



## HFNZ Presidents e-Newsletter-February 2023

Volume 17 Issue 2 - February 2023

Greetings to you,

What outrageous weather and misfortune has befallen on too many of us. Your HFNZ committee sends heartfelt good wishes to all of you affected by all that 'Nature' has hurled at you. Some of the devastation has been disastrously shocking.

I was well under way with this newsletter, and then, my frail aged mother had a 'bad fall', then a rapid failing of her body and then time to farewell her. And, so, this is being given a rushed finish in early March.



### *Kawakawa*

<https://www.teaomaori.news/top-scientists-confirm-kawakawas-healing-properties>

## Top scientists confirm kawakawa's healing properties

7:00am, Saturday 21 January 2023. By [Contributor](#)

Photo/University of Auckland

**By Liggins Institute, University of Auckland**

University of Auckland researchers have found more than 60 biologically active compounds in kawakawa leaves.



Aotearoa New Zealand scientists are proving the health effects of kawakawa, a plant revered as taonga and long-used in Māori medicine or rongoā.

In the latest paper, researchers from Waipapa Taumata Rau, University of Auckland, in partnership with hapū-owned Wakatū Incorporation from Te Taihū at the north of Te Wai Pounamu, applied liquid chromatography and mass spectrometry to identify the active compounds in the endemic plant's leaves. See Nutrients.

"Our findings show that kawakawa contains a great diversity and abundance of pharmacologically active metabolites," Liggins Institute research fellow Dr Chris Pook says.

In rongoā Māori, kawakawa is used in many ways, including as a topical balm to soothe eczema, boils, bites, stings and grazes, as well as to relieve toothache, gastrointestinal and genitourinary problems.

“The most abundant compound, of more than 60 that we found, was pellitorine, which has numbing effects on the body and could explain its use for pain relief in rongoā Māori,” Dr Pook says.

## Medical applications

Pellitorine also has a key role in chemical pathways in the body that reduce inflammation.

Kawakawa (*Piper excelsum*) is a relative of black pepper (*Piper nigrum*). The family of plants to which they belong, the Piperaceae, is famous for its diverse roles in traditional medicinal and culinary practices from cultures around the world.

Another compound found in kawakawa, yangambin, has been shown in earlier human trials to have potent anti-inflammatory effects on the cardiovascular system.

Also present is the neurotransmitter, dopamine, which doesn't pass through the blood-brain barrier but does have known health effects on the digestive system, Dr Pook says.

“It provides a mechanism by which the consumption of kawakawa tea soothes upset stomachs and other gastrointestinal complaints in rongoā Māori.”

Dopamine can also help people metabolise sugar and regulate insulin response.

## Trials under way

“Dopamine could be the mechanism behind the reduction in insulin levels we observed in previous clinical trials exploring human physiological responses to consumption of kawakawa tea,” Dr Pook says. See Nutrients.

Further, kawakawa, which has a peppery flavour may improve the bioavailability of other pharmacologically active compounds, such as curcumin found in turmeric, a natural anti-inflammatory. The Liggins researchers are now running trials testing the potential for kawakawa to reduce inflammation and improve the health of people with non-communicable diseases, like heart disease and diabetes.

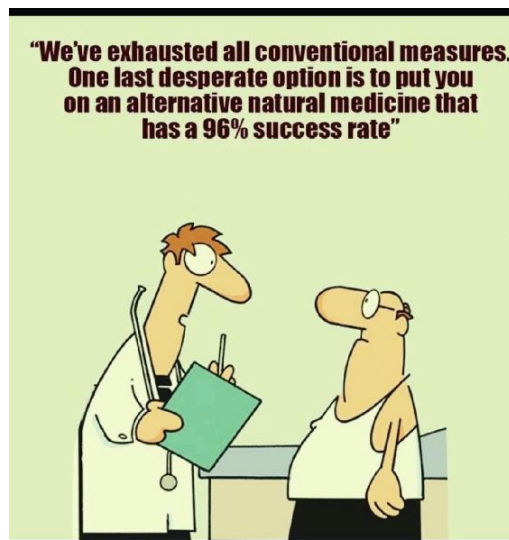
The kawakawa research forms part of Taketake a Tāne, the Indigenous Organisms Programme of Wakatū and its subsidiary AuOra, which develops health solutions from natural resources. All intellectual property for scientific findings on the region's endemic species are managed in accordance with the Wakatū Access and Benefit-Sharing framework.

