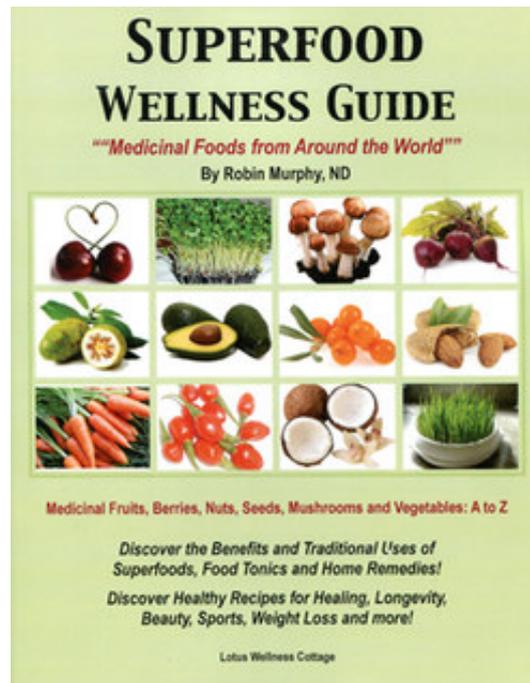


# Robin Murphy Superfood Wellness Guide

Extrait du livre  
[Superfood Wellness Guide](#)  
de [Robin Murphy](#)  
Éditeur : Lotus Health



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## BASIL OIL (Ocimum Basilicum)



### Basil Oil - Profile

**Botanical Name** - *Ocimum basilicum*. Basil has many aromatic properties. *Ocimum* is derived from the Greek word *osme*, which means to smell.

**Common Names** - Basil. Sweet Basil. St. Joseph's Wort. The name "**basil**" originates from the ancient Greek term *basilikohn*, which means "royal," exposing the nobility the ancients saw within the herb.

**Description** - Basil, is a very common term for the herb *Ocimum basilicum* of the family *Lamiaceae* (mints), commonly known as Saint Joseph's Wort in certain English-speaking nations. Basil essential oil is popular in Europe, Central Asia, India and Southeast Asia. The oil has a watery viscosity and is pale greenish-yellow in color. The aroma is dear, light and peppery and gives a sweet, green top note to blends. The essential oil comes from North Africa, Cypress, Seychelles and Europe.

**Nutrition** - Basil oil is also a good source of Vitamin A, magnesium, potassium, iron, and calcium.

**Actions** - Antibacterial. Anti-inflammatory. Anti-depressant. Antiseptic. Anti-spasmodic. Carminative. Digestive. Emmenagogue. Expectorant. Febrifuge. Nervine. Stomachic. Tonic.

**Clinical** - Abrasions. Acne. Allergies. Amenorrhea. Anxiety. **Arthritis**. Asthma. Autism. Bacterial, infections. **Bites**. **Bladder, infections**. Blood, sugar. **Bronchitis**. Bums. Bursitis. Carpal tunnel syndrome. **Colds**. Constipation. Coughs. **Cramps**. Cuts. **Depression**. Diabetes. Diarrhea. Earaches. **Fatigue**. Flatulence. Food, poisoning. Frozen shoulder. Gout. **Headaches**. Hepatitis. Hernia. Hiccups. Indigestion. Infections. Infertility. **Inflammation**. **Insect bites**. Migraines. **Motion sickness**. Mouth, ulcers. Muscular dystrophy. **Nausea**. Pneumonia. Psoriasis. Pyorrhea. Radiation. Respiratory, problems. Ringworm. Sinus infection. Skin, diseases. Snake, bites. Spider, bites. **Spasms**. Stings. Viral, infections. Whooping cough. Wounds.

