

# 12 Ways to Use Catnip

Crystal Maceira, CBP, LMT, MH

## Besides Driving Your Cat Crazy!

**C**atnip— isn't that the stuff you put in a sock or something to be entertained while watching cats go nuts playing with it? I got to thinking about this herb after a customer (a doctor) bought several bottles at a time and he sent quite a few customers to us to purchase their own. I'd forgotten just how indispensable this herb was!

This herb has been around for a long time and is considered an old, household remedy. Some of the common names for Catnip are cat mint, catsup and field balm. Therapeutic actions: aromatic, relaxant, diffusive, stimulant, emmenagogue (stimulates blood flow in the pelvic area and uterus), antispasmodic, nervine, sedative, carminative (prevents formation of gas in the gastrointestinal tract), anodyne (painkiller), antacid, and a refrigerant. The main nutrients in this herb are calcium, chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, and zinc.

In Europe, before Chinese teas became so popular, Catnip was one of the most common teas to drink. It is mainly used for colds and flus today and is especially effective for children and babies. This is because it produces "perspiration inducing sleep" without increasing body temperature. I have found at least 55 different issues that Catnip has addressed. Here are twelve ways Catnip has been used:



- 1) It's good for digestion and stimulates the appetite because it dispels gas.
- 2) Because it helps to relieve stress and anxiety, it helps one sleep better.
- 3) Catnip is an effective herb to give someone when they are having convulsions caused by an impacted bowel. It is used as an injection and should relieve the constipation and soothe the nervous system.
- 4) It has been documented to normalize blood pressure.
- 5) Culpepper mentions how this herb can be used as a topical for hemorrhoids.
- 6) Gets rid of excess mucous in the body.
- 7) Improves circulation and helps to reduce fatigue from muscle exhaustion.
- 8) Can help reduce swellings under the eyes.
- 9) It relieves pain, prevents spasms and calms the nerves.
- 10) Can relieve headaches if taken as a high enema.
- 11) Has been used as a prevention of cataracts.
- 12) This herb has restored menstruation.

Since this herb is so good for babies and children, especially for colic, I have listed a couple of formulas that will save a mother's sanity and many hours of the baby crying. The first one is to soothe and quiet the baby: 3 parts Catnip, 2 parts Lemon Balm, and 2 parts



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**Catnip leaves**

spoon, Tincture: ½ teaspoon to 1 teaspoon, Infusion: 2–8 ounces.

Now that you realize just how valuable this herb is, you will want to have it in your household! And you may just decide that the cats are not getting any!



**Catnip flowers**

Marshmallow. The other one is good specifically for colic: equal parts of Catnip and Pleurisy root. This you steep for 10 minutes, and when cooled down you would use about 2 ounces as an injection.

Something to remember is that you never boil Catnip. And one more thing—ginger will intensify the therapeutic action of catnip.

Some typical dosages of catnip: Extract: ¼ tsp to 1 tea-

Here at Positive Life Changes, we have plenty of Catnip tincture in stock, as well as many other single herb and formula tinctures. We will be happy to answer any questions you may have. We ship all over the States and many countries. Call us today for your free consultation! ■

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**CRYSTAL MACEIRA** is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 23+ years.

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