

## Himalayan Specialities:

**Tibetan Goji Berries:** ¼ cup daily

**Karmic Nectar:** 1 to 2 ounces daily. Always consult with a health care professional before using any nutritional supplement.

**Organic Hunza Apricot Kernels:** Seven apricot seeds per day, containing the purest concentration of nature's Vitamin B-17, will help in your quest for a full and healthy life. For those already diagnosed with cancer, a slightly higher amount will restore your health.

But it is important to get the right dose. Like many things apricot kernels are dangerous in excess. The generally recommended dose is 1 kernel per 10lbs bodyweight, per day, in split doses, eaten whole.

It seems desirable to fully digest the apricot kernels that they are well chewed and not swallowed in pieces. Alternatively, to aid their absorption, the kernels can be finely grated or ground in a blender and then sprinkled over food.

## Speciality Items:

**Kava Kava:** (A Traditional Kava Ceremony)

For traditional use, imagine a large woven mat with a tanoa (large, carved, hardwood bowl) placed at the head position of the mat. From the front of the tanoa is a short length of reddish cord made from the fibers of the coconut husk. At the end of the cord is a pure white cowry shell which will be directed toward a chief or honored guest. Next, the participants seat themselves on the mat in a circle beginning and ending at the tanoa. Behind the tanoa will be the kava mixer and to his right, the kava server. The kava will be served in coconut shell cups. The tanoa is filled with water and the mixer places some kava in a strainer cloth, then dips the cloth into the water and begins to gently massage it. Gradually the clear water takes on a tan color and after a while begins to turn opaque. When the mixer deems it to be the proper strength, a cup of kava is passed to the honored guest to judge if it is too weak or too strong. If too weak the cloth is returned to the water for more massaging, if too strong, a little water will be added. Once the proper strength is attained the mixer runs both hands around the rim of the tanoa, claps three times and proclaims "the kava is ready, my chief".

Now we are ready to drink. The mixer dips a cup of kava and gives it to the server to pass to the first participant. In turn each drinker will clap once in acceptance and drink the content without pause. Afterwards the drinker and the rest of the kava circle clap three times in appreciation and the cup is passed back to the server. This process is repeated until all have had a cup to drink. During the intervals between the passings of the cup, the partakers relax and talk story. There is no standard interval length, and at the mixers discretion another round is served. The object is not to simply empty the tanoa as quickly as possible, but to enjoy each others company and the shared mutual experience of the kava ceremony. When the tanoa is empty, and if the group desires, a fresh bowl is mixed and the party continues.

Often many tanoa are consumed as the hours slip by in the pleasant conversation and the feeling of mellow well being.

### **Easy Blender Recipe:**

This method of preparation is our favorite. It is the very best way to get the most out of your kava. This is a suggested serving for two people.

You may want more or less according to your taste. Leftovers will last several days in the refrigerator.

- 1) Place 3 Tbs. kava in the blender with 3 cups of water
- 2) Blend on high for one minute.
- 3) Strain if a smoother drink is desired.
- 4) Drink slowly.

This also makes a great iced drink.

\*You may want to add a tsp. of granular lecithin or 1 tsp vegetable oil. This helps to emulsify the kavalactones in the water. It also makes for a smoother tasting drink.

A few slices of fresh ginger root added to the blender is also interesting. You will probably want to strain out the ginger pulp.

Some people like to sweeten it with a bit of honey. Maple syrup is also a favorite.

We even have a customer that claims rose petals are the best flavoring!

There are many creative ways to enjoy Kava. Make up your own favorite recipe!

### **The "Dunking Cloth" Method:**

This is the method is most often used in the South Pacific. This method is used when doing a traditional kava ceremony using a Tanoa (kava bowl). One cup of ground Kava root is placed in a cloth bag or wrapped in the center of a cloth. A dish towel can be used. Place cloth in a bowl with about a quart of water. Keeping the Kava root within the cloth, knead with fingers and fist for until water takes on the color of coffee with cream and a slightly foamy surface. This can take about 5-10 minutes. Pour off liquid for drinking. This amount will serve one to four people. The process can be repeated with the same bag of Kava. The second rinse being more dilute.