**Preparations** - The oil is extracted by steam distillation from the leaves and the flowering tops.

## Basil Oil

**History** - The leaves and seeds of the basil plant are the important medicinal parts of this herb, which is regularly used in cuisines and recipes all over the world. Basil essential oil is popular in Europe, Central Asia, India and Southeast Asia. The oil is extensively used for culinary purposes in the Mediterranean region and still forms the active ingredient of many Italian recipes such as pesto. It is also used when making pasta and salads.

Basil was widely used in ancient times in place like India for various medicinal purposes (Ayurvedic medicine). The herb was used to treat diarrhea, cough, mucous discharges, constipation, indigestion, and certain skin diseases.

The oil is extensively used for culinary purposes in the Mediterranean region and still forms the active ingredient of many Italian recipes such as pesto. It is also used when making pasta and salads.

The health benefits of basil essential oil include its ability to treat nausea, motion sickness, indigestion, constipation, respiratory problems, and diabetes.

Basil oil is a good tonic for the treatment of nervous disorders and stress related headaches, migraines and allergies. It is used to clear the mind and relieve intellectual fatigue, while giving clarity and mental strength.

One of the primary medicinal uses for basil is for its anti-inflammatory properties. This effect stems from eugenol, a volatile oil in basil that blocks enzymes in the body that cause swelling, making basil an ideal treatment for people with arthritis.

It has a beneficial action on the respiratory tract and is often used for asthma, bronchitis and sinus infections. It furthermore is also effective in cases of constipation, nausea, vomiting and cramp, and is also good when used for menstrual problems.

Due to the emmenagogue properties, it is often used to relieve scanty periods and normalizing menses.

It helps to minimize uric acid in the blood, thus relieving gout. It is useful in arthritis as well and when used on the skin, it helps to control acne. In general it refreshes the skin and can also be used on insect bites.

Basil oil is a very beneficial oil and can be helpful not only for headaches and migraines, but also has an uplifting effect on depression.

It is effective in digestive disorders, ranging from nausea to hiccups, and for infections in the respiratory tract. It is useful for wasp and insect bites, particularly that of mosquitoes.

**Anenorrhea** - (Absence of a Menstrual Cycle) Apply basil essential oils as directed above to the ankles and heels of the feet and over the lower abdomen.

**Autism** - Massage one drop of oil and three drops of coconut oil into the feet nightly.

**Bronchitis** - Diffuse the oil throughout the room or home, add a 1-2 drops to a steam tent or bath and massage into the chest.

**Bursitis** - Massage into the areas of inflammation and pain.

**Carpal tunnel syndrome** - Dilute with 3 drops of coconut oil and apply to the affected area. Massage toward the shoulder, putting moderate pressure along the tendons and muscles as if "stripping".

**Circulation** - Basil essential oil improves blood circulation and helps to increase and optimized various metabolic functions of the body.

**Cosmetic** - Basil essential oil is used topically and massaged into the skin. It enhances the luster of dull-looking skin and hair. As a result, it is extensively used in many skin care supplements that claim to improve the tone of your skin. It is also commonly used to treat the symptoms of acne and other skin infections.

**Cramps** (Abdominal) - Can be taken internally (such as within capsules) or massages into the inflicted area.

**Cuts** - Use to prevent infection by diluting and applying to the area.

**Digestion** - Basil essential oil is also used as a digestive tonic. Since basil oil has carminative properties, it is used for treating indigestion, constipation, stomach cramps and flatulence. It provides immediate relief from the gas in your stomach and intestines. It also has colic qualities and is therefore used to alleviate bowel pain.

**Earaches** - Dilute one drop of basil essential oils with 3 drop of carrier oil and massage behind, over and around the ear. Do not use in the ear.

**Fatigue** - Use basil essential oils topically on the feet or by diffusing them aromatically.

**Frozen shoulder** - Mix with a carrier oil and massage into the area once a day.

**Hair** - For greasy and oily hair. Add a drop to your shampoo or mix with baking soda, water and apple cider vinegar and shampoo as normal.

