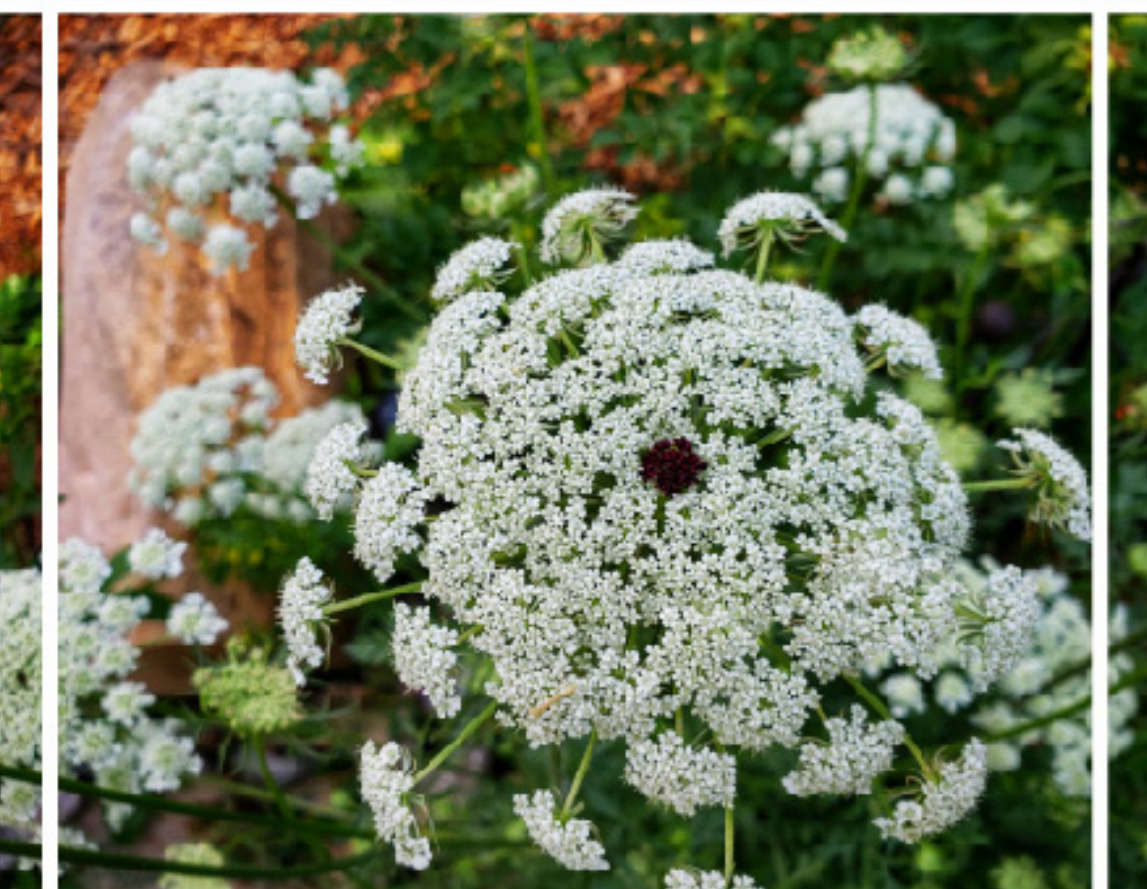


SPIRALING ROOTS

Herbal Recipes for a Vital Life



Correne Omland

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CHAPTER 01



About

Correne is a herbalist based out of Kawartha Lakes, Ontario where she offers clinical services at Spiraea Herbal Clinic. After completing the Chartered Herbalist course at Dominion Herbal College, she knew the path of a herbal practitioner was for her!

She spent four years studying with Michael Vertolli at Living Earth School of Herbalism where she undertook her clinical education. A herbalist's studies are never complete and she is currently enrolled in Rosemary Gladstar's The Art and Science of Herbalism.

Correne is actively involved in her community, participating in farmers markets, local vendor events and giving talks/lectures at local greenhouses, horticultural societies, and non-profit organizations. Spiraea is also proud to offer classes and workshops to the community of Kawartha Lakes. Students learn basic herbal and medicine making skills using hands on experiences.

Correne and her family run a small-scale permaculture-based homestead where they grow most of their own food and medicines.





How to Use This Book





In all recipe books it is very tempting to just jump to the parts that spark your interest! I do this all the time, so I can relate to that urge.

Prior to doing that I would encourage you to check out this introduction section first as it contains a lot of valuable information that will make the steps on your herbal journey much easier.

Also note, some techniques are repeated over and over again in these recipes. An excellent example of this is the process for making herbal infused carrier oils. This process is described in detail in the Herbal Healing Salve recipe in the Common Ailments section.

All other recipes that use herbal infused carrier oils will ask you to refer to this recipe for the detailed process.



GOOD HERBAL PRACTICES

I truly believe that anyone can incorporate herbal medicine into their lives, regardless of income, education, or cultural background. However, there are some tips, suggestions and even the odd trick that will make your journey into this world a fruitful one.



Know Your Limits

It is imperative that you know your limits – with regards to your herbal knowledge/education AND your personal comfort levels.

A good practitioner, either professional or kitchen herbalist, knows what is out of their scope. What conditions are beyond their abilities or knowledge and which are easy to tackle.

Your intuition and “gut” will be strong allies for you on this path. If there is a voice in your head that is telling you that your little one’s fever is too high, please listen. Our disconnect with nature has dulled these skills somewhat, but they are still there; programmed into our DNA and our very genes. That voice is there for a reason.

If conditions are serious or medications are involved, please be honest with yourself about your abilities and knowledge. Do you know how to handle blood pressure herbs when someone is on medications? There is no shame in referring your friends, family (or even yourself) to a qualified professional herbalist in cases such as these. In fact, if you do not have clinical training in herbal medicine, it is best to avoid treating conditions where medications are involved.

If my septic system backs up or my sink is overflowing, I call a plumber. While I have snaked the odd drain, I am not a professional plumber and I know my limits!

Even clinical herbalists have to know their limits and what they are comfortable taking on. Even practitioners with years of experience would never claim to “cure” cancer (as an example) or guarantee recovery from serious auto-immune conditions.



RESEARCH HERBS AND THEIR EFFECTS THOROUGHLY

This book is not a substitute for a detailed and thorough materia medica. Using herbs is a wonderful and empowering experience, but it would be wise to remember that while they grow right outside your door, they are still medicines. They should be treated as such.

My suggestion to my students is to pick a dozen herbs they are called to work with. Try to choose herbs that will cover a few different areas in your life; cold/flu, injury, digestion etc. Choose herbs that you already grow or are native to your area. Once you have those herbs chosen, get to know them.

In the book suggestion section at the end I have listed lots of fantastic herbal reference books. They are a great place to start and all are worth the investment.

In addition to reading and studying your herbs through books and websites, you can get to know your newfound plant friends in many other ways.

My favourite methods are meditation or dreamwork with plants and drawing or colouring them (this is a great exercise for getting to know how to identify the plant in the wild and their exact botany). I also strongly suggest growing some herbs (if you have the space) and attending a local herb walk as well. All these exercises will provide you with valuable insight about the plant's medicine.

Once you feel comfortable with your first dozen, you can expand your personal materia medica! My teacher once told me, it is better to know twenty-five plants well, than to have a limited understanding of a hundred. I could not agree with him more.



GOOD QUALITY INGREDIENTS

Your herbal medicines will only be as good as the ingredients you source. In addition to book suggestions, I also have a list of good quality herb suppliers. Definitely check them out, but don't rely on brand name alone! Here are some tips for sourcing good quality herbs.

First check out the price. If it is too good to be true, it probably is. No one sells two pounds of nettle for \$2! This does not mean that some companies are not overpriced, but if the price seems "really cheap" you are likely buying poor quality herb material. Mediocre herbs equal mediocre medicine.

If you are buying herbs at a health store and can smell them first, do so! Good quality herbs will smell almost as potent dried, as they do fresh. Look for aromatic herbs to test the basic quality of the selection. If you can barely smell the peppermint or rosemary, they are likely stale.

Next look at the colour of your herb material. Stinging nettle when properly dried is still a vibrant green. Elderberries should be a beautiful purple/red. If the herbs look dull and sad, walk away.

If you are harvesting fresh herbs check out the ethical wild-harvesting section for more information.



LABELING JARS

I know this one seems basic, but it is worthy of mention. I can speak from personal experience; you will NOT remember to label that salve or tincture later. Do it right away and avoid finding random jars of unlabeled herbal goodness. If you do not know what is in it, it needs to be disposed of. Wasting good medicine because you forgot to label the jar or container just sucks. No two ways about it!

I prefer using painter's tape to label my jars as it is easy to write on and comes off just as easily.

Ensure you write what the contents of the jars are (including which herbs you used unless you have a recipe book somewhere). Include the date the product was made, or herb was harvested. If you are making tinctures, you can include where you harvested the materials or sourced the herbs.

GOOD HERB STORAGE

How you store your herbal material can affect the quality of your final product as well.

In general, the following things are inconducive to quality herbal preparations:

- Heat
- Oxygen
- Water/Moisture
- Light

Avoid storing your herbs, herbal oils, salves, and tinctures in an area that is extraordinarily hot. Above your stove, near your fireplace or above a radiator will all overheat your herbs, drastically reducing their shelf life.

Oxygen causes your herbs and herbal preparations to oxidize (which reduces their quality and potency).



Dried herbs should be stored in glass jars. When working with tinctures, work quickly and efficiently to reduce oxygen exposure.

Water and moisture are especially bad for dried herbs and oil preparations. Just as you would avoid a very hot area of your home, also avoid an excessively damp area of your home such as the bathroom. In the section discussing herbal oil preparations I will talk about how to deal with fresh herb material and their corresponding water content.

Light is also another source of oxidative damage. In a perfect world all our tinctures, salves and dried herbs would be stored in dark glass. However, a cabinet or closet will do just fine. Avoid storing herbs under bright lights or in direct sunlight.

And I know this goes without saying but remember to label everything!

Rules of Thumb for Dried Herbs

- Aerial parts (leaves and flowers)
- Will store for up to a year
- Roots, stems, berries, and barks
- Will store for 2-3 years

These are just basic guidelines for dried herbs. If they are older than listed but pass the smell and colour test, they are likely just fine!




The practicing of herbal medicine can be as cheap or expensive as you want it to be! Many of you just starting out will have no need to invest in a tincture press that sets you back a few thousand dollars.

Here is a list of things you will need:

1. Glass jars and containers
 - o A good quality knife for chopping herbs
2. Scissors for harvesting fresh herbs
3. Mesh sieves for straining herb material
4. Cheesecloth for straining fine herb material

Here is a list of things that are not necessary but mighty nice to have:

- Potato ricer
 - o Makes a wicked little herb press
- Mezzaluna
 - o My herbal knife of choice
- Wide mouth funnels
- Measuring cups
- A graduated cylinder if you plan on getting into tincture blends
- A kitchen scale
- Reusable coffee filters
 - o Fantastic for straining out powdered herbs or herbs with lots of small bits/dust



“There are some four million different kinds of animals and plants in the world. Four million different solutions to the problems of staying alive.” – David Attenborough

ETHICAL WILD HARVESTING

While this material could have been covered under the “good herbal practices” section, I felt it was far too important and deserved its own section. Frankly, any discussion of the use of herbs for medicine must also discuss the ethical use and harvesting of those plants.

ENDANGERED AND THREATENED SPECIES

It is unethical to use herbs that have been classified as endangered and/or threatened. These herbs are at risk of being lost to us forever, therefore harvesting them from the wild should be avoided at all costs.

A lovely alternative to harvesting an endangered species in the wild is growing it yourself. It may take 3-4 years to develop your Echinacea patch, but it will be well worth the wait. Then each year as the patch grows, you can harvest a small amount of root for your own personal medicine needs.

Since the list of herbs that are at risk is always evolving, changing, and growing, I will not include a list here. Instead I encourage you to explore United Plant Savers and their website. They have up to date lists of all of the plants that are currently at risk. The link is below:

<https://unitedplantsavers.org/species-at-risk-list/>

ETHICAL WILD HARVESTING

Harvesting herbs in the wild has many wonderful benefits. First, you will experience the plants in their own habitat, learning how they grow and where. Secondly, you can choose the hardiest and healthiest of the plants growing in an area, ensuring that your medicine is of the best quality.

While there are many benefits, there are also some rules that must be followed. If everyone follows these guidelines, we can be assured that our plant allies will be around for generations to come.

- Only harvest species that are common – to both the area you are at and the region in general.
- Never take more than 10% of the plant population from an area. This means if there are 10 ox-eye daisy plants, you are only harvesting one.
- Do not harvest in an area where someone else has been harvesting. Look for signs like uprooted plants or stems without flowers.
- Always harvest plants early in their growing season. This benefits us in two ways: one it gives the plant time to produce more flowers and reproduce and secondly it ensures you are harvesting the most potent medicine possible.

- Source 3-4 harvesting locations for each plant you choose to harvest. That way you can rotate your harvesting locations each year, avoiding returning to the same spot two years in a row.
- Never take more than what you need. While this can be difficult to figure out, I can tell you as a practicing herbalist I rarely need more than 2 litres of tincture (per plant) in my practice. A home herbalist likely needs 100-500ml per year of any given herb.
- Harvest from clean areas only. Avoid locations near commercial farms, busy roads, factories, and areas downstream from any of these.

And last but most certainly not least. Only harvest species that you are 100% certain you have positively identified. The book suggestions section has a list of field guides and I strongly suggest you purchase at least one. As mentioned earlier, attending a local herb walk would also be prudent. Learning how to identify herbs in the wild is a skill all its own.



A Note About **ESSENTIAL OILS**

I feel a discussion about essential oils fits perfectly under the section about ethics.

The essential oil industry is growing and changing every single day. Wildly popular, you can find essential oils in almost every store and reps at every local vendor event. The products are moving much faster than the knowledge!

With something becoming so popular so quickly, it is wise to take a step back and ask the right questions. Sustainable harvesting/growing practices are often moved to the back burner when demand goes up.

My opinion as a herbalist (as with the aromatherapists I consult with on a regular basis) is that essential oils are not safe for internal use. Regardless of the company from which you procure them. I often see reps engaging in “essential oil shots” at shows and I cringe each and every time. If essential oils are mentioned in a recipe it is for topical use only. I never recommend going above a 1% dilution regardless of product or use.

While some of you may disagree with me on this point, as a natural health practitioner I would be neglecting my ethics and beliefs by not mentioning my thoughts on this trend.

SOME THOUGHTS...

Despite lots of research, we still are not quite sure what essential oils are. Are they part of the reproductive centre of the plant? Are they a defence mechanism? Are they a poison? All we do know is that after everything else has been distilled away, they are the most volatile substances left that we literally cannot get rid of. That fact alone, should cause us to pause and consider their use.

If you do decide to use essential oils in some of your products, please follow the instructions given. Do not be tempted to add more. These recipes will suggest amounts between a 0.25-1% dilution and never more.



Plant Profile • Peppermint
***Mentha x piperita* (Peppermint)**

Support Systems

Digestive – Nervous System – Respiratory

Element: Fire/Air

Astrological: Venus

Constitution

Cold – Pungent

Chakra: Throat (Vishudda)

Known For

Headaches – Gas – Indigestion – Depression – Anxiety-
Nausea

A still life composition featuring a wooden mortar and pestle, fresh lemons, and various green herbs on a dark surface. The mortar is a light brown wood with a silver rim, sitting on a matching wooden base. To its right are several lemon slices and a whole lemon. In the foreground, there are fresh green herbs, including what appears to be mint and lemon balm. A small wooden bowl filled with dried green herbs sits in the lower right. A metal spoon with a wooden handle is in the bottom foreground, also containing dried herbs. The background is dark and textured, possibly a wooden cutting board or a stone surface.

HERBAL TERMINOLOGY

I know the world of herbal terminology can seem cumbersome and even intimidating. While it may be something you wish to avoid, if you plan on incorporating herbal medicine into your life, you will see these terms time and time again. You do not have to memorize these, but I wanted you to have a place you can refer to.



ADAPTOGEN

These are herbs that gently support the body's response to all kinds of stress. Many of these herbs are gentle and tonic in nature and are used to decrease stress and improve the overall functioning of the entire body. Their action is primarily through the endocrine system; however, their effects can be felt on almost every system of the body.

Please note that the method by which these herbs are administered differs greatly depending on the herbal system you are using. For example, a traditional Western herbalist would use adaptogens with relatively healthy folks whose treatment is nearing completion, which differs greatly from the Traditional Chinese Medicine approach. Neither approach is incorrect, simply different.

ANALGESICS

Herbs that help to reduce pain or sensitivity to pain. Their effects range from mild (causing numbness) to strong (including loss of consciousness).



ANTI –INFLAMMATORY

As the name implies, herbs in this category help to reduce inflammation. They do this by either eliminating the source of inflammation or interfering with the inflammatory process itself. Here are the sub-categories of anti-inflammatories.

- **Anti-allergenic:** useful in reducing allergy symptoms
- **Anti-hepatotoxic:** herbs that help to protect liver cells from toxicity caused by damage
- **Antioxidant:** herbs that help protect cells and tissues from the damage caused by oxidative substances (in most cases toxins)
- **Antirheumatic:** reduces the inflammation that is associated with rheumatic conditions
- **Neural anti-inflammatory:** anti-inflammatory herbs that have particular benefit to neural tissues

ANTIMICROBIAL

This family of herbs helps to kill or discourage the growth of unfriendly microorganisms in the body. They are subdivided based on the type of microorganism they affect.

- **Anthelmintic:** also known as vermifuges, these herbs affect worms specifically (either by killing or expelling them)
- **Antibacterial:** herbs that affect bacteria specifically
- **Antifungal:** herbs that affect fungi specifically
- **Antiparasitic:** herbs that affect parasites specifically
- **Antiseptic:** the term used when an antimicrobial herb is applied topically to the body
- **Antiviral:** herbs that affect viruses specifically

ANTISPASMODIC

Herbs that reduce spasms, tension, and cramping. Their action can be general or on specific areas of the body such as mucus membranes, smooth or skeletal muscles. For example, a uterine antispasmodic is a herb that has a direct antispasmodic effect on the uterus.

ANTITHROMBOTIC

Herbs that reduce the development of blood clots.

APERIENT

Herbs that have a gentle (not stimulating) laxative effect. See cholagogue.

ASTRINGENTS

Effects of these herbs can be felt directly on the tissues in which they come in contact with. They cause the contraction of skin, blood vessels and other tissues. This will help to stop any discharge of blood or mucus, as well as prevent toxins from penetrating the tissues, therefore facilitating the healing and reduction of inflammation for that tissue.

- **Anticatarrhal:** action is specifically on the mucus membranes and are most often used to treat conditions characterized by runny noses
- **Hemostatic:** herbs that help to stop bleeding – when used topically they are called styptics

CARDIAC

These are herbs that have a direct action on the heart muscle itself. More specifically they help to improve and strengthen the heart by improving blood flow.

