



Miracle Herbs of the Bible



THE BIBLICAL DIABETES SOLUTION





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People have been using herbs for their medicinal and culinary uses for millennia. As far back as biblical times, herbs have played an essential part ensuring the health of generation after generation. In this book, we investigate which herbs were used in biblical times, what they were used for and how to use them today. If anything, our contemporary lifestyle and the stresses and environmental toxins that accompany it, necessitates us to look back into history and discover how people remained healthy and treated ailments in a much healthier way.

As we move further into the 21st century, it is a pertinent time to rekindle ancient medicinal herbs of the past in an attempt to restore our physical and spiritual health.

Let us discover how these herbs were used, what they were used for and how they can be applied in modern times.

1. Aloes

Aloe vera is a ubiquitous plant found in many different environments. It is a relatively hardy plant with many wonderful medicinal uses. It is believed to be the only tree descended to man from the Garden of Eden. The most common usage is to relieve burns, wounds, skin irritations and even constipation. It was also used to embalm the dead and as a perfume.

Today more research has gone into the properties of the extract of this plant and it has revealed further beneficial uses, including the treatment of sunburn,

moisturizing the skin and even combating fungal infections such as Athlete's foot. It has also been used to enhance hair growth and also been used to alleviate stretch marks. When applied to open wounds, it has an anesthetic, anti-bacterial and blood flow increasing effect.

2. Anise

Anise, the seeds, leaves and stem, is a versatile herb. It was used in Biblical times to as an antipyretic medium, as well as an antiemetic agent. Even today, it is used to aid with digestion and reduce flatulence. It has the ability as an antitussive agent and can also be used to treat insomnia.

3. Balm

This extremely fragrant substance was historically extracted from the balsam tree. In canonical times, this compound was considered tremendously valuable. The resin of the plant was used as incense, while the bark oil, leaves and berries were used for medicinal purposes.

4. Bitter Herbs

This is a collective term used to describe lettuce, horehound, tansy, horseradish, endive and coriander seeds. These generally had culinary uses and the Israelites were commanded to have bitter herbs with their Passover lamb. Today, these substances can help with urinary tract infections, kidney stones, edema, joint pain and even gout.

5. Cassia

The oil of this plant was typically used as anointing oil during Biblical times. It has wonderful aromatic properties that are similar to cinnamon. Today this oil is mostly used in the hair care industry whereby the ground dried leaves are used for natural hair care products.

6. Cinnamon

Cinnamon was a revered substance in times of old, typically thought of to have more value than gold. Cinnamon oil was harvested from the bark and this too was used as anointing oil as well as a perfume. Today cinnamon appears on the product label for many supplements having been proven useful for indigestion, cognitive function and for lowering glucose levels.

7. Cedarwood

The oil made from the bark of this tree has been implicated in “cleansing of the Leper” as mentioned by Solomon in his writings. Additionally the oil extracted from the Cedars in Lebanon was used to embalm the ancient Pharaohs of Egypt. This oil has been proven to contain antioxidant properties.

8. Cypress

Cypress is represented in the Bible as a symbol of strength and security and was traditionally used as a building material but lesser known for its medicinal properties. The essential oil, Cypress oil, comprises of pinene and limonene which have antibacterial properties.

9. Cumin

The Israelites would take cumin seeds, *Cuminum cyminum*, dry them and use them to flavor their food. Unbeknownst to them, cumin has beneficial effects on digestion, aids in the prevention of cardiovascular disease, urinary disorders and even the treatment of fever.

10. Flaxseed

Linum usitatissimum, or Flaxseed has been used medicinally since Biblical times. It was used as a demulcent, emollient, laxative and burn remedy. It contains essential fatty acids (alpha-linoleic acid or ALA), dietary fiber and polyphenols. The ALA restricts blood clotting, prevents inflammation, relieves gastrointestinal issues and helps relieve arthritis symptoms. The lignans present in flaxseed have anti-carcinogenic properties and are particularly beneficial for the prevention of breast and colon cancers.

11. Frankincense

This is one of the most popular biblical herbs, also known as *Boswellia* spices. It is known as one of the gifts the Magi brought to the baby Jesus. It was well known for its fragrant properties and used as incense, especially during ceremonial offerings. It was once considered an item of great luxury and used as an indication of wealth and prosperity.

There is mention of Frankincense as a potential currency in Isaiah, Jeremiah and Revelations.

Today these uses have been revealed to include its analgesic, antidepressant and sedative properties. It is still used today in many incense products for stress relief and has been known to improve immune function.

12. Garlic

Garlic, *Allium sativum*, is probably the most widely used herb in the world for both culinary and therapeutic use. Ancient texts divulge that garlic was used as far back when the pyramids were built. Today the phytochemicals present in garlic are used to improve cardiovascular health, especially with respect to atherosclerosis, cholesterol and hypertension; and to improve immunological function. There have even been claims of garlic's anti-carcinogenic properties which can be attributed to Allicin, a powerful antibiotic compound found in garlic. It protects the body from carcinogens and bacteria and facilitates wound healing, regulates blood sugar and alleviates hypertension.

Garlic has a proportionately large concentration of the amino arginine, which is an important component of the manufacture of Nitric oxide, an important facilitator of blood flow. Therefore the biblical inferences of garlic enhancing virility have a scientific basis, as nitric oxide is imperative for erectile function.

13. Hyssop

This plant, *Hyssopus officinalis*, has a very sweet odor and is related to the mint family. It was traditionally burned in many ceremonial rituals during Biblical times by the Israelites to promote inner cleansing. It has been traditionally used for its antifungal, antibacterial and insect deterrent properties. Its most famous mention in the scripture is possibly as the "The sponge that soaked up the sour wine that was given to Jesus on the cross" (John 19:29).