**Healing** - Use topically, on the base of the feet or over the area of concern when indicated.

**Hernia** • Gently massage topically over the area.

**Hiatal Hernia** - Gently massage topically over the area.

**Infections** • Basil oil is good for treating a variety of infections such as cuts, wounds, skin infections, and bladder infections due to its antibacterial properties. It is also good for viral infections that attack the body and can enter the body through other wounds.

**Infertility** - Diffuse throughout the home for 20 minutes a day and apply topically around the reflex points of the ankles and feet and over the reproductive organs.

**Insect or Bee Bites/Stings** - Dilute the basil essential oils with three drops of carrier oil and massage into the bites 1-3 times a day.

**Labor pains** - Massage into the lower back, into the reflex points of the feet during labor transition.

**Lactation** (Increasing) - Massage a single drop into the breasts, always move toward the glands under the arms.

**Mental fatigue** - Diffuse aromatically to uplift and stimulate the senses, or massage into the toes and feet.

**Migraines** - Diffuse aromatically to relief pain or massage into the temples, base of neck and over the areas of pain.

**Mouth, ulcers** - Add a drop to water and rinse the mouth 1-3 times a day as indicated. You might also consider adding a drop of lemon essential oil and a drop of Myrrh oil.

**Muscle, spasms** - Massage into the inflicted area. Consider using arnica oil as well.

**Muscular dystrophy** - Massage topically over the body, and into the reflex points of the feet.

**Ovarian cyst** - Diffuse throughout the room for 20 minutes a day or inhale from a steam tent, and massage over the ovary itself 1-2 times a day.

**Pain relief** - Basil essential oil is an analgesic and provides relief from pain. That is why this essential oil is often used in the treatment of arthritis, wounds, injuries, burns, bruises, scars, sports injuries, surgical recovery, sprains, and headaches.

**Respiratory** - Along with its function in relieving coughs, it can also be used to treat asthma, bronchitis, and sinus infections.

**Schmidts syndrome** - Massage topically into the reflex points of the feet.

**Smell, loss** - Use aromatically by sniffing the bottle, diffusing, etc as well as topically over the reflex points and over the sinuses (avoid the eyes and test for sensitivity).

**Snake, bites** - Dilute lightly and gently apply to the area.

**Spider, bites** - Apply a single drop the area (dilute for sensitive skin).

**Stress** - Basil essential oil has a refreshing effect when smelted or consumed, so it is used for treating nervous tension, mental fatigue, melancholy, migraines and depression. Due to the calming nature of basil essential oil, it is widely used in aromatherapy. Regularly using this essential oil provides mental strength and clarity.

**Sweating** - To induce sweating. Use with or without dilution depending on your skin sensitivity to help cleanse the lymphatic system.

**Viral Hepatitis** - Use aromatically by diffusing or inhaling when indicated, and massage into the feet and over the body.

**Vomiting and nausea** - Basil essential oil can be used to prevent vomiting, particularly when the source of the nausea is motion sickness, but also from many other causes.

## Basil Oil

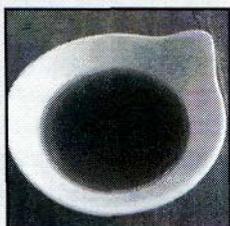
**Wounds** - When indicated, gently apply to the area of concern or over the reflex points for the feet and hands.

**Notes** - Basil essential oils have shown to have the most benefit on the cardiovascular, muscular and skeletal systems of the body. Basil essential oil blends well with bergamot, clary sage, clove bud, geranium, lime, lemon, hyssop, juniper, eucalyptus, neroli, marjoram, rosemary, melissa and lavender.

Precaution: Avoid during pregnancy (stick with basil leaves in cooking instead). Not for use by anyone with epilepsy. Possible skin sensitivity may occur.

Essential oils may be natural, but that doesn't mean they aren't powerful. Remember that this guide is in no way here to replace medical advice or your own judgment. Consult your doctor, always do a skin test and use caution.

