



HYSSOP

(*Hyssopus Officinalis*)

by
The Reformed Bohemian



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HYSSOP

(*Hyssopus Officinalis*)

Hyssop is a wonderful warming dry herb that can help with relieving catarrh, improving circulation and improving kidney function amongst many other healing properties.

About Hyssop

Hyssop is a wonderful warming dry herb that has a pleasant spicy aroma although a slightly bitter taste. Due to its diaphoretic properties Hyssop can be used to induce sweating during an illness to speed up the healing process, together with its expectorant properties it can help shift catarrh and bring relief to colds and flu, these same expectorant properties also make Hyssop a great herb to use if you have conditions such as COPD, bronchitis and asthma.

Hyssop is also a stimulating herb which can help to stabilize blood pressure and increase blood circulation, this can also make it a good herb to use for digestive issues particularly in the case of constipation. Hyssop can also help to relieve some skin conditions particularly conditions where the skin has erupted such as chicken pox. As if that wasn't enough Hyssop can also help to relieve kidney, bladder and spleen complaints due to its diaphoretic properties.



Benefits of using Hyssop

Hyssop is a dry warming herb that can be effective when used for a number of conditions.

Therapeutic action

Diaphoretic,, Diuretic, Stimulant, Expectorant, Aromatic, Tonic, Vermifuge, Aperient, Carminative, Pectoral, Febrifuge and Vulnerary.

Can be used for:

Colds, Coughs, Fevers, Bronchitis, Hoarseness, Sore Throats, Tonsillitis, Lung Complaints, Scarlet Fever, Chicken Pox, Kidney and Liver Complaints, Tuberculosis, Asthma, Chronic Catarrh, Bruises, High Blood Pressure, Stomach Complaints, Flatulence, Dyspnoea, Epilepsy and to Expel intestinal parasites.

- **Digestion/IBS** - Hyssop has stimulating properties that can help stomach cramping and relieve the discomfort associated with constipation
- **Urinary Tract Infections** – Hyssop can be used to relieve kidney, bladder and spleen complaints due to its diaphoretic and diuretic properties which can help to boost urine flow and help with detoxifying and ridding the body of toxins.
- **Respiratory Tract Infections** – Due to its expectorant properties Hyssop is an excellent herb to use to relieve respiratory conditions such as COPD, Bronchitis and Asthma, as a general tonic Hyssop can help restore vitality and good health.



- **Catarrh and Congestions** -Due to its diaphoretic properties Hyssop can be used to induce sweating during an illness to speed up the healing process, together with its expectorant properties it can help shift catarrh and bring relief to colds and flu, as a general tonic Hyssop can help restore vitality and good health.
- **Fever** – Hyssop is a febrifuge which means it can help to reduce the temperature and fever caused by infections.
- **Circulation** - Hyssop can be used to help stabilise blood pressure and increase blood Circulation.
- **Skin Conditions** - Hyssop can also help to relieve some skin conditions particularly conditions where the skin has erupted such as chicken pox.
- **Sore Throats** - Hyssop can be effective in relieving sore throats.



Preparations

Hyssop can be taken in a number of forms such as fluid extract, infusion and tincture.

Dosages

The basic dosages are as follows:

- Tincture - $\frac{1}{2}$ - 1 teaspoon 3 times per day.
- Infusion - 1 tablespoon taken as needed.
- Powder - $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon taken as needed.
- Fluid Extract - $\frac{1}{2}$ to 2 teaspoons 3 times per day.

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



Ways to Use

Orally

Sore Throats

- Hyssop can be made into an infusion and once cooled can be used as gargle for sore throats and tonsillitis.

Make an infusion Hyssop, use warm as a gargle 3 times per day for general infections but can be used as needed in the case of a severe infection.

Respiratory Tract Infections

- Drinking a warm infusion of Hyssop tea can be effective in relieving colds, flu, bronchitis and chest infections.

Tea - Drink 1 cup of cold Hyssop tea 3 times a day or as needed until the infection has cleared.

or

Tincture - 1 teaspoon 3 times per day.



Catarrh/Congestion

- Drinking a warm infusion of Hyssop tea can be effective relieving congestion and stimulating the movement of catarrh and mucus.

Tea - Drink 1 cup of cold Hyssop tea 3 times a day or as needed until the infection has cleared.

or

Tincture - 1 teaspoon 3 times per day.

Fevers

- Drinking a cold infusion of Hyssop tea can be effective reducing fevers.

Tea - Drink 1 cup of cold Hyssop tea 3 times a day.

or

Tincture - 1 teaspoon 3 times per day.

