MYHERBS-STORE.COM ISSUE 24

MyHerbs



The Healing Effects of Pumpkin

THE 5 ESSENTIAL RULES FOR HARVESTING HERBS

GROW IT YOURSELF: LOVAGE

PSYCHOSOMATICS: THE KIDNEYS AND THE URINARY TRACT



MyHerbs

SUBSCRIBE TO MYHERBS MAGAZINE

WWW.MYHERBS-STORE.COM
BACK ISSUES IN STOCK

Phone:
+1 (415) 231-3767
magazine@myherbsmag.com

Address:
ACV Publishing LLC
5348 Vegas Dr., #1423, Las Vegas, NV 89108, USA
Please enclose check: 1 yr $29.98, 2 yrs $53.98

My Herbs magazine is published quarterly (4 issues / year),
please allow appropriate time for delivery of the first issue.



Dear fellow herbalist,

Summer is a busy season for us herbalists and gardeners, and yet also a season of well-deserved rewards. Everything in our garden is budding, blooming and growing, and we don't know where to begin. But in the end, after a job well done, we can enjoy the sight of a sunny, well-tended garden bursting with color. That's the moment when we feel that all our effort was worth it.

In this issue of My Herbs, we share a number of tips on growing herbs with you. We'll be talking in detail about lovage, which you'll learn all you need to know about growing on page 30. Or, if you feel like visiting the great outdoors for your herbs, head straight to page 44 to learn all the essential rules for picking remedial herbs in nature. Along with tips on picking and growing herbs, we'll also share with you lots of great culinary and medicinal recipes, as well as knowledge about healthcare, both physical and mental.

My Herbs is here for you. On behalf of the entire editorial team, I wish you a wonderful summer full of joy, sunshine and good cheer.



Ales Vodicka, editor.

Next issue comes out on August 1, 2023



8 Which Herbs to Use Against Gout

16 *Diseases of Civilization:* Gout

22 *Herbal Alphabet:* Rowan

30 *Grow Your Own:* Lovage

36 Herbal Aromas – Potpourri



44 The Rules for Picking Remedial Herbs

50 *Psychosomatics* – Kidneys and the Urinary Tract

56 Tips for Growing Herbs at Home

62 *Food as Medicine:* Pumpkin

76 Homemade Herbal Preparations





Which Herbs to Use Against Gout

If you have acute inflammation caused by gout, you need to go to the doctor, who will treat it with pharmaceutical drugs. Putting ice on the inflamed area is also helpful, along with using certain herbs which for centuries have been a proven remedy to mitigate the effects of chronic gout. And which herbs are they?



Fighting gout? Try herbs!
Five herbs that alleviate gout symptoms
Easy herbal recipes



Common Nettle

(Urtica dioica)

The common nettle, a well-known panacea among herbalists, helps with gout, too. Look for its leaves and stems–ideally those of young plants of up to 8 in. / 20 cm–and try to dry them quickly so that they retain their green color. If you don't want to pick and dry nettles yourself, you can buy them dried at a pharmacy or in an herbal store.

Drinking nettle tea can help the body get rid of excess uric acid, which causes gout. At the same time, it cleanses the blood, helps lower blood sugar, functions as a diuretic, and overall strengthens the organism. The tea treatment should not last more than 5 weeks and should only be repeated after a 3-week break.

NETTLE TEA AGAINST GOUT

You will need:

- 1 tbsp. chopped dried or fresh nettles
- 1 cup of water

Directions:

Pour boiling water over the nettles, leave to infuse for 10 minutes and strain. Drink 3 times a day after a meal.



Celery

(Apium graveolens)

Celery is mostly known as a cooking ingredient, but it also works wonders as a medicinal herb. The most useful and popular way to use it for medicinal purposes is to squeeze juice from its raw tuber. It may not be everyone's cup of tea but in this form, celery has the biggest healing potential.

Celery helps to drain and detoxify the body and supports metabolism. Thanks to this, it helps with kidney problems and urinary tract problems (including urinary stones), and also with rashes and spots on the skin, rheumatism, and gout. It is also considered an aphrodisiac for men. When taken in larger quantities, it can irritate the kidneys and is not suitable for pregnant women.

In case of problems with gout, it is advisable to drink about cup / 50 ml of raw celery juice every day. The treatment should not last longer than 4 weeks, at which point you should take a 3-week break before repeating it.



Horsetail

(Equisetum arvense)



Horsetail is very widespread – you can find it growing in abundance in a variety of places such as gardens, meadows, and verdant fields. Although gardeners consider it an insistent weed that is tricky to remove, it is nevertheless beneficial as a medicinal plant. It is harvested for its green stems from June to September.

Containing silicic acid, saponins, organic acids and many other active substances, horsetail was a very popular medicine even in ancient times. It helps with kidney and urinary tract problems and can relieve kidney and urinary stones. It can also stop bleeding (stomach, uterus, nose) and helps with inflammation of the mouth and tonsils or toothache.

It can also relieve rheumatic and nerve pains, and the pain caused by inflammation of the joints in gout. When used externally, it helps to treat poorly healing and inflamed wounds.

HORSETAIL DECOCTION FOR GOUT PAIN

You will need:

- 4 tsp. chopped horsetail
- 2 cups / 0.4l of water

Directions:

Place the chopped horsetail in boiling water, cook on a low heat for 5 minutes, then cover and let stand for 5 minutes before straining. Drink a cup in the morning and in the evening after meals.



Butterbur

(Petasites officinalis)

Butterbur is a damp-loving plant found mainly on the banks of rivers and ponds. It is somewhat similar in structure to the coltsfoot but the flowers are beige to pink in color. The leaves form ground rosettes and the plant has quite an unpleasant odor. It is the root and rhizome which are used medicinally.

It is used to reduce fever, promote sweating, and is a supportive remedy in the treatment of epilepsy and gout. Butterbur is also used externally – fresh leaves are applied as a poultice on sprains and dislocated joints, on abraded skin, and on wounds that are difficult to heal.

BUTTERBUR ROOT INFUSION AGAINST GOUT

You will need:

- 1 tsp. butterbur root
- 1 cup / 250 ml water

Directions:

Place the root in water and leave to rest overnight. The next day, heat the liquid and then strain. Drink half a cup 3 times a day after meals.





Ash Tree

(Fraxinus excelsior)

As its name suggests, the ash tree is a beautiful ornamental tree that can be found in many parks, arboretums and gardens. It has great mythological significance, having been worshiped by the Celts and appearing in Norse mythology as Yggdrasil, as the tree of the world. This tree can live up to several hundred years, grow up to 40 meters high and is also known for its high quality hardwood.

The bark of the young thin branches and the seeds have been used for medicinal purposes for a long time. Ash can relieve joint pain caused by gout and rheumatism, treat inflammation, lower cholesterol and can also help with diabetes. And that's not all – it also drains and cleanses the body, bolsters the immune system and is good for strengthening the body during convalescence. Nevertheless, ash tea is not recommended for long-term use.

ASH TEA FOR GOUT PAIN

You will need:

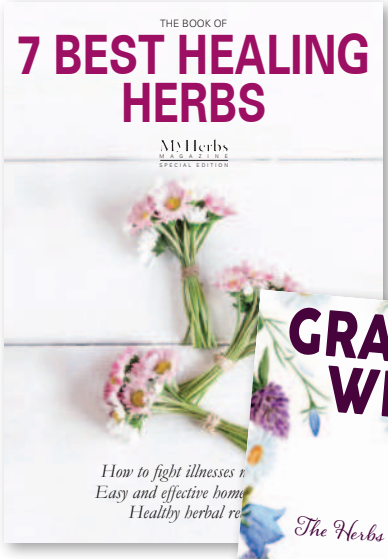
- 1 tsp. chopped young ash bark
- 1 cup / 250 ml water

Directions:

Leave the bark to infuse in water overnight. Boil the water the following morning, ideally for about 4-5 minutes. Then strain. Take spoonfuls throughout the day.



ORDER TODAY
at MYHERBS-STORE.COM

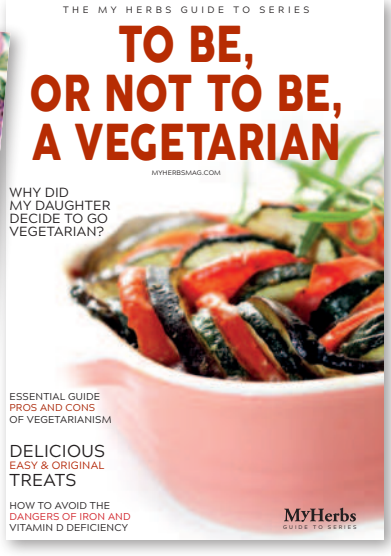


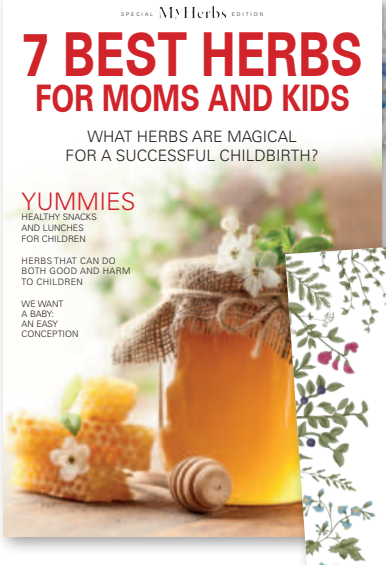


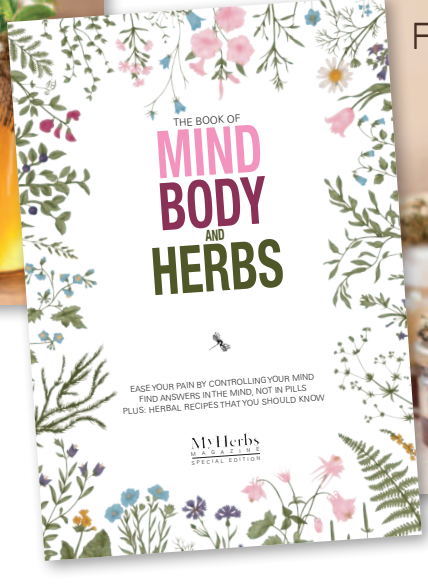
Special Edition of My Herbs Magazine

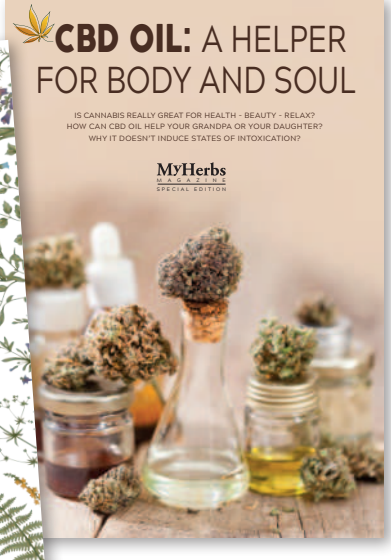
Paper and digital
and back issues too...













