

Kitchen Herbalism: The Kitchen Herbalist's Guide to Herbal Home Remedies

Transcript

Hello and welcome. This is Dr. Ritamarie Loscalzo and I'm excited to be here to present to you The Kitchen Herbalist's Guide to Herbal Home Remedies. I love herbs and I love herbs that grow in that we use culinarily that also have medicinal value. Quite frankly, just about all the herbs we've used culinarily have medicinal value.

I wanted to give you a rundown of the various herbs that do come in your kitchen that personally I went through my ... This is how I put this presentation together. I went through my spice rack and I picked out the ones that I know have medicinal properties. There's some of them that are mixes that I didn't bother with but these are things that I have in on my spice rack, in my cupboard and you should, too, and you'll find out why. When you can incorporate the healing power of nature of herbs into your day-to-day life and take them as foods rather than as pills or tinctures, little bottles that you just take. Not saying there's anything wrong with those, and there's times when it's appropriate and necessary, but the more you can do by really up-leveling your food, making your food way more therapeutic than it is, the better you're going to feel overall.

I want you to realize, though, that the presentation isn't intended to replace a one-on-one relationship with a qualified health care professional, and it's not medical advice. I'm not telling you if you have an infection to take these herbs instead of seeking out medical care. You may choose to do that and if you're well informed, you are working with a natural medicine doctor, you might do that but I just want to make sure that you're aware that there are some things that require medical attention. I encourage you to make your own health care decisions based upon your research and in partnership with a qualified healthcare professional. I feel drawn to say that it really is your choice and I want it to be for you, how you handle your health. I want you to think about doctors, medical doctors, naturopaths, chiropractors, whatever it is that you're seeing for a health issue. They're your advisors and they're there to educate you about what's going on in your body and what the alternatives are for you to handle it.

Now, if you go to a conventional medical practitioner, the only things they know about to handle are the pharmaceuticals and the surgical interventions and the things that they've learned in that way. They don't pay much attention to diet and lifestyle and herbs.

You can take their information and then you could add to it the information that I'm giving you tonight, an information that you make glean from doing research on the internet and then with all that information, then you can make an informed decision. I highly encourage you to be your own advocate and make informed decisions.

I've recently just spoken to several different patients of mine who have been dealing with ill family members and one in particular, I remember, telling me that she had an ill father and she thought he was going to die and they told her, he was on his death bed. She went out to where he lived and she said, "I'm taking him home and I'm going to put him not in the nursing home. Three states away, I'm going to put him in a nursing home close to me," and she did. What did you do when she went to visit him? She started making him green smoothies and bringing him different nut milks and various things they allowed her to bring - broths and juices. You know what? She transported her dad and he's still alive and he's doing quite well. He's quite happy and she continues to take the food she gives him. She brings the food over, and she's talking to the nursing home about how to deal with him and how to feed him. It's really being an advocate. If you don't have somebody to be an advocate for you, at least being an advocate for yourself. This is why I love to do what I do. I love to empower you.

The things that we're going to cover tonight, we're going to look at some common culinary herbs that are also powerful healers. You're going to recognize most of the names of these but you may not know everything about them. Now, I won't be able to tell you everything about all these herbs in the time we have but we'll touch on it. It'll give you enough information that you can research and I'm going to give you a couple of resource. This is where you can actually find out a lot more about these. We're going to see what the herbal powerhouses are doing in action. We'll look at the herbs and talk a little bit about what each of them does, but then we'll look at different actions that happen in the body. That's how herbalists and Chinese medicine practitioners look at the body. They look at it in terms of the actions of herbs, not the body, the herbs in terms of the actions, the categories of actions. Which of them are antispasmodic? Which of them are anti-inflammatory, et cetera? I'll share with you what some of those categories are.

You could certainly read a Chinese medicine book and find pages and pages and pages of all the different actions, but I'm just pulling out the most common ones for us in daily life. Essential oils for culinary and medicinal use. Which of those oils that are fun to use that tastes good, that are edible for internal use and also provides some therapeutic value? Then I'm going to talk about the different ways that you can use the healing herbs in preparing your meals and then the different ways you can prepare them for healing benefits. If you wanted to do infusions and tinctures, then we'll look at that. Then resources for obtaining the highest quality herbs. What I'd like to do is I don't want to hug up the airwaves tonight. I want to present to you and then I want to open it up so that you guys can share.

If you have some favorite herbs that are also medicinal that you use for food, let us know, that are kitchen herbs. We're not talking about just to be aware. We're not going to be talking about things like Ashwagandha and Schizandra and all these amazing healing herbs tonight because most of us don't have those in our kitchen as foods.

