

“Let food be thy medicine...”

Hippocrates ~ 400 BC

How are YOU bumping up your immune system in these virulent times?

**Let Food & HERBS be thy Preventative Medicine!**

Here are a few simple ideas to help keep you and your loved ones healthy and well!



# Disclaimer

This information is not intended to replace the advice from your health care provider but to encourage you to be proactive with your health practices at home, in the kitchen and in your garden to maintain your good health! **If you're immune compromised or catch the virus, please discontinue taking these herbs and consult with your health care provider.**

Even though herbs have been used as food and medicine for millennia, information about the nutritional and medicinal effects of herbs is constantly evolving. I share the most current research I've collected from a variety of respected Herbalists and health practitioners, as well as my own experiences and observations. Over time, with new discoveries, this material will likely change. Stay curious, continue to read and enjoy keeping up with the latest studies and findings.

My goal is to add to your nourishing ways, excite your senses and offer a variety of healthy lifestyle choices in pursuit of optimal wellness. These are some of the ways we enhance our health and vitality, especially when there viruses lurking!



# HOW CAN YOU STAY HEALTHY?

- 🌀 BE ACTIVE!
- 🌀 SLEEP DEEP!
- 🌀 MANAGE YOUR STRESS!

EAT WELL including DAILY:

🍴 PROBIOTIC food/beverages

🍴 PREBIOTIC food

🍴 RAINBOW OF COLOURS with FOOD DIVERSITY

🍴 HERBS, on the side, as preventative medicine

# DAILY PROBIOTICS

## to enhance your microbiome

### FERMENTED FOOD & BEVERAGES

(Buy organic “preventative medicine” if at all possible)

- 🥄 Sauerkraut
- 🥄 Miso
- 🥄 Kimchi
- 🥄 Kefir, plain (WITH fat if organic)
- 🥄 Yogurt, plain (WITH fat if organic)
- 🥄 Kombucha
- 🥄 Natto
- 🥄 Tempeh
- 🥄 Pickles, olives (fermented)
- 🍞 Sourdough bread



# DAILY PREBIOTICS

## to enhance your microbiome

Indigestible plant fibre that feeds your “good” bacteria  
(Buy organic “preventative medicine” if at all possible)

-  Garlic
-  Onions
-  Leeks
-  Dandelion Greens & Rt.
-  Jerusalem Artichoke
-  Asparagus
-  Plantain Bananas
-  Barley
-  Kiwi with peel
-  Chicory Root
-  Oats
-  Apples
-  Cocoa
-  Burdock Root (Gobo)
-  Flaxseed
-  Cassava Root
-  Wheat Bran
-  Seaweed
-  Sweet potato
-  Herbal Infusions

## IMMUNE BOOSTING DECOCTIONS

Decocting nutritious, health promoting herbs is an easy process!

Place a handful or two of dried roots and/or berries in a pot.

Cover with water and boil 30+ mins. with the lid on.

Strain and sip throughout the day, warm, or use broth in these recipes:



### ANTI-VIRAL BREW

Elder Berries

Astragalus Root

Ginger Root

Drink an ounce, warmed, 2-3x/day

### BRUNCH OATMEAL

Astragalus, Oatstraw & Cinnamon

Decoction (5 Cups)

to cook 2 Cups rolled oats

Once cooked, add:

Blueberries

Plain Kefir (ideally organic *with* fat)

Ground flaxseed

Coconut oil

Turmeric powder

(on at least one bite!)

These medicinal herbs should also help to enhance your immune system



# MEDICINAL MUSHROOMS...

(Reishi, Maitake, Shitake and Cordyceps)

- 🍄 are potent adaptogens that enhance immune function in a variety of ways,
- 🍄 strengthening immune system function
- 🍄 reducing inflammation
- 🍄 balancing antibody levels
- 🍄 enhancing internal organ function.
- 🍄 as an excellent preventative tonic







## **PREVENTATIVE MEDICINE BROTH!**

Decoct **MEDICINAL MUSHROOMS**  
Reishi, Maitake, Shitake +/-or Cordyceps

with

**ASTRAGLUS ROOT**

**GINGER ROOT**

**TURMERIC ROOT**

**USNEA**

**LICORICE ROOT**

**OATSTRAW**

**SEAWEED**

**NETTLE**

**THYME**

Simmer for 8-10 hours in a crock pot or soup kettle.  
STRAIN, pour broth into ice cube trays and freeze.  
Melt a cube & take 1 TBSP, 2-3x/day, warm. (NOT cold)  
Swish in mouth & gargle before swallowing.

## PREVENTATIVE CHAI DECOCTION

Brew up this delicious, warming beverage and drink a couple cups daily!

☕ Place astragalus roots , oatstraw/milky oats and/or green tea leaves in a pot.

