

A detailed photograph of various fresh ingredients on a wooden surface. In the center, a wooden mortar and pestle holds a mix of ground spices. Surrounding it are several whole and sliced onions, a red bell pepper, a green bell pepper, a bunch of garlic, and several wooden spoons filled with different types of spices and herbs. The scene is rich in color and texture, emphasizing natural, healthy ingredients.

Kitchen Medicine

Spices

Start Using them!

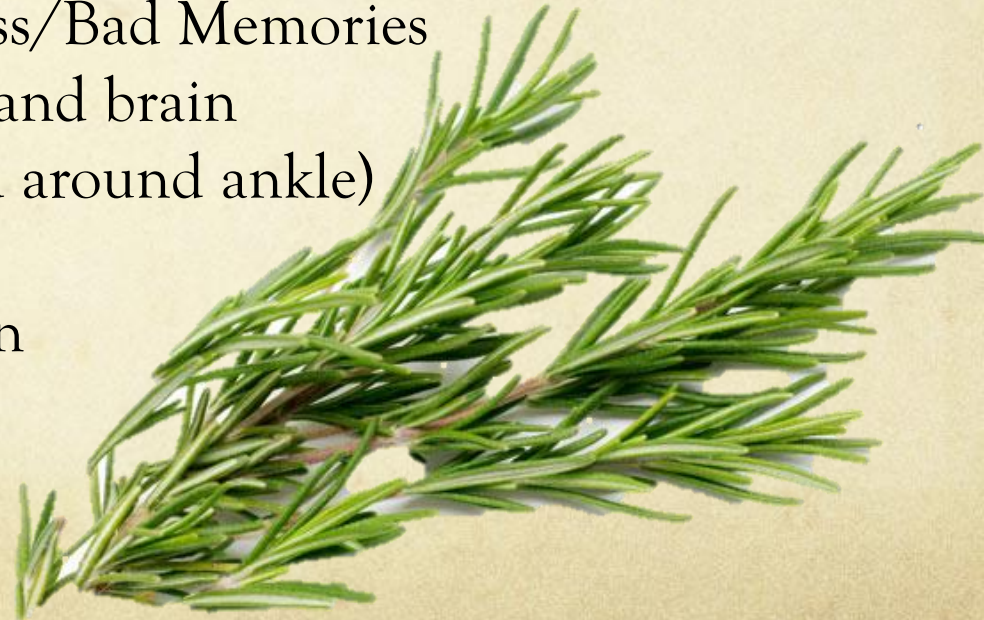
- Add them whenever possible.
- Poor Digestion is often considered Root of Chronic Disease
- Aids Digestion to Improving Cardiovascular Health
- Can Even Decrease Risk of Cancer
- Spices are Amazing!

Rosemary

for “Remembrance” – Cerebral Tonic – Circulation

Great for Brain- Calms the body while stimulating mind

- Calming for Stress and overwork
- Aromatically opens mind
- Clears Brain Fog
- Take before studying.
- Improve Memory/Memory Loss/Bad Memories
- Circulation to nervous system and brain
- Low Blood (blue blackish band around ankle)
- Alzheimers/Dementia
- Lymes Disease that affects brain



Thyme

Antimicrobial:

- Sore or Inflamed Gums (Tea or tincture in mouthwash)
- Sore Throat (Gargle with thyme-infused raw honey)
- Yeast and Fungal Infections (topically)
- Inhibits Mechanism that makes bacteria resistant to antibiotics.
- Supports Immune System. Especially for those who keep getting sick and need antibiotics.
- Colds, Flu, Cough, Bronchial
- Hot and Drying – Great for Cold and Stagnant conditions.
- Antitussive- stops coughing spasms



Thyme

Digestion:

- Small doses- it supports healthy digestion
- Larger doses – treats stagnant digestion (bloating, belching, flatulence)
- Calms digestive spasms.
- Parasites and Worms
- Liver Cleanse (in France)

- Anemia
- Liver and Gallbladder
- Skin Issues

Reducing Pain

- Externally on Painful Joints
- Delayed Menses and Painful Menstrual Cramps

How to Use?

Infused Honey, Vinegar, Oil, Cough Syrup, Tincture,
Steam Inhalation, Culinary Spice.

Turmeric



Properties:

Adaptagen, Alterative, Antibacterial,
Anti-Inflammatory, Anti-oxidant,
Carminative, Cholagogue, Hemostat, Vulnerary

Uses:

- Food
- Skin – Rejuvenating Remedy Paste
- Increase Flow of Bile –influences digestion of protein and fats
– Turmeric Oil
- Arthritic Complaints – Reduces Joint Inflammation
Turmeric-Ginger Honey – 1 teaspoon/day

Cucumber Water

- Water infusion more valuable than cucumber
- Cooling
- Takes edge off appetite
- Skin Oilier
- Cleans Kidneys
- Decreases Urinating at Night
- Rheumatoid Arthritis
- ORGANIC



Cabbage

Crinkle the cabbage and place on joints or massage muscle with leaf to move fluid

Good for:

