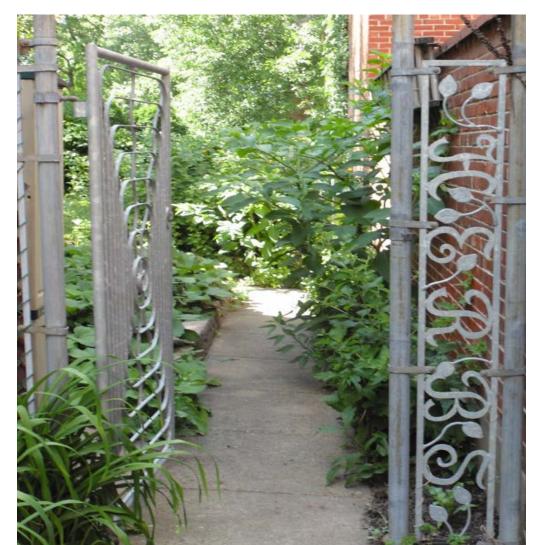
WELCOME to

PREVENTING AND CARING FOR HAY FEVER with Monica Giacomin Educator, Herbalist ...







...Garden-keeper & Medicine Maker at <u>HERBS on the Side Educational Botanical Sanctuary</u>, in *Tio'Tia: Ke (*Montreal*)* which I appreciate, admire and acknowledge as unceded Kanien'kehá ka (Mohawk) Territory.





With GRATITUDE to all of my wise, generous, passionate teachers ...

- Holly Bellebuono, School of Herbal Medicine, Martha's Vineyard, Community Herbalist Certification, 2018
- Gail Faith Edwards, Blessed Maine Herb Farm, Body Systems Herbal Medicine Correspondence Course, 2019, Benedicaria (2021), Southern Italia (2024)
- Rosemary Gladstar, Sage Mountain Botanical Sanctuary and School of Herbal Medicine, VT, Advanced Herbal Certification 2006, and Plant Lover's Journeys 2010 (Italy), 2013 (Cotswolds, UK).
- Mercedes Telles... the first spark! Professional Development course for College Outdoor Educators, 1989...eye opening experience with medicinal herbs
- Susun Weed, Wise Woman Center, NY, 1990-2021; a variety of experiential and correspondence herbal courses
 - and for the abundance and nourishment of wild and not-so-wild herbs that grace my path year after year!

DISCLAIMER

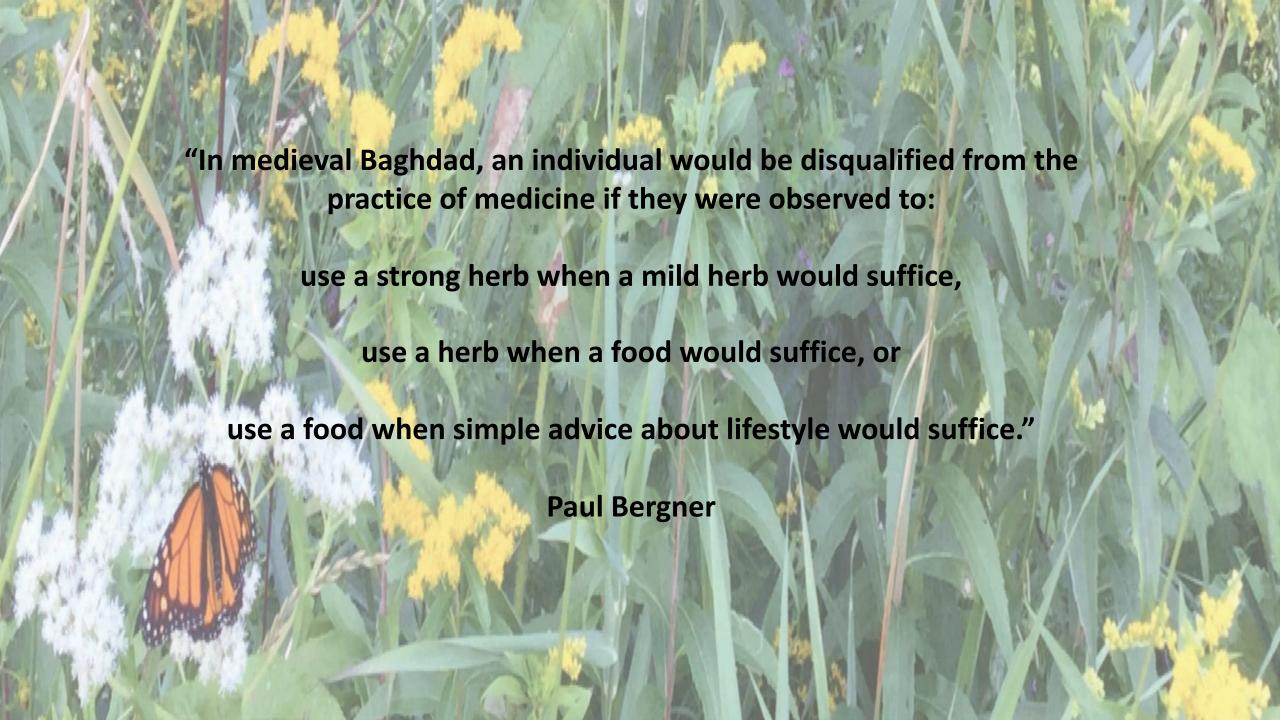
This presentation is for inspirational and **educational purposes** only and does not substitute for advice from a healthcare practitioner. My goal is to add to your nourishing ways, excite your senses and offer a variety of lifestyle choices in pursuit of optimal wellness. I'm delighted to share the most current information I've gathered about health and herbs from a variety of respected herbalists and practitioners, as well as my own experiences and observations. Even though herbs have been used for millennia, studies about their nutritional and medicinal effects are ongoing. I encourage you to keep exploring our local abundance of herbs, and enjoy them on a daily basis!

You'll notice that I try not to refer to living, reciprocally-breathing, plants as "It" which never sounds right to me. I love the way the French and Italians call each plant by gender... LA rose (elle/her), LE dent-de-lion (il, him). Robin Wall Kimmerer suggests Ki, or Kin (how perfect!) when pluralized.

https://www.yesmagazine.org/issue/together-earth/2015/03/30/alternative-grammar-a-new-language-of-kinship

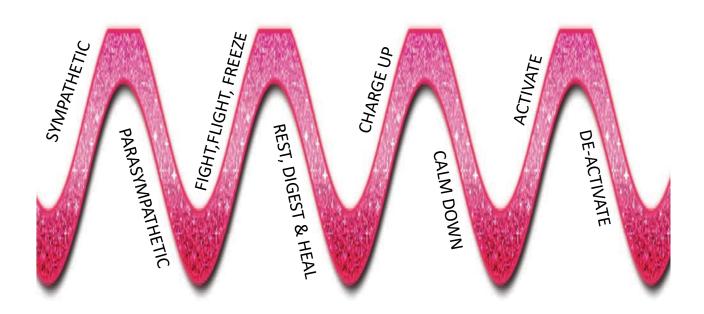
I believe in **Preventative Medicine** and live my life accordingly. (My Virgo moon also propels me in this direction!) Now, let's see how herbs can keep us healthy this allergy season!