CIRCULATORY STIMULANT

Herbs that improve general circulation throughout the body. They are called rubefacients when used locally/topically.

COMPRESS

Applying a cloth or other material directly to the skin to reduce swelling, pain, or redness. The compress is usually soaked with a herbal tea prior to application

DECOCTION

A herbal preparation made by boiling/simmering plant material (usually bark, twigs, rhizomes and roots) in water to extract their medicinal properties.

DECONGESTANT

These herbs work in the upper portion of the respiratory tract. They thin and liquify mucus secretions in these areas.

DEMULCENT

Herbs that soothe, protect, and relieve irritation of inflamed mucus membranes and other tissues. These herbs usually have mucilaginous constituents. They are useful in regulating the production of mucus and prevent the membranes from drying out.

DEPURATIVE

Herbs that help to eliminate toxins from the tissues and fluids of the body. They do this by supporting some or all channels of elimination (liver, kidneys, respiratory, lymphatic etc.)

DIAPHORETIC

Herbs that are helpful in improving circulation to the extremities of the body through the dilation of blood vessels in these areas.

DIGESTIVE

These herbs help to increase or balance the secretions of the digestive organs. They are divided into categories based on their more specific actions.

- **Antiemetic:** a type of carminative that helps reduce nausea and vomiting
- **Bitters:** digestive herbs that are designed to stimulate the secretions of the entire digestive tract
- **Carminative:** herbs that stimulate the secretions of the mouth, stomach and small intestines. They also help to reduce gas, bloating and spasms in the digestive tract.
- **Cholagogue:** herbs that help stimulate the secretion of bile from the liver and gallbladder
- **Sialagogue:** herbs that increase the production of saliva
- **Stomachic:** herbs that help to stimulate/balance the secretions of the stomach

DIURETIC

Herbs in this category help to promote the production and secretion of urine, thereby improving the function of the urinary tract. Also aids with the elimination of toxins through the urinary tract.

EMETIC

Herbs used to induce the act of vomiting. These are rarely (if ever) used in my experience.

EMMENAGOGUE

These herbs are used to bring about menstruation and/or balance the functioning of the female reproductive system.

ENDOCRINE

Herbs in this family have a specific action on one or more of the endocrine organs. They are further divided based on their specific action. Examples include adrenals, pancreatics and hypoglycemics.

EXPECTORANT

These herbs promote the thinning and evacuation of mucus from the lower respiratory system.

FEBRIFUGE

Herbs that help lower/modulate fever.

GALACTAGOGUE

Herbs that help stimulate milk flow in nursing women.

HYPOCHOLESTEROLEMIC

Herbs that help decrease blood cholesterol levels.

HYPOLIPIDEMIC

These herbs help decrease blood fat levels in general.

HYPOTENSIVE

Herbs that reduce blood pressure.

IMMUNE STIMULANT

These herbs give the immune system a short-term boost. This can be useful to treat acute conditions such as the cold/flu.

IMMUNE TONIC

Whereas immune stimulants work to improve the immune system in the short-term, these herbs have longer and deeper effects. They are designed to be taken over longer periods of time as their effects are gradual and cumulative.

INFUSED OIL

A herbal preparation made by soaking plant material in carrier oil in order to extract its fat soluble constituents. The herbs are then removed and filtered from the oil, which can then be used therapeutically.

INFUSION

A herbal preparation made by pouring water (usually boiling) over plant material and allowing it to steep.

LAXATIVE

Herbs in this category promote evacuation from the bowels. The strength of their action ranges from gentle (aperients) to strong (cathartics).

LYMPHATIC

These herbs decrease congestion and inflammation in the lymph nodes. They also help to promote drainage and circulation throughout the entire lymphatic system, thereby aiding in the elimination of toxins.

NERVINE

Herbs that help improve and strengthen the functioning of the nervous system in general. They will therefore help with the effects of stress. These herbs can be further divided into subcategories.

- **Antidepressant:** nervines that help alleviate the symptoms of depression
- **Anxiolytic:** nervines that have a moderately calming effect on the central nervous system and are therefore useful in anxiety
- **Relaxant:** useful in cases of muscle tension and tension headaches (have a relaxing effect to the muscles of the body)
- **Sedative:** nervines that have a stronger calming effect on the nervous system (useful in more intense anxiety states)
- **Tranquilizer:** nervines that have a gentle and calming effect to the nervous system

PARTURIENT

Herbs in this family are useful during childbirth, as they help to stimulate and strengthen uterine contractions. They are useful in delayed or prolonged labour.

POULTICE

Directly applying herbs (either fresh or dried) to the surface of the skin to reduce swelling, pain and redness. They can also help to draw out foreign objects from the body (e.g. a stinger)

SALVE

A herbal preparation in a solid form usually made with a combination of herbal infused oil and beeswax.

TINCTURE

An alcohol based extraction of herbal constituents. Made by chopping up plant material, placing it in a jar and filling that jar with alcohol. The herbs are left to sit so the alcohol can extract the medicinal properties of the plants. The herbs are then filtered out and the alcohol is administered medicinally.

UTERINE

Herbs that help to tone and strengthen the uterus.

LYMPHATIC

These are herbs that heal damaged tissues through an astringent action/ or promoting cellular regeneration.

NERVINE

A subcategory of vulnerary, these herbs help heal blood vessels specifically





CHAPTER 02

HERBAL RECIPES FOR COMMON AILMENTS

Even with the healthiest food, a regular exercise routine and plenty of sleep, there are still times when we may need to call upon our herbal allies to support us.

In generations past, the preparation of such herbal remedies would have been done at home, by mothers, fathers, grandparents, and other elders. In larger communities, herbalists and healers would take on this role and responsibility.

Knowing how to treat the most common ailments can be incredibly empowering. Using plants that likely grow all around you to help your child through an ear infection or aid you in a time of stress; my this can be a very freeing feeling!

With the advent of modern medicine, much of these 'old ways' of healing have been lost. Our ancestors

stopped passing down their tried and true recipes and their knowledge of the plants that grew all around them. In a few generations, it is possible that this knowing could be lost for all time.

This is why I have been drawn to share these recipes; to place metaphorical pen to paper. For my child. For the children's children. May these words provide comfort and strength during times of uncertainty.

Please note that one must always call upon their intuition during times of illness and dis-ease. This book is not a substitute for a doctor or other natural health care practitioner. There is wisdom in knowing when to call in outside help. Trust your inner knowing and wisdom in these situations.



HERBAL VS ALLOPATHIC MEDICINE

There is a common misconception that natural based approaches and modern medicine must be bitter enemies. As a herbalist, it is always upsetting to see such black and white thinking when we speak of health and wellness. As with most things in this world, the truth lies somewhere in the middle.

Herbal medicine is a power ally and friend, one that I am very grateful to have. It can be incredibly empowering to know that most common day ailments, can be supported and dealt with by using plants that grow right on my property.

However, it is unwise to discount the many advances that modern medicine has made over the last century. Diagnostic techniques and surgeries are two great examples of the amazing strides we have made as a people. No longer do we drill holes in people's head to let the devil out!

So now that we have settled that, let us talk about how these two approaches to medicine differ.

In general, I like to think of herbal medicine as the supportive friend. Except in very rare cases, herbs are not used to push the body into a particular direction. Instead, they help to support the body's natural ability to heal itself. For example, the human body is designed to break down, digest and assimilate the nutrients from our food. But sometimes, due to factors both in our control and not, our ability to digest food becomes compromised.

Herbs do not digest for you, but they do help to support those systems so that they can function optimally.

On the other hand, allopathic medicines have a very firm directive and mission. Medications designed to lower blood pressure do not heal the condition; they mask the symptom. Antibiotics do not support the immune system; they kill off bacteria. They have a very specific targeted set of actions that push body in one direction or another.

There are times and places where this directed, firm action is necessary, but not always.

WHEN TO USE HERBS

Each situation that will be covered in the following pages is unique, as is each instance in which medical attention is required.

First and foremost, I will once again call upon you to trust your instincts and common sense. If your gut is telling you this is something more serious than a poultice can tackle, please listen.

That being said, there are some general guidelines that can be followed.



As prevention, herbal medicine can often be a wonderful ally. Herbs are fantastic for building our immunity and natural defenses. Immune tonics for prevention, adaptogens for helping us deal with stress; the list goes on and on.

For situations that are **not considered an emergency**, herbs can also be of great assistance. Basic first aid, including bruises, cuts, stings, scrapes, and the like can be easily be treated at home. The common cold and low-grade fevers can also be dealt with at home and would in fact benefit from not waiting for hours in a waiting room!



WHEN TO SEEK OUTSIDE HELP

As I mentioned in the previous section, let your instincts be your guide. If you have a nagging feeling that something just is not right, you are probably correct.

In general, most illnesses, injuries and imbalances in the body respond very well to proper nutrition, rest, and natural treatments. However, if your body is not responding appropriately, or you are getting worse, it may be time to seek outside assistance.

And I hope that this goes without saying, but emergency and life-threatening situations should be treated as such. In times of crisis, the appropriate response is to seek medical help.

COLD AND FLU

Try as we might, there will be a point in all of our lives where we will deal with that tell-tale set of symptoms. Achy muscles, fever, runny nose, coughs, headaches, congestion... the list goes on, but I am certain you are familiar with them.

In addition to some of the recipes I will share with you here, please know that it is always wise to rest when ill. Drink plenty of good quality fluids (water, bone broth, tea), sleep as much as you can and fill your body with healthy food.

Always avoid:

- Mucus forming foods
- Sugar
- Alcohol





ELDERBERRY SYRUP

I remember the first time I told my Oma about making elderberry syrup. She said, “you do things the old way” and I considered that very high praise indeed! In fact, elderberry syrup is a very popular and common remedy in many European countries, including Germany (where my family is from). It is only now gaining popularity in the West. Elderberries, known for their immune stimulating and anti-viral properties, have become a staple in many home apothecaries.

Each year I make sure we are fully stocked with plenty of elderberry syrup to support both my family and my community. Incredibly tasty and very safe for children, it is no wonder I cannot keep it in stock!

If you plan on wild harvesting your berries please be incredibly certain you have positively identified the plant and that you practice ethical wild harvesting (please see the Wild Harvesting section of this book for more information).

INGREDIENTS

- ½ cup of dried elderberries or 1 cup of fresh
- 3 cups of clean filtered water
- ½ to 1 cup raw local honey

OPTIONAL

- 1 cinnamon stick
- 3 cloves
- 1 tsp of finally chopped ginger root
- 2 tbsp of elderflowers

INSTRUCTIONS

Bring elderberries and optional ingredients of your choice to a boil. Once boiling, reduce to a low simmer for 30-35 minutes.

Smash the berries with the back of your spoon or a potato masher.

Strain through a fine mesh strainer or cheese cloth.

Add anywhere from ½ to 1 cup of honey (to taste).

Please note that the honey is the preservative and therefore the less honey you use, the shorter the shelf life.

Place in a clean bottle or jar and store in the fridge for up to 3 months.

DOSAGE

Take 1 tbsp a day as a preventative. Please practice pulsing (breaks from doses) to prevent the body from adapting to the herbs.

1 tsp every 2-3 hours (depending on the severity of your symptoms) for children

2 tsp every 2-3 hours (depending on the severity of your symptoms) for adults

CONTRAINDICATIONS

Elderberries are a very safe form of medicine. They do not interact with any medications or medical treatment except for immune suppressing medications (usually prescribed for folks who have had organ transplants). The only contraindication is the honey, so ensure your child has tried honey before using this.

If you are pregnant or lactating it is wise to discontinue use after 5 days. If you are chronically ill, please consider consulting a natural health practitioner.

If you have an autoimmune condition, please contact a natural health practitioner to discuss the use of immune stimulating herbs.

ELDERBERRY GUMMIES

The power of elderberry syrup on the go! Gummies are not only tasty; they are very fun to make. I especially love these for when my son is sniffing, but not nearly sick enough to miss school. I pack 5-6 of these in his lunch and I feel good knowing his immune system is getting a bit of a boost throughout the day.

This recipe uses syrup made from the recipe above. It has not been tested with store bought elderberry syrup.

INGREDIENTS

- 250 ml of elderberry syrup (divided)
- ½ cup of hot water
- ¼ cup of grassfed gelatin
- silicone gummy molds



INSTRUCTIONS

Using a 4 cup measuring cup pour out approximately half of the elderberry syrup.

Add ¼ cup of gelatin and immediately start whisking.

As you continue to whisk slowly pour ½ cup of very hot water (just under a boil) to your gelatin and elderberry syrup mixture. Keep whisking!

Once your gelatin has dissolved and everything is well incorporated, pour in the remaining elderberry syrup and continue to whisk.

When everything is very well mixed, pour your mixture into the silicone molds of your choosing.

If you are making something small like gummy bears, you may want to use a dropper.

Once filled place your molds in the fridge – they should set in just a few hours.

Make small batches as these gummies will only keep for 2-3 weeks in the fridge.

DOSAGE

2-3 gummy bears are equivalent to 1 tsp of elderberry syrup.

HERBAL INFUSED HONEY

I absolutely love infusing herbs into honey. It is a safe and tasty way to experiment with herbal allies.

Because I often drink tea when I am under the weather, I decided making immune boosting herbal honey was a prudent course of action. Just add a tsp or two to your favourite cup of tea and you have a tasty and beneficial remedy.

BASIC INSTRUCTIONS

Choose your herb or selection of herbs. I vastly prefer using fresh herbs when making herbal honeys. I find the effects are more potent and the taste is quite pleasant.

Please take the time to research the herbs you wish to use. There is a book recommendation section at the back of this book. Once you become more confident, you can experiment with combining herbs for synergistic effects.

Once you know what herb (or selection of herbs) you would like to use, the rest is easy! Chop your herbs well and fill your jar loosely. Cover with raw local honey. Label your jar and store in a cool dark place for at least 3 months.

IMMUNE BOOSTING HONEY

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Once you know what herb (or selection of herbs) you would like to use, the rest is easy! Chop your herbs well and fill your jar loosely. Cover with raw local honey. Label your jar and store in a cool dark place for at least 3 months.

SUGGESTED HERBS TO TRY

Immune Boosters

- Echinacea flowers
- Black eyed Susan
- Elecampane flowers
- Garlic cloves

Warming Herbs

- Cayenne
- Wild bergamot
- Bee balm
- Ginger

Digestive Support

- Chamomile
- Peppermint
- Bee balm
- Hyssop

Another wonderful option is using garden sage infused into honey. I am mentioning it separately due to its powerful anticatarrhal properties. In fact, it is so powerful that it could dry up a lactating women's milk! This makes it a wonderful ally during allergy season or if you are prone to runny noses. However, it is wise to research this herb thoroughly to ensure there are no contraindications for you.

HOW TO TAKE YOUR HONEY

The easiest way to administer a herbal honey is to add it to a nice hot cup of herbal tea. You can also add small amounts to a piece of toast. This method works well for children who do not drink tea.

Plant Profile • Mullein **Verbascum thapsus (Mullein)**

Support Systems

Respiratory – Epithelial – Nervous System

Element: Fire

Astrological: Saturn

Constitution:

Cool – Mucilaginous - Salty

Chakra: Sacral (Svadhishthana)

Known For:

Topical Injuries – Coughs – Cold – Ear Infections –
Stress Related Conditions



GARLIC MULLEIN EAR OIL

Ear infections are a common ailment among young children (and occasionally adults). Often, we resort to antibiotics for these infections when in fact most are caused by viruses that present the cold and flu-like symptoms we are also dealing with.

This ear oil can be used as both a treatment and a preventive (if you know your little one is prone to ear infections).

Please note that this is not a substitute or alternative for internal anti-virals (such as elderberry syrup) and it is always wise to treat an ear infection topically (using ear oil) and internally using herbal anti-virals.

In this recipe the garlic plays the role of our broad spectrum anti-microbial, meaning that regardless of the cause of infection (bacterial or viral), it will help. The mullein is a topical anti-inflammatory and vulnerary, helping to reduce inflammation and heal the tissues.



“Look deep into nature, and then you will understand everything better.” – Albert Einstein



INGREDIENTS

- 1 garlic bulb
- 28 grams of dried mullein leaf/flower
- 500 ml of olive oil

INSTRUCTIONS

Combine crushed garlic cloves, mullein and olive oil into the top portion of a double boiler.

If you do not have one you can easily make one with a heat resistant bowl and a regular cooking pot.

You do not want the herbs and oil directly on the heat source as it can cause the oil to go rancid and/or burn the herbs.

Bring your double boiler to a boil and reduce to a simmer for at least 2 hours.

Do not be tempted to increase the heat to speed up the process – this will only result in a burnt and rancid end product.

Using cheesecloth or a very fine mesh strainer, strain out your herbs. Allow the oil to cool and place in a clean glass jar.

Due to the potent antimicrobial nature of the garlic, this remedy will easily keep for 1-2 years.

Due to the potent antimicrobial nature of the garlic, this remedy will easily keep for 1-2 years.

ADMINISTERING THE OIL

If you choose to store your ear oil in the fridge, please note that it will harden. You will need to bring it to room temperature prior to using it. Cold oil in an already inflamed ear is not a pleasant experience! The oil can be warmed by placing the bottle in a bowl of warm water. DO NOT microwave it and DO NOT use the oil if it is too hot. Have your child lie on their side comfortably and place 2-4 drops in the affected ear. Have them lie on their side for at least 10 minutes. A small piece of cotton can be placed in the ear afterwards. It is always wise to treat both ears, as ear infections can easily spread from one to the other. Repeat 2-3 times a day.





SORE THROAT LOZENGES

There are lots of herbal lozenge recipes floating around on the internet. Many use slippery elm bark ground into a powder, and while I agree this is an amazing herb for sore throats, it is unfortunately endangered.

At our new homestead we have a beautiful linden tree right out front of our home. Each year it produces a plethora of flowers, leaves, and berries and I decided to try out a recipe I found on Mountain Rose Herbs. This is my variation on that original recipe.

This recipe is what is known as a herbal pastille and they are far easier than making lozenges using the candy making method. If you cannot find these ingredients in ground form, you can use a food processor, mortar and pestle or coffee grinder to grind your own.

INGREDIENTS

- 8 parts ground linden leaf and flower
- ½ part ground orange peel
- ½ part ground cinnamon
- 1 part ground hibiscus flowers
- 3 parts raw local honey
- 1 part other liquid
 - o Elderberry tincture (or another immune boosting tincture), hyssop oxymel or ginger syrup are my favourites, but water or juice can also be used

INSTRUCTIONS

Using the method of your choosing, grind your herbs into a powder.

In a large bowl, combine all your dried ingredients and mix until well blended.

Slowly add all your wet ingredients to the dry. The texture should be very similar to play dough.

If the mixture is too wet, add more powdered linden flower and leaf until the desired consistency is reached.

If the mixture is too dry, add a touch more honey until the desired consistency is reached.

Form the dough into small disks or balls. Use a store bought lozenge as your gauge for size. I prefer the method of rolling it out into a log and cutting disks.

Dust with any leftover powdered hibiscus or orange peel you have left.

