



KITCHEN HERBALISM

THE MEDICINAL USES OF
COMMON KITCHEN HERBS AND SPICES



WITH DR. RITAMARIE LOSCALZO

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Kitchen Herbalism: The Medicinal Uses Of Common Kitchen Herbs And Spices

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Introduction

Many centuries ago, Hippocrates, often considered the father of Modern Medicine, said: *“Let thy food be thy medicine and thy medicine thy food”*.

Hippocrates’ words ring true today and make sense in ways Hippocrates probably never even dreamed of.

Sure, our modern world is filled with conveniences and technology that creates ease and fun around lots of tasks that used to be pure drudgery (like the writing of a manuscript!), but those conveniences come with a cost.

The by-products of our modern conveniences, pollutants we never dreamed of in Hippocrates’ time pour out into the atmosphere. The food supply is tainted with pesticides, herbicides, fungicides, processed and oxidized foods, and genetically modified organisms. Resistant strains of bacteria are the sequel of the antibiotic era. Obesity is at an all-time high as a result of new forms of entertainment that keep kids indoors, inactive, and chained to their chairs. And did I mention all the artificial colors, flavors, and preservatives that are added to the food supply that the majority of people in the modern world consume?

Hippocrates had no idea how significant it would be to return to his words in the 21st century and put them into practice.

The purpose of this little book is to share with you the “medicine cabinet” you have at your disposal right in your own kitchen – specifically in your spice rack.

You also have a plethora of healing foods in your refrigerator, in your garden, and in your pantry, but we’ll save that for another day!

Herbs and spices have been used for millennia for treating a variety of common ailments.

Some of the medicinal uses of plants are widely recognized, even by modern medicine. Other uses are more obscure and remain in the realm of the modern day herbalist and alternative health enthusiast.

Keep this book in the kitchen, close to your spice rack, ***and use it.***



Sage Advice

It's fun to think of all the health benefits of a meal you've created with a variety of herbs and spices.

- Italian flavors like basil, oregano, garlic, and thyme are gems for your immune system. The antimicrobial effects of oregano are widely touted.
- The sweet herbs fennel, cinnamon, and cardamom are carminatives, which means they calm digestion.
- Still others, like lavender and chamomile, are relaxing and offer benefits for your mood.

I have a vivid memory of an incident in which my 7-year old son Eric, now a grown man, brought me a bag of herbs and said, "Here, smell this Mommy."

Surprised, I asked, "What's this?"

His reply was, "It's relaxing herbs, and you need them now to *calm down*." I had been having some problem getting his 3-year old brother to cooperate, and I was apparently noticeably stressed. When I asked him how he knew to combine these herbs, he replied, "It was easy. I just opened all the jars in the spice rack and smelled them. If they smelled relaxing, I put them in the bag."

I carried that bag with me for many years until it deteriorated.

The message of the herbs spoke to my son, and they can speak to you.

Use this guide as a starting point. If you feel drawn to a particular herb, or feel that its medicine calls to you, learn more. There are plenty of excellent websites and books about the benefits of herbs and spices, and you can go as deep as you'd like.

My own herb and spice rack contains all the herbs listed here and many more.

An anonymous Chinese proverb says, "*When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.*"

Remember the wise words from Hippocrates, **use your food as medicine, and you will enjoy a healthy and pleasurable life.**



Dr. Ritamarie's Spice Rack

Acknowledgements

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For layout and design, my appreciation to Stacey Terry for her artistic eye and attention to details.

And to my clients and patients, for giving me the opportunity to continue to deepen my knowledge of plant healing, I extend my appreciation and admiration for your courage and determination.

And above all, to my “boys” Scott, Eric, and Kevin for their encouragement and patience with my perpetual kitchen experiments and their willingness to live “outside the box” with an offbeat, barefoot doctor and plant-lover Mom and wife. I know it’s especially difficult in the heart of Texas where barbeque and fast food is the norm.