"The future depends on what you do today." – Mahatma Gandhi



THE AUTONOMIC NERVOUS SYSTEM is part of our GUT-BRAIN AXIS which is the biochemical communication between

our G.I. tract, our Central Nervous System and our Microbiome



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

IN THE BRAIN:

- Arousal increases Alertness intensifies Enhanced focus Memory retrieval enhanced



IN THE BODY:

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

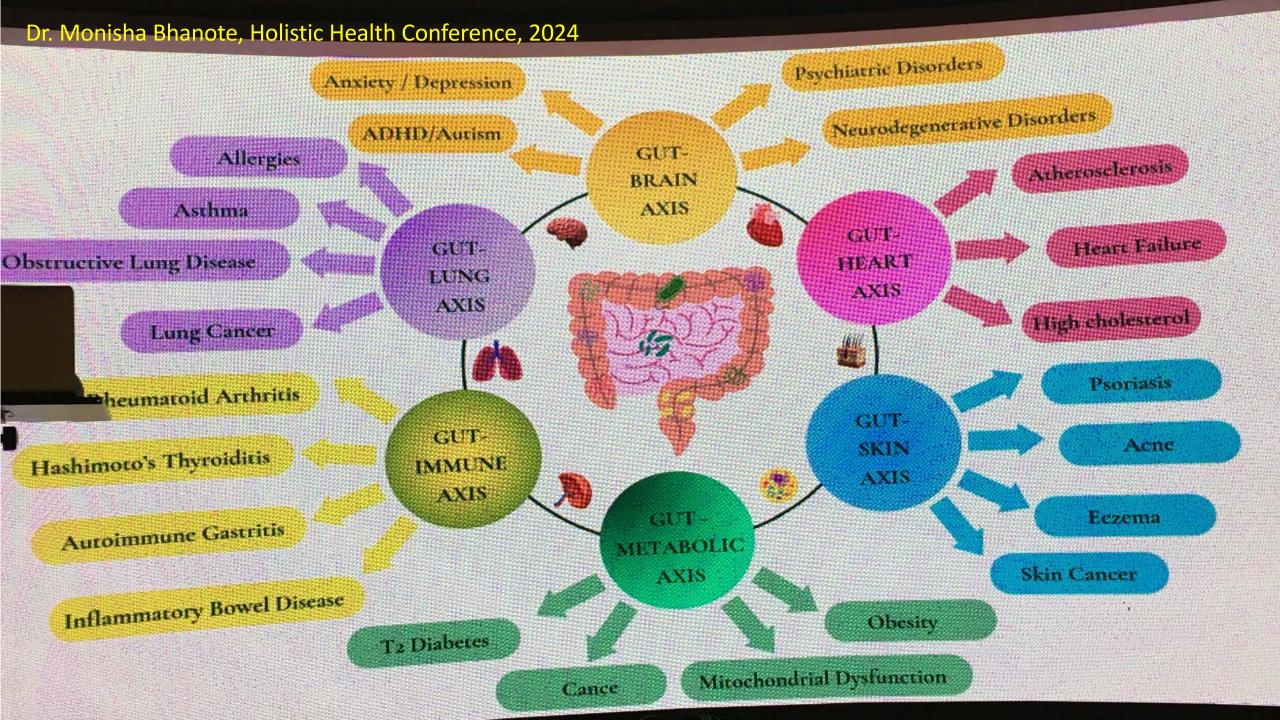
But if you're always in high gear, you may be too exhausted to relax into parasympathetic mode...

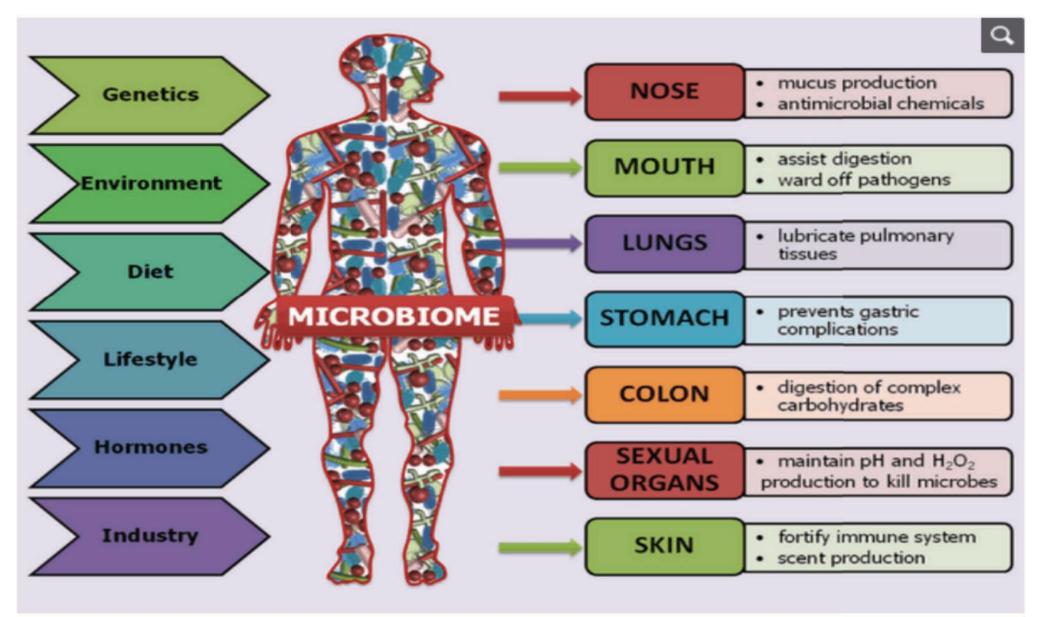
- Digestive function falters
- Stress resistance declines
- Chances of getting sick increase
- Anxiety and panic attacks escalate
- Mood swings occur
- Depression & pessimism set in
- Inflammation occurs



HERBS, and getting out in NATURE, can nourish us long term, and be part of our daily self-care/ self-love, as we enjoy a slower, more relaxed parasympathetic mode which nourishes our microbiome, digestion and Immune Health!

Actually our microbiome enhances every aspect of our health!





The human microbiome is a treasure trove waiting to be unlocked

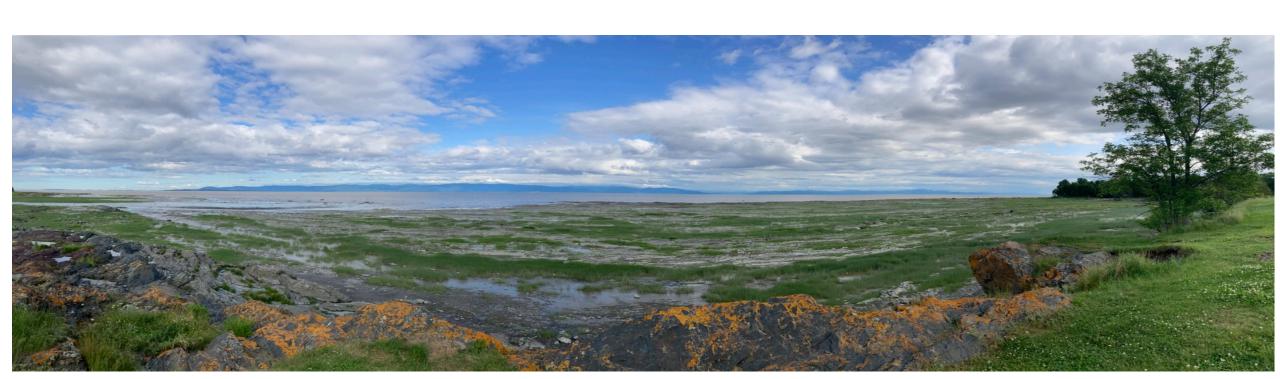
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The Mighty Microbiome

Our microbiome is a collection of ~40 trillion different organisms. There are microbiome living throughout the body ... your mouth and skin, in tears and semen. This whole world of microbes plays a critical role in our health and is essential for development. The gut-brain connection is stronger than we ever thought. Our microbiome enhances brain function and neurotransmitters acetylcholine, norepinephrine, dopamine, GABA, glutamate and serotonin!

