

# COOLING HERBS

**Coriander** is known to enhance the appetite, improve digestion and absorption and can be useful in anorexia nervosa. It has relaxant and anti-inflammatory actions – the seeds can be used to relieve spasm, griping, wind, bloating nausea, gastritis, heartburn, indigestion, nervous dyspepsia, halitosis, diarrhoea and dysentery.

The seeds have an invigorating and strengthening effect. The nervine effect of coriander helps to clean the mind, improve memory, lift the spirits, relieve lethargy, reduce anxiety and tension, and to promote sleep. The analgesic (pain relieving) effect of the seeds may help to relieve aches and pains including headaches, migraine and other stress related problems, muscle pain, arthritis and neuralgia.

The volatile oils in the seeds have antibacterial and antifungal actions. The **fresh leaves** are rich in vitamins A and C, niacin (Vitamin B3), thiamin (Vitamin B1), calcium, phosphorous, potassium and iron. The antioxidant vitamins help prevent damage caused by free radicals. The leaves can be used to relieve allergies such as inflammatory skin rashes, urticarial, eczema, and hay fever.

Cool coriander seed tea helps to relieve hot burning symptoms such as cystitis and urethritis and may relieve fluid retention through their diuretic action.

With their antimicrobial and decongestant actions, the seeds can be taken in hot teas to help relieve colds, flu, fevers and coughs to aid the fight against infection. In a hot tea, they make a useful decongestant for colds and catarrh, asthma and bronchial congestion. They have been used traditionally to treat high cholesterol and diabetes.

## Coriander Water

Soak 1-2 dessert spoons of coriander seeds in 1 pint (500ml) of water over night and drink the water in the morning. Alternatively, if using leaves, then soak them in warm water for approximately 30 minutes before drinking the water.

## Cumin Water (cumin is in the same plant family as coriander)

Place 1/2 1 teaspoon of cumin seeds in 1 pint (500ml) of boiling water. Allow to cool, strain and drink

## Rose Water

Pick any rose (red is best). Ensure that it has a strong perfume (these are the volatile oils that are the active part) and add the rose petals to a jug of cold water. Allow to infuse, and drink during the day. Lavender, mint, and lemon balm also have cooling qualities.

## Alternate nostril breathing

Cooling and helps calm the nervous system. See Video here

<https://www.youtube.com/watch?v=G8xIEzX40bA>