreams if you had been robbed, helping you to identify the culprit.

Magical Attributes–

It is said that the flower isolates and quarantines what doesn't belong, and helps warm the whole system, urging the body toward healthy circulation. Calendula offers us an opportunity to move that which has stagnated in our lives. It helps us warm and dry the emotional-energetic pools we've ignored or not quite noticed. Calendula magic offers us an opportunity to reclaim our boundaries and to make full use of the energy we already possess. Calendula magic is the magic of recognizing and using our wealth.

Healing Abilities—

Calendula is excellent for healing wounds. It increases the flow of blood to the wound site, thereby providing the oxygen and nutrients essential to tissue regeneration.

Additionally, this herb, with its high amount of flavonoids, can help reduce inflammation, speeding up the stages of healing. These flavonoids also fight off bacteria, viruses and other harmful foreign invaders, protecting against wound infection. Another use for calendula is that it can be a soothing ointment, wash or tincture, as it can help provide cooling relief on irritated wounds and reduce inflammation and swelling.

This herb contains large amounts of flavonoids, which are antioxidants found naturally in plants and protect the body from harmful free radicals.

This herb is widely used to soothe upset stomach as well as ulcers, and it can even help ease menstrual cramps. It is also used as a topical ointment – calendula leaves ground and incorporated into a salve can be applied directly to the body to promote healthy, vibrant skin.

That's because the herb enhances firmness and improves hydration of the skin.

I also plant them around other plants to decrease the amount of insects.

CHAMOMILE

Planet– sun

Element–water

Sex– male

Deities– ra, helios, apollo

Herbal Lore-

The word Chamomile comes from the Greek meaning "ground apple", probably because of its apple-like fragrance. The Romans used Chamomile for incense. Roman Chamomile gained its name, not from ancient Rome, but because a 19th century plant collector found some growing on the ruins of the coliseum in Rome. Chamomile was used in ancient Egypt for fevers as well as in the embalming process and was dedicated to their Sun God Ra. To the Anglo Saxons, it was one of the nine herbs charm.

Magical Attributes–

An infusion used to wash thresholds (doors and windows) will help keep unwanted energies or entities from passing through. Sprinkle powdered chamomile flowers around your self or home to remove spells cast against you and to prevent fires and lightning strikes.

Use it in a ritual bath before performing spells for any of these purposes. Just a simple chamomile bath while visualizing will increase your attractiveness to the opposite sex. Also, use it in a bath as part of a spell to release a loved one, or to release feelings of pain, loss or anger.

Healing Abilities—

It relaxes the body and mind and promotes a good night's sleep. It's safe enough to use for children. Also for teething stress and colic. Scientific studies have shown that it acts like leading anti-anxiety medications, check with your doctor if you plan to use it this way. For nerves and insomnia, drink warm at bedtime. It can be mixed with warm milk and honey.

It is also a gentle muscle relaxant, anti-spasmodic, and anti-inflammatory. It can be used, especially in combination with similar herbs, to soothe problems associated with muscle cramps and spasms. Especially useful for menstrual cramps. Drink two or three cups of tea per day.

It aids in digestion and soothes gastric complaints and colitis including irritable bowel problems. It also safely relieves morning sickness and restlessness that comes with pregnancy. For stomach problems, including gastritis, colitis and morning sickness, drink a cup of tea an empty stomach first thing in the morning hot or cold.

When used topically, it speeds the healing of cuts, scrapes, blisters and burns. It is also helpful for rashes, eczema and other skin inflammation. Add it to a salve, rinse the affected area with chamomile tea, or add a few drops of essential oil to bathwater.

Eye inflammations can be treated by placing a cool compress soaked in chamomile tea over the eyes.

COMFREY

Planet– saturn

Element–water

Sex– female

Deities– hecate

Herbal Lore-

Comfrey is used in protective magic for the traveler and to protect against theft. Try placing a comfrey leaf in your luggage to make sure it isn't lost or stolen. Also, use it in sachets to protect vehicles.

Comfrey flowers, especially blue ones, can be substituted in any spell calling for borage. Use comfrey in a bath after ritual to relax and cleanse you, especially for healing or love spells.

It can be burned in combination with mugwort to aid in divination and concentration and by itself or in combination for spells associated with letting go of unhealthy relationships.

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Healing Abilities—

Wild comfrey contains allantoin It encourages cell-reproduction and thus stimulates the healing of wounds. It also has a high mucilage content, which smooths the skin. This makes comfrey a valuable addition to salves and lotions and a soothing addition to baths.

Try adding comfrey to salves for burns, acne, bruising, abrasions and other topical complaints. It can also be used in poultices for breaks and strains and to reduce swelling from any cause.

Comfrey should not, however, be used for very deep or puncture wounds, because it can actually make the surface heal faster than the lower part of the wound.

