

Preventing & Caring for Colds & Flu *with medicine from the garden*

Active Living



Wishing you HEALTH & JOY throughout 2019!
Here are a few ideas to keep you & your loved ones
healthy and vibrant this winter!

DIFFERENCES BETWEEN A COLD AND THE FLU

SYMPTOM	COLD ~ contagious viral infection in upper respiratory tract	FLU ~ contagious viral infection in lower respiratory tract
ONSET	Gradual	Sudden
GENERAL ACHES AND PAIN	Slight	Usual, often severe
FATIGUE & WEAKNESS	Quite mild	Can last several weeks
EXTREME EXHAUSTION	Never	Early and prominent
STUFFY NOSE	Common	Sometimes
SNEEZING	Common	Sometimes
SORE THROAT	Common	Sometimes
CHEST DISCOMFORT	Mild to moderate	Mild to severe
COUGH	Hacking/often productive	Mild to severe/ dry/ NP
HEADACHE	Rare	Prominent
CHILLS	Uncommon	Common ~ 60%
FEVER	rare	Common/102-104/3-4 days
COMPLICATIONS	Secondary bacterial infection of middle ear; sinusitis; strep throat,	Secondary bacterial infection of the lungs; pneumonia, bronchitis

How can you avoid getting sick?

SLEEP!

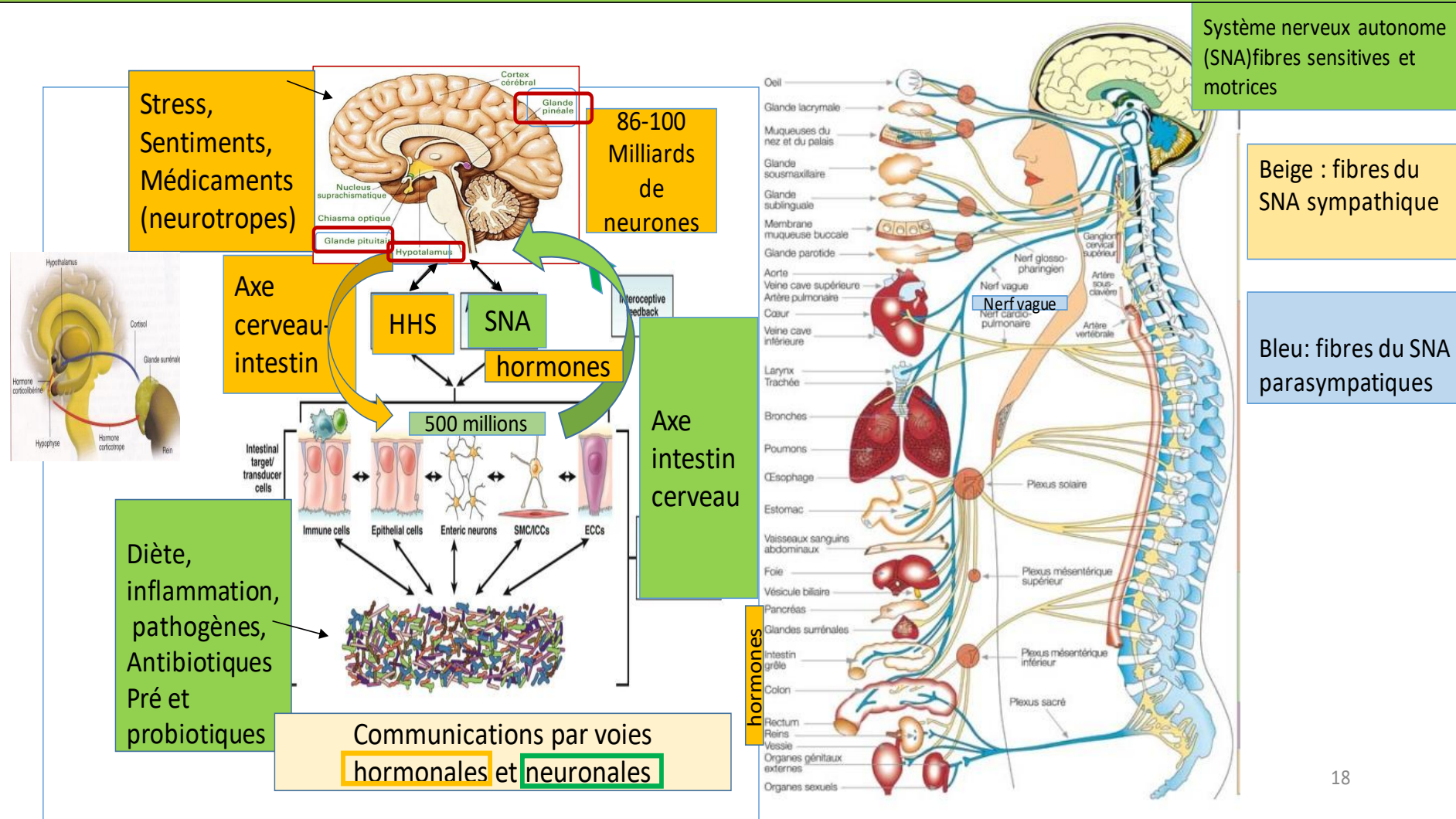
BE ACTIVE!

