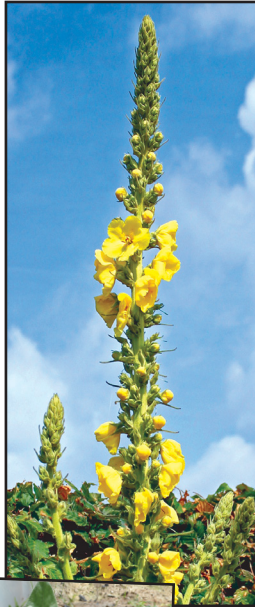


MULLEIN—Common Weed with a Host of Health Benefits!

In the next few issues, I will be writing about weeds found abundantly here in Montana. When you learn just how healing these weeds are for the body, well, then it will become abundantly clear that these “weeds” are extremely valuable herbs.

Mullein is an herb that I see everywhere along the Canyon Ferry Dam area where I live. Its stock portrays a beautiful single stick of yellow flowers. By the time you finish reading this, you will want to grow this herb for your own use. I have used mullein for almost 30 years, as an oil and in my favorite formula, KVA (Keep Viruses Away). It’s specialty area is the respiratory system—especially the lungs; although, it also soothes and strengthens the bowels and renal system, and it has been very useful for the glands and the serous and mucous membranes. It is a great herbal painkiller and nervous soporific (induces sleep). It calms down any inflamed and irritated nerves. It has been used in many kidney formulas for that very reason. You can use the leaves, flowers, root and the fruit...in other words, the whole plant.

After I had my sixth child, I developed mastitis. I used mullein oil to help heal it. Dr. John R. Christopher has several stories of healing using mullein oil. He had two different patients with boils come into his office. One was a ten-year-old, frail child and the other, a robust female. He applied the mullein oil along with lobelia. (My article on the values of lobelia is now archived at NaturalLifeNews.com.) The frail child’s boil oozed pus externally, while the robust



female’s went in internally.

Henriette is a famous herbalist in Finland. She has a very extensive herbal website that you will want to check out (www.Henriettes-Herb.com). She talks about how she uses mullein oil for earaches. She steeps 1 part mullein flowers to 7 parts of oil (olive oil or any good oil). Depending on the weather, you will want to steep it for 1–4 weeks, then strain, bottle, and label it.

When ready to use, take a dropperful and either warm it up under running warm water, or do as Henriette does: put a dropper bottle in one of her pants pockets for 10–15 minutes. Place 4–5 drops of the warmed oil into the affected ear and place cotton in the ear to keep it in and to avoid getting it on anything. It should take the pain away quickly and help the ear to heal. She also mentions that it does not matter what variety of mullein you use, as long as it is the *Verbascum*.

Let me know if you have any questions about this valuable herb. Remember to check out the next issue when I talk about a couple more “weeds” that you will find more valuable and safer than most drugs out there.

In the meantime, tell every massage therapist, physical therapist, holistic nurse or other health professionals about **THE CLASS I AM HOSTING IN HELENA ON BOWENWORK**. Bowenwork is applied through a series of gentle soft-tissue moves, healing on physical, mental, emotional and energetic levels. It can relieve discomfort, realign postural imbalances, and promote well-being. And it’s easy on you!

KARIN TWOHIG has been an instructor for 20 years, and she will be coming to teach the class. The class consists of Modules 1 and 2. You can take one or both classes. They are 2 days each, starting on September 26 and end on the 29th. Onsite housing is available on a first come first served basis.

The number of spots are limited and space is almost full, so contact me as soon as possible. It is also approved for continuing education credit. You can go to my

website listed below to learn more about it, or you can go to the American Bowen Academy to sign up. Contact me if you have any questions or issues. ■



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