



**Parts Used:** Leaves and stems

**Benefits:** Thyme stimulates the thymus—a major gland of the immune system. Good for low energy; anti-spasmodic, stimulates the body’s natural defense; tonic, carminative, emmenagogue, antiseptic, antispasmodic, antibacterial, antifungal. Good in fevers; will produce perspiration taken hot; great nervine and excellent for nightmares. Good for digestion complaints taken cold; and, for headaches & will improve mood. Great results when used for whooping cough. Expels phlegm in respiratory. Good for diarrhea. Vitamins A, C, Copper, Iron, Calcium, Manganese.

\*Can be used on wounds, cuts and scratches to reduce swelling and help clean wound.

\*Medieval time, Thyme symbolized courage and to keep up the Spirit, Knights going into battle received scarves with a sprig of Thyme embroidered on it from their Ladies. Some would add a bumblebee in flight above the sprig.

\*Will arrest gastric fermentation.

\*Will assist in prompting perspiration at the start of a cold and in all fevers at the onset of sickness.

\*Culpepper says, “A noble strengthener of the lungs as notable as one as grows, nor is there a better remedy growing for whooping cough.. It purgeth the body of phlegm and is a excellent remedy for shortness of breath. It is also harmless, you need not fear the use of it. An ointment made of it takes away hot swellings and warts, helps the sciatica and dullness of sight and takes away any pains and hardness of the spleen; it is excellent for those that are troubled with the gout and the herb taken away inwardly is of great comfort to the stomach.”

\*Gerard says, “it will cure sciatica and pains in the head,” and “is healing in leprosy and the falling sickness.”

\*For a savory biscuit or scone, add 1-2 Tablespoons of Thyme leaves—Yummy!

**Uses:** Culinary for flavorings, sauces, stuffings, soups, stews, pickles; as a tea or tincture; vinaigrettes, dips, infuse with your favorite cooking oil and cook with it or use the infused oil for salves; cough syrups, sachet of fresh herb in pillowcase or bedside table.

\*\*I see my herb cabinet as my medicine chest... This thought took time to change from consumption/flavor to “medicine”.. What am I adding and why? Which is now part of my thought process as I create a warm meal..