

Healthwatch

by Steven Bailey N.D.



Herbs have served humankind through-out history. The oldest recorded herbal cultivation was over 5,000 years ago in China, where the first recorded herb was the Peony, a common herb to many American gardens. Since this time herbs have played an important role in all cultures. Psalms 104:14, "He causeth the grass to grow for the cattle, and the herb for the service of man" indicates a reverence for herbs in western culture which dates back to Biblical times.

Persia, Egypt and Sumatra also relied heavily on herbs to remedy illness, but it was Hippocrates and Greece that really advanced western herbal practice to a science. It has been written that Hippocrates was so adept that with his nearly 300 herbs that the Greek senate outlawed surgery for over 300 years in favor of

herbal practice. The Hippocratic oath also banned the use of poisons in treating man, but used a concept of poison that was dose related (in other words if an herb could be safely used in minute portions without causing injury it was not considered a poison). Today many poisonous drugs are used in western medicine, which is why the Hippocratic oath was edited in the mid-40s to delete the passage prohibiting the use of poisons and also the passage prohibiting abortions.

As American society has become more aware of the effects of diet and exercise on health, a renewed interest in the use of herbs has emerged. There is an undeniable overlap between herbal practice and diet. Common herbs that we all use probably include garlic (China), cardamon, cinnamon, ginger (India), cayenne pep-

per (Africa), and in a broad sense, berries and many vegetables.

Hundreds of herbs will flourish in the Pacific Northwest. Many of these can be incorporated into the landscape or the common garden. Among the easiest to grow are the mint family (peppermint, pennyroyal, lemon mint, etc.), the rose family (strawberries, raspberries, etc.), lavender, sage, rosemary, the onion family (garlic, onions, shallots, leeks, etc.), comfrey, plantain, yellow dock, horseradish, calendula, yarrow and dandelions. More specialized herbs include golden seal, echinacea, angelica, wormwood, hawthorne and oregon grape. Common herbs that have toxic potentials include foxglove, poke root, aconite pulsatilla, etc.

Different parts of plants are used, dependent upon where the active ingredients are found. The fruit of the

rose family provides a high level of vitamin C, and the leaves of the strawberry and raspberry make a tea (infusion) that is helpful to many women for menstrual cramps. The leaves of the mint family are the major part used (to make oil or teas) whereas in some plants only the roots are commonly used (golden seal, angelica, echinacea, yellow dock, etc.). In some herbs, even more specialized parts are used, as in Oregon grape which has its highest concentration of Hydrastine in the inner bark of its rhizomes (small rootlets).

Herbs can be used safely as nutrients or they may be abused. I hope that I can help you understand the benefits as well as the dangers of some of our common herbs. Next week, I'll elaborate on uses and amounts of some of the above mentioned herbs, as well as when and what to harvest.



Cheddar pork chops

An airy topping of milk, beaten egg, sharp cheddar cheese and chopped onion gives new flavor interest to browned pork chops in Cheddar-Puffed Pork Chops. This recipe features sharp natural cheddar cheese.

- 1/2 cup milk
- 1 egg, beaten
- 1 cup (4 oz.) shredded sharp natural cheddar cheese
- 1/2 cup finely chopped onion

Brown chops in oil; place in 13x9-inch baking dish. Melt margarine in saucepan over low heat. Blend in flour and seasonings. Gradually add milk; cook, stirring constantly until thickened. Blend in egg; cook until mixture is thick and begins to pull away from sides of pan. Add cheese and onion; stir until cheese is melted. Top each chop with cheese mixture. Bake at 350 deg., 40 minutes.

6 servings.

CHEDDAR-PUFFED PORK CHOPS

- 6 pork chops, 1/2 inch thick
- Oil
- 2 tablespoons margarine
- 1/2 cup flour
- 1 teaspoon salt
- 1/4 teaspoon pepper



LEE BROWN

Lee Brown in Portland for Urban League dinner

The Urban League of Portland will be holding its Annual Dinner May 16, 1985, at the Jantzen Beach Red Lion. This year's theme, "Diamonds and Rubies," marks the 75th anniversary of the National Urban League and the 40th anniversary of the Urban League of Portland.

Herb L. Cawthorne, newly selected President and Chief Executive Officer for the Urban League of Portland, extends a warm invitation to the City of Portland to come and share in this celebration.

The keynote speaker will be Dr. Lee Brown, Chief of Police, Houston, Texas, and former Multnomah County Sheriff.

Dr. Lee P. Brown became Houston Police Chief April 19, 1982. His long and distinguished career in law enforcement began in 1960 when he joined the San Jose, California, Po-

lice Department as a patrolman.

He is no stranger to Oregon, having established the Criminal Justice Program at Portland State University in 1968 and having served as Sheriff and Director of Public Safety for Multnomah County beginning in 1975.

In 1972 Lee Brown joined Howard University in Washington, D.C., becoming Associate Director of the Institute for Urban Affairs and Research and later became Professor of Public Administration and Director of Criminal Justice Program.

Chief Brown served as Public Safety Commissioner in Atlanta, Georgia, for four years before joining the Houston Police Department.

Cocktails will begin at 6:30 p.m., with dinner served at 7:30 p.m. Reservations may be obtained by contacting the Urban League of Portland at 280-2600.

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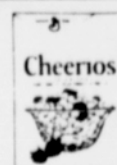


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