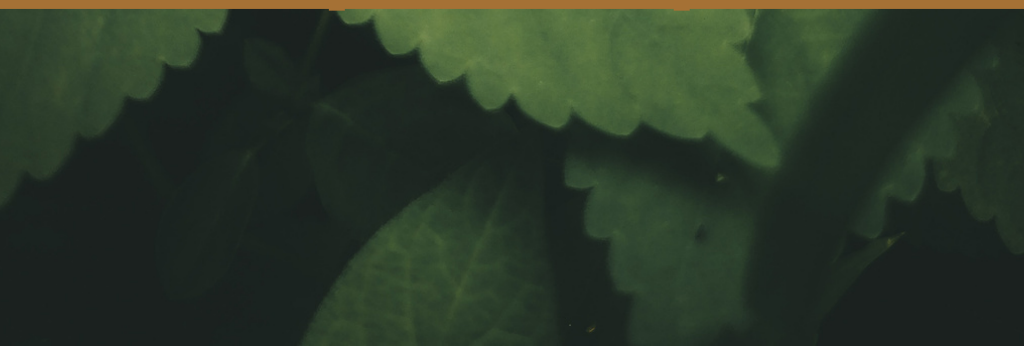


Herbal Remedies

For cold & flu season



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Healing Teas

There are dozens of healing herbal teas. Here are some of my favorites for colds/flu & allergies.



DIVINE SERENITY

Equal parts loose Hibiscus, Lemon Balm & Tulsi (Holy Basil)

Directions:

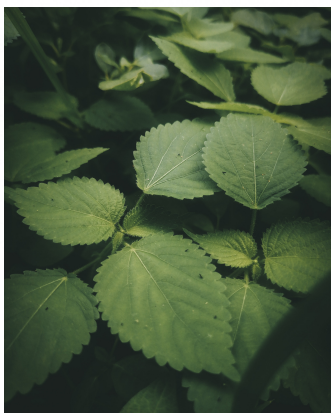
Combine all herbs in a bowl (I use 1/2 cup of each) and mix thoroughly. Store in an airtight container out of direct sunlight. Use 1 TBSP per cup of boiling water and steep covered for 10-20 minutes. Enjoy!

-Immunomodulating, Anti-viral, Relaxing Nerve

CHILDREN'S TEA

Equal Parts (1/2 cup each) Yarrow, Peppermint, and Elderflower

Steep 1 TBSP in 8oz hot water for 20 min
may dilute with room temperature water
add honey to taste



ALLERGY TEA

Equal Parts Nettle & Red Raspberry Leaf

Directions:

Combine herbs in a bowl (I use 1 cup of each) and mix thoroughly. Store in an airtight container out of direct sunlight. Use 1 TBSP per cup of boiling water and steep covered for 10-20 minutes.

Healing Drinks



HOT TODDY

Ingredients:

- 1 oz. Whiskey or Bourbon (I use a spiced honey bourbon)
- 5 oz. just boiled water
- Spices: 1 cinnamon stick, 3 whole cloves
- 1/4 of a lemon, juiced, reserve peel
- 1 TBSP raw honey

Directions:

Combine all ingredients in a mug, mix thoroughly, and enjoy!

MORNING ELIXIR

Ingredients:

16 oz of room temperature water

Juice of 1/2 a lemon

1/8 tsp pink salt

1/8 tsp ground ginger

1 teaspoon raw honey

Directions

Mix ingredients together in a large glass and consume

Note I personally leave out the honey and take separately

**adapted from The Whole Journey*,*



FRESH JUICE

Ingredients:

- 1 large cucumber
- 2 large celery stalks
- 1 handful greens (kale, dandelion leaf, lettuce)
- 1 large carrot
- 1 small green apple
- 1/2 a lemon
- 1 knob of fresh ginger

Directions:

Wash and prep/peel produce. Juice all in a juicer and consume immediately.

Alternately, blend with water in a high speed blender until desired consistency.

If either is not an option, I use a powdered greens mix.



FIRE CIDER

Ingredients:

- 1 horseradish root, peeled and shredded
- 1 large onion, roughly chopped
- 1 large piece of fresh ginger root, peeled and shredded
- 1 fresh turmeric root, peeled and shredded
- 1-2 lemons, sliced with the peel
- 1 fresh orange, sliced **optional**
- 1-3 cayenne peppers fresh or dried
- Black Peppercorns, whole
- 1-3 sprigs of fresh or dried rosemary
- 2 Tbsp. Thyme, fresh or dried
- 2-4 cups of raw apple cider vinegar
- Raw Honey to taste

Directions:

In a large jar add all the herbs and spices (no honey yet). Fill to top with apple cider vinegar. Use a plastic lid or top with parchment paper before adding a metal lid. Let sit on the counter for 1 month, periodically shaking up the jar. After 1 month, strain out the the herbs and spices. Add honey to taste. Store in a jar in the fridge for 6-12 months.

