

Herbal Medicine
for the Brain

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History of Herbal Medicine

- For thousands of years humans have been using plants to heal and cure illness
- Remains of medicinal plants have been found during archeological digs, showing ancient humans used herbs to heal themselves.
- Recently an orangutan was observed using plants to heal his wound:
- <https://www.bbc.co.uk/news/science-environment-68942123>

What makes herbs medicinal?

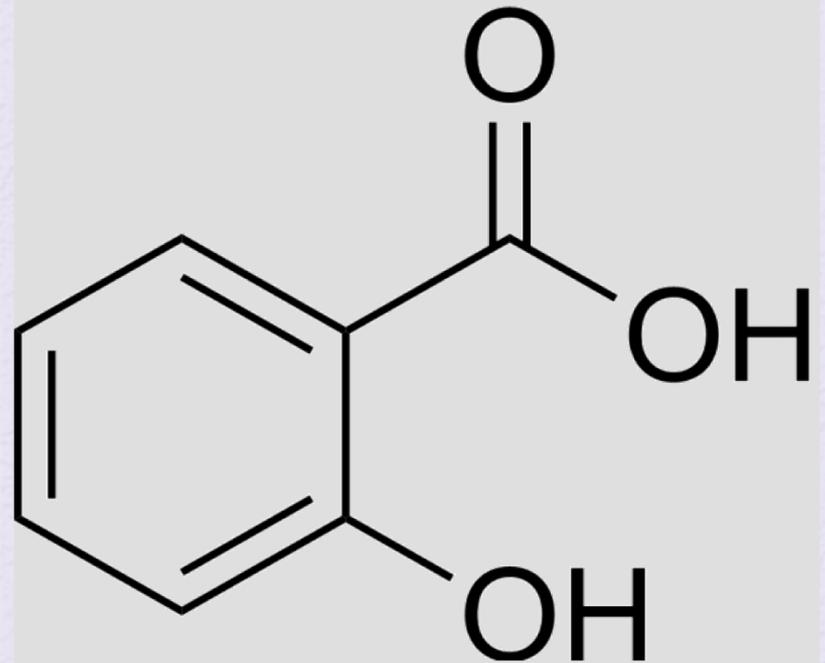
- Plants have evolved to synthesise many different types of chemicals, known as secondary metabolites.
- Plant secondary metabolites are organic compounds produced by plants that are not directly involved in their basic growth, development, or reproduction. These compounds play a crucial role in plant defense, interactions with other organisms, and adaptation to their environment.

Salicylic acid

This chemical is found in the bark of willow trees and in the plant meadowsweet. It has pain relieving and fever reducing properties.

Chemists did experiments with this compound and used it to create the drug Asprin.