Gout

In the modern world, where unhealthy lifestyles are the norm, gout has become one of the most widespread of diseases. It could even be said that all of us are exposed to the risk of contracting it. That's the reason that every time we go for preventive checkups with the doctor, they automatically do a blood test that could detect the onset of gout. But what does it actually mean?



What is gout and how is it caused?
What are its symptoms?
What to eat and what to leave out of the diet when you have gout



Gout is caused when the body loses its ability to metabolize uric acid. The acid then accumulates in the body, especially in the joints, in the form of crystals. Their occurrence results in painful inflammation because of so-called hyperuricemia, which is a term that describes increased levels of uric acid in the blood. This condition occurs because the kidneys start to excrete less uric acid, often because we have supplied the body with too much of it.

Sometimes this condition is triggered by physical shock from an injury or surgery, but excessive consumption of meat, seafood, fructose from sweetened drinks, and alcohol also contribute to it. Conversely, the body benefits from drinking coffee and consuming vitamin C and dairy products.

GOUT CAUSES ACHING JOINTS

The joints of the toes are most commonly affected by gout, but the disease can also manifest itself elsewhere – in the joints of the knees, hands, and ankles. Kidney stones can also form.

The joint becomes red, there is a painful swelling and the joint is very sensitive to the touch, while movement is very difficult. It is the uric acid crystals that cause these problems, which is why the disease is confirmed when these crystals are found when the joint fluid is analyzed at a medical inspection. In the acute phase, doctors usually prescribe medication to help remove the current trouble, and cold compresses on the sore area also help. After that, it is up to the patient to take care of himself.

It is common for people with gout to have trouble sleeping, since the painful joint starts aching the most after they have gone to bed. The reason for this is that we have a lower body temperature at night, and we feel the inflamed, high-temperature area more. Uric acid crystals can accumulate around the body in deposits we call “tophi” when the disease is worse. These then give rise to chronic arthritis.

SYMPTOMS CAN BE AVERTED BY A HEALTHY LIFESTYLE

Fortunately, gout and its manifestations can be calmed quite well through your own efforts, although it is sometimes hereditary. A great deal depends on how we eat, what we drink, and our overall lifestyle. For example, higher alcohol and food consumption is a typical



cause, as is obesity. In most cases, gout develops as a side effect of metabolic syndrome – a combination of obesity, high blood pressure, diabetes and high cholesterol.

Gout has plagued people since antiquity, with the first references to it dating back to the 3rd millennium BC. Cases of gout have increased over recent years, especially in the Western world, where people are more prone to overindulgence. Not without reason was this disease in the Middle Ages called „the disease of the rich" or „the king of diseases and the disease of kings". People who live frugally do not have to worry about it as much.

WHAT TO EAT AND WHAT NOT TO EAT DURING GOUT

Although it may seem like it at first, starvation is not advisable to treat gout. Instead, adopt a healthy and balanced diet and combine that with a proper drinking regimen. Patients should avoid aspirin, as it causes uric acid to be retained in the body and, as such, worsens the condition.

Meat, offal, game, poultry, seafood and legumes should all be reduced. Omega-3 fatty acids are great additions to your diet, as they bring relief from inflammation and therefore reduce the painful symptoms of gout. It is a good idea to increase your intake of vitamin C, both directly from fruit and in supplements.



WHAT HERBALISTS AND COMMON SENSE ADVISE

Fruit juices and vegetables rich in vitamins are also suitable, although asparagus, cauliflower, mushrooms, peas and spinach should not be eaten in larger quantities when suffering from gout. Drinking black coffee is also helpful, though avoid black tea and opt instead for herbal teas. According to folk herbalists, leeks, celery and cherry compote can help.

Essentially, if we get enough exercise, eat a balanced diet full of vitamins, and make sure we have sufficient fluid intake (fruit and green teas, and pure water), we will greatly reduce the risk not only of gout, but also of obesity, high blood pressure, high cholesterol and other diseases of civilization. Everything in the body is related to everything else, and it is up to us how we approach our health.



DIGEST WELL, FEEL GOOD

*Herbal capsules * No chemicals*
*100% Natural * Immediate effect*

ORDER TODAY
MYHERBS-STORE.COM/OLS/PRODUCTS/DIGESTIVE

1 month supply - 90 capsules $29.99
3 months supply - 3x 90 capsules $59.99 - save $29.98
5 months supply - 5x 90 capsules $99.99 - save $49.96

SAVE
$49,96
-33%



- ***Sweet flag*** *supports digestion and digestive tract function.*
- ***Anise*** *supports the function of the intestines, digestive tract, and digestion.*
- ***Chicory*** *supports liver and gall bladder function, improves digestion.*



Rowan

(Sorbus aucuparia)

Every fall, the bright orange fruit of the rowan tree light the way along many roads and paths. However, rowan fruits are not only a colorful sight to please the eye; they can also bring relief from health problems thanks to their interesting medicinal properties.



Rowan – the protective plant of the Celts and the Germans
The healing effects of rowan – take the leaves, flowers and fruits
Recipes from rowan – medicinal teas and marmalade



Rowan is a fascinating plant. It is known to have been of interest to some great historical figures, such as the 18th century German empress Maria Theresa, who was known to be very fond of it and insisted that it should be planted widely across the Habsburg empire, especially at higher altitudes. As an herbal enthusiast, she knew well that it would thrive there, as it is undemanding and will be content even with nutrient-poor soil. What it does need, however, is plenty of sunlight.

A PROTECTIVE PLANT FOR THE CELTS AND GERMANIC TRIBES

Rowan doesn't serve as a source of healing and nourishment only for humans; birds are also often seen to feed on it, which is why it was once used as bait for hunting. Historically, Rowan was attributed magical properties, such as by the Celts, for whom it was highly revered and seen as a protector against evil forces and infertility. It was also thought by ancient Germanic tribes to provide protection from dark forces, and so they dedicated the tree to the god Thor.

PROTECTION FROM THE DEAD AND MAGICAL POWERS

Superstitious peasants used to hang rowan twigs over cowhouse and stable doors, believing that this would protect their animals from spirits and disease. In Ireland, people planted rowans in graveyards in the belief that this would keep the dead in their graves and prevent them from coming out.

The magical powers attributed to rowan were probably because of their bright red color, which was thought of as full of energy and powerful in fighting evil forces. Rowans richly covered with red-or-ange berries, which people discov-

ered also had healing powers, were undoubtedly inviting to such ideas.

WHITE BLOOMS, RED-ORANGE FRUITS

Rowan is a shrub or tree that often grows up to 50 feet / 15 meters tall. It has deciduous trailing leaves and blooms in May and June with tiny white flowers that form a profuse inflorescence. The florets develop into small orange-red berries. They are tart and have a taste and smell that resembles apples.

The berries are harvested from October to November. They are first dried in the shade and later in the sun. Their bitter taste disappears when they are frosted or after soaking overnight in water and vinegar.

THE BERRIES NEED TO BE COOKED

In any case, rowanberries must either be dried or cooked before consumption, as they contain parasorbic acid, which is slightly poisonous. Failing to do this could cause nausea or, in some cases, vomiting. Eating a larger amount of the raw berries could cause poisoning.

This risk can be avoided if the berries are cooked. This is certainly not a chore, as they are far tastier that way and all the treatments for which they are suitable (tea, marmalade, etc.) involve boiling.

HIGH CONTENT OF VITAMIN C AND OTHER ACTIVE SUBSTANCES

Rowanberries are rich in organic acids and have significant amounts of vitamin C, sugar, pectin, sorbusin (a type of carotenoid), tannins, bitter substances and essential oils. Thanks to their biologically active components, eating rowanberries or preparing an infusion with them helps to strengthen immunity, improve appetite, and suppress any tendency towards stomach upsets. They also promote the production of gastric juices.

Another beneficial effect is the effective treatment of kidney and urinary tract diseases and, since they contain lycopene, they destroy free radicals. This both slows down the aging of the body and is a preventive measure against cancer. Rowan is also useful for inflammation of the upper respiratory tract, or for hoarseness and loss of voice, in which case it's best to drink tea made from the leaves.



FLOWERS THAT HEAL, AND BERRIES RIPE FOR COOKING

The flowers also have their uses. Since they contain phytohormones or, more precisely, estrogens, which are similar to female sex hormones, they can help with difficult menopause, menstrual disorders and infertility treatment.

Rowanberries also have a wide range of uses in the kitchen, so it is possible to combine eating them for medicinal purposes with eating them as a treat. They serve as a substitute for the less available cranberries and are used to make marmalade, tea, juice, cider, wine, and liqueurs. They can also be burnt like plum brandy, resulting in rowan brandy. This brandy is made from a particular species of rowan, known as service tree (Sorbus domestica).



Rowan porridge against diarrhea and constipation

You will need:

- 1 tsp. rowanberries
- 5 cups / 1.2l water

Directions:

Put the rowanberries in a pot of water, bring to a boil, and simmer gently until they are soft (about 30 minutes). Mash the berries and stir them in a cup of lukewarm drinking water. Eat one tablespoon before meals 3 times a day until the discomfort subsides.