- Inflammation
- Excess water
- Muscular pain
- Joint pain



Onions



Onion – A Potent Home Remedy

Nutritionally Powerful – High levels of Calcium, Magnesium, Vitamin C, folate, potassium, phosphorus and the antioxidant **Quercetin**

- **Warming** and Circulating
- **Drawing Action**- Draws out mucus, pus and poisons
- Antimicrobial and Antispasmodic
- **Antiseptic** – Emergencies
- **Stops Bleeding** – Place directly on cut.
- **Mouth**- Chewing on a Raw onion relieves a toothache, kill germs, prevent tooth and gum disorders
- **Skin** – All skin disorders -Like Treats Like – Plant Signature
- **Wasp Stings** – Instantaneous
- **Burns**
- **Splinters/Acne** -Draws out
- **Gut**- Encourages Beneficial Bacteria, but target harmful bacteria.
- Decrease **Water Retention**
- Eased Problems with **Urine Retention**
- **Heart Health**. Increase **Blood Circulation**
(Decreases Cholesterol and Blood Sugars...Eases Blood Pressure and prevents Blood Clots)
- Dietary Support for Type 2 Diabetes

OLDEST MAN on Earth 120 years –Azerbaijan – ate Raw Onion every day

Onion Poultice

A poultice is simply vegetable material, whole or mashed, which is layered or spread on the skin, The hot poultice increases skin circulation, while the cold poultice reduces inflammation. –Cech (2000)

- Draws out Poison, Heat, Stings and Splinters
- Breaks up Congestion of colds and flu as a chest poultice
- Improves sluggish circulation
- Treatment for Asthma



Onion and Brown
Sugar Syrup





Garlic

Garlic

Fires You Up

*Effective Against Bad Gut Bacteria but Safe to Beneficial Gut Bacteria unlike Antibiotics

- Antibacterial/AntiFungal/AntiParasitic/Antiviral
- For Antibiotic Properites: RAW AND CUT
- Chew Parsley or Cardamom pods to clear Breath
- Inhibits Growth of Cancer cells
- Anti-inflammatory
- Thins Blood
- Increases Circulation
- Improves Cardiovascular System
- Expels Phlegm

Garlic

Fires You Up

Garlic Honey: Fermentation take away garlic/onion breath.

Thyme/Garlic/Pepper in Honey- Take when you feel like getting a cold

If garlic too strong- try LEEKS



Ginger

Ginger

Benefits All People, All Diseases

1. Increases Digestive Fire
2. Clears toxins (sushi)
3. Improves Circulation

Nausea of all types-(Best Remedy)

Colds and Fevers - Drink **Ginger Tea** or **Ginger Bath** at first sign of cold.

- Promotes Sweating
- Helps clear mucus from Throat and Lungs

Stimulates Digestive Secretions

Stimulates Circulation-warms cold hands and feet

Cleanses Lymphatic System-our body's sewage system

Ginger

Externally or Internally:

1. Stimulates circulation,
2. Warming stiff and painful joints
3. Reduces Inflammation

Dried or Fresh?

- Dried is much hotter – Shogols in Dried—(more heating and blood-thinning effect)
 - A. Gingerols in Fresh
 - B. Both protect against chronic degenerative illnesses

How to Use?

Smoothies/Tea/Ginger Bath/Cooking/Pickled



Honey

Honey

Buy Unpasteurized , Unheated honey and LOCAL

- Heated honey loses medicinal qualities
- Predigested by bees

Success in combating drug-resistant wound infections.

- Antiseptic/antitoxic - great wound and skin healer
- Hygroscopic (absorbs moisture) and denies pathogens the liquid environment they need to survive.

Acne - Rub honey over acne and cover with band-aid

Moist/Lubricating/Soothing - (Sore Throat/Cough)

Nutritious

Improves Disease/Infection Resistance

Nerve tonic

Heart stimulant

Cayenne Pepper



Cayenne Pepper

Circulating and Warming

Powerful—Many health Benefits

Blood Pressure

Cleans out Arteries

Stimulates Circulation

Reduces Acidity

Detoxifying

Enhances Digestion

Heals Upset Stomach

Stops Stomach pain

Difficulty Swallowing

Cures Diarrhea

Natural Remedy for cramps

Stops Bleeding... but stings

Heart and Blood Vessels

Improve Poor Circulation

Reverse Excessive Blood Clotting

Lower Hi Cholesterol

Prevent Heart Disease

Internal Bleeding

Heart Attacks/Stroke

Dr. Christopher's Heart Attack Remedy:

One teaspoon of Cayenne Pepper in a glass of warm water should instantly bring a person out of a heart attack.

Cayenne Pepper

Circulating and Warming

CONSUMED—has the power to relieve a **toothache**, **seasickness**, **alcoholism**, **malaria** and **fever**; it's also used to help people who have **difficulty swallowing**.

TOPICALLY—benefits the skin, too. It alleviates pain caused by **shingles**, **osteoarthritis**, **Rheumatoid Arthritis** and even as part of a **natural remedy for fibromyalgia**.