Store in the fridge.

“It’s been proven by quite a few studies that plants are good for our psychological development. If you green an area, the rate of crime goes down. Torture victims begin to recover when they spend time outside in a garden with flowers. So we need them, in some deep psychological sense, which I don’t suppose anyone really understands yet.” - Jane Goodall

SORE THROAT LOZENGES

One of the oldest herbal preparations on record, oxymels were traditionally made to make less than palatable herbs taste better. Personally, I absolutely love using them to make respiratory support remedies. With many of the viruses settling in the lungs, this oxymel has been indispensable.



The term oxymel comes from the Latin *oxymeli* which means “acid and honey”. In this recipe we will be using raw local honey and raw apple cider vinegar as the extraction medium for our herbs.

The list of herbs that can be used to make an oxymel is extensive, so I am going to focus on my favourite. Both hyssop (*Hyssopus officinalis*) and anise hyssop (*Agastache foeniculum*) can be used in making this recipe.

Hyssop is an excellent expectorant, helping to both thin and loosen mucus. It is also a respiratory antispasmodic, helping to reduce spasms in conditions like asthma, bronchitis, and basic spasmodic coughs.

Hyssop is also a great anti-viral and helps to modulate fevers. Safe for children, but if you are pregnant you should contact your local herbalist prior to using this.

INGREDIENTS

- Hyssop
 - Either fresh or dried
- Honey – raw local is preferable
- Apple cider vinegar – raw
- Jar with a lid
 - Use either a plastic lid or a piece of parchment paper to use between the lid and jar (prevents corrosion)

INSTRUCTIONS

If you are using fresh herbs, roughly chop them using a good knife or mezzaluna.

If you are using dried herbs, use a mortar or pestle to pound the herbs first (helps to activate your herbs).

Fill your jar with the herbs – loosely full if using fresh herbs and ½ full if using dried herbs.

Pour in enough honey to fill your jar 1/3 of the way. Top off with raw apple cider vinegar.

Shake the jar well to ensure everything is well mixed. Seal and label your jar and store in a cool dark location. Shake every few days or as often as you can remember.



In a month you can strain off your herbs and store in the fridge for 9-12 months.

DOSAGE

Take by the tsp full as needed. With stubborn coughs you can take it up to five times daily.



FIRE CIDER

Fire cider is another staple in this house and as the name implies, it is not for the faint of heart. It is a delicious but pungent combination of foods and herbs. A traditional folk remedy dating back centuries, fire cider would have been made using what people had available.

Generally speaking, the foods and herbs selected would have had decongestant, antiviral, antibacterial, immune stimulating and anti-inflammatory properties. The basic ingredients remain fairly consistent across recipes shared, with each creator adding their own unique twist to the remedy. This is how I make fire cider.



INGREDIENTS

- 1 medium sized onion
- ½ cup of grated ginger root
- ½ cup of grated horseradish root
- ¼ cup of grated turmeric root (or 1 tbsp dried)
- 2 tbsp of chopped or pressed garlic (8-10 cloves)
- 2 tbsp of dried rosemary or 3 sprigs if fresh
- ¼ tsp of cayenne powder
- 1 tbsp lemon zest
- Juice from one lemon
- Raw apple cider vinegar
- Raw honey to taste

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.” – Thomas A. Edison

INSTRUCTIONS

Add your onion, ginger, garlic, horseradish, turmeric, rosemary, and cayenne to your jar. Pack your ingredients down well.

Fill your jar with raw apple cider vinegar ensuring that all of the ingredients are covered with the vinegar.

If you are using a metal lid, use a barrier such as parchment paper between the lid and the jar.

Shake well and place in a cool dark place for 2-4 weeks. Shake as often as you can remember.

After a month strain out all the herbs, using cheesecloth or a potato ricer to ensure you squeeze out all the vinegar.

Add ¼ cup of honey to start and add more as desired.

DOSAGE

One tbsp daily can be taken as a preventative to support both your digestion and immune health. Dosages can be increased as needed but pay attention to your body. Heat tolerance varies from individual to individual.

FEVER TEA

As a parent, fevers in children can be some of the scariest symptoms to manage. It is important to remember that while uncomfortable, fevers serve a very important purpose in the body. They are a healthy immune response to fighting off viruses by making the body inhospitable.

However, if fevers last several days or are too high, they are no longer productive. It is always wise to contact your health care provider in these cases.

It is also important that you remain hydrated during a fever and encourage your child (or yourself) to drink plenty of healthy fluids such as water and tea.



INSTRUCTIONS

Add your onion, ginger, garlic, horseradish, turmeric, rosemary, and cayenne to your jar. Pack your ingredients down well.

Fill your jar with raw apple cider vinegar ensuring that all of the ingredients are covered with the vinegar.

If you are using a metal lid, use a barrier such as parchment paper between the lid and the jar.

Shake well and place in a cool dark place for 2-4 weeks. Shake as often as you can remember.

After a month strain out all the herbs, using cheesecloth or a potato ricer to ensure you squeeze out all the vinegar.

Add ¼ cup of honey to start and add more as desired.

DOSAGE

One tbsp daily can be taken as a preventative to support both your digestion and immune health. Dosages can be increased as needed but pay attention to your body. Heat tolerance varies from individual to individual.

FIRST AID

Another area that can be incredibly empowering is providing basic first aid for you and your family. Minor cuts, bites, scrapes, and stings can easily be handled at home. First and second degree burns can also be tackled at home, but know your limits and comfort levels. If a trip to the hospital is required, then go!

Plant Profile • Lemon Balm *Melissa officinalis* (Lemon Balm)

Support Systems

Cardiovascular – Nervous System – Fevers

Element: Water

Astrological: Jupiter

Constitution:

Cool – Sour

Chakra: Solar Plexus (Manipura)

Known For:

Fevers – Heart Conditions – Anxiety – Depression – Stress Related
Conditions – Anti-viral

BURNS

Burns can be caused by fire, sunlight, or chemicals. It is imperative that the burns be minor and that the area be kept clean and sanitary to avoid infection. If you are dealing with an infected burn, please seek medical care.

The first step is to cool the area which can be done effectively with diluted apple cider vinegar compresses. Apply to the damaged area for a minimum of 30 minutes. Once the area is cleaned and cool you can apply healing herbal poultices (see the poultice section), aloe vera gel or if the burn is not blistering, a healing salve (see the Herbal Healing Salve found in Common Ailments).

HERBAL POULTICES

A poultice is the application of fresh (or dried) herb material directly on a wound or injury. It is a more potent form of herbal remedy as the herb material is applied directly to the wound and is frequently replaced/reapplied.

Poultices are more labour intensive than applying a herbal salve, so I tend to use them only when indicated. Cases of burns, deeper cuts, scrapes and other wounds and deep tissue injuries are all examples of when I use a poultice.

The herbs discussed here will be for burns, cuts, bites, scrapes, and stings.




LIST OF SUGGESTED HERBS

It is wise to get to know your local plants and “weeds” prior to times of injury and first aid need. Scrambling around your property while someone is dealing with a painful injury is not a fun experience!

I also encourage you to use what you have around you. What I am suggesting here are some of the herbs we have on the homestead and use for first aid. But the herbs in your area may be different. Do not be afraid to experiment! These herbs fall under the categories of vulneraries and topical antimicrobials. Some are also topical analgesics helping with the pain.



- 
- Chamomile, Roman (*Chamaemelum nobile*)
 - Chickweed herb (*Stellaria media*)
 - Coltsfoot leaves/flowers (*Tussilago farafara*)
 - Ground ivy herb (*Glechoma hederacea*)
 - Heal-all (*Prunella vulgaris*)
 - Herb Robert herb (*Geranium robertainum*)
 - Lavender flowers (*Lavandula angustifolia*)
 - Mallow herb (*Malva neglecta*)
 - Marshmallow leaf/flower (*Althaea officinalis*)
 - New England Aster (*Symphyotrichum novae-angliae*)
 - Pot marigold flowers (*Calendula officinalis*)
 - Plantain herb (*Plantago* spp.)
 - Purple loosestrife (*Lythrum salicaria*)
 - Red raspberry leaf (*Rubus* spp.)
 - Stinging nettle leaf (*Urtica dioica*)
 - o The hot water applied to the herb will neutralize the sting. However, for harvesting and chopping wear gloves.
 - St. Johnswort herb (*Hypericum perforatum*)
 - Sulfur cinquefoil herb (*Potentilla recta*)
 - Yarrow herb (*Achiella millefolium*)

INGREDIENTS/SUPPLIES

A selection of vulnerary and antibacterial herbs

Gauze or cheesecloth

Knife

Scissors

Medical tape (or masking tape in a pinch)

A small bowl

Hot water

Plastic of some kind (plastic wrap, plastic bag etc.)

INSTRUCTIONS

Chop your herbs well with a sharp knife or mezzaluna. If you are using stinging nettle, ensure you wear gloves for this part.

Place them into a bowl and add a very small amount of hot water. The goal is to dampen them and create a paste.

If you have an open wound, you will want to place a thin layer of gauze or cheesecloth over it to prevent any herb material from entering the wound. Once the herbs have cooled to a tolerable temperature place a layer of them over the wound and surrounding area.

Place a second layer of gauze or cheesecloth over the herbs.

Cut a piece of plastic that is large enough to cover the entire poultice and surrounding area. Use medical tape to tape down the plastic.

Why Plastic?

For a poultice to work effectively, the skin needs to be hydrated. Our skin produces oil (sebum) which provides us with a natural water repellent barrier. In order for the constituents (medicinal properties) of the herbs to penetrate, the skin must remain hydrated. To do this we must prevent it from breathing which is where the plastic barrier comes in.

How Often Should I Use a Poultice?

The longer the poultice remains on your skin the longer the herbs can do their work. The absolute minimum is 15 minutes, but poultices can be kept on for hours.

For most wounds, poultices can be used twice a day allowing for breathing at night while you sleep.

COMFREY POULTICE

The process for making a comfrey poultice is the exact same as mentioned above. However, this herb receives its own section due to its specialized nature.

Symphytum officinale (comfrey) is a specific for broken bones, torn ligaments, dislocated joints, deep tissue, and other major traumatic injuries involving bone and connective tissue.

Due to how quickly this herb works to repair bone and ligament tissues, it is imperative that the bone/joint be set properly prior to the use of this poultice.

Because injuries can happen at any time, I recommend making large batches of comfrey poultices and freezing them. I make them in small patty form and freeze them in between layers of parchment paper. They can be stored in the freezer for up to a year.

Due to the presence of pyrrolizidine alkaloids in some chemotypes of comfrey, I recommend the use of this herb on unbroken skin only. Some other herbalists will disagree with this, but I prefer to err on the side of caution.





HERBAL HEALING SALVE

You never know when injuries will happen. From bee stings to slivers, it is always prudent to have a general purpose healing salve on hand. The herbs used in this recipe are safe for open wounds, cuts, scrapes and even mucus membrane use.

A salve is a semi-solid herbal preparation that can be applied topically to the body. They can be formulated to heal cuts and scrapes like this recipe or to relieve headaches or chest congestion.

This herbal preparation can seem intimidating, but once you understand the basic concepts you will be salve making in no time. The process described in this section can be used to make any of the salves mentioned in this book.

HERBAL INFUSED OILS

The first step in making herbal salves is to infuse herb material into a carrier oil of your choice. As with most remedies I prefer using fresh herb material, but due to the water content in the herbs, you may wish to start with dried herbs.



INGREDIENTS

- 1 part calendula
- 1 part stinging nettle
- 1 part plantain
- 1 part yarrow
- 1 part st. johnswort
- Carrier oil of choice
 - o Olive, almond, apricot kernel and coconut (liquid form) are all nice choices

Plant Profile • Pot Marigold Flowers *Calendula officinalis* (Pot Marigold)

Support Systems

Epithelial – Vascular – Immune

Element: Fire

Astrological: Sun

Constitution:

Bitter – Resinous – Salty - Astringent

Chakra: Solar Plexus (Manipura)

Known For:

Topical Injuries/Skin Conditions – Varicose/Spider

INSTRUCTIONS

If you are using fresh herbs leave them to wilt for a few hours allowing some of the water content to evaporate off.

Chop them well and loosely fill your jar to the top.

If you are using dried herbs, I recommend pounding them with a mortar and pestle first to revitalize some of the volatile oils.

Fill your jar approximately halfway with your dried herbs material. Cover your herbs with your carrier oil of choice. Label your jar(s) and place them in a cool and dark location.

Infusion time for fresh herbal oils is 2-3 weeks. After this time you can strain out your herb material.

Infusion time for dried herbs is longer; 4 weeks minimum. After this time, you can strain out your herb material.



HERBAL HEALING SALVE

Now that you have your herbal infused oils, it is time to create a salve.

INGREDIENTS

- 20 ml of calendula infused oil
- 20 ml of stinging nettle infused oil
- 20 ml of plantain infused oil
- 20 ml of yarrow infused oil
- 20 ml of st. johns wort oil
- 14 grams of beeswax
- 4 grams of shea butter
 - If you do not have shea butter or do not want to use it, simply use 18 grams of beeswax

OPTIONAL

- 10-20 drops of essential oil (total)
- Lavender and tea tree are gentle kid safe options

“Before I started writing about food, my focus was really on the human relationship to plants. Not only do plants nourish us bodily – they nourish us psychologically.” – Michael

INSTRUCTIONS

Using a double boiler (a homemade one with a pot and a heat resistant bowl is perfectly acceptable), melt your beeswax and shea butter.

Once they are melted, slowly pour your herbal infused oils into the double boiler.

Once everything has melted remove your mixture from the heat source.

If you are adding essential oils, allow your salve to cool slightly (but not harden) before adding them. If you add them while your salve is too hot, they will evaporate off.

While still in liquid form pour your salve into a container of your choosing. I strongly recommend against using plastic containers (especially if your salve contains essential oils). Small mason jars work great for salves!

Allow your salve(s) to set and cool. Label and store in a cool dark location.

“Healing doesn’t mean the damage never existed.
It means the damage no longer controls our
lives.” – Akshay Dubey

ACHES AND PAINS LINIMENT

A liniment is a herbal extraction using rubbing alcohol or witch hazel as the extraction medium. Stored in a spray bottle, this liniment is fantastic for sore muscles, deep tissue injuries and general aches and pain.

INGREDIENTS

- 1 part yarrow herb
- 1 part arnica flower
- 1 part st johns wort
- 1 part valerian root
- Rubbing alcohol or witch hazel
- Jar(s) size of your choice

INSTRUCTIONS

If you are using fresh herbs, chop them well and fill a mason jar sized of your choice.

You may need to create individual jars and combine later due to the differences in blooming periods.

If you are using dried herbs, pound them with a mortar and pestle first and fill a mason jar sized of your choice halfway.

Cover your herbs with rubbing alcohol or witch hazel. Label your jar and store in a cool and dark location.

Allow your herbs to sit for 2-3 weeks (3-4 weeks if using dried herbs). Strain out the herb material and placed the herbal infused rubbing alcohol/witch hazel into a spray bottle.

Label your spray bottle.

How to Use Your Liniment

Spray to affected areas as needed.

Store in the fridge for up to 1 year.

YARROW POWDER

If you work in your kitchen on a semi-regular basis, chances are you have had to deal with a cut that just will not stop bleeding. In these cases a herbalist will tell you, that you need a styptic!

Styptic is a property that is closely related to astringency. If you have used an astringent on your skin, then you know they tighten pores. Styptics take this one step further by stopping the flow of blood. This makes them excellent for cuts that continue to bleed even after you put pressure on them.

Yarrow is my absolute favourite styptic. In fact, it works so well and quickly that it is wise to place a small piece of cheesecloth over the wound first, so the skin does not heal with the yarrow powder still in it!

You can use either fresh or dried yarrow, but if you have dried you can skip the dehydrating/drying step! If you plan on using fresh herbs, they will need to hang to dry or dehydrate. For the purposes of this powder I just used the leaves, but feel free to use some of the flower as well.



Once your herbs are dried, you simply need to grind them. You can use a coffee grinder (a clean one), a herb grinder or a very small blender. My Magic Bullet came with a herb grinding attachment and it works great. Grind until they form a fine power.

Place in a jar or container of your choice. Store for up a year.





ANTI-FUNGAL HERBAL ALLIES

There are times when we need to call upon our anti-fungal herbal friends. Athlete's foot, as an example, is a common condition where you will need anti-fungal aids.

Instead of providing you a specific recipe I will leave you with a list of my favourite anti-fungal herbs and allow you to use them as you wish.

They can be infused into rubbing alcohol or witch hazel for a topical spray (following the instructions for the aches/pain liniment) or oils for a herbal salve (following the same instructions as the herbal healing salve).

Alternatively, if you find these herbs in powder form (or grind them yourself), you can blend them with a clay of your choosing for an anti-fungal powder.

- Bergamot, wild (*Monarda officinalis*)
- Black walnut hulls (*Juglans nigra*)
- Goldenrod herb (*Solidago* spp.)
- Goldenseal (*Hydrastis canadensis*)
- Juniper berries (*Juniperus communis*)
- Myrrh (*Commiphora myrrha*)
- Oregano herb (*Origanum vulgare*)
- Pot marigold flowers (*Calendula officinalis*)
- Sage, garden (*Salvia officinalis*)
- Thyme herb (*Thymus vulgaris*)

Just a note about Goldenseal – due to its status as a threatened species, please ensure it is organically and sustainably grown. If not, please do not use it.



POISON IVY SPRAY

This is what I call a “just in case” remedy and I make a huge batch yearly. It often sits on the shelf unused, but there have been a handful of times where I have friends or family in need.

Long ago I heard a story about how nature understands about ailments and cures, and that often the cure to something grows very near to the plant that caused the something in the first place. Poison ivy is NO exception to this. The only herb called for in this recipe is jewelweed and it is most commonly found growing right beside or amongst poison ivy. Please be cognisant of this as you harvest!

INGREDIENTS

- Freshly harvested jewelweed flowers and leaves
- Raw apple cider vinegar or witch hazel

INSTRUCTIONS

Chop your jewelweed and loosely fill a jar size of your choosing.



If you choose to use raw apple cider vinegar, fill your jar approximately 2/3 of the way full and top off with spring water. If you are using witch hazel, fill your jar (no need to water it down). Use a piece of parchment paper in between the lid and contents to prevent the lid from corroding.

Allow your herbs to sit in the vinegar/witch hazel for at least 3 weeks.

Strain out your herbs and pour your jewelweed infused vinegar/witch hazel into a spray bottle.

To use simply spray the areas affected by poison ivy. If you find the apple cider vinegar too potent, add just a touch more water to your spray bottle.





BRAIN POWER

We have all had to deal with headaches from time to time. In fact, they are thought to be some of the most common ailments that humans must endure. The causes are vast and varying, from illness to stress.



In this section I will give you some of my favourite tactics for dealing with headaches. Please note that it is always wise to try to get the root of the problem. Especially if you are dealing with frequent headaches. In very rare circumstances, headaches can be a symptom of a more serious problem. If you are dealing with ongoing headaches it is wise to seek outside help.



this section we will also chat about some herbs that aid with memory function, focus and fatigue.

