HEALING with KITCHEN HERBS AND SPICES
Medicinal Teas

• Add herb to cup, add 1 cup boiling water
• **Cover**
• Steep for 15 minutes
• Strain and drink
• For green, leafy herbs, directions are for dried herbs, usually 1-2 tsp. If using fresh, use at least 1 Tablespoon, chopped
• When used as skin wash, steep till rm. temp
Aniseed or Anise Seed (Pimpinella anisum)

- *Do not use when pregnant*
- Mild diuretic: eliminates excess fluid
- Increases milk flow in nursing mothers
- Contains 10 anti-spasmodic constituents incl. Eugenol & Anethole: relieves intestinal/stomach cramping and pain, relaxes intestinal muscles, helps relieve gas/bloating
- Safe for infants to relieve colic – use as tea at room temp, in bottle
Aniseed, cont.

- Helps relieve constipation
- Expectorant – drink tea for coughs, sore throats
- For bad breath – chew roasted seeds
- Dose: 1 tsp. crushed seed to 1 c. water, 2-3 times a day
Fennel seed (Foeniculum officinale)

• Contains 7 anti-spasmodic constituents, incl. Anethole & Fenchone: good for indigestion, heartburn, stomach cramps, gas
• Also good for menstrual cramps, sluggish onset of menstruation
• Mildly diuretic
• Increases flow of breast milk
• Expectorant: relieves upper respiratory
Fennel seed, cont.

- Congestion, calms coughs in colds
- Contains at least 10 compounds that lower blood pressure
- **Tea OK in pregnancy, but NOT the oil or tinctures/extracts
- Dose: 1 tsp. crushed seeds to 1 c. water up to 3 times a day
Dill seed (Anethum graveolens)

- Contains more than 20 anti-spasmodic compounds, incl. Anethole: relieves gas/bloating, indigestion
- **Excellent** for colic in infants – at room temp. in a bottle
- Appetite stimulant when taken before meals
- Helps insomnia when taken before bed
- For hiccups – sipped slowly, hot or cold
Dill seed, cont.

- Chew the seeds for bad breath

- Dose: 1 tsp. seeds to 1 c. water, 2-3 times a day
Caraway seed (Carum carvi)

- **Digestive Stimulant:** contains Carvone, relieves indigestion, discomfort from overeating
- **Anti-spasmodic:** good for gas/bloating, stomach cramps, colic in children
- **Also good for:** menstrual cramps, bronchial spasms in bronchitis
- **Normalizes blood sugar levels**
- **Helps reduce cholesterol, triglyceride levels**
Caraway seed, cont.

- Stimulates appetite, taken before meals
- Stimulates sluggish menstruation
- Astringent: used in treatment of diarrhea
- Used as gargle for laryngitis
- Animal studies show anti-cancer activity
- Dose: 1 tsp. crushed seeds to 1 c. water up to 3 times a day
Celery seed (Apium graveolens)

- **Diuretic:** helps reduce uric acid levels in treatment of gout
- **Anti-inflammatory:** contains several compounds (phthalides) that help acute osteo & rheumatoid arthritis, and rheumatism
- **Contains butylidene-phthalide,** a chemical that helps trigger menstrual flow
- **Dose:** 1 tsp. seed to 1 c. water, 2-3 times a day
Celery stalks

- Contain large amounts of Folic acid and Potassium
- Eating 4 stalks twice a day may help lower blood pressure and cholesterol levels
Garlic (Allium Sativum)

• * Do not use if taking anti-coagulants or if bleeding disorders present

• Anti-clotting properties: thins the blood, good as a preventative for heart attacks, TIAs strokes caused be clots

• Anti-bacterial, viral, fungal properties: used against colds, bronchitis, all respiratory infections – eat 1 clove three times a day
Garlic, cont.

- Stimulates the immune system
- May lower blood pressure, helps keep coronary arteries flexible in elders
- Can reduce blood sugar levels, may improve insulin response
- Possibly may help prevent cancer
- Dose: 1 clove daily for prevention, at least 3 times a day for treatment; as much as possible
Ginger (Zingiber officinale)

- * No more than 3 cups of tea a day if pregnant
- Premier herb for nausea: good for morning sickness, motion sickness, nausea resulting from chemotherapy – sip the tea
- Anti-inflammatory: used in treatment of arthritis
- Anti-oxidant: helps lower blood pressure, cholesterol levels
Ginger, cont.

- Anti-bacterial, anti-viral
- Heating: for those who suffer from the cold, or have cold hands, feet. Drink tea, soak hands, feet in strong tea
- Dose: powdered -1/2-1 tsp. to 1 c. water, do not strain. May also use dried or fresh grated, 1-2 tsp. to 1 c. Also, may be eaten as candied ginger
Cinnamon (Cinnamomum aromaticum)

- This is Chinese Cinnamon or Cassia (Canela)
- Anti-spasmodic: good for intestinal cramping, menstrual cramps
- Contains Catechins, compounds that help relieve nausea, stimulate digestion, relieve gas, upset stomach, diarrhea
- Anti-inflammatory, anti-microbial, has anesthetic and pain relieving constituents
Cinnamon, cont.

• Helps lower blood sugar in type 2 diabetes
• Useful to control metabolic syndrome
• Useful to control cholesterol – lowers LDL, increases HDL
• Heating: as tea for sufferers from cold
• Dose: 1/4-1/2 tsp. to 1c. water, do not strain, may add directly to food, 3 times a day
Basil (Ocimum basilicum)

- Appetite stimulant: ½ c. tea before meals
- Digestive: for indigestion, gas, nausea, vomiting, stomach cramps
- Expectorant: contains 6 compounds useful for treatment of respiratory congestion, emphysema
- Anti-oxidant: good as general tonic for the body
Basil, cont.