### Basil Infused Oil



Most recipes call for whirring olive oil & basil in the food processor. This technique will produce a much greener looking oil. Yields 2 cups

#### Ingredients:

2 cups extra virgin olive oil  
1 1/2 cup fresh basil leaves

**Directions:** Chop basil finely. Place basil and olive oil into a small sauce pan and heat over medium high heat for 5 minutes. Remove from heat and let basil and olive oil steep for at least 30 minutes. Strain mixture into a jar and keep in an air tight container for up to 1 month.

## Basil Oil

### Basil Essential Oil



**Aromatically** - Can be diffused in the air or inhaled directly. Can be air diffused at intervals throughout the day. Has been diffused to repel bugs.

**Bath.** Can be added to bath salts to relax muscles and calm nerves.

**Cooking** - Add 1-3 drops to a sauce or water. (We suggesting using it in a way that can evenly mix the oil throughout the recipe to avoid one giant flavor patch on something like rice or pasta.)

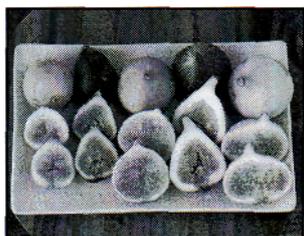
**Internally** - Can be used in cooking, adding a drop to purified water or taken as a dietary supplement, diluting 1 drop in 1 teaspoon of honey or 4 oz of non-acidic, non-dairy beverage.

**Massage.** For soothing massage for tight, cramped muscles.

**NEAT** - NEAT means you can generally apply the oil without any dilution, directly to the skin. However, it's always a good idea to patch test your own skin first, just in case, as sensitive skin types may react.

**Topically** - Can be applied directly to the skin or within a carrier oil, such as coconut oil, for young or sensitive skin. Start with one drop to 1-3 teaspoons of carrier oil and increase as needed.

## FIGS (Ficus Carica)



### Figs - Profile

**Botanical Name** - Ficus carica. It is a species of flowering plant in the genus Ficus, from the family Moraceae.

**Common Names** - Figs. Anjeer.

**Description** - Figs grow on the Ficus tree, which is a member of the Mulberry family. Figs are native to the Middle East and western Asia, it has been cultivated by man since ancient times, and is now widely grown throughout the world, both for its fruit and as an ornamental plant.

Figs range dramatically in color and subtly in texture depending upon the variety. The majority of figs are dried, either by exposure to sunlight or through an artificial process, creating a sweet and nutritious dried fruit that can be enjoyed throughout the year.

**Nutrition** - Health benefits of figs can be attributed to the presence of minerals, vitamins and fiber in them. Figs contain vitamin A, vitamin B1, vitamin B2, calcium, iron, phosphorus, manganese, sodium, potassium and chlorine. A 1/4 cup serving of dried figs contains 93 calories, 1 gram of protein, 0.4 gram of fat and 24 grams of carbohydrate, including 4 grams of fiber, or 16 percent of the daily value for fiber.

**Actions**- Nutritive tonic.

**Clinical** - Abscesses. Acne. Allergies. Anemia. Asthma. Blood sugar. Boils. Bronchitis. Cholesterol. **Constipation.** Coughs. Diabetes. Diarrhea. Earache. Eczema. **Fatigue.** Fever. Hemorrhoids. **Indigestion. Malnutrition.** Macular degeneration. Leucoderma. Lung, disorders. Osteoporosis. Psoriasis. Sexual, weakness. Sore throat. Stomach, ache. Ulcers. Venereal, diseases. Vitiligo.

**Preparations** - Fresh fruit. Dried fruit. Juice. Paste.



## Figs

**History** - Figs can trace their history back to the earliest of times with mentions in the Bible and other ancient writings. They are thought to have been first cultivated in Egypt

They spread to ancient Crete and then subsequently, around the 9th century BC, to ancient Greece, where they became a staple foodstuff in the traditional diet. Figs were held in such esteem by the Greeks that they created laws forbidding the export of the best quality figs.