Rowan tea against stomach problems



You will need:

- 1 tsp. rowanberries
- 5 cups / 1.2 l water

Directions:

Put the rowanberries in a pot of water, bring to a boil, and simmer gently until they are soft (about 30 minutes). Dry the rowanberries and grind them, or put them in a blender or, as our grandmothers once did, in a mortar. Add them to 1 cup / 200 ml of boiling water and leave to infuse for 15 minutes. Strain and drink twice a day on an empty stomach.

Rowan leaf tea against colds and hoarseness

You will need:

- 1 tbsp. chopped dried or fresh rowan leaves.
- 2½ cups / 600 ml water



Directions:

Pour boiling water over the leaves, cover, and leave to infuse for 10 minutes. Strain and drink 3 times a day after meals.

Rowanberry marmalade

You will need:

- 2 lbs. / 1 kg rowanberries
- 2 apples
- Juice of one orange
- 2 lbs. / 1 kg gelling sugar
- 2½ cups / 500 ml water

Directions:

Pick the rowanberries from the stalk and wash them properly. Put them in the freezer overnight to get rid of the bitter taste. The next day, put them in a saucepan, cover them with water and simmer until soft. Then add the peeled, cored, chopped apples, and cook until a homogeneous mixture is formed. Strain through a sieve. Mix the resulting purée with orange juice and bring to a boil. Gradually add gelling sugar and continue to cook until the mixture has thickened. It is ready when you can drip a little of the marmalade on a cold plate and it solidifies. Pour it into well-washed jars and place them upside down when closed.





GROW YOUR OWN:

Lovage

(Levisticum officinale)

In the past, lovage was widely cultivated and much more popular than it is today. And yet, with its intense aroma, it makes for a great ingredient in a wide variety of dishes, and is also a powerful healing herb thanks to its diuretic properties and ability to aid digestion.



Lovage – the bigger brother of celery
Ways to use lovage
How to grow a big and healthy lovage
Lovage tea for getting rid of excess water



Lovage is a striking, sturdy plant that grows up to 6½ feet / 2 meters tall. Its scent is similar to that of celery or parsley, but far more intense. In some European cultures, it's popularly known as American celery or green Maggi (after the Swiss, umami-tasting seasoning called "Maggi"), which says a lot about the ways in which it can be used.

SMELLS LIKE CELERY, LOOKS LIKE CELERY, BUT ISN'T CELERY

Lovage is native to Afghanistan and Iran but you can find wild specimens in southern Europe, too. In most of the western hemisphere, it is grown in gardens. It has a strong branching rhizome and deep roots. The flowers are quite inconspicuous, as is common with myrrh trees, and they bloom in July and August. The leaves are also celery-like in shape.

Lovage has a number of uses in the kitchen, where it is used wherever celery or parsley leaves are typically used. It's ideal when you want to take advantage of its strong aroma – in soups, sauces or salads, for instance. The young leaves are especially delicious in a salad.

THE LEAVES AND ROOTS HEAL



For medicinal purposes, the root, the rhizome, or the root along with the rhizome, are used. They should be taken in the fall of the 2nd or 3rd year of the plant's life. Both the leaves and the rhizome should be washed and dried right away. The use of lovage in medicine has a long tradition, having been used in both ancient and medieval times. Due to its high content of essential oils, vitamins and other active substances, it helps with a wide range of health problems, although pregnant women and children should avoid it, and it should not be consumed for long periods of time.

A DIURETIC THAT CLEANSES THE BLOOD

Lovage is used for problems with the urinary tract, bladder and kidneys, and also for swelling, since it is a diuretic. It also has a good effect in treating stomach and intestinal problems, including, for example, dissolving gallstones. Those undergoing treatment for urinary and kidney stones may notice that lovage is often included in tea blends that are designed to help with these issues.

Because it purifies the blood, it promotes improved circulation and thus helps prevent gout and rheumatoid arthritis. It also strengthens crippled nerves and has an effect on the sexual organs – it harmonizes menstruation and increases libido. It can also be used externally by bathing, where it can heal poorly healing wounds, or by poultices applied on pigment spots on the skin, which it can lighten.

HOW TO GROW LOVAGE

Lovage is an undemanding plant



that can survive even in harsh, mountain climates. It is a perennial plant that you'll enjoy in your garden for a long time, so there's no need to plant it every year. The seeds germinate rather poorly and slowly, so it's much easier to buy a young plant and plant it in a suitable habitat.

The soil should be rather moist (but not wet or muddy) and should not be impermeable or clayey.



When planting, it's sufficient to put a shovel of compost in the bottom of the hole in which the seedling is placed; fresh manure is not appropriate as lovage doesn't like it. Make sure you dig the planting site well before planting, and expect the plant to grow very wide. You will therefore need to make sure that it has plenty of space around it.

Lovage is not sensitive to breezes or cold temperatures, and prefers sunny or slightly shaded sites. If the weather is hot, then regular and abundant watering will do it good.



If you don't have a garden or want to have it quickly to hand, you can also grow it on your balcony, but a deep pot is essential – its root ball is really quite large. The following year, you can multiply your lovage by taking the plants that have separated from the clump. Each of these can form the basis of a new specimen.

WINTERING LOVAGE

A plant that grows in a bed overwinters very well, as low temperatures do not cause it any problems; just make sure to trim the stems. If you keep your lovage in a pot, bring it into a cool room for the winter to give it a winter rest. This can be finished as early as March or April. When you renew the watering, you will see that the young succulent leaves soon appear.

Lovage infusion for getting rid of excess water

You will need:

- 1 tbsp. chopped lovage root or leaves
- 2½ cups / 500 ml water

Directions:

Pour boiling water over the lovage, cover, and leave to stand. Drain after 10 minutes and drink one cup of the infusion in the morning and another in the evening, before meals. Do not take for more than 2 weeks. The infusion isn't suitable for children or pregnant women.





HERBAL AROMAS

—

Potpourri

It is not only medicinal properties that make herbs special; they can also be used as decorations that bring a more pleasant atmosphere to your home. The various kinds of potpourri are a great help in this regard, and you can easily prepare them on your own. You will use herbs picked in nature or your own garden, and you can prepare whichever aromatic mixture your heart desires. A homemade potpourri can also work as a wonderful and yet inexpensive gift.



Potpourri – a traditional home aromatic
What is potpourri made from?
How to make your own potpourri: the right blooms, spices and aromatic leaves

What exactly is potpourri? The translation from French is, admittedly, a little off-putting, as it means „rotten pot". But we really don't need to worry about that. It refers to a container with dried aromatic herbs and spices, sometimes enhanced with essential oils. This harmony of fragrances fills your home and makes it even cozier.



FIRST DROWN OUT UNPLEASANT SMELLS, AND LATER ENJOY THE AROMA

The history of potpourri is as long as the desire of people (particularly women) to beautify their homes. In the Middle Ages, however, its purpose was to drown out unpleasant smells, which at the time were no doubt fairly common. This habit spread from France to England, and then further across the European continent. In the 19th century, potpourri gained a popularity so great that it was in every better-off house, and played an integral role in middle-class culture. Potpourri was placed in rounded earthenware vessels or porcelain, similar to vases, which had lids pocked with holes through which the scents could escape. In order to further intensify the aroma of the ingredients, the container was usually placed near a fireplace or stove.



A SIMPLE, NATURAL, AND EFFECTIVE DECORATION

Nowadays, potpourri lovers usually have their fragrant mixture placed out in the open, stored in a nice ceramic or wooden bowl, or hung in a decorative breathable bag. But there are more options! We can create potpourri in many different forms – not just as a simple mixture of herbs in a bowl, but also in the form of a scented ball, a wreath, a garland, a scented pillow, a dried bouquet or anything else that comes to mind. It's simply a case of what you prefer and what you have the ingredients for.



What Is Potpourri Made From?

The different components of a potpourri serve different tasks. It contains flowers that add color or scent, along with scented leaves, spices, and scent-fixing agents. Pieces of dry wood are also added to the mixture, which may not always be aromatic at first, but have a decorative purpose – they can be colored with artificial dyes in interesting ways and scented with fragrant essences. Other items are also added to make the potpourri more visually appealing, such as various ribbons, beads, and so on.

The basics are shavings from fragrant or decorative woods (juniper, cedar, cypress), various fragrant herbs in the form of both flowers and sprigs (lavender, reseda, rose, marjoram, oregano and others), fragrant fruits, and seeds and spices (cinnamon, clove). Citrus slices or pieces of citrus peel are an irreplaceable component that can be used both for decoration and for scenting. Essential oils can be dripped into the mixture and are also excellent for enhancing the aroma.



HOW TO PREPARE A POTPOURRI

It is always important to aim for a balanced and harmonious final mixture, where one aroma doesn't overpower the others. That is why you should think about the concentrations of oils and be very careful with the strong ones. You can dry the herbs throughout the year as they mature in your garden.

OPT FOR AROMATIC BLOOMS

Rose flowers (individual petals or small buds) and lavender are most often used for fragrance. Lavender blooms should be used before they are fully developed as they then hold their shape better.

Carnation, hyacinth, jasmine, lily of the valley, lilac, violet, orange tree and lilies also smell wonderful.

BLOSSOMS AS EYE CANDY

For a splash of color, you can add chicory, cornflower, calendula, poppy, forget-me-nots, daisy, sage, strawflowers, and even blooming willow branches to your potpourri.

AROMATIC LEAVES

The aroma of fragrant leaves is often even stronger than the aroma of blooms. They are dried whole, but they are broken or crushed into the mixture. Basil, tarragon, marjoram, lemon balm, woodruff, mint, rosemary and laurel are all great options.





SPICES

This is where you have to be careful, because these ingredients can have a really strong aroma. Use roughly 1 tablespoon per 34 fluid ounces / 1 liter of the mixture, and crush the spices in a mortar – that way you will get the strongest aroma. Anise, star anise, cinnamon, ginger, parsley and angelica root, nutmeg, dill seeds, cloves, or coriander can all be used.

