

Thyme

Botanical name: *Thymus vulgaris*

Energetics/Actions: Pungent, bitter, astringent, warm, antimicrobial, antiseptic, expectorant, carminative

Description

Thyme was used medicinally and burned as incense in temples in ancient Greece. It's traditional use by herbalists has been as a tea and a syrup. Thyme is a good source of vitamin K, C and A, folate, calcium, iron and manganese. It is a fabulous seasoning for food, especially beef, chicken and pasta sauce. Thyme also works well as a disinfectant and insect repellent.



Uses

Infection: Treatment for bacterial and fungal infections.

Upper respiratory symptoms: Effective treatment for cough and congestion.

Digestion: Useful to treat cramping, gas, nausea and indigestion.

Dose

Tea: 1 teaspoon herb to 1 cup boiling water, cover and steep for 10 minutes. 1-2 cups a day.

Thyme syrup or honey: 1-3 teaspoons as needed for cough up to 6 times a day.

Tincture: 2-4 ml 3 times a day.

Essential oil: Antibiotic and antimicrobial, use 5-10 drops in a carrier oil for massage or add to bath or room diffuser.

Safety Information

May cause irritation when used topically for long periods of time. Not for use in pregnancy.