

Herbs for Vitality, Health & Beauty

NOURISHING HERBS

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

Tea - A short steeping time generally 4-8 minutes ex. Oolong, green tea, chai

Infusion - A longer steeping time generally 10-30 minutes ex. Chamomile, Holy Basil

Decoction - A low boil generally 5-15 minutes for harder or woodier roots & stems ex. echinacea.

Nourishing Herbal Infusion - A Nourishing Infusion is a Nutrient-Dense Drink Full of Minerals. One of the best ways to experience the profound benefits of these herbs is to make a nourishing herbal infusion.



A nourishing infusion is a long-steeped tea (typically 4–8 hours) that includes gentle, nutrient-dense herbs with minimal aromatics like oatstraw, nettles, and red clover. This long steep time helps extract the rich mineral content in these herbs and make them more bioavailable for our bodies.

These minerals are in whole, complex forms, easily absorbed and used by our bodies. It is different from tea and is the foundation for daily herbal nourishment. So, sipping on an oatstraw infusion is not only calming, it's also VERY nutritious.

Made by steeping $\frac{3}{4}$ - 1 ounce of mineralizing herbs in a quart of water overnight, are a wonderful way to restore health. The mineralizing herbs in Mineral Blend Tea are high in the nutrients needed for healthy nails, skin, teeth, bones and hair... such as magnesium, iron and calcium.

TIP: USE NOURISHING HERBAL INFUSIONS as a base to your blended smoothies instead of plain water!

ATHLETES Stay Energized: Boost Energy in the Gym and All Day Long

For many athletes, energy ebbs and flows. Some days you're feeling on top of your game, but others you're barely limping along. Sometimes, you finish a training session totally energized ... and other times it's all you can do to make it through the rest of the day. That's pretty normal for most people, but athletes notice it more keenly because it can dramatically change their performance.

Athletes face many of the same stressors as do non-athletes, like finances or work or relationship challenges, but they've got an extra set we often don't recognize. The rigors of training are stressful for the body, mind, and spirit as well. All that stress can cause ups and downs in your energy levels. Happily, we have a whole set of herbs for athletes to help us manage stress and recover our energy flow.

If you or someone you love has an athletic lifestyle, you'll find plenty of recipes and herbal remedies online to help ease muscle strain, reduce swelling and bruising, and generally relieve the aches and pains. What you won't find as easily is how to draw on the power of plants to avoid injury in the first place. I like to approach herbs for athletes from a wellness and prevention perspective.

Prevention is one of the most powerful herbal practices, one athletes can and should draw on. The key for athletes young and old is to focus on three core areas: staying energized, replenishing nutrients, and preventing oxidative stress.

Electrolytes in Mineral Blend Tea: Staying Nourished is Key to Athletic Success

We've all heard plenty about the importance of electrolytes for general health during and after a workout. These minerals and trace elements help our bodies build muscle, pump blood, and keep our nervous systems running in top form. We sweat them out when we train, so replenishing them is vital to improving our performance both on and off the field.

Herbs for athletes like nettle, oatstraw, and raspberry leaf are the perfect partners for someone who wants to stay hydrated and replenish electrolytes naturally. You can make a daily infusion to drink before, during, and after training.

BEAUTY: SKIN COMPLEMENTS ANTI-AGING

COLLAGEN Plants don't produce or contain collagen, but many of the phytonutrients found in plants have the right cofactors to enable your body to produce more.

Healthy skin, nails, bones and connective tissue all need collagen to be strong and healthy. But what is collagen exactly? Collagen is the most abundant protein in our bodies, found in our skin, bones, muscles, tendons – even in our blood vessels and digestive system. Collagen helps give our skin elasticity and strength. And it also replaces dead skin cells. The collagen present in our tendons and joints helps hold our bodies together.

It is often part of anti-aging conversations because collagen production naturally declines as we age, resulting in wrinkles and weaker bones and joints. Therefore, as we get older it is important that we consume high-quality collagen sources to help maintain beautiful skin and healthy joints, amongst so many other things.