I'm going to talk to you about the ones that we do use as foods because at three in the morning, if somebody in your family develops some, I don't know, painful gas or can't breathe, you don't have time to run out to the local herb shop or health food store and pick out the proper herb for them. You certainly don't have the ability to store all the hundreds and even thousands of different herbs that can be used medicinally, let alone to be able to pull out the books and figure out exactly what you should be giving that person. This is why people reach for Tylenol or other kinds of drugs because it is easier. It's not as effective in that when you use the drugs instead of the herbs, you have a lot of side effects and you don't train your body to be able to do this on its own. Most of the herbs will work not on doing a specific action but on working with your body to have your body and able your body to be more efficient at those actions.

Let's look at 24 common culinary herbs that are powerfully healing. Number one at the top of the list is garlic and these are not really in any particular order as far as my favorites are as far as which ones are the most potent. They're not even in alphabetical order. In retrospect, I should have put them in some order but I just put them in the order they came to my head. Garlic is one of the most powerful healing herbs there are. We know from our talk a couple months ago that it helps for lowering blood pressure. We were talking about that on one of our calls that garlic helps to lower blood pressure.

I'll tell you a story about blood pressure. I was speaking to someone the other day. He said that his blood pressure went up because he was stressed and he remembered about the garlic and he went through a whole bunch of garlic into the blender with greens and he made a green smoothie that was heavily garlicked. His blood pressure came down within five minutes. Pretty darn cool. Garlic is also an amazing anti-inflammatory and an antimicrobial. You can knock out a virus with enough garlic. You can knock out a cold with garlic if you do about six cloves raw a day and it's hard to do, but if you can do it, you can knock out pretty much any infection really quickly as long as it's relatively early. You don't want something that's been festering for months but garlic is amazing.

It also helps with thinning blood, so it's really good cardiovascular herb and garlic is in most everybody's house. You go to the store and you buy it. We don't maybe necessarily consider it an herb but it is an herb and it is amazing powerhouse, and there's a lot of other things. Let me tell, for all of these herbs that I'm listing here, one really nice place where you can get extra information is go to the Mountain Rose site, [Doctorritamarie.com/go/Mountainrose](http://www.Doctorritamarie.com/go/Mountainrose) or just Google Mountain Rose Herbs.

Awesome place, family-run business, beautiful graphics on the site. When you look at their products and their bulk herbs, you click the link and it has the alphabet across the top ABCDE all the way Z. You click that page if when you look at. You click G, look at garlic and then it has ... it tells you how much their garlic is, what sizes they have, but also it tells you about the herb itself. There's a little button you can click about it through folks uses and modern uses of that herb and it's a great way to learn herbs. It's not as detailed as a lot of the herb books that I have on my shelf, but it certainly gives you a running start and you can have fun and learn herbs and just have fun with ordering some and taking them home and playing with them. Garlic's one.

Onion's another one that's super, super powerful and we think of onion more as a food than an herb, but really it's both. I think of a food as something you can eat in large quantities and I think of an herb of something you take in small quantities. You don't sit down and eat a whole big bowlful of onions. Maybe you do but most people don't, but you wouldn't sit down and eat a whole big bowlful of broccoli. Onions have something called quercetin in them and quercetin is a yellow ... It's a yellow pigmented anti-inflammatory. The bioflavonoids is what I was trying to say. It's a yellow pigmented bioflavonoid. Bioflavonoids are anti-oxidants that occur in nature. They usually occur in Vitamin C-rich foods and the bioflavonoids have different qualities. Rutin is a structural bioflavonoid, helps with repairing blood vessels. Quercetin is an anti-inflammatory, so onions can actually be anti-inflammatory.

I remember one time many years ago when I had gotten a bee sting, somebody said, "Oh, cut open an onion and put the onion, the open onion part on your skin and that will help with them." Really? I bet it's the quercetin in there. There's other things in there, there's other chemicals in there, but the quercetin is pretty darn amazing. Onion also contains antimicrobial as well. Garlic contains something called allicin and allicin is the active ingredient, the antimicrobial ingredients in garlic. When you do deodorize garlic like pills you don't get the same therapeutic value as you do with fresh garlic.

When you do dried garlic, you lose some of the potency but it's still a good potential but that's the allicin. If you see the odorless garlic, you can say it means garlic that doesn't work, although it does work for cardiovascular. It still has the blood thinning, and anticoagulant effects.

Oregano is one of my favorites. It's a potent, potent, potent antimicrobial. I use oregano both in the powdered form, the fresh form when I can find it during the summer when I grow it in my garden and also as the oil, the essential oil, and it's very protective against colds and flus, and it's also very good for gut problems, the bad organisms living in your gut. Like I said, I could go on for hours about each one of these herbs, so we're going to keep it short and sweet so that we can get through this in an hour, but thyme is another very good antiviral, antiviral really supreme.

Thyme and oregano and garlic make awesome Italian food, don't they? Most Italian seasoning blends have garlic, onion, oregano, thyme and then another two, another one that will come ... Two that will come, too, rosemary and basil. Thyme is a really good antimicrobial.

