

## TOPIC: "EDIBLE AND MEDICINAL WEEDS"

GUEST SPEAKER : TRIJNTJE REILLY – MIDDLE PATH NATURAL HEALTH

MALENY GARDEN CLUB MEETING : 30 August, 2016

- Trijntje (pronounced 'train cha') makes medicines from weeds with husband Fergus
- Cobblers Pegs are high in calcium and only grow in areas lacking in soil calcium – good for lymphatic and prostate cancers. Include ½ handful of young leaves in smoothies. CP's grow where ticks are prevalent – used to treat Lyme Disease. CP's are good for treating allergies, angina, cataracts, constipation, liver, kidneys, obesity, pneumonia, toothache, low blood sugar, malaria – an abundant medical chest. Can also be brewed as tea. CP's have been eradicated from a paddock with loads of rock minerals
- There is a herb on earth for everything
- Nasturtium – all parts of the plant are edible – within 4 days will fix ailment where antibiotics have failed. Middle Path uses 89% ethanol in their medicines – one of the most powerful antibiotics - no side effects
- Difference between pharmaceutical companies which only use the active component of plants and herbal companies which use the whole plant
- Comfrey Leaves are very good in a poultice to treat leg ulcers
- Comfrey Tea breaks up congestion/mucus with chest infections
- Two types of Chick Weed – sticky tropical and the other one breaks down fat
- Three sprigs of Gotu Kola per day is good for potency in men – also good for memory, longevity, arthritis and general vitality
- Three leaves of Plantain good for hot flushes and menopause and balances out hormones in teenagers. Very good for detoxification – plant rids blood of heavy metals. Apply a leaf to a cut and bleeding stops immediately. Also good for bee stings, bed wetting, eczema, and is an anti cancer agent
- Yellow Dock seed is full of protein – good in soups and salads – and is one of the highest sources of iron. A cup of Yellow Dock tea is good for hangovers and can eliminate diabetic drug use
- Excess sugar stimulates cancer
- Pharmaceutical companies focus on disease whereas Herbal companies focus on wellness
- Bluesbusters replace anti depression tablets
- Naturopathy treats effects of Ice epidemic
- Chick Weed good for losing weight
- Trijntje also teaches meditation with eight techniques for inner peace
- Milk Thistle good for the liver
- White Willow Bark – whole plant good for headaches – Pharmaceutical Co's only use active component to make aspirin
- For general good health take daily :- 1tsp Cod Liver Oil with Malt Extract and Cherries to ease taste. Malt Extract is laden with Vitamin B. :- 1tsp Cider Vinegar and 3 – 4 pieces of fresh fruit each day for men
- Ageratum - blue flower good for tick bites
- Radium Weed good for external use on lip cancer

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