With much love and appreciation,



Dr. Ritamarie



Buying Organic

Organically grown is best, but when availability and budget make it difficult to get all organic foods, there are guidelines that will help you choose the commercially-produced foods that have been measured to have the lowest pesticide residues.

Washing well and using one of the commercially available veggie sprays or a few drops of hydrogen peroxide help to remove the residual pesticides from the surface of the food, but those cleaners can do nothing about the accumulated pesticides inside the flesh that gets absorbed from the soil through the plant's roots.

Use the following information as a guideline when it is necessary to purchase commercially grown produce.

Always buy these foods organically grown:

What: Apples, bell peppers, celery, cherries, grapes, nectarines, peaches, pears, potatoes, red raspberries, spinach, and strawberries.

Why: The U.S. Department of Agriculture's own lab testing reveals that even after washing, some fruits and vegetables consistently carry much higher levels of pesticide residue than others. Based on an analysis of more than 100,000 U.S. government pesticide test results, researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the "dirty dozen" fruits and vegetables (listed above) that they say you should always buy organic if possible because their conventionally grown counterparts tend to be laden with pesticides.



Among fruits, nectarines had the highest percentage testing positive for pesticide residue. Peaches and red raspberries had the most pesticides (nine) on a single sample. Among vegetables, celery and spinach most often carried pesticides with spinach having the highest number (10) on a single sample.

For more information on pesticide levels for other types of produce, go to:

<http://www.foodnews.org>

Always buy these foods organically grown:

What: Meat, poultry, eggs, and dairy.

Why: You greatly reduce the risk of exposure to the agent believed to cause mad cow disease, and minimize exposure to other potential toxins in non-organic feed. You also avoid the results of production methods that use daily supplemental hormones and antibiotics, which have been linked to increased antibacterial resistance in humans.

Buy these organic if price is no object:

What: Asparagus, avocados, bananas, broccoli, cauliflower, sweet corn, kiwi, mangos, onions, papaya, pineapples, and sweet peas.

Why: Multiple pesticide residues are, in general, rarely found on conventionally grown versions of these fruits and vegetables, according to research by the EWG.

Note: Multiple pesticide levels not found, but it doesn't say how often *single* pesticide residues are found.

Further, organic produce has higher levels of nutrients than their non-organic counterparts. An independent review of the evidence published by Worthington in *The Journal of Complimentary Medicine* (vol. 7, No. 2, p. 161 – 173) found that organic crops had significantly higher levels of all 21 nutrients analyzed compared with conventional produce, including vitamin C (27% more), magnesium (29% more), iron (21% more) and phosphorous (14% more). Organic spinach, lettuce, cabbage, and potatoes showed particularly high levels of minerals.



Resources for Essential Oils

In addition to fresh and dried herbs, your kitchen herbal dispensary can include essential oils made from common herbs and plants used in creating culinary delights.

Many of my recipes suggest the optional use of essential oils.

All essential oils should be food grade. Also, since most commercial/grocery store shelf oils, extracts, and flavors are made with alcohol and other “unknowns,” be sure you are using high quality products that are healthy.



Essential oils are a great way to make delicious beverages that are also loaded with nutrition and have therapeutic value. Use any combination of these in tiny amounts (one to two drops per 16 ounces of water). They can be mixed and matched as desired to flavor water, green powder drinks, protein powder drinks, green smoothies, blended green soups, and even green juices.

Start with 2 – 3 varieties and add 1 – 2 each month as your budget permits. If you purchase too many all at once, you run the risk of getting overwhelmed and won't know where to start.

