



CANADIAN SCHOOL OF NATURAL NUTRITION - TORONTO



# HERBAL REMEDIES

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## Lovely Formula for Dry Frizzy Hair

### Featured ingredient:



**3 drops rosemary oil**



**3 tbsp olive oil**



**3 tbsp avocado oil**



**4 tbsp honey**

### Benefit:

- ❖ **Rosemary** -nerve tonic and circulatory support. It helps stimulate the hair follicles and enhance hair grow.
- ❖ **Olive oil**- It nourishes, conditions hair, great moisturizer and prevents dryness.
- ❖ **Avocado oil**- moisturize, repair, and strengthen hair.
- ❖ **Honey**- both emollient and humectant properties, making it a great hair moisturizer.

### Direction:

1. In a small mixing bowl add avocado oil, olive oil, honey and rosemary oil. Mix it until smooth.
2. Apply it on dampen hair or after shower. Rubbing into scalp and the ends, twist up hair and clip to top of head.
3. Cover with a shower cap and heat. Warm with a hair dryer or use the suns rays. Leave on 15-30 minutes.
4. Remove shower cap, rinse mask and then wash hair as usual.

### Caution:

Occurrence of contact dermatitis, avoid large amount during pregnancy, seizure and epilepsy.

### Tips:

1. Use gloves and put coconut oil side of your face before apply. Can be felt itchy on hand and face.
2. Reduce thickness of the mixture and moisture of the hair add coconut oil.
3. Lavender, cedar, sandal wood, instead of rosemary. Infused oil.

## INGREDIENTS

- 2 cinnamon sticks, chopped
- 2 Tbsp dried organic rose petals
- 1 Tbsp dried organic lavender petals
- 1/4 tsp cardamom seeds
- 500 grams organic honey
- a pinch of salt

## INSTRUCTIONS

1. Fill a canning jar or wide open-mouthed container full with fresh herbs or 1/4 full of dried herbs.
2. Drizzle honey over the herbs to cover entirely. The honey should have lots of room to move around the herbs, so don't over pack the plants.
3. Cap with a tight fitting lid.
4. Place in the sun and shake. Turn the jar over once a day or open up and stir to mix the plants with the honey.
5. Infuse for 2-4 weeks. The therapeutic properties of the plants will be pulled out into the honey. Use the test of taste to determine the desired maceration time.
6. Drizzle over fruit, desserts, or use to flavour teas. Enjoy!



## Cinnamon Honey



20 servings



5 minutes

Cinnamon is a magnificent warming spice. Its tremendous health benefits make it an appropriate healing herb for almost everyone. Whether you're looking for blood sugar stabilization, hormone regulation, or a tasty digestive aid - add cinnamon to your recipe!

Cinnamon is a perfect addition to steel cut oatmeal on a cold winter day, or drizzled with honey in a cup of chamomile tea by the fire at night.

### NOTES

Sometimes herbs will swell or soak up the liquid when they are macerating. In this case, add in more honey to ensure the plants are entirely submersed.

# LEMON PORE TREATMENT

## *with Lavender*



"great support for problem skin with enlarged pores"

# Ingredients

*2 tbsp sea salt*

*1 tsp freshly squeezed lemon juice*

*1 tbsp warm filtered water*

*1 drop Lavender Essential oil*

# Directions

- mix together and apply to moistened face
- work into skin using circular motion
- wash off with cold water
- reapply a couple times a week as needed
- can be used for other problem areas including neck, back, chest





# Herbal

## Vitamin C Tea

By: Aneel Hameed

- \* 2 tsp Spearmint Leaf
- \* 2 tsp Rose Hip Fruits
- \* Juice of an Organic Orange
- \* 1 tsp Cinnamon

- \* 2 tsp Organic Orange Peel
  - o Coarsely grated fresh
- \* 1 tsp Organic Lemon rind Peel
  - o Coarsely grated or dried



### Directions

1. Prepare a strong infusion using the dry ingredients above and 2 cups of boiling water
2. Steep covered for 15 minutes
3. Before removing from heat, mix in the juice of the orange for a hot orange tea
4. Use herbal honey or stevia to sweeten