### **A very creative recipe from one of our customers:**

His comment: " This drink tastes much like chocolate milk. The kava effect is as strong as that of the blender recipe given on your web page; however the taste is much more pleasant. I did not like the taste of kava until I tried this recipe."

3 heaping tablespoons powdered kava root 3 cups Soy Beverage (non-GMO!) 1 heaping tablespoon carob powder (or substitute cocoa powder) 1 teaspoon granular lecithin (optional sweeten further with honey or Stevia extract) Preparation: Blend in blender on high for 2 minutes. Filter through a wire mesh colander.

## **KAVA CHAI**

A recipe I've been working on perfecting is spiced chai-style kava. I found straight kava to be a little strange, so I like to brew a pot of concentrated spiced-chai style kava to be mixed with the desired amount of hot milk, & sweetened with the desired amount of honey. I just simmer a smallish pot of water with a double-load of kava, healthy measures of cloves, cinnamon, ground ginger, allspice, cardamom, and nutmeg. After it's brewed to the desired strength, I'll pour the mixture through the straining bag to filter out the solids, which leaves me with the brew that I can add any amount of hot milk I like. The spice amounts to add will vary depending on how spicy people like their beverage. You can make large batches of the concentrate to refrigerate once your favorite measurements are established, to avoid doing the brewing process each time you want a cup. You can even froth your milk & make it a kava-latte! Hope you enjoy!

S. MCGOURTY (OAKLAND, CA)

## **VANILLA KAVA**

Like your ideas of sharing stories & recipes. Here is a short recipe. This will be for the people that like something QUICK & EASY!! Just add a few drops of vanilla extract to each cup of Kava made. It mellows the flavor. ....Enjoy....

K. WOODCOCK (ONTARIO, CANADA)

## **KAVA MILK SHAKE**

Here's a Kava recipe I tried and liked: Take Kava powder and mix it through a strainer bag into milk, just like you do with water. Then, put this milk into your blender and add your favorite ice cream. You could add anything else you want, too. Mix it up and you have a Kava milk shake! It is very refreshing, especially if you use mint chocolate chip ice cream (my favorite kind). Hope you like it!

R. NELSON (PROVO, UT)

## **FIZZY KAVA**

Wish I had a neat recipe to contribute, but I've gotten to like the taste of Kava. Occasionally I'll use seltzer water for fizzy kava, but that's not particularly imaginative.

G. CROWLEY (WASHINGTON, DC)

## **LEMON KAVA**

I mix about one half cup of kava with 32 oz of water and flavor it with just a touch of lemon flavored crystal light (it has to be lemon). The secret is to NOT make it taste like lemonade, but just to mask and add a hint of lemon to the natural kava taste. (Approx. 1 tsp and it has to be sugar free).

L. MITCHELL (GILBERT, AZ)

## **CINNAMON SPICE KAVA**

This is the recipe for a 3 cup batch "Espresso" style brew... Warning: this may exceed the recommended daily FDA limitations, so drink with caution! For smoothest flavor, temperature of water is very important, hence the different

temps. Of water. Anyways, here it is: Fill bowl with: 2 cups ice cold water, 1 cup room temp. Water. Fill fine mesh strainer with: 6 heaping teaspoons of Kava powder, 1 teaspoon of ground cinnamon powder. Dip strainer bag in water and be sure to agitate contents thoroughly for full dispersion of the magic Kava. ENJOY!  
Brad (Santa Maria, CA)

## **Kelp:**

### **Typical preparations:**

Powdered kelp can be easily included in practically every dish. You may sprinkle it on entrees, soups, salads, and it makes a marvelous drink in the form of a "green smoothie"(1 tsp). Also adds well in teas and in iced drinks.

### **Super karmic pack:**

A ¼ cup is recommended but in cases where health needs to be increased then I would suggest ½ a cup a day.

### **Karmic Smoothie:**

¼ cup to ½ cup All Natural Karmic Pack  
1 cup Oat Milk  
1 Organic Banana  
Just a touch of maple syrup  
3-6 ice cubes

In a blender add all ingredients and blend for a minute. Pour into glass and enjoy.