EAT WELL, including daily PROBIOTIC food/drink

FEED YOUR MICROBIOME WITH PREBIOTICS

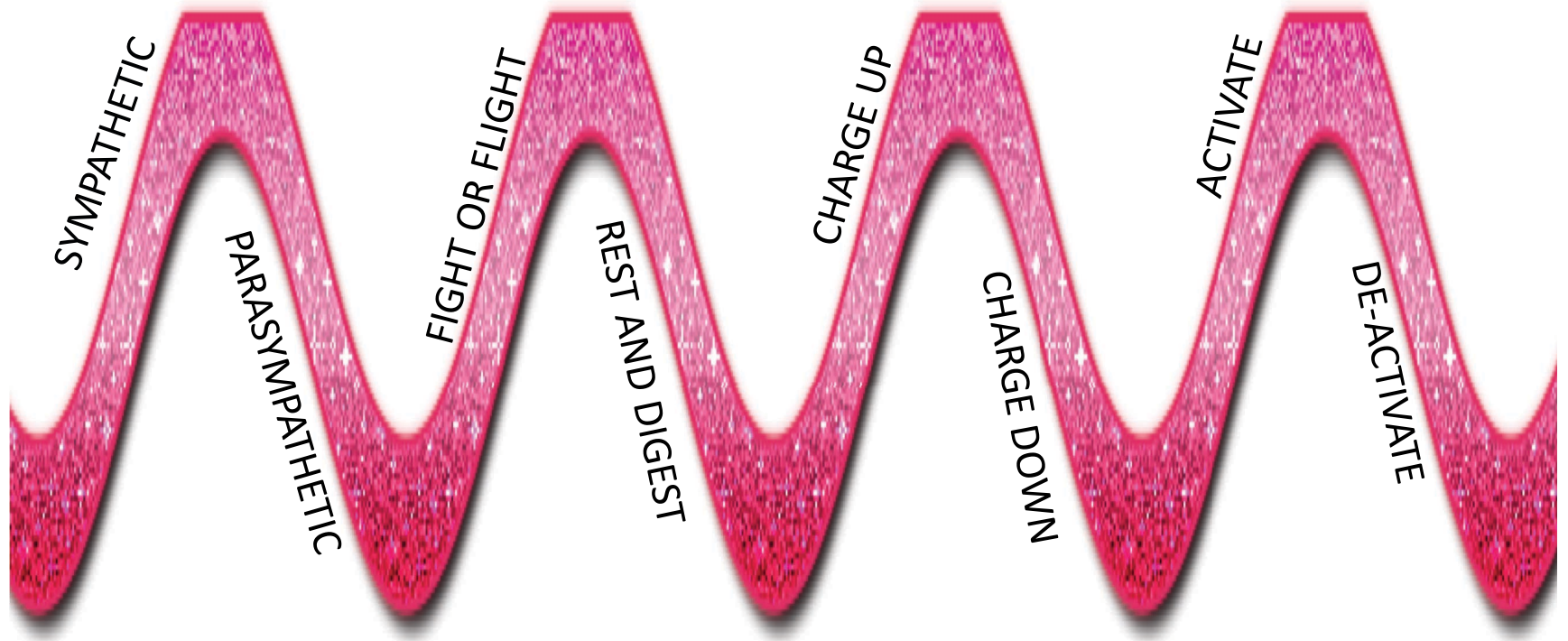
EAT A DIVERSE DIET with RAINBOW OF COLOURS

C'est en passant par l'axe bidirectionnel intestin-microbiotes-cerveau que le microbiome intestinal influence tout le fonctionnement de l'organisme et notre comportement



Jacqueline Lagacé: "Nos choix alimentaires sont plus importants que nos gènes pour conserver ou retrouver la santé"

THE **AUTONOMIC NERVOUS SYSTEM**
is part of our GUT- BRAIN AXIS
which is the biochemical communication between
our **G.I. tract, our Central Nervous System and our Microbiome**



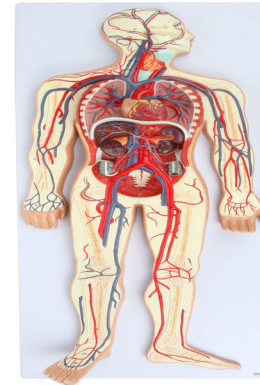
When we're in **FIGHT OR FLIGHT**, norepinephrine gets us ready for action!

Reference: Larkin Bruce, Practices for Stress, Trauma and Resilience Lecture, International Herb Symposium, 2017



IN THE BRAIN:

- 🌀 Arousal increases
- 🌀 Alertness intensifies
- 🌀 Attention focuses
- 🌀 Memory retrieval enhanced



IN THE BODY:

- ❤️ Heart rate increases
- ❤️ Blood pressure soars
- ❤️ Blood flow to the muscles surges
- ❤️ Blood flow to digestive system diminishes

But if you're always in high gear, you *may be* too exhausted to relax into parasympathetic mode...

- ☹️ Digestive function falters
- ☹️ Stress resistance declines
- ☹️ Chances of getting sick increase
- ☹️ Anxiety and panic attacks escalate
- ☹️ Decrease in optimism & emotional resilience
- ☹️ Depression sets in
- ☹️ Inflammation occurs...resulting in poor health



Besides slowing things down, **BUMP YOUR NUTRITION UP!**
BEST practice recommends 8- 10 cup of **PLANT FOOD** every day!!
 Challenge yourself for a week and see how you feel...

FEED YOUR BODY!

FEED YOUR BRAIN!

FEED YOUR MICROBIOME!!!!

