

# Spinney Kitchen

## The Medicinal Properties of Herbs

- A brief list of the medicinal properties attributed to various herbs
- Spinney Kitchen offers a very large selection of herbs, spices and tisanes at;

Herbs

[http://www.spinneykitchen.co.uk/catalog/Herbs\\_Available\\_From\\_Spinney\\_Kitchen.html](http://www.spinneykitchen.co.uk/catalog/Herbs_Available_From_Spinney_Kitchen.html)

Spices

<http://www.spinneykitchen.co.uk/catalog/Spices.html>

Tisanes

<http://www.spinneykitchen.co.uk/catalog/Teas.html>



The information on the following pages is based upon the traditional healing properties associated with these herbs. It is not intended to replace your doctor!!! If you are unwell PLEASE pay him a visit.....



Herb	Scientific Name	Health Benefits ~ <i>MAY</i> assist with the following:
Anise Seed	<i>Pimpinella anisum</i>	Digestive problems, bloating, wind, bad breath, colic, nausea, coughing, bronchitis, heartburn, period pains, asthma, as expectorant, as antispasmodic.
Basil	<i>Ocimum basilicum</i> <i>Ocimum santum</i>	Detoxifying the body, lowering blood pressure, lowering high blood sugar, lowering cholesterol, easing tension and stress, as anti-spasmodic, as anti-inflammatory.
Blueberry	<i>Vaccinium Angustifolium</i>	Leaf may be used as a blood purifier, for colic, labour pains and as a tonic after miscarriages.
Burdock Root	<i>Arctium Lappa</i>	Traditionally used as a blood purifier, diuretic, bile secretion stimulation, sweating, gout, liver and kidney ailments, rheumatism, gonorrhoea, abscesses, acne, boils, chicken pox, eczema, psoriasis and poison oak/ poison ivy.
Cardamom	<i>Elettaria cardamomum</i>	Relieves flatulence, harmonises digestion and eases nausea. Useful for combating colds & chills.
Celery	<i>Apium graveolens</i>	A cleansing herb, offering a good source of minerals. Beneficial for the kidneys and frequently used for joint disorders. <b>Avoid in pregnancy.</b>
Chamomile	<i>Matricaria Chamomilla</i>	Natural relaxant that helps soothe the nerves, insomnia, anxiety, skin irritations, arthritis, menstrual cramps, gastrointestinal upset, false labour pains, PMS, flatulence, colic, intestinal ulcers, nervous diarrhoea, bedwetting caused by bladder irritation, fevers, colds and flu.
Caraway	<i>Carum carvi</i>	Digestion, anxiety, colic, heartburn, flatulence, bloated stomach, assisting breast milk production.
Cinnamon	<i>Cinnamomum</i>	Digestion, antispasmodic, feeling cold, antibacterial, menopause, kidney tonic, bladder tonic. <b>Avoid in pregnancy.</b>
Cloves	<i>Eugenia catophyllata</i>	Pain killer, antiseptic, stimulant, analgesic, antispasmodic, eliminating parasites, toothache, acne, muscle spasms, tension, improving memory.
Dandelion	<i>Taraxacum officinale</i>	A herb frequently used to reduce water retention (oedema). High in minerals which are frequently depleted by synthetic diuretics.

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Elder berries	<i>Sambucus Nigra</i>	Using as a diaphoretic to break fevers, urinary complaints, oedema, rheumatic complaints, colds & flu symptoms and muscle pain.
Elder flower	<i>Sambucus nigra</i>	Coughs, colds, sore throat, arthritis, hay fever, reducing fever, catarrh, inflammation, ear infections, fever blisters (use with peppermint).
Eucalyptus Leaf	<i>Eucalyptus Globulis</i>	Coughs, colds, flu, croup, pneumonia and asthma.
Fennel	<i>Foeniculum Vulgare</i>	Colic, gas, indigestion, intestinal disorders, nausea, flatulence, lactation booster, morning sickness, sedative, gout, weight loss, fluid and water retention, stomach cramps, heartburn, colic, kidney stones, gargle for sore throat, good for use when breastfeeding, morning sickness, acidity.
Feverfew	<i>Tanacetum Parthenium</i>	Anti-inflammatory, arthritis, menstrual pain, migraine headaches, fever reduction, asthma, relaxing the smooth muscles of the uterus, inhibits excessive blood clotting.
Ginger	<i>Zingiber Officinalis</i>	Gastrointestinal upsets, nausea, motion sickness, colds & flu, indigestion, gas, muscle pains, menstrual pain, colon disorders, hepatic complaints, rheumatic and circulatory complaints.
Green tea	<i>Camellia sinensis</i>	Caffeine free Green Tea provides antioxidant activity and may be useful for the treatment or prevention of cancer, for collagen formation, arteriosclerosis, cholesterol and triglyceride levels, high blood pressure, gingivitis (periodontal disease), immune response, and infection.
Hibiscus Flower	<i>Hibiscus sabdariffa</i>	Vitamin. C source may help your heart in the same way that red wine and tea do, contains antioxidants that help control cholesterol levels and reduce heart disease.
Hops	<i>Humulus Lupulus)</i>	Traditionally used to calm and induce sleep, nervous agitation, restlessness, anxiety, hysteria, alcoholic delirium tremens, nervous stomach and irritable bladder.
Hyssop	<i>Hyssopus Officinalis)</i>	Relieve intestinal gas, stomach aches; loosen phlegm, colds, coughs, asthma, and congestion in the lungs, sluggish circulation and weak digestion.
Lavender	<i>Lavandula angustifolia</i>	Relaxation, de-stressing, detoxifying, muscle cramps, antidepressant, antiseptic, antibacterial, stimulate blood flow and circulation, wind and bloating.
Lemon Balm	<i>Melissa officinalis</i>	Mild sedative, antibacterial, and antiviral. Use for insomnia, digestive disorders, gas, herpes simplex virus, flu, cold sores, stomach cramps, menstrual cramps, and nervous agitation, indigestion and nausea.
Lemon, lemon peel	<i>Citrus Limonum</i>	Juice - used in diaphoretic and diuretic draughts, for acute rheumatism, counteraction to narcotic poisons, especially opium. Local astringent as gargle for sore throat. Rind - used as an aromatic addition to tonics.
Lemon Verbena	<i>Lippia citriodora</i>	Lemon-flavoured culinary herb. The tea has been known to have a mild sedative effect.
Lemongrass	<i>Cymbopogon citrus</i>	Digestion, muscle relaxant for stomach and intestines, cramping, colic, flatulence, arthritis pain, fighting fevers.
Licorice root	<i>Glycyrrhiza Glabra</i>	Sweet herb. Anti-inflammatory, adrenal insufficiencies or exhaustion, allergies, headaches, Addison disease, colds, soothes coughs, bronchitis, laryngitis, liver protectant, female complaints, stomach inflammation and ulcers, colitis, immune weakness and lung problems.