Besides brain health and managing inflammation, they play a key role:

- ✓ regulating immunity
- ✓ influencing nutrition intake, including cravings
- ✓ producing vitamins
- √ digesting... absorption, elimination
- √ responding to food-borne bacteria
- ✓ balancing hormones and blood sugar
- ✓ regulating behaviour and mood, anxiety and depression
- ✓ managing obesity
- ✓ as to how we respond to certain medicines



How Can We Nurture our Microbiome?

DAILY PROBIOTICS FERMENTED FOOD & BEVERAGES

- Sauerkraut
- Miso
- Kimchi
- Beet kvass
- Kefir, plain (with fat if organic)
- Yogurt, plain (with fat if organic)
- Kombucha
- Natto
- Tempeh
- Vinegar (ideally with scoby)
- Pickles, olives (fermented)
- Sourdough bread

- Gundruk (Nepalese preserved greens)
- Doqq (Moroccan preserved lemons)
- Achaar (Indian pickles)
- Kawal (Sudanese preserved cassia leaf)
- Cortido (Mexican cultured cabbage)
- Poi (Hawaiian and Polynesian fermented taro)
- Rosel (Eastern European Jewish fermented beet
- Umeboshi (Japanese pickled plums)
- Kosher dill pickles (fermented cucumbers)
- Sauerrüben (German cultured turnips)

How Can We Nurture our Microbiome?

DAILY PREBIOTICS

Indigestible fibres (ie.Fructooligosaccarides (FOS) and Inulin) that feed your "good" bacteria.

- Garlic
- Onions & Leeks
- Beans
- Mushrooms
- Apples, with peel
- Dandelion Greens & Root
- Jerusalem Artichoke
- Asparagus
- Chicory Root
- Burdock Root /Gobo
- Oats
- Greens, Herbs (unwashed)

- Barley
- Flaxseed
- Wheat Bran
- Seaweed
- Sweet potato
- Bananas (unripe best)
- Artichoke hearts
- Kiwi with peel
- Cocoa
- Breastmilk
- Berries
- Cassava, Jicama, Konjac, Yakon Rts.

Can you identify these tasty prebiotic salad greens, likely growing in your own backyard??



Dandelion & Garlic Mustard

Or these Inulin-rich Roots

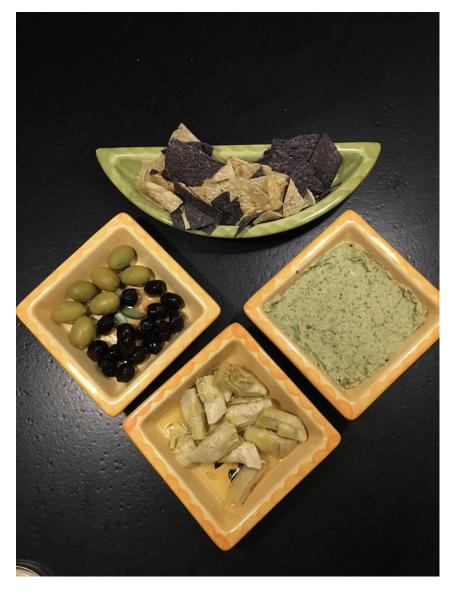








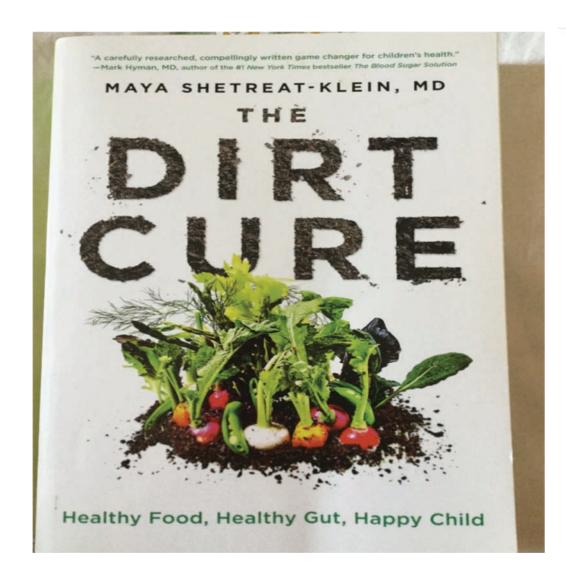
How could you amplify the microbiome enhancing effects of pro & prebiotics?



Combine them together for snacks & meals

How can we nurture our microbiome beyond PRO & PREBIOTICS?

- Moving every day...in every way!
- Managing stress levels
- © Getting enough sleep... 8 hours recommended
- © Eating more vegies and more variety, especially greens
- ©Chewing food well, while sitting, grateful, relaxed, in parasympathetic mode
- Minimizing alcohol, sugar, caffeine and processed food
- © Restricting the use of medications such as antibiotics, aspirin, ibuprofen
- Orinking sufficient water ... without chlorine. Consider a shower filter too.
- Minimizing antibacterial products (soap, sanitizer, cleaning products)
- Get your hands in the earth (without gloves)... and your feet too!



THE MENTAL HEALTH ISSUE

Can the Bacteria in Your Gut Explain Your Mood?

Besides enhancing our microbiome, *Mycobacterium* vaccae, a harmless bacteria found in soil, stimulates the release of seratonin, which in turn improves mood and possibly brain function! 90% of serotonin is made in our gut lining, which is regenerated every 3-5 days.

To get a little more earthly prebiotic in your diet, don't wash your organic garden produce... and drink that last little sip of grit in your infusions! Besides enhancing your microbiome, and increasing your time in parasympathetic mode, here are a few OTHER TIPS for reducing seasonal allergies...

Eat & drink as many servings of **QUERCETIN** rich food and herbs daily for at least a month before hay fever season. The bioflavonoid Quercetin helps to prevent hay fever by modulating the immune system, inhibiting the production and release of histamines and reducing overall inflammation. More specifically...

- **Stabilizes Mast Cells:** Mast cells are immune cells that release histamine, the chemical responsible for allergy symptoms like sneezing, runny nose, and itching. Quercetin stabilizes these cells, preventing them from fully releasing histamine.
- **Inhibits Histamine Release:** Quercetin has a direct **antihistamine effect** by reducing the amount of histamine released during allergic reactions reducing symptoms like congestion, eye irritation.
- **Anti-inflammatory Effects** are found in ALL free-radical neutralizing antioxidants. Free-radicals exacerbate inflammation and worsen allergy symptoms. Quercetin also inhibits enzymes and pathways (like COX and LOX) involved in inflammation which reduces **swelling, redness, and irritation** associated with allergies.
- **Suppresses Immune Overreaction:** Quercetin can help **balance the immune response**, reducing the overactivity that leads to allergic symptoms which may then lower the production of **pro-inflammatory cytokines** and **IgE antibodies**, both involved in allergy pathways.
- The therapeutic adult dose of Quercetin is between 750-1500 mg throughout the day. To enhance absorption, combine with the anti-inflammatory digestive enzyme, Bromelain. These are a few quercetin-rich options...

