

# Karoo Pharmacy



**SCLC**  
SUPPORT CENTRE FOR LAND CHANGE

**Wild Karoo &  
Kitchen Herbs  
for common  
Diseases**

True knowledge is collective and never perfect!

We learn from every one we come in contact with. This is how we grow.

For this reason, I wish to thank the many who have written this booklet.

Thank you to everyone who shared their knowledge with me, to the competent team at SCLC who are just as much a part of writing this booklet and who gave me the opportunity to share my meagre, but growing knowledge.

For the beautiful photos, thank you to the web site [www.plantz.co.za](http://www.plantz.co.za).

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#### Disclaimer:

The information contained herein is for educational purposes only, it describes the historical and traditional uses of specific plants from the greater Karoo area, and has not been evaluated or certified. Always consult a medical expert.

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## Why do we get sick? And how can we prevent getting sick?

There are many theories as to why we get sick. Many doctors attribute this to germs, bacteria and viruses. But this does not explain the fact that three people can inhale the same germs, but only two of them get sick, while the others does not.

My theory is that you get sick long before you start showing symptoms.

For any virus, bacterium or germ to get a hold of you, your immune system must first be sick. This happens amongst others—through poor diet, lack of exercise or shock, be it caused by a robbery, an assault, the death of someone close to you, a poor test result, or even someone who was rude to you. Some people will call this “Loosing balance in your life”, always focusing on ruining your life with the negative, but too much of a good thing is not good either!

This can be seen so clearly in modern life.

**Our bodies get tired.** Our grandparents went to bed early and awoke rejuvenated. We work until late, Get home to still tend to our families, and with electricity and technology, we don't realize how late we get to

bed.

We wake up tired! And so the cycle continues day by day, month by month, and before we know it - we get sick!

Our bodies knows what it needs, and is sending a message — RELAX!

It is therefore healthy to get sick! It is our bodies way of telling us that we are running on overdrive for too long.

When you are sick, your whole body is sick. Everything feels wrong. Your appetite is out of sync, your energy is low and everything just feels too much! Bad things happen making life more miserable this breeds negativity and this makes it even worse.

A lot of these feelings are in your head! Meaning you can ultimately think yourself sick! Even a sore toe is more painful when you think about it!

It is important to remember the following:

Listen to your body — colds and flu are your body's ways of telling you to rest!

Being sick is not the end of the world. Why do we consider ourselves as a failure just because we have a cold or flu? By no means do I pro-

mote ignoring the problem, but you should never let it get you down!

If you are positive, your body will fight positively and overcome! Positivity, like negativity is a conscious choice, and an extremely effective healer for mind and body.

Eat healthy—lots of fruit and vegetables, especially oranges in winter. Everyone knows Vitamin C helps you not to get sick. God did not make oranges ripen in the winter for nothing! Vitamin C and zinc supplements are great to assist in fighting viruses .

SLEEP enough — in winter, when we are more likely to get sick, the days are short and the nights long. Adjust to this and sleep well, it's your body's best way of fighting any infections on its own. If you are sick—sleep even more! When summer comes, you can endure the long days and short nights with renewed strength, because that is how the Lord made it!

The people around you are your best medicine:

Share your problems—Talk about what bothers you, and see how quickly you feel empowered to

tackle it anew.

ASK FOR HELP! - you were never meant to do everything on your own.

Reach out to someone: You feel better when you are involved with other people, or when you are able to help. It is a two-way street : help, and allow people to help you.

You feel better when you feel loved.

And human contact helps a lot, just see how quickly a child's fever subsides, or they just feel better, when their mother holds them. New studies has shown that children that gets hugged a lot has a higher IQ than children that doesn't.

If your body hurts, be it from the flu, or strenuous exercise pour about half a cup of Epsom Salts into a hot bath and soak the aches away.

Drink lots of water! This loosens the mucus on your chest, helps digestion and plays a crucial role in the proper functioning of even the smallest cell. Water helps your body to function better and therefore to fight diseases better!

Keep yourself and your environment clean and tidy, this will re-

duce the number of germs in the area, and will calm your mind. Wash your hands—it is the gateway from surface germs into your body. Especially if you have touched someone who is ill or worked with contaminated food, vomit or stool.

Steam a blocked nose open by boiling the following herbs (dry or fresh) for a few minutes. While still hot—Pour the boiling water and herbs in a bowl, cover your head with a towel over it and inhale the steam.

3 tablespoons eucalyptus leaves,  
2 tablespoons thyme leaves ,  
2 tablespoons rosemary leaves, and  
1 tablespoon peppermint leaves.

Eat Nasturtium flowers and leaves. This also helps to kill viruses and germs and is not bad on a sandwich either.

Keep your chest warm. If you have to go out in the cold air at night put a handkerchief or scarf over your nose and mouth so that you do not inhale the cold air. Cold air can be a shock to your body, and can trigger an asthma attack.

Put cotton wool in your ears when you go out in the cold. It has been proven that the flu virus often enters through your ear. Have you ever felt your ears itch or hurt just before you get sick? Some experts even recommend pouring diluted Hydrogen Peroxide (Vol 10/5%) into your ear until it stops bubbling to kill the germs in your ear.

An olive leaf tea or tincture helps prevent infections and therefore helps with colds and flu. This remedy has been known since biblical times, and even to this day it is common practice to add Olive leaf tea to the drinking water of your domesticated animals at least once a week to keep them healthy.

A good cough medicine: mix 1 cup of honey, 1 cup of apple cider vinegar and 1 cup of cooking oil. Drink one tablespoon three times a day.

Furthermore, there are a myriad of herbs, simply from your garden or kitchen cupboard, that can help a lot in relieving symptoms of colds and flu or shortening their effect. Think of herbs like St John's Worth, Aloe, Astragalus, Shiitake Mushrooms, Feverfew and many more.

## Why go the natural route? Just buy a pill!

Yes, it is convenient to buy a pill and just swallow one every now and then.

We all can however attest to some nasty side effect we have had after using regular medication; constipation, high blood pressure, indigestion...

With the right herbal medicine you will never, or rarely, see side effects.

But it is not only about side effects. There are way more benefits of natural medication, like:

- it is all around you!
- it works,
- it costs nothing or very little to

make,

- It works where it is needed,
- it helps your body to heal itself,
- it is healthier than any medication, and
- it addresses the cause and does not just hide symptoms

## How do I make medicine?

Before we begin, we need to explain some terms and how's.

**When and where do you pick or harvest?** It's best to find someone who knows medicinal herbs and plants. Walk with them and learn from them! They can show you what the plant looks like, where to find them, how it differs from plants that look like it, and they can teach you all the other properties it poses! Harvest your plant early in the morning and do not destroy the entire bush. It will reward you later when you need medicine again. If you need the roots, make sure to sow the seeds, or harvest only a piece and leave the plant to grow again. Take a cutting or seeds to plant in your garden where you can easily get to it.

Some terms:

**Plasters:** To make a plaster, you

need fresh or dry leaves. Pour a little boiling water over the dry leaves and let them soften. Chop or grind the softened or fresh leaves into a pulp and place on a wound, wrap a bandage around it.

**Tea:** Most people drink natural herbal medicines like tea. Steep one cup of fresh or dried leaves, to 1 cup of boiling water, and steep for about 5 minutes. Sift the leaves and drink the tea, hot or cold. Honey, but not milk, can be added to make the tea taste better. If you know how—different herbs can also be steeped together.

**Concoction/Decoction:** It sounds funny, but it is basically a tea made with hard twigs and dried roots. You put it in a pot and boil for between 5 and 10 minutes (some up to

20minutes) to get all the healing properties from the hard wood. Cutting it up or grinding the dry roots helps too. Drink like a tea.

**Tincture:** A difficult word, but it's just a fancy word for a brandy extract. Add 1 part dry leaves to 3 parts brandy, or 2 parts fresh leaves to 2 parts brandy in a closed bottle. Shake the bottle every day for about three weeks to extract the healing properties. Stain and bottle. A tincture works well if you want to preserve plants for a long time, especially plants that you find difficult to get. It is more concentrated so you need to add a teaspoon in some water - instead of a whole cup. A tincture can also be made with Glycerin, but it takes longer to prepare and doesn't keep as long.

## How do I know the difference between a Cold, Flu and Covid-19?

We are living in difficult times! Many of us have seen family get sick and die, some have lost jobs or an income all due to a disease we can't even see. For many, 2020 is a year we Yearn to forget!

The good news is that most people recover from Covid, we had a quick response and is backed by a competent health care system to deal with it. The fear however remains that some of us may die from it, and who it will be, no one knows.

Worse is that I can have the virus, have no symptoms at all, but can infect my wife, my child or grandmother, and he or she can die from it!

Below we have a short list of how to tell the difference between Colds, Flu and Covid. It is not a test and does not replace a doctor's visit, but it gives you an idea of how to understand whether you should be tested for Covid or not.

The most important thing is to

keep ourselves healthy. (See pages 3-4).

Avoid anywhere you can be infected, Wash your hands and sanitise regularly.

Never touch your mouth, nose or eyes without washing your hands properly first.

Always stand far enough from other people to miss the spray of spitting and sneezing.

Do not drink soft drinks, coffee, a drink from the same bottle, cup, glass or straw as another person, even if you know them well.

Stay away from small places with many people and therefore many "BREATHS" in which the virus can spread.

Wash your hands after handling money! Remember many people touch, sneeze and cough over money, and the virus can stay on it for days afterwards.

Wear your mask when you're close to others—it's not nice, but helps.

Get enough sunlight! The sun kills the virus and helps your body to produce Vitamin D that fights the virus.

Drink teas like, African Wormwood, "Katjie-3-blaar", and "kwaaiman". Eat garlic, onions, or add cayenne, turmeric and ginger to your food to make a curry!