And whilst we often think that collagen is available to us only through animal products, **many herbs and superfoods can actually help our bodies boost collagen production naturally.**

Herbs that are naturally high in silica, calcium and other minerals all assist in the strengthening and healing of bones and joints. These herbs also tend to have other healing properties that help in reducing inflammation.

Nourishing Herbal Infusions are WEEDS!

ARE WEEDS BAD?

Weeding in your garden? Maybe you shouldn't.

Contrary to our decades-long battle against weeds, such as in lawns and in gardens

...most weeds are around for a (natural) reason.

Could weeds be beneficial to *your* garden?

While gardeners (and farmers, too) can get stuck on having neat, clean, and bare soil come winter— or when their plots are not in use... this can cause erosion during hard rains and floods, which makes you lose topsoil, soil life, and amazing nutrients for your plants next year!

Instead of cleaning up, let some of the low-lying weeds hold the soil in place. The root systems are doing Nature's work underground.

Clumpy weeds like chickweed and ground ivy can be ideal to keep around for this.

Nutrient availability

Soil compaction is the worst enemy of gardeners and farmers.

That means soil is so pressured and hardened that water and roots have a tough time working their way through.

While sprouting weeds around your young plants can be terrible in some ways, they can be amazing allies against soil compaction on the other hand!

Next time you're eyeing some weeds and thinking it's their time to go... ...think twice about if your soil is nutrient deficient, or compact.

Weeds with very long taproots are amazing at paving the way for next year's plants, and these include dandelion, sow thistle, and even cocklebur (a.k.a. burdock).

Helpful cover (and doing the weeding for you!) Yep: you heard me right— some plants can help you cut down on weeding! Especially if you struggle with grasses (the bane of gardeners).... ..there are some plants you should keep around, which can help fight and outcompete these peskiest of weeds such as on garden borders, paths, and right in your lawn (if you're wishing for a more biodiverse lawn, that is).

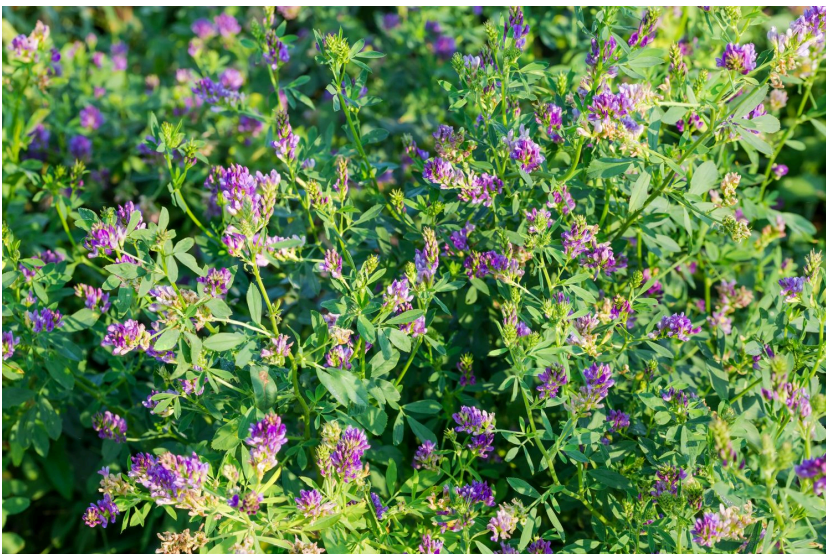
These weeds accomplish this by having wide, thick leaves that overshadow grasses and lateral roots that spread quickly, easily choking out grasses (both horizontally and vertically) if you encourage them to stick around.

Some great examples are (again) dandelion, red (or white) clover, violets, and purslane (which is also delicious by the way!) Oh, and of course, that's another perk too.....many "weeds" are edible, too (but be careful and make sure you know what you're considering ingesting, or speak with a qualified herbalist or native plant expert in your region before you go randomly experimenting).