FOOD: onions, apples, grapes, berries, broccoli, citrus fruit/pith, capers, cherries, tomatoes, red wine, lettuce, olive oil **HERBS**: dill, parsley, sage, chives, tarragon, green & black tea, coffee, cranberries, nettles, elder (Sambucus canadensis/nigra)

Property		808	
	ONIONS	GINGER	GARLIC
Main Active Compounds	Quercetin, Kaempterol, Anthocyanins	[6]-Gingerol, [6]-Shogaol, Zingerone	Allicin, S-allyi cysteine Diailyi disulfide
Histamine Modulation	Strong natural antih- histamine (quercetin)	Mild mast cell stabilizer	Strong (cylokine modula- tion NF-kB inhibition)
Immune System Balance	Moderate– – strong flavonoid based	Strong (cytokine modulation, NF-kB	Strong Modulates overactive immune response
Immune System Balance	Helps balance Th1/TH2	Supports immune homeostasis	Modulates overactive immune response
Respiratory Benefits	Clears sinuses, reduces congestion	Bronchodilator, cleare mucus	Supports lung detox and mucosal immunity
Antioxidant Power	High (flavonoids, Vitamin C)	High (gingerols, shogaols)	High (selenium, sulfur compounds)

- **Onions**: Best for **natural antihistamine effects** and flavonoid support (especially quercetin).
- **Ginger**: Best for **inflammation relief, mast cell stabilization**, and respiratory support.
- **Garlic**: Best for **immune modulation**, **antioxidant defense**, and supporting mucosal health.

Are you getting enough GINGER which ...

- 6 reduces mast cell activation, helping to prevent the release of histamine, the main chemical behind sneezing, itching, and runny noses. This gives it a natural antihistamine effect, similar to quercetin (but through different mechanisms).
- ontains active compounds like [6]-gingerol and [6]-shogaol, which:
 - ~Inhibit COX and LOX enzymes, reducing prostaglandins and leukotrienes.
 - ~Downregulate pro-inflammatory cytokines (IL-1 β , TNF- α , and IL-6).
- for relaxes airway smooth muscle, which can ease nasal congestion and allergic asthma symptoms. Ginger's warming, drying energetics also help to clear mucus and reduce post-nasal drip.
- scavenges free radicals and protects cells from oxidative stress caused by allergic inflammation which helps maintain healthy epithelial linings in the nose and lungs.
- © can help shift the Th2-dominant immune response (seen in allergies) toward a more balanced state. May reduce IgE levels, which are often elevated during allergic reactions.

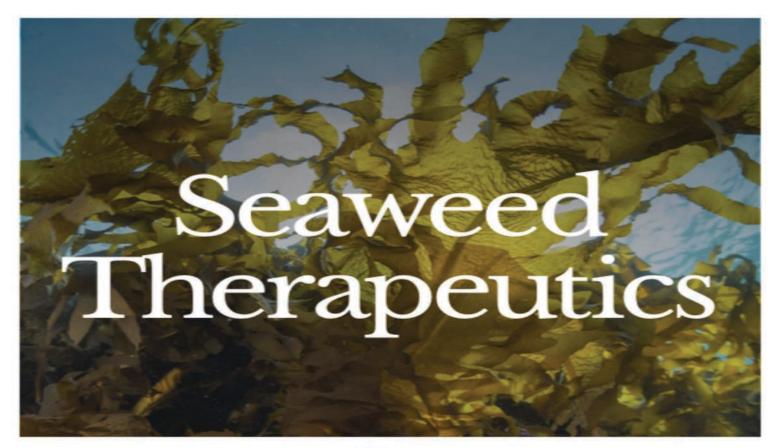
ENJOY Ginger:

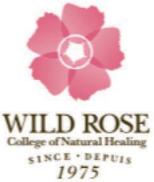
- **6 tea**, solo or with honey and lemon
- **freshly grated** in meals (simply with cooked greens on rice, in curries, smoothies, yogurt...)
- **oinfused in vinegar, glycerite or honey** for 4-6 weeks
- **6** herbal steam for sinus and lung congestion (Slide 61 has more details about Steaming)

The decongesting root of this herb often brings immediate relief as he/she/ki tones and restores the respiratory mucosa and lungs. Just inhaling horseradish will work!

How can you enjoy this powerful medicine more often?







Seaweed ...kelp, kombu, wakame, or arame

Seaweed is a nutritional powerhouse offering a wide range of nutrients including vitamins A,B,C,D,E,K; minerals, amino acids, trace elements, and alginic acid which protect our bodies from environmental pollutants and revitalizes our cardiovascular, endocrine, digestive and nervous systems. That slippery demulcent quality will also help nourish the digestive system. Absolutely AMAZING!

Add a handful of dried kombu, wakame, or arame to soups, broths, baked beans, hummus, energy balls, eggs, or ??. Leave a bowl of kelp on the counter and munch the dried kelp "chips" regularly. For a salt substitute, with a taste of the sea, mix powdered seaweed with nettle seed and/or nettle leaf, in a salt shaker and sprinkle it onto your food daily.

How can the bioactives in sea vegetables help seasonal allergies?

- ✓ Fucoidan in brown seaweeds inhibits the allergy response
- ✓ Ulvans found in the green seaweeds, for their immune modulating, antiallergenic and anti-inflammatory properties
- ✓ Phlorotannins, "a phenolic compound found in the brown seaweeds, have had positive results showing bioactive properties. These include 36 anti-allergenic, anti-inflammatory, antioxidant, antitumor, antiviral, and antidiabetic benefits.." Angela Willard, Seaweed Therapeutics, Wild Rose College of Natural Healing, 2021

In "Seaweed Therapeutics", Angela also shares that ...

Ulvan's immunomodulating effects act by influencing the body's inflammation levels. Anti-inflammatory cytokines inhibit the release of pro-inflammatory cytokines. Cells exposed to ulvan upregulated the production of anti-inflammatory cytokines, while simultaneously inhibiting pro-inflammatory cytokines. Autoimmune conditions have been linked to high inflammatory levels in the body. In a number of studies, Ulvan is consistently reported to increase messenger RNA expression and promote the release of immunomodulating cytokines or enzymes, thereby keeping an overstimulated immune system in check.

BIOACTIVES IN SEA VEGETABLES & THEIR EFFECTS ON SEASONAL ALLERGIES

BIOACTIVES	MECHANISM OF ACTION	ALLERGY-RELATED BENEFITS
FUCOIDAN Brown seaweed (Ulva vesciolosus, Undaria pinintifiăa)	 Inhibits mast cell degranulation Reduces histamine release Anti-inflammato 	and sneezing e
ULVANS (Green spp.)	 Immuno- modulatory Balances Th1/ Th2 rospanse Antioxidant 	Reduce allergic inflammation May help regulate immune overreaction
PHLOROTANNINS Brown algae (Ecklonia cava, Laminaria spp.)	 Antioxidant and anti-inflammatory Inhibits allergy mediators (e,g. histamine, IL-4) 	Reduce itchy eyes, runny nose Protect from oxidative stress- induced flare-ups

Eating bitter greens like arugula, escarole, endive, ground ivy, young yarrow leaf, garlic mustard and our favourite, dandelion (pictured) will support your liver and enhance digestion.

Recent studies in Italy have also found that bitters may inhibit the release of histamines, preventing allergic reactions

AVOID:

~pro-inflammatory foods: saturated fats, processed, refined foods, which suppress your immune system.

~potential mucus producing and/or gutdamaging products: dairy, gluten, sugar, deep-fried anything, and alcohol.





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

ASTRAGALUS ROOT

GINGER ROOT

SEAWEED

NETTLE

THYME

USNEA

TURMERIC ROOT

LICORICE ROOT/ Anti-inflammatory, anti-allergy, soothing for the respiratory tract & supports the adrenals.



Simmer for 8-10 hours in a crock pot or soup kettle. STRAIN, pour broth into ice cube trays and freeze. Sip 1 TBSP, 2-4 x/day, swishing & gargling in mouth before swallowing before and during allergy season.

Support adrenal function...

Low adrenal output = weaker anti-inflammatory response.