None of these things will specifically heal you — but they will help your body to heal itself better and faster.

Symptoms	Common Cold	Flu	Covid-19
Start	Gradual	Fast and dra-	Fast
Nose	Runny	Blocked	Blocked nose, can-
Throat	Scratchy	Sore	Sore from the start
Chest	Slight cough as you	Bad and persis-	Severe shortness of
Head	Mild headache	Worse head-	Severe persistent
Muscle aches	None	Usually present	Usually
Cold Fever	None or mild fever	Sometimes	Yes
Light sensitivity	None	Sometimes	Sometimes
Tired/weak	No	Always	Very tired and weak
Loss of appetite	None	Always	Yes
Loss of smell	None	Sometimes	Yes
Fever	Yes	Yes	Yes

## What is isolation and how do I do it?

Isolation is when you separate yourself from others to protect them from a virus like Covid-19.

The moment you suspect you are sick with Covid — withdraw from everyone around you.

**We do not isolate for ourselves. We isolate to protect the people we love and to not infect them too.**

It's not always easy, but try as many

of the following as possible:

1. Try to isolate in a separate room away from other people.
2. Try not to have contact with anyone at all, including small children.
3. Use your own toilet, or a bucket, rather than sharing one with the rest of the family.
4. Let your family bring you food, but when they come to get your

cups or cutlery, let them wear gloves and drop it in a bucket of boiling water.

5. If you want to chat, do it outside in the open air with a 1.5-2m distance between you.

6. Be sober-minded, think about everything you do, think about everything you touch. Remember: you are protecting everyone you love!

## 2035 is too late to make a change: The new threat — Pollution!

Our ancestors struggled a lot with their health – mainly due to the unavailability of medication, doctors, poor communication and a lack of knowledge. Most of this has been overcome. Today, however, we are faced with a new threat, all of our own doing— pollution.

The air we breathe has never been as polluted as it is now! In cities, more and more people are struggling with asthma and lung problems. Statistics show that as much as a third of Lung, Stoke and Cancer related deaths can be contributed to air pollution. Nine in every ten people are struggling with allergies, skin rashes and they long for the fresh air in our Karoo.

Ironically a recent study showed that pollution related diseases dropped

by a staggering 30% during the Global Corona Pandemic in Nice, France. Showing us that even air that looks clean—isn't.

Global warming has a huge impact on nature and consequently on climate change, our seasons have changed and our annual rainfall has decreased significantly. South Africa is currently experiencing what is being described as "the worst drought in a thousand years".

The drought is affecting so many aspects of our lives, including the availability of clean drinking water and the production of healthy foods. But even water is highly polluted these days. Plant and animal poisons such as "Double Bendix", drugs and hormones have been

found in borehole water, thousands of kilometer away from cities.

**We are foolishly drowning in a "pool of our own waste", and just keep adding to it!**



## Cape Horehound/Kattekruid

Cape Horehound has a long history as a medicinal herb, especially in the Cape. Both the Khoi and Nama cultures often used it together with plants from the Sage family for fever and measles. Xhosas used it for se-



vere colic and to make a poultice for snake bites. Its strong resemblance to European Horehound saw European settlers soon making use of this plant. They used it as a specific for insomnia, coughing, to relieve muscle spasms, to repel worms and other parasites and as a general stimulant.

Fresh or dried leaves were used in every household as a tea to treat cough, sore throat, flu, asthma, bronchitis, typhoid, hysteria and colic. To this day there is a large part of our population who believe it works better than most regular medications for these problems. Margaret Roberts

## (ballota Africana Lamiaceae)

talks about a cough syrup that is made for chest problems by cooking brown sugar, cloves, lemon syrup and a few sprigs of Cape Horehound together.

Traditionally a brandy tincture was made for the successful treatment of hemorrhoids. This was used internally as well as topically. A tot of the tincture every evening is still used to help with heart problems, hoarseness, sore throat, typhoid, headaches, liver problems and kidney infections.

A strong Tea is used as a footbath for arthritis.

## African Wormwood/Wildeals

African Wormwood performs miracles. No wonder the Afrikaans name states: "*wilde*" meaning wild (plant) and "*Alis*" translating to 'Everything'... Wild plant to treat everything. It helps with coughs, colds, flu, fever and even to get your appetite back. Give it to your baby to relieve colic, it helps for headaches, worms, parasites and even malaria. Use it to keep bugs away, or put a few leaves in your socks to prevent your feet from smelling.

It helps greatly in relieving body aches from flu, relieving earache,

even opening a blocked nose. African Wormwood also relieves the cough reflex. Do you now understand why it is one of the oldest, most popular tried



and tested natural Karoo medicines?

Make a tea from the leaves and drink it (1 cup of fresh leaves to a cup of boiling water), put the leaves in the ear, or in the nostrils. Make a natural insect spray by steeping a cup of leaves in a liter of water. It keeps mosquitoes, flies and moths away! With its strong analgesic and sedative properties, it is a good plant to always have close by.

And now also a winner in the treatment of Covid.

## Wild Mint/Balderja(n)

(*Mentha longifolia*)

A relative of the mint family, hence its name.

Rub these leaves with their strong odor on the skin to ward off mosquitoes, or to help a scratch heal faster. A tea from Balderja helps for headaches, fever, indigestion, colic in infants and menstrual cramps.

Look for the plant in riverbeds and make sure you have one in the garden near your tap( be careful it can spread like normal mint under optimal conditions).

During the birthing process, Wild Mint also helps to speed up the delivery of the baby. **Do not use during pregnancy as it might lead to and abortions.**



## Lion's Tail/ Wild Dagga

(*Leonotis leonurus*)



"Dagga" is the common Afrikaans name for Cannabis, thus the name

evokes ideas of being naughty. But although it has a very mild sedative effect when smoked, its medicinal use is much more than that.

With bright orange, fountain-like flowers, this frost and drought hardy plant is something we can plant in the garden to always enjoy its esthetic and medicinal properties.

Lion's Tail is traditionally used to treat fever, headaches, coughs, weakness and stomach problems.

It is also good to know that it is also used to treat snake bites. In addition it is planted around gardens to also repel snakes.

A chilled tea can be drunk to relieve eczema, itching, insect bites and muscle aches. A hot tea is drunk to help with coughs, colds and flu, as well as heart problems.

## Terracotta Gazania/ Gouwsblom

(*Gazania*)

One of the most beautiful and hardy plants to have in your garden. The Terracotta Gazania is not just beautiful, you can use it too - and it works well for earache.

Finely chop a few leaves and mix with a

tablespoon of water. Let this stand for a while and pour through a cloth. Pour the remaining mixture into the sore ear.

This works very well if you let it stand in the sun while it steeps. It warms the water and draws more power out of the leaves.



## Garlic



Garlic helps in many ways. It kills germs and strengthens your immune system.

Garlic is the one herb that actually kills viruses! Garlic has a peculiar affinity to the lungs, this is why your breath stinks when you eat it, but that's also why garlic helps your lungs and chest and aids with

coughing. Eat about two raw Garlic cloves per day.

But don't just swallow it—chew it well! If you hate the taste of raw garlic, add a lot to your food, or drink it in capsule form.

If you are afraid of bad breath, eat Parsley after chewing the garlic clove.

Garlic will help to control blood pressure and Cholesterol, contains

## (Allium Sativum)

minerals , Vitamins and anti-oxidants that might even help prevent Alzheimer's.

Make a mixture of the following to drink twice a day:

A pinch each of: garlic powder, cinnamon, turmeric, cayenne pepper, ginger and a teaspoon of honey. Mix these together in a little hot water and swallow. This mixture stimulates the bodies immune system, and overall health.

## Cinnamon

Cinnamon opens your chest! It helps with bronchitis and even pneumonia by loosening mucus. Mix it into a cough syrup.

It kills funguses and bacterial germs and prevents a secondary infection. Cinnamon can therefore also be sprinkled on small wounds to stop bleeding.

Cinnamon helps with sinuses and

sinus infections and works excellently for diabetes by helping the production of insulin.

With its antioxidant properties it may help with heart problems, Alzheimer's, Parkinson's disease and to prevent Cancer.

Use the Ceylon (True Cinnamon) type in stead of the more common Cassia type.

## (Cinnamomum verum)



## Turmeric



Turmeric is one of the best antioxidants you can get. It cleans almost every organ in your body and works out toxins like bacteria and viruses.

A teaspoon in the morning around 10:00 helps to boost energy levels.

Turmeric will break a fever, promotes

## (Curcuma Longa)

blood circulation and eliminates parasites like worms. It is widely used in preventing inflammation like osteoarthritis, arthritis. And even used to aid with Chronic kidney disease and heart attack recovery.

Turmeric is anti-viral and anti-bacterial, helps in treating allergies and as a bonus brings color and taste to food!

Honey is God's medicine!

It fights almost every known bacterial and viral infection. A teaspoon of raw honey twice a day will build immunity, boost energy and add vitamins, minerals and amino acid to your diet. Putting it in your tea will kill some healing properties—so eat it raw.

To kill a sore throat suck a teaspoon of honey like a lollipop. It

kills bacteria and lubricates the throat and stops the irritation.

Honey is in almost half of all natural cough medicines and helps to loosen mucus.

Bronchitis and Pneumonia is caused by a built-up of mucus in the lungs. This creates a breeding ground for bacteria to grow.

But honey's properties do not end there. Amongst others Honey can

be applied to wounds to prevent infections. It can be mixed into an ointment with beeswax and olive oil to cure hemorrhoids.

Some believe honey helps for diabetes—this is not true, but Propolis, another product from bees—does.

**Never give honey to a child younger than 1 Year!**



## Cayenne Pepper

(Capsicum Annuum)

If there's one herb we need to consume every day, it is Cayenne Pepper! Sprinkle it over food, eat it raw, or drink the powder mixed into luke warm water. Cayenne Pepper kills most bacterial infections and helps the body to overcome heart problems and Jaundice. Cayenne Pepper helps to lower your blood pressure.