☕ Cover with water

Add your favourite chai spices:

☕ Cinnamon sticks

☕ Ginger slices

☕ Cloves

☕ Cardamom pods

☕ Star Anise

☕ Fennel seeds

☕ Peppercorns

☕ Dried orange peel

☕ Boil for 30 minutes and add milk (of your choice) to taste.

💖 Inhale the essence DEEP into your lungs as you sip slowly & appreciate the bounty and generosity of herbal delight!



## DRINK NOURISHING HERBAL INFUSIONS!



- ☕ Put a few handfuls (~1 oz.) dried herb in a Mason jar.
- ☕ Pour boiling water over the herbs to the *very top* of the jar and cover.
- ☕ Infuse at least four hours (or overnight)
- ☕ Strain, composting herbs, and drink either cold or hot.
- ☕ Refrigerate any extra for the next day.
- ☕ Sip throughout the day for an immune boosting, nerve nourishing, health promoting beverage.
- ☕ Enjoy 2-4 cups throughout the day!

My favourite health supporting herbs these days include **Holy Basil** (*Ocimum sanctum*), **Stinging Nettle** (*Urtica dioica*), **Hyssop** (*Hyssopus officinales*), **Heal-All** (*Prunella vulgaris*), **Lemon Balm** (*Melissa officinale*), **Linden** (*Tilia* sp.), **Elder flower** (*Sambucas canadensis*) and **Oats** (*Avena sativa*), brewed one at a time, or in a combination of 3. Think positive, grateful, healthy thoughts as you sit, inhale and savour your nourishing tonic.

# Enjoy a member of the **Rose family** DAILY!

- Support your Immune System
- Strengthen your nerves
- Balance your hormones
- Nourish your heart
- High Vitamin C source
- High in Flavonoids
- Delight your senses!










HOW MANY MEMBERS CAN YOU LIST?



# ROSE FAMILY MEMBERS


## Amygdaloideae

stone fruits and relatives (genus [Prunus](#))

-  [almond](#) (*Prunus dulcis*)
-  [apricot](#) (*Prunus armeniaca*)
-  [blackthorn](#) (*Prunus spinosa*)
-  [cherry](#) (various *Prunus* species)
-  [cherry laurel](#) (*Prunus caroliniana* and *P. laurocerasus*)
-  [chokecherry](#) (*Prunus virginiana*)
-  [nectarine](#) (*Prunus persica*)
-  [peach](#) (*Prunus persica*)
-  [plum](#) (various *Prunus* species)

## Maloideae


apple and relatives (genus *Malus*)

-  [apple](#) (*Malus domestica*)
-  [crab apple](#) (various *Malus* species)
-  [cotoneaster](#) (genus *Cotoneaster*)
-  [firethorn](#) (genus *Pyracantha*)
-  [flowering quince](#) (genus *Chaenomeles*)
-  [hawthorn](#) (genus *Crataegus*)
-  [loquat](#) (*Eriobotrya japonica*)
-  [medlar](#) (*Mespilus germanica*)
-  [mountain ash](#) (genus *Sorbus*)
-  [pear](#) (*Pyrus communis*)
-  [quince](#) (*Cydonia oblonga*)
-  [serviceberry](#) (genus *Amelanchier*)


# More ROSE FAMILY MEMBERS

## **Brambles** (genus [Rubus](#))

 [blackberry](#) (various *Rubus* species)


 [boysenberry](#) (*Rubus ursinus*)


 [cloudberry](#) (*Rubus chamaemorus*)

 [dewberry](#) (*Rubus* species)

 [loganberry](#) (*Rubus loganobaccus*)

 [raspberry](#) (various *Rubus* species)

 [burnet](#) (genus *Sanguisorba*)

 [cinquefoil](#) (genus *Potentilla*)

 [lady's mantle](#) (genus *Alchemilla*)


 [mountain mahogany](#) (genus *Cercocarpus*)

 [rose](#) (genus *Rosa*)

 [shrubby cinquefoil](#) (genus *Dasiphora*)

 [strawberry](#) (genus *Fragaria*)

## **Spiraeoideae**

 [goatsbeard](#) (*Aruncus dioicus*)

 [spirea](#) (genus *Spiraea*)

## **Rosoideae**

 [agrimony](#) (genus *Agrimonia*)

 [avens](#) (genus *Geum*)

SOURCE: [The Editors of Encyclopaedia Britannica](#)  
Revised and updated by [Melissa Petruzzello](#),  
Assistant Editor.

