



By Morning: Spirit: Wolf-D.R.M.

Known by many other names, such as Blue Mountain Tea, Aaron's Rod, Farewell Summer, Woundwort, Sweet Golden Rod, and just plain weeds, Golden Rod has a rich history on the North Americas. When American colonists rebelled against British taxes by dumping a cargo of taxable tea into Boston harbor, there was no tea available to drink until the Native Red Man's elixir tea of goldenrod leaves was brewed into what became known as Liberty Tea. The tea was so tasty that it was later exported to China where it has been used extensively for wound healing, reduction of swelling; due to its diuretic properties, and kidney ailments.

Native Red Men have traditionally used goldenrod leaves for intestinal disorders, and the flowering tops for babies with colic and as a dye for clothing and paint. When the leaves are crushed and applied topically to bruises and wounds they will speed healing, complimented by a tea made of leaves for internal use to speed healing from inside the body. Other uses for the flowers and leaves have been as therapy for urinary tract disorders, dropsy (edema), dissolving kidney stones, reducing gas pains, relieving insect bites, and alleviating ulcer pain. Goldenrod has also been used for its phenomenal properties in promoting sweats and flushing out toxins, which is a traditional exercise performed in sweat lodges during tribal and healing ceremonies.

Goldenrod was once badly maligned as a cause of hay fever until it was shown that its pollen is not airborne, but is carried by bees and other insects. It

blossoms at the same time as ragweed, the real culprit, which has inconspicuous flowers.

Recently it has been uncovered that Golden Rod flowers and leaves combined have an even more important property that repairs the lymphatic system, including its lymphocytes and leukocytes (directly linked to leukemia and lymphoma) and as a resource for the entire respiratory tract to repair chronic and incidental damage. This process works through stimulating the kidneys, whose main job is to clean and pH balance blood fluids as well as balancing lymphatic fluids. Golden Rod boosts the respiratory tract and the immune system to successfully eliminate cellular mutants, such as cancers and tuberculosis, and oxidizing agents with easy victory. While the healing process is underway this wonder herb will alleviate upper respiratory mucous and swelling, which relieves symptoms of influenza, colds, and allergies.

Those with any type of respiratory damage or illness can combine goldenrod with other herbs such as yerba santa, which repairs heart damage, to harmonize and re-synchronize the beating/breathing rhythm of the body. This alleviates feelings of panic, stress, and anxiety (which can accompany heart disorders) offering calmness. Another property of goldenrod includes helping one to get a hold of feelings where intimacy, touching, and sharing tenderness have been avoided, restoring them to openness, trusting and bonding.