



Thyme

(Thymes Vulgaris)

by
The Reformed Bohemian



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Thyme (Thymes Vulgaris)

Thyme is a dry warming herb, it's a strong pungent aromatic herb with great healing and antiseptic properties, it's a great herb for calming the nerves.

About Thyme

Thyme is a dry warming herb, it's a strong pungent aromatic herb with great healing and antiseptic properties. There are over 60 varieties of Thyme but Thyme Vulgaris is the most commonly used both in cooking and for using medicinally. It's a great herb for calming the nerves, it also has a beneficial effect on the respiratory system, digestion and uterine and bowel conditions. It has also been known to be beneficial in relieving the exhaustion children with whooping cough can feel. Thyme is also effective in getting rid of not only infections but internal parasites as well.

Thyme is also found in the well-known brand of mouthwash Listerine due to its strong antiseptic properties.



Benefits of using Thyme

Thyme is a dry warming herb that can be effective when used for a number of conditions.

Therapeutic action

Diaphoretic, Tonic, Antiseptic, Anti-spasmodic, Carminative, Emmenagogue, Nervine Sedative, Vulnerary, Anthelmintic and Germicide.

Thyme oil - *Stimulant, Tonic, Emmenagogue, Anti-spasmodic, and Germicide.*

Can be used for:

Menstrual Issues (dysmenorrhea, amenorrhea), Headaches, Nightmares, Colic, Flatulence, Asthma, Lung Conditions, Whooping Cough, Fevers, Stomach Conditions, Dyspepsia, Stomach Cramps, Diarrhoea, Bronchitis, Coughs, Wounds, Toothache, Body Odour, Rheumatism, Gout, Scabies, Sore Throats, Spasms and Hysteria.

Thyme oil: Chlorosis, Diarrhoea, Bronchitis, Gleet, Leucorrhoea, Neuralgia, Rheumatism, Vesical Catarrh, Earache, Gangrene, Scabies, Sores, Ulcers, Toothache.

Thymol (extract of Thyme oil): Bronchitis, Diarrhoea, Dysentery, Diphtheria, Diabetes, Leucorrhoea, Conjunctivitis, Rhinitis, Stomatitis, Skin Conditions such as Psoriasis and Eczema and Typhoid Fever.



- **Digestive Issues/IBS** - with its anti-spasmodic and carminative properties Thyme can help to relieve the symptoms of digestive conditions such as bloating, cramping and gas.
- **Calms Nerves** – Due to its nervine and sedative properties Thyme is excellent is helping to calm nerves and help with feelings of anxiety and stress.
- **Menstrual Issues** - Thyme can be beneficial in relieving menstrual issues such as the discomfort and cramping many women experience by promoting blood flow through its emmenagogue and antispasmodic properties.
- **Respiratory Tract Infections** - Thyme can be used to help soothe and relieve symptoms of colds, flu and chest infections due to it depurative, diaphoresis and germicidal properties which can help to kill harmful germs and relieve congestion.
- **Uterine and bowel conditions** -Due to its depurative, diaphoresis and germicidal properties Thyme can be effective in soothing and relieving conditions such as cystitis and helping to detoxify the body and expel toxins.
- **Intestinal Parasites** - As an anthelmintic herb Thyme can help to expel intestinal parasites such as worms in a gentle safe way.
- **Mouth Infections** - Thyme is effective in treating mouth infections such as mouth ulcers and gum infections due to its antiseptic and germicide properties.



Preparations

Thyme can be taken in a number of forms such as fluid extract, infusion and tincture. However, avoid boiling as the volatile oils, possessing most of the therapeutic value will dissipate into the air and the remaining fluid will not be as effective.

Dosages

The basic dosages are as follows:

- Tincture - $\frac{1}{2}$ - 1 fluid teaspoon 3 times daily.
- Infusion - 1 tablespoonful as needed.
- Oil - 1 - 5 drops.
- Elixir - 1 - 2 teaspoons per day.
- Fluid Extract - 1 teaspoon.

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



Ways to Use

Orally

Respiratory Tract infections

- Thyme made into an infusion can help soothe and relieve respiratory tract infections such as coughs and bronchitis.

Tea - Drink 1 cup of warm Thyme tea 3 times per day for general infections but can be used as needed in the case of a severe infection.

OR

Tincture - 1 teaspoon 3 times per day.

Mouth Infections

- Gargling with a cold infusion of Thyme tea can be effective in soothing and relieving mouth infections such as mouth ulcers and gum infections as well as sore throats.

Make a warm infusion and allow it to cool, gargle 3 times per day for general infections but can be used as needed in the case of a severe infection.



Fevers

- Drinking a warm infusion of Thyme tea can be effective in breaking a fever

Tea - Drink 1 cup of warm Thyme tea 3 times per day for general infections but can be used as needed in the case of a severe infection.

OR

Tincture - 1 teaspoon 3 times per day.

Digestion

- Drinking a warm infusion of Thyme tea can be effective in relieving digestive issues particularly cramping, gas and bloating.

Tea - Drink 1 cup of cold Thyme tea 3 times per day, smaller doses may be used if the stomach is particularly sensitive, increasing as needed.

OR

Tincture - 1 teaspoon 3 times per day.

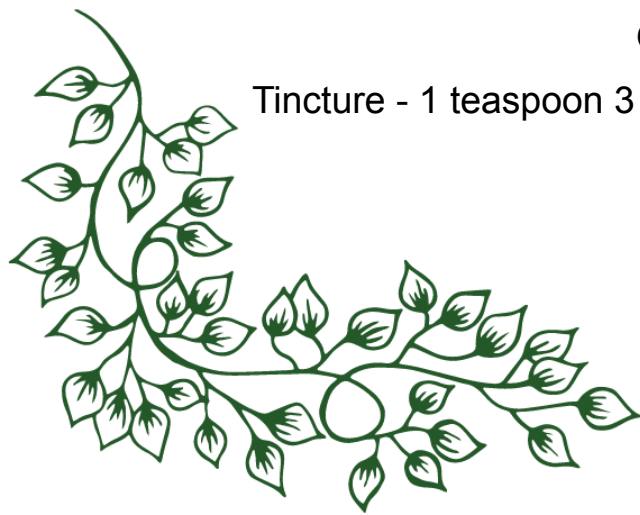
Intestinal Parasites

- Drinking a cold infusion of Thyme can be used to expel intestinal parasites such as worms.

Tea - Drink 1 cup of cold Thyme tea 3 times per day.

OR

Tincture - 1 teaspoon 3 times per day.



Menstrual Issues

- Drinking a warm infusion of Thyme tea can be effective in relieving menstrual issues such as the discomfort and cramping

Tea - Drink 1 cup of warm Thyme tea 3 times per day.

OR

Tincture - 1 teaspoon 3 times per day.

Washes/Poultices

Cuts and Sores

- An infusion of Thyme can be used as an effective antiseptic wash to clean cuts and sores to prevent infection and speed up the healing process.

Using a cold infusion of Thyme soak a clean cloth and gently clean apply over the affected area 2 - 3 times per day.



Cautions

As with all herbs there is the slight possibility of allergic reactions and may cause irritation to the skin and mucous membrane, although this is rare. Thyme is generally considered safe to use however, it is recommended that Thyme should not be used during pregnancy due to its uterine properties which could induce miscarriage.

It is advised not to take Thyme in excess as this can be a depressive.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com

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