

# Hildegard von Bingen

**Mystic, Psychic, Visionary, Herbalist**

**Weaving the Tapestry of Healing from the Cosmic Elements**

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[WWW.NaturalNurse.com](http://WWW.NaturalNurse.com)

COMPOSER

SCIENTIST

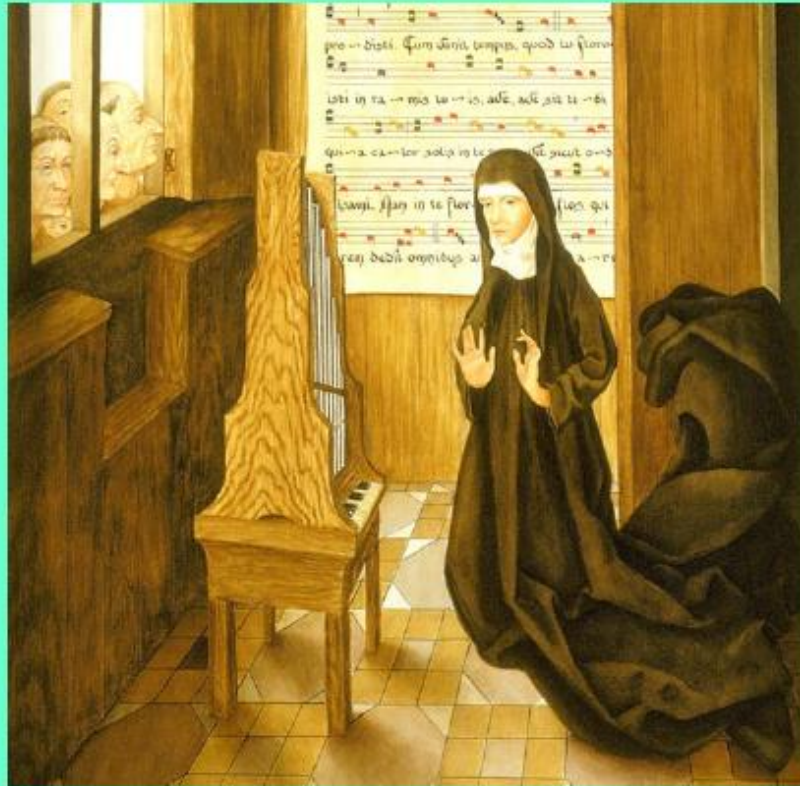
NUN

THEOLOGIAN

VISIONARY



# Biography



- She was born in Bermersheim Germany in 1098
- She died at Disibodenberg Germany in 1179 on September 17.
- She was born in a wealthy family and was sent away at the age of 8 to be a nun. She was given in to the care of an abbess at a convent.

In 1511, a vision moves Hildegard to found a new monastery in Rupertsberg.

**She dedicates herself to writing books on:**

- Ethics
- Cosmology
- Anthropology
- Advised Bishops, Popes and Kings
- Physics
- Chants (77), Poetry & a Play



•Describes music as the means of recapturing the original joy and beauty of paradise. Her music is described like 'angels singing'.

# Book of Divine Works

“Liber divinorum operum” (Book of Divine Works),

written from 1163 to 1170- last work

10 visions:

Birth and existence of the cosmos

Nature in the light of faith

World- God’s masterpiece artwork

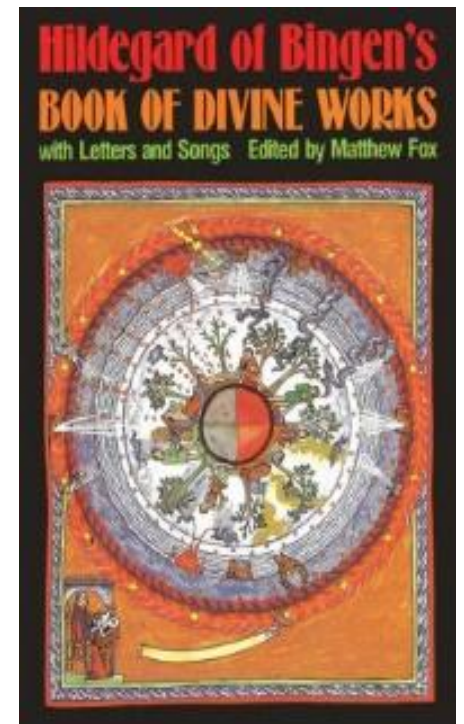
Man- represents and reflects everything in the cosmos

All of man’s physical and mental conditions exist throughout the universe.

