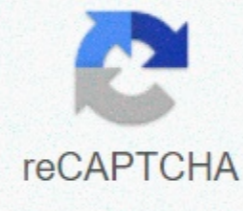




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White water lily benefits

Nymphaea tuberosa L. Nymphaea smell L. Family Nymphaeaceae Water-lily Common Name Nymphaea odorata: Cow cabbage cow lily Fragrant water lily Lily pond Lily Sweet scented lily Lily Lily Water lily Frog lily Water nymph water Lily white lily White water lily Nymphaea tuberosa: Back to the Top Usually Used Nymphaea odorata: Roots Back to Top Description Plants : Lily white pond is a water perennial plant; its slightly branched, large, full, fleshy roots produce large orbicular or oblong-orbicular, all the leaves that float on the surface of the water, the leaves are wide on top and mostly punglish underneath. Fragrant white flowers, large, many petals, 5 inches across, bloom on the water for 3 days, opened in forenoon daily. Flowering time is from June to September. Nymphaea tuberosa: BE CAREFUL: Do not blame the white pool lily (N. odorata) for tuberous water lily flowers (N. tuberosa), which can cause poisoning. Poisonous plants can be distinguished by tuberous roots and odorless flowers (or almost so). Another variety: Nuphar polypsalum is also called pond lily. In Klamath Marsh there are about 10,000 hectares of these huge golden water lilies. It was previously harvested by Native American women with the polling break room slowly together, and pulled pods from their stems. Harvest the days are brought to the beach and emptied into holes where fermentation occurs for weeks or until the end of the season, when the piles are stirred and the seeds are best raised and dried and then baked. When ground, these grains make a smooth cereal, but the preparation is difficult. Wokas, Klamath is the name. Water Lily from China is Euryal ferox, called Ch'ien-shih. Medically used for gonorrhea, spermatorrhea, polyuria, etc. Back to the Summit Where Nymphaea Odorata Was Found: Commonly found in ponds and slow streams in eastern North America. Newfoundland to Florida; Texas to Nebraska. Back to Top Medicinal Properties Nymphaea odorata: Antiseptic, astringent, demulcent, deobstruent, discutient, vulnery Back to Top Nymphaea odorata: Lily water takes its genus name, Nymphaea, from the Greek numphe, meaning water nymph or virgin. The Greeks are said to have given the flower this name because of its famous anti-aphrodisiac qualities. Poets and artists over the centuries have also associated virgin loneliness with water lilies, especially white-flowered one. This plant is often used as a symbol of purity and purity, for water lilies hold themselves upright as if disparaging to touch the murky water around it. For the past 5,000 years, lotus flowers, of which different varieties are members of the water lilies family, are one of the symbolic and religious plants most importantly in the Near East and in Egypt the lotus symbolizes the rich soil fertility of the annual Nile puddle on which Egypt's prosperity depends. Lotus flowers are often placed in statues of Osiris, the god of vegetation and regeneration. The lotus is also a symbol of immortality, an attribute for Osiris and his son Horus, the god of light and sun. Horus is sometimes depicted in Egyptian art sitting on a lotus flower. In Persia the lotus also symbolizes the sun and light. The lotus has also become a major symbol in Indian culture. Brahma, the Hindu god who created the universe, was removed from lotus flowers and, like Horus Egypt, is often depicted sitting on flowers. Many Indian spiritual ideas are associated with lotus. For example, the state of samadhi, or spiritual ecstasy, in yoga is represented by the lotus flower of a thousand petals. Indian Buddhists claim the lotus for the Buddhist symbol as well, as the flower was supposed to have sprung up to announce its birth. Chinese Buddhists regard the lotus as a Buddhist trail, and their concept of paradise features a sacred lotus lake. Maya Central America and Mexico honor the water lilies that grow in their territory as sacred symbols of the earth. The flowers of the yellow species of water lilies have a similar smell to brandy; and its roots, if moistened with milk, are said by Linnaeus to destroy crickets and cockroaches. Culpeper says water lilies; From water lilies. They are cold and dry, and stop lusting: I never dive so deep to discover what virtues the roots have. Back to Top Using Nymphaea odorata: This is one of the ancient solutions. Used