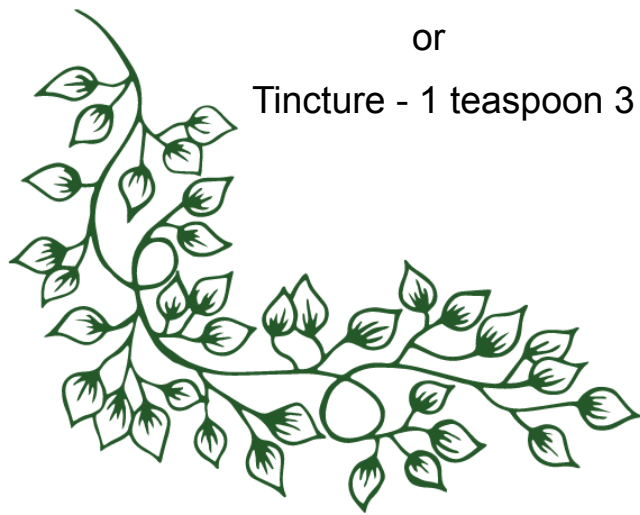
Urinary Tract Infections

- Drinking a cold infusion of Hyssop tea can be effective relieving urinary tract infections affecting the kidneys and bladder.

Tea - Drink 1 cup of cold Hyssop tea 3 times a day or as needed in severe infections.

or

Tincture - 1 teaspoon 3 times per day.



Digestion/Constipation

- Drinking a warm infusion of Hyssop tea can be effective relaxing the bowels and relieving the discomfort often accompanying constipation.

Tea - Drink 1 cup of warm Hyssop tea 3 times a day or as needed in severe cases.

or

Tincture - 1 teaspoon 3 times per day.

Circulation

- Drinking a warm infusion of Hyssop tea helps to boost blood circulation and stabilise blood pressure.

Tea - Drink 1 cup of warm Hyssop tea twice a day.

or

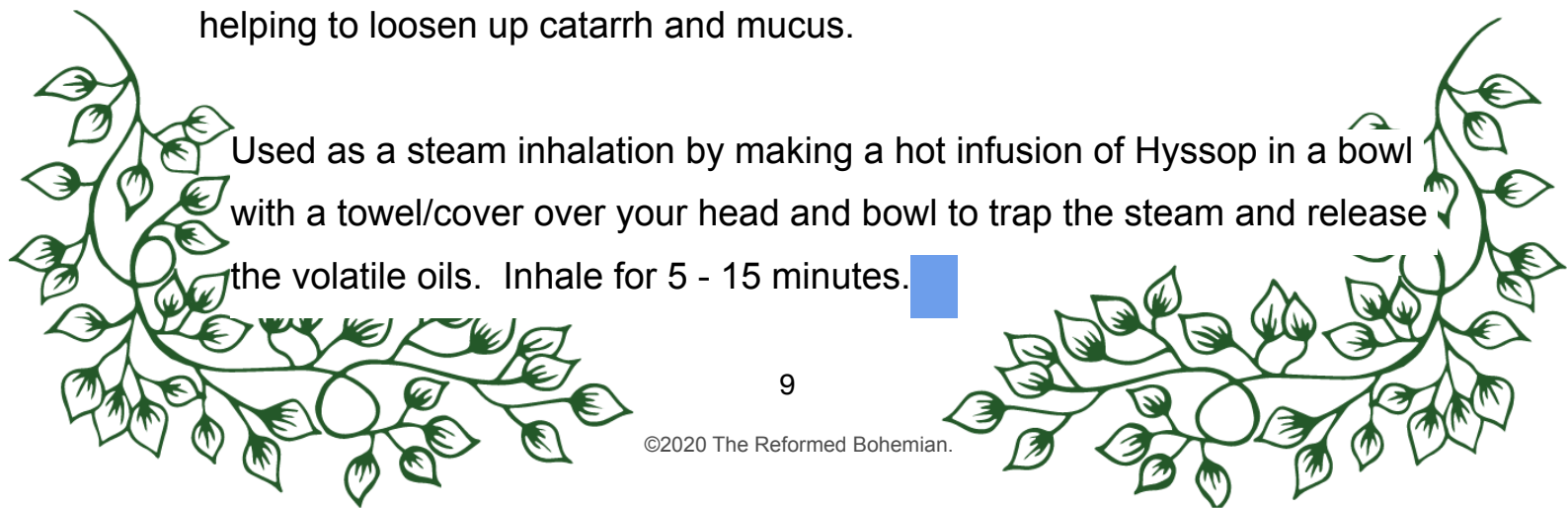
Tincture - 1 teaspoon twice a day.

Inhalation

Respiratory conditions

- Inhaling a hot infusion of Hyssop can soothe and relieve respiratory conditions such as colds, flu and bronchitis as well as easing congestion and helping to loosen up catarrh and mucus.

Used as a steam inhalation by making a hot infusion of Hyssop in a bowl with a towel/cover over your head and bowl to trap the steam and release the volatile oils. Inhale for 5 - 15 minutes.



Cautions

As with all herbs there is the slight possibility of allergic reactions, although this is rare. Hyssop is generally considered safe to use. However it is recommended that Hyssop should not be used during pregnancy or by women who experience menstrual issues.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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