> to enhance Cortisol Production

The adrenal glands produce cortisol, a natural steroid hormone. Cortisol helps **suppress histamine release** and **inflammation**, decreasing hay fever symptoms like sneezing, itching, and runny noses.

> to support Immune System

Allergies are a sign of an **overreactive immune system**. The adrenal hormones help **modulate immune function**, preventing excessive responses to harmless triggers like pollen.

> to improve Resiliency to stressors

Stress increases histamine levels and allergy symptoms. Chronic stress depletes adrenal reserves, reducing our body's ability to counter allergic inflammation. Supporting the adrenals should help to **decrease symptom intensity**.

> to boost Energy & Recovery

When you're dealing with allergies, fatigue often results from the **constant immune activation**. Adrenal support can help bolster energy, reduce brain fog, and help to bounce back faster.



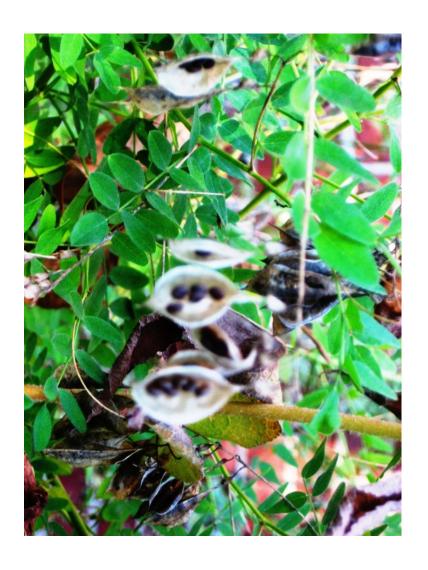




Astragalus

Astragalus membranaceus





ASTRAGALUS ROOTS modulate our immune systems and help us manage the stress of dealing with hay fever! He/She/ Ki also supports the nervous and endocrine systems.

This immunomodulator, hepatoprotective, cardioprotective, telomere enhancing root has long been enjoyed in Asia to support overall health.

Try powdering dried roots in your Vitamix and stirring them into honey. Infuse for 4 weeks and enjoy a spoon as a daily immune boosting tonic during and pre-allergy season.

CONTRAINDICATED when you have a fever.

{NB... On another note: Steven Martyn (the Sacred Gardener from Ontario) teaches that Astragalus root is a **Lyme's Disease protectant**. Ingest daily (decocted, powdered, tinctured or in capsules) whenever you're out in tick country!}

Astragalus Root Broth



Simmer/Decoct 15-20 pieces of root in 3-4 cups of water for 25 mins.

Strain and use in:
oatmeal
rice
quinoa
soup
OR
your water bottle & sip
throughout the day.

Roots can be simmered twice before composting with gratitude, and a few deep breaths. ©



PREVENTATIVE ASTRAGALUS- CHAI DECOCTION

- Place astragalus root broth into a pot on low heat.
- Additions: oatstraw, ginger root, rose hips, elder/hawthorn berries, green tea Add your favourite chai spices:
- Cinnamon sticks
- Ginger slices
- Cloves
- Cardamom pods
- Star Anise
- Fennel seeds
- Peppercorns
- Dried orange peel...organic only
- Turmeric root, grated
- Simmer for 30 minutes
- Add non-dairy milk if desired
- Inhale the essence DEEP into your lungs
- Appreciate the bounty, nourishment and generosity of herbal delight!

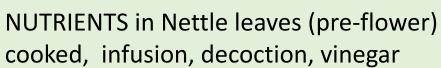












Vitamin A

Vitamin B1

Vitamin B2

Vitamin B3

Vitamin B6

Vitamin B9

Vitamin C

Vitamin K

Protein

Calcium

Copper

Iron

Lycopene

Magnesium

Manganese

Phosphorous

Potassium

Selenium

Silica





Stinging Nettle is an excellent long-term tonic which supports immune health! Blocks histamine receptors without sleepy side-effects, nourishes our adrenals, inhibits inflammatory response to maintain integrity of mucosal tissue, reduces sneezing and helps to decrease the overabundance of fluids flowing. For sale in the UK!!

ACTIONS of Urtica dioica LEAF

(Green font shows support for hay fever, but included other important ACTIONS in black)

ADRENAL TROPHORESTORATIVE

ALTERATIVE

ANTIALLERGENIC

ANTICATARRHAL

ANTIHISTAMINE

ANTI-INFLAMMATORY

ANTIRHEUMATIC

ANTISCORBUTIC

ASTRINGENT

DECONGESTANT

DIURETIC

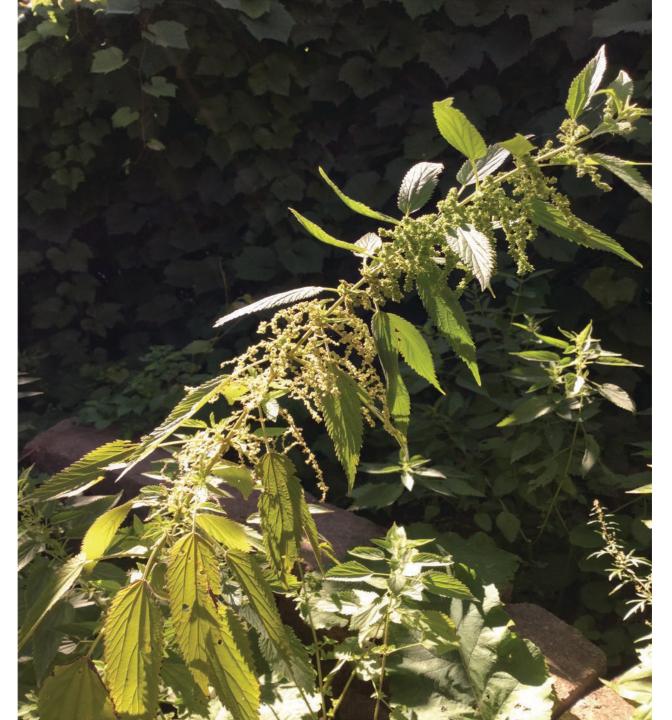
FERTILITY ENHANCER

GALACTAGOGUE

TONIC

NUTRITIVE





STINGING NETTLE past harvesting time

- Once nettle starts to flower, it's too late to harvest the leaves.
- But the **seeds** have adaptogenic properties (unlike the leaf which is a diuretic disqualifying that action).
- Wait until the seeds mature before harvesting.
- Dry seeds in a paper bag, shaking daily.
- Grind slightly, fill salt shaker and sprinkle onto food.
- Save some seeds to plant in your wild garden... and share generously!



KIDNEY SUPPORT& NEPHROPROTECTIVE

Promotes kidney repair and regeneration, supports detoxication



ADAPTOGENIC & ADRENAL SUPPORT

Acts as a mild adaptogen and nourishes adrenal glands



ENERGY & VITALITY BOOST

Increases stamina, mental clarity, and physical energy



ANTI-INFLAMMATORY & ANTIOXIDANT

Offers anti-inflammatory and antioxidant effects

URTICA SEEDS







The anti-inflammatory, anticatarrhal (helps drain sinus congestion), antihistamine, decongesting leaves and flowers of all **SOLID**ago species contain antiseptic properties targeting the mucous membranes and upper respiratory tract.