Additional guide to essential oils: <http://www.drritamarie.com/go/EssentialOils>

Recommended Brands:

- **Mountain Rose Herbs** has, by far, the best prices I've seen for high quality, organically grown, edible, essential oils that are distilled without the use of chemical solvents. They also have a wider variety of oils than just about any other company on the market. <http://www.drritamarie.com/go/MountainRose>
- A company called **dōTERRA** also has very high quality oils, and I am in the process of comparing their single oils to those from Mountain Rose. dōTERRA has several very effective combination formulas, including *Slim and Sassy*, *On Guard*, *DigestZen*, and *Zendocrine*. <http://www.drritamarie.com/go/doTERRA>
- Another popular essential oil company is **Young Living**. They have been around for many years and are well known for a formula called *Thieves*. I have several of their singles oils. <http://www.drritamarie.com/go/YoungLiving>
- **Living Libations** features the oils of Nadine Artemis. Her site contains essential oils for food and for dental care. <http://www.drritamarie.com/go/LivingLibations>

Dr. Ritamarie's Top 12 Favorite Oils

- anise
- cinnamon
- peppermint
- spearmint
- lemon
- lemongrass
- lime
- oregano
- thyme
- tangerine
- *Slim and Sassy* blend (dōTERRA)
- *On Guard* blend (dōTERRA) or *Thieves* from Young Living (for immune support)

Resources for High Quality Herbs and Spices

Not all herbs and spices are created equal. Most of the commercially available herbs and spices are not organic and many are genetically modified.

While it's convenient to purchase the small bottles that fit on spice racks, it's not at all cost effective. I recommend that for those spices you use a lot, it's best to purchase in bulk and refill your spice rack containers. Mountain Rose, listed below, sells a variety of bulk sizes from 2 ounces up to 2 pounds. It's not uncommon to be able to purchase a whole pound of spice for under \$10 compared to \$4 per bottle of the commercially available ones. Below are brands I personally use.

Recommended Brands:

- **Frontier Natural Products Co-op**
<http://www.drritamarie.com/go/Frontier>
- **Medicine Flower Flavors**
<http://www.drritamarie.com/go/MedicineFlower>
- **Mountain Rose Herbs**
<http://www.drritamarie.com/go/MountainRose>
- **Savory Spice Shop**
<http://www.drritamarie.com/go/SavorySpiceShop>



How to Use Your Kitchen Herbs as “Medicines”

There are a number of ways to use the herbs and spices in your kitchen dispensary.

- **Added to food:** Herbs and spices are so much more than just flavor enhancers; they have beneficial healing powers. Use them in small amounts and adjust to your tastes as needed. It's important to pay attention to how you feel as you use them. Add herbs and spices to your smoothies, soups, vegetable dishes, and even desserts.
- **As a tea/infusion:** Many dried or fresh flowers or leaves can be simply placed in a cup or non-metal teapot, covered with boiling water, and allowed to steep for 10 – 20 minutes (strain before drinking). The general guideline is 1 teaspoon of herb per 8 ounces of water or 1 ounce of the combined total of dried herbs to each pint of water. For a stronger brew, you can use up to 1 tablespoon of herb. For herbs that are not already powdered, simmering may be required to attain a strong enough brew to have medicinal effects. Herb teas can also be brewed in a thermos bottle, which will keep them warm all day and travels well, too. For medicinal effects, drink 1/2 cup tea 2 – 4 times per day, between meals.
- **As a decoction:** Decoctions are made from roots, bark, seeds, or stems. To decoct, simmer one ounce of dried herbs for each 1 1/2 pints of water for thirty minutes to one hour in a covered pot. Strain and drink. The dosage for decoctions is the same as for the infusions.