Are Weeds Really 'Bad'?

A weed is just a name we give a plant for when we don't know its uses.

ALFALFA *Medicago sativa*



Alfalfa: Alfalfa is a nutrient-dense herb that is high in chlorophyll, and contains a wide range of vitamins and minerals, including calcium, magnesium, and potassium. It is known for its potential to support hormone balance, aid in digestion, and promote overall well-being.

Alfalfa means 'father of herbs' and contains lots of nutrients including calcium and vitamin K. But you can use the whole herb for many things like this breastfeeding

Excellent source to reduce blood sugar levels. It is also good to treat hay fever, asthma, the skin, nails, hair, and reproductive system. Alfalfa is also used to treat body odor, bad breath, fever, anemia, ulcers, HBP, diarrhea, C, diabetes, infertility, heart conditions, flu, alcoholism, acid reflux.

Alfalfa leaf is known for its nutritious qualities. This flowering perennial is a member of the pea family and is cultivated worldwide. *Medicago sativa* has been used as a healthful tonic in American folk herbalism, a culinary food in India, and as digestive support in Traditional Chinese Medicine (TCM). Organic alfalfa leaf can be infused as alfalfa tea, added to herbal vinegars.

Well known as a feed plant for livestock, alfalfa has a rich tradition of other uses. In traditional American folk medicine, it has been administered as a nutritive tonic.

Alfalfa provides a nutrient dense hay and is considered the foremost forage plant for dairy cows. It is fed to chickens and rabbits and utilized in gardening and large-scale agriculture. It is a "nitrogen fixer" like many legumes. Alfalfa not only provides healthy nutrients for humans, but it helps to "heal" soil as well and makes an effective "green manure" for providing nutrients to poor soil.

Alfalfa is a less known herb with an incredible high level of nutrients. Its name means "Father of All Foods", in fact it contains a wide variety of vitamins, minerals, protein and essential amino acids and chlorophyll.

Beyond its alkalizing effect, it allows you to reset your metabolism and stay away from different common diseases.

More in details, it can:

- ✓ lower the cholesterol level
- ✓ increase immune system functionality
- ✓ lean the blood

✓ support digestion

Tummy issues.

✓ alleviate allergies

✓ relieve all forms of arthritis

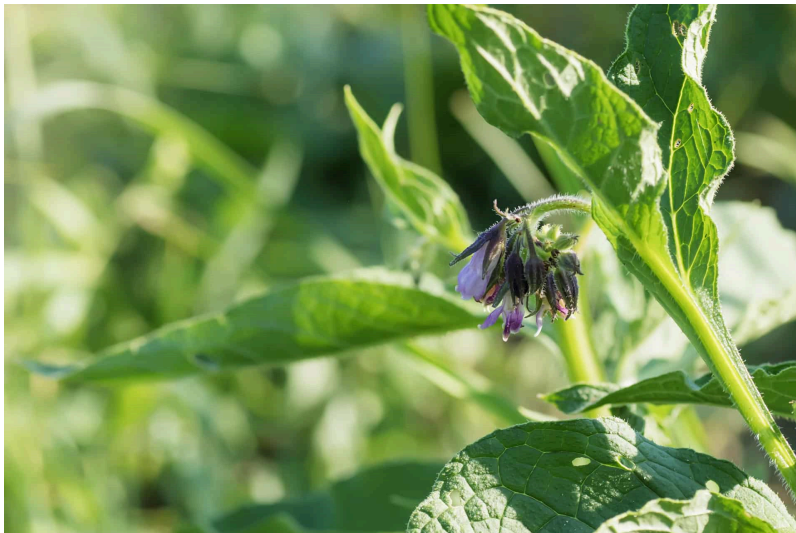
✓ relieve headaches and migraines

You should drink alfalfa tea daily, mixing it with another flavored tea if you prefer, since alfalfa is very mild in flavor. this herb should never be missing, it is one of the biggest secrets for an incredible healthy life!

