

Studio Botanica



ANTI-INFLAMMATORY HERBS FOR WINTER HEALTH

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Inflammation is a huge topic these days with current research stating that there is no longer a doubt that inflammation in the body produces a cascade of events responsible for most chronic diseases including heart disease and cancer.

There are supportive remedies to discourage inflammatory states in the green world of herbs; some as close as your pantry! The group of herbs known as “anti-inflammatory herbs” work on inflammation in a multi-faceted holistic and balanced way, minus the side effects noted with many pharmaceuticals.

Why not use anti-inflammatory herbs that are at the same time, anti-viral, anti-microbial and immune boosting? The combination of these herbs, when used daily, over time, can be extremely supportive for winter health!

With every teaspoon of these herbs + spices, you are choosing life-enhancing tastes and helping your body to keep inflammation under control and strengthening your immune system. The anti-inflammatory herbs in ‘kitchen medicine’ should not be overlooked as a supportive, nourishing way to tip the scales in favour of improved health.

All of the herbs below can wear many ‘hats’. They offer a wide range of healing attributes. They are all anti-inflammatory plus note some of the highlights, which are sure to help you, and your families enjoy a more robust winter season!

CAYENNE



As a circulatory stimulant, Cayenne is used to promote heart health and blood pressure equalization. It is used for 100s of indications. Cayenne can act as a 'potentizer' for the other herbs (e.g. it boosts the effects of the garlic). It does the same for Vitamin C.

It has long been used as an "accentuating agent" – literally boosting the ability of healing to reach throughout the entire body where it's needed. "I don't eat spicy food," you may say. You can still add a little to your meals, and as often as possible!

Choose the powder or throw whole cayenne peppers into stews or soups. Remove some of the seeds to reduce a little of the 'heat' until you are able to take a little more.

GARLIC



'THE' most versatile herb! Garlic is anti-viral, anti-bacterial, anti-fungal, as well as 'antiseptic' to name just a few of many attributes. Raw Garlic can both help to prevent a cold or flu but also shorten the time afflicted. It is a powerful stress-reducer, immune-booster, and liver supporter. I enjoy pickled garlic, honey-infused garlic or garlic paste often in the fall and winter. This may sound a bit odd, but if I am at home, and feel a tickle in my throat or another 'symptom' alerting me to a possible invader present, I will cut up a garlic clove or two and take them like a pill with some pure water.

Cooking garlic changes it from SUPER herb to an aromatic culinary herb packed with flavour; the emphasis becomes more about heart health & blood pressure health.

So FOR best results for winter health:

Eat it raw or use it in some of the ideas above, – Do what I do:

Add some garlic to a soup or stew and allow to cook with the dish, adding its delicious flavour and then, for garlic's medicine to be optimal, add it just before the end of the cooking time, so it's just gently heated through and benefit from yummy garlic goodness and its powerful punch!!

GINGER



Known primarily for its ability to calm an upset stomach or ease motion sickness, fresh Ginger root also promotes improved digestion and nutrient assimilation, as well as being a potent anti-cold or flu ally. As an anti-bacterial and anti-viral herb, ginger helps fight and kill the influenza virus and increases the ability of the immune system to fight infection. Use ginger to minimize the symptoms of respiratory conditions.

Ginger tea, ginger syrup, and ginger-infused honey are all a part of my winter medicine chest.

HORSERADISH



I've often called it the "herbal heatwave", and for good reason. Many curative properties make this fresh root an important member of the group. It is a strong antibiotic, expectorant and immune booster. It is used to treat bronchitis, sinusitis, flu and lung congestion. Once difficult to find, it's now often available local grocery stores.

Purchase a fresh root, which is crisp and firm, like a carrot. Horseradish is most potent immediately after it is grated. So, when preparing it, grate & use it right away. If you can't find the fresh root, purchase 'prepared horseradish' in a glass jar.

ONIONS



Onions, famous for pungent, yet sweet flavour accents in the culinary world, are full of vitamins A, B and C; are a strong source of calcium, magnesium, phosphorus, and iron. Onion's pungency can increase blood circulation and cause sweating, which can be beneficial in cold weather to 'sweat out colds and flu, reduce fevers and to defend against infection.

Onion's detoxifying effects relieve tiredness and exhaustion. Both raw and cooked, onions can lower blood pressure, thin the blood, and clear the blood of unhealthy fats. There are many varieties. Experiment!

TURMERIC



An important part of my 'winter health' pantry, turmeric has been shown to have more than 50 healing attributes! It can help to increase circulation, soothe digestive issues; improve assimilation of nutrients, clear nasal passages and support the liver. In my home, organic turmeric powder is added to soups, stews, chili dishes and scrambled eggs. It can be easily incorporated into daily meals.

Powdered turmeric is best combined with black pepper, another anti-inflammatory kitchen medicine, to make it more 'bio-available'. Fresh turmeric, when available, is a gift ~ grate it into your meals.

In herbalism, we have a term, “**therapeutic dose**”. For example, one can drink a cup of tea and enjoy it, experiencing the great taste and **receiving** benefit.

If, however, one wants to take the tea as an **herbal medicine**, it’s helpful to drink 3-4 cups per day. This is then what is known as “therapeutic dose.

If one has a cold and takes ONE dropperful of Echinacea tincture every day, it is fine & dandy but will probably not create the healing affect wanted. There are ‘therapeutic doses’ in herbal medicine for every herb and every specific herbal remedy. Ask a trained specialist or take as directed on the product label (if you’ve purchased a commercial product).

In the case of the anti-inflammatory herbs I have shared with you here, **the secret is to learn how to incorporate them into your meals every day:**

- **Add herb infused honey to your herbal tea.**
- **Make a healing soup and enjoy at meals all week long.**
- **Add these healers to stews, sauces or casseroles**
- **Use vinegar infused with these herbs as vinaigrette in salads or also as a way to add the herbs into your meals.**
- **Add to your veggies, omelets or ‘stir-fries’**

When the good food that we consume is able to translate into life-enhancing nutrition via the miracle of our body’s pathways to support all body systems, we are strengthened.

In our day-to-day lives, we can make healthy choices that lead us down a different road, perhaps a road, which detours away from chronic inflammatory illness.

Small choices can group together and create huge outcomes.

An herbal consult with a trained herbalist will provide a plan; a process, which over time, can often find the cause, alleviate symptoms and re-direct the situation towards optimal health.

I have written a lot about these herbs @ <http://www.studiobotanica.com>

I invite you to visit often, and use the 'search bar' to read more.

Stay tuned for some recipes incorporating some of these amazing **Anti-inflammatory herbs** in our next newsletter!

Here's to your abundant, radiant health~

Green blessings,

Carol