Vitamin C	Raw, dried, cooked or frozen fruit, leafy greens, vegetables, culinary herbs, berries, alfalfa, chickweed, dandelion greens, mint, nettles, pine needles, plantain, raspberry leaf, red clover, rose hips, seaweed, violet leaves, yarrow	Boost immune health, antioxidant effect especially on the throat, mouth, cervix, lungs, pancreas.
Beta-Carotene	Brightly coloured fruit, vegies, wild greens	Linked to decreased risk of some cancers and improved immune response.
Lycopene	Berries, cooked tomatoes, apricots, red grapefruit, ketchup!	Protects against cell damage, may decrease risk of some cancers and cardiovascular disease.
Lutein	Broccoli , mustard family, kale, spinach,	Decrease risk of lung cancer, delays onset

Herbal Teas



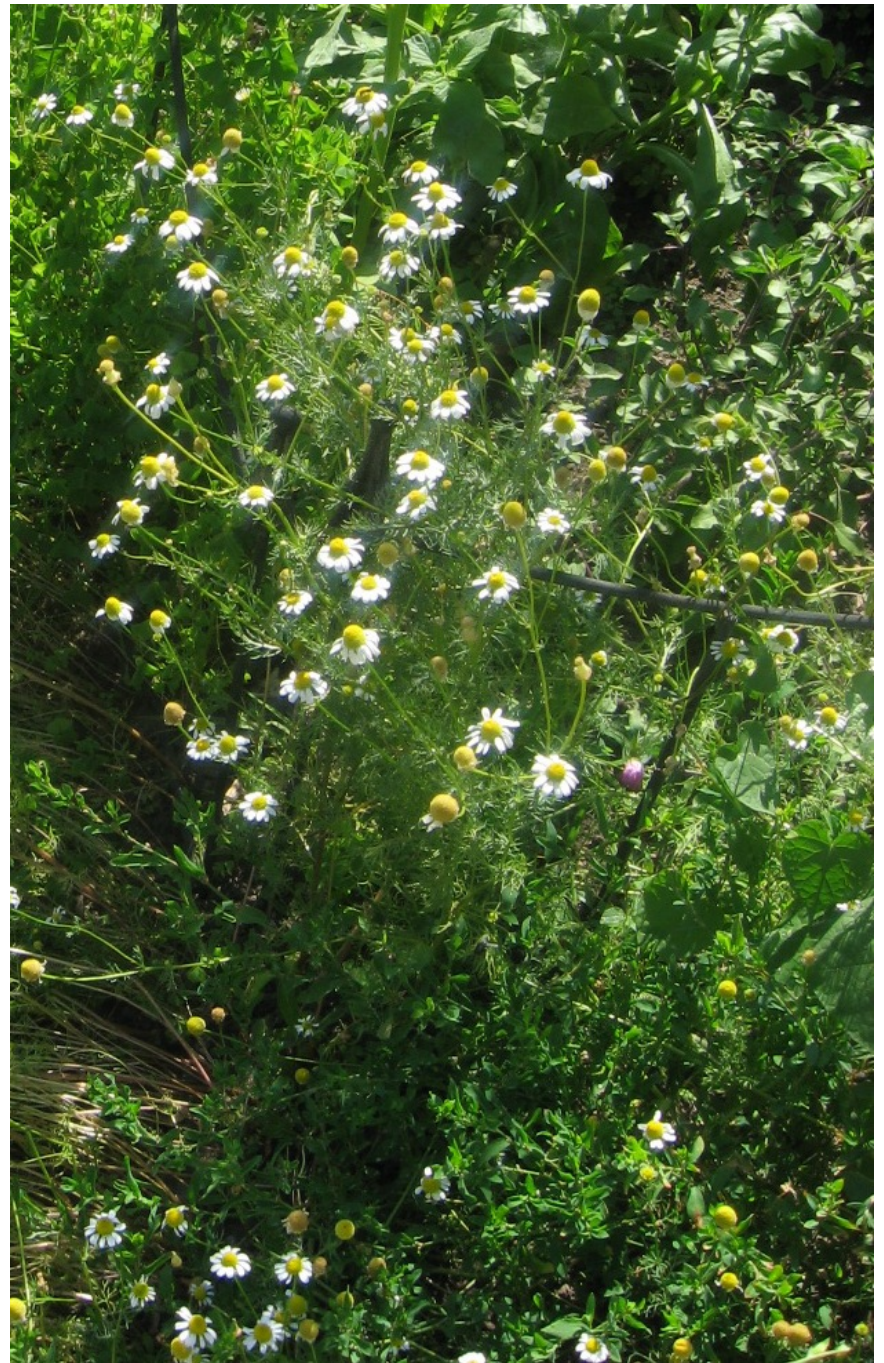
Great Tastes
Traditional Medicinals
Organic Classic Chamomile
Directions: Pour 1 cup of water into a cup and steep for 5-10 minutes.
CAFFEINE FREE HERBAL TEA
MADE IN CANADA
TRADITIONAL MEDICINALS, INC.
SARASOTA, FL 34237

ORGANIC INDIA
CERTIFIED ORGANIC
Tulsi
ORIGINAL
A perfect blend of three varieties of Tulsi leaves.

Organic Biologique
Peppermint
herbal tea · Tisane à la menthe poivrée

Peppermint after meals,
Chamomile when you're
looking for a late afternoon
lift ,Rose petals to nourish
your heart and nerves,
Hibiscus for a dose of Vitamin C

Steep a handful of
dried herb in a cup
or two of boiling
water for 10-15
minutes for a
quick, nourishing
and delicious
beverage.



CHAMOMILE



All Purpose RELAXANT



Mellows you out while
maintaining FOCUS



Helps you CONCENTRATE



Soothes upset stomach



HIBISCUS...