Figs were also revered in ancient Rome where they were thought of as a sacred fruit. According to Roman myth, the wolf that nurtured the twin founders of Rome, Romulus and Remus, rested under a fig tree. During this period of history, at least 29 varieties of figs were already known.

Figs were later introduced to other regions of the Mediterranean by ancient conquerors and then brought to the Western Hemisphere by the Spaniards in the early 16th century. In the late 19th century, when Spanish missionaries established the mission in San Diego, California, they also planted fig trees. Today, California remains one of the largest producers of figs in addition to Turkey, Greece, Portugal and Spain.

Figs can serve as an alternative source of calcium for those who are allergic towards dairy products. Fig juice can be an excellent substitute for those suffering from milk allergies and lactose intolerance.

Figs are one of the healthiest foods on the planet, so it's unfortunate that the only time some people encounter them is in a Fig Newton cookies.

Figs have been used in traditional medicine for lowering cholesterol levels and treating diabetes, constipation and skin problems like vitiligo, psoriasis and eczema.

A glowing skin or good eyesight in old age is some of the advantages of this antioxidant rich food. Not only are figs healthy, but did you know that fig leaves are edible and have many health benefits themselves? In fact, fig leaves may have more significant benefits than the fruit.

The health benefits of figs include treatment of constipation, indigestion, hemorrhoids, diabetes, sexual weakness, cough, bronchitis, and asthma. It also helps in gaining weight after illness.

Figs are also good for fever, earache, boils, abscesses, venereal diseases and is excellent for the liver. Since they are also good for digestion, they help in treating constipation, indigestion, stomach ache, etc.

## Figs

**Acne** - Fresh figs have a good amount of water in it, they can serve as a good skin cleanser. On application of fresh mashed figs, it can cure skin problems like acne and pimples.

**Alkaline** - Fig is a highly alkaline food, therefore helps to regulate the pH of the body.

**Anemia** - When figs are taken with coconut milk, it can bring about improvement in anemic condition.

**Antioxidant** - Figs are rich in flavonoids and polyphenols. These are antioxidants, which prevent the damage caused by free radicals. One study found that eating just two medium dried figs caused a significant increase in antioxidant activity in the body.

**Bones** - Foods like figs, that have high calcium levels are good for the bones. Calcium along with potassium work to promote bone density and strength. Simply include figs in your diet to get maximum benefits. It maintains the normal bone density. Thus prevents the development of bone related disorders like osteoporosis in old age. Fig health benefits includes the role of supporting healthy bones.

**Bronchitis** - Fig leaf tea is considered by many to be an effective home remedy for bronchitis and other lung ailments such as asthma.

**Calcium** - Figs are one of the highest plant sources of calcium. People having high salt diet may be affected by increased urinary calcium loss. Potassium content in figs helps to avoid that. Calcium helps to strengthen the bones, while potassium reduces calcium loss through urine, ensuring that the body has both the nutrients in abundant.

**Cholesterol** - Figs contain Pectin, a soluble fiber. When fiber goes through the digestive system, it mops up globes of cholesterol and carries them out of body.

**Constipation** - Figs are known for its soothing and laxative properties. Figs treat and prevent constipation. There are 5 grams of fiber in a three figs serving. So, the fiber helps in healthy bowel function and prevents constipation.

**Diabetes** - Fig leaves reduce the amount of insulin needed by diabetic patients who have to take insulin injection. Fig is rich in Potassium. Potassium helps to control blood sugar. Fig leaves have anti-diabetic properties.

**Eyesight** - Figs are good for eyesight. They are excellent sources of vitamin A, which prevents deterioration of eyesight that occurs with age. Eating figs regularly is the best choice you have for maintaining optimum eye health.

