

Anise Hyssop

Agastache foeniculum

Energetics—anti-bacterial, anti-inflammatory, expectorant as well as soothing & cough suppressant, tea is sedating, diaphoretic

Taste—licorice (sweet?)

Tissue State—

Organ Affinities—lungs

Part Used—flower and top leaves, not stems—dried or fresh

Uses—

+depression (?)

+poultice for wound healing or burns, wash for poison ivy

+taken internally for fevers & diarrhea

+tea is sedating, and relieves pain from coughing with chest colds—with licorice it is good for bronchitis and respiratory tract infections

+attracts bees, butterflies & hummingbirds; rabbits love it, goldfinches eat the seeds

Notes—Member of the Mint family!

Contraindications—couldn't find any—doesn't mean they don't exist

Sources—Thea Summer Dear on Wise Woman Herbal Ezine,
http://www.herbs2000.com/herbs/herbs_anise_hyssop.htm

Hyssop

Hyssopus officinalis

Energetics—stimulating expectorant, antiviral, diuretic and diaphoretic (for eliminating toxins),

anti-spasmodic, sedative/nervine, carminative, antiseptic, emmenagogue, vulnerary

Taste—

Tissue State—

Organ Affinities—lungs, stomach

Part Used—leaf and flower, fresh or dried (no stems)

+Tincture fresh—1 part herb:2 parts alcohol (100% alcohol)

+Tincture dried—1 part herb: 5 parts alcohol/water (75% alcohol, 25% distilled water)

+Water—make as a tea, fresh or dried

+Cough syrup—1 part by volume strong tea of the dried herb and 2 parts by volume honey (no honey for children under 2 years old)—from Richo Cech

Uses

+Common cold! Coughs, bronchitis, sinus infections, influenza, possibly asthma

+anxiety, hysteria

+topically on burns & bruises

+bees love it

Notes—GRAS (generally recognized as safe)

Contraindications—not during pregnancy, excessive use may be associated with seizures

Sources—A Modern Herbal (Maude Grieve), Plant Medicine (Richo Cech), the New Holistic Herbal (David Hoffman), AnniesRemedy.com, Drugs.com