

Lecture 1:

The Hidden POWER of Herbs

IN YOUR OWN BACK YARD

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COURSE OBJECTIVES

**The Hidden
POWER of Herbs**
IN YOUR OWN BACK YARD
March 2025



Welcome!

- **The Healing Power of Herbs (In Your Own Backyard)** is an interactive wellness lecture series designed to introduce you to the benefits of herbalism.
 - At the conclusion of this session you should be able to identify some herbs that you may have around your house or that are easily purchased that you can use for overall health.
 - You will be empowered to create your own tinctures.
 - There will be Q&A session at the end.
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Agenda

- 10:45 AM** — Introductions & Ice breakers
 - 10:55 AM** — History of Herbalism
 - 11:00 AM** — Herbalism in Various Civilizations
 - 11:15 AM** — Herbalism in the African Diaspora
 - 11:30 PM** — **Activity (Around the house)**
 - 11:45 PM** — Make Your own Tincture Suggestions
 - 12:00 PM** — **Break out session**
 - 12:15 PM** — Q&A Panel Discussion
 - 12:30 PM** — Closing Remarks
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HISTORY OF HERBALISM (1)

Herbalism also known **phytotherapy** is the science of using plants to treat sickness. (Sanat et, 2011). This practice can be traced back over 60,000 years. Herbalism has been connected to different cultures historically including, Chinese, Indian and African cultures. (Gaylor & Benzie, 2011)
Plants are rich in various compounds.





HISTORICAL CONTEXT

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HISTORY OF HERBALISM (2)

Herbs and plants can be processed and can be taken in different ways and forms, and they include the whole herb, teas, syrup, essential oils, ointments, salves, rubs, capsules, and tablets that contain a ground or powdered form of a raw herb or its dried extract. (Gaylor & Benzie, 2011)





Ancient Civilizations and Herbalism

- The Sumerians were considered the first society to look at treating ailments from a natural perspective. The Sumerians watched nature and its cycles to correlate similar cycles within the human body for healing practices



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Herbalism in the African Diaspora

- The foundation of early African American herbalism was rooted in a deep connection to the land. Enslaved Africans introduced the seeds from their native homelands. (Morgan, 2020)
 - Wisdom acquired in America stemmed from direct experiences, essential learning, and the utilization of plants foraged from the woods, forests, and wetlands that offered a sanctuary from enslavement. (Morgan, 2020)
 - For enslaved Africans and their descendants, herbalism and spiritual sustenance were closely linked. Plants played a vital role in bolstering their endurance and resilience against the harsh realities of enslavement.
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ACTIVITY: AROUND THE HOUSE

Sometimes we don't know the benefits of household herbs. Did you know that there are several items within reach that you can use to increase your overall wellness? Cinnamon can be used to balance blood sugar.(Apelian & Davis, 2019)

Cayenne Pepper can be used as a nitrate to increase blood flow. Garlic can lower blood pressure and prevent viral infections. (Apelian & Davis, 2019)

Fresh oregano has anti-inflammatory properties that can reduce pain and swelling. See if you have these or additional herbs and spices around your house, and we will examine their benefits. (Apelian & Davis, 2019)

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Benefits of Herbalism for Black Women

- Herbs offer several benefits for black women, contributing to both physical health and overall well-being.
- Herbal use is an ancient tradition that has been passed down through many generations.
- Sometimes we dismiss as old wise tells when there have been benefits for century.
- For example an onion to break a fever.



Benefits of Herbalism for Black Women (Part 2)

- Herbs are rich in antioxidants, which can help combat oxidative stress, a factor linked to various chronic diseases.
 - For instance, herbs like turmeric and ginger have anti-inflammatory properties that can support joint health and alleviate menstrual discomfort.
 - Herbs such as fenugreek and saw palmetto are often used to promote hair health and growth, addressing common concerns like dryness and breakage.
 - Additionally, herbs like peppermint and lavender offer calming effects that can be beneficial for mental health, aiding in stress reduction and improved sleep quality. Incorporating herbs into daily routines can thus
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ELDERBERRY TINCTURE FOR OBESITY

- Separate the elderflowers off the stem and into a glass mason jar.
- Pour in honey.
- Top off and fill the rest of the jar with apple cider vinegar.
- Let the oxymel infuse for 3-4 weeks.
- Strain the plant matter out using a cheesecloth, and strainer.
- Store the oxymel in a glass bottle



BERBERINE TINCTURE FOR BLOOD SUGAR

- Take 20 drops in 1/4 cup
- Prepare the tincture at a 1:2.5 ratio in 80% ethanol
- Wait up to 2 weeks before using



YARROW FOR HIGH BLOOD PRESSURE

- Choose your dried herbs and extraction liquid (normally 80-proof vodka) *can use vinegar or food grade glycerin as an alternative to alcohol
- Add dried herbs to a jar, cover with vodka (a 1:5 ratio is a must, 1 ounce herb to 5 ounces of vodka).
- Shake well and allow the tincture to rest in a cabinet or pantry (out of sunlight) for 4-6 weeks.



Herbs like aloe vera and chamomile can soothe and nourish skin, helping to maintain its natural glow. It also has medicinal qualities.

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6 HEALTH BENEFITS OF THE ALOE VERA *Plant*

- 1 BLOOD SUGAR STABILIZATION
- 2 LOWERS BLOOD PRESSURE
- 3 REMEDY FOR SUNBURN OR CUTS
- 4 HELPS FIGHT BREAST CANCER
- 5 REDUCES INFLAMMATION
- 6 AIDS IN DIGESTION

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Maintaining a proper diet is crucial for enhancing your immune system's defense against illness and disease. Foods derived from plants, including fruits, vegetables, spices, and herbs, play a vital role in boosting and optimizing your immunity.



In addition keep stress at manageable levels and prioritize getting ample sleep for proper recovery. Aim to exercise for a minimum of 30 minutes each day as well. These healthy habits can boost your immune system.



**What is a potential
benefit of herbalism for
Black women?**

Tinctures are only used in modern
medicine.

Herbalism offers cultural healing
benefits.

Herbalism is a recent Western
practice.

Submit

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BREAK OUT SESSION & DISCUSSION

15 MINUTE LET'S TALK SESSION

RECORD YOUR ANSWERS FOR GROUP RETURN



Closing Remarks & Questions

**Thank you
for tuning in!**

References

Apelian, A. PHD, Davis, Claude (2019, p.10) The lost book of herbal Remedies. The healing power of plant medicine. *Global Brother SRL*

Morgan, A. (2020 August 18) Roots of African American Herbalism. *Herbal Academy Established in 2011*.

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