Take 1 TBSP a day for prevention if desired. At onset take 1-4 TBSP a day. May break it up to 1 tsp/ hour.



ELDERBERRY SYRUP

Ingredients:

- 100g Organic Dried Elderberries
- 4 cups filtered water
- 1/4 cup Organic Rosehips dried, cut and seeded
- 7g Organic Licorice root
- 1 tsp Organic Ginger Root, dried
- 1/2 tsp Organic Black Peppercorns, whole
- 4 Organic Cloves, whole
- 1 Organic Ceylon Cinnamon Stick (Cassia will work too- I just prefer Ceylon)
- 2 Tbsp Organic Thyme, dried
- 2 Tbsp Organic Rosemary, dried
- 1.5 cups Raw Honey

Directions:

In a medium sized pot, add elderberries and water. Let soak for ~30 min to soften. Then add the rosehips, licorice & ginger root, peppercorns, cloves, and cinnamon stick. On medium heat, bring to a boil. Reduce heat and simmer *uncovered* stirring occasionally until the liquid has been reduced by half, ~ 30 min. Remove from heat, add the thyme and rosemary to the pot. Cover and steep for 20 minutes. Allow to cool slightly. Strain using cheese cloth and a fine mesh sieve. Squeeze out as much juice as you can from the herb mixture. You should have 2 cups liquid. Add honey to the liquid and stir to incorporate. Store in an airtight container in the refrigerator for 4- 6 months This makes almost 30oz of syrup, and can be used on pancakes, waffles, added to tea, or taken as is.

An adult dose is 1 Tbsp and a child over 2 is 1 tsp. This recipe contains raw honey so is not suitable for children under 1 years old. You could replace honey with brown rice syrup if needed, and it may decrease its shelf life a bit. To boost the immune system, 2 doses a day are recommended and up to 4 at onset of illness. This can be broken down into smaller doses taken multiple times a day for a total of 4 doses (ex. 1 tsp per hour for 12 hours for adults)

Steams & FOs



FACIAL STEAM

Ingredients:

- Large bowl
- 4+ cups of boiling water
- 1/4 cup dried chamomile flowers
- Towel

Directions:

Steep chamomile in a large bowl of boiling hot water. Sit with your face over the steam of the bowl with a towel covering your head and bowl to keep the steam in. Breathe the steam for several minutes until you find relief.

BATH SALTS

Ingredients:

- 2 cups Epsom salts
- 1 Tbsp. coconut oil, melted
- 10 drops spearmint Essential Oil
- 10 Drops Eucalyptus Radiata Essential Oil

Directions:

Combine all in a bowl and mix thoroughly. Store in a tightly sealed jar. Use 1 cup of salts per bath.



EASY VAPOR RUB

(for kids 2yo+ & adults -not safe for kids under 2yo - email me for baby safe recipe)

Ingredients:

- 2 Tbsp. Melted Coconut Oil
- 3 drops each of spearmint, eucalyptus radiata, and spike lavender EO

Directions:

Combine ingredients in a 1 oz glass jar and mix thoroughly. Rub on chest - use up to 1/2 tsp. Apply as needed.



NETI POT

Ingredients:

- Neti pot
- 2 cups warm distilled water
- 1/2 tsp fine ground pink or sea salt

Directions:

Take 1/2 cup of just boiled distilled water and add 1.5 cups of room temperature distilled water. Add the salt and stir until dissolved. Fill the neti pot (should take 1/2 the mixture). Lean slightly over a sink with head tilted and a nostril facing up. While breathing through your mouth, slightly insert neti pot spout into upturned nostril, pour, and let drain out other nostril. When pot is empty, gently shake head from side to side and gently blow nose. Repeat on other side. Repeat as necessary.

For intense congestion, I have had success with adding a few drops of elecampane tincture to the mixture.



MAGIC SOCKS

Ingredients:

- 1 bowl of ice water
- 1 pair thin socks
- 1 pair thick wool socks (or 2 pairs of non-wool socks)
- Foot bath or tub with hot water

Directions: Soak thin socks in bowl of ice water. Ready a bath or container with water as hot as is tolerable. Soak feet (or body in bath) for at least 5 min. Ring out ice water socks. Dry off feet. Place cold wet socks on feet and then cover with dry wool socks. Go immediately to rest/bed. Take off socks in the morning or when inner socks have dried fully. Works best when used at onset and continued for 3 consecutive days or until symptoms ease.