It gives you immediate energy (so do not drink it before bedtime!) It can relieve headaches and it opens clogged arteries.

Important to know is that it will immediately ease a tight chest or help to dissipate an asthma attack by just drinking a tea-

spoon of Cayenne pepper in warm water.

Cayenne alleviates sinus and hay fever.

It can half the duration of your disease - just by giving your body the strength to fight the disease itself!

Cayenne helps to relieve stomach ulcers and keep parasites and worms in the stomach under control.

To drink cayenne pepper: start by taking a quarter of a teaspoon in a little hot water, three times a day for the first week. Increase this dosage weekly by another quarter until you drink 1 teaspoon 3 times a day. Keep this up. Keep a glass of cold water ready for afterwards, and take the evening dose not later than 18:00.

Cayenne removes uric acid, and helps to relieve pain. Cook about 20 finely chopped fruit together with a cup of leaves from the Honey bush in 2 cups of clean fat/oil for 15 minutes. Sift through and pour into a bottle. Apply this to painful muscles or joints, as well as to psoriasis.

Be careful:

1. The Honey bush is toxic if you drink it;
2. Cayenne burns and can irritate the skin where it is applied.



## Ginger



Ginger counteracts indigestion. Eat a piece of fresh ginger after a big meal, and see the relief that it brings. Many more people know it works for

nausea as from car sickness, seasickness and even morning sickness during pregnancy.

Ginger however also cleanses the lymph

system, kidneys and the bladder. Working like a general detox. That is why ginger is added to diet water with cucumber and lemon slices...

However, it is specified for colds and flu to counteract cough, dry a runny nose, ease congestion in your chest and to alleviate that "heavy feeling" in your head. Make some tea using a piece of ginger to one cup of water, and perhaps add some lemon juice

and honey. Drink warm.

Ginger counteracts the aches and fatigue from flu and energizes you!

Ginger also helps with headaches, hemorrhoids, arthritis, sore throats and is a strong antidepressant.

In men it is good to know that one slice of ginger a day can increase the sperm count and counteracts impotence. The antioxidant properties contribute to a properly functioning prostate too.

## Rosemary

Rosemary is a centuries-old herb that is not only used in food, but has been praised by Aristotle for its medicinal powers. Fresh branches were placed in every room where a child was born to keep "evil spirits" away (today we know that the mere presence of a sprig of

rosemary reduce the viral and bacterial load in the air). Rosemary helps with colic, headaches, colds, low



blood pressure, restlessness, insomnia, nervousness, liver problems, indigestion, bile production, edema and eczema.

Make a tea from the leaves and flowers by soaking 1 tablespoon of dried or 2 tablespoons fresh flowers and leaves in 1 liter of boiling water for 10 minutes. Make a tincture by using 200 g fresh leaves (about a cup), or 60 g (about a third of a cup) of dry leaves, to soak in a bottle of brandy. Steep for 3 weeks and shake the bottle at least once a day. Drink a teaspoon of the tea or tincture for a fever, or colic, headache, colds and low blood pressure. Drink a full cup of cold tea before bedtime with a

## (Zingiber officinale)

## (Rosmarinus officinalis)

hot bath to help with restlessness, or drink a cup of tea before each meal for headaches and liver ailments. Drink a cap full of tincture after or between meals for indigestion, bile and urine problems.

Use the tea as a rinse for hair for dandruff, hair loss and eczema. A rinse mixed with a little vinegar is a great conditioner.

Externally Rosemary keeps wounds clean and Rosemary tea can be used like Dettol.

It is used to repel spiders and mice too.

## Beetroot, Beet

(*Beta vulgaris*)



Dr Zuma with menstrual problems, high blood pressure, inflammation, Cholesterol (as much as 1 point), Skin problems and wounds .

Grate the raw tuber, squeeze the out the juice and drink. Can be applied to wounds and skin to aid healing and aging. The juice contains amongst others L-Arginine that helps with arterial health.

The tuber contains a lot of fibre, is low in calories to fights bad cholesterol. The carotenoids that give Beetroot its red colour is an excellent antioxidant and helps eye health and delays the onset of cataracts.

Beetroot promotes stronger blood flow and oxygen supply, resulting in improved memory and erectile function.

This is mainly due to the high vitamin, mineral and antioxidant content. However, few people know that it also helps

## Cancer Bush/Kankerbos

(*Sutherlandia frutescens*)

This is one of the South African plants that makes everyone, including the medical profession, sit up, mainly because of its reputation as a cure for some cancers (hence its famous name). What excites everyone even more is the excellent results in ongoing research into building the immune system and how well it works for people with HIV and AIDS. The San and Namma cultures used it centuries ago for everything from washing wounds to bringing a fever down. During the Great Trek, chickenpox, stomach problems and cancer were successfully treated with "Kalkoen belle" (*Turkey Bells*- another of its 14 names). It is still used today to treat eye infections. A weak tea can be made and the infected eyes are flushed with the lukewarm tea.

Cancer Bush is traditionally used to treat fevers, colds, flu, asthma, TB, bronchitis, rheumatism, arthritis, haemorrhoids, bladder and kidney infections. Stomach Ulcers, jaundice, menstrual problems, diarrhoea, stomach problems, heartburn, stomach ulcers, back pain, diabetes, varicose veins and inflammation are some more of its uses. As if all this were not enough, it is also used in the treatment of depression, stress, anxiety and as a general sedative. A little tea before meals helps with digestion and appetite. This is generally a good medicine to take every day.

This sounds too good to be true, but although all these ailments are known to be treated with *Sutherlandia*, very little research has been done. Scientifically it is proven to work for some cancers, stomach ul-

cers and anxiety. Cancer Bush treatment is not a miracle cure for cancer as each person responds differently to any treatment. Our greatest hope for the future lies in Cancer Bush's ability to build the immunity and thus treating Cancer, HIV, AIDS and TB.

This might be the "holy grail", stimulating appetite, overall health, mood and longevity.



**Do not confuse the poisonous Honey bush (p. 34) with this plant.**

## Christmas Berry/Bitter(Bessie)bos/Aambeibos

(*Chironia baccifera*)



As with many of our natural plant medicines, this plant was discovered, and had its medicinal use proven, by the

Khoi. Parts of the bush, such as its leaves and fruits, were fried in fat, later butter and applied to wounds.

The berries were used like Epsom Salt as a remedy to cleanse stomachs. Like Epsom Salt, the berries also cleanse your blood.

Teas and tinctures were used to relieve hemorrhoids and to treat ulcers, syphilis, leprosy, diabetes, kidney and bladder infections.

It is used as a bitter tonic to treat bloated stomachs and intestines and to help release the placenta after birth.

The tea is used to treat pimples and ulcers on the skin. Beware: It makes your stomach a bit runny, cause you to sweat and feel drowsy. It is TOXIC to animals!!!



## Puncture vine/Goats head vine / *Dubbeltjie*

(*Tribulus terrestris*)

This is probably the last plant you would ever thought to use as medicine. This weed that many have cursed when they step into its thorns has been widely used by Ayurvedic and African Medicine for various ailments!

The whole plant can be used, but the active ingredients are most concentrated in the roots and fruit. It is finely chopped and made into a tincture or dried and then powdered. Make sure that the powder is fine enough so that you don't end up with a thorn in your throat!

Puncture vine is widely used these days as a testosterone booster by athletes and body builders. This explains why men use it to help with a diminishing erection problem.

It is used for heart problems, specifically angina, and helps to heal kidney problems. It has an

ability to lowers blood sugar levels within minutes.

Puncture vine can help both men and women who are trying to conceive, but **SHOULD NOT BE USED DURING PREGNANCY OR BREAST-FEEDING!**

Many young men drink testosterone supplements (such as Testobost) to build muscle. As a testosterone supplement puncture vine has few equals. However, it should not be used for too long a period and can lead to prostate problems. Do not use with blood pressure medication, as it can increase blood pressure.



Winter Cherry is not only known and used as a medicine in South Africa. It is a cross continental medicine that has been used in Indian (Ayurvedic) medicine for more than a thousands years. From extensive research done there, it is widely known and researched. In India, it is commonly known as Ashwagandha. Winter Cherry is antibiotic, prevents inflammation and can specifically attack, destroy and prevent cancer cells. It lowers cholesterol and as a diuretic helps the body to excrete excess water. It Therefore drains toxins from the kidneys and helps them function better.

Winter Cherry root has a calming effect and helps deal with stress, tension and anxiety. It is like Ginseng an "Adaptogens (Helping the body by working where it is needed most) Overall, it is one of the best tonics to use.

In South Africa it is well known that Winter Cherry heals open, inflamed and septic wounds. In most cases, a plaster or the paste of the plant's leaves can be bandaged to the wound and replaced daily. An ointment is made from leaves and oil or fat (usually ostrich fat) which is cooked together. These ointments also help with haemorrhoids, rheumatism and syphilis. For internal use, the dried root is drunk as a tea or tincture. The

crushed powder of the roots can be put in capsules and drunk like that. However the finer the natural product is ground, the faster it oxidizes, and thus loses its properties. The San, had an interesting use for this plant. The flowers and fruit were used to lure lions closer in a lion hunt, while the roots of the Winter Cherry bush were thrown into the fire to keep lions away from where they slept.

Cattle farmers in the Free State boil

**Kids who never want to eat or gain weight ...**

the ripe seeds with oil to make an ointment that cures Mastitis in cows, but nowhere has it been

recorded that it also helps with mastitis in people. Interesting to know is that dairy farmers boil the seeds of this plant and add it to milk as a rennet to thicken the milk to make cheese. When you buy cheese that says it contains non-animal rennet it is Winter Cherry seed that you should thank.