### Alternatives to Consider

- Substitute Rose Hip for other Vitamin C packed fruits such as, Açai, Acerola, Amla or Camu Camu
- Add ½ tsp of Astragalus root for greater antioxidant activity to boost the immune system
- Add ½ tsp of Ashwagandha root to reduce stress and further support the immune system
- Substitute Spearmint leaves for Tulsi leaves for a tea to promote feelings of relaxation and calming
- Substitute herbal honey for Manuka honey for a greater benefit against allergies
- Ensure to use Ceylon Cinnamon in place of Cassia Cinnamon as Ceylon contains a lower Coumarin content

# WARMING GINGER DIGESTIVE TEA

## Ingredients:

- 3 teaspoons Ginger root**
- 2 teaspoons Cinnamon bark**
- ½ teaspoon Cardamom seed**

## Optional:

- Lemon Juice**



## Instructions

- Boil 2 cups of water**
- Add herbs**
- Steep 15 min**
- Enjoy!**



## **Avocado Coriander Guacamole**

*By Natalia Knyazeva on February 22, 2022*

*Avocado Fruit (Persea Americana, Persea gratissima), Family: Lauraceae*

### **Healthy benefits of Avocado**

*Avocados are rich in healthy fats that are nourishing to dry skin and used as poultice to heal wounds. Dietary ingestion of the fruit can be used to reduce serum cholesterol levels and can be beneficial for the maintenance of a healthy weight and metabolic syndrome.*



*½ small Red Onion*

*1 fresh red Chili Pepper, chopped and deseeded*

*1 clove Garlic, crushed*

*3 ripe Avocados*

*2 tablespoons Cilantro Leaves, chopped*

*4 ripe Cherry Tomatoes, diced*

*Juice of 1 Lime*

*Juice of 1 Lemon*

*1 tablespoon Extra Virgin Olive oil*

*Sea salt*

*Fresh ground Black Pepper*

*1/3 teaspoon dried Coriander seed powder or freshly ground*

*1/3 teaspoon or a dash of Cayenne pepper (or less depending upon your taste buds)*

### *Directions*



*Chop and peel an onion, and remove the seeds from 1 chili pepper. Crush the garlic and halve the avocados, removing the seed and scooping out the fruit. Blend in a food processor until combined. Chop the cilantro leaves, and mix in the diced tomatoes. Next add the juice from the lime and the lemon, and add 1 tablespoon of olive oil. Season to taste with salt, pepper, and additional spices. Place chopped jalapeno, hummus or freshly-diced parsley around the guacamole bowl and let everyone build their own perfect dip for beet or sweet potato organic chips or rice cakes.*

**Ingredients**

1 part Spearmint leaf (anti-inflammatory, digestive tonic/ supports entire digestive process)  
1 part Fennel seed (stomachic, anti-inflammatory, reduce gas and bloating)  
1 part Ginger root (Digestive, anti-flatulent, antiemetic,

**Direction**

Use for relief from indigestion, heartburn, gas, cramping and bloating.  
Prepare as a tea infusion using 1 heaping tablespoon tea mixture for 1&1/2 cups of water.  
Steep for 15 min. strain and drink 3 cups sipped after meals.

Many other natural remedies have used to treat heartburn over the centuries, but there is little scientific evidence to confirm their effectiveness. Catnip, fennel, marshmallow root, and papaya tea have all been said to aid in digestion and stop heartburn.

Some people eat fresh papaya as a digestive aid. Others swear by raw potato juice three times a day.

Ginger has been used to treat gastrointestinal ailments, including heartburn. It's thought to contain anti-inflammatory properties. This may reduce overall swelling and irritation in the esophagus.