SOOTHING HERBAL BATH FOR HEADACHES

Baths can be a very therapeutic way to deal with the occasional headache, especially if they are caused by tension and stress.

- 1-1/2 cups of Epsom salts
- ¼ cup of baking soda
- 2 tbsp of lavender blooms
- 2 tbsp of peppermint leaves

OPTIONAL

- 10-20 drops of lavender essential oil

Blend all your ingredients together well, ensuring your essential oils are well blended into the salts.

Start with ¼ cup of the bath salts. Add more as desired.

HEADACHE SALVE

If headaches are a fairly regular occurrence in your life, you may wish to make a herbal headache salve that you can carry with you. This can be poured into any container of your choice including lip balm tubes for compact storage.

For more detailed instructions on how to make a herbal infused oil please see the Common Ailments section (Herbal Infused Oil pg. 50).

INGREDIENTS

- 25 ml lavender infused carrier oil
- 25 ml rosemary infused carrier oil
- 50 ml peppermint infused carrier oil
- 14 grams of beeswax
- 4 grams of shea butter
 - o If you do not have shea butter or choose not to use it, simply use 18 grams of beeswax

OPTIONAL

10-20 drops total of one or a blend of the following essential oils

- Peppermint
- Rosemary
- Lavender



INSTRUCTIONS

Using a double boiler (a homemade one with a pot and a heat resistant bowl is perfectly acceptable), melt your beeswax and shea butter.

Once they are melted, slowly pour your herbal infused oils into the double boiler.

Once everything has melted remove your mixture from the heat source.

If you are adding essential oils, allow your salve to cool slightly (but not harden) before adding them. If you add them while your salve is too hot, they will evaporate off.

While still in liquid form pour your salve into a container of your choosing. I strongly recommend against using plastic containers (especially if your salve contains essential oils). Small mason jars work great for salves!

Allow your salve(s) to set and cool. Label and store in a cool dark location.

HEADACHE ROLLER BALL OPTION

If you prefer to use roller ball containers as a way of application, feel free to use the herbal infused oils mentioned above. The combination of peppermint, rosemary and lavender work very well for headaches. If you choose to add essential oils, ensure you do not exceed a 1% dilution. For the 10ml roller ball applicators this is no more than 6 drops total.



HEADACHE TEA

This combination of herbs makes for a lovely cup of tea as well as an effective tincture formulation.

INGREDIENTS

- 2 parts peppermint
- 1 part skullcap
- 1 part lemon balm
- 1 part chamomile
- 1 part feverfew

INSTRUCTIONS

Blend your herbs together well. 1 tsp of tea is required for 250 ml of boiling water. Prepare a large pot of tea and drink $\frac{1}{4}$ cup every 30 minutes until the headache passes.

If you need more information regarding herbal infusions (teas) you can check out the tea section.



FEVERFEW FOR MIGRAINES

If you suffer from migraines, feverfew is a plant ally you should get to know. *Tanacetum parthenium* has an excellent track record for migraine headaches, but it is important to realise this is not a quick fix. Feverfew is best used as a preventative and will take a few months of daily use to be effective.

Feverfew is a beautiful perennial plant that is quite hardy. If you have the space and deal with migraines, perhaps consider growing it. During the summer months you can make fresh herbs teas using this plant.

Preventative measures can be a cup or two of feverfew tea daily. You can also make a tincture with this plant and take 2 droppers daily. If you are pregnant or nursing, please consult a herbalist prior to using feverfew.



BRAIN ELIXIR

Poor memory and concentration and brain fog are common occurrences in our hectic and busy lives. Maybe you are overtired or the stress of work is getting to you. Either way, sometimes we need a bit of a brain boost!

Please note that this is not designed as a treatment for adrenal fatigue, dementia, or Alzheimer's. For more serious conditions of this nature, please seek outside help from your health practitioner of choice.

A herbal elixir is a tincture (alcohol extraction) sweetened with honey (or maple syrup). Elixirs were often used to make less than tasty herbs more palatable. In this case, it helps to mask the astringency of the pine and rosemary used in this recipe.

INGREDIENTS

- For fresh herbs
 - o 25 grams of Gingko leaves
 - o 25 grams of Pine needles
 - o 25 grams of Rosemary
 - o 25 grams of Oatstraw
- If dried herbs are used:
 - o 18 grams of each
- Vodka or brandy
- Honey or maple syrup
- 500ml jar

The above measurements will result in a 1:5 fresh herb to alcohol ratio and a 1:7 dried herb to alcohol ratio. If exact ratios are not necessary for you, simply harvest enough herb material to fill your jar (for fresh) or 2/3 full for dried herbs.

INSTRUCTIONS

Using a sharp knife or mezzaluna, chop your herb material finely. If you are using dried herbs, pound them in a mortar and pestle first to revitalize the herb material.

For **fresh herbs** loosely fill your jar and for **dried herbs** fill your jar approximately 2/3 full.

Add ¼ - 1/3 cup of honey or maple syrup (the amount is based on your preference of sugar content). Top off the rest of the jar with vodka or brandy.

Shake your jar well and top off with alcohol if needed.

If the lid of your jar is made from metal, use a piece of parchment paper as a barrier between the lid and your jar. Alcohol will corrode metal.

Label your jar and store in a cool dark place.

After 3 months you can strain out your herb material.



HOW TO USE YOUR ELIXIR

If you have a dropper bottle, it will be easier to take your elixir that way. Recommended dose is ½ tsp (2 droppers), three times a day for adults. If you are on medications, pregnant or nursing please contact a herbalist prior to use.

“I felt my lungs inflate with the onrush of scenery – air, mountains, trees, people. I thought ‘This is what it is to be happy.’” – Sylvia Plath

NOGGIN BALLS

We love making energy balls in our house! They are packed with protein, delicious and herbs can easily be incorporated into most recipes. Whenever we use herbs that support memory or our brain, we affectionately call them Noggin Balls.

INGREDIENTS

- 1 cup of dried oats
- 2/3 cups of coconut flakes (toasting optional)
- ½ cup of peanut butter (or other nut/seed butter)
- ¼ cup of dried/ground herbs
 - o 1 part rosemary
 - o 1 part ginkgo
 - o 1 part gotu kola
 - o 1 part oatstraw
- ¼ cup ground flax seeds
- ½ cup of chocolate chips (or cacao nibs)
- 1/3 cup of honey
- 1 tbsp of chia seeds (optional)
- 1 tsp vanilla extract

INSTRUCTIONS

Stir all the ingredients together until thoroughly mixed.

Cover and let chill in the fridge for 30 minutes.

Once chilled, roll into ball sizes of choice.

Store in an airtight container in the fridge for up to 1 week.

STRESS AND ANXIETY

Each of us is unique. The people who are drawn to this book will come from diverse backgrounds, cultures, and experiences. The complexity of humans makes us individual, beautiful, and at times, difficult to comprehend. The human brain is no exception to this, and it is this complexity that we are only just beginning to understand as a people.

How do the experiences of the mind affect the rest of the systems of the body? Only a few short decades ago, Western medicine would have insisted that there was no connection at all. It is only in recent years that science has accepted that the power of our mind is far greater than we truly understand.

And while this works in a wonderful way – for example in the power of faith and belief in miracles; it can also work in ways that negatively affect our lives. Each of us, at one point or another, has felt the impact of stress.

Some of us have felt the darkness of depression or the razor's edge that is anxiety.

The recipes in this section of the books are not meant to be a substitute for a good team of health practitioners (allopathic or natural). If what you are dealing with is of a serious nature, please ensure you get the help you need. However, I can share with you some of my favourite methods for combating stress, mild anxiety, and states of sadness.

FLOWER ESSENCES

Flower essences, cousins to homeopathic remedies in many ways, are energetic

herbal remedies designed to support a vast array of emotional states. The most common system of flower essences readily available were created by Dr. Edward Bach in the early 20th century (Bach Flower Remedies). If you have used Rescue Remedy before, then you have experienced Dr. Bach's work firsthand.



Flower essences are subtle in their action, yet profound in their results. They have no side effects or contraindications, making them safe for all people regardless of health conditions or medications. They are also wonderful allies for animals. I have seen them work wonders on horses who were dealing with fear and anxiety!

Because Bach Flower Remedies are easily accessible, I will provide you with a list of my favourites for stress, anxiety, and depression. You can choose to purchase them yourself (most health food stores will have them) or find a local herbal practitioner who can blend for you.

Alternatively, please visit the A Little Bit of Magic section where I discuss how to make flower essences yourself.

FLOWER ESSENCES FOR STRESS AND ANXIETY

FLOWER ESSENCE INDICATION

Aspen	Vague unknown fear – a sense of dread/foreboding – vague anxiety and apprehension
Cherry Plum	Fear of losing control (physical, mental or emotional) – fear of emotional breakdown
Gorse	Feelings of hopelessness – completely given up – no hope of relief
Hornbeam	Fatigue, tiredness and a lack of interest in daily activities
Impatiens	Impatience – irritability – intolerant of others
Mimulus	Used for everyday fears that are known
Mustard	Melancholy – unexplainable gloom – general depressive state with no obvious cause

Olive	Vague unknown fear – a sense of dread/foreboding – vague anxiety and apprehension
Red Chestnut	Anxious and fear for the safety of others – example; mother fearing for the safety of their children
Rock Rose	Extreme fear regardless of cause – panic – hysteria – nightmares/night terrors
Star of Bethlehem	Useful for shock and trauma (either recent or from your past)
Vervain	Helpful for exhaustion/stress due to overachieving
Walnut	Protects us from outside influences during times of transition/change
White Chestnut	Constant mental chatter – mind spinning out – “what if” worries
Wild Rose	Indifference – resigned to all that happens – apathetic

SLEEP PILLOW

Sleep pillows may seem too simple to work, but they are, in fact, quite effective. Plus, there is no need to worry about the contraindications or possible interactions you have when you take botanicals internally.

If you do not know how to sew, you can put the herbs in a muslin, cotton, or organza bag.

INGREDIENTS

- 2 parts hops
- 1 part chamomile
- 1 part lavender

INSTRUCTIONS

Blend up all of your herbs and place in a pouch of your choosing. Tuck it into your pillowcase and change out the herbs once the effectiveness has worn off. For vivid dreams consider adding 1 part mugwort to your sleep pillow.

Plant Profile • Lavender Blossoms **Lavandula angustifolia (English Lavender Flowers)**

Support Systems

Digestive – Epithelial – Nervous

Element: Air

Astrological: Mercury

Constitution:

Cooling – Aromatic – Astringent

Chakra: Third Eye (Ajna)

Known For:

Topical Injuries/Skin Conditions – Burns – Functional Digestive Concerns
– Stress – Anxiety – Depression

NOURISH YOUR HEART MASSAGE OIL

This herbal infused oil blend is my absolute favourite moisturizer for the winter months. The long, cold dark of winter is a particularly difficult time for many people. Knowing that the sadness inevitably sneaks into my life, I have become very proactive.

The herbs in this blend are extremely nourishing to the nervous system, making them excellent for anxiety, depression, and stress. The act of self massage, a lovely form of self care, also helps to reduce stress levels.

Although I mention this for the winter months, it can of course be used year-round. Personally, I find my skin is very dry in the winter and in need of moisturizing.

If you plan to use this during the sunnier months, be aware that Hypericum (St. John's Wort) is photosensitizing and will accelerate your sun exposure (ie. you will burn faster).



INGREDIENTS

- 1 part lavender infused oil
- 1 part st johns wort infused oil
- 1 part blue vervain infused oil

OPTIONAL

- Essential oils
 - o My favourite is bergamot (only a few drops)
 - o Lavender is also a nice option, especially if you use this oil before bed

INSTRUCTIONS

The detailed process for making herbal infused oils can be found in the Common Ailments section (Herbal Infused Oils pg. 50) of this book.

If you are using fresh herbs, you will likely have to make separate oils due to the differences in bloom times. Chop your herbs and loosely fill your jars.

If you are using dried herbs, feel free to combine them all in your jar. I recommend pounding them with a mortar and pestle first to help reinvigorate them and activate some of the remaining essential oils. Fill your jar approximately 2/3 full.

Cover with the carrier oil of your choice. For body oils, coconut, apricot kernel, and sweet almond oil all make lovely choices.

Label your jar and store it in a cool and dark location. Give your jar a shake whenever you think about it.

Allow your herbs to sit in the oil for 2-3 weeks if using fresh herbs and at least 4 weeks if using dried.

Strain out the herb material using a fine mesh strainer or cheesecloth. Pour it into the bottle of your choosing. Use every day (or as often as desired) as your daily moisturizer.



STRESS EASE FOOTBATH

A footbath is one of my favourite ways to indulge in some “me time”, especially after a long and stressful day. If you have ever had an acupuncture treatment, you know that every nerve in our body passes through our feet.

This footbath recipe is one of many herbal bath recipes I will share. For the others check out the Herbal Body Care section of the book.

INGREDIENTS

- 2 parts lavender
- 1 part chamomile
- 1 part hops

OPTIONAL

- ½ part mugwort (for dream inducing)
- Epsom salts



INSTRUCTIONS

Place all your herbs into a large pot and fill with water. Cover and bring to a low simmer. Continue to simmer on low heat for 10-15 minutes.

If you choose, strain out your herbs before adding it to your foot basin.

Add enough cool water to make the temperature tolerable, but not to burn your feet. If you choose to add Epsom salts, this is when you would do so.

Find a very comfortable spot and immerse your feet in the water. Indulge in a meditation, reading a good book, colouring, or your favourite music.



CHAPTER 03



NERVINE TEA BLENDS

When I took my clinical training, the art and science that is tea blending was not a topic we touched on. It was not until I started studying with Rosemary Gladstar, that my appreciation for tea blending really blossomed.

Some of these tea recipes will be medicinal in nature, meaning that they have a specific therapeutic action. Others are just mighty tasty and were too good not to share.

GENERAL TEA BREWING SUGGESTIONS

It is always best if you can brew your teas using loose leaf herbs. This allows for a larger surface area of herb material to come in contact with the water. Once your tea is done infusing, you can strain out the herb material using a fine mesh sieve.

During those precious months when you have access to fresh herbs, I encourage you to try your hand at making tea with them. If your climate is very hot, you can allow your tea to cool, add some ice and enjoy it as an iced tea.

DRIED HERBAL TEAS

- 1 tsp per 250 ml of water

FRESH HERBAL TEAS

- 1 tbsp per 250 ml of water

For aerial parts of the plant (leaves and flowers) you will want to make an infusion. For woody parts such as barks, roots, and stems, you will have greater luck with a decoction. Berries can be made either way.

Definitions of infusion and decoction can be found in the terminology section of this book.

All of the following recipes will be stated in parts. This allows the maker the ability to make batches as large as they desire!



HERBAL CHAI

A herbal immune supportive twist on this warming and spicy classic. If you prefer it caffeinated, you can substitute green or black tea for the rooibos.

- 6 parts rooibos
- 4 parts astragalus
- 2 parts ginger root
- 2 parts cinnamon bark
- 2 parts cardamom pods
- 2 parts whole allspice
- 1 parts cloves
- 1 part fennel seeds
- ½ part black peppercorns

Blend all of the ingredients together. When you are ready to make your tea, take out a small amount (1-2 tsp) and pound the whole spices with a mortar and pestle. It is not necessary but you will have a fuller tasting tea if you do.

Plant Profile • Ginger Root **Zingiber officinale (Ginger)**

Support Systems

Warming Catalyst – Digestive – Cardiovascular

Element: Fire

Astrological: Mars

Constitution:

Warming – Pungent – Stimulating – Moist

Chakra: Solar Plexus (Manipura)

Known For:

Functional Digestive Conditions – Nausea –
High Blood Pressure – High Blood Fats – Rubefacient

CALM YOUR NERVES

This beautiful blend of nervine herbs will help calm your nervous system and any feelings of anxiety.

Please know that this is not a substitute for supervised herbal or medical treatment. If this is a long-term chronic condition, please consider seeking outside help. If you or someone you know is suicidal, please take them to a hospital/doctor right away.

- 3 parts oatstraw
- 3 parts valerian
- 2 parts chamomile
- 2 parts lemon balm
- 2 parts catnip

In very rare instances, valerian seems to have a stimulating effect. If this is the case for you, simply remove the valerian from the blend (try substituting passionflower or st. john's wort instead).

NIGHT NIGHT BLEND

Just as occasional bouts of anxiety and nervousness are common for us all, so is insomnia. I will share the same disclaimer as I did for the Calm Your Nerves tea; if this is a regular occurrence you may want to seek outside help. Insomnia is a symptom of greater underlying issues and not necessarily a condition itself.

- 3 parts chamomile
- 2 parts oatstraw
- 1 part passionflower
- 1 part valerian
- ½ part hops (optional)

The hops will make this formula very bitter. You can choose to tincture this if it makes it easier to take. Or simply remove the hops and see if the rest of the herbs do the trick.

Herbal Kool Kids Aid

There are lots of recipes for this online and there is a good reason why! I do not know about you, but I do not feel good giving my kiddo sugary drinks or beverages full of ingredients that make me cringe.

Enter Herbal Kool Kids Aid! This stuff is darn tasty and extremely healthy to boot. Some folks add stevia instead of the honey and you are free to do so.

- 3 parts hibiscus
- 2 parts nettle leaf
- 1 part rosehips
- honey to taste





STRONG BONES BLEND

We are very blessed to have access to a plethora of mineral rich herbs in this world. As we age, especially women, our bones start to lose their density. This is a great blend for everyone, but certainly excellent for ladies in their mid-life stage.

- 4 parts oatstraw
- 4 parts red clover
- 3 parts alfalfa
- 3 parts nettle
- 3 parts red raspberry leaf
- 2 parts horsetail

When taken on a very regular basis, horsetail can be a little tough on the kidneys. If you would like to drink this daily you can remove it from time to time (e.g. first batch with horsetail, second without, repeat).



HEADACHE TEA BLEND

This is the same blend that was in the headaches section of Common Ailments, but to the sake of completeness, I will include it here as well. For information about migraines, check out the headaches section of the book.

- 2 parts peppermint
- 1 part skullcap
- 1 part lemon balm
- 1 part chamomile
- 1 part feverfew



WHEN YOU NEED TO GO TEA

Constipation is a common condition as well; something that we all deal with from time to time.

I am going to sound like a broken record, but again, if this is a long-term condition, it is wise to seek outside help. Discovering the root cause to your discomfort is imperative. Have you explored food sensitivities or allergies? Are you drinking enough water? Are you dealing with emotional distress or something deeper? These are all excellent questions to ask when you are trying to get to the root of your issue.

For my clients we first try the route of bulk laxatives and probiotics. Bulk laxatives include psyllium husks and/or flaxseeds. If that does not work, then we move forward to gentle herbs that help support bowel movements.

This tea is an example of this. This blend is ideal for adults who suffer from the occasional bout of constipation.