As one of only a few adaptogens in the world it helps with an enormous range of problems, and they recently discovered how: The roots specifically work on the adrenal glands,



and has the ability to regulate adrenaline levels. It therefore helps you to stay calm, regulate breathing and is effective at keeping blood pressure under control.

It energizes you, helps against impotence and infertility, and helps during birth to hasten delivery and to release the placenta.

Ashwagandha further helps with insomnia, epilepsy. Is a tonic for children who never want to eat or gain weight, relief nervous and rheumatic pains, asthma and haemorrhoids.

Is this not perhaps part of the answer to our modern lifestyle?



## Scelletium/*Kanna/Kougoed*

Kanna is more than a herb for flu, fever or colds. This is one of the Karoo herbs that works on a mental level, and it does that with excellence!

Modern lifestyle sees more and more people suffer from depression, discouragement and anxiety, and therefore we decided that this gem can not be excluded from this booklet.

This small and low growing plant that can so easily be trampled on

has the most beautiful bright, sun colored flowers. It works on the central nervous system, and was used by the Khoi San like "chewing gum" on long journeys in search of food. It is claimed that it suppresses hunger, but



## (*Sceletium turtuosum*)

more commonly used to enhance mood and alleviate anxiety.

The plant was harvested, placed in a container and crushed. It was left to ferment for 3-6 days and then spread out to dry. Tiny amounts were then chewed and the spit—swallowed.

With a history of more than 300 years as an anti-depressant medicine, it is now recognized and sold as a pill form as Elev-8. Claimed to work better than Prozac or Serlife.

## Cat's Tail/*Bulbinella/Geel katstert*

If you have children, you need this plant in your garden. It helps for most of life's everyday bumps, scratches and bruises.

The fresh leaves contain a thick



clear gel that can be smeared on any rash, burn, scratch, blister, or insect bite.

Apply it on dry chapped lips, dry skin, or try it on pimples. Use it to treat fever blisters, ringworm and mouth ulcers.

For coughs, Colds and Arthritis it can be taken internally by boiling a few leaves in a cup of water. Strain this, and drink the resulting water at a cup—3 times per day.

A decoction of the roots helps with prostate problems, diabetes, high blood pressure and edema, as well as for the removal of uraemia (high urea levels in the blood). No sur-

## (*Bulbine frutescens*)

prise then that it works great for kidney problems, then.

You can bandage burns with some bruised Cat's Tail leaves for immediate relief and healing.

Try it for bleeding as a blood clotting agent and for bladder infections.



## Wild Garlic/Wilde Knoffel/Wilde Knoflok

(*Tulbaghia violaceae*)

Make sure there is Wild Garlic in your garden. It not only keep moles and insects at bay, but you can use it in food and salads, too.

The leaves can be drunk as a tea for sinus headaches and if you can stand the smell, smear the leaves on your legs to keep even the hungriest ticks, fleas and mosquitoes away.

The leaves are used in the treatment of throat cancer.

Wild Garlic bulbs are boiled for the treatment of severe lung ailments such as TB, bronchitis and even emphysema. Research has found that it has the same anti-bacterial properties as ordinary garlic, meaning it can be used for colds, flu and even pneumonia. Mix it with honey to improve its taste and eat a tablespoon 3 times a day.

The Zulus believe that it also makes a man more of a man!



## Dawidjie/Dawidjieswortel

(*Cissampelos capensis*)

This is a traditional medicine that is sold in almost every town market in South Africa. Why? Because everyone knows it works. It is also one of the few of our Karoo medicines that has been scientifically researched. If you are looking for this root, just ask your local Rastafarian. They have an incredible knowledge of healing plants and have the network to spread their knowledge and produce all over the country. From personal experience I can vouch that they will never deplete the natural resources and have sufficient knowledge to obtain and provide you with the right medicine.

Dawidjie or Dawidjiewortel is widely known to cleanse your blood and works specifically on pimples, swollen glands, syphilis, cholera, colic in babies, upset stomachs, diabetes and a few different cancers.

It is traditionally used in the Western Cape for gallstones, Bile attacks and bladder infections.

Scientifically, it has been proven that it can help with some cancers, and that it works excellently for internal parasites, worms and skin rashes.

Most treatments use the plant's leaves and/or the root, which is soaked in brandy. It has also been

scientifically proven that the leaf tincture is twice as strong as the root tincture.

It is a difficult plant to find in the veld if you do not know it well, and attempts to grow it in captivity is scarce and very tricky.



This plant can work wonders.

The fresh juice in the leaves is anti-septic and treats cuts, eczema, insect bites, ringworms, sunburn and blue-bottle's stings. It heals nappy rash and other skin rashes including eczema and psoriasis and works wonders on fever blisters, dry lips, gingivitis and sores in the mouth (it can be sprayed in baby's mouth too). Chew the leaves to extract juice which can be swallowed for a sore throat, or

rub the juice on the skin to relieve sunburn.

Use the leaves to make a tea for upset stomachs, stomach aches and diphtheria. Mix the fresh juice with a little water and rinse the mouth with it for oral thrush or mouth infections, or use it as a gargle as a treatment for Laryngitis.

The fruit cooked into a syrup is a cure for constipation, while the fresh juice of the leaves (mixed with hon-

ey, vinegar and olive oil) again helps with TB.

Crushed leaves are put on wounds to stop bleeding.

The Khoikhoi has a peculiar use for this plant during pregnancy. They would drink a tea made from the fruit to ensure the health of the developing baby, and to give the mother strength for the birthing process.



They would wash the head of the newborn baby in the juice to give them strength and make them healthy.

## Cape Honeysuckle/Maagbitterwortel/Koorsbossie/Vêrpis/Karmedik

(*Dicoma capensis*)

What's in a name? The Cape honeysuckle has a myriad of names in Afrikaans— all reflecting a different medicinal use. “Koorsbossie” Fever bush, “Maag bitterbossie” - Bitter Stomach bush, or “Vêrpis” - Urinating far... Concoctions of the plant's root are drunk or used as an enema for blood disorders, intestinal worms, colic, stomach upsets, stomach infections, toothache and haemorrhoids. It is mixed with Milkbush for fever.

The leaves and soft twigs are used in teas for coughs and chest pains. The roots are sometimes chewed by the Xhosa to encourage vomiting if it is suspected that someone ate something poisonous.

There is evidence that it help with prostate problems — hence the name: *Vêrpis*.

Powdered leaves are put on festering wounds of both humans and animals to help it heal.



## Buchu

(*Agathosma Betulina*)

Buchu, has been part of many a household's medicine cabinet for centuries.

The Khoi-San chewed the leaves for stomach aches and used them for all kinds of ailments. Besides being used for almost every stomach ailment, it has become very well known for treating gout, arthritis and other joint and bone pains.

Almost every house has a bottle of Buchu brandy, or a bottle of Buchu vinegar.

It helps with edema from specifically a weakened heart.

Colds, flu and heartburn is often treated with the buchu brandy

(Tincture), while a bandage soaked in the vinegar is specific for Gout and Arthritis.

Boegoe works well for kidney, liver and bladder problems and is one of the best natural cures for bladder infections.

You can apply it to a baby's sore gums when teething, and enjoy a better night's rest.

Try it for prostate problems, specifically where the prostate is enlarged and one needs to get up regularly at night to go to the toilet.

To make Boegoe brandy or vinegar, put half a cup of fresh twigs and leaves in a bottle of brandy or vinegar and shake every day for at least a week before using it.



## African Potato/Star Lilly /Sterretjie/Inkomfe

## (Hypoxidaceae argentea)



For the past decade or so, the 2. Given that it takes the better deal of two years to germinate, and is an extremely slow grower it has the potential of going extinct if we are not careful. It is therefore, crucial to investigate the sustainable agricultural growing of this plant.

African Potato gained a reputation as a miracle plant. However we need to note the following right from the start:

1. It is an already rare Genus, of this the African potato species is the only one with medicinal properties.

This said: The plant root or tuber is dried and crushed to be used in capsules or ointments.

It is world famous for its ability to boost the immune system and is thus used against cancer, TB, asthma, HIV and AIDS, and numerous other chronic diseases.

It helps with bladder and kidney infections, strengthens the heart, shrinks tumors and even calm the nerves. Colds, flu, arthritis and inflammation have also been successfully treated with this plant.

It has been used with great success to keep HIV and AIDS patients healthy. In the Zimbabwean war it was used to help people heal faster after losing a lot of blood. Doctors are currently investigating the use of Star Lilly in the treatment of diabetes, internal bleeding, prostate problems, dizziness and even insanity.

## Black Pelargonium/Kalwerbossie/Umckaloabo

## (Pelargonium sidoides)

Black Pelargonium and its relative with the lighter purple flower— Reniform, have been used by the Khoi-San for years, specifically to treat bronchi-



tis. For this purpose, this plant has no equal and it is sold commercially in Europe to treat bronchitis and pneumonia.

As early as the 1840s, British botanists became aware of this particular plant and started investigating it as a medicine. It was originally researched and used for TB. But like Star Lilly above, it is a highly endangered species. Traditionally, the roots of the plant are harvested and processed into medi-

cine. Hence, Black Pelargonium have gone extinct in large parts.

Good news however, is that recent research has shown that its active ingredients are as present in the leaves as in the root. This holds great promise for the conservation, and sustainable harvesting of the plants.

But like many medicinal plants, its value is not limited to just being a lung medication. It can also be used in cases of bloody stools, liver problems, asthma and stomach problems.

## Devil's Claw

Diabetics can't use Devil's Claw!

This interesting plant must be harvested whole: leaves, roots, seeds and flowers must all be used together in its medicine.

