



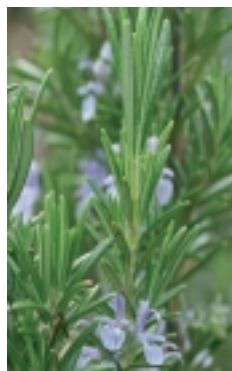
# Gardening for your senses

Your garden should be pleasure for your senses, beautiful colours for you to see, smells to fill your nostrils, knobby tree barks to touch, a haven for birds to express their song and a tranquil space for you to sit and clear your mind.

A great way to bring scent and colour into the garden is by creating a herb garden. Not only does it smell wonderful but herbs can be used for cooking and if you are feeling a little more creative, for Herbal remedies too!

Garden centres can offer a wonderful selection so here are a few favourites for you to try.

## Rosemary



Rosemary can bring quick relief to headaches caused by overwork and nervous tension. It is also used to stimulate digestion and blood flow throughout the body.

Traditionally it has been used to strengthen the memory and is taken to aid study and exam performance.

Taken fresh from the garden it can be used in flavouring dishes such as roast lamb, soups and tomato based sauces.

## Peppermint

Commonly taken after a meal to aid digestion, the infusion is a useful remedy for wind, bloating, headaches and migraines linked to digestive weakness.

Hot peppermint tea encourages sweating and is used to cool fevers. Drink tea or apply 1-2 drops of peppermint oil to the forehead to relieve headaches.



## Lavender

Dried lavender flowers and their essential oil revives the spirit. A bottle of this essential oil should be in everyone's first aid box.

Lavender has calming qualities which soothe stress-related headaches. A few drops of essential oil in a burner or on your pillow can help to improve sleep quality.

Lavender oil can be applied directly on the skin for pain relief, for conditions

such as burns and shingle sores, it can be applied to the cheek if toothache is present, and a few drops of oil on cotton wool plugged into the ear relieves mild earache.

Lavender can be picked and dried and used as decoration in the house or filled into little pouches to put on coat hanger to freshen the wardrobe.

The flower heads can also be removed and used in cooking.

For more information on Herbs and their herbal uses read Herbal Remedies by Andrew Chevallier (see book Review) ISBN 978-1-4053-1282-0

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