The boiled roots yield a sticky paste that dries hard, and it has been used to set bandages. Simply spread it on the bandage, and then wrap the wound.

Taken internally, as a tea, the leaves are said to help speed the healing of broken bones and other internal injuries. The root is used for persistent, painful coughs as well as hemorrhage and ulcers.

However, one should be aware that comfrey can cause liver damage and is potentially carcinogenic. Interestingly, the toxic components are similar to those founds in acetaminophen, or Tylenol. But you wouldn't want to eat a lot of that have higher concentrations than the leaves. These alkaloids are separate from the active healing constituents of Tylenol or acetaminophen and you would not want to eat those too much either.

LAVEN-

Planet– mercury

Element– air

Sex– male

Deities– Hecate, Rhiannon, bast

Herbal Lore-

Some of the earliest recorded uses of lavender are by the Roman soldiers who used the wild-growing plant to perfume their bathwater and wash their clothes. Because of the association with clothes-washing, medieval English washerwomen were referred to as lavenders. The poorest of these women were reputedly also prostitutes, and so the word came to have a double-meaning. n Spain and Portugal, lavender was traditionally strewn on the floor of churches or thrown into bonfires to avert evil spirits on St. John's Day. In Tuscany, pinning a sprig of lavender to your shirt is a traditional ward against the evil eye [3].

Magical Attributes– *Lavender has a long and rich history, especially in regards to love spells. Wearing lavender or endowing your clothing with it will attract love, but also protect against cruel treatment at the hands of a spouse. The flowers are also burned to induce sleep or scattered around the house to bring peace. In fact, lavender is so powerful it is able to reverse depression when gazed upon. Lavender can be used in a number of spells including:*

Cleansing Spells Attraction Spells, Love Spells, Healing and Longevity Spells, Dream Magic and Divination

Healing Abilities—

Lavender oil is believed to have antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites.

Research suggests that it may be useful for treating anxiety, insomnia, depression, and restlessness.

Some studies suggest that consuming lavender as a tea can help digestive issues such as vomiting, nausea, intestinal gas, upset stomach, and abdominal swelling.

In addition to helping with digestive problems, lavender is used to help relieve pain from headaches, sprains, toothaches, and sores. It can also be used to prevent hair loss.

A study published in the journal Evidence-Based Complementary and Alternative Medicine compared the effects of several treatments for wound healing.

These findings suggest that lavender has an acceleratory effect on wound healing.

A study published in the Journal of Medical Microbiology found that lavender oil could be effective in combating anti-fungal-resistant infections.

The researchers found that the oil was lethal to a range of strains that can cause disease in the skin.

In the study, the essential oils distilled from the Lavandula genus of the lavender plant seemed to work by destroying the membranes of fungal cells.

LEMON BALM

Planet– moon

Element–water

Sex– female

Deities– Diana, Artemis, Venus

Herbal Lore- *Lemon Balm has a long history, dating back to ancient Turkey where it was planted near bee hives to encourage the bees to return home to the hive rather than swarm away. It's name, Melissa officinalis, is derived from the Greek word Melissa, meaning honeybee, and it was planted and used by the beekeepers of the Temple of Artemis to help keep the sacred honeybees content. Lemon Balm was carried into Europe through Spanish trade routes, eventually making its way into the monastic gardens through out Europe. It was included in the formula for Carmelite water, a drink and perfume developed and closely guarded by the Carmelite friars and used as a drink to ward off nervous headaches and as a perfume to bring good cheer while masking strong odors in medieval and renaissance Europe.*

Magical Attributes– *This plant has aphrodisiac qualities that increase the desire to have intercourse. Since ancient times, sorcerers recommended lemon balm in love mixtures for cases where a couple is bored, lacks enthusiasm, and romance. Lemon balm can be used to influence love. Soak the herb in wine for several hours, strain it, and share it with a friend. Or, have the plant with you as a love charm that will help you find love. It is also used in magical cures, and Pliny said its powers were so great that if a sword cut someone, the lemon balm would help with recovery.*

Healing Abilities—

It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion (including gas and bloating, as well as colic). Even before the Middle Ages, lemon balm was steeped in wine to lift the spirits, help heal wounds, and treat venomous insect bites and stings. Today, lemon balm is often combined with other calming, soothing herbs, such as valerian, chamomile, and hops, to promote relaxation. It is also used in creams to treat cold sores (oral herpes).