(also called **roselle tea**)

- 🌺 ...is highly medicinal and nutritive herb high in anti-oxidant bioflavonoids
- 🌺 ...general **preventative** against free radical stress in the body
- 🌺 ...is a good tonic tea (especially for people with heart disease and high cholesterol)
- 🌺 ...is also used acutely to relieve sore throat, colds and mouth sores.
- 🌺 has been the focus of many recent studies for its anti-inflammatory, cardio-protective, neuroprotective, and hepatoprotective qualities
- 🌺 is *Hibiscus sabdariffa* in the Mallow family (Malvaceae) which all have demulcent and soothing qualities. Can you name any other mallows?
- 🌺 Is generally cooling to the body so add a little ginger or cinnamon to counter that effect!

ROSES...

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






Nourishing INFUSIONS





 Put a cup or two of dried leaves 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)

 Enjoy a few reheated cups throughout the day..

 OR cool your **herbal infusion** and fill your water bottle with it instead of water.

 My favourite is stinging nettle (*Urtica dioica*) and holy basil (*Ocimum tenuiflorum*) sipped throughout the day for an immune boosting, adaptogenic, nourishing beverage.

AN ADAPTOGENIC HERB...

- ☀ increases our resistance to physical stress
- ☀ increases our resistance to emotional stress
- ☀ modulates our stress response
- ☀ regulates our immune system,
- ☀ our endocrine system and
- ☀ nervous system.

The most popular adaptogen is Panax Ginseng & Eleutherococcus
but we have adaptogenic herbs (Holy Basil) that grow sustainably in our gardens!

Adaptogenic Holy Basil- *Ocimum sanctum*



Tulsi "The Queen of Herbs"

Holy Basil, Sacred Basil



- rich in antioxidants & other nutrients*
- reduces stress ~ adaptogenic properties*
- boosts stamina*
- improves memory and mental clarity*
- enhances digestion*
- strengthens immune system*
- relieves inflammation*
- protects against radiation*

STINGING NETTLE



Stinging Nettle

- 🌿 **Superior Nutrition!** Nettle leaves are loaded with calcium, Vitamin C, potassium, protein, silica and iron.
- 🌿 **Food for your adrenal glands**, which work hard helping us manage stress during these fast-paced times.
- 🌿 **Preventative Medicine!** A good source of antioxidants including beta carotene, selenium and lycopene which boost your immune system
- 🌿 **Restores health to the respiratory, endocrine, cardiovascular, digestive, musculoskeletal, urinary and immune systems.**

With all of STINGING NETTLE'S health restoring properties positively affecting our...

- ④ respiratory,
- ④ endocrine,
- ④ cardiovascular,
- ④ digestive,
- ④ urinary,
- ④ musculo-skeletal
- ④ and immune systems

one would think that surely NETTLES are adaptogenic but according to strict definition, nettles' slightly diuretic effect eliminates that honour!

Cooked young nettles make a wonderful spinach substitute... try some in soup or pesto recipes.



Easy to grow in the back corner of your wild, pollinator friendly garden!



NETTLE TIPS

£1.20

70 g e

Keep refrigerated.



GB-ORG-05 G7061
EU AGRICULTURE

Chegworth Valley
Water Lane Farm
Chegworth
Harrietsham
Kent ME17 1DE
chegworthvalley.com

CHEGWORTH VALLEY

You can buy Nettles at the market in the UK...
without a "WEAR GLOVES!" warning, but PLEASE do!

MEDICINAL MUSHROOMS...

(Reishi, Maitake, Shitake and Cordyceps)

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



Garlic (*Allium sativa*)







DOUBLE the garlic dose in every recipe!

GARLIC

is widely used around the world as an:

- ❖ ANTIMICROBIAL! It kills disease-causing bacteria.
- ❖ effective anti- viral vs. colds, lung and sinus infections, ear infections and antibiotic resistant pneumonia;
- ❖ ally to increase our resistance to inFLUenza virus;
- ❖ immune system support herb;
- ❖ additional secondary bacterial infections preventative
- ❖ source of PREBIOTICS which feeds our microbiome

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 until cooked through and wilted. While the greens are still hot, add 2-6 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.

Other Inulin-containing Roots



Elecampane



Chicory

Jerusalem Artichoke



Other nutritious alliums



HOT CURRIED ONIONS

Great 'preventive medicine' and effective at the onset of a cold or flu.

- Several large onions cut into thick half moons
- Whole garlic cloves, peeled ($\frac{1}{4}$ amount of onions)
- Sauté onions and garlic slowly until golden brown
- Add a very good curry mix and stir in well.
- Cook for another 15-20 minutes and ENJOY!

Curry is a blend of spices that are all highly medicinal and usually contains turmeric, cumin, cayenne, ginger, coriander, and other herbs and spices depending on the blend. Consume liberally!

FIRE CIDER

Fire cider is a powerful remedy for many cold or flu symptoms.

While the exact ingredients of the fire cider vary, the core herbs are onions, garlic horseradish, ginger and cayenne or other hot peppers. So easy to whip together in your kitchen! The end result is a hot and spicy vinegar.