Used in this way, the plant helps with : high blood pressure, arthritis, rheumatism, kidney and liver problems. It numbs the skin where it hurts while a wound is healing. It helps the body excrete excess wa-

ter, helps with heart rhythm, helps with constipation and general health. It works like a natural cortisone.

Devil's Claw removes Uric acid, and therefore relieves fever, cleanses the blood, relieve back pain, syphilis, gout and pain in pregnant women. The liver, gallbladder, kidneys, stomach deodonal ulcers, heartburn, poor appetite, high cholesterol and TB can all be healed by this plant. Externaly it is used for sores, ulcers and scratches.

## (Harpagophytum procumbens)



However— it is essentials in treating gout and joint pain!

**Caution: During the first day or two it can give you a runny stomach!**

## Rhinoceros Bush /Renosterbos

Most people think the Rhinoceros Bush is an unsightly and useless part of the Karoo veld, as no animal eats it. Others see it as a sign of over-grazing — and are ashamed to admit that it grows on their farm.

But even this unwanted plant has medicinal properties. It works remarkably well for stomach ailments, such as indigestion, flatulence, loss of appetite, diarrhea and even duodenal ulcers.

Pick the tops of the bush and dry them. Make a tea from one tablespoon of the dried tops and one cup of boiling water.

Or make a Rhinoceros Bush tincture by adding a cup of fresh or



## (Elytropappus rhinocerotis)

dried leaves to a bottle of brandy or vodka. Have a tablespoon of the tincture, or half a cup of the tea, once a day to aid most stomach ailments.

If you are treating a stomach ulcer, drink the same amount of the tincture or tea, but do it 3 times a day.

Some people from the Richmond district use the tops of the Rhinoceros Bush to steam their blocked noses and tight chest. Boiling water is poured over a handful of tops, a towel used to cover the head, and the hot steam inhaled. This use is area specific, and the medicinal benefits has not been proven yet.

## Arum Lilly

(*Zantedeschia aethiopica*)



This well-known plant from the Western Cape creates the most amazing sight in early spring when thousands of white flowers stand against a dark green background. You usually find them in wetlands, or where the rhizome has its feet permanently buried in damp soil. In the Western Cape it is a popular flower to use for funerals, hence its common name: "Begravnisblom" - funeral flower! This is perhaps more appropriate when we realize that it is deadly if ingested.

The Arum Lilly is used externally for bites, wounds; gout; headaches; boils; rheumatism and open wounds.

The fresh leaves are warmed, placed where needed like a plaster and tied with a bandage. For headaches, the warm leaf are put on the forehead or temples.

**POISONOUS!**  
Not to be taken internally.

## African Milk weed

(*Asclepias fruticosa*)

Many South Africans know the African Milk Weed for its descriptive name, translated as: "Scrotum" plant, and we can see why!

It is not just a weed, but was traditionally planted in many of our gardens because it helps with fainting, constipation, stomach ailments, TB and Coryza.

The leaves are dried, powdered and used as a snuff for colds, Hay fever and Coryza. Dried leaves can be kept for up to 6 months.

The bark is scarred and the milk that is secreted collected and dried. This dried milk can be sniffed like smelling salts for fainting and for relief from TB, and Asthma - but it can lead to a bout of sneezing.

The milk or an extract of the leaves can be drunk as a purgative.



## Sweet Thorn/Soet Doring

(Vachellia Karroo)

We have two Thorn trees in this booklet: The sweet horn and the Camel thorn. They are different species, even look very similar, but has two completely different medicinal uses.

For diarrhea, colds, sore throats and eye infections, steep a cup of bark in a liter of boiling water until the tea turns red. Strain and add half a cup of sugar. Drink this syrup.

For a sore throat, mix a tablespoon of this syrup with water and gargle with it.



To make a mouthwash you collect the resin or sap. This is dissolved in water, and used as a spray or gargle for sore throat.

**DO NOT PUT SWEET THORN TREE  
SAP IN YOUR EYES!**



## Prickly Pear/Turksvy

(Opuntia species)



This is one of those plants that does not come from South Africa, but which can be found on every Karoo farm. Initially planted as an emer-

gency feed for livestock during drought, it is now prized for its delicious fruit and the growing market for a natural sugar syrup made from it. It however has a centuries old tradition of medicinal use in its land of origin: Mexico.

Scientific research shows evidence that the prickly pear helps for a variety of diseases such as: whooping cough, gout, rheumatism, whitlows, diabetes, asthma, croup, burns, bronchitis, scratches and wounds.

Make a medicinal syrup: Chop about a kilogram of leaves, cover with water and boil for about 30 minutes. Strain through a cloth add an equal amount of sugar. And bring to the boil again.

Drink about a teaspoon to a tablespoon of this syrup 3 times a day for relief from whooping cough, croup, bronchitis and asthma. For diabetes, the leaves are boiled, but no sugar is added.

The outer skin is removed and the cool flesh is bandaged to open wounds, a whitlow or skin ulcers. This draws the whitlow to ripen. This treatment can be used on burns as well, but:

You can also peel the outer skin of the leaf, crush it into a pulp and sprinkle bicarbonate of soda over it. Let this mixture stand until a gel is formed. Apply this gel to burns, sores and use as a drawing ointment.

**Comfrey/Smeerwortel**

Like the Prickly Pear, Comfrey is not an indigenous plant, but in folk culture it has been considered indispensable from the earliest settlements. It has a well proven record in helping with a wide range of ailments, such as stomach ulcers, varicose veins, diarrhoea, kidney ailments, inflammation, skin ulcers, burns, acne, abscesses, arthritis,

bronchial asthma, open wounds, bruises, insect bites, bronchitis, bleeding gums, stomach ailments and muscle aches.

The whole plant can be used!

Steep a tea from the plant's leaves, let it stand for 4 hours and use it as a mouthwash, or drink it for stomach ulcers, varicose veins, diarrhoea and kidney problems. Drink half to a full cup of the Comfrey tea 3 times a day for asthma, lung ailments and inflammation in the joints. Dried leaves can be stored in a tightly sealed glass bottle for years, and used as needed.

Mash the roots or fresh leaves into a pulp. Apply this pulp on wounds, burns, pimples and ulcers. Heat the pulp for a sprained ankle or muscle aches. Dried roots and leaves can also be crushed and then mixed

with a little warm water to make a pulp.

Make a decoction of the root by boiling 10 ml chopped rhizome in 250 ml of water or wine for about ten minutes. Soak a cloth in the decoction, and use the soaked cloth as a plaster on the chest and back for bronchitis, muscle and joint inflammation.

The plant is rich in Vitamin B12, which is an essential vitamin in a vegetarian diet. The plant also contains a lot of allantoin which has a healing effect on various parts of the body. It apparently also has a healing effect on bronchial diseases in particular.

**Camel Thorn/Kameeldoring**

Sweet Thorn helps for eyes! Camel Thorn helps for ears! Camel Thorn helps with headaches and coughs, too.

For headaches, pick some young branches and leaves. Burn them and mix the ash with a little water. Drink this mixture.

For inflamed ears, pick the pods and let

them dry. Finely chop, and pour some of this powder into the inflamed ear.

For coughs, dig up some of the plant's roots. Chop into 2 cm pieces, and cook the chopped pieces in water until they turn black. Drink a tablespoon of this 2-3 times a day.

**(Acacia Erioloba)**

## Eucalyptus/Blue Gum/ *Bloekom*

(*Eucalyptus globulus*)

During the Spanish flu pandemic in 1918, my great-grandfather was appointed by the Western Cape Provincial Government of that time to ride from farm to farm to check on the peoples' health. On one occasion found the body of the wife in the kitchen, while the body of her husband was still lying in the bed. Outside were signs that they had already buried their children. The whole family had been wiped out! The Spanish flu was a nightmare — just as Covid is today.

My great-grandfather never got sick and he truly believed that it was Eucalyptus oil that protected him. Every night when he rolled his cigarettes, he dipped the tips of them in the oil and then left them to dry.

By no means do I encourage smoking, but I would like to emphasize how deep our trust in this herbal medicine is. Eucalyptus oil is an in-

gredient in our Vicks that is rubbed on any Childs' chest. Try rubbing it under their feet, or on the spot where they are vaccinated to relieve the pain.

Eucalyptus is essential in treating chest ailments and therefore also croup, cough, colds, flu and bronchitis.

It also helps for ulcers, headaches and sore muscles.

Buy eucalyptus oil at any pharmacy or even from the shelves in your supermarket. If you know of a blue Gum tree in your area—pick some leaves. Make a tea by steeping a tablespoon of the finely chopped leaves in a cup of boiling water. Sweeten with honey and drink. The tea is refreshing and opens a blocked nose as the steam clears the nose while you drink it. Pour a few drops of oil or a handful of leaves into a bowl of boiling water, cover your head with a towel and steam croup

away, or clear your sinuses.

Drink the tea for colds, flu and bronchitis.

Put a pulp of the boiled mashed leaves on a

festring sore as a drawing agent, or place a cooled tea-soaked cloth on the forehead for headache relief. Few people know how effective eucalyptus oil is for relieving joint pains, muscle aches and nerve pains. You can put a few drops on a cloth and bandage the affected area, or massage the area with a few drops.



## *Khakibush African Marigold*

(*Tagetes minuta*)

Drive through the Karoo after a rainstorm, and there is a peculiar odor that hits your nose.

The scent of Kakibush has been described as reminiscent of urine - but this plant is actually processed into an essential oil for the perfume industry and is widely used in boutique gins and rums.



Khakibush works well for hemorrhoids. Boil the leaves, strain and drink about half a cup, 3 times a day. The hemorrhoids might be gone within 3 days.

You can use this infusion as a handy insect repellent, too.