**Fiber** • They are one of the most fiber rich foods. Because of this, they may have a laxative effect. Dried figs have more fiber per serving than any other fruits. Fiber lowers your risk for high cholesterol, heart disease and constipation.

**Heart** - Dried figs contain phenol, Omega-3 and Omega-6. These fatty adds reduce the risk of coronary heart disease.

## Figs

**Hypertension** - People used to take more sodium in the form of salt. Low potassium and high sodium level may lead to hypertension. Figs are high in potassium but low in sodium, Therefore, it helps to avoid hypertension.

**Iron** - Fig health benefits includes correction of anemia. Figs have high iron and folate content. This is highly beneficial for iron deficient anemic individuals, along with heavily menstruating, pregnant and lactating women.

**Lungs** - Figs are very useful in various respiratory disorders including bronchitis, whooping cough and asthma.

**Macular degeneration** - Vision loss in older people is due I macular degeneration. Fruits and figs generally are good to avoiding this condition.

**Manganese** - Figs are a good source of the trace mineral manganese.

**Osteoporosis** - Bones weaken due to diet and aging leads to brittleness and thinning of the bones. This may eventually lead to osteoporosis and/or arthritis. Figs help prevent osteoporosis because of its high calcium content along with potassium increase bone density and strength.

**Potassium** - Figs are a great source of potassium, a mineral in which many people are deficient. Potassium is necessary for proper heart, muscle and digestive function. Potassium helps to regulate blood pressure and other bodily functions.

**Sexual** - Figs are known since ages for reducing sexual weakness. Soak 2-3 figs in coconut milk overnight and eat them mornings to enhance sexual performance.

**Skin, care** - Figs also has antiseptic and emollient properties, making it an excellent home remedy for skin care. Fig fruits are good for our skin as they are rich in antioxidants. They provide excellent anti-aging effects. The juice of fresh figs can cure corns and calluses. When baked figs are applied on the skin, it can bring down various forms of skin problems such as boil and abscess.

**Sore, throat** - The high mucilage content in figs, helps to heal and protect sore throats.

**Triglycerides** - According to research, fig leaves lower triglyceride levels. When the body has high triglycerides, a person is at risk for heart disease and obesity.

**Ulcers** - A popular natural remedy for ulcers calls for crewing and swallowing fig leaves.

**Weight loss** - Figs helps to reduce weight and is recommended for obese people. The fiber in figs may also help you lose weight since it makes figs more filling, helping you eat fewer calories. Figs also result in weight gain, especially when consumed with coconut milk.

## FLAXSEED OIL

(Linum Usitatissimum)



### Flaxseed Oil - Profile

**Botanical Name** - Linum usitatissimum. The "linum" part of this name sounds a lot like "linen," which is a fabric that has been made from flax for over 3,000 years. The "usitatissimum" part of its name means "of greatest use" in Latin.

**Common Names** - Flaxseed. Linseed.

**Description** - Flaxseed oil comes from the seeds of the flax plant (Linum usitatissimum).

**Nutrition** - Flaxseed oil comes from the seed of the flax plant. It contains 50 - 60% omega-3 fatty acids in the form of alpha-linolenic acid (ALA). Flaxseed oil contains both omega-3 and omega-6 fatty acids, which are needed for health. Flaxseed oil contains the essential fatty acid alpha-linolenic acid (ALA), which the body converts into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Phytoestrogens (plant estrogens) called lignans may also be present in varying quantities, although these are more prevalent in whole or ground flaxseeds than in the oil.

**Actions** - Antioxidant.

**Clinical** - Acne. Arthritis. Asthma. Atherosclerosis. Blood pressure. Breast, cancer. Bruises. **Cancer**. Cholesterol. Colitis. **Constipation**. Crohn's disease. Dandruff. Diabetes. Diverticulosis. Eczema. Gallstones. Heart, disease. Hemorrhoids. Hormonal, problems. **Hot, flashes**. Impotency. **Indigestion**. Infertility. Melanoma. **Menopause**. Menstrual, cramps. Osteoporosis. Ovarian cysts. Prostate, problems. Rheumatism. Sjogren's syndrome. Skin, problems. Sprains. Stroke.