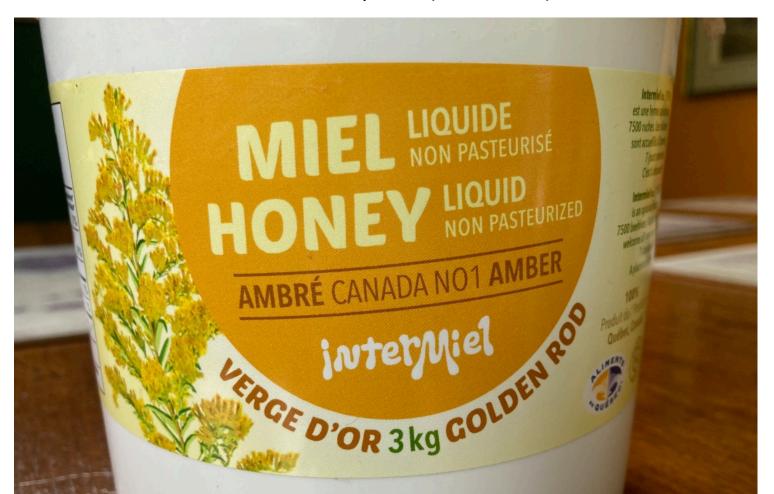




Sip a liter of goldenrod **TEA** throughout the day to clear sinuses and reduce inflammation. Take 20-40 drops of Solidago tincture TID Infuse fresh flowers in honey to add to your tea, or buy goldenrod honey!

HONEY can actually help thin mucus, soothe the throat, and reduce irritation due to its:

- Mild antimicrobial properties
- Demulcent (soothing) action
- Possible desensitization to local pollen (if local/raw)



Juliet Blankespoor's Tincture Blend for Sinus Congestion (chestnutherbs.com)

- 2 fluid ounces tincture Goldenrod flower and leaves (Solidago spp.)
- 2 fluid ounces tincture Elderflower (Sambucus canadensis)
- 1 fluid ounces tincture Yarrow flower (Achillea millefolium)
- 1 fluid ounces tincture Nettle leaf (Urtica dioica)

Use fresh plant tinctures if possible (1:2 95%)

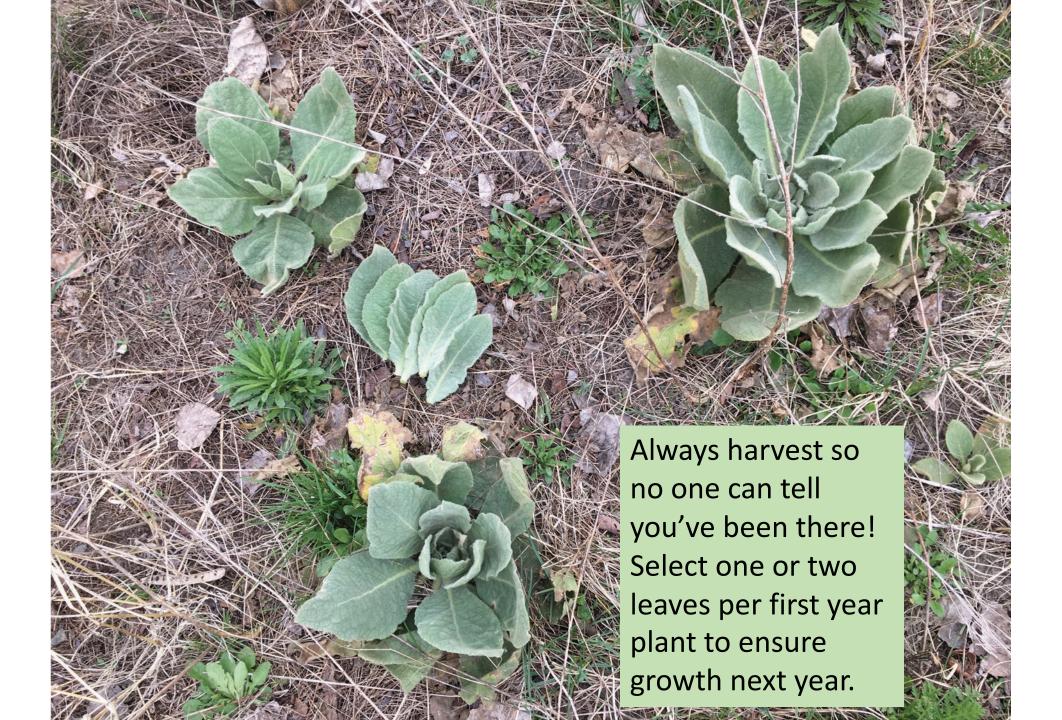
Combine all the tinctures.

Store in a glass dispensing bottle.

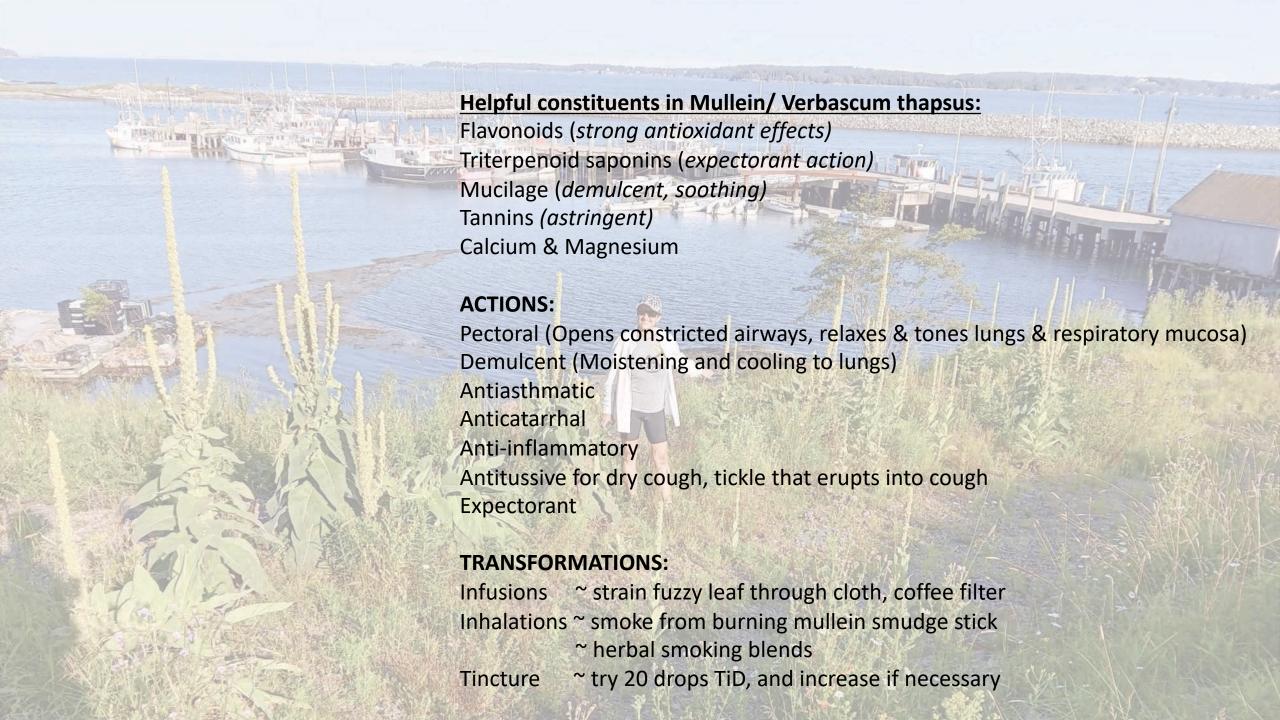
Dosage is 4 ml (4/5 of a teaspoon) TiD (3x/day)