Precautions

No known precautions.

COMFREY *Symphytum officinale*



Comfrey leaf has a long history of use for its beneficial properties in topical preparations throughout traditional Western herbalism.

Comfrey leaf has been used since Roman times, dating back thousands of years. This herb has been utilized in folk medicine throughout Europe and North America.



Much debate surrounds the safety of comfrey due to various parts and preparations containing potentially toxic alkaloids. It is important to understand that the part used, species, and time of harvest all come into play when determining the safety of this herb. A large body of traditional use supports its safety and efficacy if used intelligently and cautiously.

Precautions

(Legally) Not for internal use. NEVER INGEST THE ROOT. Do not apply topically to broken skin.

Cooling and moistening Building blocks of bone and tissue. Cell proliferant, do not use on open wounds or just after recent surgery.

Comfrey leaf and root contains pyrrolizidine alkaloids that can cause liver damage when ingested internally in large doses. Topical applications of comfrey do not pose this same risk and are generally considered safe.



The Benefits of Comfrey

There are many benefits that comfrey leaf and root can offer as a topical remedy. Topical applications of comfrey can soothe inflammation and decrease pain in musculoskeletal injuries, including sprains and strains. Comfrey also works wonders for easing post-workout soreness or for soothing early morning aches and pains. And comfrey is perhaps most well-known for its ability to promote healing after bone breaks and fractures.

Herbal Poultice with Comfrey

A poultice is basically just mashed up plants: in its simplest form, you mash up fresh plant matter, mix it with water, and apply it topically.

What can I use an herbal poultice for?

People often underestimate the power of poultices, but just as herbs can be used for a wide range of ailments so can this type of remedy. Poultices have been traditionally used to relieve ear aches, tend wounds, ease soreness and swelling, support bone healing, reduce scarring, and so much more. See RECIPE NOTES FOR INSTRUCTIONS.

HORSETAIL *Equisetum arvense* / shavegrass



Horsetail is known as a “bone mender” and has been used in healing practices for millennia. It is remarkably high in silica as well as many other minerals that support its use as a bone strengthening herb and for connective tissue.

Horsetail is one of the oldest plants on the planet - dating back to approximately 350 million years ago. Horsetail

was growing in our landscapes long before the dinosaurs roamed. Today it can still be found along the edges of brooks and fields.



Horsetail or Equisetum arvense is considered a nutritious herb and is infused as horsetail tea and infused into herbal vinegars and tonics. The plant at that time was as tall as a modern palm tree. Horsetail is possibly the most abundant source of silica in the plant kingdom, Anti-aging - The hollow stems and shoots of horsetail are a rich source of naturally occurring calcium, magnesium, potassium and silica crystals. Many of the medicinal properties of horsetail can be attributed to its high silica content. Silica is an essential trace mineral that plays an important role in the development, strengthening and maintenance of healthy bones and teeth. Silica also restores weak connective tissues in blood vessels, cartilage, tendons and in collagen – the body glue that helps hold our skin and muscle tissues together.

Horsetail, Equisetum arvense, is a nutritive mineralizer that has a notably high silica content, which is essential for nail, hair, and skin health, strengthening connective tissue. It can ease pains associated with rheumatism and has an affinity to bone health due to remineralization actions. Energetically, horsetail is a cooling and drying herb that has been used as a diuretic in cases of hypertension.

A common ingredient in shampoos, skincare products, and in dietary supplements. Horsetail belongs to the Equisetaceae plant family.

Horsetail is something you **do not want to eat** because of the texture (high silica content) but you can make tea with it. (Use tea to cook your rice too!) Horsetail contains silicic acids and silicates; potassium, sulfur, manganese, and magnesium. It also contains flavonoids (mostly quercetin), and phytosterols. Due to the high silica content this plant is great for bone, hair, skin, and nail health. Rinse your hair with horsetail tea once cooled! The silica content encourages absorption and use of calcium by the body and also helps to guard against fatty deposits in the arteries.