**Perspective of INTERCONNECTIVITY:**

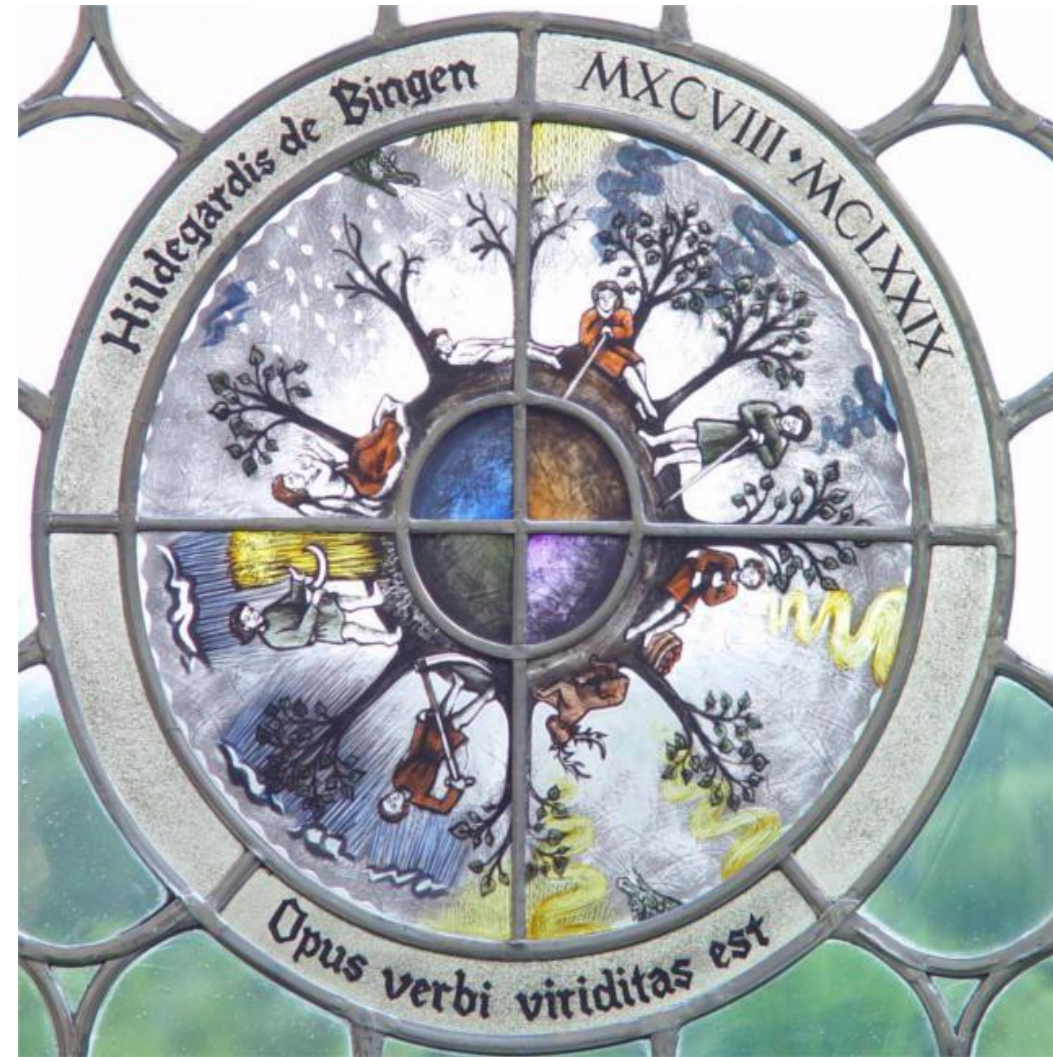
Resembles similar experiences in the kundalini awakening process