Rosemary. Rosemary's got something called rosmarinic acid and rosemary's actually in the mint family, believe it or not, and so the other mints have it but rosemary seems to have more than most and it's very good at cutting down auto antibodies. Rosmarinic acid is used in some formulas that are put together for people with autoimmune disease of the thyroid like Grave's disease, which is a really hard one to deal with. Rosemary itself is also an antidepressant. It helps to calm liver energy and it's good at calming down anxiety and depression.

Basil has adaptogenic properties especially holy basil, which is not the basil we usually take in, but basil has been known to be really good ... this is my first with learning herbs. I said, "Basil's a great herb for people who used to smoke pot or still do, and it helps to support the liver in detoxifying the pot." Now, I never was able to find references. I never really looked for it. I just took it at face value, but basil's another one and it also has some antimicrobial, not as strong as thyme and oregano. Rosemary does, too. All these very aromatic Italian-type herbs are good antimicrobials, so what I'd like to do is have people make a nice auto ... say, Italian immune. I was going to say autoimmune because I just spoken about that but an Italian-immune soup, right, great for your immune system. You just take a bunch of veggies in a pot and you put the onion, garlic, oregano, thyme, rosemary, and basil and you can either simmer it up and make a cooked soup or you can lightly steam your vegetables and put them in the blender with the herbs and blend it up or you could do a raw soup.

In my Green Cleanse Program, which many of you have done, there's a recipe for Italian-immune soup, and you can come up with your own, an Italian salad dressing, great for when you're having to fight off something with all those herbs in it. Yummy. One of my favorite ways to use the Italian seasonings is in a chia cracker. I soak my chia seeds and then I make a chia gel and let that sit overnight until it's nice and goopy, maybe a five to one ratio of chia seeds to water. Then I will add a bunch of seasonings. Sometimes, if I remember, I'll put the seasonings in the water beforehand and then put the chia in. That helps when you do that if you add really hot water to help soften the herbs so that they're taking up the hydration best. You can make a chia cracker with Italian herbs and garlic and I like to put some tomato powder in there and get some good lycopenes, which is another anti-inflammatory.

Yeah, that's one of the ways that I love to use the Italian herbs, and there's so many. The sky's the limit in how you can use them. Cinnamon, awesome. It's claimed to fame as what? For those of you who are doing the *B4 Be Gone*, it's a blood sugar balancer. It helps to repair the insulin receptors and allow them to be able to take up insulin better. It works phenomenally, plus it's delicious as a tea. I love it as a tea and I love it just sprinkled in things.

Fennel. Fennel is an herb, these little tiny seeds, and if you've ever been to an Indian restaurant, you'll see fennel seeds in a little bowl with a spoon sitting by the cash register, at least all the Indian restaurants I've ever been to. You just pick up some of those fennels seeds and you chew on them. Why? Because they know that fennels is what's called the carminative herb. It dispels gas, so it's a great thing to do after meal especially if you've eaten a meal that's less than desirable, I'd say.

Ginger, love ginger. Ginger, it's got lots of great properties. One is it's a great, great for getting rid of nausea. When you're nauseous, you can have a ginger tea or make ginger ale. There's people who said, "I have a stomachache, I'm going to have some ginger ale, but having some commercial ginger ale is probably not the best thing to do because it's sugar, but you can make your own ginger tea or you can make your own ginger ale by taking the ginger, fresh pressed ginger root and adding in some sparkling water and then if you need it to be sweet, you can add a little bit of stevia. Ginger is also an amazing anti-inflammatory. I have used it with many people very successfully who had chronic pain and they started taking the ginger and guess what, their pain diminished or went away.

Cardamom. Cardamom is that sweet. It's used in Indian food but it's also used in sweets like things like gingerbread, not nut milk. What's it called? Nut eggnog, cardamom, very, very pleasant, often used with cinnamon. It's one of those herbs though that you just use a tiny amount. If you wanted to really get a therapeutic dose of cardamom, you would have a very strong flavour or you would have to compress it, tincture it, take it as capsules. Cardamom is awesome, and it's really good for as a digestive aid. It's very warming, so it warms up the digestive tract. In Chinese medicine, they talk about warming the digestive tract, meaning getting your digestive fire going, meaning you're going to be digesting a whole lot better.

Clove is an amazing killer parasite eggs. Anybody that's ever done a parasite program probably recognizes that their formula had clove in it or better yet, that their practitioner guided them to really get rid of those parasite eggs by taking cloves in a very regimented regime for about 30 days in conjunction with or just towards the end of when you're doing a parasite cleansing herbs. I don't want to get into parasite cleansing. That's a whole topic in and of itself, but just know that cloves are really awesome for that and so is cumin. I didn't know this. I started researching. Cumin is also very good for getting rid of the parasite eggs.

Lemon peel. Lemon peel has essential oils in it. The one in particular that I'm thinking about is limonene and limonene is awesome. It's awesome at breaking fats apart. It actually can break down fats. If you were to take the oil from the lemon peel and you were to put it on a grease spot on your table, it would break it down. It's really good for waking up your digestive tract in the morning, knowing you've been sleeping and nothing's moving through. The limonene is really awesome for that.