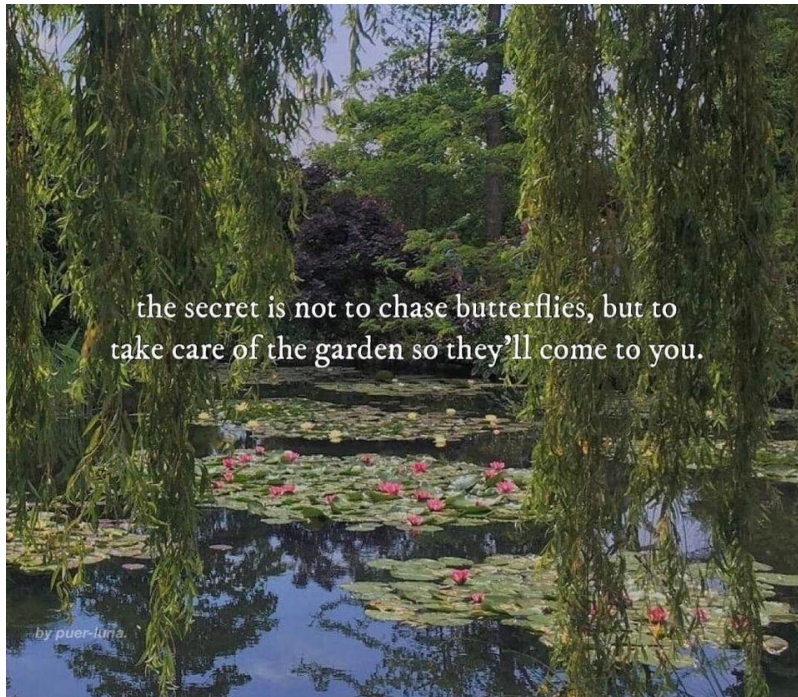
AuOra has teamed up with the Chia Sisters to develop a kawakawa-based functional beverage, with co-funding from the government's High Value Nutrition National Science Challenge, based at the Liggins Institute. The Tūhauora Project exemplifies how Māori entities can explore business opportunities while respecting tikanga.

Tags: [Kawakawa](#), [Rongoa](#)



There may be some who find this cartoon offensive – please find the humour in it – I did...





## *How to extract gel from Aloe vera...*

This is so easy, I have often been asked how to do it and then got the reply – is that it? That is that simple...?

To get the edges off, I often use a potato peeler, a bit safer than a knife, esp. if you are holding the Aloe leaf.

I referred to the therapeutic benefits for the gut of Aloe in my January edition

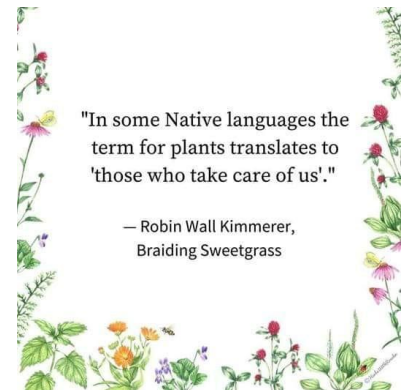






## Men's Health; Part 3...

I apologise for deferring this again, my old mum died on the 19<sup>th</sup>, and this has put my life into a bit of overload and the words I had started to prepare for this section, on **Cardio-vascular Health**, I have been unable to complete in time for the end of this month, so I have transferred it into my March newsletter – here's hoping no other serious event arises... And, my wonderful herbal healers have greatly assisted me on this journey through farewell and grief I had already included the following articles as part of this...



### Rosemary Gladstar's Blue Dream Tea

This tea blend is designed to tonify our nervous system; male or female

Rosemary Gladstar's  
**BLUE DREAM TEA**  
A nice uplifting tea for the heart and spirit.

- 1 part St. John's Wort leaf and flowers
- 1 part Hawthorn leaf and flowers
- 2 parts Milky Oat tops
- 1 part Linden flowers
- 1 part Lemon Balm leaf
- 1 part Roses

Optional: add a few flowers of the Butterfly Pea plant for its enchanting beautiful blue coloring.

Pour boiling water over herbs and let steep for 10-15 minutes. Note: This recipe is meant to be adapted, adding those nervines which will support you best in this moment.

Rosemary Gladstar's  
The Science & Art of Herbalism  
An Outstanding Herbal Homestudy Course

#### [Rosemary Gladstar's Herbs & Earth Awareness](#)

May your heart and spirit feel lifted and at ease while you drink this tea!