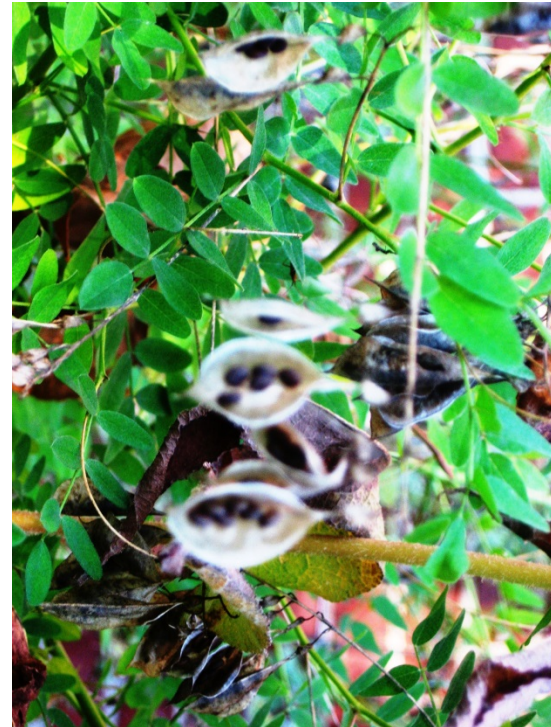
Its spicy stimulating qualities can be used to:

- 🔥 move stuck congestion in the sinuses or lungs
- 🔥 soothe a sore throat
- 🔥 prevent getting an upper respiratory infection.

Fire cider can be taken by the spoonful, or mix into smoothies, hot water, infusions or salad vinaigrettes.

Astragalus...

to nourish your immune system





Use Astragalus Root Broth in porridge and soups



Boil sliced dried roots 20 minutes or until soft.

Lemon Balm – *Melissa officinalis*



LEMON BALM ~ MELISSA

- ✿ Soothing & Calming
- ✿ Anti-viral
- ✿ uplifting lemon flavour
- ✿ Decreases anxiety
- ✿ Enhances digestion
- ✿ Relieves tension and stress
- ✿ Decreases whining
- ✿ Nourishes nervous system



ECHINACEA

Also known as purple coneflower, echinacea is often mentioned as a “cold remedy,” but it’s capable of so much more. This amazing herb contains bio-active compounds similar to THC that relieve anxiety, headaches, and arthritis by regulating the immune system.



Echinacea roots are the most medicinal part of the herb...tincture them in over 50% alcohol.

http://herbsontheside.com/health_prep.php

Anti-Viral Elder *Sambuca canadensis*





Make your own elder flower or berry tincture or syrup, or buy locally produced SURO



YARROW – *Achillea millefolium* -
probably grows in your backyard!





**Gather flowers at their prime to tincture or dry.
Spray tincture on sore throats (or minor cuts!)..**



**...or take a bath in a strong yarrow infusion
to help bring a fever down.**



Thyme SYRUP... for coughs and congestion

Pour one cup near boiling water over two tablespoons dried thyme (or four tablespoons of fresh thyme) and steep for 15 minutes. Strain.

Herbal Chest Rubs or Steams ~ for congestion

Create a tent over steaming bowl of hot HERB water.
Drape towel over your head so no air escapes!

Use fresh or dried plants
EUCALYPTUS
BALSAM FIR,
LAVENDER,
WINTERGREEN
CHAMOMILE

or sit in steamy bathroom
and inhale herb vapours!



We've seen
ELECAMPANE
(*Inula helenium*)
earlier as a PREBIOTIC.

Here she is again as a
cough remedy.

Add a few to the back
of your garden for
aesthetic delight. The
bees love her too!



Elecampane Root ~ Cough Remedy

- 🌻 especially wet, damp, cold, and congested lungs
- 🌻 strongly antimicrobial
- 🌻 strengthens the cough reflex, which facilitates the release of stagnant and stuck mucus from the lungs
- 🌻 used for stuck mucus in the sinuses or post nasal drip.
- 🌻 restores healthy mucus
- 🌻 specific to bronchial infections and was historically used for tuberculosis
- 🌻 exerts a mild influence over lymphatic tissues which can be useful for swollen lymphatic glands of the throat, as well as for the lymphatic tissues in the GI tract

Hypericum perforatum...



...or St. Johnswort, is also antiviral!



AND a wonderful remedy for Seasonal Affective Disorder (S.A.D.)



Don't be alarmed by these little beetles if you
harvest your own SJW...

just another unsuccessful attempt to eradicate
this invaluable and nerve nourishing herb!