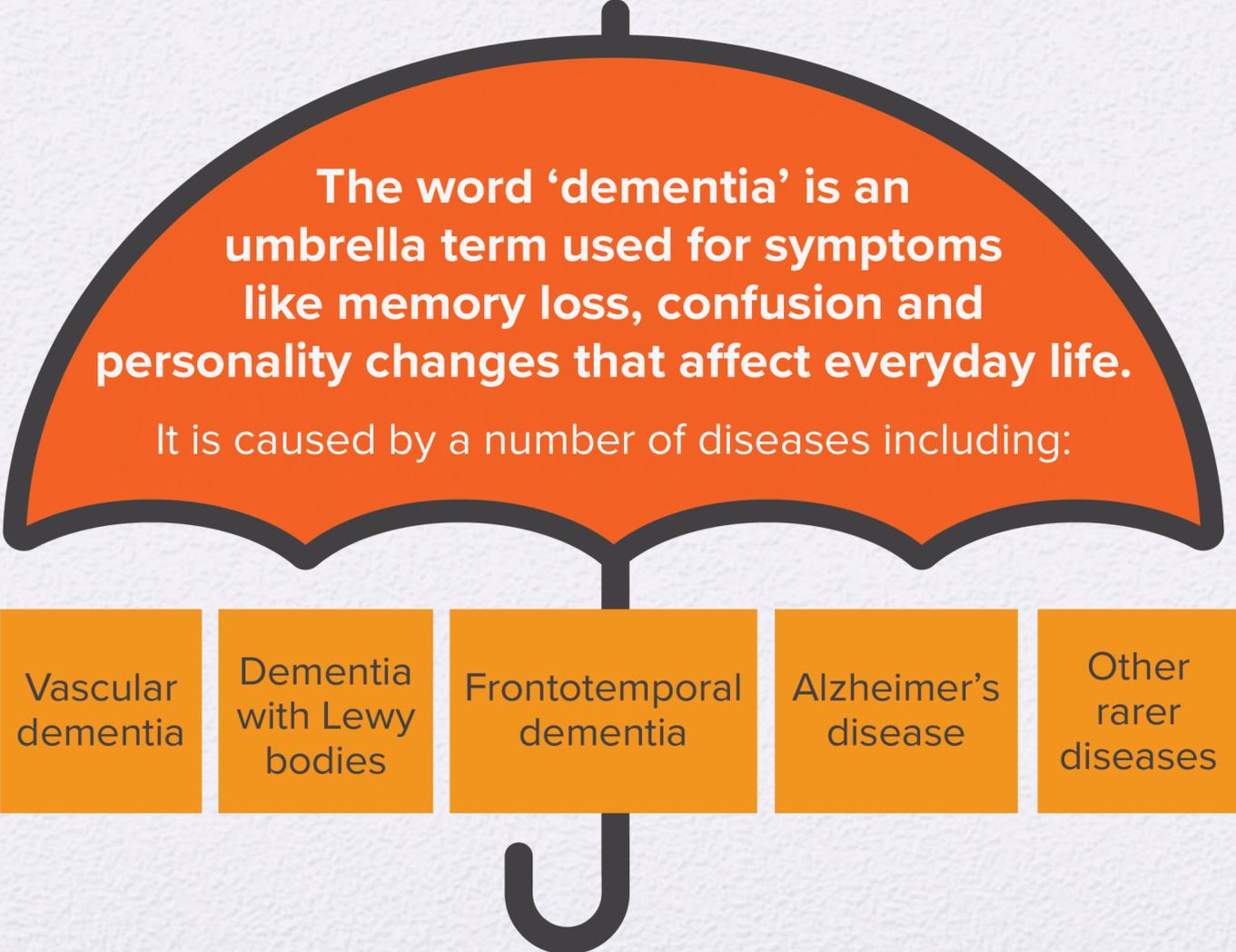
<https://pharmaceutical-journal.com/article/infographics/a-history-of-aspirin>



Herbalists Today

- Herbalists consider the individual's physical, emotional, and mental health, along with their lifestyle factors, when diagnosing and treating conditions.
- They utilise various plant parts, like roots, leaves, and bark, to create herbal remedies, including infusions, extracts, capsules, and ointments.
- Herbalists aim to support the body's natural healing process, often addressing the underlying causes of illness rather than just suppressing symptoms
- I am a member of the National Institute of Medical Herbalists (NIMH) which was founded in 1864.
- www.nimh.org.uk

Dementia & Alzheimer's



The word 'dementia' is an umbrella term used for symptoms like memory loss, confusion and personality changes that affect everyday life.

It is caused by a number of diseases including:

