Lady's Mantle (Alchemilla vulgarus)

Common Name (Official name)

Parts Used: Leaves

- Remedy for menstrual irregularities
- Heavy Bleeding
- Reduces excess fluids
- Ease Childbirth, strengthens the uterus
- Digestive Tonic
- Anti-inflammatory, Antioxidant
- Rose family
- Bitter, Astringent, Drying
- A woman's tonic indeed. So many rich nutrients such as tannins, flavonoids, bitter substances, phytosterols, mineral salts. It also contains vitamin C and numerous minerals.
- Lady's Mantle has salicylic acid which can have sedative properties and has been used to inflammation, fevers, to alleviate cramps and menstruation pains.

Burdock (Arctium lappa)

Common Name (Official name)

Parts Used: Root, Leaves, Seeds

- Called a super tonic herb as a preventive and medicinal plant
  - Rich in Iron and Magnesium
  - Supports the Immune System
- Summer flowers are purple and thistle like

Root:

- Cleansing, metal detox, blood purifier
- Laxative, diaphoretic
- Anti-rheumatic
- Anti-septic, Anti-biotic
- Cooling and alkalizing for stagnant blood conditions
- Decoction – Externally for Skin Sores, Dry Eczema, Boils
- Tincture – Urinary stones or gravel. Promotes kidney function, excretes uric acid, Gout
- Poultice – Skin sores and leg ulcers. Even as a tea for pet hot spot treatment.

Often combined with dandelion, red clover or yellow dock

Dandelion (Taraxacum officinale)

Common Name (Official name)

Parts Used: Leaves, Root, Flower

- Restorative and rejuvenating
- Safe diuretic, tones kidneys, helps fluid retention
- Liver and Digestive tonic, Cholagogue
- Root is a mild laxative
  - Decoction 3x a day for osteoarthritis, gout, acne, eczema, psoriasis where liver detoxification may help.
- Leaves- Infuse for urinary conditions such as cystitis, fluid retention or high blood pressure. Contain Ca, Mg, Fe, Vit A & C
- Tincture – digestive bitter, stimulates bile flow, mild laxative, dissolve gall stones

Red Clover (Trifolium pratense)

Common Name (Official name)

Parts Used: Flowers

- Medieval ‘blood cleanser’
- Antispasmodic
- Mild laxative and diuretic
- Lymphatic cleanser, swollen glands
- Expectorant for coughs and sore throats, child safe
- Clears toxicity, acne, boils, eczema, psoriasis, can use the tea in lotions
- Combine with Calendula for swollen and painful breasts
- Concentrated isoflavone extracts, strong estrogenically, sold OTC as a replacement for HRT. Helps with night sweats, hot flashes, headaches and poor sleep – associated with menopausal low estrogen
- High levels of isoflavone are inti-inflammatory and support heart health

Damiana (Turnera aphrodisiaca)

Common Name (Official name)

Parts Used: Leaves

- Long thought of as an herb of passion and romance, it is completely restorative
- Restores exhausted nerves, dreams and spirit
- Restore sexual vitality, strengthen reproductive system
- Urinary antiseptic
- Relaxant and anti-depressant to nervous system
- A favorite herb with Mugwort for dream work

Infused Oils

Oils are herbs chopped up and infused/steeped in a carrier oil. Common to use organic extra virgin olive oil or organic almond oil.

The plant matter is then strained out, leaving behind just the oil, which has been infused with the medicinal properties of the herb.

Use as a rub, put in a salve or lotion….Organic **Lavender** *(Lavendula officinalis)* is a great one to try first, add a couple drop of essential oil too if you prefer. Lavender for skin – **burns, bites, stings** especially in a **oil** or salve.

Link: https://blog.mountainroseherbs.com/making-herbal-infused-oils

Salves

A salve is an herbal preparation that is used externally for a variety of skin problems.

Some of these include: eczema, psoriasis, rashes, burns, cuts, wounds, chapped lips, frostbite, insect bites and much more depending on the herbs used.

Made using an oil and a double broiler adding in vitamin E & Beeswax.

Easily be slipped into a purse, pocket, or first aid kit.

Semi-solid at room temperature, softens once applied to the skin, less messy than oils.

Comfrey is a great one to include for skin.

Salves are wonderful petroleum alternatives to Vaseline and Neosporin.

