



Title: Working with the Element of Air - Herbs for Lung Support

Video Link : <https://youtu.be/cm0W5EWnqj4>

Transcript:

Hello, everyone, this is part four of the series we are working with the element of air and specifically, today I'm talking about herbs that support the lung system. So that's what part four is going to be herbs that support the lung system. So thanks for joining in. If you're watching live, give me some comments. So I know that you're here. You Georgiana. See you there. If you're watching the replay, you can also let me know, you know, hashtag replay or let me know what you'd like about this episode. And then also, we are recording this for my herbs, podcast, herbs with Aaron remedies for body and spirit, you can find it on iTunes and Spotify. And then everything is also put into a blog. So the audio, the video and some of the other things that I share in text form to Hey, Angela.

Yes, so today is herbs for the lung system supporting that system of our body since the elements of air is the theme for this month, I thought I would talk about lung system herbs that support that because that is what our human system is supported by for air exchange. And in the past episodes, we talked about air as symbolism and talked about the leaves of the plant as the leaves how they symbolize air as the origin for the plants because they bring in the exchange the gases so much typically, that's the main organ of the plant that brings in this gas exchanges. So hey, Jessica, and Cheryl, good to see you here.

So herbs for the lungs, one of them that is blooming right now, in my area is elecampane. It's got this brilliant yellow flower. There are several of them. They're in like a spike and there's just rows of these beautiful yellow flowers and that these wispy petals can remind me of like eyelashes. and elegant Pan elecampane is very tall. So right now it's probably five feet tall. And it's spelled e l e C A M P A n e. So elecampane its Latin name, the scientific name is inula helenium inula helenium. So, I N u l a in EULA helenium, like Helen h e l e n u m. and belief of it is huge, very, very big. Kind of looks like comfrey in some ways, but it is softer than comfrey comfrey leaves are kind of scratchy. And it's got this what we call comatose or Yes, it's it's hairy and the underside of the leaf. So that's how you get this white, silvery, fuzzy looking underside. So you can see the difference there and it is very, very soft, very soft. So this side is not scratchy like comfrey would be and it has the midrib is not as thick as comfrey as either. Now my elecampane and comfrey used to live side by side together. So it was easy for me to learn. The difference between the two and elecampane plants very tall, has different flowers.

So Angela is asking, Is it full of inulin which inulin is basically it's basically a fiber essentially we can't break it down in our body. So it acts like a a wonderful fiber to help our system. gastrointestinal

system and yes, it is like 40% in EULA in the root. So it is very high in inulin, as we call it in Yulin which we find in dandelion roots and chicory, those have a high in Ulan, you will see the word inulin on fiber bars as one of the ingredients or you'll see The word chicory because that's where, you know, they're getting their inulin from. So it's very, very good for the digestive system is a prebiotic. So all the probiotics that we take to get all our microbiome to be well diverse in our system, they need food too. And it's a prebiotic. Yes, definitely, it's named in inula.

So here we go. So the part of elecampane that's used, it's not the leaf or the flower, not for the lung support. Anyways, it is the root. And the root system does smell vary, it has a distinct odor to it. And I think it's it's nice. So if you ever are digging your roots and have a couple roots, that you're digging up, if you smell it, you'll be able to really tell which one is the elecampane. And it is the root or the rhizome that is used to make like cough syrups or cough suppressant type syrups, teas, tinctures, decoctions, and so it is very helpful for an antitussive an expectorant. It's an anti bacterial, and it's also soothing. So it's like a demulcent. So it seems kind of strange to hear that something is antitussive, which means reduces the cough. But yet at the same time, it's an expectorant, it really helps dislodge any of the phlegm and stuff that's stuck in there. So there are several plant constituents, of course that the root has, and they kind of, you know, they're synergistic, they work together. So while it can help to kind of loosen up and the mucus, like slippery, kind of like mucilaginous, it helps to open, get things to be able to move out and not be so hard. And so as they move out, that also, the other effect is it helps to soothe that system, that's also you know, having to have those spasms of coughing fits. So it will reduce the coughing, it will help get things moving in out, which you know, usually once you get stuff moving and out, if you have a lot of phlegm, that phlegm can cause us to cough, right, because it's in their bodies want to try to get it out. And if it's stuck, then we just keep coughing and coughing, coughing, but if we get some of that out, reduce the irritation, then we can reduce some of that cough that we're we're getting. So it can do all of those things. And plus, it has that anti bacterial component to it. So if anything is, you know, any kind of micro organism that's causing us to be sick, it can also assist with that.

So it is the root of it. One of the ways to prepare it is to take a teaspoon of the ground up herbs of the root not whole, you never want to dry your roots hold because they're very hard. They're like rock hard after that. But if you take the root, and it's in pieces, when it's dried, you take a cup of cold water, and you pour it over the pieces of root and you can let it sit for eight to 10 hours. And then after that you can heat it up and drink the heated up version of it. So that's one way you can prepare it and certainly there's several other ways to you know, make make syrups and things like that. Now elecampane is brilliant yellow color, Isn't that pretty?

