

A Journey into Herbal & Natural Healing®



Tania Tyler

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Explore how herbs and other natural methods can enhance health and well-being. Discover how a healthy, holistic lifestyle works to balance mind, body & spirit.

Tania Tyler

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Email: ebook@mysticnaturals.com

FOREWORD

About 13 years ago I left the corporate world (programming and consulting) to chase dreams and to live a life with deeper meaning. Paths change and lead to new adventures. I started an herbal products business, Mystic Naturals, which I closed in May 2008 to concentrate more on my healing practice and classes. I am a Reiki Master/Teacher and Herbalist.

I think it's a wonderful feeling to be a catalyst for an individual's healing and growth, to share the excitement and wonder as we explore something new. I have learned and experienced much from helping others.

I try to walk my path with love, gratitude and compassion, feeling the interconnectedness and sacredness of all.

I have taught workshops in herbal & natural healing and have been a guest speaker for the Rotary Club, Mystic Chamber of Commerce, and local garden clubs. I am a published author of herbal articles and co-author of "Herbal Tea Remedies" published by Running Press.

Currently I am enrolled in an [ecopsychology](#) program to enhance my teaching and healing skills.

My life's journey is in helping others to discover pieces of who they are, to notice the beauty in the small things, to be thankful for the challenges and lessons which allow for personal and spiritual growth, and to always be true to the self; all which promote a state of well-being, health and wholeness. I come from a line of healers, my great grandmother was the healer of her village in Poland and it continued with her relocation to Pennsylvania. I grew up taking long walks with my great grandfather pointing out all the various local plants and their medicinal uses, and continued with my grandmother's gardening and folklore knowledge. As I reflect back, I am aware that my grandfather taught me the practice of stillness within nature.

One of the points I make in any of my classes is that it is through personal experience we gain knowledge and understanding. Reading is just someone else's personal truth. It is my wish that if herbal and natural healing is part of your path; take the time to experience the information in this book, determine what feels right for you, and integrate into it your life. Experience, create and enjoy... Make it yours.

This book is dedicated to my great grandfather, grandfather and grandmother whom I have always felt walking with me along my path.

“People say that what we’re seeking is a meaning for life. I think that what we’re really seeking is an experience of being alive, so that our life experience on the purely physical plane will have resonance within our innermost being and reality, so that we can actually feel the rapture of being alive.” ~Joseph Campbell

Disclaimer: The information within this eBook is in no way intended as a substitute for medical counseling. This eBook is not intending to diagnose, prescribe, or treat any condition or illness. Consult your physician if you have questions or concerns about health conditions.

HOW TO USE THIS BOOK

The book has been structured to build upon a foundation of herbal and natural healing. The first several sections cover herbal history, natural ingredients and general herbal preparations. The remaining sections cover specific areas of health and healing. Stress and relaxation is covered in the first section because of its overall importance to health. As you read through the book you will notice, for example, that if how to make an herbal bath tea is covered in the section on stress and relaxation, detailed instructions are not included for making a bath tea under the skin care section.

The human body is a complex organism and as such, to approach healing and health in a holistic manner, multiple systems must be taken into account. For example, stress plays a big factor in the health of the immune system, as does obtaining necessary sleep, proper nutrition, and exercise. A holistic approach does not just alleviate the symptoms but seeks to restore balance within the whole system.

As an eBook, many links to additional information, resources and cross-references are included throughout the document. Adobe may pop up a security message for external links. All links included in the eBook have been tested and safe to follow. Most will take you to Amazon for more information about a specific book that was referenced or to Mountain Rose Herbs, a supplier of wildcrafted and organic herbs.

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HERBAL HISTORY

*“What is a weed? A plant whose virtues have not been discovered.” ~Ralph
Waldo Emerson*

Plants are our most ancient form of medicine and up until the last 60 to 80 years, with the development of pharmaceuticals, have been our main source of medicine. Even now, many of our pharmaceuticals are derived from medicinal plants. Perhaps it was the mystery of plants having the ability to die and come back to life again which gave them the spiritual esteem in ancient times. According to ancient beliefs, plants are the connection between humans and the Creator, and often grant eternal life. Plant medicine was almost always administered by a spiritual leader; the medicine man or woman.

How was it determined way back then which plant was poisonous or not? Maybe someone in the tribe said “Hey, try this.” If the person was lucky enough to live, the plant was safe. But, with that type of trial and error, chances are we wouldn’t be here now. The ancients were much more in tune with nature, they had to be, and their life depended on it. Without getting too abstract, plants are alive so they have an energy associated with them. The medicine men or women were the ones most connected to the “unknown”, which gave them the spiritual leadership role. Healing with herbal medicine utilizes not only the physical plant, but its unique life force as well.

The first written account of the medicinal use of plants dates back at least 5,000 years ago to the Sumerians, Babylonians and the Egyptians.

Collecting and studying medicinal plants is among our oldest trades. The desire for medicinal plants was fundamental to commercial trade. As societies come into contact with others, one of the first activities was to exchange medicinal plants and the knowledge about their healing abilities.

Animals have instinctive knowledge about using plants for healing. Through the observation of animals healing themselves with plants, some of our medicinal plant uses have been discovered. One such plant is the roots from *Ligusticum porteri* (osha root). Bears respond to osha much like cats with catnip, they will roll on it and cover themselves with the scent. Males have been observed digging up the roots and offering them to females during courting. Bears eat osha root upon waking from hibernation to