FRUIT PEELS

These too belong to the most fragrant ingredients you will use. The peel should be dried well before use, and the pith should be peeled off before drying. The dry peel is pounded in a mortar or chopped into small pieces. For this, all citrus fruits work very well.

AROMATIC OILS

If we need to support a scent or revive an older potpourri that has lost some of its aroma, we can turn to aromatic oils. But pay attention to the dosage so as not to overdo it – just a few drops will always be enough.



MIXING THE INGREDIENTS

Mix all the ingredients and store in a closed container for several weeks. There, the ingredients combine and the mixture matures. If opened too soon, you may not like it at first, but usually it is enough to wait a few more weeks: the result will be a fragrant harmony. The approach to any particular mixture depends on the creativity of anyone who sets out to create a potpourri.





The Rules For Picking Remedial Herbs



When you want a remedial herb to provide as much of its magical energies as possible, you can't just cut or pick it whenever you like. You will need to follow magical (and practical) rules that will ensure the given herb will retain as many remedial properties as possible, thus maximizing the beneficial effect. So, what are these rules?

The remedial herb picking mindset
The five essential rules to maximize the effects of herbs
The effects of moon phases on herb effectiveness
When to pick blooms, leaves, fruits and roots



It could be said that everyone who picks herbs prepares for the act differently and in their own way, but the basic rules are the same. It is always necessary to attune yourself first – a Native American shaman does this by means of a sauna-like ritual and chanting; a Central European herbalist prays fervently to God and focuses on what signs were sent to them in a dream or through omens.



THE PICKER MUST PREPARE AND ATTUNE MENTALLY

In East Asia, the medicinal plant gatherer prepares themselves through long-term asceticism, where they abstain from eating meat or do not eat at all, maintain a state of vigilance and do not sleep, or maintain celibacy. Others reinforce their connection with the spirits of plants by consuming psychotropic substances; Amazonian Indians use ayahuasca and Central American Indians use psychotropic mushrooms, while in Asia and many other places in the world this purpose is served by cannabis.

In some areas, even experienced shamans use these aids, while in other cultural areas only the newly initiated (neophytes) help themselves to aids until they have gained enough experience to do without them, and are then able to reach the spiritual planes with their own strength.

Why is it necessary to attune in this manner? Because one must see plants as living beings that have healing powers that they can provide when appropriately requested. In our time and setting, it is probably ideal if we treat ourselves to a little moment of relaxation or meditation in which we clear our heads and focus on what and why we are going to collect.

So when you are in the right mood and know exactly which herb you wish to collect, it is appropriate to follow several practical rules.

1. ONLY PICK HERBS YOU REALLY KNOW

This is a crucial rule which, if discarded, may mean that you bring home a completely different plant, leading to health complications rather than beneficial effects. That is why you should first ensure that you really know and recognize your herbs to be certain that you have found what you were looking for. It is best practice to consult a more experienced herbalist or herbarium (online or printed), and pick the herb without first trying it, taking your time to identify it properly when you get home.



2. PICK CLEAN HERBS IN CLEAN PLACES

It is important that the collected herbs are both mechanically and chemically intact – that means without dust, of vivid colors, ideally grown in a meadow or garden. Never pick herbs on roadsides or in regularly fertilized fields. A plant full of chemicals or dust will be of little use during herbal treatments.

3. PICK DRY HERBS DURING GOOD WEATHER

That is the only way in which you can prevent the herbs from rotting or letting water condense on them at home. Hence you should never pick herbs after rainfall – they will be soaked, and many will even clamp up. Another important reason is that on a sunny day, blossoming herbs in particular will contain the highest volume of aromatic oils, meaning they will be more effective. The ideal time is before midday (after the evaporation of dew) until around 4 pm.

Herbs should be gathered in a basket where they can be easily spread out, or into a textile bag, which will prevent water condensation. Never use plastic bags. The only exception to this rule is when collecting roots – these can be picked after rainfall. It will make collecting them easier, but you will need to dry them properly.



4. PICK HERBS DEPENDING ON LUNAR PHASES

The powers of the moon have an influence on many events taking place around us, and the remedial effects of herbs are no exception. That is why you should keep the current moon phase in mind when picking herbs. If the moon is waxing (growing), the power of plants flows upwards, which is why it is best to pick stems, blooms and leaves. When the moon is waning (decreasing), plant energies are directed downwards, thus it is the best time to pick roots.

5. PICK ONLY AS MANY HERBS AS YOU NEED

Remedial herbs are a gift of nature to be accepted with humility. A plant should be asked for help, and after it has been picked, it should receive gratitude. Never pick an entire plant; always remove only the part and amount that you really need. You shouldn't pick all the specific plant species in an area either – leave some for local animals and other herbalists while ensuring the plant can remain in the area in the future.



WHEN TO PICK BLOOMS

- Pick blooms when they start blooming or are already fully open, as they contain the highest volume of effective compounds at this time. Once the bloom starts drying and fading, this volume quickly decreases. You should also keep in mind they should be picked when the moon is waxing.

WHEN TO PICK LEAVES

- Leaves are best picked at a time when the plant isn't blooming, because during that time most of its powers are concentrated in the blooms. That is why leaves are best picked right before blossoming and afterwards. The waxing lunar phase is the ideal time for this.

WHEN TO PICK FRUITS

- The fruits should be picked when ripe, which means during summer or fall. A waxing moon is the best time for fruits as well.

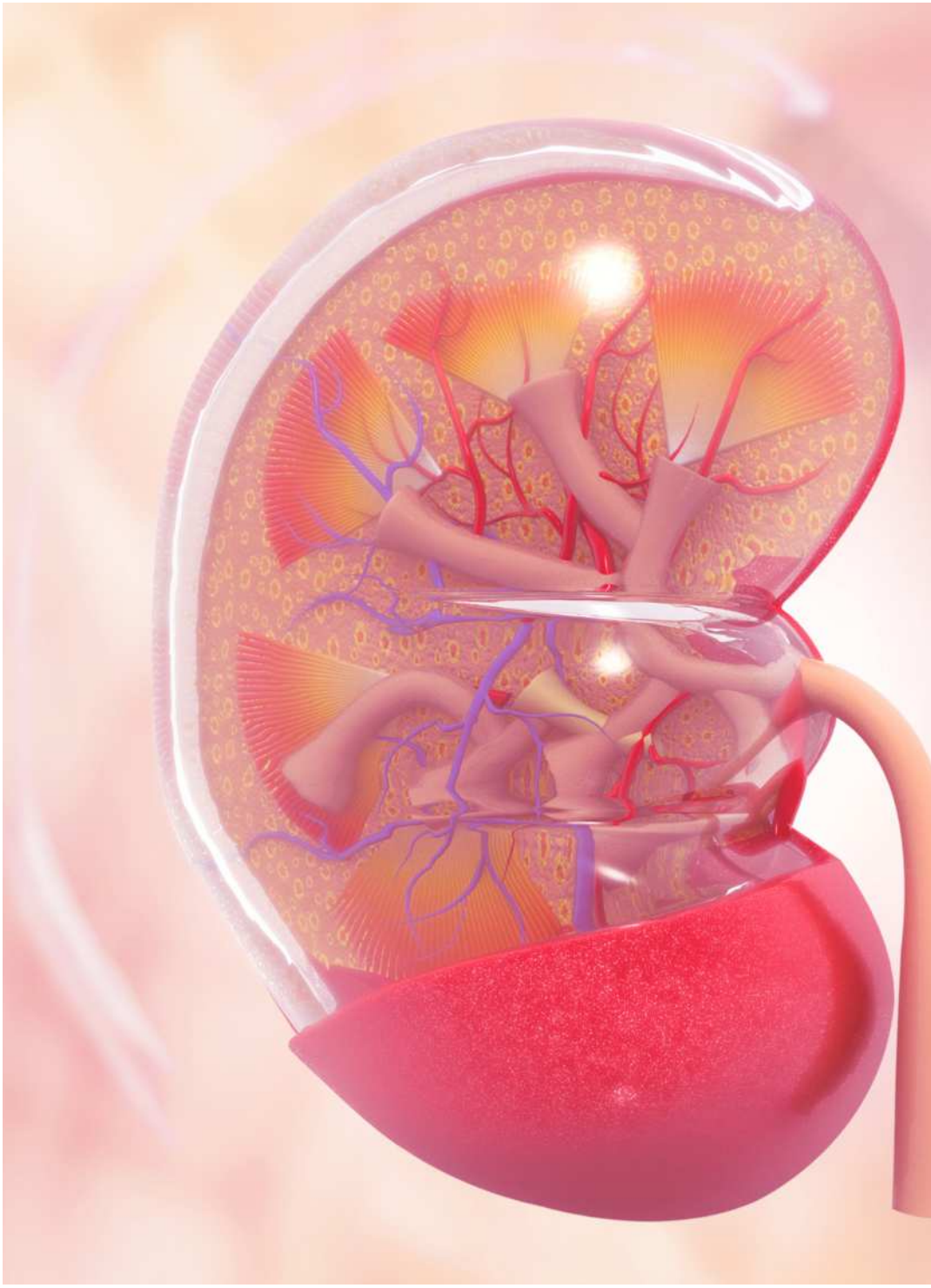




WHEN TO PICK ROOTS

- Power concentrates in the roots to the greatest extent when a plant is in a phase of vegetative rest – when it isn't concentrating its energy on the formation of leaves, blooms or seeds. This makes fall an ideal time, as plants calm down during this period, or early spring, when they are still gathering their energies and preparing to sprout.

Collect herbs with love for nature and humankind, and keep your heart and soul open. You will see that they will reward you with a magical power, helping you with any curing activities you invite them to partake in.



PSYCHOSOMATICS:
WHY ARE YOU ILL?