🌿 Blue Dream Tea 🌿

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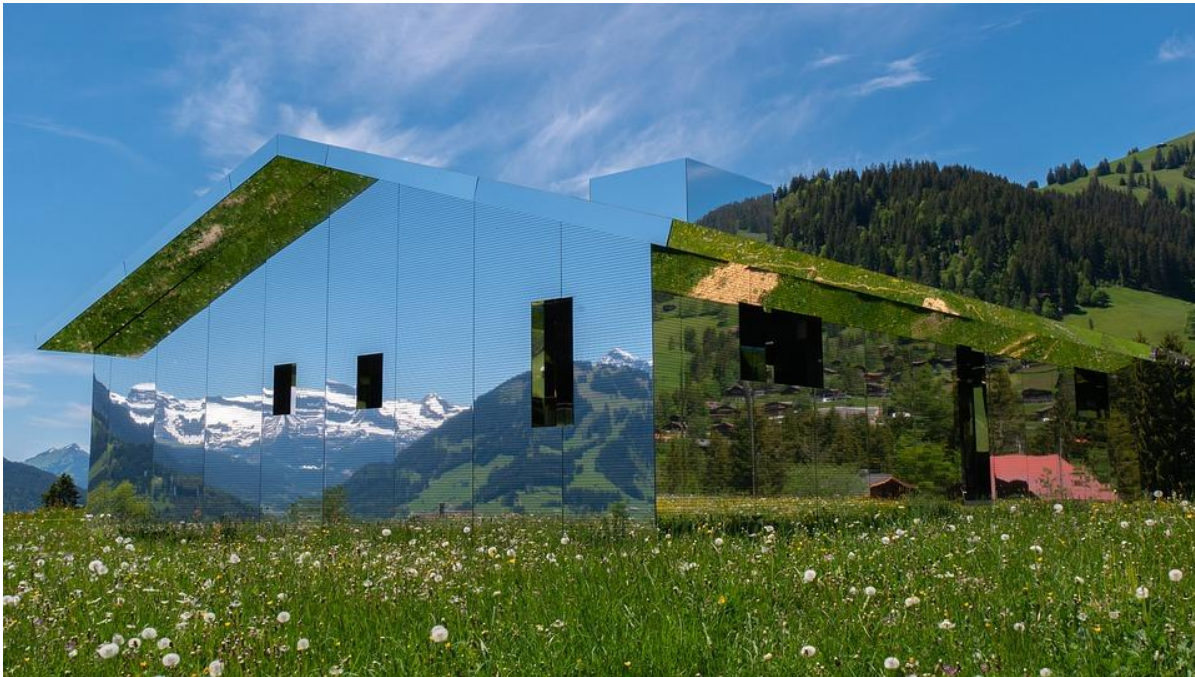
### Fatherhood

Fatherhood is potentially life-changing experience for men; for some, the changes are major, for others, they may choose to not allow much change, apart from increased financial responsibilities

Here is a poem written by Sophie Strand, the link: <https://braidedway.org/fathering-is-a-green-slow-thing/>. For more information if you are interested in exploring her writing: [https://sophiestrand.com/?page\\_id=38](https://sophiestrand.com/?page_id=38)

# Fathering Is A Green, Slow Thing

Posted by [Sophie Strand](#) | Jul 5, 2019 | [Poetry](#) | [0](#) |



By Sophie Strand

## *for my dad*

You do it although there are not many  
to show you how: fathering. A spiritual  
practice not practiced these days. But wielded.  
Armed. Simplified.

So you look to the trees. The fir tree fathers  
sending a syrup of sunshine and wind back into  
the soil that slowly embraces, feeds the seed  
of the fir tree father's children. His green, countless children.

The mallard duck with emerald helmet, his wet stone  
eyes fixed on the dusty backs of his little ones struggling against  
the river current. He shows them to move with water,  
with air, and in the rain, to hold still and let the dissolving  
clouds wash their feathers.

How the bluestone mountain furred in green laurel leaves  
overlooking our small town  
is both a mother *and* a father.

How stone fathers. By holding the stream banks together.  
Holding fossils and bone fragments. The recorder

and rememberer of ancestors. Veining the ground with stability so when the branches and dust and mineral of future stone falls, it falls

on a place that holds still and ready.

You learn from green things. From slow things. Owls plucking shadow from shadow to feed their own.

And then you start, knowing there is no end to the learning, no right way forward.