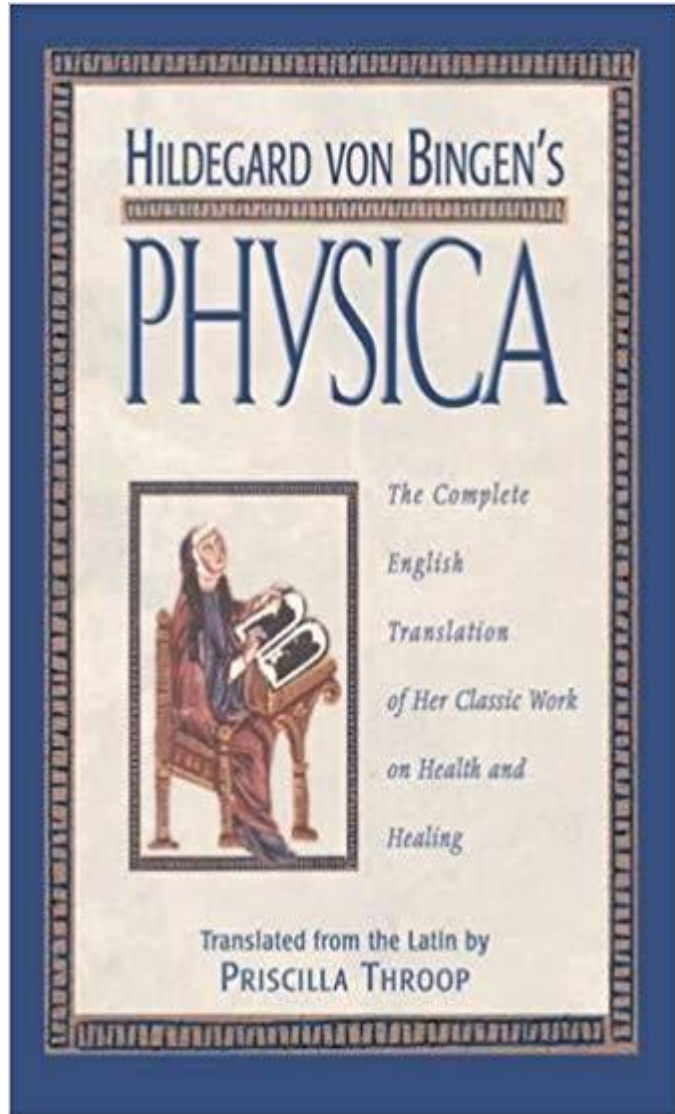
Everything is connected and inseparable



# Science and Spirituality

- Hildegard calls for a marriage of science and spirituality
- Employ intellect- “our greatest treasure”
- Along with mystical intuition
- “Greening power” honors Connection to Mother Earth.





# Contents

TRANSLATOR'S INTRODUCTION	1
BOOK ONE <i>Plants</i>	9
BOOK TWO <i>Elements</i>	99
BOOK THREE <i>Trees</i>	105
BOOK FOUR <i>Stones</i>	137
BOOK FIVE <i>Fish</i>	159
BOOK SIX <i>Birds</i>	177
BOOK SEVEN <i>Animals</i>	205
BOOK EIGHT <i>Reptiles</i>	229
BOOK NINE <i>Metals</i>	237

## •Sex

*She wrote that the strength of semen determined the sex of the child, while the amount of love and passion determine the child's disposition. The worst case, where the seed is weak and parents feel no love, leads to a bitter daughter.*

