

Medicinal Herbs

HERB ROBERT (Geranium Robertianum)



Description

The Herb Robert plant is part of the Geranium family and is also known as Cranesbill, Bloodwort, Red Robin, and Stinking Bob. It grows to a height of around 300mm and is very shallow rooted.

It is native to hedgerows, stone walls and woodlands throughout Europe, and to temperate Asia. It grows as far east as Japan and in the Himalayan regions. It prefers a cooler climate but readily grows in Queensland over our Autumn and Winter seasons.



Neuschwanstein Castle



Rural France

Planting

- ▶ **Propagation is by seed.** Plants thrive in shady, damp places, growing very quickly, flowering profusely in August/September, and
- ▶ self-seeding readily: if the seed is not picked before it's dry.



Medicinal Value

There is little known about this plant and very little official research has been done. Wise herbalists often know about this herb and it's magical properties but don't go public with the knowledge - maybe for the better?

A typical web search will reveal the following:

- ▶ **Overview Information (WebMD.com)**
- ▶ Herb Robert is plant. It has an unpleasant odor, so it is sometimes called "Stinky Bob." The leaves, stems, and flowers are used to make medicine.

Herb Robert is used for [diarrhea](#); to improve functioning of the [liver](#) and [gallbladder](#); to reduce swelling ([inflammation](#)) of the [kidney](#), [bladder](#), and gallbladder; and to prevent the formation of stones in the [kidney](#), [bladder](#), or gallbladder.

Some people use Herb Robert as a mouthwash or gargle. The fresh leaves are chewed to relieve sore [mouth](#) and throat.

It's Unique Properties

Herb Robert was used extensively in the middle ages as a healing herb and is now a forgotten treasure at a time where pharmaceutical chemical drugs rule supreme.

- ▶ Research has found that Herb Robert is a source of germanium, and germanium has a special role to play in the body because of its unique ability to make more oxygen available to the cells. More oxygen, at cell level, means the body has the opportunity to fight disease by its own powers, and healing can take place quickly. But if the cells experience a lack of oxygen, they cannot get the nutrients, to regenerate. Those cells then become anaerobic, the state that leads to pain, disease, wayward cells and cancer.
- ▶ Germanium provides antibiotic, antiviral and antioxidant help and is an immune system booster which is all the more important nowadays when our bodies are having to cope with so many different kinds of pollution from different sources.

What else can Herb Robert do?

- ▶ Dr. Otto Warburg, twice Nobel Prize winner, said in 1966, “The prime cause of cancer is lack of oxygenation of the cells”. He discovered that cancer cells could not exist in the presence of abundant oxygen, but only in an anaerobic state.
- ▶ So because oxygen plays such an important role in cell health and immune function, using Herb Robert regularly can be something really practical we can do to prevent cancer.

How do we use it? (Disclaimer)

- ▶ Herb Robert dried tea infusions - tastes similar to black tea
- ▶ Chew up the fresh leaves and stalks
- ▶ As with any herbal remedy - start with a small amount and build up slowly.

Side Effects?

- ▶ My extensive research has found that there are no known side effects with Herb Robert though one web site suggested that caution should be exercised with pregnancy and people on blood thinning drugs.
- ▶ Practical experience with myself and other people have all been positive over a time period of several years.
- ▶ Herb Robert is a herb which I put in the 'safe category' but caution and respect should still be shown.

My Personal Experience

- ▶ First read about the herb in Isabell Shipard's Survival book.
- ▶ My first "patient" was a small dog with terminal cancer
- ▶ Later that year started eating the leaves myself
- ▶ Skin red spots on sun areas after a week
- ▶ Positive feedback from other people using the herb
- ▶ Fresh leaves appear more powerful than the dried tea
- ▶ I believe that Herb Robert is a valuable herb which can destroy tumours but it's not a complete cancer cure as it does not address the cause of why a tumour grew in the first place. I believe that if you can address that cause and take Herb Robert with other supplements and proper nutrition then you are going to win !
- ▶ As with any herbal treatment - it's important to do your own research to satisfy yourself that it is safe for you and it's going to do what you want.

HERB ROBERT - A NOXIOUS WEED ????

- ▶ **WASHINGTON STATE (USA) NOXIOUS WEED CONTROL BOARD**
- ▶ **Invasive herb Robert.** Herb Robert (*Geranium robertianum*) is a branching, low-growing winter and spring annual. ... **Herb Robert** is one of the worst woodland invaders, because of how the seeds are thrown out when it's disturbed by wildlife, pets, gardeners, walkers and hikers.
- ▶ **Why Is It a Noxious Weed?**
- ▶ It poses a threat to the forest understory and to plant diversity in the forests of Western Washington. It is capable of growing under a full, closed canopy. Where it occurs, there appears to be fewer native herbaceous species.
- ▶ **WHY BE CONCERNED?** • Herb Robert invades forest understories, displacing native plants and decreasing species diversity. • It does not supply food or habitat for wildlife. • It prevents the germination of other, more desirable, plants. • It can die back in winter leaving ground bare and susceptible to erosion. Herb Robert is a Class B Noxious Weed. Control is encouraged.

References and web links

- ▶ [Why Herb Robert Is Beneficial For Health \(Plantessentials.com.au\)](http://Plantessentials.com.au)
- ▶ Herbsarespecial.com.au - Isabell Shipard's research
- ▶ Isabell Shipard's Survival book
- ▶ Webmd.com - orthodox medicine guide