Caraway and a lot of these I haven't mentioned. Most of these are also detoxifying. Most of these also support your stage two and one liver detoxification. Caraway is one of the few that actually is really excellent at stage two, really promotes stage two in a therapeutic manner. Caraway is really awesome. When I grew up, we had caraway seeds in Rye bread and in sauerkraut. Those are our two ways of having caraway seeds. There are lots of other ways you can use caraway seeds. If you have a dehydrator and like to make dehydrated breads, of course, you can use them in breads and you can have something that tastes like Rye bread even though it's not. For me, growing up with the taste of rye bread, I realized after I gave it up and then had some raw bread made with caraway seeds that it tasted just like rye, it was the caraway seed. Isn't that interesting? It's really potent phase 2 stimulator for liver detoxification.

For those of you who are familiar with liver detoxification, you remember that the first stage is stage one, very simple reaction and basically the toxins come through there and they have to go down a more specific path in stage two. There's one pathway in stage one and six of them in stage two, and it's usually very sluggish which is ... A lot of folks try to do cleanses and detoxes and it doesn't work real well for them is because they don't have an active enough stage two.

Cayenne. Cayenne is one of those paradoxical ones, right? It's hot. Many people don't like cayenne because they don't like hot and many people absolutely love it. Cayenne, believe it or not, has a lot of anti-inflammatory properties. You might be thinking, "What? How could cayenne be anti-inflammatory?" You put cayenne in your belly and it hurts if you take too much cayenne, not necessarily. If you can tolerate a little bit of pain by taking it, most people don't want to, you can actually heal a gastric ulcer or duodenal ulcer. You can heal a leaky gut with some of them in there but you have to take quite a bit. Cayenne is also used as a cleansing agent in the morning and a drink I called the gut rejuvenator, which is lemon juice, water, lemon essential oil, and a little bit of peppermint essential oil, and it makes a really, really nice detox drink. You can add cayenne if you tolerate it and just makes it even more potent.

Turmeric, it's a little yellow guy. If you look at the picture, this guy over here, this guy over here is ginger. Turmeric looks very similar to ginger but it's skinnier and it's orange, much more deeply orange whereas the ginger's usually gold. When you use turmeric, when you can get fresh turmeric, get it. They don't always have it at the grocery stores. They don't always have it at the health food stores but when you can get it, get it. They will almost always have it in the Asian markets because it's a common staple there. Get it because it's phenomenal. You can chop it up and stir fry. You can put it in smoothies. You can do all the things that you can do with ginger with it. It's just a little bit strong so you don't use quite as much. Turmeric is one of the most powerful antioxidants on the planet. It's got anticancer properties.

It's an antioxidant. It is one of the most and best for the liver for stage two liver detox. It's phenomenal herb, phenomenal herb. The more you can get in you and especially if you have an inflammatory condition, the better and you can take it as part of your food and if you want to get more, you can get capsules.

Dill is another sleeper. It's yummy. It's delicious but did you know that it helps with phase two liver detoxification? Pretty amazing. Mint, the mint family, the whole mint family which would be peppermint and spearmint and rosemaries and their mint family, lemon balm, they're all in the mint family and they all have very strong carminative properties. They have the ability where they have menthol in them which is really awesome for cutting down on pain, muscle and joint pain. I have a wintergreen oil, essential oil that I put a few drops in any places that I have a little bit of tension or pain and it goes away. It's pretty amazing stuff and it's also great for jump-starting your gut, which is why it's part of our morning rejuvenator. Prika, Paprika is loaded with Vitamin C. Did you know that? It's part of the same family, the nightshades family as peppers are. If you're sensitive to nightshades, don't do paprika.

We have parsley. Parsley's one of the major diuretics, major diuretics, really helps you to eliminate the fluids. Sage. Sage, I'm drawing a blank on sage. We come back to sage. Let's go backwards so that I don't forget them. we'll start at the bottom. I'll start with mustard. Mustard is a part of the same family as broccoli, the kale, all of those things. It's is a Brassica and as such it's high in the sulfur compounds. It's got isothiocyanate, which is a potent precursor to sulforaphane which is a potent anti-cancer substance. This family is an important family for you to know and get to know and use. Mustard is one of the strongest of those, of those Brassicas. It's not something you can make a green smoothie out of it unless you just use a couple of leaves. You can put it in a green smoothie. I made the mistake once of making it, using it as if it was kale and I just dumped a whole head of mustard into a smoothie and it was too strong for anyone to do. It was just over the top, so you have to be careful with mustard. Little goes a long way. You can also get mustard as little seeds and you can actually make mustard. You know the mustard that's in a jar?

Driving down to having a class, we have a whole video segment on how to make mustard but you use those little seeds and soak them and blend them and add some stuff and you get mustard that you can slather on whatever you want slather it on.

