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- Ass.Dipl Massage Therapy
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- Ass.Dipl Sports Injury Management
- Degree in Homeobotanical and Herbal Medicine HB1411
- Certificate in Shiatsu
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The Wonderful World of Herbs

Many of you who come to me for treatment of a musculo-skeletal nature may not be aware that I (Klaus) am also, among other things, a qualified medical herbalist practitioner, i.e., a homeobotanical practitioner.

This month's newsletter will delve into the field of health improvement using liquid plant tinctures.

An increasing trend shows more and more people turning to traditional herbs and healing as a result of dissatisfaction with both the inefficacy of western medicine and the all-too-frequent result of uncalculated, deleterious side-effects.

Herbs Can Work Wonders.



While they can indeed work wonders, it is important to understand that homeobotanicals cannot make up for practices that conflict with good health, such as poor nutrition, lack of exercise, substance abuse, and so forth. There is a need to

integrate traditional herbal medicine and medical wisdom with modern scientific advances.

Humans, other animals, and plants, all have an individual essence that is a product of the spirit energy which all living things possess. The individual essence of certain plants is of a healing nature. And so, there are plants with the unique ability to restore and preserve positive feelings in mind, body and soul. I want to pass on some information about two of these plants: horseradish and mustard.



Horseradish (*Amoracia rusticana*) (in German, it is known as meerrettisch), cultivated as a herb for over 2000 years and is now generally considered a flavouring spice, being popular, in the form

of horseradish sauce, as a condiment for roast beef. This herb was included among the five bitter herbs of Passover and used to mask the taste and odour of spoiled meats. Fresh, young horseradish leaves have a mild, pleasant flavour and are excellent in salads and sandwiches.

The sharp pungency of horseradish can frequently be dramatic in its effect and has been known to clear sinuses in one breath. The sympathetic responses of the mucous membranes throughout the body make it useful in the treatment of bronchitis, as a dietetic in respiratory allergy formulae, and as a vermifuge for the expulsion of parasites. As a stimulant in herbal formulae, it also serves an important role by increasing the number of white blood cells in the blood stream.

Other internal medical uses include the treatment of general debility, arthritis, gout, sciatica, respiratory and urinary infections, and fevers characterised by

coldness. An excess may induce vomiting. Neither the plant itself, nor its extracts should be taken by sufferers of stomach ulcer, or thyroid problems.

All diets should include white, pungent food items as this colour affects the metal elements. Present in the horseradish root is myosin and high levels of iron, silica and sulphur. In fact, it almost rivals garlic for these qualities. Diabetics have found that its use every day as a condiment can gradually stimulate the pancreatic enzymes and improve digestion.

Horseradish is a very strong diuretic, and was employed by the herbalists of old in calculus and like affections. It is useful in treating dropsy. The root is expectorant, antiscorbutic, and if taken too freely, emetic. It contains so much sulphur that it is serviceable used externally as a rubefacient in chronic rheumatism and in paralytic complaints. Culpepper says: If bruised and laid to a part grieved with the sciatica, gout, joint-ache or hard swellings of the spleen and liver, it doth wonderfully help them all. A poultice of the scraped root serves instead of a mustard plaister. [Poultice: you can make a poultice by heating chopped fresh, dried, or powdered herbs with a little water to produce a pulp. Spread the pulp between two layers of gauze and apply, as hot as possible, externally to the affected area. Replace as necessary. (Many complaints can be treated with such a poultice ranging from arthritis, bronchial infections, bruising & sprains, sores, neuralgia, through to boils)]

Scraped horseradish if applied to chilblains, secured with a light bandage, will help to cure them. For facial neuralgia, some of the fresh scrapings, if held in the hand of the affected side, will give relief – the hand in some cases within a short time becoming bloodlessly white and benumbed.

"Specialising in Back Problems"

Both horseradish and mustard can act as detoxifiers. However, for those unfortunates with ulceration in any part of the digestive tract, even a small amount may cause an increase in acid secretions, and sufferers of kidney conditions should avoid over-use.



Mustard (*Brassica cruciferae* family, many varieties), is used very widely as a pungent condiment, a fresh green vegetable, and as a medical compound. As a condiment, it dates back to at least 400BC, and, there are records

of its being used medicinally in China as early as 659AD.

There are three main kinds of commercially-prepared condiment mustard: American, which uses white mustard; English, using a mix of black and white seeds, and French, which uses black or brown mustard seeds.

Only the seeds and leaves of the plant are consumed. Mustard gives a warm feeling and is stimulating with antibiotic effects.

Medicinally, it can be put in a bath for the relief of rheumatism and muscular pain, while a mustard foot bath is a remedy for colds and headaches. The contact of mustard with the skin causes a reddening, thus increasing blood flow and aiding in the removal of toxins. However, prolonged contact should be avoided since it may result in blistering with people with a sensitive skin.

Mustard expels phlegm and it clears stomach congestion. To treat such maladies as bronchitis, coughing, and painful joints, mustard can be used to

make a tea and taken internally.

[To make this tea, steep about 75 grams of fresh or 30 grams of dried herb in 500 ml of water. You can sweeten it, but do not add any milk. And you should use it all on the same day.]

Of course, the range of herbs used in homeobotanical treatments do not begin and end with horseradish and mustard. In fact, a vast number of plants are employed for their various properties, properties which can be beneficial for many complaints and maladies. Some conditions and their appropriate homeobotanical protocols include:

<i>Stomach congestion-</i>	<i>Hb: N & D</i>
<i>Bronchitis-</i>	<i>Hb: R, X, 16 (plr)</i>
<i>Arthritis-</i>	<i>Hb: B, J, S, Cn2</i>
<i>Coughing-</i>	<i>Hb: C & X</i>
<i>Fevers</i>	<i>Hb: 3, I (Fsa)</i>
<i>Painful joints</i>	<i>Hb: J, D, 10 (emt)</i>
<i>Urinary Infection</i>	<i>Hb: U, F, K</i>