- **As a tincture:** Tinctures are extracts of herbs in alcohol or another medium. They are very convenient and either single herbs or formulas may be tintured. To prepare, soak each 2 – 4 ounces of herbs to be extracted in one pint of 60- to 80-proof alcohol such as vodka. If the herbs are lighter - primarily leaves and flowers - use 2 ounces; for heavier barks and roots, use 4 ounces. In any case, add more liquid if it is all absorbed by the herbs. Each day, shake the mixture for a minute or so. After 14 days or longer, strain off the herb-infused liquid and extract the remaining mash by twisting it in cheesecloth. Expressing the mash with a juice press, if available, is the most effective way. Store the resulting tincture in sealed dark glass bottles. Lids with exposed metal, e.g., most canning jar lids, leach the metals into tinctures and should be avoided. Decant tincture as needed into a 1- to 4-ounce dropper bottle (available at some pharmacies and herb stores). Tinctures will maintain potency for a number of years. For medicinal effects, use 20 drops (1/3 teaspoon) twice a day between meals, under the tongue or in a little water, herbal tea, or other liquid.
- **As a topical application:** For many herbs and spices, you can make a tea, also known as an infusion, and allow the mixture to cool to a comfortable temperature. Then soak clean washcloths in the infusion and apply the cloth to the affected area.
- **As eye washes:** Use the same process as the topical application; however, you need to strain the infusion more thoroughly. I recommend triple straining through a fine mesh strainer, nut milk bag, or cheese cloth.
- **As salves:** Some powdered herbs can be stirred into melted coconut oil then refrigerated to harden. These salves are especially useful for skin applications and for treating hemorrhoids. Cayenne pepper has been shown to be helpful for treating peripheral neuropathies (complications of diabetes). Commercially available creams have lots of preservatives. You can make your own hot pepper cream by stirring approximately 3 tablespoons of cayenne into 1 cup of coconut oil.



- **As an infused vinegar:** While not as potent as alcohol-based tinctures, this extract is a strong alternative for children, anyone abstaining from alcohol, or those with alcohol sensitivities. Dried herbs tend to produce the most effective medicinal vinegar extract, but fresh herbs can be used to make nutritive vinegars for culinary recipes, since the vinegar will extract minerals as well as the flavor of the herbs. As a general guide, take 1 tablespoon of the infused vinegar up to 5 times a day when needed, unless you are working with potent low/drop dosage herbs. Due to the acid content in vinegar, you should be sure to avoid direct contact with your teeth. You may want to mix each dose of medicinal vinegar with water or tea to dilute the acidity. To make, add herbs to your favorite vinegar. The most medicinal vinegar is apple cider, but coconut vinegar and umeboshi vinegar are also very alkalizing. Add 1/4 cup of dried herb or 3/4 – 1 cup of finely minced fresh herbs to a pint of vinegar and allow the mix to sit at room temperature for at least a few days, preferably 2 weeks or longer for full effect (will keep indefinitely).
- **As an oil infusion:** Infused oils can be used for culinary purposes as well as externally on the skin. Make sure that the oil is a good, cold-pressed oil. Sesame, extra virgin olive oil, or coconut oil are the most commonly used. Prepared similarly to infused vinegar, add 1/4 cup of dried herb or 3/4 – 1 cup of finely minced fresh herb to a pint of oil. Allow the oil infusion to sit at room temperature for at least a few days, preferably 2 weeks or longer for full effect. Strain well through muslin or cheesecloth into a clean jar. (If refrigerated and properly kept from air, heat, and light, infused oils will keep for 1 year). Use clean, sterilized equipment, and if using fresh herbs, wash them gently, pat dry, and wilt for 12-24 hours before making the oil infusion. NOTE: For external use only, you can add vitamin E oil to extend the shelf life.



Your Kitchen Dispensary: The Herbs and Their Uses

Allspice

- Prevents or relieves gas and flatulence
- Treats vomiting, stomach ache, diarrhea, and indigestion
- Stimulates the appetite
- Remedy for fever, cold, and flu
- Useful in fighting yeast and fungal infections
- Lowers blood sugar
- Helps relieve excessive menstrual bleeding and cramps



Basil

- Strong antibacterial, antifungal, antiviral, antioxidant and antimicrobial activity
- Stimulates the appetite
- Relieves gas
- Eases upset stomach, motion sickness, and nausea
- Mild diuretic
- Helps relieve constipation
- Helps with respiratory problems
- Helps prevent rapid blood sugar elevation after eating
- Improves mood
- Anti-aging properties
- Source of vitamin A, magnesium, potassium, iron, and calcium