**Hemp Seed:** 2 to 3 tbsp daily

**Mangosteen Elixir:** 1 to 2 ounces daily. Always consult with a health care professional before using any nutritional supplement.

**Polish Bee Pollen Granules:** The recommended dose of bee pollen is 400-500mg taken one to three times daily.

**Mountain of Angels green tea:** Brewing Instructions: Brewing Mountain of Angels organic green tea using a ceramic tea cup. Place a few leaves (10-12), in the cup and pour hot water (not boiling), cover the cup for two to three minutes and then sip your brewed green tea slowly and enjoy the taste, the aroma and the golden-greenish color. If the color is brownish, it means that you used more than you should have of the green tea leaves. You can use the same leaves two to three times.

**Using Teapot:** Place very small amount of green tea leaves in the pot, and fill it with hot water. Cover the teapot for a few minutes and you will have a beautiful golden The Mountain of Angels Organic Green Tea with its delicate aroma and taste.

**Using Tea Ball:** Do not fill the tea ball with green tea leaves, just use a few leaves. Immerse the tea ball in a cup full of hot water and stir it till the color become gold, not brownish. You can use the same leaves two to three times.

a. Please remember that you can mix the brewed leaves with your salad, cooked vegetables, soup or just chew them.

b. Please remember that the less time you brew your tea the better it is and it will maintain more of its medical benefits.

**Brewing Ice The Mountain of Angels Organic Green Tea:** Place two to three tablespoons of The Mountain of Angels Organic Green Tea in a one gallon bottle full of drinking water and place it in the icebox for one to two hours, or until the water turns to gold color and the ice green tea is ready to drink. If the color becomes dark brownish, it is an indication that you have used too much green tea leaves.

When you have used two thirds of the brewed green tea, you may refill the bottle with water **WITHOUT REPLACING THE LEAVES**. You may repeat the same twice, three times until the color, the aroma or the taste is not more to your liking.

**Bonus:** As an added bonus, it is perfectly ok to eat your green tea leaves after they are brewed. They can be used in salads or mixed with other vegetables.

**Iced Green Tea:** Never brew Green Tea with hot water and cool it down to prepare iced Green Tea. Instead, double the amount of tea leaves to brew it with cold water, in order to keep the aroma without bitter flavor. Brewing time for a cup is 30 minutes and 10 cups in a jar for one and half-hour.

Please note that Concentrated Ice Tea in our recipes means that you prepare the Green Tea with cold water by using triple the amount of tea leaves.

**Green Apple Sparkler:**

1 1/3 cups green tea concentrate  
1 1/3 cups apple juice  
1 1/3 cups sparkling water  
Ice cubes

Combine tea concentrate, apple juice and sparkling water. Pour into ice filled glasses. Makes 4 servings.

**Green Tea Ginger Sparkler:**

1 1/3 cups green tea concentrate  
¼ cup finely chopped ginger  
2 2/3 cups chilled ginger ale  
Ice cubes

Combine ginger and tea concentrate for at least one hour. Strain and discard ginger. Pour concentrate and ginger ale into ice filled glasses. Makes 4 servings.

**Papaya Nectar Green Tea:**

1 1/3 cups green tea concentrate  
1 1/3 cups Papaya Nectar

3 Tsp. Honey  
Ice cubes

Combine tea concentrate, papaya nectar and honey. Pour into ice filled glasses.  
Makes 4 servings.

**Apricot Tea Sparkler:**

1 1/3 cups green tea concentrate  
1 1/3 cups apricot nectar  
1 1/3 cups sparkling water  
Ice cubes

Combine concentrate, apricot nectar and sparkling water. Pour into ice filled glasses. Make 4 servings.

**Xianju Green Tea Yogurt:**

1 Tea spoon of crushed green tea leaves  
1 16 oz plain yogurt  
2 Tbs. Honey (or to taste)

Mix the crushed green tea leaves into yogurt. Add honey and mix well. Let stand two minutes. (Note: You can substitute Jasmine Green Tea leaves in place of the regular flavored tea leaves.)