PAINKILLER - The fruit of the capsicum plant (**CHILIES**) contains a chemical called **capsaicin**. Capsaicin is being studied to test its ability to reduce pain sensations when applied to the skin, and research indicates that it would be effective as a remedy for **heachaches (including migraines)**, **potential cure for osteoarthritis**.



Horseradish

Horseraddish

Immune Boosting and Digestive Powerhouse

Health Benefits:

Immune System Health and Cancer Prevention

Packed with beneficial Nutrients and Phytochemicals

Stimulate production of White Blood Cells.

Super High Vitamin C

Helps fight off cancer or delay the spread.

Weight Loss

Low Calories and Stimulates feelings of being satisfied.

Potassium lowers **Blood Pressure** which Improves Heart Health.
Improves Digestion and Nutrition Absorption

Stimulates peristaltic motion of smooth intestinal muscles

Eases any Digestive Issues

Metabolic Function-

Packed with Proteins, Vitamins and Minerals but lacks Fat and Calories

Protein can be **directly metabolized** into useful energy, new tissue , muscle matter or cellular material,

Energy levels increase

More Focused

Antibacterial Quality

Respiratory Conditions- Clears Sinus/Congestion

Lemon



Lemon

Historically: Preservative/Render Meat Safe

Antibacterial and Germicidal

- Kills dangerous bacilli in Typhoid and Cholera
- General Kitchen antiseptic—still valued in commercial cleaning agents

Versatile Fruit: SOUR/BITTER/ACID/SLIGHTLY SWEET

Peel: Has lots of glands containing the essential oil Limonene

Pulp: 5% Citric Acid – 3% Sugar-

Pith: Bitter, Strengthens Blood Vessels

ALKALIZING—Great for rheumatic conditions due to **overacidity**.

Benefits

- Throat Infections
- Indigestion
- Constipation
- Dental Problems
- Internal Bleeding
- Rheumatism
- Respiratory Disorders
- Kidney Stones
- Whitens Teeth
- High Blood Pressure
- Reduces Strokes
- Burns
- Obesity
- Improves Immune System
- Hair and Nails
- Cleanse Stomach
- Blood Purifier

Lemon and Raw Honey Tea

Powerhouse of Nutrition: Vitamin C, B6, A, E, Folate, Niacin, Thiamin, Riboflavin, Pantothenic Acid, Copper, Calcium, Iron, Magnesium, Potassium, Zinc, Phosphorus and Protein. Antioxidants and cancer fighting properties

Dosage: A good practice is to eat a quarter to a half of lemon a day.

Strong Bones: The Lemon Egg Recipe

Homemade Calcium and Magnesium

- Best Organic Calcium Supplementation
- One Medium Eggshell yields about 800mg of elemental calcium
- **27 Microelements** including magnesium, boron, copper, iron, manganese, molybdenum, sulphur, silicon, zinc
- Eggshell composition similar to **Bones and Teeth.**
- Alkalizing
- 10 days/Two Times per year
- Great for **Broken Bones**
- Use Whole Egg

Osteoporosis: Calcium Phosphate 6X



First Sign of a Cold:

Lemonade Tea

Sore Throat/Increase Immune System/Blood Detoxifier/Headaches/Fatigue

Lemon and Sage Tea:

Coughs/Colds/Sore Throat/Bronchitis

Lemon and Ginger Tea with a dash of Cayenne Pepper

Coughs/Colds/Sore Throat/Sluggish Digestion/Warming

Ginger Bath

Fever: Stick Butt in Cold water for 3 minutes. Kicks in Shiver Mechanism

Sinus Congestion - Rub lemon on Nose, Soup,

Fire Cider

A close-up, top-down view of a glass jar filled with Fire Cider. The jar contains a clear, golden-brown liquid. Floating in the liquid are several slices of ginger, turmeric, and other spices. The ginger slices are light brown and have a fibrous texture. The turmeric slices are bright yellow. There are also some red and orange pieces, possibly chili peppers or other spices. Small green herbs are scattered throughout the liquid. The jar is made of clear glass and has a wide mouth. The background is a warm, brownish-orange color, suggesting a wooden surface.

Fire Cider



Rosemary Gladstar's Fire Cider

Warming Decongestion/Immune Boosting Tonic

(Measurements are approximate)

1/4 C Horseradish

1/8 C Garlic

1/2 C Onion

1/4 C Ginger

1 Cayenne Pepper cut in half (do not chop!)

Fill Jar with raw vinegar and let infuse for 4-6 weeks. Strain and add raw honey to vinegar before using. After straining, can eat vegetables in salads

Optional ingredients:

Lemon

Culinary herbs: (Rosemary, Thyme, Mustard, Turmeric...etc.)

Dandelion Root

Burdock Root

Yellow Dock Root

Alkalizing Drink

(Reduces Acidity in Body)

The more acidic, the worse for tissues—Increases chance of illness.

- 1T Live Cider Vinegar
- 1T Raw Honey
- 1 Pinch Cayenne

Mix with 1 C hot water (not Boiling)

Any Remedies to Share?