Link: https://blog.mountainroseherbs.com/diy-herbal-salves

Comfrey (Symphytum officinale)

Common Name (Official name)

Parts Used:
Leaves, Root

- Cell Proliferator, contains B12
  - Flower heads are rich in allantoin which encourage cell division and repair
- Astringent
- Demulcent
- Anti-inflammatory
- Expectorant
- Wound Herb, sprains, minor fractures
- Oil – Great for joints and arthritis
- Popular uses: Poultice, Salve, Bath
- Varicose veins

List of other helpful herbs

Common Name	*Official Name*	Use / Symptoms of:
Elder	*Sambucus nigra*	Flowers: expectorant, anti-catarrhal, circulatory stimulant, diaphoretic, anti-viral. Berries: Diaphoretic, diuretic, laxative. Leaves: Heal topically.
Yellow Dock	*Rumex crispus*	Blood and lymphatic cleanser, bitter tonic, stimulates bile flow, laxative. Used in part of skin cleansing regimes.
Lavender	*Lavendula officinalis*	Great for relaxing uplifting, calming and skin soothing, burns, bites & stings. Insomnia, imbue courage, strength. Anti-bacterial. Anti-fungal.
Cinnamon	*Innamomum verum*	Used for improving circulation, warming, clears congestion, stabilize blood sugar levels, anti-fungal, & anti-viral. Formula catalyst.
Garlic	*Allium sativum*	Used for colds, sore throat, poor digestion, stimulates white blood cell. Sulfur compounds = anti-septic, anti-bacterial & anti-microbial. Helps maintain cholesterol levels & prevent platelet aggregation.
Rosemary	*Rosmarinus officinalis*	Brain tonic, concentration & memory. Circulatory stimulant, helps with low blood pressure &poor circulation. Helps fat and starch digestion. Inflammation & analgesic=good for arthritis, joint damage.
Sage	*Salvia officinalis*	From throat gargle to hot flashes. Aids in fatty meat digestion. Liver tonic, lower cholesterol, anti-septic. If nursing avoid due to drying.

Herbal Honey & Candy

Raw Honey Benefits

Anti-Bacterial, Anti-Viral, Anti-Fungal, Antioxidant

- Beneficial to your immune system
- Assists with allergies and other common ailments

Probiotic Nutritive

- Aids stomach and digestion
- Inverted Sugar
  - Does not ferment in the stomach
  - Easily absorbed
  - No danger of a bacterial invasion.
- Excites the appetite and helps digestion.

Wound Healer

- Anti-inflammatory
- Tissue Healing properties
- Excellent for healing ulcers and burns
- Fantastic mixing base for burn and wound powders

Herbal Infused Honey

- Yields 1 quart (32 oz.)

Ingredients

- Dried organic herbs and spices of your choice, roots can be fresh
- Honey (raw local honey is best, unless using a heat infusion)

Directions

- Fill a clean quart jar a little less than halfway with dried herbs and spices.
- Pour in your honey and watch as it slowly finds its way to the bottom. Be sure that your herbs are fully submerged.
- Put a lid on the jar and place in a sunny windowsill. Keeping it warm will allow the herbs to infuse better and also makes the liquid more pourable.
- Turn the jar over *at least* once per day.
- You will want to allow this mixture to infuse for at least one week, though you may prefer to infuse for 3 to 4 weeks. The longer you leave it, the stronger the flavor will be.
- When the honey has infused to your taste, strain out the herbs.

Fudge

Great way to get beneficial fats and you can incorporate any of your favorite powdered herbs

- ½ cup coconut butter
- ½ cup peanut butter (or your favorite)
- ¼ cup coconut oil
- 2-4 tbsp maple syrup
- ½ cup cocoa powder
- Pinch of salt
- powdered herb to taste (peppermint used), medicinally 2-6 tbsp

Grind or pulverize the herb into powdered form. On low heat, melt the first 4 ingredients together. Then whisk in the cocoa powder, salt, & herb. Feel free to adjust the syrup & herb to taste. Pour into a lined pan and refrigerate until hardened.

Simple Syrup

- 1 cup water
- 1 cup sugar (white refined suggested)
- 2T dry herb (or 4T fresh herb)

- Place sugar, water, & her into a non-reactive pan*
  *A non-reactive pan is one that does not chemically react with its contents: clay, enamel-coated, glass, or stainless steel
- Stir until sugar is dissolved
- Simmer for 20 minutes
- Strain through damp muslin into a sterile jar

Why Refined Sugar?

Refined white sugar—while neither as tasty or nutritious as unrefined sugars—is free from all impurities that may compromise your syrup.

Think of it as the ‘distilled water’ of sugars.

You *can* use other sugars, such as brown or unrefined, but these will need to be simmered and skimmed of impurities; however, they may not have the shelf-life of a refined sugar syrup.