**Jasmine Vinegar:**

4 Tea spoons of Jasmine green tea  
1 cup Balsamic Vinegar  
1/4 cup water  
1/4 cup Virgin Olive Oil

In a jar combine all ingredients and shake well. Refrigerate. It is great dressing over salads or pasta.

**Cherokee Items:**

**How do I make an infusion? (Infusion = Tea made from leaves, flowers and light material):**

Put 1-2 teaspoons of herbal tea material into a brewing utensil of your choice and place in a 6-8 oz size cup. Add 6-8 oz of boiling water and allow to steep for up to 3-5 minutes. Increase the quantity of material accordingly if using a teapot. For a more "medicinal" effect steep 15-30 minutes. Will keep refrigerated for 24 hours.

**How to Make a Decoction? (Decoction = Tea made from bark, roots, seeds, twigs and berries):**

Put 1-3 tablespoons of cut herb, seed, root, bark, etc into a pot of 16-32 oz of water and allow to sit in cool water for at least 5-10 minutes. Bring water to a slow boil then turn down to a simmer for 10-30 minutes. (This depends on the strength of the tea you enjoy) Strain and drink. Will keep about 72 hours if kept refrigerated.

**Organic Blackberry leaf:** How to use: The Cherokee historically use the tea for curing diarrhea (infusion recipe).

**Organic Mullein:** How to use: It is considered of much value in phthisis and other wasting diseases, palliating the cough and staying expectoration, consumptives appearing to benefit greatly by its use, being given in the form of an infusion, 1 OZ. of dried, or the corresponding quantity of fresh leaves being boiled for 10 minutes in a pint of milk, and when strained, given warm, thrice daily, with or without sugar. The taste of the decoction is bland, mucilaginous and cordial, and forms a pleasant emollient and nutritious medicine for allaying a cough, or removing the pain and irritation of hemorrhoids. A plain infusion of 1 OZ. to a pint of boiling water can also be employed, taken in wineglassful doses frequently.

The dried leaves are sometimes smoked in an ordinary tobacco pipe to relieve the irritation of the respiratory mucus membranes, and will completely control, it is said, the hacking cough of consumption. They can be employed with equal benefit when made into cigarettes, for asthma and spasmodic coughs in general. Fomentations and poultices of the leaves have been found serviceable in haemorrhoidal complaints.

Mullein is said to be of much value in diarrhoea, from its combination of demulcent with astringent properties, by this combination strengthening the bowels at the same time. In diarrhoea the ordinary infusion is generally given, but when any bleeding of the bowels is present, the decoction prepared with milk is recommended.

On the Continent, a sweetened infusion of the flowers strained in order to separate the rough hairs, is considerably used as a domestic remedy in mild catarrhs, colic, etc.

A conserve of the flowers has also been employed on the Continent against ringworm, and a distilled water of the flowers was long reputed a cure for burns and erysipelas.

**Organic Yarrow (Squirrel Tail or Saloli gatoga):** How to use: Yarrow Tea is a good remedy for severe colds, being most useful in the commencement of fevers, and in cases of obstructed perspiration. The infusion is made with 1 oz. of dried herb to 1 pint of boiling water, drunk warm, in wineglassful doses. It may be sweetened with sugar, honey or treacle, adding a little Cayenne Pepper, and to each dose a teaspoonful of Composition Essence. It opens the pores freely and purifies the blood, and is recommended in the early stages of children's colds, and in measles and other eruptive diseases.

A decoction of the whole plant is employed for bleeding piles, and is good for kidney disorders. It has the reputation also of being a preventative of baldness, if the head be washed with it.

As always, remember that these plants are very valuable as medicines because of the great chemical powers they contain. At the same time, these chemicals can be potentially dangerous if used in the wrong way. Cherokee herbalists have great experience, and have gone through extensive training and observation. Novice

herbal practitioners are advised to seek out and develop a close relationship with Cherokee herbalists or their elders to learn how to use these medicines properly.

**Herbal Aspirin:** How to use: Take 1 to 2 teaspoons of meadowsweet and 1 teaspoon of white willow powder per cup of boiling water. Drink up to 3 cups per day. White willow taste bitter and astringent. Add honey and lemon.