## Bitter Aloe/Red Aloe

The dried, dark juice of the Bitter Aloe is sold in crystal form in almost every pharmacy, mainly because it works excellently for constipation. It works for arthritis, bile problems,



rheumatism, dizziness, sunburn and mild burns as well. It can be bought over the counter in drinks like Timjan or Jigsimur which help for gout and arthritis, and helps your body fight common ailments.

In the Graaff-Reinet area it has been said that Bitter Aloe is a cure for diabetes. This is specific

to the area, but if we look at how many people I have met that use it, there may be some truth to this. A pinch of the dried crystals is drunk on an empty stomach each morning.

The translucent inner part of the leaf is processed into an emollient gel that is used throughout the world in cosmetics. The gel will help heal and nourish dry skin in particular. No wonder it is widely used to heal scratches, wounds and even bruises.

Bitter Aloe is also used to get rid of worms, to cure stomach ailments and even to keep mosquitoes, fleas and ticks away from animals. Traditionally a fresh aloe leaf is left in the drinking water of Chickens, Ostriches and livestock, and a new dog food company is adding aloe crystals to its food to deter ticks and fleas. The idea is that the blood is given a bitter taste that would deter insects.



## (Aloe Ferox)

It helps for sinuses, allergies, abrasions and malaria.

Leaves are harvested from early spring to autumn (in winter and during periods of drought the leaves are thinner with less gel). It is stacked to allow the dark juice to drip from the open end. This juice is dried to make crystals, or store in a bottles. Some will mix this juice with flour to form a thick paste. Shape this like a pill and dry before storing. It is much easier to consume the juice in this pill form.

Peel the outer green part off the leaf to expose the translucent part. Grind this in a mixer, and store the gel.

The general rule is that the dark juice from the thin green part of the leaf is used for internal use (whether in crystal, juice, or pill form). You can consume a crystal, pill or teaspoon of juice up to 2 times a day, but **PLEASE DO NOT TAKE TOO LARGE OF A DOSAGE! THIS CAN LEAD TO STOMACH CRAMPS AND DIARRHOEA.**

For external use, the gel is applied directly to the skin or thin slices of the inner parts can be put and wrapped on burns as a plaster.

## Honey Flower

(*Melianthus Comosus*)

Honey bush is TOXIC! So do not eat it or steep it in a tea under any circumstances!

Used externally, it is an excellent tool in the treatment of wounds, including large open wounds. Plasters made with the pulped leaves are put on open, even septic, wounds, scratches and bruises and bandaged to the affected area. This also works well for back pain, arthritis, rheumatism and gout, and can be used for snake bites. My first encounter with the plant was when

an retired herder from New Bethesda told me about a young mare that was charged at by a bull. The horn left a puncture wound through which you could see the intestines. A pulp of Honey bush leaves we applied daily and bandaged. The wound healed within weeks.

It works well on Bedsores, and when a plaster of the leaves is applied to a sprained ankle, it is often healed by the next day.



## South African Liquorice plant / "Bedding" / Imphepho

(*Helichrysum petiolare*)

"Bedding" - The translation of the common name for this *Helichrysum* species comes from the popular custom of using it as a mattress. The plant's smell keeps insects and bugs away and makes you sleep well. It is also smoked as a painkiller. Tea made from the Liquorice plant is generally used for washing wounds and a plaster is used on wounds to prevent infection. *Imphepho* - the Xhosa name, is burned in large quantities to ward off evil spirits and honour ancestral spirits. A big advantage of this practice, is that the smoke kills and expels bugs and thus basically fumigates the house or area.

The analgesic, sterilizing and insecticidal aspect of this plant make it a hit! The fact that it

has a spiritual aspect adds to its popularity and makes it one of the most well-known and widely available herbs in our Karoo pharmacy.



## Anchor Karoo/Good karoo Bush

(*Pentzia incana*)

Everyone agrees that this is the plant that adds to the distinct Karoo taste of Karoo lamb. But it's more than just food for livestock.

Jan Oormeyer told me that it helps a lot with indigestion and even with Bile attacks after a fatty meal. For relief— chew some fresh twigs and



leaves and swallow the juice. It is also used to aid in an upset stomachs.

Piet Cupido from Murraysburg says that it was a very important medicine during the Spanish Flu of 1918 and that it helps with colds and flu.

For this, a tea is brewed and drunk while hot, 4-6 times a day.

## Sow Thistle/Sydissel

(*Sonchus oleraceus*)



We all know Sow Thistle as the weed that can at least be fed to the chickens. It is lesser-known that it is used for liver problems and jaundice. The fresh leaves can be eaten in salads, and its juice can be squeezed or boiled to make a bitter tea. A teaspoon of this juice or tea

taken three times a day can work wonders as a general health tonic, because a healthy body goes hand in hand with a healthy liver.

Apply the juice to wounds to treat itching.

## Cabbage

(*Brassica oleracea*)

Good and faithful friend, Cabbage! A staple in many of our homes, but also a handy plant to have in the house, especially if you are breast-feeding! Cabbage contains sulfur, vitamin A and several B vitamins. It therefore helps with inflammation and swelling in the breasts if you produce too much milk. The sulfur content helps with skin problems and with both viral and bacterial infections.

Bandage cold fresh cabbage leaves on the breasts for immediate relief, repeat until they feel better.

Cabbage leaves can be crushed and applied to eczema and problem skin, or put the fresh juice on pimples.

To control fungi and infections, grind the seeds and a little water into a pulp and bandage the affected area regularly.

It is indicated in improving heart health, indigestion, cholesterol and to lower blood pressure.



## Stinging Nettle / *Brandnetel*

(*Urtica Dioica*)

This plant, despite its sting when you touch it, belongs in every garden!

It is rich in vitamins A and C, and minerals like magnesium, calcium, boron, potassium and many more. It helps for a variety of ailments such as: internal bleeding, nosebleeds, liver problems, rheumatism, pimples, spots, weakness, gout, gallbladder, eczema, hemorrhoids, diarrhea, dandruff and hair loss. Boil about 10 to 20 sprigs of fresh

leaves, or 8 tablespoons of dried leaves, in a liter of water. Allow to cool and strain. Drink a cup of this tea up to 3 times a day to aid most of the above ailments, or as a general tonic.

Apply this tea to the scalp for dandruff and hair loss or apply it to the skin for eczema.

Make a pulp by crushing the fresh leaves and apply this to rashes, hemorrhoids and blemishes, or make a "plug" to stop a bleeding nose. Ensure that the leaves are crushed well, otherwise the pulp can irritate the skin, causing it to burn and itch



even more. To relief the stinging and itching from the hairs on the Stinging Nettle's leaves, squeeze the fresh juice from the plant and apply it where needed.

## Bitter Bush/Bitterbos

(*Chrysocoma Ciliata*)

In spring, after good rains, seeing these beautiful yellow flowers is an absolute joy to behold. If you grew up in the Karoo you would know that it is like the good Karoo, one of the plants that gives Karoo sheep its characteristic flavor. However, few of us know that it also has a medicinal property. Tea made with Bitter Bush leaves and

boiling water can be steeped to wash wounds, keep syphilis wounds clean and, when the tea is drunk, it helps relieve rheumatism, constipation and stomach fever.

If sheep eat too much of this it cause diarrhea, valsiekte or kaalsiekte.



## Fine-Leaved Felicia/ *Draaibos* or *Steenbok bossie*

(*Felicia filifolia*)

This is the plant that will help you with your children's measles and chests, and a wonderful plant to grow in your garden.

can Wormwood and steenbok manure (yuck!) and steep with boiling water to make a tea that helps with measles.

If you were wondering where one of its Afrikaans names, "Steenbokbossie", comes from: It was traditionally mixed with Afri-

To treat asthma, mix it with Wild Mint, steep in boiling water and drink this tea twice a day.



Plant	Page	Brain & Memory	Headache, fever, stress	Easache	Sinus	Mouth ulcers & Toothache	Lung problems	Stomache probl.	Liver and Bile	Kidneys	Bladder	Women problem	Mens problems	Colds & Flu	Constipation	Diarree	Worms & Parasites	Gout, Arthritis	Open wounds	Boils	Measles	Bloodshugar	Haemeroids	Bleeding	Bloodpressure	Insect repellent
Cape Horehound	8		X														X	X			X					
African Wormewood	8		X	X	X		X							X												
Wild mint	9		X									X							X							X
Lion's tail	9		X				X											X								X
Garlic	10				X		X																			
Cinnamon	10				X		X										X									
Honey	11						X															X	X	X		
Cayenne Pepper	11						X							X										X	X	X
Cancer Bush	13		X											X				X				X			X	
SA Liquorice plant	27																		X							X
Fine-leaf Felicia	29						X														X					
Bitterbessie bos	29							X			X	X											X			
Puncture vine	14												X													
Winter Cherry	15	X	X					X	X	X			X					X	X			X		X		
Scelletium	16		X																							
Cat's Tail	16		X				X			X									X			X			X	X
Wild Garlic	17		X		X		X																			X
Sour Fig	18						X												X			X				X
Dawitjie	17							X	X								X									
Cape honeysuckle	19		X					X					X						X						X	
African Potato	20						X			X	X			X				X				X		X		
Black Pelargonium	20						X	X	X						X											
Buchu	19								X	X	X	X							X							
Devil's Claw	21							X	X	X									X	X						
Arum Lilly	22		X															X		X						X

Plant	Page	Brain & Memory	Headache, fever, stress	Easache	Sinus	Mouth ulcers & Toothache	Lung problems	Stomache probl.	Liver and Bile	Kidneys	Bladder	Women problem	Mens problems	Colds & Flu	Constipation	Diarree	Worms & Parasites	Gout, Arthritis	Open wounds	Boils	Measles	Bloodshugar	Haemeroids	Bleeding	Bloodpressure	Insect repelliant
Prickley Pear	23						X											X	X	X		X				
Rosemary	12		X				X	X	X					X						X	X					
Eucalyptus	25	X	X		X		X							X					X	X						
Sweet Thorn	23		X			X																				
Cabbage	28											X														
Camel Thorn	24			X			X																			
Anchor Karoo	28							X	X																	
Sow Thistle	28								X					X					X							
Bitter Aloe	26		X	X	X	X	X	X							X		X		X	X		X	X			X
Terracotta Gazania	9			X																						
Turmeric	10	X					X	X	X				X					X			X					X
Ginger	12	X	X		X		X	X					X					X								
Beetroot	13											X														X
Christmas berry	14							X	X	X	X				X				X	X	X		X			
Honey Flower	27																		X	X						
Stinging Nettle	29		X			X		X	X									X	X	X			X	X		
African Milk weed	22				X			X							X											
Rhinoceros bush	21							X								X										
Comfrey	24					X	X			X						X		X	X	X		X				
Khakibush	25																						X			X
Bitter Bush	29							X										X	X							

## Glossary of Ailments

This list attempts to give an understandable, but brief explanation of some of the medical terms and conditions that can be treated using the advice given in this guide.