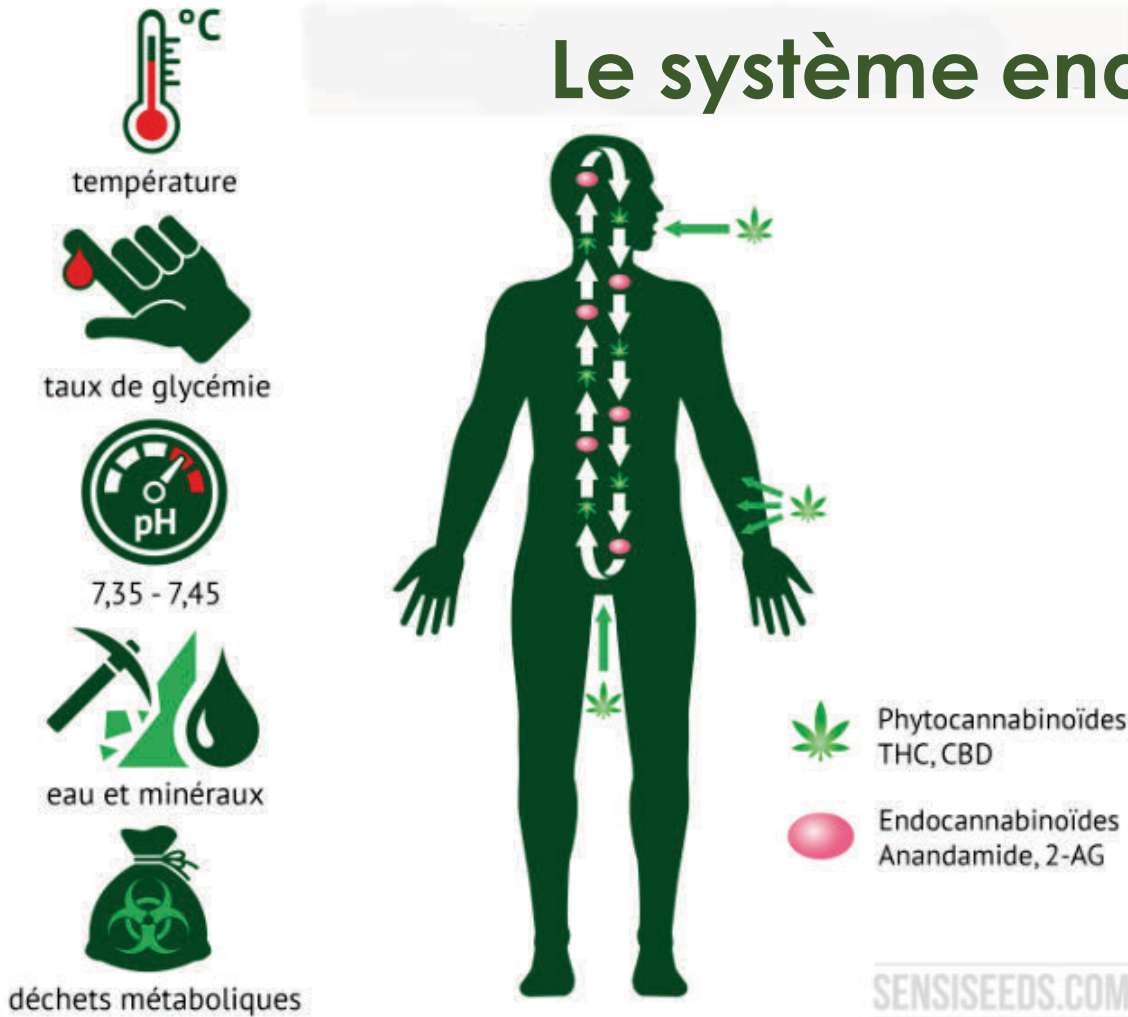


ST. JOHNSWORT

- ✽ *nourishes your nervous system*
- ✽ *is an uplifting antidepressant*
- ✽ *dispels brain fogginess*
- ✽ *balances mood swings*
- ✽ *is an effective S.A.D. remedy*
- ✽ *relaxes muscles*
- ✽ *adds a dose of sunshine to your day*

Our endocannabinoid System also plays a role in our Immune Health

Le système endocannabinoïdes et l'homéostasie



WE MAKE OUR OWN ENDOGENOUS CANNABINOIDS!!!

Les cannabinoïdes

3 types

Endocannabinoïdes
Phyto-cannabinoïdes
Cannabinoïdes de synthèses

Les 2 plus importants ligands

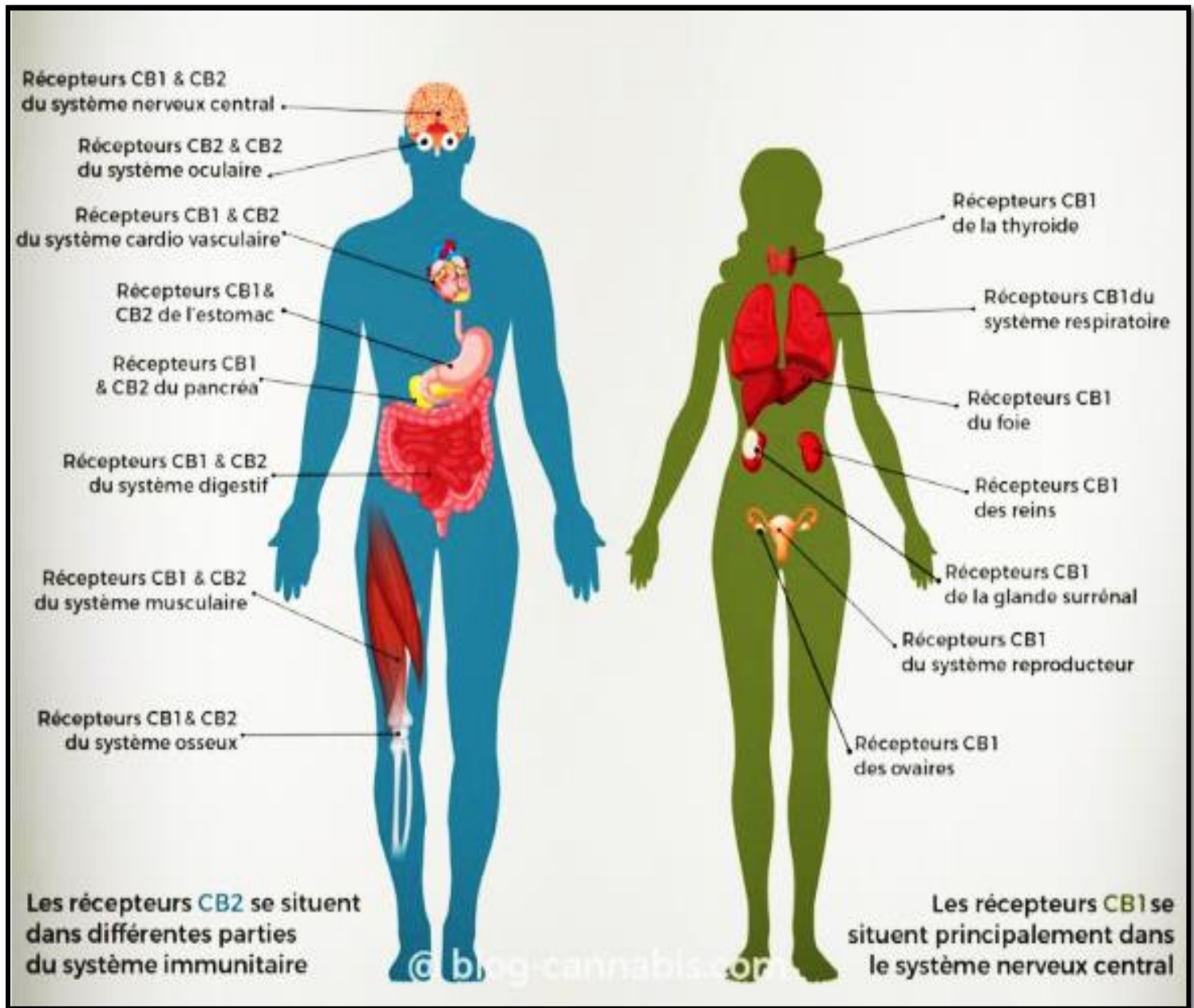
▶ **anandamide**, du sanscrit ananda « félicité » et amide