## Healing Herbs:

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**Chamomile:** How to use: Chamomile Tea is an old-fashioned but extremely efficacious remedy for hysterical and nervous affections in women. It has a wonderfully soothing, sedative and absolutely harmless effect. It is considered a preventive and the sole certain remedy for nightmares. It will cut short an attack of delirium tremens in the early stage. It has sometimes been employed in intermittent fevers. An infusion of the flowers is taken internally; an infusion is particularly useful as a stomachic, nervine and sedative for young children, especially when they are teething. In large doses, or when taken regularly for several times each day, the tea can be emetic and can also cause the symptoms it is intended to cure.

The flowers are also used externally to treat wounds, sunburn, burns, haemorrhoids, mastitis and leg ulcers. The flowers are harvested when fully open and are dried for later use. The flowers contain various volatile oils including proazulenes. Upon steam distillation these proazulenes produce chamazulene, this is remarkably anti-allergenic.

Chamomile is a well-known herb that continues to bring good fortune to people today. This herb is most commonly used as a tea. For a bath, tie a handful of flowers into a cloth and put into the bath. These baths are highly recommended for fatigue, stress, and colds.

This formula is a good treatment for coughing. The treatment is to inhale vapours of the steaming herbs. A handful of the chamomile flowers are placed in a bowl, hot water is poured over them, and the person breathes in the vapours while wearing a towel over the head and the bowl.

A hot strong chamomile tea makes an excellent tonic to sweat off a fever and flu. Linden and elder flowers can be added to make the tea even more potent.

**Echinacea:** How to use: Dried flowers: 3-5g or by infusion.

Flowers, raw or cooked, can be dried for later use. The flowers are crisp and somewhat juicy, they have an aromatic smell and flavour and are delicious raw as a refreshing snack on a summers day, though look out for the insects. The flowers are used to add a muscatel flavour to stewed fruits jellies and jams (especially gooseberry jam). They are often used to make a sparkling wine and a sweet tea is made from the dried flowers.

The fresh flowers are diaphoretic when administered as a hot infusion. The bioflavonoid stimulates the circulation, and Sambucus flowers, combined with Achillea and Mentha, is specific for the treatment of colds and influenza. Sambucus is indicated in any catarrhal inflammation of the upper respiratory tract, for example, allergic rhinitis or sinusitis and, taken prophylactically early in the year, strengthens the upper respiratory tract before the pollen count rises. The action of Sambucus in the upper respiratory system is further enhanced by its anti-inflammatory action.

A cold, strained infusion of the flowers is a soothing remedy for inflamed eyes, and can be used as a gargle for mouth ulcers and tonsillitis. The flowers also have an expectorant action, thereby alleviating lung congestion; they also have a direct action one of the mechanisms involved in the production of mucus so that excess catarrh is checked. Sambucus is therefore beneficial in bronchitis and even pneumonia. The flowers are mildly relaxing and can be used where there is agitation and restlessness; there is a direct effect on the nervous system inducing relaxation of all visceral functions. An infusion made from Sambucus flowers, Hypericum herb and Saponaria root has exhibited anti-viral activity against influenza types A and B, both in vitro and in vivo, and herpes simplex virus Type I in vitro. Elder contains one of the highest levels of vitamin C in nature, as well as flavonoids like quercetin, a potent antioxidant.

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Known Hazards: The leaves and stems are poisonous. The fruit of many species (although no records have been seen for this species) has been known to cause stomach upsets to some people. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked.

**Elder flower:** How to use: Dried flowers: 3-5g or by infusion.

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**Hawthorn:** How to use: Hawthorn is an extremely valuable medicinal herb. It is used mainly for treating disorders of the heart and circulation system, especially angina. Western herbalists consider it a 'food for the heart', it increases the blood flow to the heart muscles and restores normal heart beat. This effect is brought about by the presence of bioflavonoid in the fruit, these bioflavonoid are also strongly antioxidant, helping to prevent or reduce degeneration of the blood vessels.