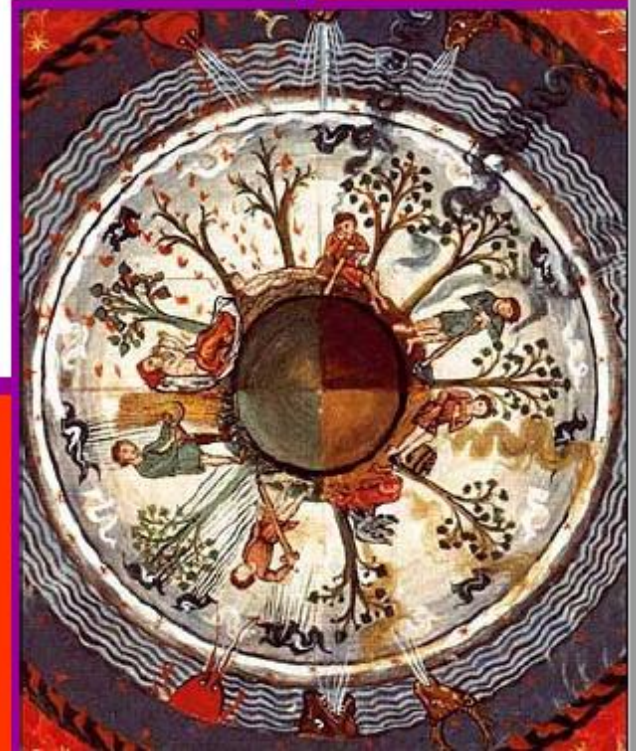
*Could this be true?????*





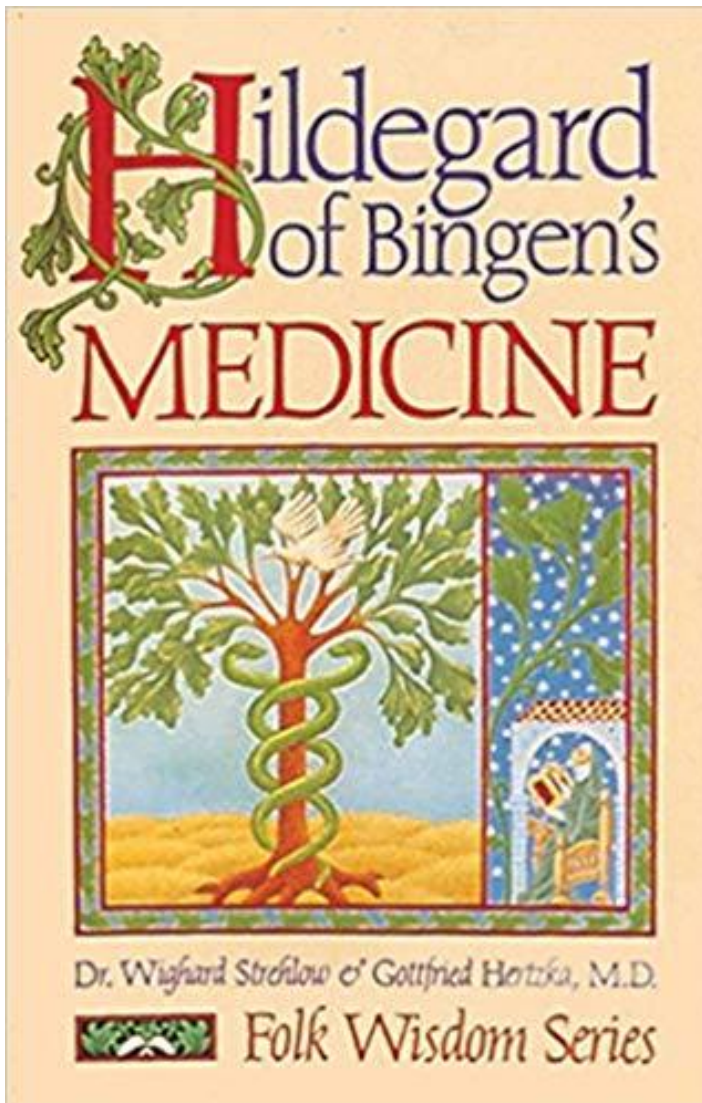
- **Medicine**

- on the curative properties of plants and animals from a holistic perspective
- on the origin of illnesses and their treatments
- the scholarly nun created her traditions directly from the people as well as own nature-observations and views described.



