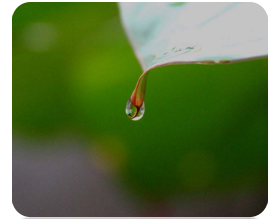


# Essential Oils Then & Now Newsletter

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## LIBERTY TEA

How resourceful were our Founding Fathers! After revolting against the British tax on tea, the colonists had their “tea party” and dumped the taxable tea into the Boston Harbor. Many plants have leaves to make tea, some medicinal. The colonists used wintergreen for tea and probably other plants as well but they chose the Native American goldenrod leaves to make their “Liberty Tea.” The tea was so tasty that it was later exported to China. Herbalists still recommend a goldenrod tea to alleviate intestinal gas and to promote sweating to reduce fever. The yellow flower heads made yellow dye. Indian medicine men recommended the leaves in a tea for intestinal disorders and the flowering tops for colic. Another tea brew from the flowers treated urinary disorders and dropsy (edema).

Goldenrod pollen was once badly maligned as the cause of hay fever until it was shown that it's pollen is carried by bees and other insects. The real culprit for hay fever allergies is ragweed which blossoms at the same time. There are many, many varieties of ragweed. It's pollen is air born. Although ragweed's name means “food of the gods,” I find no use for human consumption. When it comes to allergies, there are two types of people in the world - those who use pharmaceuticals to treat the symptoms and those whose allergies have been eliminated without drugs.

Goldenrod's genus name comes from the Latin word *solide*, which means, “to make whole.” There are also many varieties of goldenrod. We use the Canadian steam distilled variety. Distilled oils contain no amino acids, peptides (chains of amino acids) or proteins to cause allergies. They may cause detox symptoms but these are temporary, usually over in a day or two. Allergies can last a season or a lifetime, can be mild or severe. They represent a malfunction in the immune system for which Doctors have no cure. Essential oils can treat the cause at the emotional and cellular level, which is why some users of essential oils have found that their allergies have gone away. One man who had a Raindrop (that uses several oils) in my office told me later that he hadn't needed his inhaler for a long time (months?) I forget the time frame.

Little is said about goldenrod's emotional characteristics other than it is calming, peaceful and regulates the automatic nervous system. Physically, it's a diuretic, anti-inflammatory, anti-hypertensive, liver cell stimulant, astringent, anti-allergenic, and anti-catarhal. It helps with urinary symptoms, cystitis and nephritis, and eliminates kidney and bladder stones. It's effective for upper respiratory conditions - allergies, hay fever, congestion, sinus infections, and whooping cough. It reduces excessive menstruation. One testimonial told of it decreasing TMJ pain to 20% after two doses. It aids the circulatory system - pericarditis, endocarditis, hypertension, sluggish lymph. The Southwestern variety is great for muscles and stiff neck. Unfortunately, I don't find that in the Northeastern goldenrod. It would be interesting to test.

Since it's the season,

*Joanna*