**\*Taking too much ginger can cause heartburn. If pregnant, stay within the recommended dosages. (3ml per day) Careful with dried ginger (up to 1g, 3x per day for adults)**

**\*Fennel – if allergic to carrot or celery family may also be sensitive to fennel.**

**\*Large amounts of spearmint tea might make kidney & Liver disorders worse.**

# Golden Milk

Anti-Inflammatory | Carminative | Digestive



## **INGREDIENTS**

- ❖ 2 cups milk (almond, rice, oat or any plant milk are delicious options)
- ❖ 1 tsp Golden Paste
- ❖ Fresh black pepper
- ❖ ½ tsp fresh Ginger chopped or grated
- ❖ ⅛ tsp pure Vanilla (optional)
- ❖ Honey, maple syrup, agave syrup or stevia to taste (optional)
- ❖ Pinch of Cinnamon or Nutmeg to taste
- ❖ Lemon juice (optional)



## **PREPARATION**

- ❖ In a pot, heat 2 cups of milk or plant milk until hot but not boiling
- ❖ Add 1 tsp of Golden Paste (see recipe)
- ❖ Add black pepper and chopped or grated ginger, stirring well
- ❖ Remove from heat
- ❖ Sweeten to taste using vanilla, honey, maple syrup, agave syrup or stevia (optional)
- ❖ Add lemon juice if desired
- ❖ Garnish with cinnamon or nutmeg
- ❖ Serve hot or chilled – enjoy!

## **Golden Paste**

1 cup water

½ cup organic Turmeric rhizome powder

1 tsp Ginger powder

2 tsp Black pepper powder

4 tbsp virgin Coconut Oil or Olive Oil

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In a pot, bring 1 cup of water to a boil

Reduce heat to a low simmer and add in turmeric, ginger and black pepper powder

Simmer for 10 minutes, stirring regularly until it has a thick-paste like consistency

Remove from heat, add oil and mix well

Pour into a glass jar and cool before placing the lid on, refrigerate and store - use within 3 weeks



# Herbal Toothpaste Ingredients

1/4 tsp Salt ground into a powder

1/2 tsp Myrrh powder

1/3 cup Bentonite clay

1 tsp Xylitol powder

Approx. 60ml Spearmint infused tea (prepared from distilled water)

1/2 tsp coconut oil

2 tsp Plantain tincture

1-2 drops Sweet Orange, Clove, or lemon Essential oil

1/4 tsp Baking soda



## Directions

Mix together salt, myrrh powder, and clay, using mortar & pestle to finely powder the ingredients. Add xylitol powder as a sweetener, slightly more or less depending on your taste preference. Mix together & bottle. This dried powder can be shaken onto a toothbrush & used as a tooth powder.

To create a creamy toothpaste, with a shorter shelf life, add the spearmint tea to form desired consistency, & add coconut oil, plantain tincture, & essential oils are needed for flavoring.

The plantain offers pulling powers for infection & gum inflammation. The myrrh & essential oils are antiseptic. Clay contains pulling power, & the baking soda & the salt are abrasive.