Bay Leaves

- Stimulant for the skin and skin health
- Good source of minerals and vitamins, especially vitamins A and C
- Immunity building
- Wound healing
- Joint pains, muscle pain, rheumatism, sprain, arthritis
- Carminative – soothing for digestion
- Blood sugar balancing
- Menstrual balance
- Relieves throat inflammations
- Relaxing effect for nervousness
- Insect repellent



Black Pepper

- Stimulates the digestive organs
- Increases saliva and other gastric juices
- Relieves indigestion and flatulence



Cardamom

- One of the more effective remedies against bad breath
- Fights tooth and gum decay
- Relieves sore throat and laryngitis
- Helps with indigestion, constipation, gas, and heartburn
- Soothes a variety of kidney, bladder, and urinary problems
- Fights depression and reduces stress
- Contains cancer-fighting chemicals



Cayenne

- Cardiovascular benefits
- Lowers blood pressure
- Increases appetite
- Improves digestion
- Thins phlegm
- Eases the passage of phlegm from lungs
- Relieves gas, nausea, and indigestion
- Helps with pain from psoriasis, fibromyalgia, shingles, and arthritis
- Has vitamins E, D, K, carotenoids, and B complex
- Source of calcium, potassium, manganese, and dietary fiber



Chamomile

- As a tea, can be used for lumbago, rheumatic problems, and rashes
- As a tea, helpful as an eyewash for conjunctivitis – cool and strain well
- As a salve, can be used for hemorrhoids and wounds
- As a vapor, can be used to alleviate cold symptoms or asthma
- As a mouthwash, it can soothe mouth inflammations and keep gums healthy
- Helpful remedy for stress, anxiety, and tension
- Good for emotional disorders
- A gentle sedative for insomnia
- Soothes skin rashes
- Relieves restlessness, teething problems, and colic in children
- Aids in digestion when taken as a tea after meals
- Relieves morning sickness during pregnancy
- Speeds healing of skin ulcers, wounds, or burns
- Reduces stomach and bowel inflammation
- Relaxes colon so aids in irritable bowel
- Relaxes smooth muscles of the uterus helps ease the discomfort of menstrual cramping



Cinnamon

- Antibacterial, antiviral
- Treats weak digestion and stomach upset
- Increases appetite
- Helps lower blood sugar
- Helps lower blood pressure
- Helps regulate menstrual cycles
- Helps reduce stress and anxiety



Clove

- Potent pain-deadening microbial
- Stop-gap measure for tooth pain
- Helps lower blood sugar
- Uses insulin more effectively
- Speeds healing with cold sores



Cumin

- Great source of iron
- Relieves colds, fevers, and sore throats
- Aids digestion and relieves constipation
- May prevent cancer
- Relieves insomnia
- Increases milk supply when breastfeeding
- Maintains healthy skin



Dill

- Limits the growth of cancer cells
- Treats gastrointestinal disorders
- Helps with insomnia and other sleep disorders
- Assists with the removal of stomach acid



Fenugreek

- Helps treat diabetes
- Lowers blood sugar
- Lowers bad cholesterol
- Maintains good metabolism
- Prevents constipation
- Purifies the blood
- Flushes out harmful toxins
- Increases breast milk for nursing mothers



Garlic

- Natural antiseptic
- Powerful cancer fighter
- Helps lower cholesterol
- Reduces plaque
- Lowers blood pressure
- Lowers the risk of atherosclerosis
- Effective against digestive upset
- Anti-diarrhea



Ginger

- Digestive aid
- Settles the stomach
- Relieves vomiting
- Eases pain from gas and diarrhea
- Anti-nausea
- Helps with motion sickness
- Pain relief for arthritis
- Lowers bad cholesterol



Lavender

- Loss of appetite
- Insomnia and other sleep disorders
- Circulatory disorders
- Relieves headache pain
- Relieves menstrual cramps
- Relieves symptoms of anxiety, such as restlessness