Vascular
dementia

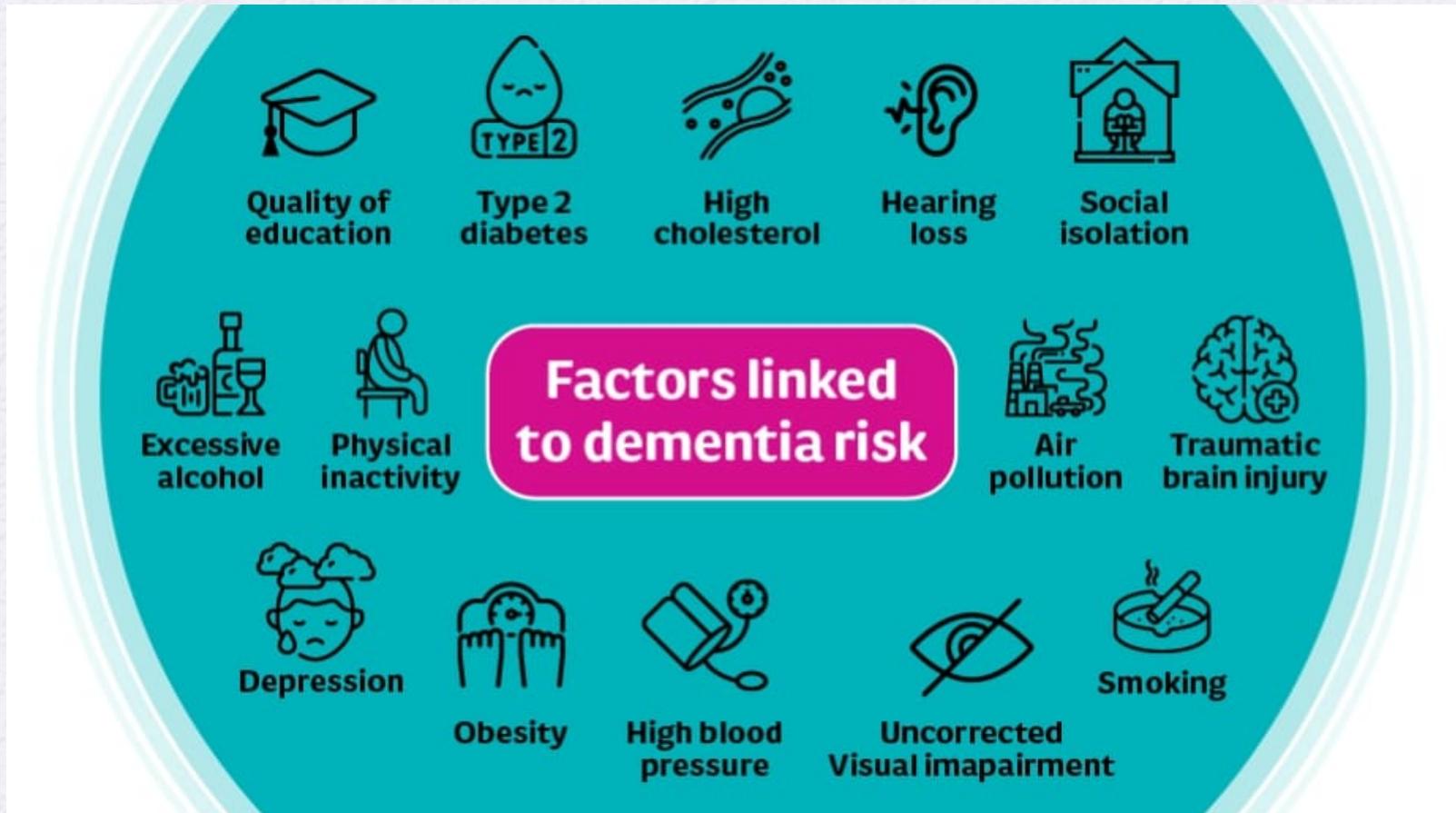
Dementia
with Lewy
bodies

Frontotemporal
dementia

Alzheimer's
disease

Other
rarer
diseases

Risk Factors for Dementia



10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. **Start now!**



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

Learn more at [alz.org/healthyhabits](https://www.alz.org/healthyhabits).



Anxiety & Depression



THE MIND DIET

15 dietary components: 10 brain-healthy foods to focus on; 5 food groups to limit

HEALTHY FOOD GROUPS



AT LEAST **THREE SERVINGS** OF WHOLE GRAINS EACH DAY

AT LEAST **ONE SERVING** OF
GREEN LEAFY VEGETABLES &
ONE OTHER VEGETABLE EACH DAY



**BERRIES AT
LEAST TWICE
A WEEK**

AT LEAST **FIVE ONE-OUNCE SERVINGS** OF NUTS A WEEK



**BEANS OR LEGUMES
AT LEAST FOUR TIMES
A WEEK**



FISH AT LEAST ONCE A WEEK

Avoid high-mercury fish:
Mackerel (King), Marlin, Orange Roughy,
Shark, Swordfish, Tilefish, Ahi Tuna

**POULTRY AT LEAST
TWICE A WEEK**



USE OLIVE OIL
AS ADDED FAT



NO MORE THAN ONE GLASS OF WINE A DAY

In addition, with clinical guidance, add nutrients such as Omega-3 fatty acids and curcumin; monitor Vitamin D and B12 levels.

FOOD GROUPS TO LIMIT



RED MEAT LESS THAN FOUR TIMES A WEEK

Including beef, pork, lamb, and products made from these meats

**NO MORE THAN ONE
TABLESPOON A DAY OF
BUTTER OR MARGERINE**



**CHEESE & FRIED FOOD/
FAST FOOD NO MORE
THAN ONCE A WEEK**

LIMIT PASTRIES AND SWEETS TO **LESS THAN FIVE TIMES A WEEK**

Nourish your brain



Wonderful

Mellow yellow

See red

Get the blues

Great greens



Wonderful white

Mellow yellow (and orange)

See red

Get the blues

Great greens

Contain **allylic sulphides** or **alliums** to prevent against carcinogens causing colon or stomach cancer and lower cholesterol

Contain **carotenoids beta** and **alpha carotene** for healthy heart, vision and immune system

Contain **carotenoids, lycopenes, polyphenols** and **anthocyanins** to prevent cancer and improve cardiovascular health

Blue or purple produce will contain **anthocyanins** to improve memory, healthy aging and urinary tract health

Provide **carotenoids** called **zeaxanthin** and **lutein** for good vision and prevention of age-related macular degeneration