- Lowers blood pressure, combats the effects of stress
- Contains volatile oil Eugenol, has pain killing properties – good for headaches
  The scent relieves mental fatigue, rub and sniff fresh plant
- Rub on skin as insect repellent
- For bites, bee/wasp stings: chew till mushy, apply to area
- Dose: 1-2 tsp. to 1 c. water, 2-3 times a day
Mint (Mentha spicata) Yerba Buena

- *Do not use in GERD (gastroesophageal reflux disease) or gall bladder disease
- Excellent digestive herb: relieves gas, stimulates digestive juices, relaxes muscles of stomach & intestines, mildly anesthetic to stomach lining
- Anti-spasmodic: for indigestion, GI cramping, nausea, especially morning or motion sickness, painful menstruation
Mint, cont.

• Eases anxiety and tension
• Mildly anti-bacterial, valuable in treatment of fevers due to colds and flu
• Sip tea cold for hiccups, gas
• As inhalant for nasal congestion with lots of mucous
• Tea as wash relieves itching and inflammation of skin
• Dose: 1 heaping tsp. to 1 c. water, as often as needed
Oregano (Origanum vulgare)

- Contains anti-oxidants, including Rosmarinic Acid, that help prevent cell damage
- Anti-inflammatory: useful for arthritis
- Has 7 compounds that lower blood pressure
- Has 6 compounds that are expectorants & several that help manage asthma
- Contains Thymol & Carvacrol, compounds that are anti-microbial: for sinusitis, colds flu – inhale steam as you drink hot tea
Oregano, cont.

• Use as preventative, as well as treatment, for colds, sinusitis, flu, bronchitis
• Stimulates sweating in dry fevers of colds/flu
• Helps relieve tension headache
• Dose: 1 tsp. to 1c. water, drink 2-3 times a day
Parsley (Petroselinum crispum)

• *Do not use in pregnancy or with kidney inflammations. Not for long term use.
• High in vitamins A & C, iron and other minerals including zinc & boron: drink in debilitated condition after long illness
• Diuretic & helps empty bladder: good for treatment of bladder infections
• Useful for indigestion, gas/bloating
• Stimulates, normalizes menstrual flow
Parsley, cont.

- Contains chlorophyll: chew to treat bad breath
- Juice is used as a compress to eyes for puffiness, dark circles
- For insect bites, chew till mushy, apply
- Dose: 1-2 tsp. to 1 c. water, drink up to 3 times a day
Rosemary (Rosmarinus officinalis)

- Anti-oxidant: slows aging in cells
- Anti-depressant: for mild depression
- Anti-inflammatory: contains Rosmarinic acid, used in treatment of arthritis
- Analgesic: good for headaches
- Digestive: as appetite stimulant before meals, good for upset stomach, gas, bloating
- Anti-spasmodic: relieves tension, relaxes one
Rosemary, cont.

- Stimulates circulation: especially to brain, coronary blood vessels
- Smell: enhances memory, decreases anxiety
- Leaves: (or oil) in bath helps joint pain, muscle spasms
- Strongly antiseptic: as mouthwash, gargle, with sage; as inhalation for colds, sinus/lung congestion
- Strong tea as wash for cuts, wounds
- Strong tea as room disinfectant
- Dose: 1-2 tsp. to 1 c. drink 2-3 times a day
Sage (Salvia officinalis)

- *Not for use during pregnancy, or long term*
- Immune system enhancer
- Digestive: stimulates digestion, ½ c. tea or 2-3 leaves eaten before meals; also for upset stomach, diarrhea
- Anti-inflammatory: contains Rosmarinic acid, acts like NSAIDs
- Good for excessive sweating or night sweats, as cold tea
Sage, cont.

- Anti-bacterial, viral, fungal: useful for colds, with Rosemary as gargle for sore throat, laryngitis, tonsilitis
- As a mouthwash: for gingivitis, other inflammations or sores in mouth, gums
- Helps relieve headaches, coughs
- Dose: 1-2 tsp. to 1c. water up to 3 times a day
Thyme (Thymus vulgaris)

- Anti-inflammatory: contains Rosmarinic acid
- Digestive: good for sluggish digestion, upset stomach, gas
- Gentle Astringent: good for treatment of diarrhea, especially in children
- Supposedly good for hangovers
- Anti-microbial: contains Thymol, good for respiratory & digestive infections
Thyme, cont.

- Main use: upper respiratory conditions
  - is expectorant & anti-spasmodic – as cough remedy in bronchitis, whooping cough, asthma. Reduces bronchial spasms (coughing fits) soothes sore throats
    - as gargle in laryngitis, tonsilitis

Also strong tea as wash for infected wounds, eczema, itching rashes

In a bath for rheumatic pains, and to heal bruises

Dose: 2 tsp. to 1 c. water up to 3 times a day
Sources

• The Holistic Herbal by David Hoffmann  2003
• Country Doctor’s Book of Folk Remedies and Healing Wisdom by Paul Bergner & Ara Der Marderosian  1998
• The Green Pharmacy by James A. Duke  1997
• Healing Spices by Bharat B. Aggarwal with Debora Yost  2011
• National Geographic Desk Reference to Nature’s Medicine by Stephen Foster & Rebecca L. Johnson  2006