Horsetail is packed with vitamin C & B-complex as well as minerals such as silica, calcium, magnesium, iron, and manganese. Horsetail contains powerful antimicrobial, anti-inflammatory, antibacterial, and astringent properties that are known to benefit multiple health concerns. It is excellent for strengthening brittle bones, teeth, hair, and nails and it can improve bone density, enhance bone flexibility, and heal fractured bones, pulled hamstrings, and dislocated joints. It has also been shown to aid those with type 2 diabetes by significantly lowering their blood glucose levels within 1.5-2 hours. Horsetail contains natural diuretic properties that can reduce edema, bloat, swelling, water retention, and kidney stones. It is a great source of silica which has been shown to strengthen the connective tissues of the brain, nerve cells, and spinal cord thereby improving memory and helping to prevent memory loss. Horsetail has also been shown to be effective against incontinence, bladder weakness, and urinary tract infections. It is also well known for its anti-aging, anti-wrinkle properties due to its ability to help form collagen and repair damaged skin to produce a more youthful glow.

EDIT FROM LIVE CLASS: Harvest from early spring through summer - Avoid harvesting in late summer as the silica crystallizes in the plant, and we do not want to ingest that.

Precautions: Horsetail is not for use in persons with kidney disease.

NETTLE *Urtica dioica*

"Common or stinging nettles." Pronounced: urtica DI-O-E-KA



Nettles grow abundantly, and were even used in ancient Egypt to alleviate arthritis. Nettles are high in minerals like silica and calcium, and is known for its healing and restorative qualities

Anti-aging - Contain high amounts of calcium, silica and sulfur, which enables it to help boost collagen receptors. Found commonly in beauty products like shampoo and soap, nettle is restorative and is best known for its antiseptic qualities. For centuries, it has been used for hair care, preventing hair loss, promoting healthy, shiny hair, and even nourishing the scalp. Rich in vitamins A, B1, B5, C, D and E, its astringent properties help with tightening the skin, possibly preventing eczema, protecting our collagen receptors, and much more.

Stinging Nettle Family (Urticaceae) have stinging hairs which inject formic acid upon contact.

Usually opposite leaves and occasionally square stems.

Flowers are petalless in long clusters, growing from axils. stinging nettle, wood nettle

QUELLS THE IMMUNE HYPER-RESPONSE

STINGING NETTLE is a ‘most excellent’ herb for all allergies, plus it is a wonderful tonic to the kidneys. Use as tea, tincture, or very nutritious food, especially when the “spring Nettles” are at their best.

For sinus congestion the herb of choice is usually Nettles. This very popular herb is high in minerals, especially iron, and is good at dealing with allergies as well as it's antihistamine properties.

Prostate Health

With Benign Prostate Hyperplasia (BPH), affecting many men as they age, recent studies have found that Nettle is effective in reducing prostate size. It not only reduces the prostate size, it also alleviates the symptoms such as the frequent urge to urinate, painful urination and incomplete emptying of the bladder.

It is thought that the bioactive phytochemicals in Nettle exert a series of complex effects on the prostate. These active ingredients can inhibit the binding of the androgenic steroid hormone to sex hormone binding globulin (SHBG).

SHBG is a glycoprotein that preferably binds to testosterone and estrogen, although it also binds to other sex hormones. It is involved in the transportation of these sex hormones through the plasma and their delivery to receptors in various target organs including the prostate.

When testosterone is unable to bind to this glycoprotein, the prostate receives far lower amounts of the hormone. In addition, testosterone metabolites such as DHT (dihydrotestosterone, also implicated in the enlargement of the prostate), cannot get to the prostate. As a result, excessive androgen stimulation of the prostate is prevented and the symptoms of BPH are relieved. The bioactive lignans present in Nettle Root Extract are believed to be responsible for this effect.