Fruits

Brown pears
White nectarines
White peaches

Vegetables

Cauliflower
Garlic
Onions
Potatoes

Fruits

Apricots
Cantaloupe
Nectarines
Peaches
Yellow apples
Yellow pears
Yellow watermelon

Vegetables

Fruits

Cherries
Red apples
Red grapes
Red pears
Raspberries
Strawberries
Watermelon

Vegetables

Fruits

Blackberries
Blueberries
Dried plums
Pitted prunes
Purple grapes
Plums

Vegetables

Aubergine

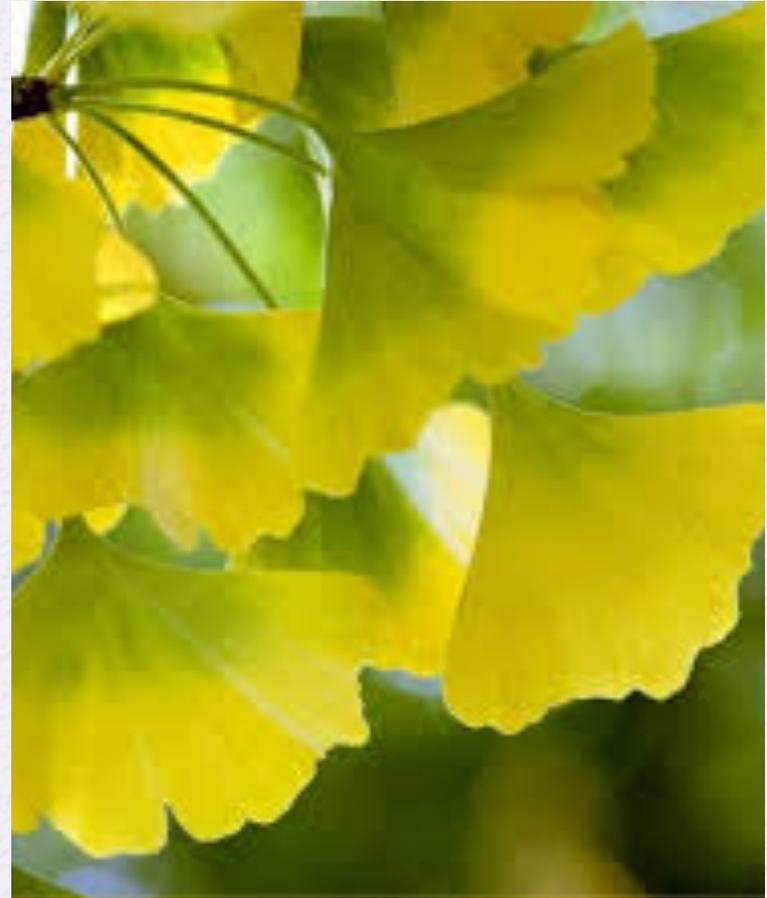
Fruits

Green apples
Green grapes
Green pears
Honeydew

Vegetables

Asparagus
Broccoli
Brussels sprouts

Ginkgo biloba



Sage: *Salvia officinalis*



- Hippocrates is famously associated with the sentiment regarding the longevity-promoting properties of sage, often quoted as:
- **"How can a man die, when he has Sage in his garden?"**. This highlights the ancient belief in the herb's significant healing and, as indicated by its Latin name *Salvia* ("to save"), life-extending, or "salvific" properties.

Rosemary: *Salvia rosmarinus*



- "There's rosemary that's for remembrance. Pray, you love, remember"
- Ophelia in Act 4, scene 5 of *Hamlet* by William Shakespear

Turmeric: *Curcuma longa*



Gotu Kola (*Centella asiatica*)



Golden Milk

A simple and delicious way to enjoy the benefits of Turmeric

- **Ingredients (1 serving)**

- 1 cup milk (dairy or unsweetened almond/oat milk)
- ½ tsp turmeric powder
- ¼ tsp cinnamon
- ⅛ tsp ground ginger (or fresh, grated)
- Pinch of black pepper
- ½ tsp ghee or coconut oil (optional, enhances absorption)
- 1–2 tsp raw honey or maple syrup (optional, only add after heating)

- **Instructions**

- In a small pot, combine all ingredients except the honey.
- Heat gently over low to medium heat, whisking until warm but not boiling (about 5 minutes).
- Remove from heat. Let cool slightly, then stir in honey if using.
- Pour into a mug, sip slowly, and enjoy before bed.

Thank-you!!

Please stay in touch

- I am available for one to one consultations in Pocklington and soon... South Cave
- I send a semi-regular newsletter, with reflections on herbal medicine practice and seasonal living
- I retail herbal teas, tinctures, creams and supplements.

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