

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

with

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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

What You'll Learn

- ★ Common Culinary Herbs that are Powerful Healers
- ★ Herbal Powerhouses in Action
- ★ Essential Oils for Culinary and Medicinal Use
- ★ Using Healing Herbs in Meal Preparation
- ★ Preparing Herbs for Healing Benefits
- ★ Resources for Obtaining the Highest Quality Herbs



24 Common Culinary Herbs that are Powerfully Healing

- ★ Garlic
- ★ Onion
- ★ Oregano
- ★ Thyme
- ★ Rosemary
- ★ Basil
- ★ Cinnamon
- ★ Fennel
- ★ Ginger
- ★ Cardamom
- ★ Clove
- ★ Cumin



- ★ Lemon Peel
- ★ Caraway
- ★ Cayenne
- ★ Turmeric
- ★ Dill
- ★ Mint
- ★ Paprika
- ★ Parsley
- ★ Sage
- ★ Tarragon
- ★ Nutmeg
- ★ Mustard

Herbal Powerhouses in Action

- ★ Immune Modulators
- ★ Anti-Microbial
- ★ Anti-Inflammatory
- ★ Anti-Spasmodic
- ★ Diuretic
- ★ Carminative
- ★ Healing
- ★ Nutritive



Essential Oils for Culinary and Medicinal Use

- ★ Oregano
- ★ Thyme
- ★ Lemon
- ★ Lime
- ★ Peppermint
- ★ Fennel
- ★ Anise



Using Healing Herbs in Meal Preparation

- ★ Smoothies
- ★ Sauces
- ★ Soups
- ★ Salad dressings
- ★ Nut Milks
- ★ Salad
- ★ Stews



Resources for Obtaining the Highest Quality Herbs

- ★ Grow Your Own
- ★ Farmer's Market
- ★ Mountain Rose Herbs
- ★ Frontier Herbs



Foods That Enhance Immune Function

- ★ Organic, whole, fresh, unprocessed, nutrient dense
- ★ Fruits
- ★ Vegetables
- ★ Greens from land and sea
- ★ Algae
- ★ Mushrooms
- ★ Garlic
- ★ Bell peppers
- ★ Ginger
- ★ Turmeric



Preparing Herbs for Healing Benefits

- ★ Tea
- ★ Tincture
- ★ Capsules
- ★ Powder
- ★ Extracts
- ★ Elixirs
- ★ Steams
- ★ Topical



Healing Foods

- ★ Lemon
- ★ Chia Seeds
- ★ Flax Seeds
- ★ Sea Vegetables
- ★ Sauerkraut
- ★ Coconut kefir
- ★ Burdock
- ★ Greens
- ★ Mushrooms
- ★ Algae



Herbal Resources

- ★ <http://bearmedicineherbals.com/onions.html>
- ★ <http://www.herbmentor.com/public/>
- ★ <http://abc.herbalgram.org/>
- ★ <http://naimh.com/>
- ★ <http://www.americanherbalistsguild.com/>
- ★ <http://medherb.com/>
- ★ <http://www.herbalist-chemist.com/er-ersl.html>
- ★ <http://www.sagemountain.com/herbal-home-study-course.html>
- ★ <http://www.susunweed.com/>
- ★ <http://www.herbalist-chemist.com/er-lis.html>