It must be remembered that Nettle leaf works well for inflammation of the prostate (prostatitis) and other inflammation whilst the Nettle root is much better for BPH.

Arthritis

A small, placebo-controlled British study looking at the effectiveness of Nettle for the relief of osteoarthritis pain. Participants who applied stinging Nettle to painful joints for one week reported significantly greater reductions in pain than those who used the placebo.

In another study, scientists used a Nettle Leaf extract to observe its effects on dendritic cells. Dendritic cells play an active role in the initiation of rheumatoid arthritis. Nettle Leaf extract was able to keep dendritic cells from growing, but did not kill the cells. It also reduced the number of protein genes associated with rheumatoid arthritis. Probably the most significant observation in this study was that Nettle Leaf extract had a positive effect against the genes associated with rheumatoid arthritis. Nettle was also able to curb T cell (or white blood cell) proliferation, reducing infection.

Kidney and Gallbladder Health

Nettle has long been known as an effective diuretic, however it also has nephridic qualities – meaning that it can help to break down stones in the kidney and gallbladder, preventing these painful conditions from worsening or requiring those stones to be either passed or surgically removed. Also, as a diuretic, stinging nettle helps to eliminate toxins quickly, thereby protecting against bladder infections.

Herbalists use nettles as an all-round tonic and use terms like ‘they help build the blood’ for people who are run down with low energy, anemic etc. Nettles are not only a perfect balanced iron supplement - essential for healthy blood - they also contain huge amounts of chlorophyll, a molecule very similar to our hemoglobin and Herbalists see an affinity between the two of them. If you suffer from the miseries of hay fever try drinking nettle tea in the months leading up to when you're affected. In the same way they can also help with other allergies and skin problems and a strong tea makes an excellent shampoo especially for darker hair. Even better for you is eating them in the Spring.

Pick the top four to six young leaves - you can use gloves and scissors to avoid getting stung. Harvest from early spring through summer - Avoid harvesting in late summer as the silica crystallizes in the plant, and we do not want to ingest that.

OATSTRAW *Avena sativa*

Oatstraw (*Avena sativa*) is another excellent source of calcium and makes a tasty tea.

Benefits of oatstraw

Faced with intense stress, many people turn to sedative herbs like valerian, hops, or passionflower. A more sustainable choice for your body, however, is oatstraw. Oatstraw is incredibly gentle, nourishing, and doesn't cause drowsiness. Plus, drinking an oatstraw nourishing infusion daily will not only nourish and tonify your nervous system, it will also build healthy teeth and bones because it's high in calcium. These are just some of the many oatstraw benefits.



These minerals are in whole, complex forms, easily absorbed and used by our bodies. It is different from tea and is the foundation for daily herbal nourishment. So, sipping on an oatstraw infusion is not only calming, it's also VERY nutritious.

Is oatstraw a stimulant?

Oatstraw is neither a stimulant or sedative. It is a deeply nourishing, mineral-rich plant that has an affinity for the nervous system. When the nervous system is nourished, you may notice that you have a little more energy and you may be able to sleep better at night.

How long does it take for oatstraw to work?

You'll most notice oatstraw's benefits after long term use. Sure, sipping on a cup of oatstraw tea does immediately bring me a sense of calm, but you'll get the most benefits from oatstraw after regularly consuming an oatstraw nourishing infusion for at least 6 months to a year.

Does oatstraw help you sleep?

Oatstraw is deeply nourishing for the nervous system, and having a well-nourished nervous system is conducive to better sleep. Oatstraw is not a sedative, so it won't have as strong of an effect as sedative herbs like hops or valerian.