# Eat more Garlic and the entire allium family!



**DOUBLE the dose in every recipe!**

# GARLIC

is widely used around the world as an:

- ⑥ Immune system support herb
- ⑥ **ANTIMICROBIAL!** It kills disease-causing bacteria
- ⑥ Effective anti- viral for colds, lung and sinus infections, ear infections and antibiotic resistant pneumonia
- ⑥ Ally to increase our resistance to inFLUenza virus and additional secondary bacterial infections
- ⑥ INULIN/Prebiotic source and digestive system enhancer



MAKE A TASTY  
IMMUNE SYSTEM BOOSTING  
MINERAL-RICH TONIC BY:

- 🌿 soaking peeled garlic cloves in apple cider vinegar (or wine vinegar) for six weeks.
- 🌿 Add a few sprigs of rosemary, basil or oregano for extra flavour and nourishment.
- 🌿 Slice the pickled garlic into soups and salads or serve them on crackers or sandwiches.
- 🌿 Use the vinegar liberally on salads and cooked vegetables.

**Garlic Greens:** Cook a pot of greens (kale, collards, nettle, chard, purslane, rapini...) until cooked through and wilted. While the greens are still hot, add 2-4 cloves thinly-sliced or minced garlic, 2 tablespoons olive oil, and 1 tablespoon tamari or miso. Eat hot or cold.

**Garlic Honey:** Put unpeeled (Important! Leave peels on!) fresh garlic cloves in a small jar. Cover completely with honey. Lid and label. Ready to use in 24 hours.

**Garlic Vinaigrette:** Press 2 large garlic cloves into a jar. Add equal parts olive oil and vinegar... ideally your herbal vinegar! Add salt, pepper and herbs of choice. Shake well and pour over salad or veggies.

# HERBAL VINEGARS



At this snow-covered time of year you'll have to buy herbs at your local market, or support the amazing, local greenhouse efforts at Lufa ([www.montreal.lufa.com](http://www.montreal.lufa.com)).

- 🍷 Fill a jar with dandelion, thyme, rosemary, oregano, shiso or any other aromatic herb.
- 🍷 Cover with apple cider or wine vinegar to the top of the jar, and screw lid tight.
- 🍷 Label and date your vinegar.
- 🍷 Place in a dark, cool place for 4-6 weeks.
- 🍷 Strain, bottle and label your vinegar, and liberally splash it on salads and veggies for an extra dose of minerals and flavour!

NEED HERBS?  
Enjoy primo products from these  
local herbalists:

Blueberry Jams  
[www.blueberryjams.wordpress.com](http://www.blueberryjams.wordpress.com)

Herboristerie Aux 5 Vents  
[www.herboristerieaux5vents.ca](http://www.herboristerieaux5vents.ca)

HERBS on the Side Educational Herb Sanctuary  
[www.herbsontheside.com](http://www.herbsontheside.com)

Naughty Nettles  
[www.welovenettles.ca](http://www.welovenettles.ca)

# With gratitude to my wonderful teachers...

♥ **Bellebuono, Holly** [www.hollybellebuono.com](http://www.hollybellebuono.com)

The Essentail Herbal for Natural Health, Roost Books, Mass. 2012

♥ **Edwards, Gail Faith** [www.blessedmaineherbs.com](http://www.blessedmaineherbs.com)

Opening Our Wild Hearts to the Healing Herbs, Ash Tree Publishing, NY 2000

♥ **Rosalee de la Foret.** [www.herbalremediesadvice.org](http://www.herbalremediesadvice.org)

Alchemy of Herbs: Transform Everyday Ingredients into Foods & Remedies That Heal, Hay House Inc.; 2017

♥ **Gladstar, Rosemary** [www.sagemountain.com](http://www.sagemountain.com)

Herbs for Longevity & Well-Being, Storey Books, Pownal, VT 1999

Family Herbal, Storey Books, Mass. 2001

♥ **Weed, Susun S.** [www.susunweed.com](http://www.susunweed.com)

Healing Wise...The Wise Woman Way, Ash Tree Publishing, 1989

The Wise Woman e-zine

For a ton of herbal information to strengthen your immune system  
and try to prevent the **Coronavirus**:

**Buhner, Stephen Harrod:**

[https://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf?fbclid=IwAR2s3ge2jhvto-nLKr9Rky0cYj4Z6\\_fnXJSK7Fa9yn92TYvmrPBhaWi9kzY](https://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf?fbclid=IwAR2s3ge2jhvto-nLKr9Rky0cYj4Z6_fnXJSK7Fa9yn92TYvmrPBhaWi9kzY)