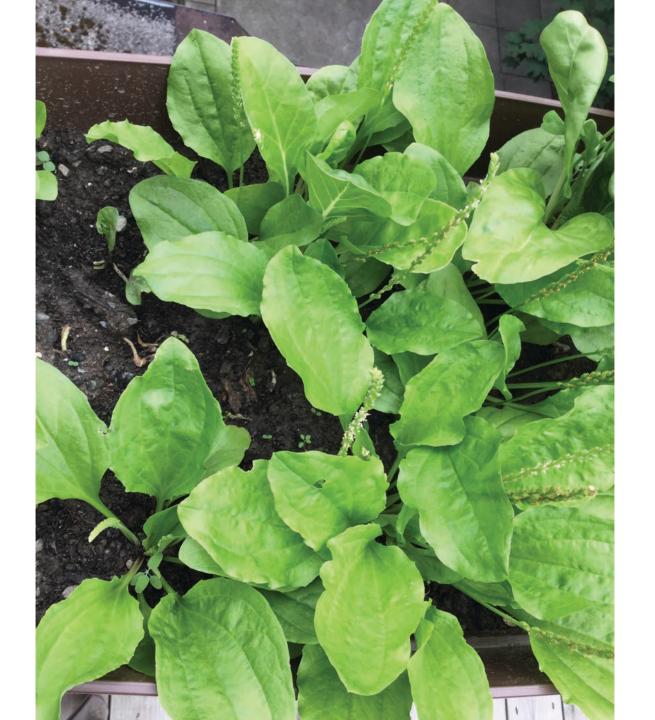




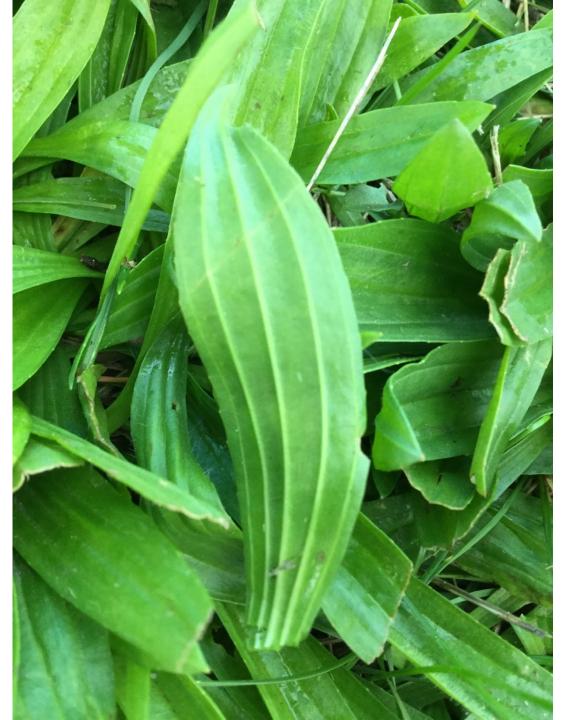


Elder flower/ Sambucus canadensis & S. nigra
Anticatarrhal for sneezing and runny nose, throat inflammation and bronchial conditions.
Elder flowers strengthen the upper respiratory system, helps dry excess mucus and reduce phlegm.













HERBAL TEAS can be as simple as throwing a tea bag in a pot for 10 minutes.



Open up a bag to assess how it smells & looks and savour flavours as you sip. Use 2-3 bags if using older herbs.

OR YOU CAN BLEND YOUR OWN HERBS TO ENJOY...

Antihistamine, Immune Modulating Blend For Hay Fever

Blend these herbs together and store in a glass jar away from heat and light:

- **3 parts** Nettle leaf Antihistamine, reduces inflammation
- 2 parts Elderflower Clears mucus, reduces sneezing
- 1 part Calendula flowers –Lymphatic support
- **1 part** Marshmallow root Mucosal soother (gut, throat, sinuses)
- 1 part Lemon balm Nervine, corrigent

Use 1 tablespoon per cup of almost boiling water. Cover and steep overnight.

In the morning make a cup of Chamomile (calming, gut-soothing, mild antihistamine) Tea, cover and steep for **10 minutes.** It'll get bitter if brewed too long.

Strain the two brews, mix together and drink **3-4 cups daily.**

Herbal Steamsfor congestion

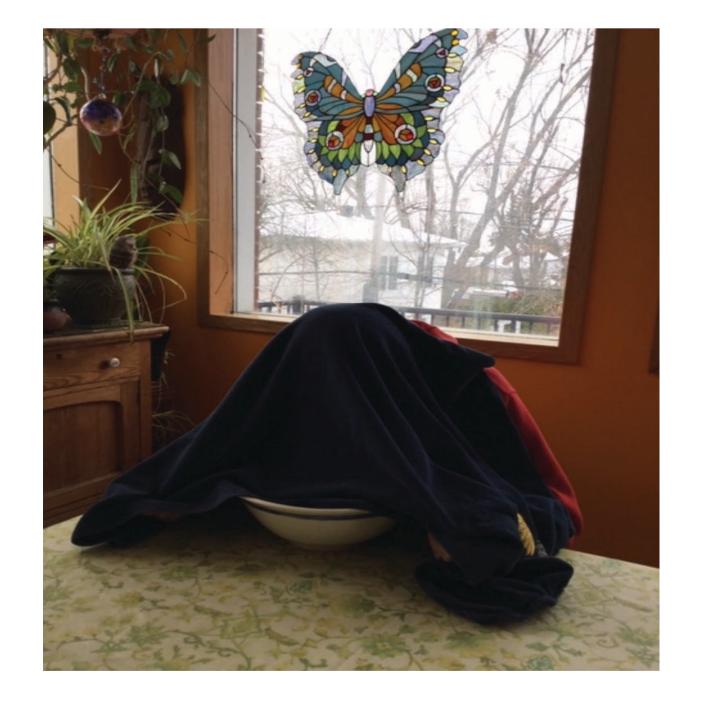
Using aromatic, antimicrobial dried or fresh herbs which will get mucous moving throughout the respiratory system!

THYME
OREGANO
ROSEMARY
SAGE
LAVENDER
YARROW
GROUND IVY
BALSAM FIR
BEE BALM
PEPPERMINT
WINTERGREEN
FENNEL SEED
PINE, FIR, SPRUCE
EUCALYPTUS

Steep herbs in boiled water ~5 mins.

Create a tent over steaming bowl.

Inhale vapours deeply ~10 mins. 3-5x/day







Thyme is just one amazing Lamiaceae example:

Thyme is considered to be a respiratory tonic decongestant antispasmodic nervine

making him (le thym, il timo, el tomillo) good medicine for sinus infection and lung issues.

- Try a cup of tea with 2 Tbsp. dried thyme and sip slowly for congestion relief and respiratory support
- Make thyme honey for itchy throat
- ✓ OR make a steam by pour boiling water over dried thyme, with a little sage, yarrow, ground ivy or oregano, let cool slightly, tent with a towel and inhale the vapours for ~10 minutes.







Another favourite Lamiaceae that I often add for good measure!



The many actions/effects of Prunella vulgaris...no wonder she's called SELF-HEAL or HEAL-ALL!

Antiallergic

Antibiotic

Anticancer

Anti-estrogenic

Anti-inflammatory

Antiseptic

Antiviral (herpes simplex, HPV, HIV in vitro)

Astringent

Demulcent

Diuretic (mild)

Edible

Febrifuge

Hemostatic

Hypotensive

Inflammatory modulator

Immunomodulator

Lymphatic tonic/stimulant

Mouth affinity: bleeding gums, mouth ulcers, mouthwash

Styptic

Sun protective

Tonic

Vulnerary







HAY FEVER RELIEF SYRUP

- 2 tbsp dried Nettle leaf
- 2 tbsp dried Elderflower
- 1 tbsp dried Holy Basil
- 1 tbsp dried Prunella flowers
- 2 cups water



- Simmer herbs for 30–40 minutes, or until reduced by about half.
- Cool slightly, strain and add:
- 1 cup raw honey (or substitute glycerin or sugar if vegan or for children under 1)
- 1 tsp lemon juice
- ½ tsp ground cinnamon and/or ginger.
- Pour into glass jar and refrigerate (where it should last for a month+).
- During hay fever season DAILY
- Adults: 1 tablespoon, 2-3 times per day
- Children (over 1 year): 1 teaspoon, 2–3 times per day





A wonderful adaptogen which inhibits the Inflammatory and histamine response

Astringent and tonifying actions help to maintain the integrity of mucosal tissue.