- ▶ Cognition
- ▶ Coordination
- ▶ Mémoire
- ▶ Appétit et digestion
- ▶ Perception de douleur

▶ **2-arachidonoylglycerol**

- ▶ régulation du système circulatoire
- ▶ vaisseaux sanguins
- ▶ le cœur

Récepteurs



CANNABIS IS JUST ANOTHER HEALING, MEDICINAL HERB,
UNFAIRLY DEMONIZED SINCE IT REPLACED ALCOHOL PROHIBITION




Propriétés des cannabinoïdes

Analgésique	THC	CBD		CBC	CBN		
Relaxant musculaire	THC	CBD					
Anxiolytique	THC	CBD	CBG	CBC			
Antiémétique	THC	CBD					THCA
Antitumoral	THC	CBD	CBG				CBDA
Anti-inflammatoire	THC	CBD	CBG	CBC			THCA CBDA
Réduit la pression oculaire	THC		CBG		CBN		
Augmente l'appétit	THC						THCV
Antibiotique		CBD	CBG		CBN		CBGA
Antiviral		CBD					
Anticonvulsivant		CBD					THCV
Neuroprotecteur		CBD					
Favorise la croissance des os			CBG	CBC	CBN	CBDV	THCV
Antifongique			CBG				
Antispasmodique							THCA
Inhibe la migration des cellules cancéreuses du sein							CBDA



COMMON CANNABIS TERPENES



	LIMONENE	PINENE	MYRCENE	LINALOOL	CARYOPHYLLENE
	CITRUS, LEMON	PINE	MUSKY, EARTHY	FLORAL, SWEET	WOOD, SPICE
AROMA					
	STRESS RELIEF, ELEVATED MOOD	CREATIVITY, ALERTNESS, EUPHORIA	SEDATION, BODY HIGH, RELAXATION	CALMING, RELAXATION	NO NOTED EFFECTS
EFFECTS					
	ANTI-ANXIETY, ANTIDEPRESSANT	ASTHMA, ANTIFLAMMATION	ANTIOXIDANT, INSOMNIA	ANTI-ANXIETY, SEDATING	CHRONIC PAIN, INSOMNIA
MEDICAL BENEFITS					
	SUPER LEMON HAZE, LEMON SKUNK	TRAINWRECK, BUBBA KUSH	WHITE WIDOW, BLUE DREAM	SKYWALKER OG, HEADBAND	WHITE WIDOW, OG KUSH
STRAINS					
	CITRUS PEPPERMINT	PINE, PARSLEY, BASIL, ROSEMARY	MANGO, THYME, LEMONGRASS	LAVENDER, ROSEWOOD	PEPPER, CLOVE
ALSO FOUND IN					

Cannabis Resources consulted and referenced:

<https://video.leafly.com/>

<https://safecanna.wordpress.com/>

<https://www.alchimiaweb.com/fr/new.php>

<https://www.wikileaf.com/strains/>

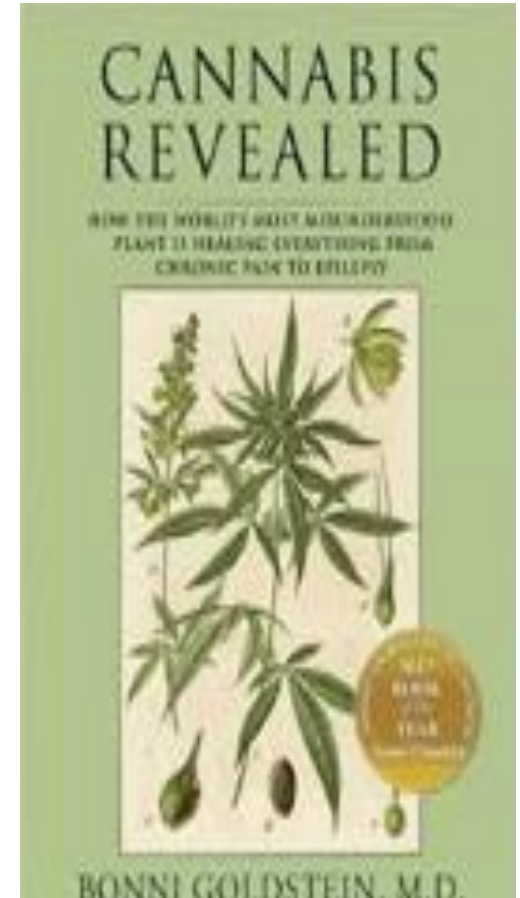
<https://www.sqdc.ca/fr-CA/>

<https://cannalifebotanicals.ca/>

<https://www.cannaweed.com/variete-cannabis/>

<https://www.cannabotanicals.net>

Medicine Making Intensive, The Healing Power
of Cannabis Conference, Vermont, 2018