—

KIDNEYS AND THE URINARY TRACT

The kidneys and the urinary tract (made up of the urinary bladder and urethra) help eliminate waste and redundant liquids from the body. Kidneys, as a paired organ, symbolize the relationships in your life, and problems with them show you that there may be something wrong with your relationships, be it with a significant other or your closest circle.



Kidneys eliminate waste from the blood
What do kidneys dislike?
Urine analysis findings that may indicate issues
Turn to yourself to support healing

Every day, the kidneys filter about 45 gallons / 180 liters of blood, creating about ½ gallon / 2 liters of urine, which leaves the body through the urinary tract. The liquid, once cleansed of waste compounds, returns back to the bloodstream. The kidneys are very diligent – use them as an example in your life and think about what you want to keep and what to get rid of.

It is always a good thing to be in a positive and optimistic frame of mind, and to see the positives in other people and in what happens around you. This approach pays off. On the contrary, if you view everything around you with suspicion and fear, it will diminish your mood and general mental state, along with the state of your kidneys and their functioning.

What the kidneys really dislike is the cold. If you catch a cold, there is a risk of serious problems, with high chances of kidney or urinary bladder inflammation. Looking at the idea of the cold from a spiritual point of view, it signifies a coldness and disinterest in intimate relationships, reservedness, and disagreeability. The opposite of a cold is love, which is an expression of warmth and openness – it warms not only the soul but also the kidneys, which then work well and without issue.

Consuming spicy foods isn't ideal for the kidneys either – you can find a parallel in sharp communication, which too can harm a person. Both the soul and the kidneys



simply work best when you have harmonic relationships with your loved ones.

URINARY ANALYSIS FINDINGS

Protein – it should not be found in healthy blood; sometimes, it can appear after extreme bodily exertion. If it is found to be lingering, it may be a sign that the patient is in a negative mood and has little interest in their health and bodily regeneration – that is because their body is eliminating its very own building blocks.

Bilirubin – its presence colors urine brown and means that something is wrong with the liver or gallbladder. It could be liver or gallbladder inflammation, or bilirubin hyperproduction. On the spiritual level, these issues express that the patient is stressed or unhappy with their family or job situation, and they cannot resolve these through positive communication or negotiations. They react in an irritated or even spiteful manner, which can even lead to kidney damage.

Sugar – a higher sugar volume in the urine signifies the risk or the presence of diabetes. Spiritually, this illness typically signalizes distress, a failure to appreciate the beauty and sweetness of life, and is associated with feelings of distrust, uncertainty and chaos. This may lead to compensatory behaviors such as eating sweet foods, which in the mind represent love, compliments, and embraces, so one increases their blood sugar levels.

In the past, there was a view that a person takes on the characteristics of the main component of their diet (we are what we eat). This leads to the thought that by eating high amounts of meat, one takes on animal characteristics, behaving like a predator – being selfish and primarily focusing on catching prey and achieving personal success.

With a balanced diet that doesn't contain too much meat, your behavior will change, you will be more empathetic and gentle, and will be more considerate of others (including animals, which you would have otherwise eaten).



Acidic urine (aciduria – pH below 5.4) appears when consuming too much animal protein – meat. If this condition presents itself along with the presence of ketones, such as acetone, it may be a symptom of diabetes and you should consult your doctor.

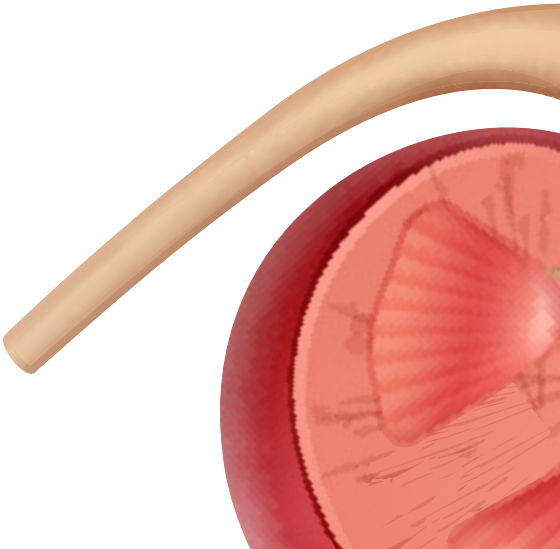
Leukocytes – if urine contains a higher volume of white blood



Consuming too much meat doesn't do any good for our health.

cells, it signalizes inflammation of the kidneys and urinary tract. It can be the result of unexpected, surprising and difficult life complications – other people's behavior, external pressure, unpleasant tasks, and so on. When you lack the strength to face this pressure, this inner conflict will lead to inflammation.

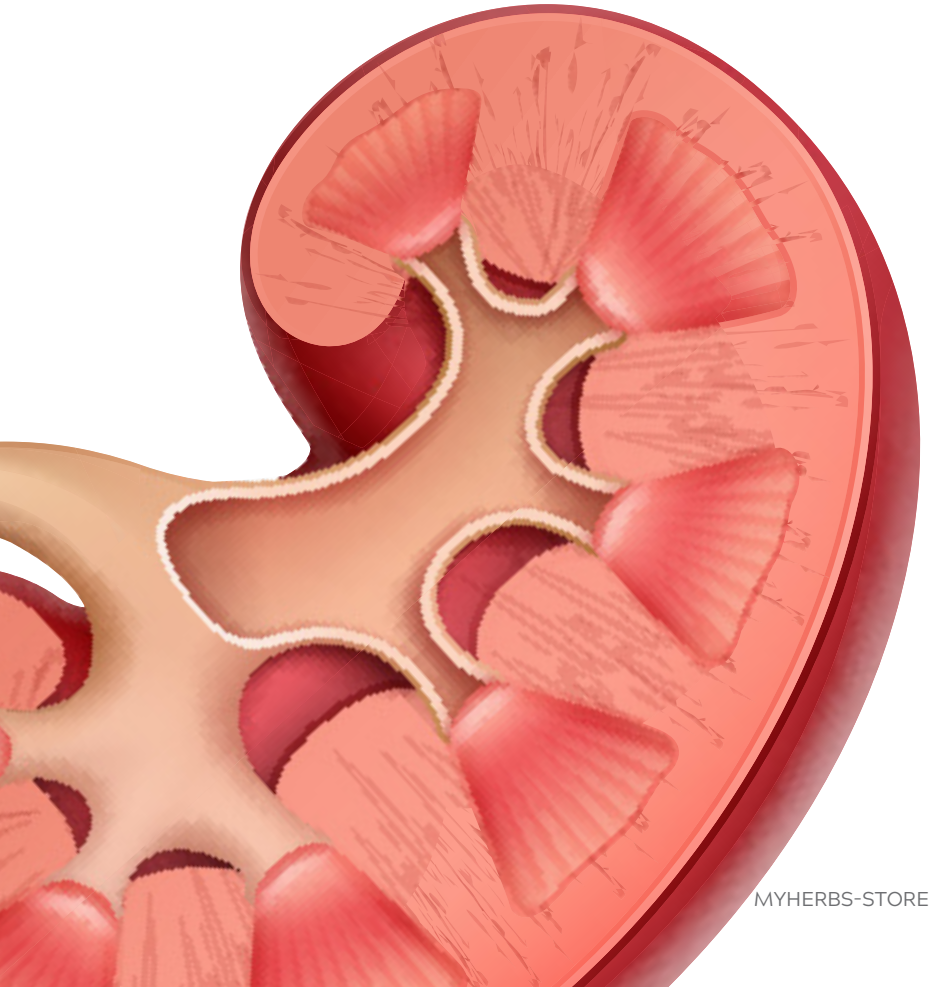
Blood – from a spiritual point of view, blood in the urine represents great sorrow, as it reflects you are crying inside and thus bleeding. It may be the result of your behavior, of being mean and hurtful to others, as this leads to kidney or urinary tract damage through kidney or urinary stones.



THINK ABOUT HOW YOU LIVE

Kidney problems are typically first uncovered during a urine analysis, which detects materials that shouldn't be there, or shifted optimal ratios. This indicates that the person is dealing with certain issues in life, such as experiencing pain or inner conflict. If any abnormalities are discovered, further examinations are necessary, and the doctor will decide whether the situation ought to be resolved with medication.

Nonetheless it is always important to think about your behavior, conduct and mental state, as the roots of the issues may well be hidden there – the doctor cannot help with these. Only you can influence them through a healthy lifestyle, a positive outlook on life, using remedial herbs, exercising, massages and so on. Medications typically treat the consequences and symptoms of an illness, but fixing what lies inside is a task only for you.



HERBAL RECIPES
Practical Tips for Your Home



How to best store herbs after purchasing them?

Potted herbs do not like temperature shocks, so be careful when carrying them home and make sure that they aren't in a car that is too hot or cold. After arriving home, remove them from their packaging and place them in a well-lit spot at room temperature. When it comes to watering, it is ideal to water them from below at least once a day; let the herb drink and then get rid of the excess water.

Cut herbs, apart from basil, should be stored in the fridge. They will stay fresh for longer if you wrap them in a wet towel.

How long will store-bought herbs stay fresh?

The freshness of an herb in a pot is influenced by many factors. The most important thing is finding a good place to grow it in and to water it regularly.



How to store herbs for a longer time? Can they be frozen?

Freezing foods, including herbs, does generally extend their longevity, but you must follow certain hygienic rules and prevent air from reaching them. Even if you follow these prescriptions, freezing may lead to a mild decrease in flavor. Simply put, the longer an herb is stored, the less fresh it will be. Fresh is simply fresh.

If you don't want to throw your grown herb away, you can freeze it. Frozen herbs will last for an entire year, save for a few which do not fare well in this process. Be careful with parsley, cilantro or mint – these will lose flavor when frozen and are better off dried.

Do you have any tips for drying herbs instead?

Herbs are best dried in a dry and dark place with plenty of fresh air, away from sunlight. It is ideal to hang them upside down. The herbs will also give the space a wonderful aroma, and you can use a hanging net made specifically for herb drying.

Herbs dried in this manner can stay useful for even two years. Nonetheless, they will only retain the best flavor and aromatic characteristics for about a year.