as a douche for leukore, treating diarrhea, intestinal complaints, scrofula, inflamed tissue in different parts of the body, and for bronchial problems. Used for droplets, kidney problems, bladder catarrh, or prostate irritation. Heals inflamed gums. Externally, poultices are made for swelling, ulcers, boils, sores and painful wounds. Apply the roots of the powder, combined with flaxseed, as a poultice. Tea made from the roots makes a good mouthwash for irritation and/or inflammation in the mouth and throat, used as an eyewash, and a vaginal douche. As a lotion, it helps heal wounds, making the skin soft and smooth. Roots and leaves are sometimes made into poultices for cuts, cuts, and bruises. Native Americans use root tea for coughs, tuberculosis (TB), inflamed glands, mouth sores, to stop bleeding. Folk tradition, a mixture of roots and lemon juice is used to remove spots and acne. Back to Top Warning Nymphaea odorata: Large doses may be toxic. Nymphaea tuberosa: BE CAREFUL: Do not blame the white pool lily (N. odorata) for tuberous water lily flowers (N. tuberosa), which can cause poisoning. Poisonous plants can by tuberous roots and odorless flowers (or almost so). thus). to Top Bibliography Back to Eden, by Jethro Kloss; Back to Eden Publishing Co., Loma Linda, CA 92354. Original copyright 1939, revised 1994 edition of Culpeper's Complete Herbs & English Physician: Updated With 117 Modern Herbs, by Nicholas Culpeper, Meyerbooks, publisher, P.O. Box 427, Glenwood, Illinois 60425, 1990, (reprint 1814) Herbal Medicine China, compiled by Shih-Chen Li, Georgetown Press, San Francisco, California, 1973. Eastern/Middle Eastern Medicinal Plants, by Steven Foster and James A. Duke., Houghton Mifflin Company, 215 Park Avenue South, New York, NY 10000 The Herbalist Almanac, by Clarence Meyer, Meyerbooks, publisher, P.O. Box 427, Glenwood, Illinois 60425, copyright 1988, fifth printing, 1994 The Herb Book, by John Lust, Bantam Books, 666 Fifth Avenue, New York, NY. copyright 1974. Herbalogi Indian North America, by Alma R. Hutchens, Publications shambala, Inc., Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115, 1973 Indian Uses of Native Plants, by Edith Van Allen Murphey, Meyerbooks, publisher, PO Box 427, Glenwood, Illinois 60425. copyright 1958, print 1990 Old Ways Rediscovered, by Clarence Meyer, Meyer publisher, P.O. Box 427, Glenwood, Illinois 60425, published from 1954, print 1988 Webster's New World Dictionary, Third College Edition, Victoria Neufeldt, Editor in Chief, New World Dictionaries: A Division of Simon & Schuster, Inc., 15 Columbus Circle, New York, NY 10023 Back to Top Rhizome is anodyne, antiscrofulatic, astringent, cardi tonic, demulcent and sedative. Root decoction is used in the treatment of dysentery or diarrhea caused by irritable bowel syndrome. It has also been used to treat bronchial catarrh and kidney pain and can be taken as a mouthwash for sore throats. Externally it can be used to make a douche to treat vaginal pain or discharge. In combination with slippery elm (Ulmus rubra) or hemp (Linum usitatissimum) is used as a poultice to treat boils and abscesses. Rhizomes are harvested in the fall and can be dried for later use. The flowers are anafrodisiac and sedative. They have a generally calming and sedative effect on the nervous system, with a reputation for reducing sex drive and making it useful in the treatment of insomnia, anxiety and similar disorders. A complete cure of uterine cancer with decoction and uterine injection has been noted. According to one report the plant is not used in modern herbal practices, although it has been cited as a remedy for dysentery. TimelessJuly toAugustScentedPerennial Marshes, ponds, slow-moving streams, lakes and canals up to 1.2m deep. Root - cooked. Eaten when you're a few years old. It contains up to 40% starch, 6% protein. Some caution is advised, see note above on toxicity. Roasted seeds are a substitute for coffee. Seed Cooked. It contains about 47% starch. Seeds - sow as soon as it rips in in a submerged pot under 25mm of water. Prick into individual pots as soon as the first true leaves appear and grow in the water in the greenhouse for at least two years before planting them in late spring. Seeds are collected by wrapping the head of a developing seed in a muslin bag to avoid missing seeds. Harvest 10 days after drowning below ground level or immediately after reappearing. Division in May. Each