




OLD REMEDIES FOR MODERN TIMES

To Celebrate Roma Gypsy Traveller History Month June 2010



Good for aiding sleeplessness and nerves. Take no more than 3 cups a day.
Tea: Put 1 teaspoon of dried flowers in a cup of hot water, cover and brew for 5 - 10 min.
Available as teabags

- Avoid in early pregnancy
- Can cause allergic reactions in some people.
- Do not use if you are taking blood-thinners.
- Do not use with tranquillisers



CAMOMILE


Used for sleep by putting a handful of dried hops in a small cotton bag along with a handful of lavender, place it on your pillow.
Tea: Put 2 teaspoons of dried hops in a cup of hot water, cover and brew for 10 min.
Hops can be a little bitter so honey can be added to the drink.



HOPS

For the treatment of anxiety, and sleeplessness.
Tea: Put 1 teaspoon of dried leaves in a cup of hot water, cover and brew for 2 min.


- Avoid in pregnancy.
- Use with caution.
- Avoid this herb if you have heart disease.



SKULLCAP


Flowers can be used for sleeplessness.
Tea: Pour hot water over a tablespoon of dried flowers, brew for 5 - 10 minutes.

- Do not use if you are allergic to aspirin, pregnant, or are on blood-thinning tablets for heart trouble.



COWSLIPS

A calming and gentle sedative. Can also be used as a mild tonic, and helps to lift mild depression.
Teabags are available
Tea: Put 2 teaspoons of dried leaves in a cup of hot water, cover and brew for 5 - 10 min.



LEMON VERBENA


For depression, nerves, and headaches caused by stress, Lavender can be used as a tea, or mixed with hops in a small cotton bag and put on the pillow.
Tea: 2 teaspoons dried flowers in hot water. Brew for 5 - 10 mins.



LAVENDER

Has a calming effect. Can be used for exhaustion and depression.
Tea: Put 1 - 2 teaspoons of dried thyme in a cup of hot water, cover and brew for 5 - 10 min.


- Not prescribed for pregnant women.



THYME

Hawthorn flowers can be used for depression, sleeplessness, and nerve troubles.
Tea: Put 2 teaspoons of dried flowers/leaves in a cup of hot water, cover and brew for 5 - 10 min.

- Do not take if you are on heart medication, as hawthorn is also used for heart problems. Talk to your doctor.



HAWTHORN

A very refreshing and calming drink. Drink several times a day.
Tea: Pour hot water on a tablespoon of dried leaves and brew for 5 - 10 minutes. Available in teabags

- Not to be taken in pregnancy



LEMON BALM

Very good in treating depression. Available as teabags.
A tea can be made from the plant but it may be easier to buy the drops or tablets from the health food shop.
Must not be taken if you are already taking antidepressants.



ST JOHN'S WORT

Good for sleep problems, & teething babies. Use the root.
Tea: 2 teaspoons of dried root in a cup of hot water, cover and brew for 5 - 10 min. It has a bitter taste so honey can be added. Teabags are available.


- If you are going into hospital for an operation, tell the doctors.
- Do not use Valerian if you are already using tranquilisers and sleeping tablets.



VALERIAN

Eating one leaf (between two slices of bread as the herb may burn the mouth) has been successful in treating migraine headaches, which can be stress-related.

- Do not use feverfew during pregnancy.
- Does not suit everyone, may cause mouth ulcers or headache in sensitive people.



FEVERFEW