It also works well in conjunction with some other herbs that are supportive of the lung system. It also can work with coltsfoot and with coltsfoot work, it's the flowers and the leaves that get used for the herbal remedies. And also I've spoken about this plant many times the Mullein Mullein verbascum thapsus, which is out in abundance right now. And the that part that we use to soothe and support the lung system is the leaves. So some of the indications that people would have in their body. And to know to use some of these herbs is a sickness where it's affecting the lung system. It could also be something along the lines of asthma and also things like bronchitis. elecampane elecampane is also used for like emphysema. So There's a lot of physical ailments, and also our modern day pharmacy, or modern day medicine has lots of diagnosis for these particular things. Before there was categorized symptoms and which equaled diagnosis, people would say, you know, I'm having a hard time breathing, I'm feeling constricted, I have phlegm, like, they would just say their symptoms, and then it would help determine which herb to use.

Now, I really encourage you to try to find an herb that grows in your area that helps support the lung system, just so that you could potentially grow it or wildcrafted for yourself, if possible. And if you can't do that, perhaps there's somebody you know, in the area, who is a forger, or gardener, an herbal person who would have these things. And then last but not least, order, you can order these things as well. But just try to keep with plant species that are in your area, if possible, because then you you can see them as they grow and really get to know that particular herb in your area. And there's something to be said about using herbs that are local and near us and also acclimated to the same kind of weather and climate that we are also physically living in. Yes, is Angela says I've been giving Mullein tea to my son for his Asthma and Allergy issues, yet can really support the lung system, the Mullein leaf tea can. So some of these herbs don't you don't necessarily have to wait until you're in a crisis, that you have symptoms upon you. Some of them are definitely well suited to be used in advance to support the whole system to.

Yeah, you're excited Angela, when you found your first plant this year, it is exciting to know to learn about a plant and then to learn that it can grow in your area and then to find it and it's super exciting to know that most likely you don't have to pay anybody to to harvest that. So it's you know, our blood, sweat and tears sometimes to harvest stuff, but it takes time. Definitely. So there is some payoff there but but yeah, it is super fun to be able to find something and to be able to harvest it if possible. And yes, nettle infusions do help with those allergies as well.

So the coltsfoot elecampane, and mullein and those plants they're you use parts of them for Mullein is the leaves. The coltsfoot is the flowers and the leaves and the elecampane is the root. So when you're working with roots, remember that if you put this plant in the ground, you're going to have to wait a couple of years for it to get established enough that you can harvest it well also leaving some to grow. So people often ask me where to purchase herbs in the meantime. And again see if there's somebody around you that's growing things or that knows where you can wild harvest it and then if not, I like mountain rose herbs is my go to company but certainly there could be other companies that are more local to you as well. Carrie says yes it's like winning a prize when you find a new herb in your local area. It really is like a gift that that you found you know, and sometimes it was always there and you suddenly realized that it has some other benefits besides you know its beauty and just enjoying how it grows. But But yeah, finding a new herb It is like like a prize. It's like somebody it's like meeting a celebrity right? It's like you you've read about them you've heard them talk you've seen pictures of them and all of a sudden this this herb that you've been hearing people talk about you've been looking at pictures writing about maybe even using an herbal remedy making and but suddenly there it is and it's it's complete form in front of you and it's always so fun to use and I'm not off the top of my head Angela Mimosa tree I'm not quite sure I know that there is not one that's real local to me so I don't get to see that one much but I'm pretty sure people use that for a a flower essence.

Yeah. All right, everybody. So this has been the elements of air series, we're done with part four. And next month we're going to be doing, I'm going to restart doing a series on herbs in late summer. And it's going to be geared for herbs that are in late summer here in Wisconsin. So some of these herbs that I'm going to go through, may have already hit their peak and everything in your area. But for me, they may be already hit, getting to their peak. So each week of the series, talk about a late summer herb slash plant that's in the area and how it can be used.

So that's what the next series is going to be. August 16, through the 19th will be the Plant Priestess Exploration Workshop. We'll be getting the signup information, the registration page to you very soon, probably in the next day or two. This is going to be the last free plant priestess workshop that I

do. So many of you have been coming through a lot of those workshops with me over what year and a half or more. And this is going to be the last a free one that we have. And it's only four days. So be on the lookout for that email or post somewhere in the Facebook pages or groups that you're in. And so you can register for that when people register, they get the workbook, they get reminders and the updates about the the workshop and all sorts of other helpful bonuses that come through. That can come through email as well. So yes, we're doing another one August 16 for four days. And then an exciting offer will be announced on Monday and I'll give you a little hint save the date August 20 seconds, something is being announced that people can participate in as well. So thanks, everybody for joining me on this alive herbs a podcast and I'll see you same time and place and next week. Bye