serving should have at least one eye. Submerged in pots in shallow water until well established. Swamps, ponds, slow-moving streams, lakes and canals up to 1.2m deep. One report indicated that the plant was poisonous but gave no further details. This plant contains the toxic alkaloids nupharine and nymphaeine, these substances have an effect on the nervous system. Plant information taken from Plants For the Future. One of the skincare ingredients we love — in our Rescue + Relief Spray — is the water lilies. If you've ever seen one, you know it's enough to see. In fact, it is often the subject of Claude Monet's paintings because of its delicate beauty. Today, it is often used as an ornamental addition to water gardens. The benefits of this plant far outnigh its appearance. It has been used in traditional medicine for hundreds of years, with recent research showing it has calming, anti-inflammatory and skin renewal properties. What is Water Lily? Also known as white water roses, white water lily flowers come from North Africa, Asia, Europe, and India, and grow in large ponds and lakes with their roots in the mud at the bottom. It is considered one of the oldest plants in the world, dating from over 65 million years ago. Historically a symbol of purity and purity, white water lilies have leaves that can be up to the diameter of the feet. The flowers float on the water, and are white with many small bright yellow threads in them. They provide shade and protection for fish while providing a resting place for frogs and dragonflies. In folk medicine, practitioners use roots and stalks along with flowers, although the flower is considered the most potent part. This plant is thought to help control blood sugar and insulin levels, to treat chronic diarrhea, and to protect against liver damage. Water lilies can also help soothe burns and other skin injuries when applied directly, as they are believed to be effective pain reliever. How Water Lily Utilizes White Water Lilies Skin has a number of benefits for the skin and hair. Water Lily Soothes Skin Rashes and Irritation One of the best things about water lilies is its soothing anti-inflammatory properties. It can help relieve heat and irritation of skin rashes, wounds, wounds or other problems, while reducing swelling and encouraging the skin to regenerate itself. The redness fades, and the skin seems to breathe a sigh of relief. Therefore, water lilies fit perfectly in sensitive skin formulas. That is why we add it to our Rescue + Relief Spray, because we want ingredients that will soon work to reduce swelling and redness, while providing a cooling and soothing effect for all skin types. Whether you have medically treated skin, rashes, eczema, psoriasis, rosacea, irritated scalp, or you have just finished shaving, our spray, impregnated with water lilies, will help stop irritation and allow your skin to relax, renew and restore itself to a more comfortable and healthy condition. Water Lily Helps Eliminate Toxins and Rejuvenate and Renew Whites Water Lily also helps balance cell renewal in the skin, improves toxin elimination, and creates an environment where cells in the epidermis can develop as they should. It purifies and detoxifies, soothes the skin against irritation while also providing conditioning and moisturizing effects. Water Lily Brightens and Creates a Beam of Light If you want to brighten, this is the ingredient for you. This extract has a unique combination of compounds that help even skin tone and maximize brightness for a radiant appearance, while the hydration effect makes the appearance soft and radiant. Water Lily Moisturizes Dry Skin If you suffer from dry and irritated skin, water lilies will help. It has a moisturizing, conditioning effect that stays with the skin even you have patted it. It absorbs easily, and goes to work hydrating skin cells and giving it a healthier look. Water Lily is good for Hair. Too Although we don't have hair care products in our product line, water lilies also work well on hair. It helps to thicken and revitalize it, get rid of dirt and allow beauty to shine. If you have an irritated scalp, don't be afraid to spray our Rescue + Relief Spray. It will help tame inflammation and soothe the skin on your scalp, but it can also condition and help restore and renew strands of your hair. What do you think about water lilies? Lily?

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