So, can you generally say whether herbs are better off frozen or dried?

It will depend on the herb species, the intended usage, and your options. We definitely recommend using herbs fresh, be it from your garden or favorite store.



What are micro herbs?

Micro herbs are the young sprouts of vegetables and herbs. The very first sprouts of plants store large amounts of vitamins, minerals, proteins and enzymes, which the plant needs for further growth – that is why they contain many times more of these compounds than adult plants, and why they are also high in antioxidants.

The longevity of sprouts is up to 10 days when stored properly at around 41°F / 5°C. Micro herbs have been gaining popularity not only thanks to their delicious flavors and decorative functions, but primarily for their many abilities. These include fortifying the immune system and mental state, cleansing the blood and blood vessels, aiding in bodily detoxification, supporting digestion, providing antioxidative effects, maintaining a healthy blood sugar level, and also offering an alternative to vitamin supplements (especially of vitamins C and E).

TIPS FOR HOME GROWING



Parsley

- plant during the spring
- cut it at about 10 in. / 25 cm above the soil, it will then regrow from the bottom
- 3-4 harvests per year
- suitable for hibernation

Parsley, like dill or peppermint, has beneficial effects on the digestive tract – it can help with digestive issues or gaseousness. It is also an important source of vitamin C. In Europe, it is one of the most commonly used herbs – few can imagine their favorite meals without it.

A well-prepared parsley macerate can be very useful in cleansing the skin.

Basil

- plant during the spring in a warm, sunny spot
- cut or break it off from the top throughout the season
- cannot hibernate

Basil is well-known for its flavor, and it is also very healthy. It can help with insomnia, migraines, and vertigo, and in older times was also considered an aphrodisiac. It is the queen of Italian cuisine as its leaves are a tasty and aromatic ingredient in pasta dishes, on pizza, in salads, or with mozzarella in the popular Caprese dish. Thanks to its wonderful aroma, it is also used in the cosmetics industry in skin and hair treatments.





Mint

- plant during the spring (April–May)
- tenacious, can grow up to 20 in. / 0.5 m tall. When at this height, ideally cut it 1-2 in. / 3-5 cm above the soil
- best planted in a pot rather than in open soil

Mint infusions have been used against digestive issues and for fortifying the immune system since ancient times. Mint tea also brings about relaxation and balance before sleep. Its typical minty flavor is used in recipes to freshen salads, grilled vegetables or creamy soups.

Further tips

Most herbs can hibernate through winter by being cut above the soil before winter. The exceptions are thermophilic or annual herbs – basil, rosemary, cilantro, dill or perilla.

Herbs are usually harvested from top to bottom, as this stimulates their branching. The only exceptions are parsley and cilantro, which are harvested from the bottom up.

Should you have difficulties growing herbs at home or find that you don't have the space for them, you can always pay a visit to your favorite store and pick from a wide selection.





A PUMPKIN DESSERT

Let's combine the delicious with the healthy and make one pumpkin into a dessert that will leave you wanting more. Even better – your body will thank you for it!

You will need:

Chocolate dough:
- 2 cups whole grain biscuits
- 8 tsbp. softened butter
- 3 tbsp. cocoa

Pumpkin filling:
- 2 cups orange pumpkin
- 1 cup mascarpone
- 1 cup 33% cream
- 1 cup cane sugar
- 1 cup dissolved dark chocolate
- ½ cup wholegrain spelt flour
- 3 eggs
- cinnamon
- vanilla essence
- a pinch of ground ginger and nutmeg

Decoration:
- whipped cream
- nuts

Directions:

Chocolate dough: Combine and blend the ingredients into a dough. Take a cake mold and fill its bottom and sides up to a third of their height, forming a bowl shape. Bake for ten minutes at a low temperature.

Pumpkin filling: Slice the pumpkin into smaller cubes and steam it in water until soft. Then, add mascarpone, eggs, sugar and flour. Blend it all together into a fine mixture. Add the spices (cinnamon, vanilla, ginger and nutmeg) and mix it together. Then add the whipped cream. Pour two thirds of the filling onto the prepared pre-baked dough. Mix the remaining third with the dissolved dark chocolate and add it by the spoonful into the cake form. Use a fork to make irregular patterns with the chocolate. Bake at 356°F / 180°C for about 1½ hours. Let it cool off and serve decorated with whipped cream and walnuts or pecans.

FOOD AS MEDICINE

Pumpkin

—

LOST AND FOUND AGAIN



The pumpkin is one of the oldest of common foodstuffs - some pumpkin seeds found in archaeological excavations are up to 5,000 years old, so our ancestors clearly knew pumpkin to be an excellent food. It helps regulate digestion, and supplies many valuable vitamins and elements that are necessary for your body. It is not only the fruit that is consumed; the seeds and the oil pressed from them are also of great benefit.



Pumpkin – one of the oldest ingredients
Both the pith and seeds are healthy
Digestion, skin issues and zinc
How to grow and store pumpkins
A sumptuous pumpkin puree recipe

Pumpkin is an annual plant with large yellow blooms. The male blooms produce pollen, whereas the female ones turn into fruits.

Regarding the fruits, not only the pumpkins (also known as gourds) are consumed, but so are the fruits of their relatives – zucchini and squash. All these plants share the Latin name Cucurbita pepo, and their ancestors originated in Central America, from which they reached Europe and the rest of the world.



Squashes are the relatives of pumpkins

PUMPKIN USED TO BE SCARY, THESE DAYS WE LOVE IT

Older people may remember times in childhood when pumpkin was conserved with pineapple essence, pretending to be pineapple compote. It's likely that nobody really enjoyed this, though, and its only advantage was – due to the size of pumpkins – the sheer amounts of it.

These days, pumpkins are undergoing a boom in popularity. There are many more types than in the past – not only the typical orange type, but also spaghetti squash, nutmeg pumpkin and others. Smaller pumpkins are also used as decorations.





THE STYRIAN OIL PUMPKIN – AN ARISTOCRAT AMONG GOURDS

One unique type of pumpkin is the styrian oil pumpkin, which emerged as a mutation of the regular pumpkin. It is an excellent source of seeds, which contain a high volume of protein, oil and various nutrients. The cold-pressed oils from these seeds are an important part of healthy diets because they have many beneficial properties – they contain plenty of amino-acids, unsaturated fatty acids and materials such as zinc, iron, calcium, magnesium and more.

Pumpkin seed oil also fortifies the functioning of the digestive and circulatory tracts, and has even been shown to reduce the frequency of tooth caries. It can be also used externally – it helps against eczema, psoriasis and acne, can be part of rejuvenating compressions for hair, and it even provides nutrition for nails, ensuring their good health.

FIBER SUPPORTS DIGESTION, VITAMINS ARE A NECESSITY

Pumpkins bring a high amount of fiber to your diet, which improves bowel peristalsis and digestion. It is generally hypoallergenic and does not trigger food intolerances, so it can be safely consumed by those with such conditions. It helps harmonize stool (doing away with diarrhea and constipation), and when prepared properly it can be, in most cases, consumed by people with an irritable colon.

Pumpkins contain a huge amount



of beta-carotene, which is a great source of vitamin A. That is why it is particularly important for vegetarians and vegans, who have a limited intake of this material as it is commonly found in animal-based products.

Nonetheless, beta-carotene is very useful to meat-eaters as well, because it works as an antioxidant – that means it eliminates dangerous free radicals, which can cause cancer. Another antioxidant found in pumpkins is vitamin E.



PUMPKIN SEEDS – A REAL ZINC BOMB

Pumpkin seeds are a real treasure, as they contain the most zinc of all naturally available resources. Zinc is an essential compound for the body – it helps against inflammation, speeds up the healing of broken bones and wounds, and treats conditions of the hair, nails and skin, even during eczema flare-ups.

Zinc has also been found to have a positive impact on male fertility and virility, including (even benign) enlargements of the prostate, which many men have to deal with at an older age. The seeds have also been used for centuries to cleanse the intestines of parasites such as roundworms, pinworms or tapeworms, and are also used as supplemental medication when treating kidney and urinary tract issues.

HOW TO GROW PUMPKINS

If you have a garden, it is really easy to grow pumpkins. The real issue is making sure you don't end up with too many, which is something zucchini growers have to deal with often as well. They will often end up turning zucchinis into dumplings, pies or marmalade, having gifted the fruits of their labor to everyone around them already.



Pumpkins grow very well in a nutritious soil with plenty of water. It does best in a compost, but if you do plant it there, keep in mind that it will render the compost useless as it will drain it of all nutrients.

You can grow your own seedlings since pumpkins sprout very easily. Of course, the easiest way is to purchase grown seedlings in a garden store or supermarket, you don't need to worry that it won't do well. Just make sure it doesn't get caught in freezing temperatures – it is best to plant it in May after the frosts have passed.

Prepare a hole at least 8 in. / 20 cm deep and put some compost or manure at the bottom to make your pumpkin really happy. Cover the seedling up to the first branches and water it well. Make sure you water it generously throughout its entire lifetime, though make sure to water its roots rather than the leaves – pumpkins tend to attract mold if the greens are too wet.

Leave the pumpkins with enough space as they tend to crawl quite a bit, and keep in mind that they do not enjoy being in the company of other plants. They grow best in their own quiet corner of the garden, far from the other vegetables.

WHEN AND HOW TO HARVEST AND STORE PUMPKIN

It is a good idea to cut the pumpkin's vines once it has formed two fruits – otherwise it will concentrate its energy and nutrients in the vines and not the fruits for which it is grown. Harvest the pumpkin once you see the fruit's peel drying. Should frosts be on the horizon, harvest it immediately, because the low temperatures will damage both the plant and fruits. The pumpkins would lose flavor and would be a lot more likely to become moldy.

Otherwise, a pumpkin can manage throughout winter, as long as it is stored in a colder room at temperatures around 56°F / 14°C. If you notice that the plant is changing color, structure, or that the pumpkin stem has changed, do not hesitate to process the fruit immediately, as it may soon go bad.