# HILDEGARDE- Herbs

- Basil- part of a mixture for tumors
- Calendula- skin, cough, indigestion ( especially in animals)
- Dill- suppress sexual impulses
- Mint- digestion and gout
- Sage- fever and poultice for pain
- Stinging Nettles- detoxification and kidney stones
- Pellitory- “reduces harmful substances in the blood and increases ‘good blood,’ nourishing the nerves.



Editor's Note.....	vi
Special Notice to the Reader.....	viii
Foreword by David Frawley.....	ix
HILDEGARD'S MEDICINE: The Healing Art of the Future..	xvii
1. EYES: The Windows to the Soul.....	3
2. EARS: Liver Metabolism & Hearing.....	11
3. TEETH: A Beautiful Smile.....	15
4. COLDS & FLU & the English Geranium.....	19
5. SKIN: Cuts, Bites & Burns.....	27
6. HEART: Galangal & Jasper.....	33
7. DIGESTION & the Wonder Food, Spelt.....	43
8. DIET: You Are What You Eat.....	57
9. LIVER: Black Bile & Depression.....	65
10. GALL BLADDER: Jaundice & Melancholy.....	75
11. NERVES: Quenched Wine & Chalcedony.....	81
12. DREAMS: Messengers of the Soul.....	87
13. RHEUMATISM: Cures with Gold & Quince.....	93
14. CANCER: Life Gone Wild.....	115
15. FASTING: Creating Your Own Spirituality.....	131
SAINT HILDEGARD & Her Medicine.....	139

# Hops (*Humulus lupulus*)



<http://www.museums.org.za/bio/images/enb6/enb06291x.jpg>

# Hops



Hops Strobile

Antibacterial

Supports Healthy  
Bacteria

Relaxation

Beer Brewing: 9th century,  
Hildegard of Bingen

Mystic, Nun, Herbalist



# Hops



Hops Strobile

**Sleep and Anxiety:** German Commission E

**Humulone and Lupulone:** active bitters, aid digestion

**Anti- inflammatory Mechanism:**

- Inactivates NF $\kappa$ B, via SyK and Pi3k(Phosphoinositide-3-kinase) inhibition
- Reduces inflammation with low adverse effect profile

# HILDEGARD- Gemstones

Gemstones absorb energy of negative thoughts and emotions, and spiritual weaknesses and then replace it only positive natural energy

**Amethyst**- help control hematoma and coagulation



**Emerald**- represents vital energy(*viriditas*) repairs damaged cellular structures and supports wound healing such as leg ulcers

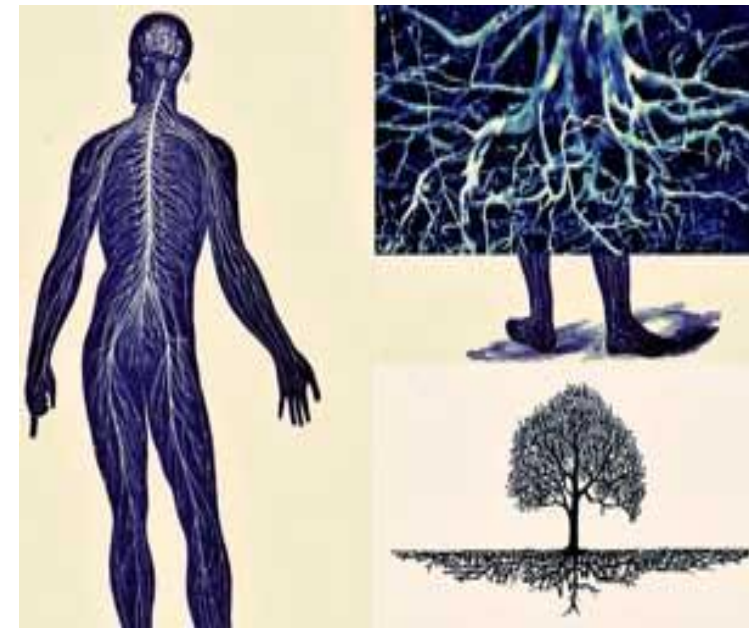






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