*Let's walk, you say, taking my hand, Let's go watch the birds.*

She has just published a new book: **The Flowering Wand: Rewilding the Sacred Masculine**

It may be of interest to some; I had it recommended to me, I have just requested it from my local library. Here is some information from her publisher's website:

<https://www.simonandschuster.com/books/The-Flowering-Wand/Sophie-Strand/9781644115961>

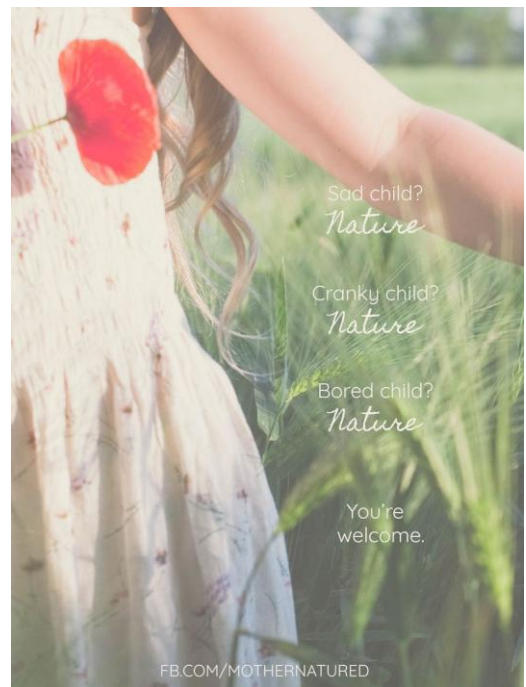
### About The Book

**A deep exploration of the regenerative and magical secrets of sacred masculinity hidden in familiar myths both ancient and modern**

- Reveals the restorative fungi archetype of Osiris, the Orphic mysteries as an underground mycelium linking forests and people, how Dionysus teaches us about invasive species and playful sexuality, and the ecology of Jesus as depicted in his nature-focused parables
- Liberates Tristan, Merlin, and the Grail legends from the bounds of Campbell's hero's journey and invites the masculine into more nuanced, complex ways of dealing with trauma, growth, and self-knowledge

Long before the sword-wielding heroes of legend readily cut down forests, slaughtered the old deities, and vanquished their enemies, there were playful gods, animal-headed kings, mischievous lovers, trickster harpists, and vegetal magicians with flowering wands. As eco-feminist scholar Sophie Strand discovered, these wilder, more magical modes of the masculine have always been hidden in plain sight.

Sharing the culmination of eight years of research into myth, folklore, and the history of religion, Strand leads us back into the forgotten landscapes and hidden secrets of familiar myths, revealing the beautiful range of the divine masculine, including expressions of male friendship, male intimacy, and male creative collaboration. In discussing Dionysus and Osiris, Strand encourages us to think like an ecosystem instead of like an individual. She connects dying, vegetal gods to the virtuous cycle of composting and decay, highlighting the ways in which mushrooms can restore soil and heal polluted landscapes. Exploring esoteric Christianity, the author celebrates the Gnostic Jesus of the Gospel of Thomas, imagining the ecology that the Rabbi Yeshua would have actually been referencing in his nature-focused parables. Strand frees Tristan,





Merlin, and the Grail legends from the bounds of Campbell's hero's journey and invites the masculine into more nuanced, complex ways of dealing with trauma, growth, and self-knowledge. Strand reseeds our minds with new visions of male identity and shows how each of us, regardless of gender, can develop a matured ecological empathy and witness a blossoming of sacred masculine powers that are soft, curious, connective, and celebratory.

And now, focusing on us all, I am including this writing from Rachel Alana (R. A. Falconer) ... on 'Belonging' which is so important for all of us, to enable emotional wellbeing...

[Midwives of the Soul](#) added a new photo to the album [Words by Rachel Alana \(R.A Falconer\)](#). Copied 11.1.2023



## On Belonging.

From the moment we take breath, our bodies know when to breathe and our hearts know when to beat, no one teaches us the simple wisdom of being alive.

We live, just as a million others have lived, through the fall and steady rise of seasons. The same moon waxes and wanes; the same sun rises and falls and the same constellations cast their sweeping nets across the night. Over every nation and every time. And over every spark of life.

There is a centre, a universal rhythm to things.

It's not until we relinquish this idea that we are different or apart, that we are special or don't belong, that we can re-member and reclaim our sacred birthright in the Great Cycle. That we can surrender to the mystery of how those same, wise rhythms transform us - in both the inner and outer worlds.

We can stare up at the sky and know that we are alive. We can swim in a swelling ocean and know its waves have kissed every shore, and in every age. We can find our own soul in the fleeting glance of a stranger, or the eyes of a fellow creature; hear the soul in the brush of leaves in the woods, or connect to the new and trusting being of a child, hand held safely in our own. And each transforming sunset, and every changing season reminds us that with and without us - it will all go on. The precious moment is now. Each joy and trouble is fleeting.

There is a freedom to honouring our fleeting place in it all. And a sober responsibility too, that the indigenous peoples have always understood - that everything in life is deeply connected.