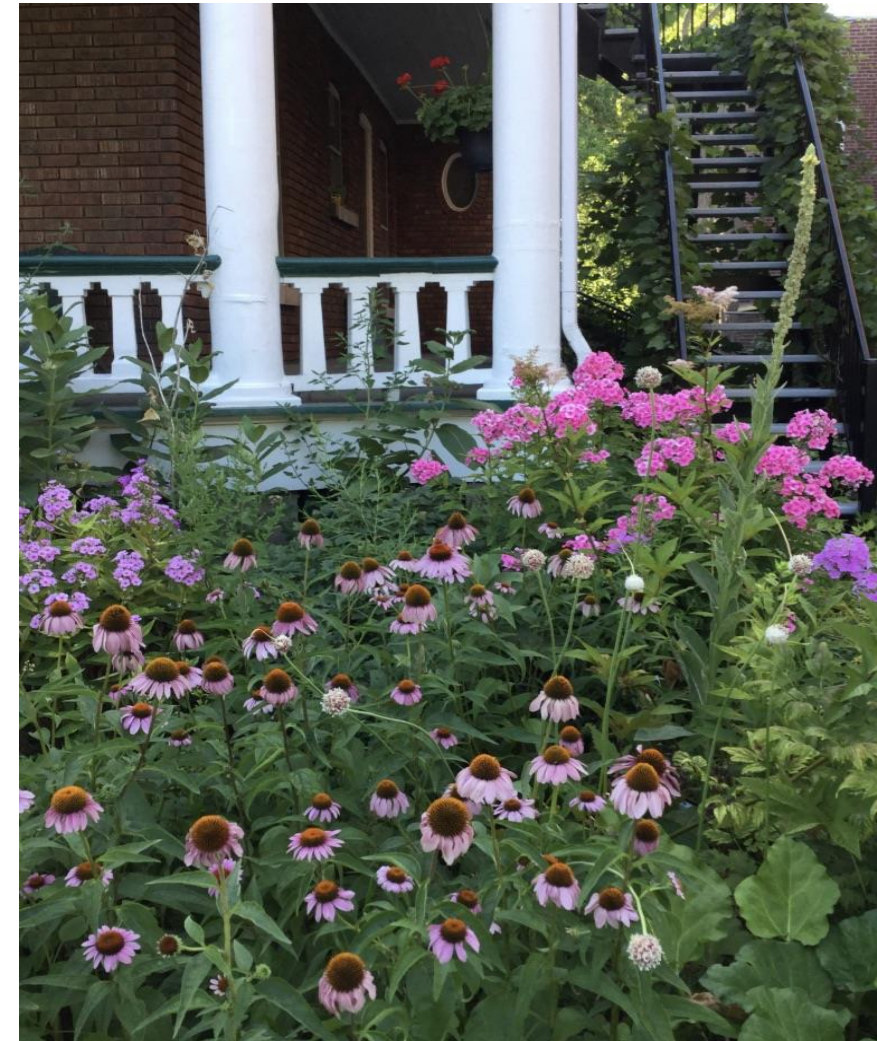
**Gail Faith Edwards:**

[https://www.blessedmaineherbs.com/pecoprcabyga.html?mc\\_cid=daeee787c0&mc\\_eid=eae03e0f0c](https://www.blessedmaineherbs.com/pecoprcabyga.html?mc_cid=daeee787c0&mc_eid=eae03e0f0c)

**Aviva Romm/ 7Song:** <https://avivaromm.com/category/covid-19/>

[http://7song.com/wp-content/uploads/2020/03/An-Herbalist's-Notes-the-on-COVID-19-Virus.pdf?fbclid=IwAR1ac3lw5tMwGbzVry5nCc2U7slk\\_3-V5hwdBU7onM2jkvaWtouOV\\_37b3c&mc\\_cid=daeee787c0&mc\\_eid=eae03e0f0c](http://7song.com/wp-content/uploads/2020/03/An-Herbalist's-Notes-the-on-COVID-19-Virus.pdf?fbclid=IwAR1ac3lw5tMwGbzVry5nCc2U7slk_3-V5hwdBU7onM2jkvaWtouOV_37b3c&mc_cid=daeee787c0&mc_eid=eae03e0f0c)

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LIVE ACTIVELY!  
EAT COLOURFULLY!  
GET OUT IN YOUR GARDEN!!

Interested in **LEARNING MORE ABOUT HERBS**, and how to identify them?

Sign up for  
Intro to Herbalism  
May 27- June 24, 2020  
at  
Ecole Setsuko  
[www.ecolesetsuko.ca](http://www.ecolesetsuko.ca)



[www.herbsontheside.com](http://www.herbsontheside.com)  
**Medicinal Meadow & Educational Herbal Sanctuary**

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**CELEBRATE TRADITIONAL HERBALISM  
at our BILINGUAL MEDICINAL HERB  
FESTIVAL, JUNE 13<sup>TH</sup>, 2020**

MEDICINAL HERB FESTIVAL

CELEBRATE GOLDENROD & Traditional Herbalism

Venez fêter LA VERGE D'OR

with la Guilde des HERBORISTES à Montréal

SATURDAY, LE 13 JUIN

de 13h à 18h

au Grand Potager, at the Verdun Greenhouses

7000, boulevard LaSalle



<http://www.gildedeshherboristes.org>