Ki is "well-suited for lax mucous membranes that chronically leak fluids (i.e., runny nose, tearing eyes). I once worked with someone who had excessive eye tearing and nose dripping as a primary complaint and, after trying a number things, it was schisandra that finally worked". Rosalee de la Foret

ADAPTOGENS		With BIG gratitude to Alison Birks	alisonbirks.com		
Herb	Scientific name	Energetics	Actions	Part Used	Body system/ organ affinity
American ginseng/ Sang	Panax quinquefolius	Moist, warm—cool	Nourishing, energizing, yin tonic	Root	Digestion,Lung, kidney,immune
Amla	Phyllanthus emblica	Cool, dry	Nutritive,rasayana	Fruit	C/V, lung, liver,resp,stomach, connective
Ashwagandha	Withania somnifera	Warm,dry	Relaxing	Root	Thyroid, Reprod, M/S, C/V
Astragalus	Astragalus membranaceus	Neutral- warm, moist	Immune modulating	Root	Immune, kidney, C/V, liver
Bacopa (Brahmi)	Bacopa monnieri	Cool, bitter	Calming nervine, tonic, rasayana	Herb	Brain,liver, kidneys,lung,C/V
Codonopsis	Codonopsis pilosula	Warm, moist,sweet	Nourishing	Root	Digestion, lung, immune
Cordyceps	Cordyceps sinensis	Warm, moist, acrid	Restorative, stimulating, kidney yang tonic	Fungus	Lung , Immune, Kidney
Eleuthero	Eleutherococcus senticosus	Neutral	Balancing, normalizing	Root	Lung, C/V
Gotu Kola	Centella asiatica	Cool, bitter,moist	Calming nervine, tonic, rasayana	Herb	Brain, nerves, skin, veins
Jiaogulan	Gynostemma pentaphyllum	Sweet, neutral	Relaxing, Restorative	Vine	Immune, nerves, C/V
Licorice	Glycyrrhiza glabra, Glycyrrhiza spp.	Sweet, bitter, moist,warm	Adrenal restorative, demulcent, synergist	Root	Adrenal Cortex, lung,stomach,antiviral
Milky Oats	Avena sativa	Neutral- warm, moist	Trophorestorative nervine	Fresh seed in milk	Nerves,reprod.
Panax (Asian) ginseng	Panax ginseng	Hot	Stimulating, rejuvenating	Root	Adrenals, lung, stomach
Reishi	Ganoderma lucidum, G. tsugae	Neutral- warm, bitter	Relaxing, Strengthening	Polypore	Lung, Liver, Immune
Rhodiola	Rhodiola rosea	Warm, Dry,fragrant	Drying, stimulating	Root	Lung, Brain, C/V,immune
Schisandra	Schisandra chinensis	Five Flavors, Warm, dry	Astringing, Relaxing	Fruit/ seed	Skin, Liver, Lung, Kidney, Nerves
Shatavari	Asparagus racemosus	Moist,cool,sweet	Moistening, cooling, nourishing rasayana	Root	Reprod., immune,nerves,lung
Tulsi (Holy basil)	Ocimum sanctum	Warm- neutral, pungent	Calming, spiritualizing	Herb	Nerves, rasayana,C/V,lungs, skin

Marie Noel Groves Allergies, Hay Fever and Chronic Asthma Tea

Ingredients

1 teaspoon mullein leaf
1 teaspoon marshmallow leaf or root
1 teaspoon fennel seed or peppermint
1 teaspoon plantain leaf (optional)"

Directions

- ❖ Steep herbs in 16 to 32 ounces of hot water for 15 minutes.
- ❖ If you use loose herbs, strain the tea through a piece of finely woven cloth or a coffee filter before drinking to remove all of mullein's hairs.
- Drink 1 to 3 cups daily as needed.

"Fennel seed (Foeniculum vulgare) and peppermint both help break up mucus and ease spasms; Optional additions to the following recipe include nettle leaf (*Urtica dioica*), wild cherry bark, yerba santa (*Eriodictyon californicum*), thyme, goldenrod (*Solidago* spp.), licorice (*Glycyrrhiza glabra*), and passionflower (*Passiflora incarnata*).

Marie Noel Groves Allergies, Hay Fever and Chronic Asthma Tincture

Ingredients

3 parts nettle tincture
3 parts goldenrod tincture
2 parts horehound tincture
1 part mullein tincture
1 part fennel seed or thyme tincture

"A nettle-goldenrod-horehound mixture will help drain thick mucus conditions. Goldenrod and bee balm can aid in drying up a sinus infection...Horehound, New England aster, and goldenrod tinctured together will help clear up congestion, mucus, and asthma. Consider adding peach twig to your tincture blends for people with hypersensitivities that cause hives".

HERBS	ACTION/REASON FOR INCLUSION?		
Licorice			
Anise Seed			
Elder Flower			
Ginger Root			
Lemon Peel			
Marshmallow Rt.			
Peppermint			
Rose Hips			
Coltsfoot			
Goldenrod			
Hyssop			
Lemon Balm			
Mullein			
Stinging Nettle			
Sage			
Thyme			
Wild Cherry Bark			
Yarrow			

seasonal allergies... itchy eyes, sneezing, nasal drip. The What are the pros and cons of having so many herbs in one of a COLD/ALLERGY SEASON TEA, from most to least. following herbs are listed in the ingredients on the package You're looking for a tea blend to give a friend who has Identify why each herb would be included:

cup?



soil and human microbiome...and then there's the reciprocity of our breath! The more we value these wild green spaces, and their inhabitants, the more we'll protect them, and the better off we will all be as we walk on our Great Mother Earth. Thank you for joining my efforts to celebrate, and protect, our wild food and medicine....nos fleurs sauvages (vs. mauvaises herbs 3)

No matter what problem you look at, every ecological problem comes from this illusion that we are separate from nature.

I believe overcoming the separation is a longing much deeper than the recent rise of ecological awareness. The healing is coming from reclaiming our oneness with the web of life, with the universe itself.

Some people do it through meditation and yoga, but a lot more are doing it by just planting a seed and growing a garden. In planting a seed you are one with the cycles and regenerative capacity of life. We hear the same thing again and again from children we work with sowing gardens of hope with seeds of freedom. When you ask, "So what did you learn?" they always talk about the miracle of life—that a tiny seed bursts into a plant and gives an abundance, and they can harvest a seed from it.

A seed sown in the soil makes us one with the Earth. It makes us realize that we are the Earth. That this body of ours is the panchabhuta—the five elements that make the universe and make our bodies. The simple act of sowing a seed, saving a seed, planting a seed, harvesting a crop for a seed is bringing back this memory—this timeless memory of our oneness with the Earth and the creative universe.

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With a bouquet of gratitude to all my wonderful mentors and educators who share their gifts generously so that we, and the greens, can live in good health!

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May medicinal and edible herbs provide deep healing nourishment in your life!

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WILDFLOWER.





Show your true colors

Delight in simple pleasures
Celebrate your natural beauty
Open up!

Spread seeds of joy

Blossom in your own season
Be wild and wonderful!