Lemon balm has been used as one of the important ingredients to treat Insomnia. It has the ability to promote sleep.
-Lemon balm is a calming herb. It helps to reduce anxiety, improve relaxation, increase alertness and overcome stress problems. Also helps with abuse and PTSD.
-Lemon balm cream can effectively cures cold sores caused by the herpes virus (HSV).
-Lemon balm has been used as a folk remedy to dress wounds, to treat snake, animal or insect bites. It has also been said to be able to ease high blood pressure, headaches, toothache, earache, fever, influenza, menstrual cramps and vomiting
-Lemon balm helps to improve digestion, loss of appetite and stomach discomfort and flatulence.
– Herbal tea made from the lemon balm's fresh or dried leaves is consumed to treat insomnia, anxiety, agitation, herpes, fever, menstrual cramps, muscle spasms, colic, vomiting and poor digestion.

Mugwort

Planet– venus

Element–earth and moon

Sex– female

Deities– Artemis, Hecate, Diana

Herbal Lore- *In Medieval Europe, mugwort was used in protection magic, including the Anglo-Saxon Nine Herbs Charm. When carried on your person you cannot be harmed by poison, wild beasts, or sun stroke. When planted in your garden it repels insects, especially moths. Hang above your door to keep evil spirits from entering you home.*

Furthermore, Roman soldiers placed mugwort in their shoes to protect their feet against fatigue. If you wish to use mugwort for this purpose, pick some leaves prior to sunrise while saying "Tollam te artemesia, ne lassus sim in via."

Placing mugwort next to your bed or drinking an infusion aids in astral projection, prophetic dreaming, and psychic ability.

Magical Attributes–. *Mugwort can be used for:*

Astral Projection
Dream Magic
Protection Spells
Prophetic Dreaming
Divination

Healing Abilities—

Mugwort is a topical anesthetic with antibacterial and antifungal properties.

Fresh, crushed mugwort leaves applied to the skin relieves burning, itching and pain and, with continued application, can help get rid of warts.

It is also said that coating your skin with mugwort juice before exposure to poison oak will prevent a rash.

An infusion of fresh leaves can be used for chronic stomach complaints and to stimulate the appetite.

It is also used to help regulate the menstrual cycle and ease painful menstruation and the onset of menopause. Use in combination with ginger in a tea to soothe difficult menstruation.

It is used in traditional Chinese and Japanese medicine to make Moxas to cure rheumatism and to correct fetal position prior to delivery. The fluff is carefully removed and rolled into a cylinder which is heated and placed near pressure points to relieve pain. This method is called moxibustion.

Mugwort has been used for centuries for disorders and epilepsy, as it has mild sedative and antispasmodic properties.

Do not continue to take any Artemesias for more than 1 week. Break for several weeks before taking mugwort again as regular use of mugwort can cause nervous issues.

Peppermint

Planet– mercury

Element–earth and fire

Sex– male

Deities– hades, Arawn , anubis

Herbal Lore- *The genus name Mentha comes from Minthe, a nymph in Greek mythology beloved by Hades, who was transformed into the mint plant by his jealous wife Persephone [6]. Pliny describes peppermint as a common head wreath, table decoration, and flavoring agent for wines and sauces at Greek and Roman feasts. There is evidence of peppermint cultivation by the Egyptians, and it is mentioned in 13th-century Icelandic pharmacopeias, although it did not come into general medical use until the 18th-century in England . Mint was a popular medieval flavoring for whiskey in Scotland*

Magical Attributes–. *are associated with healing, purification, psychic powers, sleep and love.*
uses: cleansing, consecration, dreams, happiness, healing, love, money, passion, prosperity, protection, psychic development, purification, release, renewal, rest, sleep Other uses: Animals, divination, endings, energy, exorcism, good luck, grieving, spirit offering, success, transformation

Healing Abilities—

Used medicinally, Peppermint has been found to eliminate harmful bacteria, relieve muscle spasms and flatulence, disinfect and soothe inflamed skin, and to release muscle tension when used in a massage. When diluted with a carrier oil and rubbed into the feet, it can work as a natural effective fever reducer.

Used cosmetically or topically in general, Peppermint acts as an astringent that closes pores and tightens the skin. It's cooling and warming sensations make it an effective anesthetic that leaves the skin numb to pain and calms redness and inflammation. It has traditionally been used as a cooling chest rub to relieve congestion, and when diluted with a carrier oil such as coconut, it can promote the safe and healthy renewal of skin, thus offering relief from skin irritations such as sunburn. In shampoos, it can stimulate the scalp while also removing dandruff.

When used in aromatherapy, Peppermint essential oil's expectorant properties clear the nasal passageway to promote the relief of congestion and to encourage easy breathing. It is believed to stimulate circulation, reduce feelings of nervous tension, soothe feelings of irritability, boost energy, balance hormones, and enhance mental focus. The scent of this analgesic oil is believed to help relieve headaches, and its stomachic properties are known to help suppress the appetite and promote the feeling of being full. When diluted and inhaled or when rubbed in small amounts behind the ear, this digestive oil can reduce the feeling of nausea.