- 2 parts yellow dock root
- 1 part peppermint
- 1 part dandelion root
- 1 part plantain leaf

Due to the root content of this tea, it is recommended that you brew this as a decoction as opposed to an infusion.

**“Preserve and cherish the pale blue dot,
the only home we’ve ever known.” – Carl Sagan**

DETOXIFYING BLEND

Like many of my tea blends, this one can also be made into a tincture if you prefer that medium. Spring time is my favourite time for cleansing and detoxifying. Just as we have the urge to cleanse our homes, many of us feel that pull for our bodies as well.

Please note that if you are on meds or suffer from any chronic inflammatory conditions you may want to consult a natural health practitioner first. Some herbs accelerate liver metabolism and if your medication is time released, this could be problematic.

In the case of chronic inflammatory conditions, deep detoxes can cause a healing crisis (a severe flare up of your symptoms). Start slow and be gentle with yourself and your body.

- 4 parts dandelion root
- 3 parts stinging nettle herb
- 3 parts milk thistle
- 3 parts red clover
- 2 parts plantain
- 2 parts goldenrod



LOVE ME SOME MINTS BLEND

This is a very simple blend, but one of my favourites! If you are a fan of peppermint tea, you will love this.

- 4 parts peppermint
- 4 parts lemon balm
- 3 parts spearmint

If you have the opportunity to make this tea using fresh herbs, please do so. You will not regret it!

DREAMER'S BLEND

If you love to work with your dreams – interpreting, writing them down etc. – you will love this tea. The herbs in this tea help to stimulate dreams and dream recall.

The mugwort is bitter, but absolutely necessary. It is why I have included many tasty aromatic herbs to help mellow the flavour. I quite like it and look forward to my tea each night.

- 4 parts chamomile
- 3 parts chrysanthemum blossoms
- 3 parts peppermint
- 3 parts mugwort

Plant Profile • German Chamomile

Matricaria recutita (Chamomile)

Support Systems

Digestive – Epithelial – Nervous System

Element: Water

Astrological: Sun

Constitution:

Sweet – Pungent – Bitter – Cooling

Chakra: Throat (Vishuddha)

Known For:

Functional Digestive Conditions – Stress -Anxiety – Depression – Topical
Conditions (cuts, bites, stings) - Fevers – Seasonal Allergies



CHAPTER 04



MUM & BABY

Becoming a parent is the most wonderful, beautiful, and overwhelming experience there is. Herbs can be a steadfast ally through the entire experience – pregnancy and beyond.

Here are some of my favourite recipes that helped us get through the first few years of my son's life. I am grateful to share them with you.

SITZ BATH BLEND

After baby is born, your perineum will be sore and in need of some healing. Sitz baths are a wonderful way to support this healing process. All the herbs in this recipe are safe for baby, so they can join you while you bathe.

Alternatively, you can infuse these herbs into witch hazel (alcohol free variety) to make a sitz bath spray. This is perfect for busy moms who do not have time for baths, and for making post-natal pads!

INGREDIENTS

- 1 part calendula
- 1 part shepherd's purse herb
- 1 part witch hazel bark
- 1 part lavender blossoms
- 1 part plantain leaf
- 1 part marshmallow root

INSTRUCTIONS

Measure out approximately 80 grams of herb material (all the above-mentioned herbs combined).

Add the herbs and 2 cups of water to a pot and bring it to a boil.

Once it comes to a boil, drop down to a very low simmer for 30 minutes.

Alternatively, you can use a slow cooker and keep the mixture on low for 5-6 hours.

Dissolve $\frac{1}{2}$ cup of sea salt to the mixture. Add $\frac{1}{3}$ of the tea blend to a full bath or a sitz bath.

Store the remaining in the fridge.

This blend can be used to soak wash cloths for compresses that can be applied directly to the perineum. It can also be sprayed onto post-natal pads as well.

DIAPER SALVE

Safe, gentle and cloth diaper safe, this diaper salve has yet to meet a rash it could not tackle. Calendula is anti-bacterial and anti-fungal, so regardless of the source of rash, it will help. For more detailed instructions on how to make a herbal infused oil please see the Common Ailments section (Herbal Infused Oil pg. 50)

INGREDIENTS

- 250 ml of calendula infused carrier oil
- 35 grams of beeswax
- 10 grams of shea butter
 - o If you do not have shea butter or choose not to use it, simply use 45 grams of beeswax

OPTIONAL

- 20-30 drops of lavender essential oil



INSTRUCTIONS

Using a double boiler (a homemade one with a pot and a heat resistant bowl is perfectly acceptable), melt your beeswax and shea butter.

Once they are melted, slowly pour your herbal infused oils into the double boiler.

Once everything has melted remove your mixture from the heat source.

If you are adding essential oils, allow your salve to cool slightly (but not harden) before adding them. If you add them while your salve is too hot, they will evaporate off.

While still in liquid form pour your salve into a container of your choosing.

I strongly recommend against using plastic containers (especially if your salve contains essential oils). Small mason jars work great for salves!

Allow your salve(s) to set and cool. Label and store in a cool dark location.

NURSING NIPPLE BALM

Breastfeeding is a wonderful experience and a truly bonding moment for mom and baby. But it is not all sunshine and lollipops! Sometimes it results in cracks, sores, and pain.

This nursing nipple balm saved me more times than I can count. And it is safe for baby to ingest, so if you forget to wipe it off first, that is okay.

For more detailed instructions on how to make a herbal infused oil please see the Common Ailments section (Herbal Infused Oil pg. 50).

INGREDIENTS

- ½ cup of calendula infused herbal oil
- ¼ cup of chamomile infused herbal oil
- ¼ cup of marshmallow root infused herbal oil
 - o If you do not have all of these herbal oils at your disposal, you can use straight calendula infused oil if you choose
- 12 grams of beeswax
- 6 grams of cocoa butter

INSTRUCTIONS

Using a double boiler (a homemade one with a pot and a heat resistant bowl is perfectly acceptable), melt your beeswax and cocoa butter.

Once they are melted, slowly pour your herbal infused oils into the double boiler.

Once everything has melted remove your mixture from the heat source.

While still in liquid form pour your salve into a container of your choosing.

I strongly recommend against using plastic containers (especially if your salve contains essential oils). Small mason jars work great for salves!

Allow your salve(s) to set and cool. Label and store in a cool dark location.

CRADLE CAP OIL

The ingredients for the cradle cap oil are almost identical to the tea. For more detailed instructions on how to make a herbal infused oil please see the Common Ailments section (Herbal Infused Oil pg. 50).

INGREDIENTS

- 1 part calendula
- 1 part red clover blossoms
- 1 part mullein leaf
- 1 part plantain leaf
- Carrier oil of choice
 - o Apricot kernel, coconut and olive are all nice choices

INSTRUCTIONS

Combine all your herbs into a double boiler (homemade is fine). Cover with your carrier oil of choice.

Warm over very low heat for at least an hour.

Strain out your herbs and into bottle/jar of choice. Ensure you label your jar.

HOW TO USE YOUR OIL

Gently massage about a tbsp of oil into baby's scalp. Apply more if needed. Leave the oil on overnight and gently massage their head again in the morning.

This gentle massaging action should help remove some of the crust/cap. Repeat as necessary.



BREAST MASSAGE OIL

With cases of breast cancer on the rise, breast health is of deep concern for many women. Our breasts are rich with lymphatic tissue which is one of the many pathways by which our bodies detox.

Unlike the cardiovascular system, our lymphatic system does not have a pump. It relies on movement to help circulate the fluid through the body. Thanks to the rise of sedentary lifestyles, restrictive undergarments (e.g. bras) and toxic personal care products (antiperspirant); it is vital that we take care of our breasts!

This breast massage oil is a herbal infused oil rich in herbs that help to support the lymphatic tissue.



INGREDIENTS

- 1 part calendula
- 1 part stinging nettle herb
- 1 part dandelion flower
- 1 part red clover blossoms
- 1 part violet flowers/leaves
- Jar size of choice
- Carrier oil of choice
 - o Hemp seed oil, jojoba and castor oil are all excellent for breast health

OPTIONAL

- Essential oils
 - o Lavender, pine, and rosemary essential oils are lovely choices
- Please do not go above a 1% dilution; any stronger is completely unnecessary.
 - o As an example – you would use 18 drops total of essential oils for a 60ml bottle for a 1% dilution.

INSTRUCTIONS

For more detailed instructions on how to make a herbal infused oil please see the Common Ailments section (Herbal Infused Oil pg. 50).

If you are using fresh herbs you will need to prepare your herbal oils separately due to a difference in blooming times.

If you are using dried herbs, you can combine all of them into the same jar.

Allow your herbs to sit in the oil for a minimum of 2-3 weeks (for fresh) and 4 weeks (if dried).

Strain your herbs out of the oil and pour the oil into a jar/bottle of choice. Add essential oils if desired. Please do not go above a 1% dilution (e.g. 18 drops total for 60ml of herbal infused oil is a 1% dilution).

Breast massage oil is designed to be a preventative remedy and can be applied daily. Breast massage helps to encourage lymphatic flow, relieve breast congestion, and relax the body.

HOW TO USE YOUR OIL

Using a small amount of breast oil, massage into your breast for 5-10 minutes. Cupping your breast in your hand, move your hands in a circular motion moving outwards. Repeat this motion at least ten times. Still cupping your breast, massage your breast but this time starting from the outside and moving in. Again, repeat this process at least 10 times. Repeat these steps for your other breast. This oil can and should be used daily.



VARICOSE VEINS HERBAL LINIMENT

Varicose veins are a result of a loss of tone and elasticity of the capillaries and veins. They are distorted and distended and usually appear near the surface of the skin. They can be very uncomfortable and could even make sitting or walking very difficult.

In addition to the liniment shared here, there are some basic lifestyle and dietary choices that can help to prevent and lessen the symptoms.

Elevate your legs using a pillow at night when you sleep.

Avoid standing on hard surfaces for long periods of time and instead move around and sit when possible.

Vitamin C and bioflavonoids are vital in maintaining capillary and vein health. You can supplement or enjoy foods rich in vitamin C such as blueberries and rosehips.

In terms of herbs to use for varicose veins, we are looking for are vascular tonics and circulatory stimulants (see the terminology section for more details).

INGREDIENTS

- 1 part calendula
- 1 part heal-all/self-heal
- 1 part pine
- 1 part rosemary
- Witch hazel or alcohol
- Jar(s) size of choice

INSTRUCTIONS

If you are using fresh herbs, chop them well and fill a mason jar sized of your choice.

You may need to create individual jars and combine later due to the differences in blooming periods.

If you are using dried herbs, pound them with a mortar and pestle first and fill a mason jar sized of your choice halfway.

Cover your herbs with rubbing alcohol or witch hazel. Use a barrier (such as parchment paper) between the lid and contents of the jar to prevent corrosion of the lid.

Label your jar and store in a cool dark location.

Allow your herbs to sit for 2-3 weeks (3-4 weeks if using dried herbs).

Strain out the herb material and placed the herbal infused rubbing alcohol/witch hazel into a spray bottle.

Label your spray bottle.

HOW TO USE YOUR LINIMENT

Fill a small bowl with your liniment and a cotton hand towel or wash cloth. Sit with your leg slightly elevated. Soak the towel well with the liniment and rub your legs using the towel in an upward motion (towards the heart). Repeat this for 10 minutes.

This method will provide the best results, however the liniment can be sprayed directly on the affected areas as well.

Plant Profile • Heal-all ***Prunella vulgaris* (Heal-all/Self-heal)**

Support Systems

Epithelial – Lymphatic – Vascular Tonic – Depurative

Element: Water

Astrological: Venus

Constitution:

Moist – Mucilaginous

Chakra: Heart (Anahata)

Known For:

Topical conditions (cuts, bites, scrapes, stings) – Varicose veins/
spider veins – Edema – Swollen lymph nodes – Chronic inflammatory
conditions (of skin, muscles and joints)



CHAPTER 05



HERBAL BODY CARE

This is a beautiful area of herbal medicine where one can really shine and experiment with amazing herbal combinations! In general, herbal body care is very safe and quite fun.

My hope is that the recipes provided here will spark your imagination. Many of them are basic, allowing for lots of experimentation and creation.

Basic Whipped Body Butter

Body butters are such a joy to make. A little bit messy I will admit, but well worth the effort. This is a very basic template for a body butter recipe. How you choose to customize it, is up to you. Any number of herbal infused oils can be added to personalize this to your desires.

Some suggestions for herbs

- Calendula
- Lavender
- Rose hips
- Rose
- Peppermint

This body butter gets its texture from the physical whipping action of a kitchen stand mixer (or hand mixer). There are no preservatives or emulsifiers. This means it does not have a shelf life (approximately 6 months) and it WILL melt in the hot summer months. If your home is warm or it is warm outside, simply store it in the fridge.

A NOTE ABOUT BUTTERS

Any number of butters can be used in this recipe. The ones I suggest are the ones I like to use. They can be substituted for butters of your choosing. Work with what you have and expand your collection as you desire.

Cocoa butter is amazing in whipped body butters, but the scent will take over. Consider using this butter when making a peppermint herbal infused oil blend. The mint and chocolate combination is divine!

This recipe does make quite a bit of body butter, so feel free to divide it in half to make a smaller batch.

INGREDIENTS

- 120 grams of Shea butter
- 105 grams of coconut oil
- 55 grams of pumpkin butter
- 40 grams of mango butter
- ½ cup of a herbal infused oil of your choosing

OPTIONAL

- Essential oils of your choosing
- 10-20 drops total



INSTRUCTIONS

Using a double boiler melt all your butters and coconut oil. Once melted pour in the herbal infused oil of your choosing.

If you choose to use a stand mixer pour your melted oils and butter into the stand mixer bowl.

If you are using a hand mixer, pour it into a bowl of your choosing.

This next step requires great patience on your part! Cool your mixture until it is almost solid. You should be able to push down in the middle and have it be just a tad soft.

If you try to whip your body butter while still in liquid form it will not whip. No matter how long you do it! If it is rock solid it could damage your mixer.

Once your butters and oils are ready start your mixer! If you have ever made whipped cream before, simply follow that exact process.

Start the speed on low and work your way up. It will whip up just like whipped cream.

It is a messy process transferring your butters to the containers of choice. You can use a piping bag or a Ziploc bag with a small corner cut out. Personally, I found using a spatula the easiest and resulted in the least amount of waste.

Label your container and enjoy! Shelf life is approximately 6 months.



DANDELION FLOWER FOOT SALVE

Life can be hard on our bodies. Cracked skin, especially on the feet, is a pretty common occurrence for many people. I love using dandelion flower oil for this exact purpose!

For more information on how to infuse herbs into a carrier oil, please see the Common Ailment Section (Herbal Infused Oils pg. 50).

INGREDIENTS

- 100ml of dandelion flower infused carrier oil
- The best oil of choice is avocado oil
- 10 grams of beeswax
- 8 grams of shea butter

INSTRUCTIONS

Using a double boiler (a homemade one with a pot and a heat resistant bowl is perfectly acceptable), melt your beeswax and butters.

Once they are melted, slowly pour your herbal infused oils into the double boiler.

Once everything has melted remove your mixture from the heat source.

If you are adding essential oils, allow your salve to cool slightly (but not harden) before adding them. If you add them while your salve is too hot they will evaporate off.

While still in liquid form pour your salve into a container of your choosing. I strongly recommend against using plastic containers (especially if your salve contains essential oils). Small mason jars work great for salves!

Allow your salve(s) to set and cool. Label and store in a cool dark location.

HERBAL BATH BLENDS

Baths salts are a delightful way to practice self care. Using Epsom salts as your base also ensures your body is getting a natural source of magnesium. Magnesium is excellent for sore and tired muscles, as well as spasmodic muscular conditions. Baths are relaxing and therapeutic, as well as cleansing.

Adding botanicals to your bath is not only lovely but recommended. If you are concerned about herbs floating around in the tub (or going down the drain), a muslin bag or cheesecloth works great to contain them.

BASIC BATH SALT RECIPE

- 1-1/4 cup of Epsom salts
- ¼ cup of sea salt or Himalayan sea salt
- ¼ cup of baking soda



HERBAL BLENDS

The following herbs can be added to the Basic Bath Salt recipe for extra therapeutic effect.

RELAXING BLEND

- 3 tbsp lavender blossoms
- 2 tbsp chamomile flowers
- 1 tbsp hops
- 1 tbsp rose petals

BREATHE WELL BLEND

- 2 tbsp peppermint
- 1 tbsp of eucalyptus (the herb not the essential oil)
- 1 tbsp pine needles

DETOXING BATH BLEND

- Add ¼ cup of bentonite clay to your bath blend
- Add ½ cup of apple cider vinegar as well

ENERGIZING BATH BLEND

- 2 tbsp peppermint
- 2 tbsp rosemary

BABY BATH

- 1 tbsp calendula
- 1 tbsp lavender
- 1 tbsp chamomile



“We do not see nature with our eyes, but with our understandings and our hearts.” – William Hazlitt



HERBAL CLEANSING GRAINS

Once again, I have the amazing Rosemary Gladstar to thank for introducing me to the world of cleansing grains. For decades I have just used water to wash my face (unless it is actually dirty). But as I age, I felt it was time to add a cleanser/exfoliator to my routine.

Cleansing grains are perfect for washing your face and can be used as frequently as you choose. Completely safe for daily use, this recipe is excellent for all skin types.

Please note that you do not have to use the clays specified in this recipe. Substitute your favourite clays as you desire.

INGREDIENTS

- ½ cup of green clay
- ½ cup of kaolin clay
- ½ cup of organic oats
 - o Ground almonds can be used as a substitute
- ¼ cup of seaweed powder

BOTANICALS

- 2 tbsp lavender blossoms
- 2 tbsp marshmallow root
- 2 tbsp chamomile
- 2 tbsp rose petals
- 2 tbsp calendula flowers

INSTRUCTIONS

Using a high powered blender, food processor or coffee grinder, grind your oats/almonds and botanicals until they are powdered (but have just a touch of grit to them).

Using a large bowl, mix your ground oats and botanicals with your clays and seaweed powder. Continue to mix until everything is well incorporated.

Store in a container of your choosing. Label your jar/containers.

HOW TO USE YOUR CLEANSING GRAINS

Mix 1-2 tsp of the cleansing grains with water.

Stir to form a paste and gently massage on your face.

Rinse off with warm water.

Follow with a toner or the Rose Infused Witch Hazel (recipe found below).

As an alternative use for your cleansing grains, add a touch more grains and use this as a face mask. Create a paste, smooth onto your face, and leave on for 5-10 minutes. Rinse off with warm water.



ROSE INFUSED WITCH HAZEL

Making your own toners is fun and quite simple! This recipe calls for fresh rose petals and witch hazel, but you can experiment with other herbs. Lavender, chamomile, calendula and lemon balm would all make lovely toners.

INGREDIENTS

- Jar size of your choice
- Fresh rose petals – enough to fill your jar loosely
- Witch hazel
 - o There are alcohol free varieties that work nicely for toners

INSTRUCTIONS

Loosely fill your jar with fresh rose petals. I have not personally tried this recipe with dried petals, but I am certain they would work as well.