14. Milk Thistle

Milk thistle, or *Silybum marianum*, has been used to treat alcoholism, cirrhosis, hepatitis, jaundice and kidney issues since time immemorial. Common to Samaria and Israel, this plant was used as a liver remedy as a consequence of the presence of silymarin, a compound associated with the prevention and repair of liver damage. This compound achieved recent popularity for its potential to treat Diabetes, reducing the symptoms and preventing complications as it lowers blood sugar and insulin levels.

15. Mint

This ubiquitous herb has been used for eons, both for its culinary and medical uses. It was used as a curative for gastrointestinal issues, such as pain and sluggish digestion, the treatment of fever, hiccoughs, ear infections and lastly as a remedy to clear the sinuses.

16. Mustard

This innocuous looking little seed garnered great fame in one of Jesus' parables.

In the Gospel of Matthew the parable is as follows: He set another man before them, saying, "The Kingdom of Heaven is like a grain of mustard seed, which a man took, and sowed in his field; which indeed is smaller than all seeds. But when it is grown, it is greater than the herbs, and becomes a tree, so that the birds of the air come and lodge in its branches." (Matthew 13:31–32) The interpretation of this parable Jesus related truth through his story of the sowing of the mustard seed. He is thought to be drawing a parallel between the gospel and that seed. It is small

at first, but growing to reach millions who will then inherit the kingdom and becoming a “tree” to signify a refuge for those of faith.

Presently, mustard can be used to relieve sore throats, acts as a potent muscle relaxant and even for a more cosmetic use, such as the treatment of dry, damaged hair.

17. Myrrh

Another gift to Jesus from the Magi, this compound was used as a spice or anointing oil in the Tabernacle. It was also used as a liniment for the purification of the dead and was used by Nicodemus in his preparation of Jesus’ body in the tomb. It was widely used in Biblical times for many ailments, ranging from earache to hemorrhoids. It is used as a cleansing agent even today, as it is an ingredient in many treatments for throat problems and mouth ulcers for its antimicrobial, astringent and analgesic benefits.

18. Myrtle

This herb, *Myrtus communis*, has been associated with growth and abundance since Biblical times. Prevalent in Jerusalem, it has long since been a building material, as well as an oil burnt as a symbol of provision and protection. Modern research has elucidated that myrtle has distinct antioxidant and antimicrobial properties.

19. Rosemary

Rosemary, containing Rosmarinic acid, has antioxidant and anti-inflammatory properties in addition to its neuroprotective function. In Biblical times, Rosemary is known as the “Herb of Remembrance” and is the plant that sheltered Virgin Mary from Herod’s soldiers in her flight to Egypt with the baby Jesus. It has traditionally been used in order to augment memory as well as treat cardiovascular arrhythmias and cure cataracts.

Rosemary comprises compounds that help with the retention of Acetylcholine, a neurotransmitter closely associated with cognitive function and reasoning, and thus is used as a treatment for those suffering from Alzheimer’s, dementia and age-related mental decline.

Rosemary contains Carnosic acid, which has a neuroprotective function. It actively prevents neuron degeneration.

20. Saffron

This spice is the most expensive in the world today. In Biblical times, it was no less revered. It has a distinct yellow color and is used as a colorant and flavoring alike. The traditional uses include digestive upsets, bubonic plague and smallpox. Recent studies have elucidated possible health benefits that include anti-carcinogenic properties, allergy control and depression treatment, as well as an appetite suppressant.

21. Sage

This green leafy herb has been implicated in the treatment of Alzheimer's disease, a debilitating disease resulting in a progressive loss of cognitive function. The botanical name of this herb, *Salvia*, stems from the Latin work "salvere" which means "to be saved". Healers in Biblical times used sage to enhance memory and cognitive function, but also for cardiovascular ailments, infertility and to promote general well-being and longevity.

There are many biblical inferences to this seemingly innocuous herb. It is known as the Seven-Candle plant due to its shape when pressed flat. This corresponds to the seven-branched candlestick or menorah, which is a significant Jewish symbol referred to in the book of Exodus.

Research has confirmed the use of this herb in the treatment of Alzheimer's disease in two modern studies in the *Journal of Clinical Pharmacy and Therapeutics* and the *Journal of Pharmacology and Experimental Therapeutics*, respectively. Both studies confirmed that there are potential therapeutic benefits of *Salvia*, including boosting cognitive function and exhibiting neuroprotective properties.

22. Spikenard

Nardostachys jatamansi or Spikenard is one of the most celebrated perfumes of the Old Testament. It was known as the perfume that Jesus was anointed with in Bethany. This fragrant plant is used in many perfumes and beauty treatments to this day.

In Conclusion

There is a rather well supported movement these days of people getting back to their roots and utilizing natural remedies for their ailments so it makes logical sense to turn to the bible for medicinal alternatives to contemporary pharmaceuticals. In Psalms 104:14 it is said that “He has given us "herbs for the service of man," and we would do well to remember this. The Lord has placed these wonderful and abundant plants on our earth and given us a reference for their use, for the very reason that we should use them to achieve well-being and longevity.

The Bible indicates that we should be using herbs to treat our afflictions as it states that “The fruit thereof shall be for meat and the leaf thereof for medicine.” Contemporary medical research is continually fortifying the theories of healer’s centuries ago with rock solid science. It is not a coincidence that most of the herbs and plants mentioned in the Bible are abundant and easily cultivated, for they are a gift from the Almighty to enrich and prolong our lives.

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