Let's go to nutmeg. Nutmeg is like in cardamom and cinnamon. It has a sweetness to it and it's also very warming. Now, you do have to watch out for nutmeg because really high doses can be hallucinogenic perhaps. Now, what do I mean by really high doses? Really high doses meaning doses that are way too big for you to be able to do because it's just ... It's impossible. It's a very strong herb. If you look at something like cinnamon and you look at a recipe, you can say, "Put a tablespoon of cinnamon in this recipe," and you'd be fine. It tastes good.

You never see a recipe tells you to put a tablespoon of nutmeg. Nutmeg is too strong for that. It's way too strong. If you're going to take therapeutic doses, you'd probably be taking capsules, but nobody really encapsulates nutmeg, but as a culinary herb, it's really phenomenal for pain relief. It can cause a decrease in inflammation and leave your aches feeling better and you can actually get nutmeg oil. Like the cinnamon and the cardamom, especially cardamom, it's carminative. Carminative, meaning that it helps with digestive function.

Tarragon. You know what? My favorite use of tarragon is I have this recipe for a mock tuna salad and I think it's in my holiday book. It's a phenomenal recipe that makes this almond-sunflower seed mixture and then it makes a cream to go over the top and the flavor that to me gave it the closest flavor to what I remembered as tuna salad sandwiches when I was a little kid was tarragon. I don't use it as much as I should. It's interesting because I said at the beginning that every single time I go through these herbs, I get re-inspired to use them, "Oh, yeah, I forgot. I forgot how good that one was." Most of these herbs are all considered nutritive herbs but some of them have stronger therapeutic values. Tarragon is a good source of B vitamins actually. Ain't that pretty cool? I never thought about that before until I started doing some research on it, and it also has some properties that, like garlic, it can help to decrease the clotting in your blood. It's a good herb to become friends with and just start using it. You just put it in drinks, salads and salad dressings and soups, but like I said, my favorite way to use it is as a component in that tuna salad.

Whenever I think of sage, I think of parsley, sage, rosemary, and thyme, and there's all sorts of sages. They have oils and tannins in them that can be very important as astringent. Astringent is something that's drying. If you somebody that's got a lot of moisture an astringent will dry that up. It also allows it to be antiseptic. Antiseptic means it can get rid of microbes. It's often used in like a sage tea is used to gargle with when have a sore throat that you also see them on antiperspirant sticks that have sage in them because it's really good moisture-wicking and it's a safer way to prevent sweating because it's actually not preventing sweating. It's an anti-perspirant because basically you sweat, it sucks it up. It's cool. It's also can be used on wounds for healing.

These are all things that you most likely have in your medicine cabinet and if you don't, you don't have to go out and buy some ones that you don't have. When I said medicine cabinet, I meant your kitchen cabinet, in your pantry. Don't necessarily have to go running out and buy all these herbs that you don't have. Use what you have and then maybe pick one a week to experiment with and see what you like and how you like to do it.

We've talked a lot about this some of the properties of herbs in explaining the herbs and what they do. Let me talk to you about some of these powerhouses. What's the action of the herbs? They're immune modulators. Things like garlic fall into that category.

Oregano, thyme, those Italian ones fall into that property, that category. Antimicrobial, that same group falls into and it's hard to differentiate between an immune modulator and an anti-microbial. Something like grapefruit seed extract which kills microbes on contact is more of an antimicrobial. Same thing with goldenseal can kill microbes on contact, but garlic doesn't necessarily kill microbes on contact. It provides some of those, that environment that's not hospitable for the microbes but it also ... It modulates your immune system.

Anti-inflammatory, as I said earlier, my favorite anti-inflammatories are ginger and turmeric. Ginger because I love the way it tastes and turmeric because I love the way it feels. What are some of the other anti-inflammatories? Let's go back to our list. Good anti-inflammatories are turmeric and ginger. Fennel can be a good anti-inflammatory. Antispasmodics, there's not a lot of culinary herbs. In fact, I can't think of any of the culinary herbs that are really classified as antispasmodics but I left it there in the slide for completeness because you need to know that there are herbs that are antispasmodic. Chamomile, which we would have as tea can be an antispasmodic. Magnesium, which is a nutrient, not an herb but that can be.

Diuretics. Diuretics mean they help you to pee out a lot of liquid. Parsley is one of your best diuretics. Dandelion is a really good diuretic, too. The root is more like a tea, not something you eat, but the plant leaf itself is actually food. Dandelion is a good one and I have that listed on our list of foods towards the end of the presentation. Diuretics helps your kidney to remove liquid from your body. It helps you to pee more basically, and in people who have high blood pressure, diuretic herbs can be lifesaving because it helps to keep the fluids, keep them from retaining too much fluids. Carminatives, those are the ones like cardamom and fennel and anise that are really soothing for your bowels and help to dispel gas and eliminate it.