Fill the jar with witch hazel and use a piece of parchment paper as a barrier between the lid and the jar to prevent corrosion of your lid.

Label your jar and place in a cool dark place for 2-3 weeks. If you are using dried herbs, allow them to sit for 4 weeks.

Shake the jar whenever you pass by it or think of it.

Once your herbs are infused into the witch hazel, strain them out using a fine mesh strainer or cheese cloth.

Pour your rose infused witch hazel into a glass spray bottle.

Label and store in a cool dark place. Use after washing/cleansing your face.

NOURISHING FACE OIL

Many years ago, I had the pleasure of working at a tea and aromatherapy shop. In the basement of the shop there was a natural spa which I was able to enjoy every now and again. It was this experience that converted me from using a face cream to an oil.

Our skin produces oil, called sebum, that serves to both protect and nourish our skin. When you use a face oil instead of a cream, it works with the natural oils on our skin, helping to balance oil production. Our skin needs some oil to serve its protective function – the key is

balance! Not too dry or too oily.

If you tend towards dry skin, it will add much needed moisture. If you tend towards oily skin it will help to balance oil production. Over time you will notice your skin is far less oily!

Another bonus of creating a face oil is being able to avoid the use of artificial preservatives. Creams are a blend of oil and water and thus require artificial preservatives to ensure they do not grow bacteria. Personally, I prefer my products to remain as natural as possible!

CHOOSING YOUR CARRIER OILS

When you are choosing your carrier oils there are two things to consider. First, we want oils that closely mimic sebum as they tend to work with your skin, helping to find that balance I spoke of.

Second, you need to consider your own skin type. Folks with fair skin should look for oils with a lighter consistency (apricot kernel, almond, jojoba), whereas people with a darker complexion may prefer avocado or coconut oil. I encourage you to experiment to see what works best for you.



INGREDIENTS

- 1 part rosehips
- 1 part lavender blossoms
- 1 part elderflowers
- 150 ml of carrier oil of choice
 - o I personally like a mixture of apricot kernel, almond and jojoba

OPTIONAL

- Essential oils
 - o 8 drops of frankincense essential oil
 - o 6 drops of neroli essential oil
 - o 6 drops of lavender essential oil
 - o 4 drops of rose essential oil

INSTRUCTIONS

Using the instructions found in Common Ailment Section (Herbal Infused Oils pg. 50) infuse your herbs into your carrier oil of choice.

If you are using fresh herbs, these oils will have to be made separately due to different blooming times. If you are using dried herbs, feel free to combine all of them in the same jar.

Once your herbs are infused well into the carrier oil (2-3 weeks for fresh herbs – 4 weeks for dried), strain out your herbs.

You will want to use a fine mesh strainer or cheesecloth to ensure you remove all the herb material as elderflower tends to be a bit powdery.

You should be left with approximately 100ml of herbal infused carrier oil. Pour into a bottle of your choosing. I like using dropper bottles.

Add essential oils if you choose. Label your jar and store in a cool and dark location.

HOW TO USE YOUR FACE OIL

You only need 2-3 drops of oil to moisturize your entire face and neck. Ensure your skin is freshly misted with toner or slightly damp with water, as this allows the oil to spread and absorb well. If there is any excess oil on your face after 5 minutes, you can blot it off with a tissue or towel.

Plant Profile • Plantain

Plantago spp.

Support Systems

Epithelial – Lymphatic – Urinary – Depurative

Element: Earth

Astrological: Venus

Constitution:

Moist – Mucilaginous – Cool – Earthen – Fibrous

Chakra: Throat (Vishudda)

Known For:

Topical conditions (cuts, bites, scrapes, stings, bleeding wounds) –
Ulcers, gingivitis, tooth infections – Swollen lymph nodes – Chronic
inflammatory conditions (of skin, muscles and joints) – Immune support

HERBAL FACE STEAM BLENDS

Facial steams help to open the pores and deeply cleanse the skin. They feel fantastic and can be done as often as twice a week.

The herbs you use will greatly depend on your skin type. If you tend towards dry skin, you will want herbs that are more mucilaginous. If you tend towards oily skin, the property you are looking for is astringency.

HOW TO PERFORM A FACIAL STEAM

Bring 2-3 litres of water to a boil in a large pot. Add approximately ½ cup of your herbs of choice (see the list below for ideas and inspiration), reduce heat, cover, and let simmer for a few minutes.

Remove the pot from the heat and place it on a trivet or other heat proof surface. Somewhere where you can sit by it and are able to drape your head over the pot.

Leaning over the pot, drape a large towel over your head and the pot, capturing the steam inside the tent you have created. It will get very hot and to regulate this heat you can lift the corner of the towel to let some of the steam escape. Steam for 5-6 minutes.



SUGGESTED HERBS FOR A STEAM

Below is a list of some of my favourite herbs to use for facial steams. If they have an (A) beside them, they are known for their high astringency levels. If they have an (M) beside them, they are a mucilaginous herb.

- Calendula leaf/flowers (A)
- Chamomile flowers
- Comfrey leaf (M)
- Lavender blossoms (A)
- Marshmallow root (M)
- Marshmallow flowers/leaves (M)
- Red raspberry leaf (A)
- Rose petals
- Rosemary (A)
- Sage, garden (A)



Plant Profile • Rosemary

Rosmarinus officinalis

Support Systems

Digestive – Nervous System – Cardiovascular

Element: Fire

Astrological: Sun

Constitution:

Spicy – Warm – Dry – Stimulating

Chakra: Solar Plexus (Manipura)

Known For:

Function digestive (gas, bloating, indigestion), GI Inflammation –
Depression – Anxiety – Poor memory/concentration – Heart conditions
– Poor circulation – Varicose veins – Spider veins



HERBAL AFTERSHAVE

My hubby has the best beard now, but years ago when he did shave his face, I loved to make him herbal aftershave. I have made many varieties in my day, this one was his all-time favourite. Once you have the basic technique down, you can start to experiment with different blends and herbs!

INGREDIENTS

- 1 large orange
- 1 cinnamon stick
- 10 juniper berries
- ½ cup chopped pine needles
- ½ tsp of vegetable glycerin (optional)
- ½ tsp of aloe vera gel
- ¼ cup of rum
- Witch hazel
- Litre sized mason jar

INSTRUCTIONS

Using an orange zester (or cheese grater), zest your large orange. It should yield approximately 2 tbsp of zest.

Add the orange zest along with all the other ingredients to your jar. Pour in your rum.

Top off with the witch hazel ensuring everything is covered with liquid.

If your jar is metal, place a piece of parchment paper between the liquid and the jar to prevent corrosion.

Label your jar and put it in a cool dark place for 6 weeks. Shake as often as possible.

Strain out your ingredients and pour into bottles of your choice. Label your aftershave.



I am certain many of us share the same dream for thick, long, and shiny hair. If you are like me, this dream is just that... a dream! Maybe you are dealing with tangles and static? Perhaps it is postpartum hair loss? Does your hard water make your hair dull and lifeless? Or maybe you are looking for a natural and environmentally friendly way to create a conditioner?

Regardless of your motivation, this herbal hair rinse/conditioner can be customized for your hair type and colour, as well as any hair loss you may be experiencing.



Sun Kissed

This is a great combination for those with lighter coloured hair. With continued use it will boost your natural highlights as well. Please note that the lemon juice can be drying to your hair, so I have left it as optional.

- 2 parts calendula
- 1 part chamomile
- 1 part yarrow
- 1 part lemon juice (optional)

Dark as Night

This herbal combination works best for darker hair colours or those wishing for darker highlights.

- 1 part black walnut hulls (powder is fine)
- 1 part garden sage
- 1 part nettle leaf
- 1 part black tea (optional)

Smooth as Silk

This group of herbs is excellent for dry brittle hair.

- 1 part marshmallow root
- 1 part nettle
- 1 part calendula
- 1 part burdock root
-

Battle of the Oil


Struggling with greasy oily hair? Having to wash your hair more often than desired? Give this herbal combination a try.

- 1 part rosemary
- 1 part witch hazel bark
- 1 part nettle
- 1 part yarrow

Hair Loss Blend

While no one can turn back time, these herbs will help strengthen your hair and although I can make no promises, it may even stimulate new hair growth.

- 1 part stinging nettle
- 1 part rosemary
- 1 part horsetail



Many of us have hair that falls into more than one of these categories. Feel free to experiment with combinations that work best for you.

**“If you truly love nature,
you will find beauty everywhere.”**

– Vincent van Gogh

HOW TO MAKE YOUR HAIR RINSE

There are two methods for making a herbal hair rinse. In either case, you can use fresh or dried herbs.

Tea Method

In this method you make a tea/infusion with the herbs and rinse your hair with the cool tea after shampooing. Alternatively, it can also be poured on hair and left to soak for 10-15 minutes.

Vinegar Method

In this method you will infuse the herbs of choice into raw apple cider vinegar. The vinegar itself acts as a conditioner leaving your hair silky, shiny, and smooth, while increasing the shelf life of your hair rinse.

INSTRUCTIONS

If you are using fresh herbs you will have to prepare your vinegars separately and combine after they are infused. Chop them finely and loosely fill your jars. Cover with raw apple cider vinegar.

If you are using dried herbs, feel free to combine them all into the same jar. Fill your jar of choice halfway with the dried herbs of your choosing.

If your jar has a metal lid, use a piece of parchment paper as a barrier between the jar and lid to prevent the lid from corroding.

Allow your herbs to infused in the vinegar for 2-4 weeks (ideally 4 weeks for dried herbs). Strain out your herb material.

Pour your vinegars into a spray bottle, filling about halfway. Fill the rest of your bottle with water.

HOW TO USE YOUR HERBAL HAIR VINEGAR RINSE

This vinegar will leave your hair soft, shiny and smooth. Wash your hair as usual and instead of using conditioner, spray on your vinegar. Allow it to sit for a few minutes and rinse off if desired.

If you still want the benefits of the herbs and vinegar, but you want a bit more grit in your hair (i.e. not so soft), you can spray the vinegar in your hair 10 minutes before washing it. In this way, it is used as a hair soak.

HERBAL HAIR OIL

For a deeper conditioning treatment, all the herbs mentioned in the hair rinse section, can be infused into a carrier oil of your choice.

OPTIONS FOR OILS

Apricot Kernel Oil

- A very dry oil, therefore a good choice for those with oily scalp
- High in B vitamins, linoleic and oleic acid
- Excellent choice for those with sensitive skin

Avocado Oil

- Excellent for dry/damaged hair
- High in vitamin A, B, D and E
- Boosts hair growth

Castor Oil

- Extremely thick, but also very nourishing
- A good choice for those with thinning hair
- Helps prevent dry scalp

Coconut Oil

- Good for dandruff and dry scalp
- Helps to strengthen and moisturize
- High in a broad range of minerals and vitamins
- Extremely oily and a bit difficult to rinse out

•

Jjoba Oil

- Extremely high in antioxidants
- Not a greasy oil, therefore a good choice for those with oily scalp
- Has sunscreen properties and a good choice for folks who spend a lot of time outside

Olive Oil

- Rich source of vitamin E
- Excellent choice for deep hair conditioning

For detailed instructions on how to make a herbal infused oil, please see the Common Ailments section (Herbal Infused Oils pg. 50).

HOW TO USE YOUR HAIR OIL

When using a warm/hot herbal hair oil treatment, be aware that you will not need a lot of oil. You can always add more if needed, but an overabundance of oil in your hair will make it extremely difficult to rinse out.

Add 2-4 tbsp of herbal infused oil to a small mason jar. Fill a bowl with hot water and place the jar into the bowl. This will gently warm your oil. This step is optional; however, a warmer oil will help to open the hair follicles, thereby penetrating deeper.

Spread the oil over your hair and using a comb, comb through the oil until your hair and scalp are thoroughly covered (especially if you have dry scalp). Cover your hair with a shower cap or a plastic bag. Warm a towel and wrap it around your head, keeping the oil and your hair warm.

Let the oil sit in your hair for 20-30 minutes. Rinse your hair with warm water and proceed to shampoo as usual. If your hair still feels oily, you can wash it a second time.



HERBAL MOUTHWASH

Oral health is so important, yet many of us do not have access to regular dental care. Fear not, we can call upon the help of our herbal allies to keep our teeth and mouth clean and hopefully, infection free.

The best way to make a shelf stable mouthwash, is to basically make a tincture using herbs that help to fight infections, inflammation and the occasional bought of pain.

INGREDIENTS

- 2 cups of vodka
- 1 tbsp of powdered myrrh
- 1 tbsp of whole cloves
- ¼ cup of peppermint or spearmint (fresh ideally)
- ¼ cup of yarrow flowers/leaves (fresh ideally)

A glass bottle of tincture with a white cap is visible in the upper left corner. In the foreground, a lit candle in a glass jar sits on a brown bamboo mat. The background is a soft-focus green and yellow floral pattern.

INSTRUCTIONS

Chop your peppermint/spearmint and yarrow well and combine with powdered myrrh and whole cloves. If you do not have access to fresh herbs, substitute 2 tbsp dried of each herb.

Top with your 2 cups of vodka and if you are using a jar with a metal lid, ensure you use a piece of parchment paper between the jar and lid to avoid corrosion.

Label your jar and place it in a cool and dark location. Shake as often as you can remember and allow it to sit for at least 6 weeks.

Strain out your herbs and place your oral health tincture into a dropper bottle.

HOW TO USE YOUR MOUTHWASH

Add one dropper full of your herbal mouthwash to a small amount of water. A dropper is one squeeze of the bulb on the pipette. Alternatively, add approximately 10 drops of your tincture to a small amount of water. Swish your mouthwash around for about 30 seconds and spit it out.

Plant Profile • Yarrow

Achillea millefolium

Support Systems

Digestive – Epithelial – Vascular – Liver/Gall Bladder

Element: Water

Astrological: Venus

Constitution:

Bitter – Pungent – Astringent – Aromatic

Chakra: Solar Plexus (Manipura)

Known For:

Function digestive (gas, bloating, indigestion), GI Inflammation – Digestive spasms – Topical (cuts, bites, scrapes, stings) – Specific bleeding wounds – Deep tissue injuries – varicose/spider veins – Seasonal allergies – Liver/gall bladder congestion and inflammation

HERBAL SALT SRUB

Salt scrubs are something that I rarely indulge in, but when I do, I feel almost Goddess like! Leaving your skin soft, smooth, and refreshed, salt scrubs are inexpensive and very simple, yet leave you feeling like you just left a lavish spa.

The recipe I will provide you with is a starting off point for you to experiment from. Find your favourite herb and essential oil (optional) combinations.

For more detailed instructions on how to make a herbal infused oil please see the Common Ailments section (Herbal Infused Oil pg. 50).

INGREDIENTS

- 2 cups of fine sea salt or pink Himalayan sea salt
- 4 cups of herbal infused carrier oil
 - o Apricot and almond oils are my favourite
 - o Great herbs to play with are:
 - Lavender
 - Calendula
 - Rose
 - Chamomile

OPTIONAL

- 15-20 drops of essential oil of your choosing



“Nature does not hurry, yet everything is accomplished.”

– Lao Tzu



INSTRUCTIONS

Combine your salt and herbal infused carrier oil in a jar/container of your choosing noting that the combination of oil and salt will corrode a metal lid (place a layer to parchment paper between your lid and jar to avoid this).

HOW TO USE YOUR SALT SCRUB

Salt scrubs are best used on damp skin.

Either using your hands or a washcloth, gently massage the salt and oil mixture into your skin. Work as vigorously as you choose, keeping in mind your skin's personal tolerance for exfoliating.

Begin at your feet, moving upwards towards the heart. Once you reach your chest, move to your hands, and again work in a circular motion towards your heart. Once you have worked the oil/salt mixture into your skin, rinse with warm water. Dry off with a towel.





CHAPTER 06



WILD FOOD RECIPES

I have developed a deep love for foraged and wild food recipes in the last few years. As a herbalist, getting to know these plants on a whole new level has been glorious. As a homesteader, knowing that I can create food from “weeds” is empowering to say the least!

Each year I try new recipes and I am rarely disappointed. In this section of the book I will share my absolute favourite recipes.

This is a great time to review your wild harvesting guidelines in the introduction. Ensure you are always harvesting from areas that you are permitted and that are clean (free from chemicals, pesticides etc.)

STINGING NETTLE PESTO

Pesto is a staple item in our weekly meals. Not just for pasta, pesto can be used as a condiment on sandwiches, burgers, in the place of tomato sauce on pizza and as apart of a salad dressing.

I absolutely love experimenting with different flavour combinations and nettle pesto is quickly becoming a favourite. Stinging nettle is a nutritional powerhouse, boasting a wide range of vitamins and minerals (including trace minerals).

Please note that Stinging Nettle has earned its name and it is wise to wear long sleeves and rubber tipped gloves while harvesting it. It is best to use spring nettles (before they have gone to flower) for wild foods.

INGREDIENTS

- 6 cups of fresh stinging nettle leaves
- 4-8 cloves of garlic
 - This is very much to taste
- ½ cup of parmesan cheese
- 1/3 cup of almonds, pine nuts or sunflower seeds
 - Pine nuts are traditionally used but they are very expensive.
Almonds and sunflower seeds both work well as substitutes.
- ¼ - ½ cup of olive oil
- 1 tbsp freshly squeezed lemon juice
- Salt and pepper to taste

INSTRUCTIONS

Bring a large pot to a boil and while you are waiting, roughly chop your nettle. Continue to wear gloves during this process.

Once your water is boiling, using tongs, blanch your nettle leaves for 1-2 minutes. This will remove the sting.

Immediately place your nettle in a bowl of ice (or very cold) water. This stops the cooking process and allows the nettle to retain its amazing green colour.

Once cooled, squeeze as much of the water out of your nettle as possible. Place it on a kitchen towel to dry.

Peel and add your garlic, cheese, and nuts/seeds of choice to your food processor. Add in the nettle leaves.

Pulse until all your ingredients are well mixed. With your food processor on, add your lemon juice first and then the olive oil. Start with $\frac{1}{4}$ cup and increase to your desired consistency.

Salt and pepper to taste. Enjoy!

Serve immediately or store in the fridge. For long term storage you can freeze it in jars. There is no safe or approved way to water bath or pressure can pesto.



ROASTED ROSEMARY AND PINE POTATOES

I love the flavour combination of rosemary and white pine. Both aromatic in their own way, these two common herbs really do compliment each other. Fresh or dried herbs can be used in this recipe.

INGREDIENTS

- 2 pounds of potatoes of your choice, skin on but scrubbed clean
- ½ tbsp of dried rosemary (or 1 tbsp of fresh)
- ½ tbsp of pine needles finely chopped
- 2 tsp of sea salt
- 1-2 tbsp of olive oil

INSTRUCTIONS

Chop your pine needles and rosemary and combine with sea salt. Blend the herbs and salt together well.

Chop your potatoes into bite sized pieces. Transfer them to a large bowl.