## ***Decongestant Ginger Root and Green Onion Warming Tea***

Tatiana Asad



## *Ginger Root and Green Onion Warming Tea*

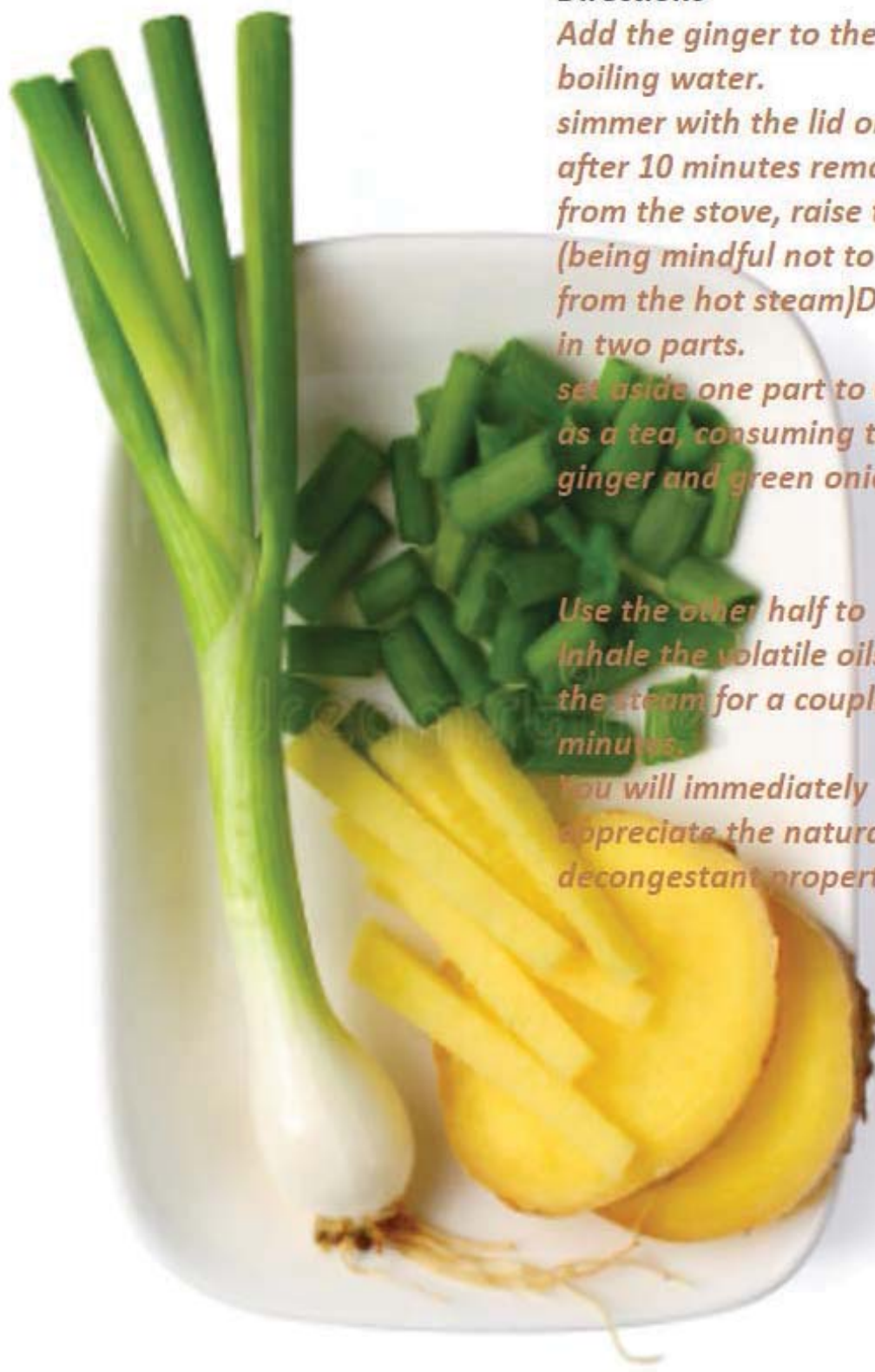


*at the onset of a cold and flu  
natural decongestant*

### *Featured ingredients*

*4 table spoons fresh Ginger root, grated  
6-8 Green onion, chopped  
cups of Water*





### **Directions**

*Add the ginger to the boiling water.*

*simmer with the lid on.*

*after 10 minutes remove from the stove, raise the lid (being mindful not to burn from the hot steam) Divide in two parts.*

*set aside one part to drink as a tea, consuming the ginger and green onions.*

*Use the other half to inhale the volatile oils from the steam for a couple of minutes.*

*You will immediately appreciate the natural decongestant properties .*

## *Ginger Root and Green Onion broth*



I use this as a broth,  
mixing in a small amount  
of miso paste and drink  
as a soup.



# Lemon Ginger Tonic



5-7 servings



30 minutes



## Ingredients

100g grated Ginger root

500ml of water

Juice of 3 lemons

Optional: 1 Tablespoon honey

## Method

1. Grate 100g of Ginger root into 500ml of water
2. Bring to the Boil and then let stand until the mixture gets to room temperature
3. Add the Juice of 3 lemons and run the mixture through a sieve to remove the grated ginger.

Optional:

Stir in 1 Tablespoon honey

*Note*

This mixture can be used as a morning shot or as a base for tea, I prefer the tea option because I actually enjoy a longer drink in the morning to give me time to wake up. I make enough to last me the week and store in a jug in the fridge.