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Lime flower	<i>Tilia cordata</i>	Another anti-stress herb for soothing the nervous system. Used by herbalists for some individuals with high blood pressure and circulatory disorders.
Marjoram	<i>Origanum majorana</i>	Antibacterial, antifungal, natural disinfectant, help bruising, flatulence and stomach bloating, bedwetting, coughs, colds, tonsillitis, pleurisy.
Nettle	<i>Urtica Dioca</i>	Strengthen and supports the whole body, chronic inflammations, excessive mucous drainage, ulcerations of the mucous membranes, burning and difficult urination, allergies, haemorrhoids, swollen prostate gland, arthritis, gout, gas, colic, lactation booster, psoriasis and passive bleeding in all parts of the body, profuse menstruation.
Parsley	<i>Petroselinum Crispum</i>	Supplies chlorophyll. Bedwetting, bladder infections, blood disorders, diabetes, oedema, gallstones, halitosis, jaundice, kidney disease, kidney stones, prostate disorders and water retention.
Peppermint leaf	<i>Mentha Piperita</i>	Flavouring and menthol content. Use for colds, bronchitis, diarrhoea, gastritis, enteritis, indigestion, nausea, intestinal gas, bloating, griping, colic, colitis, heartburn, irritable bowel syndrome, gallstones, stomach spasms, vomiting and ulcers.
Raspberry leaf	<i>Rubus Idaeus</i>	Soothing properties for after birth pains, bowel disorders, child birth, colds, diarrhoea, digestive problems, female complaints, fever, flu, heart disease, lactation, menstrual irregularities, miscarriage, morning sickness, and nausea during pregnancy.
Rooibos	<i>Aspalathus linearis</i>	"Red Bush Tea." Rich in flavonoid antioxidants. Anti-inflammatory. anti-allergic, hay fever, asthmas, insomnia and nervous tension, digestive functions, skin conditions.
Rose Hips	<i>Rosa Rugosa</i>	Diarrhoea, enuresis, frequent urination, promotes blood circulation, for stomachs, liver pains, mastitis, dysentery, rheumatic pains, and soothe a restless foetus.
Rosemary	<i>Rosmarinus Officinalis</i>	Stimulant, astringent, anti-inflammatory, diuretic, stimulates the flow of bile, antidepressant, circulation, digestive remedy, nervous system balancer, regulates blood pressure, boosts energy levels, boosts feeling of vitality and well-being, flatulence, dyspepsia, headache, muscular pain, sciatica, and neuralgia, astringent for kidney, bladder and colon, general tonic.
Sage	<i>Salvia Officinalis</i>	Inflammations of the mouth and throat, gingivitis, mouth ulcers, laryngitis, and tonsillitis. <b>Do not feed if you are breastfeeding or pregnant</b>
Senna	<i>Cassia Angustifolia</i>	Cathartic in the treatment of constipation.
Spearmint leaf	<i>Mentha Spicata</i>	Stomach aches, diarrhoea, nausea, colds, headaches, cramps, fevers, and as a folk cancer remedy.
Thyme	<i>Thymus vulgaris</i>	A useful herb for ear. Nose, throat and chest infections
Tumeric	<i>Curcuma longa and curcuma domestica</i>	Lowering blood cholesterol levels, anti-coagulant, soothes psoriasis and eczema, arthritic pain and swelling, improves liver functioning, nausea, anti-cancer antioxidant.
Yarrow	<i>Achillea millefolium</i>	Premenstrual tension (PMS), reducing fevers, helps with wound healing, stops bleeding, regulates menstrual cycle, fights colds and flu, improves venous circulation, anti-inflammatory, diuretic, urinary tract antiseptic, helps general recovery after illness, varicose veins.
Yerba Mate	<i>Ilex paraguayensis</i>	Mental clarity, digestion, appetite, increased endurance and energy, immune system, allergies, tonic, diuretic.