If you want to spice your diet up with pumpkins, try preparing a pumpkin puree. It is simple, quick and effective.



Pumpkin soup is growing in popularity.



Pumpkin puree

You will need:

- 2 smaller orange pumpkins
- 2 potatoes
- 2 carrots
- salt, curry powder, white pepper

Directions:

Slice the pumpkin in half and remove the seeds (which you can later roast as a treat) and dice it. You do not have to peel it – the outer layer will soften during cooking. Peel the potatoes and carrots. Put everything into a pot, add salt and cook it until soft. Then strain and blend it and add salt, pepper and curry powder to taste. You can also add a spoonful of cream to smooth it out. The puree can be served in place of mashed potato. It looks very nice and has a delicious, smooth flavor.





Pumpkin season is fall. However, it is good to keep in mind that this plant is very beneficial for the human body. It contains a high amount of vitamin A, potassium and fiber. This combination contributes to the pleasant feeling of a full stomach and improves digestion.



September marks a calming of nature and humans too. After the warm days, there are more and more cold ones, and with them comes the season of harvest and introspection. According to Chinese folk medicine, the most vulnerable organs during this period are the spleen and pancreas.

From the perspective of Chinese folk medicine and holistic medicine in general, the spleen and pancreas are very important organs. The spleen plays a part in the organism's defensive capabilities, and if you are particularly vulnerable to viral infections, it may signify a weakening of energies or a disorder of the spleen. The organ also plays a role in vitality and one's élan vital. The spleen is tightly interlinked with the pancreas, which plays an important role in digestion, but it also helps maintain the body's soft tissues. It symbolizes the love with which we should approach life.

A Weakened Pancreas

The typical symptoms of a weakened pancreas are anxiety, hopeless overthinking, cold sores, digestive disorders, gaseousness, a susceptibility to bruising, tiredness, and weakened immunity. Furthermore, it can be expressed in an extreme appetite for sweets, or the complete opposite.

Returning To Balance

The Chinese believe that a balance of flavors and diet is essential to health and psychological balance. It is recommended that you avoid white sugar, white flour, ice-cream, chocolate, animal fats, burnt foods and alcohol. During this period, it is also ideal to avoid wet places such as saunas and steam rooms.

On the other hand, it is essential to add naturally sweet foods to your diet, along with the ingredients nature offers at this time. Spending time in fresh air and sunlight also helps harmonize these two organs.

When it comes to grains, you should opt for millet and sweet rice and, in terms of vegetables, everything that is yellow, round and grows above the soil. To support the spleen and pancreas, Chinese folk medicine also recommends a combination of wheats, rice and legumes that are naturally sweet.



Pumpkin Soup

You will need:

- 1 medium-sized orange pumpkin
- 1 large onion
- 34 Fl. oz. / 1 l water or vegetable broth
- a pinch of sea or Alpine salt (or a mixture of natural dried spices)
- sesame oil

Something extra:

- ume-su
- apple vinegar
- quality soy sauce
- cream

Directions:

Clean the pumpkin from the outside (using a natural brush or a glove for cleaning vegetables and fruits), cut it apart and remove the seeds with a spoon. Cut it into chunks – they can be larger in size as they will soften during cooking.

Next, pour oil into a soup pot. You can use sesame, olive or any other vegetable oil suitable for cooking. Briefly fry the onion and pumpkin, add enough water or vegetable broth, add some salt and cook for 20-30 minutes, or until the pumpkin softens.

Finally, blend it all into a smooth mixture (you can leave some chunks according to preference). Considering how soft pumpkins are, you can use any blender for it. If the soup is too thick, add some boiling water to adjust the thickness.

You can also add some ume-su, apple vinegar or quality soy sauce, to taste. If you like the soup creamier, add some cream. Be careful with it in case you have a cold or have a greatly weakened pancreas. The cream adds moisture to the body and will lead to the formation of even more phlegm.

The orange Hokkaido pumpkin is perfect for regulating digestion; given its sweet flavor it has an amazing harmonizing effect on the spleen, pancreas and stomach. It can be very easily digested and contains a variety of valuable vitamins, especially provitamin A (beta-carotene), vitamins C and E, and minerals such as iron, calcium, potassium and magnesium. It also tastes great with some vegetable oil on top, baked in an oven.





Pumpkin Risotto with Sage and Zucchini

You will need:

- 2 oz. / 50 g pumpkin
- 2 oz. / 50 g zucchini
- 2 sage leaves
- rice
- 1 shallot onion
- vegetable broth
- 1 oz. / 20 g of butter
- parmesan cheese
- cannabis oil
- salt
- pepper

Directions:

Dice the washed pumpkin and zucchini into cubes about 0.4–0.8 in. / 3–5 cm big. Roast it in olive oil in a preheated pan with the shallot until they soften, then add the vegetable broth and sage. Add the prepared cooked rice into the pan and let it cook for about 2 minutes. Finally, add butter and keep stirring until the risotto has thickened. Finally, add a couple drops of cannabis oil and sprinkle some grated Parmesan on top.

The pumpkin (*Cucurbita pepo*) is a great garden decoration for any gardener. It will grow absolutely anywhere and is very non-demanding. Thanks to the great storing capacities you can keep stored pumpkins fresh for up to 5 months, but you must ensure the individual pieces do not touch and that the storage room is between 50–66°F / 10–19°C with an ideal humidity of 60–75%.

Pumpkins are diuretic, meaning that they remove excess water from the body. They also help with diarrhea and intestinal parasites.

Pumpkin seeds are white, but under the peel they are greenish. They have great healing properties, regenerating the organism, combating viruses and cleansing the intestines of parasites.

Pumpkins should be eaten as often as possible, yet they are often forgotten. They may seem insignificant, but from a nutritional point of view, they break records.

Tip: Try pumpkin oil. It can be used both internally and externally. It contains lots of zinc, iron, potassium, and unsaturated fatty acids. It is great for damaged skin, as it helps it regenerate, and also treats acne.





Pumpkin-Apple Jam

You will need:

- 35 oz. / 1 kg of pumpkin pith
- 35 oz. / 1 kg of apples
- 1 or 2 lemons
- 55-70 oz. / 1.5-2 kg gelling sugar
- 3-4 packets of vanilla sugar

Directions:

First, clean and deseed the pumpkin, and cube the pith. Peel the apples and core and cube them as well. Stew the pumpkin and apples in water, keeping it at a boil. Add both sugar types and lemon juice. Bring the mixture to boil while constantly stirring and then let it cook for 5 minutes longer. Finally, pour it into glasses and sterilize them for 20 minutes at around 181°F / 83°C.

Foods rich in calcium:



BROCCOLI



ALMONDS



PUMPKIN SEEDS



KOHLRABI



ARTICHOKE



LEEK



BRAZIL NUTS



AVOCADO



CELERY



GREEN BEANS



COCONUT



BUTTERNUT SQUASH



HOMEMADE HERBAL PREPARATIONS

HERBAL INHALATIONS
Herbal inhalations are split into wet types (when we inhale vapors of boiling herbs such as chamomile, juniper or mint through linen) and dry ones – which border on aromatherapy, and in which we inhale compounds finely spread in the air, or when we inhale the natural air of a forest or meadow.

The advantage of inhalations is that they come into effect very quickly – essentially as fast as when using preparations intravenously.

HERBAL POWDERS
Herbal powders are wonderful daily remedies. They can be added to juices, smoothies, honey or milk for internal use, or mixed with oils, water or honey for external application. Topically, they can be used to quickly create a compress.

Mix the finely ground herbs with a little water, oil or honey to make a paste and rub it on the affected body part and cover with a cloth. Store sealed airtight in a cold dry place. Internally, take one teaspoon after a meal and wash down with a glass of water or tea.

HERBAL TEAS

Drinking a tea brewed from freshly gathered herbs is an easy way to get nature's healing force into your body – something we all need, whether we are healthy or fighting illness. Fresh or dried plants help strengthen the immune system and detoxify. They are loaded with vitamins, antioxidants, essential oils, soluble fiber, minerals, enzymes, chlorophyll, and numerous compounds to boost our health.

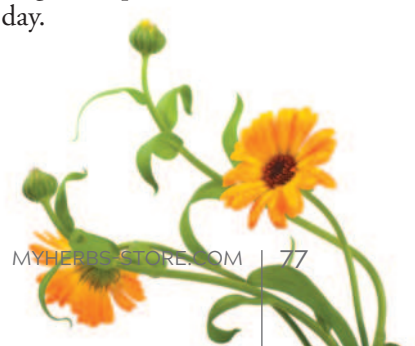
Herbal teas can be prepared in different ways, usually as infusions or by maceration. To avoid confusion between teas, which are made from the tea plant (*Camellia sinensis*), and herbal teas, alternate terms have been used, such as herbal infusions or tisanes. The term herbal tea therefore refers to infusions not made from *Camellia sinensis*, which come from soaking various flowers, leaves, or spices in hot water. Most of these brews don't have caffeine. They can come in a wide range of tastes and flavors and make a tempting alternative to sugary beverages or water. In addition to being delicious, some herbal teas have health-promoting properties. In fact, herbal teas have been used as natural remedies for a variety of ailments for hundreds of years.

Herbal teas are easy to prepare. Just take a china or glass teapot (do not use a metal container), and put one teaspoon of the herb or mixture into it for every cup of tea that you intend to make. Next pour a cup of boiling water for every teaspoon of herb, put the lid on and let steep for 10-20 minutes depending on the type of herb. Herbal teas are usually made by steeping herb leaves for a fairly short period of time therefore the resulting drink is rather weak. If you want to make a true infusion to extract the most flavor and beneficial substances from the herb typically use roots, sprouts, flowers and leaves and let them steep for a considerably longer period of time, usually up to a few hours.

MACERATION

Macerations are similar to infusions, except made with cold water instead of hot water. The reason for this is that some herbs, such as wild cherry bark and valerian root, are better infused in cold water. Macerations are also very easy to make, and can be used for a variety of things, such as sleeping aides, cough suppresants, etc. depending on what kind of herbs you are using. The steeping time should be minimum 4 hours, but usually the maceration should sit overnight to be drunk in the morning, or sit all day to be drunk in the evening.