Nutmeg

- Relaxes the body to help fall asleep
- Stimulates the brain to ward off stress
- Helps with pain – from general aches to arthritis
- Antibacterial properties to relieve inflammation and sores
- May fight against certain leukemia cells
- Stimulates appetite
- Relieves gastrointestinal distress like gas and bloating
- Removes toxins in the liver and kidneys
- Helps remove kidney stones



Oregano

- Respiratory issues such as stuffy noses and coughs
- Expectorant
- Aids with menstrual cramping
- Helps with digestion
- Potent antimicrobial, antiviral, and antifungal
- Natural antiseptic
- Helps lower blood pressure
- Helps with candidiasis
- Contains vitamins A, C, and flavonoids



Parsley

- Diuretic
- Aids in relieving urinary tract infections
- Kidney and bladder stones
- Gastrointestinal distress
- Stimulates menstruation



Peppermint

- Calms certain cold ailments
- Eases the symptoms of digestive upset
- Soothing effect for coughs
- Opens the sinuses
- Relieves headaches, nerve pains, and toothaches
- Eases painful menstrual cramps and nausea



Rosemary

- Antibacterial, antioxidant
- Dispels gas and increases stomach acid
- Eases headaches and migraines
- Combats mental fatigue
- Increases concentration and memory
- Helps regulate menstrual cycle
- Speeds wound healing
- Relieves eczema itch
- Regulates blood pressure
- Eases pain from rheumatism and arthritis



Saffron

- Effective at treating mild to moderate depression
- Helps clear airways for asthma remedy
- Helps with sleepless nights
- Decreases the chances of getting arteriosclerosis
- Aid in the fight against cancer
- Can induce and regulate menstruation
- Relieves menstrual pain, and reduce chronic bleeding



Sage

- Improves appetite
- Ease inflammation, particular of the mouth
- Help slow milk production for nursing mothers



Tarragon

- Relieves pain from toothaches
- Improves natural digestion
- Rids bowels of intestinal parasites
- Induces menstruation



Thyme

- Cough suppressant
- Helps treat bronchitis and whooping cough
- Useful for chronic candidiasis
- Good for bad breath
- Used to treat indigestion
- Helps with infections



Turmeric

- Powerful anti-cancer properties
- Anti-inflammatory effects
- Helps to relieve rheumatoid arthritis
- Effective against Alzheimer's
- Helps with carpal tunnel syndrome
- Helps prevent cataracts
- Antioxidant
- Contains vitamins A, C, and E



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About the Author, Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on nutrition and health. She's an author, speaker, and health practitioner with over 2 decades of experience. She empowers clients to healthy living through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and heal as well.

She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this way creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

Having led thousands of clients to transform their bodies and lifestyles, both in person and through her online programs, she is helping change lives one bite at a time.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a **free packet of recipes and information** on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.

Other Health and Nutrition Books and Programs

B4 Be Gone Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health.

<http://www.B4BeGoneSystem.com>

CAFE (Correcting Adrenal Fatigue and Exhaustion): If you need a wake-up call that will heal instead of steal your energy, it's time for Dr. Ritamarie's CAFE program. This 5-part program provides insight and strategies to repair and refuel your tired adrenal glands, the body part responsible for protecting you in the face of stress and danger.

<http://www.CAFEProgram.com>

FAST (Food Allergy Spy Training): You'll be guided step-by-step through my clear, proven system to uncover your food allergy culprits, repair the damage, and remove the underlying causes of your food intolerances. The FAST program is built around the Gold Standard for identification of food allergens - the Food Elimination Provocation Process (FEPP) - and allows you to move through the healing process at your own pace.

<http://www.FoodAllergySpy.com>

GREEN Cleanse: A 7-day cleanse built around the healing mineral and nutrition-rich benefits of eating leafy is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens!