- *Ginger is beneficial as a circulatory stimulant and may aid in improving poor circulation.*
- *Ginger can also aid in digestion*
- *It can also be used as an expectorant to assist with calming a cough.*



# PARSLEY FLUID RETENTION TEA pg. 74

## Ingredients

- 1 teaspoon Parsley leaf
- 1 teaspoon Corn silk or stigmas
- 1 teaspoon Dandelion leaf

## Directions

1. Prepare as an infusion for 3 cups of water. Steep 15 minutes and consume throughout the day. Do not use if pregnant or if experiencing kidney disease.

### *Parsley Leaf, Herb, and Root (Petroselinum crispum)*

Family: Apiaceae

#### Overview

Parsley is considered an edible root vegetable and a liver tonic herb, it is chlorophyll-rich, nutrient dense and flourishes the body with minerals. It is used as both a flavor in cooking and an herbal medicine. Medicinally, Parsley is used for the following: diuretic, blood purifier, digestive tonic, galactagogue, emmenagogue, carminative, antiseptic, expectorant, anti-inflammatory. Parsley is a natural cleanser and waste remover; it supports detoxifying organs. Parsley is used to relieve arthritis, gout, joint stiffness, swollen ankles (due to the diuretic effects), fluid retention and conditions that cause lack of urine flow.

### *Corn Silk (Stigma Maydis)*

Family: Poaceae

#### Overview

Corn silk is the long shiny fibers at the top of corn, and is used as a medicine. It can be used for bladder infections, inflammation of the urinary system, inflammation of the prostate, kidney stones, and bedwetting. It is also used to treat congestive heart failure, diabetes, high blood pressure, fatigue, and high cholesterol levels. It has diuretic effects and is anti-inflammatory.

### *Dandelion Leaf and Root (Taraxacum officinalis)*

Family: Asteracea

#### Overview

Dandelion is a natural cleanser for the detox organs which include the colon, kidneys, and liver. It is a natural diuretic and packed with minerals such as potassium. Dandelion supports fluid retention as it encourages release of fluids from the body. It can support arthritis, gout, and other degenerative disorders.

## Relaxing Body Scrub

### Benefits

This is the perfect self-care activity, and it is easy to make!

- Rejuvenates & energizes
- Delivers greater oxygen to the body
- Eliminates toxins
- Targets the lymphatic, nervous, and circulatory system by inducing blood flow
- Makes your skin silky-smooth!

### Ingredients



2 Cups of Epsom Salt



½ Cup of Coconut Oil



10 Drops of Lavender  
Essential Oil

### Supplies



Medium Sized Bowl



Metal Tablespoon



Glass Container

### Directions

1. Combine the Epsom salt with the coconut oil in the medium sized bowl
2. Mix using metal tablespoon until Epsom salt is fully coated in the coconut oil
3. Add lavender essential oil to the mix and mix for 30 seconds
4. Take the mixture and store in a glass container (for up to 2 weeks in the fridge)

### Application

1. Take the glass container containing the scrub in the shower and/or bath
2. Allow your body to be moistened by the warm water before application (minimum of 5 minutes under warm water to loosen the pores of the skin and limit irritation)
3. After you feel comfortable that your skin has moistened from the water, apply a handful of the mixture onto your skin (neck below) in circular motions towards the heart
4. Feel free to focus more on areas that are dry and require greater attention
5. Continue to use as much of the mix as required to cover your skin and exfoliate
6. Upon completion, continue with your shower/bath in warm water
7. For extra moisturization and softened skin, moisturize with almond oil after your shower/bath

# Relaxing Body Scrub

## References

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- Above recipe is modified from
  - Title: The Good Living Guide to Natural and Herbal Remedies Simple Leaves, Teas, Tinctures, and More
  - Author: Katolen Yardley
  - Year: 2016
  - Page: 247



## Dr. Christopher's Traditional Onion Cough Syrup

### Ingredients

One large onion  
Pure honey

### Equipment

Small bowl  
Teaspoon  
Tea towel  
Knife







## Benefits

Antihistamine,  
antiseptic, antiviral used  
for coughs, colds,  
asthma, breathing  
difficulties and  
pneumonia

## Process

Slice onion into rings  
and place into a  
bowl, cover with  
honey and cover  
bowl with towel  
Let stand overnight

Dosage  
One teaspoon 4-5  
times daily

\*No need to strain  
mixture, use with  
mashed potatoes,  
vegetables or rice