If you'd like to learn more about HERBS
and how to make your own Herbal Medicine
please contact ECOLE SETSUKO

École Setsuko presents

herbology: introduction to local plants



In this experiential workshop, Monica Giacomin, herbalist, educator and founder of Herbs on the Side, will teach you how to identify and transform plants into food and medicine... using ALL of your senses!

**DATES
TBA**

Investment: \$300

Registration:

ecolesetsuko.ca/workshops



angelica prunella echinacea yarrow hypericum clover comfrey
melissa mullein leonurus stevia coltsfoot poke stellaria
ginkgo dandelion lavendula sage nettle thyme wild oregano mint
chickweed lemon balm burdock valerian root hops hawthorn goldenrod



École d'enseignements de thérapie naturelle

*Part of this class is a lecture; the other part is exploratory,
taking the students on a nature walk...
Let's walk and learn together!*

Join the



The banner is a vertical collage of various medicinal plants. At the top left, there are purple flowers. At the top right, a large orange flower is prominent. In the center, there are white flowers and a pile of white granules. At the bottom left, there are pink flowers. At the bottom right, there are green leaves and brown seed pods. The text 'LES PLANTES MÉDICINALES VOUS PASSIONNENT?' is written in a bold, black, serif font. Below it, 'Devenez membre de la Guilde!' is written in a green, sans-serif font. At the bottom, the website address 'www.gildedeshherboristes.org' is written in a black, sans-serif font. The logo of the Guild of Herbalists is also visible at the top left of the banner.

Le 20 MAI 2019



FÊTE DE LA PLANTE MÉDICINALE
Venez fêter LA PRUNELLE
avec la Guilde des HERBORISTES à Montréal
LUNDI, LE 20 MAI
de 13h à 17h
au Grand Potager de Verdun
7000, boulevard LaSalle

HERBAL TIPS TO BOOST YOUR IMMUNE SYSTEM

Drink nourishing, revitalizing herbal infusions... **stinging nettle, lemon balm, hibiscus** and **ginger**. Simply put a handful or two of dried herb (or fresh grated ginger) in a mason jar. Pour boiling water over your herb of choice to the top of the jar and cap. Let steep overnight and enjoy sipping it hot or cold (put it in your water bottle!) throughout the day.

Eat more **garlic!** Garlic is widely used as an antiseptic, antifungal, antimicrobial herb that nourishes and supports our immune system. Add minced raw garlic or garlic powder to your baked or mashed potatoes, scrambled eggs, pasta sauce, vinaigrette and cooked vegetables, especially kale, swiss chard, nettles, broccoli and spinach.

Boil a handful of dried **astragalus roots** in a pot of water until the roots are limp, about thirty to forty minutes. Strain and use the “broth” instead of water to make porridge, soup, rice, grains or to reconstitute frozen juice.

Add **medicinal mushrooms** to your diet... in your soup, in your bean pot, in your omelets...

If you do feel a sore throat, cold or flu moving in, swish and gargle 20-40 drops of **echinacea root** and/or **elder** tincture, diluted in a sip or two of water, for thirty seconds before swallowing. Repeat a couple hours later or until symptoms subside... and hop into bed early.

Enjoy the winter! Dress in layers and go for a walk on the sunny side of the street. With a joyful heart and grateful spirit enjoy one of the many nature parks to cross-country ski, skate, snowshoe, jog or walk every day or at least two to three times a week! These activities will enhance your endocannabinoid system, just like cannabis, resulting in better health and mood!

Wonderful Herbal Resources

Edwards, Gail Faith www.blessedmaineherbs.com

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

Gladstar, Rosemary www.sagemountain.com

♥ Herbs for Longevity & Well-Being, Storey Books, Pownal, Vt. 1999

♥ Herbs for Reducing Stress and Anxiety, Storey Books, Pownal, Vt. 1999

♥ Family Herbal, Storey Books, Mass. 2001

Weed, Susun S. www.susunweed.com

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

♥ The Wise Woman e-zine

♥ **Rosalee de la Foret**, www.herbalremediesadvice.org

♥ **Daniel Gagnon** lecture, International Herb Symposium 2009

♥ **Natalie Guin**, lecture at the Guilde des Herboristes Colloque, Nov. 2018

♥ **Matthew Wood**, Advanced Herbal Training Course, Vermont, 2006

Enjoy primo products from these
local herbalists:

 Blueberry Jams /
 www.blueberryjams.wordpress.com

 Herboristerie Aux 5 Vents /
www.herboristerieaux5vents.ca

 Herbs on the Side Educational Sanctuary /
 www.herbsontheside.com

 Naughty Nettles /
 www.welovenettles.ca

ENJOY THE WINTER!

Dress in **layers** and go for a **walk** on the **SUNNY** side of the street.

Get outside and breathe deeply.

SLOW DOWN!

With a **joyful heart** and **grateful spirit** **enjoy** one of the many **nature** parks in the city to walk, cross-country ski, skate, snowshoe or stretch at least **three** times a week.