Healing herbs. There are things that topically when you put on will heal the surface and that really there's some that help heal the gut lining. Those are usually your demulcent-type herbs. They're thick and slimy, and healing herbs are things that can actually physically help heal. There's something called yarrow, which is not a food type herb. It's not something we just eat but it helps to really heal the surface when you put it on an open wound. If ever you have yarrow growing in your yard you can use that, but the kinds of healing herbs I'm talking about here are more the ones that we're going to take in which would be things like chia seeds and flax seeds and slippery elm to an extent, but I won't consider that as a food. It's not something people typically have around but it is something that, I would say, is a good one to stock over and above your culinary herbs. You can have some slippery elm around. It's an amazing healer, soother.

The ones that have the healing, good healing properties are ones that are what's called demulcents. They have a goo to them, right? Like chia seeds and flax seeds, when you soak them, they get gooeey but that goo is really healing to your GI tract.

Then the last group, our nutritive herbs and many of the ones we've listed are nutritive herbs. They're herbs that have specific nutrients in them. They're maybe high in B vitamins. They may be high in vitamin C. Those are nutritive herbs.

On the Mountain Rose website, you have an amazing array of information about the herbs from the use standpoint, from the healing uses and what kind of ... which categories they fall into, but there's a site called WHFoods, WHFoods.com talk about what nutrients these foods contain and also what their therapeutic use is. Doesn't quite as much on the therapeutic use as other places, but it's a great resource if you want to learn that. Sometimes people say, "I suspect I'm deficient in a certain nutrient, and I want to get it from food." They're a great resource for looking that up and figuring out which foods to take.

In addition to using my culinary herbs to flavor my food, flavor my drinks, we use essential oils for culinary and medicinal use. I have a whole collection. This is just a few of them, but I have a whole collection of essential oils. Those of you who've watched The Healing Kitchen shows, the VITAL Healing Kitchen shows, you've seen my essential oil collection. I've shown it on this several times and I just absolutely adore using them and playing around with combinations. Yesterday, the other day I made a video. Actually, it's YouTube right now. Made a video that was a chia drink. We made a chia drink and then added some lime essential oil to it, just a couple of drops. It was so yummy. It was so yummy, okay? Good old oregano. You're just going to see these guys show up on multiple lists. Oregano's one of my favorites. It's great to put some oregano oil in your water and sip it out throughout the day. Lots of folks who are exposed to colds and flus this time of year, you want to protect yourself. You put some oregano oil in your water and just do it as a preventative.

I've been doing it for the last several weeks because I'm surrounded by people when I go out and even one of my sons got a little bit of a cold and I didn't want to get it and my husband, too. I decided I'm just going to keep my Oregano oil up and I do. I keep it in there. Thyme oil, same thing, and it gives your water a nice flavor, lemon and lime and that's because they contain limonene. Tangerine is also a good one. There's actually a chemical compound in the skin of the tangerine called tangeritine which is potent anti-cancer. Also, peppermint is one of my favorites and peppermint is really good for soothing, calming, calming down mucous membranes, calming down muscles and it works to your advantage if you've got an injury and you've got muscle soreness and you rub the peppermint oil in there, feels phenomenal. The menthol does that, has that has analgesic effect. That's another action that I didn't put on that slide but analgesic meaning a pain relieving effect.

Peppermint is so effective at relaxing muscles that it is said in most herbal books that you should not use peppermint if you have reflux and reflux is a condition where the opening to the stomach opens up and doesn't close. It's called the lower esophageal sphincter and it allows the contents to go up into the esophagus. Fennel is one of my favorite flavors.

I just love that flavor and the fennel is amazing at dispelling gas. You can use the fennel just one drop in a glass of water. Fennel, you can also eat as a food. You can get the fennel plant and it's kind of a white bulb and it has almost like skinny little celery sticks coming up and then some really hairy like really flowery lacey kind of leaf at the top. I love taking that fennel and steaming it with cauliflower and blending it up make a cauliflower blended soup with fennel. Yummy. It's a really great way to get a lot of fennel in you. You don't get gas from that soup even if you are sensitive to Brassicas, but some people will get gas with Brassicas if they don't cook them well enough.

An anise and it's very similar. It dispels gas just like fennel and they taste very similar and lest I taste them side by side, I have a hard time telling whether the food has anise or fennel, but I use those a lot. Other oils, I use, I love lemongrass but I don't know the medicinal properties of lemongrass so I didn't put that in here but I love the taste of it, anyway. Essential oils, one of the ways you want to do is just take a jar of water. I like a mason jar filled with water and I start my day with the lemon oil and peppermint oil and lemon. I just took a sip of mine and mine has oregano oil and a blend called OnGuard which has a combination of oregano and thyme and rosemary I think, so really good immune support. If I'm wanting to be more alert for some reason, I may use essential oil that's just really got the ping. Peppermint does that to me just like, "Whoa!" It opens up your blood circulation but use them for flavoring your oil or your water. A lot of people have a hard time drinking enough water throughout the day and if you put these essential oils and not only do you get their therapeutic effect you also very good-tasting water.