The fruit is antispasmodic, cardiac, diuretic, sedative, tonic and vasodilator. Both the fruits and flowers of hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. There is a strong tradition in British herbal medicine for the use of hawthorn in heart remedies. It strengthens the heart muscle cells, nourishes them and increases energy, without over stimulating. It increases the force of the beat not the rate. It has been known, as well, to even irregular and arrhythmic heartbeat. It is safe to use with the elderly who are beginning to experience loss of function. Prolonged use is necessary for the

treatment to be efficacious. Both flowers and berries are astringent and useful in decoction to cure sore throats. A useful diuretic in dropsy and kidney troubles. To prepare hawthorn teas take one teaspoon dried hawthorn leaves and pour one cup boiling water over them. Let stand for ten minutes, and then strain excess leaf grains. Drink one cup in the morning and one cup at night to benefit the most from the use of this tea.

**Maca Powder:** How to use: Currently Western users utilize it in the form of a medicinal drink made from the powder or, taken in the form of tablets, capsules, and as a liquid extract. It can be easily and safely sprinkled in culinary dishes. The powder form may be mixed in water, or almost any other beverage. Maca can be mixed into protein drinks. maca powder also makes a pleasant, earthy-tasting tea when mixed in boiled water and steeped for 5 minutes. It mixes easily with any beverage and has a delicious taste of its own. The powder is excellent in protein drinks and ideal several hours before athletic activity. A favorite is mixing half to one full teaspoon of powder and adding apple juice in a blender.

**Neem:** How to use: There are reports that neem leaf also contains carotene and ascorbic acid (Tirimanna, 1984); Bhandari and Mukerjii, 1959).

Major concentrations of the active compounds are found in the seed and oil though most are also found in the leaf and bark but in lesser amounts. Historically, neem leaves and neem bark have been the primary neem ingredients in the ancient medicinal preparations because of their availability throughout the year and the ease of extracting the compounds as a decoction or by tinctures.

Most of the bitter active compounds are soluble in alcohol and water. Therefore, tinctures using 50 to 80 percent alcohol capture the majority of the medicinal compounds. Making a tea using hot but not boiling water will quickly capture them as well though excessive heat may damage some of the compounds.

Neem Tea:

- Measure one good handful, about one cup of whole leaf, to one quart of water. If using leaf powder, use one ounce or one quarter cup of powder per quart of water.
- Bring the water to a boil.
- Remove from heat.
- Add the whole leaf or powder.
- Cover and let it stand overnight or 24 hours.

With the leaf you simply strain the liquid, put into a bottle or jug and drink as needed. When powder is used put the brew into a tall glass jar or bottle and let it stand in the refrigerator until the sediment settles to the bottom. Then draw off or siphon the liquid on top into a jug or storage bottle.

The tea should be kept in the refrigerator for long term storage. If left out a scum forms in the liquid. You can use grapefruit seed extract as a preservative with some successes (10 drops per quart) but refrigeration is still the best method.

**Nettle:** How to use: A tea is made from the dried leaves, it is warming on a winters day. A bland flavor, it can be added as a tonic to China tea. This species

merits further study for possible uses against kidney and urinary system ailments. The juice of the nettle can be used as an antidote to stings from the leaves and an infusion of the fresh leaves is healing and soothing as a lotion for burns.

The root has been shown to have a beneficial effect upon enlarged prostate glands.

A homeopathic remedy is made from the leaves. It is used in the treatment of rheumatic gout, nettle rash and chickenpox, externally it is applied to bruises. Nettles are a very valuable addition to the diet, they are a very nutritious food that is easily digested and is high in minerals (especially iron) and vitamins (especially A and C). The juice of the leaves, or a decoction of the herb, can be used as a rennet substitute in curdling plant milks.

Nettle is rich in iron and vitamin C, making it a useful remedy in anaemia and other debilitated states, the presence of the vitamin C ensuring that the iron is properly absorbed. The herb has an important effect on the kidney and on fluid and uric acid excretion, so is of benefit in gout and other arthritic conditions, particularly if there is an element of anaemia. The painful, irritant effect of the sting is lost on drying or heating with water, but if preserved in cold alcoholic tincture the irritant action is preserved. A tincture of the fresh leaf applied locally to an inflamed joint will induce counter-irritation and produce reddening over the joint. Blood is thus flushed through the area and out to the surface of the skin, where the toxins may even be taken off in the fluid of a burst blister.