To prepare hot herbal tea by maceration let 3 tablespoons herb or herbs steep in 27 fl oz (800 ml) water overnight, then bring to a boil in the morning and strain. Pour the liquid into a vacuum bottle and drink a cup on an empty stomach in the morning and sip the rest during the day.





MEDICINAL OILS

A popular method of preparing medicinal herbal oils is to dissolve essential oils in carrier oils. Carrier oils, such as natural vegetable oils, are used to dilute essential and other oils prior to topical application because if applied to the skin undiluted, essential oils can cause severe irritation, burning or other reactions in some individuals.

Another method is purely natural: for one part of herbal material (ideally, fresh crushed herbs) you will need 7-8 parts of carrier oil. Put all parts together into an open container and heat in a water bath for about 30 minutes. Remove the container, cover with a lid and let sit in room temperature for about five days and then filter.

TINCTURES

Tinctures are liquid extracts made from herbs that you take orally. They are usually extracted in ethyl alcohol because it is a potent solvent. Some herbs will not release their medicinal qualities to a solvent that is less potent, such as water, apple cider vinegar ot vegetable gylcerine.

Place the chopped herbs into a glass jar. Fill the jar with alcohol, cap tightly and allow to sit ideally for a week or two. It maybe be shaken regularly and the jar may be topped with alcohol if necessary. Strain the plant material and pour the liquid into small, labeled, glass bottles with dropper tops. The common ratio of finely chopped fresh herbs to ethyl alcohol stands at 3.5-4.5 oz (100-125 g) of fresh herbs to 17 fl oz (500 ml) of 60%-65% ethyl-alcohol. Ethylalcohol also acts as an effective preservative. Alcohol-based tinctures have a virtually unlimited shelf life if stored in a cool, dark location. Refrigeration is not necessary. The non-alcohol version of tincture is extracted in organic vegetable glycerine and distilled water. Although it may be tempting to make your own tinctures, some plant parts are considered toxic and may be harmful. In addition, certain plants may be contaminated by substances such as pesticides and heavy metals.

There is a lack of research on many of the tinctures that are commonly used. If you're considering making and trying one, consult your health care provider to discuss whether it's appropriate and safe for you.

HONEY TINCTURE

Honey tincture is made from a mixture of herbs, alcohol and honey. This combination ensures extraordinarily fast and effective absorption of medicinal compounds. Use preferably fresh herbs. Fill a mason jar 1/3 of the way full with finely chopped herbs. Pour 40% vodka over the herbs covering them completely with the alcohol, and keep pouring until the alcohol is 2 inches above the herbal material.

Cover with an airtight lid and let sit in a warm place but not in direct sunlight for two weeks. Then open and stir 7 oz (200 g) honey into the content and shake well. The next day the tincture is ready to use. Unless otherwise prescribed take 1 teaspoon of the tincture 4 times a day. Strain through a stainless or plastic sieve, ideally with a glass spoon. Then pour about 4 fl oz (125 ml) distilled or boiled water over the pomace, stir it and drink on an empty stomach.

EXTRACTS

Herbal extracts are preparations containing plant produced compounds (phytochemicals), which possess medicinal properties, in concentrated form. Extracts may be prepared by allowing tincture to evaporate in a vacuum if possible – which indicates that this method is not suitable for making extracts at home.

A liquid extract is obtained by letting the orginal tincture ratio of 1:5 (1 part herb, 5 parts ethyl alcohol) evaporate to 1:1. By further evaporation up to honey-thick consistency you will get a thick extract. Complete evaporation results into in a small amount of extract powder.

MEDICINAL WINES

There are two common methods to make medicinal wines: wine concoctions (less often infusions) or wine macerations. Concoctions are intended for immediate consumption and are therefore prepared in small amounts while macerations are intended for gradual consumption. Macerations may last minimum four months when stored in full sealed bottles and even much longer when stored in a cool place. Once the bottle has been opened the content should be used within three weeks. If the maceration is to be consumed in small amounts it is advisable to pour it into small bottles and keep the bottles full and sealed. To prepare medicinal wines use the same method as to prepare herbal teas. Wine concoctions (infusions) have a much stronger effect than water infusions like teas. It is therefore advised to use a little fewer herbs than when you make a tea, or dilute the wine with a little water, or shorten the infusion time. Medicinal wines in general should be served in small amounts, usually in tablespoonfuls. As to wine macerations the most suitable concentration seems to be 2.5 oz (75 g) herb to 34 fl oz (1 l) wine. To make white wine macerations use Rhine or Italian Riesling and to make red wine macerations Cabernet or Merlot is recommended.

MEDICINAL HERBAL VINEGAR

Since ancient times, medicinal vinegar preparations were made by macerating both medicinal or culinary plants. Vinegar extracts the medicinal constituents of herbs, yet also carries many healing properties of its own., e.g. vinegar tonifies, cleanses and cools the skin, improves digestion and metabolic functioning or moderates high blood pressure.

Medicinal herbal vinegars can be prepared by macerating herbal material in table wine, red or white, usually in a 1:10 to1:12 ratio, and adding 3 tablespoons of wild yeast vinegar or vinegar of your choice (champagne, raw apple cider...). The wine soon starts to acetify. Fill one-pint jar 2/3 with the macerated herbal material and cover it with room temperature apple cider vinegar. Cap the jar with a plastic lid or put a plastic bag between the metal lid and jar so that the vinegar will not corrode the metal. Let sit for minimum 5-6 weeks, the longer it sits the more flavor and herbal absorptionis made by the vinegar , and shake occasionally. Strain or keep herbal material in and use it on your food.

HERBAL JUICES

Many herbs can be juiced, especially plants that contain a large amount of water and those that have water soluble medicinal compounds work best. To make a tasty herbal juice use a high-quality (not centrifugal) juicer, or a horizontal juicer to grind herbs. Herbal juices can be preserved for later use by thermal processing or sterilization, but it is obviously better to consume them fresh. In summer they can last minimum 2-3 days in the fridge, in other seasons about a day longer. Juices made from herbs which are not fleshy should be taken in teaspoons or tablespoons once or twice a day. Juices from fleshy herbs, fruits or vegetables can be consumed several times a day, however moderation is advised because of the amount of sugar the apparently healthy drinks contain. Juicing releases the sugars in fruit and removes the insoluble fibre, which is important for our health. Therefore, you will be better off making your own juice so you can control what goes into it, and limit their intake to a couple of glasses a week as a ‚nutritional top-up". If you cannot consume juices for whateever reason try vegetable stocks instead and preferably serve them fresh.

HERBAL OINTMENTS

They are also very easy to make, they last for months and don't contain any of those harmful chemicals you would normally find in the store bought creams and ointments. Ointments are similar to creams, but unlike a cream that quickly absorbs into the skin, ointment forms a protective layer over the skin as they do not contain water, just oils or fats.

Herbal ointments can be prepared from dried herbs or tincture by slowly stirring drops of heated tincture or finely ground herb powder into a melted ointment base. Calendula flowers, for example, can be

infused directly in the melted base. The consistency of an ointment can be adjusted by adding melted beeswax or resin.



HERBAL SYRUPS

Herbal syrups offer powerful and concentrated medicine and nutrition. There are more ways to make them, but remember you will always need a lot of sweetener to make the syrup taste well and last long.

No-heat herb and sugar syrup:

You can make delightful, fragrant syrups by packing a layer of fresh herbs into a clean jar and pouring white sugar over it. Then put another layer of herbs on top of the sugar, and repeat several times until the jar is full. Then seal and place the jar in a warm place for about one month to get a tasty natural herbal syrup.

Herb infused simple syrup:

Carefully rinse your herb or a mixture of herbs. Bring a cup of water to a boil. Add a cup of white sugar and whisk into the boiling water until the sugar is dissolved. Add herb of choice to the syrup and let boil for 60 seconds. Remove from heat and let the herbs steep for about 30 minutes as the syrup cools. Pour the cooled syrup through a fine strainer into a glass bottle or jar. Store in the fridge and add to your favorite drinks in teaspoons for a sophisticated herbal essence.

To be continued in next issue:
Herbal compress and poultice, Herbal baths, Herbal enemas, and more...

MyHerbs
PUBLISHED QUARTERLY
ISSUE 24

To subscribe to My Herbs magazine, please visit our website:

WWW.MYHERBS-STORE.COM
Phone: +1 (415) 231-3767
E-mail: magazine@myherbsmag.com

Address:
ACV Publishing LLC
5348 Vegas Dr., #1423,
Las Vegas, NV 89108, USA

Publisher:
Ales Vodicka
ACV Publishing, LLC

My Herbs Team:
Jonathan Butler
Ales Vodicka
Marek Vodicka
Chau Nguyen
Tomas Kovarik

© Photo:
Shutterstock
My Herbs & Bylinky revue archive

Advertising:
Please visit our website myherbsmag.com/advertising

Printed at Sheridan, PA, USA.

Note to Readers

We pledge that the information and advice presented in *My Herbs* have been checked carefully for accuracy and are supported by health experts, prominent herbalists, and up-to-date research. However, their purpose is purely educational. Please note that the information and advice do not take into account your own unique medical history and clinical conditions known to your personal physician. Please consult your physician before following any of the suggestions herein.

Copyright © 2023 by ACV Publishing, LLC.
All rights reserved. Unauthorised reproduction, in any manner, is prohibited.

Next issue: August 1, 2023



Subscribe to My Herbs Magazine

WWW.MYHERBS-STORE.COM

Phone: +1 (415) 231-3767
magazine@myherbsmag.com

Address:
ACV Publishing LLC
5348 Vegas Dr., #1423,
Las Vegas, NV 89108, USA
Please enclose check:
1 yr $29.98, 2 yrs $53.98

My Herbs magazine is published quarterly (4 issues / year),
please allow appropriate time for delivery of the first issue.

@myherbsmagazine