Toss your potatoes with olive oil and the salt/herb mixture. Ensure your potatoes are evenly coated.

Spread the potatoes on a baking sheet (optional to line with parchment paper or a baking mat).

Bake for 45-50 minutes in an oven preheated to 400°F. Stir every 15 minutes or so to ensure even roasting.

Serve hot with your favourite main.



NOURISHING HERBS FOR YOUR SOUP STOCKS

I encourage everyone to learn how to make their own soup stocks either from bones (such as chicken bones) or from fresh vegetables. Not only are they far more nutritionally dense than store bought soup stocks, you can drastically reduce the sodium content when you make them yourself!

This recipe will help encourage you to add nourishing herbs to your homemade soup stocks, giving this already nutritious staple a herbal boost!

STINGING NETTLE

Nettle is one of the most nutrient dense herbs/food I have encountered. It is incredibly rich in minerals and vitamins, especially trace minerals like selenium, sulfur, zinc, chromium, and boron. It is also an excellent source of calcium, vitamin A, vitamin K, protein, and a range of B vitamins.

From a medicinal point of view, nettle is awesome for treating allergies, the urinary system and rheumatism.

PARSLEY

An excellent source of vitamins K and C and a good source of vitamins A, folate and iron, parsley makes an excellent addition to any broth recipe. From a medicinal standpoint parsley has been shown to aid in diabetes, rheumatism, inflammation, osteoporosis, cancer prevention, immune strengthening and supporting the urinary system.

GARLIC

The benefits of garlic could be an entire book itself! It is an antimicrobial powerhouse, immune stimulant, and a huge ally to the cardiovascular and digestive systems. I put at least 7 cloves in a batch of soup stock.

HORSERADISH

Another ingredient that is full of vital minerals and nutrients, horseradish will add a spicy kick to your soups. Horseradish is high in vitamin C, folate, potassium, calcium, magnesium, zinc, and manganese. From a medicinal point of view, horseradish aids in weight loss, lowers blood pressure, helps with respiratory conditions, improves your immune system and has been shown to help prevent cancer.

TURMERIC

Turmeric is one of the absolute best anti-inflammatory and antioxidant herbs I have access to. Finding fresh root can be challenging depending on where you live, so using powdered is just fine. In addition to the aforementioned properties, turmeric is another great heart herb (lowers cholesterol, blood fats and aids with arteriosclerosis). It is an excellent digestive aid helping with inflammatory conditions of the GI tract.

DANDELION ROOT

You can add the benefits of detoxifying herbs to your soup stocks as well. Dandelion root makes an excellent addition in the spring months when we all naturally feel the draw towards cleaner eating. This herb helps to support the liver, pancreas (aiding in blood sugar regulation), urinary system, spleen, and stomach. High in beta-carotene, which our body converts into vitamin A, dandelion is also a decent source of vitamin C, potassium, iron, calcium, magnesium, zinc, and phosphorus.

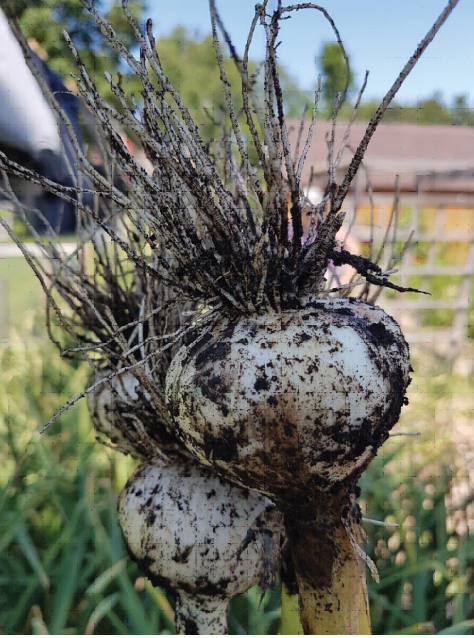
CHINESE MILKVETCH ROOT – ASTRAGALUS

As an adaptogen, astragalus will protect your body from stress and disease. In addition, it has been shown to help folks with anemia, diabetes, heart disease, cold/flu, and inflammatory conditions.

OTHER OPTIONS

Wild mushrooms, red clover, oatstraw, horsetail (in moderation due to high silica content) and seaweeds are all excellent options for your soup stocks/broths. Experiment and see what your family likes best.





I like to use the Instant Pot to make my broths, but a pot on the stove or slow cooker will do just fine.

INGREDIENTS

- 3.5 lbs of bones (chicken, turkey, beef etc.)
- 2 medium sized carrots (chopped and unpeeled)
- 1 medium sized onion (roughly chopped)
- 7 cloves of garlic (crushed)
- 2 tbsp of apple cider vinegar
- 1 tbsp of turmeric powder
- 1 tbsp of dried parsley (1/4 cup chopped fresh)
- Salt and pepper to taste

OPTIONAL

- 2 tbsp of dried stinging nettle
- 1 tbsp of chopped fresh horseradish root
- ¼ cup of chopped fresh dandelion roots (1 tbsp dried)
- 1 tbsp of dried astragalus root
- 1 tsp of kelp

DANDELION FRITTERS

These dandelion fritters make an excellent side at breakfast or brunch. They are simple to make and very tasty. Gluten free flour blends can be substituted as well as dairy free milk options. There are lots of variations of this recipe online, many including cornmeal. Because I cannot source GMO free cornmeal I have stuck with a basic flour, egg and milk mixture and they come out just great!

I share this family favourite recipe with one request, please leave the majority of your dandelions untouched as they are one of the first food for bees. If your dandelion population is scarce, consider leaving them until next year or finding another harvesting location. Also please ensure that your dandelions are unsprayed.

INGREDIENTS

- 2 cups of dandelion flower heads
- 1 cup of flour
 - We use spelt but any flour will work (including gluten free)
- 1 cup of milk
- 1 egg
- Oil for cooking
 - Our favourite is coconut oil, but you can use your favourite oil for frying



INSTRUCTIONS

To wash your dandelion flowers, fill a medium bowl with cool water. Add one tsp of lemon juice. Place the dandelions in the bowl and plunge them under the water a few times to wash them. Dry them upside down on a towel or paper towel.

While the flowers are drying mix together your flour, egg, and milk mixture.

Heat some oil in a frying pan, keeping the heat at medium.

Holding the flower from the underneath, dip the flower in until completely coated with the batter. Place them in the skillet flower side down.

Once they are browned, flip them to the other side. Keep an eye on them and flip until they are evenly browned on both sides.

Eat them plain or drizzled with maple syrup or honey.

For a savory side dish, experiment with adding spices like rosemary, thyme, and garlic powder to the batter.





WILD GREENS PASTA

I absolutely love homemade pasta. It is, of course, more labour intensive than store bought, so when the pasta maker comes out, I try to do something unique.

This recipe can be made with one type of wild green or a mixture of whatever you have growing on your property. Great options include but are not limited to:

- Stinging nettle
- Purslane
- Wild mustard greens
- Lambs quarters
- Dandelion greens
- Spring greens are best as they are less bitter
- Chickweed

Please ensure that you have positively identified your greens and know exactly what you are foraging for and eating. Check out the recommended resources section for some identification guides.

You do not need a pasta maker to make pasta. A good rolling pin and a pizza cutter works well for fettucine type pastas. Also of note, you can use greens like collards, kale and chard in this recipe as well.

INGREDIENTS

- 3 cups of foraged wild greens
- 1 large egg (room temperature)
- 1 ½ cup of flour
 - o We use spelt but all-purpose, whole wheat or a blend can be substituted

INSTRUCTIONS

Bring a large pot of water to a boil. Blanch your greens for 1-2 minutes. Strain and rinse/soak in very cold water. Squeeze out as much water as you can.

Add your blanched greens and the egg into a food processor or blender. Blend until smooth.

Add one (1) cup of flour to a large bowl or the bowl for your stand mixer. Using the back of a wooden spoon, create a divot in the centre of the flour and pour in your egg/greens mixture.

Using a spoon or dough hook on your mixture, mix until it is well combined. Your flour mixture should not stick to your fingers. If it is too sticky add flour; too dry add a bit of water or the liquid reserved from blanching the greens.

Turn out your dough on a floured surface/counter and knead it until it forms a smooth/elastic form. This will take a few minutes.

Wrap the dough in plastic wrap or beeswrap and place in the fridge for about 30 minutes.

Roll out your dough and using your pasta maker cut your pasta into the desired shape (linguine or spaghetti). If you do not have a pasta maker alternatively you can roll your dough very thin and cut using a knife or pizza cutter.

Either cook right away or hang it for a few hours, which is my personal preference. I prefer the cook on the pasta after drying but I encourage you to try both methods.

When you are ready to cook your pasta, add it to a pot of boiling water and cook for 2-3 minutes. Fresh pasta cooks much faster than dried/store bought.

Serve with your favourite sauce, pesto, or herb butter. Enjoy!



LILAC SUGAR COOKIES

Growing up as a young girl in Canada, I was no stranger to a red-headed girl named Anne. Whenever I think of the divine smell of lilacs, my mind goes back to the high teas, lunches with tiny sandwiches and raspberry cordials Anne would have enjoyed with her bosom friend Diana.

When I first created this recipe, I drew upon the inspiration my childhood heroine provided me with. I hope these cookies provide scope to your imagination.

Ingredients

- 2-1/4 cup of spelt flour
 - All-purpose and whole wheat are substitute options
- ½ tsp baking powder
- ½ tsp ground sea salt
- 1 cup coconut oil
- 1 cup organic cane sugar
- 1 egg
- 2 tsp pure vanilla extract
- 2 cups lilac blossoms

INSTRUCTIONS

Remove the blossoms from the stem of the lilac branch until you have approximately 2 cups. Roughly chop them into smaller pieces.

Cream your coconut oil using a stand mixer or some good old-fashioned elbow grease. If you are substituting butter, please ensure it is at room temperature and softened.

Add the blossoms to your mixer and mix well with the coconut oil. Allow these two ingredients to sit while you move onto the next step. The longer you let this sit, the more the flavours will marry.

Combine flour, salt and baking soda in a separate bowl and combine well. Add the organic cane sugar to the coconut oil and lilac blossoms. Then add egg and vanilla extract and mix well.

Finally add in your dry ingredients and mix until everything is well incorporated.

Roll your cookies into balls (about 1 inch in size) and place about one dozen on a cookie sheet. Flatten them with a cup, rolling pin or the palm of your hand.

Place in a preheated oven (325°C) and bake for 11-13 minutes. They will be lightly brown on the bottom and around the edges.

DANDELION COOKIES

My son and I have a yearly tradition of making one single batch of honey sweetened dandelion cookies. Tasting like sunshine was harnessed into baked form, these cookies are a favourite.

I share this family favourite recipe with one request, please leave the majority of your dandelions untouched as they are one of the first food for bees. If your dandelion population is scarce, consider leaving them until next year or finding another harvesting location. Also please ensure that your dandelions are unsprayed.

Ingredients

- ½ cup of coconut oil
 - Butter can be substituted
- ½ cup of honey
- 2 eggs
- 1 tsp vanilla
- 1 cup of flour
 - We use spelt but whole wheat works well
- 1 cup of rolled oats
- ½ cup of dandelion flower petals



INSTRUCTIONS

Remove the petals from the dandelion flower and discard (compost) any green parts. The green portion of the flower is quite bitter so do not skip this step!

Preheat your oven to 375°F

Mix the oil and honey together well. Beat in the eggs and vanilla extract.

Stir in the flour, oats and dandelion flowers ensuring they are well incorporated.

Drop the batter by large tablespoons full onto a parchment paper lined (or oiled) cookie sheet.

Bake for 10-13 minutes in the oven (they took 11 minutes in our oven).
Enjoy!

Plant Profile • Stinging Nettle

Urtica dioica

Support Systems

Epithelial – Lymphatic – Urinary - Vascular

Element: Fire

Astrological: Mars

Constitution:

Sweet – Bitter – Earthen

Known For:

Epithelial (wounds, cuts, bites etc.) – Lymphatic drainage & congestion – Urinary inflammation – Prostate support – Varicose/spider veins – Vascular inflammation

SPRUCE TIP SUGAR AND SALT

I look forward to spruce tip harvesting season each and every year. It has become a yearly tradition that my son and I share. As spruce tips are easy to pick and identify, it is a perfect activity for young children.

The young new growth of the spruce tree (aka spruce tips) are absolutely delicious. Unlike mature needles, the tips of the spruce tree have a lovely citrus note that makes them perfect for wild recipes. They are loaded with vitamin C and an excellent source of potassium, magnesium, and carotenoids.

Please practice ethical wildcrafting and proper plant identification. If you need to brush up on how to do this, please check out the Ethical Wild Harvesting section near the beginning of this book. It is wise to remember that spruce tips are the new growth of the tree and taking too many can harm the tree.



INGREDIENTS – SPRUCE TIP SUGAR

- 1 cup of spruce tips
- 1 cup of granulated sugar
 - o Our preference is organic cane sugar

INSTRUCTIONS – SPRUCE TIP SUGAR

Remove the paper casing from your spruce tips, wash and pat them dry (or allow them to air dry on a kitchen towel).

Combine your spruce tips and sugar into your food processor. Pulse until the texture is uniform.

Spread the mixture onto a baking tray lined with parchment paper. Allow it to air dry at room temperature, stirring a couple of times a day until the sugar is completely dry.

The mixture is very resinous and will take time to dry. If you find this is not happening at room temperature, you can heat your oven to 150°F and dry it out for about an hour or so.

Once the sugar is dry place it back in the food processor and pulse a few times to break up the chunks.

Store in an airtight container until you are ready to use it.

“The clearest way into the Universe is through a forest of wilderness.”

– John Muir

INGREDIENTS – SPRUCE TIP SALT

- 1 cup of spruce tips
- 1 cup of salt of choice
 - o Our preference is pink Himalayan sea salt

INSTRUCTIONS

The instructions for making spruce tip salt are identical to the spruce tip sugar (of course substituting salt for sugar).

SPRUCE TIP SHORTBREAD

The very first time I harvested spruce tips I knew I needed to make cookies with them. The taste of the spruce tip sugar was so delectable! Using my mother-in-law’s recipe for shortbread, a fantastic combination was born.

Ingredients

- 1 cup of softened butter
- 2 cups of flour of choice
- ½ cup of spruce tip sugar



INSTRUCTIONS

In a large bowl or stand mixer, combine your spruce tip sugar and butter. Mix until they are thoroughly combined and creamy.

Adding 2 tablespoons at a time start to blend the flour into the sugar/ butter mixture.

Once all of the flour is incorporated, roll the dough into small balls.

Using a glass or small mason jar, flatten your balls into a cookie shape. Sprinkle with a bit of spruce tip sugar (optional).

Bake in a preheated oven (310°F) for 14 minutes.

Plant Profile St. John's Wort

Hypericum perforatum

Support Systems

Epithelial - Nervous System - Infections

Element: Fire

Astrological: Sun

Constitution:

Sweet Oily Warm - Dry

Chakra: Solar Plexus (Manipura)

Known For:

Epithelial (cuts, bites, scrapes etc.) - Deep tissues injuries
- Nerve damage (specific) Depression Anxiety - Tension Poor memory/
concentration - Mental fatigue Herpes and cold sores



STRAWBERRY SPRUCE TIP JAM

There is nothing quite like fresh strawberry jam to bring you right back to the warm summer months. My family and I have been making and canning our own jam for years. One summer, on a whim, I decided to use my spruce tip sugar instead of regular cane sugar and just like that, our favourite jam was born!

I do not like using pectin in my jam recipes. Feel free to add it to yours if you choose.

If you plan on canning this jam you will want to use store bought lemon juice as they all have standard acidity levels.

INGREDIENTS

- 8 cups of strawberries (rinsed and hulled)
- 3 cups of spruce tip sugar
- Zest from 2 lemons
- ¼ cup of lemon juice (bottled if you plan on canning)

INSTRUCTIONS

Using a potato masher, mash your berries to your desired consistency. If you like chunky jam, alternatively you can chop your strawberries in small pieces and skip the mashing.

Place a small plate in your freezer. This will be used later to test the set of your jam.

Place your berries, sugar, and lemon juice into a large pot. Stir until well combined. Bring your mixture to a boil. Ensure you are stirring frequently to prevent scorching.

Simmer on a low boil for about 20 minutes. After 20 minutes you can test the set of your jam using the plate you put in the freezer.

Place a spoonful of jam on the centre of the plate. Push your finger through the jam. If it folds back in on itself (filling in the gap), your jam is not yet set. If it wrinkles but does not fill in the gap you created, you are good to go!

At this point you can choose to water bath can your jam (following regular jam canning protocols) or freeze your jam. If you plan on freezing your jam, I do recommend using wide mouth jars as they are designed for freezing and are less prone to breakage.



SUMAC SUN TEA

Many moons ago I was introduced to Sumac Sun Tea at a herbal workshop and I immediately fell in love. Best made on a day with full sun, this refreshment reminiscent of lemonade, will be well worth the wait.

Because there is one variety of poisonous sumac that grows here in Ontario, it is vital that you have positively identified your berries before making this tea.

Staghorn sumac (*Rhus typhina*) is the most common variety I have found in the wild. In my area, you may also come across smooth sumac (*Rhus glabra*) and fragrant sumac (*Rhus aromatica*). All are safe for consumption. The one variety that is poisonous (*Toxicodendron vernix*) is quite different than the others. Here are some key ways to ensure proper identification:

- The poisonous variety only grows in wetlands
- The berries of this variety are white and they droop in large clusters
- The leaves are smooth and have 7-9 leaflets per stem
- The stems are not hairy (whereas staghorn sumac's stems are very hairy)



INGREDIENTS

- 2-3 clusters of sumac berries
- Spring water

OPTIONAL

- Handful of lemon balm leaves

INSTRUCTIONS

Remove the fruit from the stems and place them in a fine mesh strainer for rinsing

Once rinsed put all your berries in a large clear glass bowl and add 3-4 cups of spring/filtered water. If you have lemon balm leaves, roughly chop them, and add it to the bowl.

I like the ratio of 1 cup of berries to 4 cups/quart of water.

Place the bowl in a sunny spot for 2-4 hours. You will know when it is ready when the colour of the water is pink.

Strain your lemonade through cheesecloth, as the fine hairs of the berries may pass through a strainer.

Place in the fridge to cool. Serve as is or sweeten to your personal preference.

“Kindred spirits are not so scarce as I used to think. It’s splendid to find out there are so many of them in the world.” – L.M. Montgomery, Anne of Green Gables

RED CLOVER LEMONADE

Did you ever used to drink the nectar from red clover blossoms when you were a kid? That is what this red clover lemonade recipe reminds me of. Always a hit at a family barbeque or potluck, I have yet to meet a person who did not enjoy a nice cold glass of red clover lemonade.

INGREDIENTS

- 3 cups of foraged red clover blossoms
- 4 cups of spring/filtered water
- 1-1/4 cup of lemon juice
- 4 tbsp of raw local honey

INSTRUCTIONS

Bring the flowers and water to a boil and reduce to simmer for 5-7 minutes

Strain your flowers from your water. Add lemon juice and honey.