Nettle is also of benefit in chronic skin conditions such as eczema, helping to cleanse the body of accumulated toxins. An infusion of the dried leaf is effective in helping to control dandruff and hair loss on the scalp. As a haemostatic and astringent, Nettle helps check wound bleeding and to treat menorrhagia; it is also used for haemorrhoids and can be taken internally to treat gastric and intestinal problems. The powdered leaves were traditionally used as a snuff to arrest nosebleeds.

Nettle is known to stimulate milk flow in nursing mothers.

In a clinical trial, men with benign prostatic hypertrophy (Stages I and II) were treated with a dried nettle root extract for 20 weeks. A morphologically relevant effect on the prostate adenoma cells was found that may be due to competitive inhibition by the extract of the binding capacity of SHBG (sex hormone binding globulin). An increased binding capacity of SHBG to testosterone and dihydrotestosterone results in hyperplasia as a compensation for a decrease in hormones. Other clinical trials have reported improvements in urinary flow, and reduced urinary frequency, nocturia and residual urine after six months treatment.

**Peppermint:** How to use: An herb tea is made from the fresh or dried leaves. Specifically indicated in flatulent digestive pains, *Mentha* has a notable action on the lower bowel. Inhalations of the herb in boiling water are effective against upper respiratory or bronchial catarrh. Inhaled, it has a drying effect on the mucous membranes and ingested it has a settling effect on the gastric and intestinal mucosa. It is a useful remedy to increase concentration. It reduces nausea and is helpful in travel sickness. It promotes sweating in fevers and influenza. As a nervine it acts as a tonic, easing anxiety, tension and hysteria. In dysmenorrhoea it relieves the pain and associated tension.

To make Mint Punch: Pick a quart of fresh or dry mint leaves, then wash and dry them by shaking them in a clean kitchen towel. Put them into a large jug and mash them with a wooden spoon till soft, then cover with freshly boiled water and infuse for ten minutes. Strain, cool, then set on ice till required. Add two cups of chilled grape juice and strained lemon juice to taste. Sweeten with castor sugar, stir till sugar is dissolved and then add a quart of ginger ale. Fill each tumbler to one-third with cracked ice and fill up with the punch.

**Raspberry Leaf:** How to use: Rubus leaves have a long tradition of use during pregnancy to strengthen and tone uterine tissue, assisting contractions and checking haemorrhage during labour. For this action to occur the herb should be drunk, as a tea, regularly throughout the last three months of pregnancy and during childbirth, but should not be used earlier. The infusion also enriches and encourages the flow of breast milk. As an astringent, Rubus may be used in the treatment of diarrhoea, stomatitis and leucorrhoea, and as a gargle for tonsillitis, a mouthwash for mouth ulcers, bleeding gums and inflammations, and as an eyewash for conjunctivitis. The leaves are sometimes included in rheumatic remedies where they have a diuretic action, and in France they are regarded as a tonic for the prostate gland. The diluted tincture may be applied to wounds and inflammations or as a mouthwash for ulcers and gum inflammations. They are rich in nutrients and iron and help combat anaemia. A tea made from them is used in the treatment of diarrhoea, as well as, in relieving painful menstrual cramps. The active ingredients both stimulate and relax the uterus. Another report says that a type of tea made from raspberry and blackberry leaves is an excellent coffee substitute. Externally, the leaves and roots are used as a gargle to treat tonsillitis and mouth inflammations, as a poultice and wash to treat sores, conjunctivitis, minor wounds, burns and varicose ulcers.

**Siberian Ginseng:** How to Use: This plant is a very commonly used folk treatment in China and Russia where it is used as a ginseng substitute. It is a pungent bitter-sweet warming herb that is said to be stronger in its action than ginseng. Regular use is said to restore vigour, improve the memory and increase longevity. The root and the root bark are adaptogen, anti-inflammatory, hypoglycemic, tonic and vasodilator. It is taken internally during convalescence and in the treatment of menopausal problems, geriatric debility, physical and mental stress etc. It works by strengthening the body's natural immune system. It has also been used to combat radiation sickness and exposure to toxic chemicals. The roots are harvested in the autumn and dried for later use.