Let's talk about a few ways that we can use these healing herbs in our meal preparation and then I want to find out from you if you have a few favorite herbs that you've used that we haven't discussed or if you have a few uses for the herbs that you know about that we haven't discussed and want to share and then we'll open for questions for sure. Smoothies, green smoothies, love my green smoothies. Even though I don't put fruit in them, they're still smoothies. In the earlier part of the day usually I take them but sometimes later in the day as well. How you do that? You can make a green smoothie and then decide, "Well, how do I want this to taste today?" Or "How's my body feeling today? What kind of help do I need?" Then you can either put the whole herb itself or you can put essential oils. With the smoothies, I don't use fruit in them anymore and fruit was what was giving them a lot of flavor. Instead I use my savory herbs and the value I get from that is that these savory herbs have all this medicinal property. Sometimes I might make an Italian immune system soup. Sometimes, I may make a liver lover soup and I'll put in like the dill and the caraway and turmeric and garlic and things that really help support liver. Right?

If I feel like we have a lot of colds and flus going around or my kids have been exposed or something at school I may be doing more in terms of the antimicrobial. If I've just had a really

hard work-out and I'm feeling sore and stiff and inflamed, I may put a lot of ginger in there, ginger and turmeric and lemon. Smoothies are a great way to just really flavor up the greens. Get a lot of greens plus get a lot of therapeutic value from the herbs themselves. I love doing it in sauces and you can take some fatty base like avocado or coconut or almonds or almond butter or cashews or whatever and tahini and you can blend it in the blender with some water, lemon juice, and seasonings and you just can decide what you want the seasoning to be and it could be a nice thick sauce that you could put over your bread cheese either cooked or raw, so sauces are great way.

Tomato sauce is a great way to hide a lot of these herbs in it. Tomato sauce in and of itself a standard recipe uses a fair amount of these herbs but you can even double or triple them up you're trying to get a therapeutic effect, if somebody's sick and you're trying to help them to get well. The next one would be the nut milks, love doing nut milks and nut milks, you can turn into what's called elixirs. Elixirs are pretty amazing, because they're like a magic beverage basically. You start with some sort of liquid and the liquid can be a nice herbal tea blend and then you can add some nuts or seeds and blend it up into a nut milk, and then you can add essential oils and herbs to make them really, really delicious and very therapeutic. It's like drinking a milkshake but it's, "Oh, an immune milkshake that supports your immune system or milkshake that helps calm your muscles down."

Of course, you can put these in salads. I love to take, chop up basil and fresh rosemary from the garden and even oregano or thyme, chop them up real small and throw them in my salad. I love putting dill in my salad. There's a salad mix that we sometimes get, that spring mix, spring greens that look similar to this salad and it also has dill in it. It's so delicious in salad. Getting back to salad dressings, one of my favorites is a dill, garlic dill salad dressing. Now, talk about that being really therapeutic. You've got both garlic and dill together and I make it either into a dip or I'll make it into a dressing and pour it over the salad. Then finally, things like stews, you can make raw stews with lots of chopped up vegetables with some sort of a gravy-type of thing or you can make them soup cooked where you would simmer your vegetables. The more raw that you can get, the better, but it is winter time and it is chilly and we all look for some really healing and soothing yet still very vital foods, so stews and it's really easy in a savory stew to hide a lot of different therapeutic herbs that may or may not have a good flavor.

If you look at all of the herbs I've listed, they all have really nice flavors. They're strong-willed and they're potent and they're full-bodied as the terms go. How do you obtain the highest quality herbs? Grow your own. Grown your own, baby. You have a little pot. You don't need much space. You can do it in pots in your backyard. You can do it in a bed, a plant bed. There's lots of ways to do them and they're pretty hardy. A lot of them grow back year after year but growing your own is the best way because you know there's no pesticides on them.

Farmer's market, another great way to get herbs. We had one table at our farmer's market which was just all herbs. They just have everything. Nice, okay? Nice when you go to the farmer's market. Those are two ways to get fresh herbs.

Now, we want to talk about ways to get dried herbs and for the culinary herbs I love Mountain Rose Herbs. I even use ... Mountain Rose has a lot of the therapeutic ones, too. I've gotten yellow dock and yarrow and all sorts of herbs from them. That would be the dried. I always recommend that you keep some of these dried herbs around because you can make quick soups and stews, and sauces in no time at all. In less than the time it would take you to go out to dinner, you can have these amazing, amazing things in your own home, fast food in your own home. Have the blends. You can start together a dip and some veggies or a salad dressings and some yummy stuff or soup in no time at all, less than the time it takes to drive to the drive-thru at least around here. Then Frontier Herbs is another nice place, and all you have to do is Google these places. Go Google Mountain Rose Herbs, Frontier Herbs. Mountain Rose is more of a family-run type business. Frontier Herbs has more than just herbs. Mountain Rose is really pretty strictly focused on herbs, unprocessed nutrient dense food, fruits, vegetables, greens from the land and sea, algae, mushroom, garlic, peppers, ginger, and turmeric.