Store in the fridge until cold. Serve with ice or as is!



HERBAL INFUSED VINEGARS

Herbal infused vinegars are of the absolute simplest herbal preparations around; fantastic for beginners or those who are new to foraging and making medicines.

Despite their simple preparation, herbal vinegars can be used for a variety of purposes. Basically, anything you use vinegar for, you can use a herbal vinegar for! Cleaning products, salad dressings, marinades, stir fries or just adding them to your drinking water; the options are endless!

Herbs to Use in Herbal Vinegars

Any of the herbs listed here can be used to make herbal infused vinegars. Once you have the process figured out, you can start to experiment with different flavours and vinegar combinations. But to get you started, here is a list of my favourites:

- Basil
- Chive flower
- Dandelion flower
- Garlic or garlic scapes
- Lemon balm
- Oregano
- Rosemary
- Spruce tips
- Sumac berries
- Thyme
- White Pine



ABOUT VINEGARS

The options for vinegars are almost as plentiful as herbs, but my favourites are plain white vinegar and apple cider vinegar. I use white vinegar for my cleaning products as it is the cheapest of the bunch and my preference for cleaning products. For anything I or my family is going to ingest, I use raw apple cider vinegar. This allows us to get the amazing health benefits of the raw vinegar as well.

INSTRUCTIONS

Harvest or forage for your herbs of choice. If you are foraging please ensure you are using ethical harvesting practices.

Roughly chop your herbs and loosely fill a jar of your choosing.

Cover with your vinegar of choice. If you are using a jar with a metal lid, ensure you use a piece of parchment paper between the lid and the vinegar to avoid corrosion.

Label and place in a cool and dark location for 3-4 weeks. Shake your jar whenever you think of it.

After 3-4 weeks you can now strain out your herbs and use your vinegar as you like!

STRAWBERRY SUMAC SALAD DRESSING

This salad dressing tastes like summer in a bottle! Plus, the colours will wow everyone at your next family event or potluck. We really like this dressing on a bed of mixed greens with red onions, walnuts, strawberries and just a touch of feta cheese. Delicious!

INGREDIENTS

- 1 cup of chopped strawberries
 - thawed frozen works fine too
- 5 tbsp of sumac infused raw apple cider vinegar
- 1/3 extra virgin organic olive oil
- 1-2 tbsp of honey (to taste and optional)
- Salt and pepper to taste



INSTRUCTIONS

Combine all your ingredients except the salt and pepper, into a high-powered blender or food processor.

Blend until smooth and give it a taste. Add salt and pepper as desired.

Serve with your favourite greens and store in the fridge.



HERBAL DRINKING VINEGARS

Also known as shrubs, herbal drinking vinegars are so much fun to make. Just like herbal infused vinegars, once you have the technique down you can experiment with so many fun flavour combinations.

Herbal shrubs date back to the late 15th century. Long before we had the ability to can our food, folks used shrubs as a way to preserve fresh fruit.

So, what exactly is a shrub anyway? It is basically a fruit that is combined with two other ingredients – sugar and vinegar. As a herbalist, I of course can't miss the chance to add medicinal and culinary herbs to mine.

Strawberry Basil Shrub

This flavour combination is amazing! A lot of folks turn their nose up at the basil, but you absolutely must try this. Other great combinations are strawberry and lemon balm, raspberry and peppermint and blueberry and white pine.

INGREDIENTS

- 2 cups of strawberries, washed, hulled and cut into quarters
- 1 cup of fresh basil leaves, finely chopped
- 1 cup of organic cane sugar
- 1 cup of raw apple cider vinegar



“To plant a garden is to believe in tomorrow.” – Audrey Hepburn



INSTRUCTIONS

Combine your basil, strawberries, and cane sugar into a large bowl.

Cover the mixture with a towel, beeswrap, or plastic wrap and leave on the counter (or fridge) for 2-3 hours, allowing the flavours to marry.

After the suggested time has passed, using a muddler, pestle, or the back of spoon, mash the berries releasing as much juice as you can.

ALTERNATIVE INSTRUCTIONS

Following these directions will take longer, but I personally prefer the outcome and flavour.

Combine berries, basil, sugar, and vinegar into a large jar. If your lid is metal considering using a piece of parchment paper between the lid and liquid to prevent corrosion.

Label and place in the fridge. Whenever you think of it, give the jar a good shake. Periodically check the parchment paper to see if needs to be replaced.

HOW TO DRINK YOUR SHRUBS

Although historically speaking, shrubs were most often consumed with alcohol in the form of a mixed cocktail, they can be enjoyed with or without alcohol.

The simplest way is to add approximately 1 tbsp to a large glass of carbonated water.



CHAPTER 07

A LITTLE BIT OF MAGIC

I must admit, this last section of the book is a personal favourite. Using herbs to enhance my spiritual practices has been a newfound joy of mine and it has allowed me to deepen my connection with plants.

You need not walk any specific spiritual path in particular. In fact, to utilize many of these recipes you do not have to be spiritual at all; but if you are, opening your heart and soul to working with plants in this capacity will absolutely change your world.

FLOWER ESSENCES

I cannot adequately explain in words how much I love working with flower essences. As a practicing herbalist some of the most profound moments in healing I have witnessed were thanks to the emotional and energetic shifts that flower essences can provide.

For a detailed description on what flower essences are, how they work, and some examples of commonly used ones, please see the Stress and Anxiety section of this book.

Now we learn how to make them!

THE SUN METHOD OF PREPARATION

In my practice I use the sun method of preparing flower essences. This is the same process that was used by Dr. Edward Bach in the making of his now famous flower essence line. Dr. Bach also used the boiling method, but for simplicities sake we will only be discussing the sun method.

The goal of either method is to coax or draw out the energetic essence (a plant's Soul information as coined by some) from the plant. The sun method is best used in the late spring or summer months when the sun is at its strongest. Thankfully, this is also when most plants are in full bloom!

Flower essences can be made with any plant that flowers. The world is literally your garden centre! May I suggest that the first plant you work with is something that grows in abundance near or around you, and one that you are at least generally familiar with.

WHAT YOU'LL NEED

The first requirement of making a flower essence using the sun method is of course the sun. You need to work on a day with full sun and ideally, no clouds in the sky. Your bowl will be sitting out for 3-4 hours.

Second you need to choose a flower to work with and have enough to harvest to cover the surface of the bowl you are using. Depending on the size of the flower and bowl, this may be 3 plants or 15 so plan ahead!

As a note of interest, pay attention to any messages or intuitions you may glean about this process over time. If you do a lot of meditation work with plants and they tell you a specific number of flowers to put in your bowl, listen to that and not this book!

You will also need a clear glass bowl that has been prepared and energetically cleansed. The easiest way to do this is make a solution of vinegar, water and a pinch of sea salt. Fill the bowl with this solution and allow it to sit for at least 15 minutes. This will physically and energetically cleanse the bowl. Ensure when you are rinsing the bowl that you do not touch the inside of the bowl (the part that will come in contact with the water/plants).

The final item you will need is clean spring water. It is not recommended to use water that is chlorinated or has fluoride treatments.

Plant Profile • White Pine

Pinus strobus

Support Systems

Respiratory – Nervous System – Adrenals

Element: Air

Astrological: Mars

Constitution:

Pungent – Warm – Astringent

Chakra: 3rd Eye (Ajna) & Heart (Anahata)

Known For:

Poor memory/concentration – Mental/physical fatigue – Depression
– Adrenal exhaustion – Decongestant – Expectorant – Spasmodic
Coughs – Sinus Congestion – Unproductive coughs – Deep tissue injuries
(topical)

INGREDIENTS

- A cleared and cleansed glass bowl
- Spring water
- Flowers of your choosing

INSTRUCTIONS

Using the instructions above, cleanse and clear a glass bowl of your choosing. Remember you will need enough flowers to cover the surface of your bowl, so choose its size accordingly.

Without touching the inside of the glass bowl, fill it with spring water and place it in a spot outside where it will have access to full sun for 3-4 hours and will not be disturbed by people or wildlife.

When you pick your flowers, it is imperative that your hands do not touch the blooms. The easiest method to do this is to use a leaf folded between your thumb and index finger (this acts as a protective barrier).

Place enough flowers in your bowl to cover the surface of the water. Leave your bowl undisturbed in the full sun for 3-4 hours. Longer will not harm the essence.

Carefully using a leaf or twig, remove the flowers from the water. Pour into a bottle of your choosing and top off with an equal portion of either vodka or brandy. (the alcohol stabilizes the remedy thereby increasing its shelf life).

“The plants have enough spirit to transform our limited vision.”

– Rosemary Gladstar

HOW TO USE YOUR ESSENCE

What you have just made is known as the “mother essence” and if you have ever purchased a stock bottle of Bach Flower remedies, this is what you received.

The dosing for all flower essences is 4 drops directly under the tongue. For chronic emotional states, you would repeat this dose 3-4 times a day. For more acute needs such as panic, terror, and fear; you can dose as often as every 15 minutes.

For many flowers there is a plethora of information available on their energetic properties, either through books or by looking at pre-existing flower essence lines. In these cases, the indications for the remedy is apparent.

However, if you choose a flower that has little to no information available; well this is where the fun begins! There are a few methods of experimenting with your new flower essence:

- If you practice meditation, take 4 drops prior to your next meditation session. See what images, messages and feelings come up. Record what you experienced. For the most accurate information, repeat this process multiple times.
- If you practice prayer, take 4 drops prior to your next prayer. Ask the spirit of the plant you are working with to send you information about their healing properties. It is often easiest to request this information in the form of dreams.

- A more analytical approach would be to start a daily journal. Before taking your first dose of flower essence record how you have been feeling lately. Be as detailed as possible. Continue to write in your journal over a period of 2 weeks (minimum), recording your feelings and insights over that time.

Enjoy the time and experience of creating and learning about your flower essences. The connection you will cultivate for your new plant allies is incredibly fulfilling and well worth all the effort!

HERBAL INCENSE

Herbal incense has existed for thousands of years. It has been used in spiritual rights, magical workings or just for the sheer pleasure of burning herbs, for just as long. If you have ever experienced a Catholic mass, you probably have memories of frankincense and myrrh being burned.

All the incense blends I share with you today have some purpose in mind. If this aspect of using herbs does not appeal to you, you can simply blend herbs that you are drawn to and make you feel good!

Feel free to follow these recipes exactly, remove or substitute herbs as you see fit!

Cleansing (Energetic)

- 1 part cedar leaf
- 1 part mugwort
- 1 part juniper
- 1 part rosemary
- 1 part peppermint

Healing/Health

- 1 part bay
- 1 part thyme
- 1 part rosemary
- 1 part mugwort
- 1 part cinnamon bark

Love

- 1 part apple blossom
- 1 part damiana
- 1 part rose
- 1 part orange
- 1 part clove

Luck/Prosperity

- 1 part sulfur cinquefoil
- 1 part ginger root
- 1 part chamomile
- 1 part bay
- 1 part basil

Protection

- 1 part rosemary
- 1 part lavender
- 1 part mugwort
- 1 part star anise
- 1 part garden sage

HOW TO BLEND AND USE YOUR INCENSE

Using a mortar and pestle, pound your herbs until they are near powder state. Large chunks of herbs will not burn well! Store in a glass mason jar and ensure you label it.

To use your incense you will need:

- A fireproof vessel or container
- Charcoal tablet

Light your charcoal tablet and place a pinch of incense on it. You can replenish your herbs as often as you would like. It is always best practice to crack open a window burning incense.





FLYING OINTMENT

While this salve will not make you fly per se, flying ointments have long been used to help folks reach a state where dreamwork, meditation, prayer, and divine connection flow more easily.

Traditionally these ointments/salves have been made with poisonous plants with potentially dangerous side effects, believing that their hallucinogenic powers were necessary.

The recipe I share with you today uses herbs that are effective yet very safe. No need to poison ourselves to commune with our view of the divine!

For more detailed instructions on how to make a herbal infused oil please see the Common Ailments section (Herbal Infused Oil pg. 50).

INGREDIENTS

- 20 ml of mugwort infused oil
- 20 ml of valerian root infused oil
- 20 ml of dittany of crete infused oil
- 20 ml of yarrow infused oil
- 20 ml of wormwood infused oil
- 14 grams of beeswax
- 4 grams of shea butter

o If you do not have shea butter or don't want to use it, simply use
18 grams of beeswax

OPTIONAL

- 10-20 drops of essential oil (total)
- Rosemary would be the best choice for this salve

INSTRUCTIONS

Using a double boiler (a homemade one with a pot and a heat resistant bowl is perfectly acceptable), melt your beeswax and shea butter.

Once they are melted, slowly pour your herbal infused oils into the double boiler.

Once everything has melted remove your mixture from the heat source.

If you are adding essential oils, allow your salve to cool slightly (but not harden) before adding them. If you add them while your salve is too hot, they will evaporate off.

While still in liquid form pour your salve into a container of your choosing.

I strongly recommend against using plastic containers (especially if your salve contains essential oils). Small mason jars are an excellent option.

Allow your salve(s) to set and cool. Label and store in a cool dark location.

HOW TO USE YOUR FLYING OINTMENT

How and when you will use this salve/ointment will be very personal and based on your current spiritual practices. Application is traditionally on your third eye area and/or on your pulse points (wrists and temples).

This flying ointment can be used before bed to facilitate dreamwork. Ensure you have a notebook and pen near by to make note of the dreams you are experiencing.

It can also be applied prior to meditation, journey and prayer work.

Test patches are always recommended and ensure that the first time you use this ointment/salve, that you will not be driving or operating heavy machinery within a few hours. While no hallucinogenic side effects are to be expected, how each person interacts with the spiritual worlds is very personal. Those sensitive to outside energies may be more strongly affected.



HERBAL BOOK, GUIDES & INFO SOURCES

The books listed below are just a snapshot of what is available in the world of herbal medicine. I own almost all of these and felt very confident sharing them as resources for you.

EXCELLENT BOOKS FOR THOSE STARTING OUT

These books would fall under the category of herbal 101 or beginners' books. Many also contain a very detailed materia medica. This is a great place to start out!

- A Prescription for Herbal Healing – Phyllis A. Balch
- New Encyclopedia of Herbs and Their Uses – Deni Bown
- Encyclopedia of Herbal Medicine – Andrew Chevallier
- Culpepper's Complete Herbal – Nicholas Culpepper
- Alchemy of Herbs: Transform Everyday Ingredients into Foods and Remedies That Heal – Rosalee De La Foret
- Rosemary Gladstar's Herbal Recipes for Vibrant Health – Rosemary Gladstar
- Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide – Rosemary Gladstar
- The Boreal Herbal – Beverly Gray
- The Herbal Medicine-Maker's Handbook: A Home Manual – James Green

- A Modern Herbal (Vol I & II) – Mrs. M. Grieve
- The New Holistic Herbal – David Hoffmann
- The Way of Herbs – Michael Tierra
- The Wise Woman Herbal: Healing Wise – Susan Weed
- Earthwise Herbal: A Complete Guide to New World Plants – Matthew Wood
- Earthwise Herbal: A Complete Guide to Old World Plants – Matthew Wood
- The Practice of Traditional Western Herbalism – Matthew Wood
- The Book of Herbal Wisdom – Matthew Wood

BOOKS FOR MORE ADVANCED HERBAL KNOWLEDGE

These books are excellent for folks who are looking for more scientific information to chew on. For practicing herbalists I highly recommend Brinker's book.

- Medical Herbalism – David Hoffman
- Herbal Contraindications and Drug Interactions – Francis Brinker

Field and Wildflower Identification Guides

Please note that I live in Ontario Canada and my field guide suggestions are for this area of the world (Central and Eastern North America). Both Newcomb and Peterson's have multiple field guides available for locations all over the world.

- The ROM Field Guide to Wildflowers in Ontario – Richard Dickinson et. al.

- Botany in a Day: The Patterns Method of Plant Identification – Thomas J. Elpel
- Peterson: A Field Guide to Medicinal Plants and Herbs: Of Eastern and Central North America – Steven Foster et. al.
- Newcomb’s Wildflower Guide – Lawrence Newcomb

Books Delving into Spiritual Plant Uses

These books explore everything from Plant Spirit Medicine to magical uses of herbs!

- Sacred Plant Medicine: The Wisdom of Native American Herbalism – Stephen Harrod Buhner
- The Secret Teachings of Plants: The Intelligence of the Heart in the Direct Perception of Nature – Stephen Harrod Buhner
- Plant Spirit Medicine – Eliot Cowan
- Magical Herbalism – Scott Cunningham
- Cunningham’s Encyclopedia of Magical Herbs – Scott Cunningham
- Neolithic Shamanism: Spirit Work in the Norse Tradition – Raven Kaldera & Galina Krasskova
- Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and Teaching of Plants – Robin Wall Kimmerer
- The Encyclopedia of Bach Flower Therapy – Mechthild Scheffer
- Evolutionary Herbalism: Science, Spirituality, and Medicine from the Heart of Nature – Sajah Popham

WEBSITES AND SUBSCRIPTION SERVICES

There are lots of options in terms of herbal information available on the internet. This list is just a tasting of what is out there!

- Correne's YouTube Channel
- **www.youtube.com/spiraeaherbs**

- Correne's Membership Platform
- **<https://www.spiraeaherbs.ca/wpw-salespage>**

- Chestnut School of Herbal Medicine Blog
- **chestnutherbs.com/blog/**

- Harmonic Arts Blog
- **harmonicarts.ca/blogs/harmonic-arts-blog**

- Henriette's Herbs
- **www.henriettes-herb.com/**

- Herbal Academy
- **theherbalacademy.com/**

- Herbs with Rosalee
- **www.herbalremediesadvice.org/**

- Learning Herbs
- **learningherbs.com/**

- Mountain Rose Herbs Blog
- blog.mountainroseherbs.com/
- School of Evolutionary Herbalism
- www.evolutionaryherbalism.com/blog/
- She is of the Woods YouTube
- www.youtube.com/channel/UCxIH2IQP3uJ4ftBRg3BTUeg
- Spiraea Herbs
- www.spiraeaherbs.ca/blog

HERBAL SUPPLIES

Here is a list of suppliers I have used for my bulk dried herbs as well as jars, bottles, and raw ingredients.

- New Directions Aromatics (Canada & US)
- www.newdirectionsaromatics.ca/
- Voyageur Soap and Candle
- www.voyageursoapandcandle.com/
- Harmonic Arts (Canada)
- harmonicarts.ca/

- Mountain Rose Herbs (United States)
- **mountainroseherbs.com/**

- Organic Connections (Canada)
- **orgcon.ca/**

- Rebel Roots Herb Farm (located in Ontario Canada)
- **rebelrootsherbfarm.com/**

- Foggy River Herb Farm (located in Ontario Canada)
- **<https://www.foggyriverfarm.com/>**

REFERENCES

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Llewellyn Publications.

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Vertolli, Michael. *Class Notes:
Living Earth School of Herbalism*.