These descriptions are very general and do not replace the expertise of a medical textbook or a doctor.

**Abscess/Whitlow/Felon:** An ulcer full of thick yellow pus that results from infection. The tissue begins to disintegrate, and the abscess can grow very quickly and painful! The tissue around the abscess is usually bright red and hot due to inflammation. It often throbs due to the pressure from the abscess. If left untreated, it can lead to blood poisoning, septicemia and even death. In all cases, it must be opened, this will also relieve any pressure and most of the pain. Treat for infections once opened. Might need antibiotics.

**Acne (Pimples):** This is caused by the clogging of pores and glandular tubes like sweat pores on the skin. Especially in the face, neck and back. It is often accompanied by puberty (the sexual maturation of teenagers). The blockage becomes infected and yellow pus-filled pimples form.

**Acute:** This is a description of the nature of a disease. Acute means the rapid and serious onset of an illness. It usually develops very quickly and leads to recovery or death. For example, acute tonsillitis, or acute coryza. Opposite, of "chronic".

**Aneurysm:** Just as a bicycle tire swells at a weak spot and forms a bubble before it bursts, an aneurysm is a weak

spot in the arteries. It can swell, and "burst" - leading to internal bleeding and quite often - death. Long-term high blood pressure is often one of the causes, but it also triggers the rupture of the artery. It is often fatal, but can be prevented if high blood pressure is kept under control.

**Arthritis/Gout:** Is inflammation of the joints. This includes bacterial arthritis, aseptic arthritis, and acute or chronic gout. Joints are swollen, red, painful to move and feel hot. Gout is a form of Arthritis

**Bacterial arthritis:** This is an inflammation caused by a bacterial infection. The joint fluid is cloudy due to bacteria and pus. It is also known as septic arthritis.

**Aseptic arthritis:** This inflammation is not caused by a bacterial infection, but is often the result of a previous infection such as a bronchial, gastrointestinal or bladder infection. Symptoms of this form of arthritis are pain and swelling. This usually happens a week to three weeks after the primary infection.

**Gout:** Is caused by disturbances in the protein metabolism. The level of uric acid in the blood rises out of control. Uric Acid accumulate and crystallize as urea salts in the cartilage and connective tissue. Thus, a feeling of "sand" in the joints contributes to the pain and swelling of the joint. Kidney stones are a further risk of the accumulation of urea salts in the body. That is why Alkalization is so important.

**Acute gout:** This usually occurs in the toes and most often the big toe. The onset of such a gout attack, usually occurs without warning, and is accompanied by severe pain, redness and swelling around the affected joint. Any touch to the affected area is extremely painful!

**Chronic gout:** In this case, the cartilage in the joints is

broken down and the joint becomes less mobile. This is often the result of sports-, other-injuries, and ageing.

**Bile:** A thick yellow digestive substance that is excreted by the liver. After being stored in the gallbladder, it goes to the duodenum where it breaks down fats into an emulsion which can be absorbed by the body. Sometimes people speak of a bile, or "gallbladder attack". This condition causes discomfort such as nausea, vomiting, extreme pain in the abdomen and a general queasiness. This is usually due to excessive intake of fatty and rich foods, or a gallstone in the bile duct.

**Bites:** are caused by insects (ticks, mosquitos, etc.), animals (Dog, Mongoose, Cat, etc.) and Reptiles (snakes), and is where the teeth, sting or fangs puncture the skin. This can cause infection, necrosis or death from venomous animals. Rabies is another fatal cause of bites, but as a general rule most bites are normally harmless and only cause discomfort and / or lacerations.

**Bleeding:** Bleeding is when life sustaining blood that is contained inside the body leaks out of the body. This usually happens when the skin is broken or punctured by a cut, scratch or laceration. In a superficial (skin deep) case, it is dark red blood that usually leaks out of the capillaries and it can be stopped quickly. This may be painful, but it is not life-threatening. The danger is usually where a deep wound breaks an artery or a large vein. Bleeding from such a deep wound is lighter and bright red in color, blood can gush out in large volumes with the rhythm of the heartbeat. If not stopped quickly, this can lead to bleeding out, shock and death. To stop such a wound, pressure must be applied to the wound and a doctor must be seen for stitches or more as soon as possible.

**Blood Pressure (High):** Also known as hypertension. If the force with which the heart pumps blood is greater than that required for proper circulation, the blood pressure increases. Symptoms such as fatigue and headaches may occur. The headache is usually rooted in the neck and in most cases a person suffers from it in the morning when they get up. Dizziness is also sometimes experienced. It is life threatening and can lead to heart attacks, strokes and aneurysms.

**Blood Pressure (Low):** Also known as hypotension. It is usually not dangerous, but makes one feel nauseous and dizzy. Headaches can also occur.

**Burns:** Burns are divided into three groups. First-degree burns damage the top of the skin. The skin turns red, swells slightly and the area is painful. Second-degree burns involve the appearance on the skin of moisture-filled blisters of varying sizes. Third-degree burns are accompanied by an open wound that has damaged the deeper tissue cell. Third-degree wounds are very susceptible to sepsis and are always extremely painful. PLEASE DO NOT UNDER ANY CIRCUMSTANCES APPLY DRY DOG FAECES AS THE TRADITION STATES - TO THE WOUNDS.

**Chronic:** A condition that describes an illness as persistent and which you will have to live with for most probably the rest of your life. For example, chronic sinuses or chronic pneumonia. Opposite of : "acute".

**Colds:** The first stage of the disease is usually that you do not feel well, you experience chills and irritation in the nose and throat. Within a day or so you get a runny nose, start sneezing, get a sore throat and a cough. Ear-

ache may also occur. (see page 6.)

**Constipation:** This refers to the hardness of the stool, and not its frequency. Diarrhoea occurs when little fluid is absorbed through the intestinal tract, whereas constipation is the opposite as too much moisture is absorbed from the stool. The stool is hard and lumpy and this can lead to painful bowel movements. Pain can be experienced in the abdomen, in the vicinity of the appendix. Sometimes you may see blood in the underwear or pants of children. Regular bowel movements, a purgative and drinking enough water are starting points for treatment.

**Coryza:** An acute inflammation of the mucus walls and associated upper respiratory tract. This is when your nose suddenly and incessantly starts burning and running. This is accompanied by thin watery discharge and frequent sneezing. It can be caused by an allergy, cold, flu or irritation.

**Croup:** A mild cough and hoarseness can often precede this attack that usually occurs at night. A child wakes up and has the characteristic "barking cough" and finds it difficult to breathe (with asthma, inhalation is easy, but there is difficulty exhaling, with Croup inhalation and exhalation is difficult). With inhalation one can hear a rumbling or hoarse sound. False croup is when the mucous membranes swell around the vocal cords and there are breathing problems. Croup usually occurs in children up to 6 years and then it disappears. The cause is often an allergic reaction or an inflammation of the upper airways.

**Dandruff:** These are white flakes of skin on the scalp that can be seen in the hair, and easily worked loose with the fingers. The skin constantly sheds dead cells and when it sheds more cells than it normally does, dandruff forms on

the scalp. It is not a contagious condition nor is it an infection.

**Diabetes:** Is usually due to the reduced production of insulin or an inflammation in the pancreas. As a result, the body is unable to extract sugar (glucose) from the blood. Blood sugar levels rise and sugar is also present in the urine. Symptoms include fatigue, severe thirst and frequent urination. This is a life threatening disease!

**Diarrhea:** The condition has a variety of causes (nervousness, infections, allergic reactions, poisoning, etc.). This happens when the stomach contents move so rapidly through the stomach and small intestine that the water is not absorbed by the duodenum. This results in dehydration.

**Dizziness:** You get a feeling of the room turning black, and a loss of balance or consciousness. True dizziness is caused by a disturbance in the equilibrium in the middle ear, anemia, heart problems or a lack of oxygen supply to the brain.

**Earache:** This may be due to something as simple as a change in air pressure, or it may be an indication of an infection. Earache is common in children and babies and will prevent a baby from being able to nurse because it makes it painful for the baby to suckle. An earache is usually due to an infection in the middle ear which causes otitis media. A child will complain of earache due to toothache, tonsillitis or mumps. The biggest threat and also the most painful of these is otitis media, which can lead to a ruptured eardrum or pus leaking out of the ear. Symptoms of this may include pain in the ear, fever, pus running from the ear, difficulty hearing, inflamed tonsils,

swollen glands and the ear being painful to touch.

**Eczema:** The inflammation of the upper skin layer together with an overproduction of new cells and a lack of natural skin oils to keep the tissue moist. There is no explanation for this, and it can only be treated symptomatically. It occurs at the same time on different parts of the skin in different forms and stages, including redness, swollen skin, blisters, thick flaky skin, painful cracks in the skin, peeling and a thickened horn-like skin layer. It is usually itchy and can become painful when the skin cracks. It gets worse when it is scratched. Once the skin is breached infection from fungal or bacterial contamination may occur. Take less baths, to not wash the natural skin oils away. Keep properly moisturized and treat the symptoms as it occurs.