Siberian ginseng is a powerful tonic herb with an impressive range of health benefits. Unlike many herbs with a medicinal use, it is more useful for maintaining good health rather than treating ill health. Research has shown that it stimulates resistance to stress and so it is now widely used as a tonic in times of stress and pressure.

It should also be stated that you can distinguish from Chinese ginseng because it is not as warming; can be distinguished from American ginseng because it is not a Yin tonic; Siberian ginseng is a Qi tonic which is fairly neutral; Chinese ginseng is a Yang Qi tonic and American ginseng is a Yin Qi tonic; Chinese and American ginseng share the same genus (Panax) and, therefore, are more similar to each other than they are to Eleutherococcus.

**Valerian Root:** How to use: Valerian is used to reduce tension and anxiety, over-excitability and hysterical states. It is calming without exerting too sedative an effect and is practically non addictive. It is a valuable treatment for insomnia, the sedative effect due to the valepotriates and the isovaleric acid, which is also responsible for the characteristic smell of valerian. Documented research has noted a mild hypnotic action in both normal sleepers and insomniacs, indicated by a beneficial effect on sleep latency, wake-time after sleep, frequency of waking, nocturnal motor activity, inner restlessness and tension and quality of sleep. Sleepiness and dream recall the morning after were unaffected. The valepotriates have a regulatory effect on the autonomic nervous system - one fraction has a suppressant effect, another stimulant one, so that in combination they have an amphoteric effect. The valepotriates have an antispasmodic action too, making the herb an appropriate remedy where pain is associated with tension. It helps relieve dysmenorrhoea and it can be of benefit in migraine and rheumatic pain. Valerian root powder may be combined with a little ginger, lemon balm or hops and taken as a tea to treat insomnia, cramps and stress. The active ingredients are called valepotriates, research has confirmed that these have a calming effect on agitated people, but are also a stimulant in cases of fatigue.

Valerian is a well-known and frequently used medicinal herb that has a long and proven history of efficacy. It is noted especially for its effect as a tranquilliser and nervine, particularly for those people suffering from nervous overstrain. Valerian has been shown to encourage sleep, improve sleep quality and reduce blood pressure. It is also used internally in the treatment of painful menstruation, cramps, hypertension, irritable bowel syndrome etc. It should not be prescribed for patients with liver problems. Externally, it is used to treat eczema, ulcers and minor injuries. On another note, Cats are attracted to valerian, which can induce a state of ecstasy in them. Rats, too, are attracted by it, and it was used in the past as bait by rat-catchers.

### Herbal Teas:

#### **How do I make an infusion? (Infusion = Tea made from leaves, flowers and light material):**

Put 1-2 teaspoons of herbal tea material into a brewing utensil of your choice and place in a 6-8 oz size cup. Add 6-8 oz of boiling water and allow to steep for up to 3-5 minutes. Increase the quantity of material accordingly if using a teapot. For a more "medicinal" effect steep 15-30 minutes. Will keep refrigerated for 24 hours.

#### **How to Make a Decoction? (Decoction = Tea made from bark, roots, seeds, twigs and berries):**

Put 1-3 tablespoons of cut herb, seed, root, bark, etc into a pot of 16-32 oz of water and allow to sit in cool water for at least 5-10 minutes. Bring water to a slow boil then turn down to a simmer for 10-30 minutes. (This depends on the strength of the tea you enjoy) Strain and drink. Will keep about 72 hours if kept refrigerated.

**A Taste of Florida:** Decoction

**Calm Down:** Infusion

**Chamomile:** Infusion

**Gaya:** Infusion

**Pixie Dust:** Infusion

**Nighttime:** Infusion

**The Chakra:** Decoction

**The Essence of Man:** Decoction

**Remembrance:** Infusion

**Oregon Chai:** Decoction

**The Autumn of Life:** Infusion

**The Essence of Woman:** Infusion