And at the same time, when we find that Centre, we can experience our own. That we are whole in and of ourselves, that our eyes and breath, and soul, are the songs of a whole planet. Nothing is lost. And there, in the connection to our own heartbeat we can find a stride that matches the heartbeat of the World, and in that stride find the gentle, embodied power of our own significance. This is the power of the Feminine. Where light and dark, sorrow and joy, life and death are contained in the ancient embrace of The Mother, where her children might grow.

Every voice tells us to forget that we belong - here, and to one another, you and me. Instead we name differences, we demand perfection, we are blinded by all that separates and creates divides. We are told that we must fight and conquer, to earn our place in a world we already call Home. Have letters or titles after our name to be heard, respected. That we must be unblemished, untouched by life, perfect to be loved, \*seen\* - when all it takes is to catch another's eye to see the part of us that is here, learning, struggling, \*being\*; and that is eternal. All part of a grand web of life in a unique world, in a universe that is itself, a miracle.

It is the soul that remembers the perfect unity of our life here, together. Love that crosses distance and heals the divide, in ourselves and with one another; humility that reminds us each day that we participate in a short moment called Life.

We've built entire civilisations to compensate for this loss, this disconnect - but if we are quiet, we will still hear it. For each day our heart and our souls commune with this Great Mystery. For they are the very impulse of Life itself.

~ Rachel Alana (R.A Falconer)

Midwives of the Soul ❤️

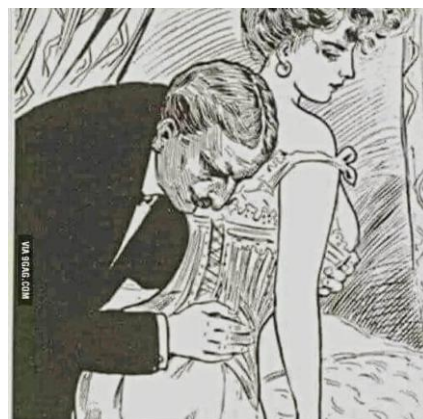
art | Bertha Wegmann, Pine Forest in Tyrol (1890)

[#midwivesofthesoul](#) [#rachelalana](#) [#rafalconer](#) [#berthawegmann](#)

[#belonging](#) [#cycles](#) [#connection](#)

Part 3 will be continued next month...

Now for a bit of a 'saucy' cartoon!



This was how physicians used to hear lung and heart sounds before Laennec invented stethoscope. Doctors over centuries never forgave Laennec for his discovery





### *Herb in the kitchen...*

I found this reference guide below, which, though is not comprehensive, is good for a quick glance and for creating flavour blends to evoke different cuisines. Bon Appétit, buon appetito, eet smakelijk, apane bhojan ka aanand len, Qing xiangyòng, Thān hī ^ xr`xy, etc, etc...

### *Herbs and Spices Quick Reference List...*





# AROMATICS CHEAT SHEET

## Six must-have flavor base combinations



Heating combinations of vegetables, herbs, and spices at the start of cooking creates aromatics. Cooking them with fat releases mouth-watering aromas and imparts an additional depth of flavor to the dish.



The next time you boil pasta or steam some **vegetables** in your kitchen, instead of pouring the **water** down the drain, use it in your garden or in your house to keep your **plants** green and flourishing. You can also use **water** from boiling eggs, which is full of calcium your **plant** needs to grow.

### FRENCH

#### MIREPOIX

ONION CELERY CARROT



BUTTER



OPTIONAL

- Chives
- Chilies
- Cilantro
- Shallots

### ITALIAN

#### SOFFRITTO

ONION CELERY CARROT



OLIVE OIL



OPTIONAL

- Fennel
- Chilies
- Parsley
- Garlic
- Oregano

### CHINESE

GARLIC GINGER SCALLIONS



VEGETABLE OIL



OPTIONAL

- Chives
- Chilies
- Cilantro
- Shallots
- Star anise

### INDIAN

ONION GARLIC CHILI



VEGETABLE OIL/GHEE



OPTIONAL

- Chives
- Chilies
- Cilantro
- Shallots
- Star anise

### THAI

GARLIC CHILI SHALLOTS



COCONUT OIL



OPTIONAL

- Kaffir lime
- Lemongrass
- Galangal
- Coconut milk

### CAJUN

#### THE HOLY TRINITY

ONION CELERY GREEN PEPPER



LARD/BUTTER



OPTIONAL

- Paprika
- Shallots
- Parsley
- Garlic

And speaking of spices!





Here we are, time for me to sign off and complete the submission that Shonagh and I have been preparing on behalf of your HFNZ for the Therapeutic Products Bill; we only have until this Sunday to complete and presented...

Wellness wishes,

Karina

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