RASPBERRY LEAF *Rubus idaeus*



This "woman's friend" friend has been used for thousands of years by Europeans and Native Americans to support healthy menstruation and pregnancy. Can help ease menstrual cramps and heavy periods. Raspberry leaves are a source of nutrients, including B vitamins, vitamin C, phosphorous, potassium, and highly absorbable forms of calcium and iron. The combination of strengthening and nourishing properties makes raspberry leaf an excellent tonic for women. It's best enjoyed as a tasty tea. To brew, put an ounce of dried raspberry leaf in a quart jar and fill the jar with boiling water. Put the lid on and let it steep for an hour or two. Strain. You can drink the tea as it is or feel free to add 1/2 cup of berries and a little honey and lemon. I LOVE it iced.

High in vitamin C, magnesium, and potassium. Raspberry leaf is also recommended to support hormone health. Raspberry Leaf makes an excellent therapeutic tea, packed with calcium, magnesium, iron, vitamin C, and other important nutrients. It's also cooling and astringent, perfect for summer days. Raspberry offers tone and strength to the digestive tract and reproductive organs, and has a high safety profile so is commonly used during pregnancy and all stages of life.

Astringent like lady's mantle and sumac to tone tissue. Long considered a tonic for women, raspberry leaf is widely used to reduce heavy menstrual bleeding and to ease cramping.



Red Raspberry Leaf (*Rubus idaeus*) is a botanical treasure with a long history of use in traditional herbal medicine, particularly in Europe and North America. It has been a staple in women's wellness for generations, with various historical uses:

1. **Women's Health:** Red Raspberry Leaf has been traditionally used to support women's reproductive health. It was valued for its potential to tone the uterus, regulate menstrual cycles, and ease symptoms associated with menstruation.
2. **Pregnancy and Childbirth:** It was often used by expectant mothers to prepare for childbirth. Red Raspberry Leaf was believed to strengthen the uterine muscles, making labour more efficient and reducing the risk of complications.
3. **Postpartum Recovery:** After childbirth, women turned to Red Raspberry Leaf for its potential to aid in postpartum recovery. It was thought to promote healing and uterine involution.

Modern scientific research has provided valuable insights into the potential health benefits of Red Raspberry Leaf, supporting its historical use in women's wellness:

1. **Pregnancy and Labor:** While studies are ongoing, some research suggests that Red Raspberry Leaf may indeed have a positive impact on pregnancy and childbirth. It is believed to tone the uterine muscles, potentially reducing the duration of labour and the need for medical interventions during childbirth.
2. **Menstrual Health:** Red Raspberry Leaf's traditional use for regulating menstrual cycles and reducing menstrual discomfort aligns with its potential to support women's reproductive health.
3. **Antioxidant Properties:** The herb is rich in antioxidants, which play a role in protecting cells from oxidative stress. This may contribute to overall well-being and support women's health.
4. **Postpartum Support:** Some women continue to use Red Raspberry Leaf postpartum to aid in recovery and uterine healing.

Despite what the name would suggest, red raspberry leaves don't taste like raspberry at all. Their flavor is more akin to a fruity, black tea that has a similar flavor to Earl Grey. Red raspberry leaves are sweeter and bolder than leaves used in other teas.

RED CLOVER *Trifolium pratense*



Red Clover is used for dry, irritable coughs, moistens pulmonary tissue and reduces inflammation.

Clover: Both red and white clover are rich in isoflavones, which are plant compounds that mimic estrogen in the body. They may help support hormonal balance, especially during menopause. Clover is also known to support cardiovascular health and improve bone density.

Red clover, *Trifolium pratense*, has a wide distribution making the reddish-pink flowers hard not to come across at some point. It has a naturally honeyed flavor and contains many vitamins and minerals like magnesium, iron, potassium, and more. Red clover is often added to herbal blends for promoting deep nourishment and supporting skin health. Red clover is also a phytoestrogen, so herbalists frequently add it to formulas for hot flashes and preventing osteoporosis.



Druids believed that it could ward off evil spells and witches, while Medieval Christians believed that the three lobed leaves were associated with the trinity and the four lobed leaves as a symbol of the cross. Red clover belongs to the pea family.