Fire Cider

A TRADITIONAL HERBAL REMEDY USED FOR COLDS AND FLUS

INGREDIENTS

1/2 cup fresh grated ginger root
1/2 cup fresh grated horseradish root
1 medium onion, chopped
10 cloves of garlic, crushed or chopped
2 cayenne peppers, chopped
1 lemon, chopped
1 orange chopped
Several sprigs of fresh rosemary or 2 tbsp of dried rosemary
2 tbsp chopped fresh turmeric or 1 tbsp turmeric powder
Unpasteurized apple cider vinegar
1/4 cup raw local honey to taste

DIRECTIONS

Prepare all of the ingredients and place them into a quart sized jar. Cover all ingredients with apple cider vinegar. Use a piece of natural parchment paper or wax paper under the lid to keep the vinegar from touching the metal. Shake daily. After 3-4 weeks, use cheesecloth to strain Next, comes the honey! Add 1/4 cup of honey and stir until incorporated. Taste your cider and add honey until you reach the desired sweetness.

> FREE "FIRE CIDER" FROM TRADEMARK RESTRICTION
> VISIT FREEFIRECIDER.COM TO SEE WHAT YOU CAN DO

FREE FIRE CIDER
FROM TRADEMARK RESTRICTION
FREEFIRECIDER.COM

http://freefirecider.com/category/resources/

Cheers
Plant
Power

Strawberries Capture 95% of Mercury!

Mike Adams, The Health Ranger, strawberries were able to capture over 95% of all the mercury added to the gastric acid solution in a human digestion simulator.

This effect was also confirmed for **freeze-dried strawberries** but not strawberry juice because pure juice lacks fibers (pulp).

Strawberries are the only common fruit **with seeds on the outside**. Under a microscope, you can see that each tiny strawberry seed is connected to the center of the strawberry via a bundle of plant fibers. These fibers, it turns out, are incredibly strong and are not easily digested in human digestion. They pass through you largely intact, much like psyllium husk fibers or insoluble vegetable fibers.
Isolated under a microscope, these strawberry fibers are also **translucent**, by the way. And what's really amazing is that they **even resist digestion with nitric acid**. Somehow, these fibers are amazingly strong and resilient, yet nearly invisible to the naked eye.

In the **gastrointestinal tract**, they function as **"mercury sponges"** that mop up mercury with amazing efficiency.

Link to Mike Adams Strawberry Article

Juicing vs. Blending

THE JUICE

Soluble fiber remains in the Juice.

With no insoluble fiber in the juice nutrients pass more easily into the bloodstream, easing digestion.

No pulp here!

QUICK RELEASE

The nutrients in a juice are highly concentrated, and absorbed quickly and easily.

You absorb more of the nutrients from a juice because there is no insoluble fiber.

Both insoluble & soluble fiber remain in a blended smoothie

The insoluble fiber slows down digestion, and keeps you full longer.

You can see the pulp.

THE SMOOTHIE

SUSTAINED RELEASE

The insoluble fiber results in a slower, more sustained release of nutrients.

Some nutrients stick to the fiber and are carried out of the body so less nutrients are absorbed.

Juicing – Fresh, Organic, Alive

- Life-enhancing health benefits including a **faster, more efficient** way to absorb **immune boosting nutrients** naturally found in fruits and vegetables. It provides a way to **access digestive enzymes** typically locked away in the fiber matrix of whole fruits and vegetables.
- Drinking fresh juice can **help us adopt healthier eating patterns**. For those of us who do not traditionally consume many fruits and vegetables, incorporating fresh juice can be a fun and different approach to increasing consumption of these important plant foods for improved health and wellness and reaching your weight loss goals.
- If you are going through a serious healing crisis and you want **nutrients to be absorbed quickly** into your bloodstream.
- If you want to **give your digestive system a rest** for a while, such as during a juice fast or cleanse.
- If you have just had chemo, surgery, or radiation and need to **rebuild your weakened immune system** through getting maximum nutrients quickly (juicing can be an especially effective way to do this if actual eating is difficult). **Chemoprotective, Radioprotective!**
- If you are under the supervision of a qualified health professional or are going through a program in a controlled environment, such as Gerson Therapy, in which juicing is a part of a larger healing protocol.

Meanie Greenie

For gentle detox and micronutrient slamming

- Kale – 3 handfuls, remove from stem (greens)
- Spinach – 3 handfuls (greens, greens, greens)
- Lemon – 1/8 to ¼ lemon (sweetens, alkalizing)
- Apple – ½ large apple (sweetens)
- Celery – 5 tall stalks (hydration, lots of juice)
- Cucumber – 1 whole cucumber (hydration, lots of juice)
- Parsley ¼ to ½ handful (removes/binds to mercury)
- Tip: Add romaine for pain relief, cilantro for heavy metals, fresh herbs

An **alkalizing** and refreshing juice packed with chlorophyll, iron, magnesium. manganese, potassium, carotene, magnesium & Folic acid.

