

WELL-SEASONED MEDICINE

Guelph Organic Conference 2013

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The following is intended for those who have attended this lecture. Therefore it has been written in 'note' form without elaboration as further data was supplied during the talk. This information was written in a general manner and is not intended to replace the advice of a qualified herbal practitioner. In addition, should you be on prescription drugs, are pregnant or breastfeeding, it is highly recommended that you consult a qualified herbal professional before embarking on any programme involving herbs or supplements.

External Oil for Aches

2 T. cayenne powder
2 T. mustard powder
2" fresh ginger, grated
1 T. fresh thyme, chopped
2 t. black pepper, ground
1 and a half cups olive oil

Prepare as an infused oil

Cold & Cough Honeys

1 T. garlic, grated
1 t. horseradish, grated
One half cup honey
Mix all ingredients, let sit 24 hours, strain, 1 t. as needed

OR

Layer onion slices, honey and chopped thyme in a jar for 24 hours, strain, 1 t. as needed

Ginger Tea for Colds

2-3 T. fresh ginger, grated
1 cinnamon stick
5 whole cloves
1 t. cardamom seeds
1 cup water

Bring all ingredients to a boil, simmer 15 minutes (covered), strain, add honey to taste. Add extra cayenne powder for an extra kick!

Congestion: handful fresh rosemary infused in hot apple cider; 2 T. 3x/day

Cough: equal parts fresh sage & thyme; add a pinch each of nutmeg, cloves & ginger

Colic: equal parts anise, caraway, coriander, fennel & ginger

Headaches: infused basil tea; one half cup 2x/day OR: grind 4 T. fresh rosemary, 1 grated nutmeg & 2 t. cinnamon in 750ml vodka; infuse 2 weeks, strain. Apply externally on cool wet cloths to forehead

Abscess/sprains: poultice of chopped & warmed onion; change every 2-3 hours.

Lemonade: Boil for 5 minutes: 1 cup water, 1 cup sugar & rind of two lemons, cool. Add juice of six lemons. Refrigerate. Add 1-2 T. to water & ice

Peppermint syrup: bring 1 cup water, 1 cup sugar & a handful of fresh peppermint leaves to a boil, simmer 10 minutes. Let cool & strain. Add 1-2 t. to water & ice

Skin Rejuvenator: blend equal parts cucumber and yoghurt; apply to face as needed

Hangover: salted cucumber juice or cucumber brine OR bananas OR juiced cabbage & apple

Burns: raw, grated potato OR banana peel; change every 2-3 hours or as needed

Sunburn: a paste of raw carrots & milk

Fever: fomentation of cool (strong) infused mint tea applied to forehead or as sponge bath

Headache: fomentation of cool mint tea with a small amount of vinegar; apply to forehead

Skin Irritation: Bring 1 cup flaked oats to 3 cups cold water to a boil; simmer for 30 minutes. Cool; place in a cotton bag and apply to skin

Digestive Irritation: 2 t. fenugreek seeds to 1 cup water; bring to a boil & simmer 15 minutes; one half to 1 cup 3x/day; eat seeds as well

Dry Skin: melt 2 T. ground fennel seeds with one half cup coconut oil; strain after 15 minutes

Sore Throat

2 T. fresh sage, chopped
3 T. fresh lemon juice
4 T. honey
4 cups water
Pinch cayenne powder

Infuse sage in water; strain; add honey. Let cool and add lemon juice & cayenne. Take 1 cup as needed.

Sharp Mind Compound

2 T. cardamom, ground
2 T. fennel, ground
2 T. rosemary, chopped
2 t. cinnamon, ground
Pinch of cayenne powder
1 and a half cups vodka

Mix all together in a jar & let sit (sealed) for 2 weeks, shaking container once a day; strain. Add 1 t. into 1 cup water as needed

Tooth powder: equal parts sage, salt & baking soda

Wounds/Sores: poultice of fresh sage

Small cuts: stop bleeding with cayenne powder

Sprain: handful fresh sage boiled in one half cup vinegar; apply externally as fomentation