**Preparations** - Flaxseed oil is available in liquid and soft gel capsule forms. Flaxseed oil may turn rancid if it is not refrigerated. Flaxseed oil requires special packaging because it is easily destroyed by heat, light, and oxygen. The highest quality flaxseed products are made using fresh pressed seeds, bottled in dark containers, and processed at low temperatures in the absence of light, extreme heat, or oxygen.

## Flaxseed Oil

**History** - This plant has served not only as a food source and source of linen, but also for the creation of sails on sailing ships, bowstrings, and body armor.

Flaxseed is known in many parts of the world as "linseed," although most of the linseed oil sold in the United States is not food grade and is sold instead for use as a wood finish and preservative.

A rich source of healing compounds, flaxseed has been cultivated for more than 7000 years. Flaxseed is the seed of the flax plant, which may have originated in Egypt.

Flaxseed was cultivated in Babylon as early as 3000 BC. In the 8th century, King Charlemagne believed so strongly in the health benefits of flaxseed that he passed laws requiring his subjects to consume it. Now, thirteen centuries later, some experts say we have preliminary research to back up what Charlemagne suspected.

It grows throughout Canada and Northwestern United States. The most common folk or traditional use of flaxseed is as a laxative; it is also used for hot flashes and breast pain.

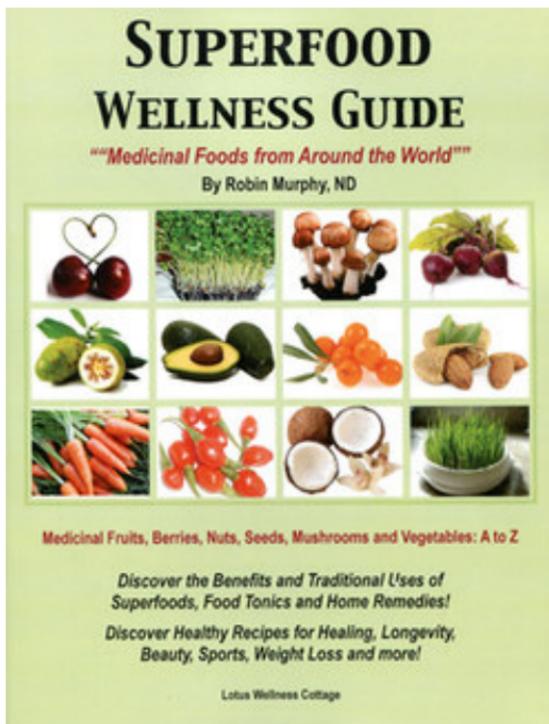
Flaxseed oil has different folk or traditional uses, including arthritis. Both flaxseed and flaxseed oil have been used for high cholesterol levels and in an effort to prevent cancer.

Clinical studies suggest that flaxseed oil and other omega-3 fatty acids may be helpful in treating a variety of conditions. Omega-3 fatty acids have been shown to reduce inflammation and help prevent certain chronic diseases, such as heart disease and arthritis.

Getting a good balance of omega-3 and omega-6 fatty acids in the diet is important. These essential fats are both examples of polyunsaturated fatty acids, or PUFAs. Omega-3 fatty acids help reduce inflammation, while many omega-6 fatty acids tend to contribute to inflammation.

A healthy diet should consist of roughly 2 - 4 times fewer omega-6 fatty acids than omega-3 fatty acids. The typical American diet, however, tends to contain 14-25 times more omega-6 fatty acids than omega-3 fatty acids. Many researchers believe this is a significant factor in the rising rate of inflammatory disorders in the United States.





Robin Murphy

[Superfood Wellness Guide](#)

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