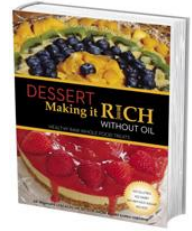
<http://www.GREENCleanseProgram.com>

VITAL Community: Dr. Ritamarie's VITAL Community offers Vibrant Ideas and Tools for Awesome Living! VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, and who enjoy the fulfilling benefits of Awesome Living!

<http://www.VITALHealthCommunity.com>

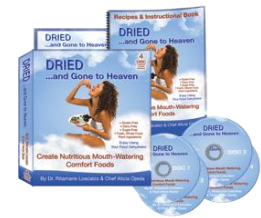
Dessert: Making It Rich Without Oil: The only dessert book comprised of 100% gluten-free, dairy-free, sugar-free, soy-free, and oil-free whole raw ingredients. Each recipe includes a mouth-watering, full-sized photograph. The recipes are easy to make, fun to eat, and will make the transition to a healthier diet a very pleasant experience.

<http://www.drritamarie.com/go/Desserts>



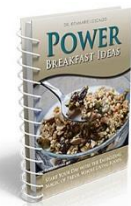
Dried and Gone to Heaven DVD Home Study Kit: This kit includes full instruction on the care and use of your dehydrator, health gems, and complete recipe demonstrations. Now you can make all your favorite comfort foods in ways that support your health, rather than drain it. Complete with DVDs, recipe guide and instruction manual, laminated reference cards, and a whole new perspective on life.

<http://www.DriedAndGoneToHeaven.com>



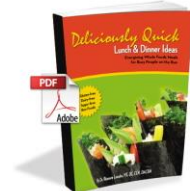
Power Breakfasts Ideas: Quick, healthy, and energizing recipes and tips for starting your morning with recipes that give you plenty of energy to fuel you throughout the day!

<http://www.RawPowerBreakfast.com/>



Quick Healthy Meals on the Run: Lunch and Dinner Ideas: A valuable resource of more than just recipes! A complete guide to creating quick and delicious meals from ingredients you have on hand.

<http://www.drritamarie.com/go/LunchDinner>



Seasonal Specials: Halloween, Thanksgiving, Christmas and Hanukah recipe books and videos.

<http://www.drritamarie.com/shop/seasonal>



<http://www.DrRitamarie.com>

A Sampling of Other Online Video Classes

www.RawFoodUniversity.com

These include access to a private web page, a PDF format recipe e-book with photos of each recipe, and a separate video for each recipe.

Amazing Gluten Free Bread - The Ultimate Comfort Food Turned Health Food Online

Video: There's no need to feel deprived. With a little creativity and advance planning, you can enjoy mouth-watering sandwiches, bread, and pizza - all brimming with nutritious goodness.

<http://www.drritamarie.com/go/bread>

Thai Food Goes Raw Online Video: Gluten-free, dairy-free and brimming with exotic spices, these recipes are easy to make and will delight any palate.

<http://www.drritamarie.com/go/Thai>

Gluten Free Pizza and Pasta Online Video: Experience the traditional tastes of Italy with a gluten-free and dairy-free twist as we prepare pizza (crust, sauce and cheese); Living Lasagna, Rawvioli, Manicotti, Spaghetti and other pasta dishes; "Parmesan Cheese", and more.

<http://www.drritamarie.com/go/RawPizzaPasta>

Healthy Holiday Feasts Online Video: It's easy to prepare a delicious, nutritious, gluten-free, dairy-free holiday meal that everyone can enjoy!

<http://www.drritamarie.com/go/holidayfeast>

Sweets for the Holidays Online Video: Create amazing gluten-free, dairy-free, raw vegan versions of traditional holiday treats such as gingerbread men, cookies in festive seasonal shapes, candy, turtle brownies, and more.

<http://www.drritamarie.com/go/sweets>

Cheese: No Dairy, No Guilt Online Video: Learn to make delicious, nutritious raw cheeses that satisfy your cravings and nourish your body.

<http://www.drritamarie.com/go/cheese>

**Find all the Resources You Need for Natural Healing
Based on Cutting-Edge Science**

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