**Edema:** This is when moisture builds up between cell tissue. The moisture cannot be carried away fast enough and the fluid builds up in normally the lower extremities like the legs. This leads to a painful swelling of the tissue as a result of pressure. If not taken care off the tissue might burst from the pressure. An interesting feature of edema is that one can push a dent into the skin. It is commonly caused by heart, vein or kidney problems and is a sign that must not be ignored. Poor blood circulation, varicose veins or clogged lymph nodes can also cause edema.

**Fainting:** This happens when one loses consciousness due to a drop in blood pressure. Fainting can be caused by a violent emotional reaction during which the blood vessels widen. You might feels dizzy for a few seconds and suffers from cold sweats, nausea, drooling etc.

**Flatulence:** A bloated feeling usually caused by foods such as pears. The digestive tract causes gases in the intestines. After overeating, flatulence can also occur and make one feel very uncomfortable.

**Hemorrhoids:** An itching, burning sensation and pain around the opening of the rectum (anus). Blood vessels around the anus widens, slip through muscle tissue and gets pinched by the sphincter muscles. This pocket of blood can rupture and bleeding can occur. A proven remedy is to mix equal amounts of beeswax, honey and olive oil, and apply it regularly.

**Headache:** A dull or throbbing pain in the head, but which can also be distinguished as:

Temporary headache: This is usually caused by fatigue, overexertion, a blow to the head, etc. It can also be a symptom of an underlying disease, for example anemia, high blood pressure, a viral infection, etc.

Recurrent headaches: These are headaches that occur regularly, such as sinus headaches, tension headaches and headaches associated with injuries such as head, neck or nerve injuries. A special group of headaches arise as a result of vascular disorders, for example migraines and Horton's syndrome.

**Heartburn:** A burning pain in the upper abdomen and lower chest caused by a digestive problem where digestive acid is pushed up into the oesophagus and create a burning sensation. It is not life threatening, but can be should acid flow in your lungs while sleeping, or the problem is persistent. It has nothing to do with the heart.

**Heart Palpitations:** This is usually caused by an arrhythmic heartbeat that can be constant or temporary. Symp-

toms such as a scattered, lame feeling in the chest or a feeling that the heart is beating fast or hard in the chest. At the same time you may experience dizziness and shortness of breath. Sometimes an arm, leg or one side of the body becomes temporarily paralysed.

**Hives (Urticaria):** This is a skin rash that is easy to detect, it looks just like a bee sting – white buds form on a red base. It usually itches, feels hot and can sometimes burn. The hives can be as small as pimples or several centimeters in diameter. It is caused by skin contact with an allergen or by hypersensitivity to a particular food (such as fish, crustaceans, strawberries, cheese, nuts) or medication (such as sleeping pills, penicillin or sulphates). It is also the rash that forms on the skin if you come into contact with a Stinging Nettle plant.

**Inflammation:** This is the response that living tissue has to infection, injury, irritation, etc. It is characterized by a hot, red feeling in the area, swelling and pain. It can be very painful, and can get worse the longer you ignore it. It rarely happens, but sometimes there can be pus as well.

**Influenza:** This is caused by a virus. Its onset is accompanied by chills and a fever that can quickly rise to 40 degrees Celsius. Muscle pain, especially in the arms, chest and back, and also in the legs, as well as headaches. A sore throat, coughing and a stuffy nose are symptoms that develop after a few days. Vomiting and diarrhea may also occur. Bed rest as early as possible in conjunction with treatment of the symptoms is best. You should recover within days unless a secondary infection such as bronchitis or pneumonia develops due to neglect. (See also pg. 6.)

**Jaundice:** This is caused by a viral infection that affects the liver, such as hepatitis or yellow fever. It can be detected when the whites of the eyes, the mucous membranes and the skin becomes a yellowish-brown color and by symptoms such as fatigue, nausea and a lack of appetite. Jaundice symptoms also occur when a person has Hepatitis B and C, or when someone has liver damage due to chronic exposure to toxic substances such as alcohol or herbicides.

**Loss of Appetite:** Loss of the desire to eat.

**Menstruation:** Menstruation is normal, but there are several problems that can occur around this female wonder. Disorders that may occur in this regard are dysmenorrhea, amenorrhea, irregular menstruation and premenstrual tension.

**Dysmenorrhea:** This is the severe menstrual pain that occurs in young women who have not yet had a child. It lasts about 3 days and if you get it you may experience diarrhea, back pain and heavy blood flow.

**Amenorrhea:** This is the absence of menstruation and a symptom of either pregnancy or a more serious problem with the female reproductive system.

**Irregular menstruation:** This occurs in all age groups where the onset of menstruation begins a week and sometimes more, either sooner or later, than menstruation is usually due to occur.

**Premenstrual syndrome:** This often occurs in the age group 30 - 50 years and precedes menstruation. It has an effect on the mood with symptoms of anxiety, depression and short temper. In this state, the body accumulates fluid. During menstruation, the body gets rid of excess fluid again.

**Mouth Sores/Oral Thrush:** Mouth sores are usually not a serious problem and heal within a few days. However, they can be painful, especially for children. They are usually small, cream-coloured sores on the tongue, gums or inside the cheek that often come with stress. A trauma sore such as a burn, laceration from a sharp object, or where a child has bitten themselves, is usually bigger and normally begins as a sore on the inside. Such a sore can get infected, become even more painful and take longer to heal.

**Oral Thrush:** This usually occurs in babies, preventing them from nursing. These are characterised by painful white milky blisters on the inside of the mouth.

**Fever Blisters:** These are caused by the herpes simplex virus. The virus develops around the mouth and leaves painful sores on the lips that cracks open. They usually go away on their own after a few days, but often return annually in the same place.

**Nausea:** A queasy feeling that can lead to vomiting. It is usually caused by the body's reaction to a foreign substance that has been ingested. The body sees it as a threat and therefore wants to get it out! Severe stress, fever, mucus on the chest and overeating can also lead to nausea. Chronic nausea may indicate liver dysfunction, gallbladder problems or pregnancy.

**Nettle Rose:** This is an allergic skin reaction (itching and swelling) that develops rapidly and often goes away on its own. See also: Hives.

**Nosebleeds:** The nose is full of small blood vessels. These vessels are often close to the skin, and when one or more of them are damaged by high blood pressure on a hot day, a scratch in the nose, or a Lego block in a child's

nose, they start to bleed. Nosebleeds are usually not serious, but if they occur frequently a doctor should be consulted. This may be an indication of high blood pressure which can be life-threatening in adults.

**Prostate Gland:** The prostate is one of the glands to which a man's entire existence is linked. Problems around this small gland can lead to problems with urination, affect bladder control, and can cause erectile dysfunction. Without a prostate, an erection is impossible. The short-term prostate inflammation/prostatitis is caused by bacteria or other infectious substances. Symptoms of prostatitis include pressure and a burning pain during urination, as well as a dull pain in the lower abdomen that spreads to the groin, thighs and sacrum vertebrae.

There may also be some clear discharge from the urethra. Joints in the pelvis, knees and ankles are often also affected. However, the most common disorder is the enlargement of the gland. This occurs in men 60 years and older. Early symptoms include a frequent urge to urinate, especially at night and difficulty in emptying the bladder. In cases like these, the stream of urine is thin and weak, and because the bladder is not completely emptied, residual urine remains.

**Rheumatism:** Rheumatism is accompanied by the chronic inflammation of the joints, the connective tissue covering the tendons, mucous membranes and muscles. This inflammation can destroy the cartilage and bone after a while. Rheumatism causes lumps to form near the joints that can be felt through the skin. The inflammation in the joints also cause pain and swelling. Joints may be stiff in the morning. Rheumatism sufferers are often tired, sick and have a slight

fever. The disease often begins in the joints of the fingers and toes.

**Ringworm:** This is a fungal infection of the skin and hair that appears as bald spots on the head and as circular red or grey scaly spots on the skin. As the infection spreads, the edge of the circle remains scaly and the middle begins to look more like normal skin. It is usually accompanied by itching on the red spots of the ringworm.

**Sore Throat:** This is exactly what it says: a sore throat. It can be caused by swallowing something hard, hot or large, but usually it is caused by a ruptured mucous membrane due to snoring, or a painful inflammation of the upper respiratory tract due to a bacterial or viral infection. The throat becomes red, swollen and itchy. Colds, flu, coughs and fever are usually symptoms associated with this inflammation.

**Toothache:** This is a consequence of tooth decay. The protective outer layer of the tooth has been eaten away to such an extent that the decay penetrates the soft core of the tooth, where the nerves are, causing pain. A sinus infection can sometimes be confused with toothache.

**Varicose Veins:** These are an enlarged network of veins, mostly on the surface of the legs. They are caused by the weakening of the vein walls. Symptoms also include pain and a feeling of heaviness in the calves.

**Warts:** These are small innocent bumps caused by a virus. They consist of an excess of dead cells protruding above the skin surface. They can occur alone or in large numbers all over the body or genitals. Small black dots in the warts are blood vessels and not dirt. Warts are usually not painful or serious.

**Wounds:** These are caused by external injuries such as abrasions, cuts and stab wounds. Superficial injuries only damage the epidermis or upper layer of skin, while deeper injuries also damage the fat under the skin, the blood vessels, nerves, muscles and tendons. Blood and tissue fluid always leak from a wound. The greatest danger that can arise from wounds is bleeding and infection. Often reduced mobility of the wounded body part also results.







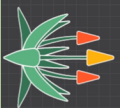
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