These are all different foods and herbs that enhance your immune system. Now that we know a little bit about these herbs and what they do, let's talk about the various ways of preparing them. First one is a tea and I'm using the word tea loosely, an herbalist would probably slap my hand for not using the terminology correctly. When I talk about a tea, I'm talking about either an infusion or decoction and some people think, "When you say tea, I just think you're putting a tea bag in a cup and shaking it around a little bit." Yes, you can do that but more likely the tea is going to be made and have to sit there for a while to get the therapeutic value, to allow the chemicals to extract into the water.

A rule of thumb is this. If it's a leaf like basil, oregano, those sorts of things, then you would make a tea by pouring boiling water over them and letting them steep which means just sit and allow the nutrition to come out of it and you allow that to happen for, I don't know, anywhere from five to 20 minutes depending on the herb. If it's something like cinnamon bark, it's a root. Burdock root, dandelion root, if you're going to make a tea out of those, then the infusion won't work because there's not enough surface area. They're too big. You have two choices. One is you cut them into small pieces. When I say cut, I don't mean cut. I mean use your Vitamix, grind. You should grind them down to a powder. Then you can use them more easily.

The other option is that you boil them so you basically boil the water turn it down to a simmer, put the herbs in and let it simmer for good 20 minutes. A very good herbalist friend of mine said, "That's kind of silly that you have to do them differently. I want make a tea that has some

roots and some leaves, that means I have to do them in two separate pots and mix them together. I wonder what would happen if I boiled the water and I leave, put the roots and the leaves together overnight and allow them to extract." Sure enough they extracted very well.

Let's talk about tincture. Now, I have never made a tincture. I've thought about making a tincture, but I've never made a tincture. It basically involves extracting the active constituents in alcohol. It's a combination of alcohol water, and if you've ever looked at a tincture bottle, you see it says 70% ethanol or 10% or 15% and that has to do with what percent of the actual water versus the alcohol itself. Certain things need very high concentration of alcohol to extract like milk thistle, very high concentration and then others need a very low concentration. The capsules can be either you just grind up the herb and you put them into capsules or what it can be is it's extracted. It's an extract that's then dehydrated and that the extract capsules are going to be stronger and you just read it. It may say milk thistle standardized to 20% silymarin. That means it's not the whole herb that's being ground up and certain things that work fine with the herb ground up and others don't.

Powered, powder you can take a powder. You take powdered version of the herb and throw it into things like we talked about on the last slide. There's the soups or smoothies or stews. You just put them in that way. Extracts. There's a water extract and there's ways of doing that and I can't really describe it in good detail but there are ... it's just basically a water extract that's similar to an alcohol extract. That would be done in a tincture.

Elixirs, by definition usually ... a lot of times elixirs have alcohol. They don't have to have alcohol, but elixirs would be more like the nut milkshake I was describing to earlier. You have your liquid. In addition to the liquid, you've got something fatty, so you may put in some almond butter or a handful of cashews or some guacamole, not guacamole but avocado and that's going to thicken it up. So you've got water. You've got the thickener. Then you've got something sweet and that could be stevia or could be dates, if your body handles sweet fruits like that and it's blended up and then flavorings in your herbs. You make the base of the elixir and then you add a variety of different herbs and spices based on what you're putting together.

Stems, it's out of the realm of food-based ones but you can basically boil up some herbs and then make a tent over it and allow the steam to penetrate up into your sinuses.

This is just a list of healing foods. We had talked earlier about healing herbs. These are basically foods that are healing as well. We've got lemon juice, which we've talked about before, chia seeds and flax seeds, sauerkraut, coconut kefir. Those are probiotic and prebiotic, the coconut kefir and sauerkraut, all right. Sea vegetables are usually dried although I've seen fermented sea vegetables as well.

Burdock is a root and burdock, it can be used as an herb and made into a tea but burdock as a food, you can buy it at the grocery store. It looks like a potato color on the outside, dark, skin looks like you need to wash it a lot and then the inside is a beige flesh, super important for your liver, very, very important for your liver. That's a great healing food. Greens are great healing foods. They're loaded with cancer-fighting chemicals and they are loaded with antioxidants and tons and tons of nutrients.

Mushrooms are great healing foods and mushrooms can be anti-cancer, anti-inflammatory, antimicrobial. There's so much you could do with mushrooms. Then finally algae. An algae would be ... If you like green powders, algae's a similar ... you can get wild algae like E3Live, or you can get powdered algae in a container and you can get that like HealthForce Nutritionals or in a store, but algae is a great source of omega-3 fat, super source of Omega 3 fats. I encourage you to do it on daily basis. When I say greens, I'm talking really good hearty greens would be arugula, kale, baby kale, that sort of things. That is it. that is it for our presentation.