KitchenAid

Sweet & Spice

Tummy Settler

Daily AM regimen when GI support is needed

- Carrot – 8-12 carrots depending on how thirsty you are
  - Vitamins C, D, E & K, many minerals such as magnesium, potassium and calcium.
- Apple – ½ a large apple
- Ginger – as much as you can stand.
  - Start slow though juicing makes it potent, quarter round, ½ in length to start.
  - Aids in digestion and nausea
- Tip: Add Turmeric root for more anti-inflammation

https://draxe.com/carrot-juice/

https://thetruthaboutcancer.com/benefits-turmeric-cancer-treatment/

Beetle Juice!

Pre-workout or activity boost. Great for circulation and oxidation of the blood, beets are amazing.

- Beets – 1 medium to large beet
  - Beet juice may boost stamina to help you **exercise** longer, improve blood flow, and help lower blood pressure, some research shows. Why? Beets are rich in natural **chemicals** called **nitrates**. Through a chain reaction, your body changes **nitrates** into nitric oxide, which helps with blood flow and blood pressure.
- Celery – 4-6 stalks
- Carrots – 4-6 carrots
- Add a little apple or pear for sweetness, if desired

https://www.healthline.com/health/food-nutrition/beetroot-juice-benefits

Resources

Chris Beat Cancer

Chris Beat Cancer – Natural Cancer Survivor, Resource & Cancer Coaching Program

https://www.chrisbeatcancer.com

https://www.amazon.com/Chris-Beat-Cancer-Comprehensive-Naturally/dp/1401956114

Why Chris Refused Chemo Video

The TRUTH About CANCER™
educate • expose • eradicate

There are so many options out there for Cancer besides the big 3 – Chemo, surgery and radiation. It is good to be aware as the medical industry & doctors (good, bad or indifferent) tend to rush people into decisions.
I encourage you to watch the videos under their websites 'About' tab. They will summarize the movement way better than I ever could. **https://thetruthaboutcancer.com/**
https://thetruthaboutpetcancer.com/
Their Mission is to Expose: Educated and Eradicate by sharing Cancer Causes, Prevention and Treatment

> **Educate** show you the most effective ways to avoid cancer, and to beat it if you or a loved one has it or ever gets it, including the many ways you are not hearing about elsewhere.
> **Expose** all the mis-information out there about cancer, which can otherwise lead to unnecessary fear and unnecessary reactions that can hurt you instead of help you.
> **Eradicate** cancer − and eradicate the fear surrounding it − starting with helping you right now and then you sharing the good news with others!

80% of your Immunity comes from the mucosal lining of your intestines, the only cure to cancer is a health immune system.

'Doctors don't heal, the immune system heals' - Autumn.

Water Filtration

I have a **Berkey Water Filter** with the Fluoride attachments - https://www.chrisbeatcancer.com/category/products/berkey-water-filters/

https://theberkey.com/pages/test-result

- 1) **It removes hundreds of contaminants**: Bacteria and parasites, heavy metals like lead and mercury, VOCs and toxic chemicals like benzene, chlorine and chromium-6 (think Erin Brockovich), pesticides, pharmaceutical drugs and more, to levels higher than 99.99%.
- 2) **The fluoride/arsenic filters** remove 95% of fluoride and arsenic. The fluorosilicic acid your city puts in your water is a toxic waste product of the phosphate fertilizer industry. It poisons your body, does not help your teeth and most filtration systems do not remove it.
- 3) **It's gravity fed!** So it doesn't need electricity or water pressure. You just pour water into the top chamber and it filters down into the bottom chamber, clean and ready to drink.
- 4) **It's portable.** We take ours on vacation with us and it's perfect to have in an emergency situation like an earthquake, hurricane... We will never have to worry about not having clean drinking water. This thing will even filter pond water!
- 5) **It's extremely economical.** The Big Berkey (2 gallon model) costs about $250, which may seem like a lot of money for a water filter, but get this: The two Black Berkey filters inside will purify 6,000 gallons before needing replacement. If you drink 10 gallons of water a week, it will last you about 11 years at a cost of less than 2 cents per gallon. Most water filters need replacing after 3-6 months!

What Does Berkey Water Filter Remove?

https://theberkey.com/pages/test-result

Scientifically tested and proven, microfilaments filter sediments &remove turbidity that are caused by chemicals & disease-causing microorganism such as bacteria and viruses.

Fluoride - Removed to greater than 99.9%.

Viruses – Removed to greater than 99.9%.

Pathogenic Bacteria - Removed to greater than 99.9%.

Lead - Removed to greater than 99.9%.

Arsenic - Removed to greater than 99.9%.

Iron - Removed to greater than 99.9%.

Mercury - Removed to greater than 99.9%.

Chlorine - Removed to greater than 99.9%.

Trihalomethane(THMs) – Removed to greater than 99.8%.

Bisphenol-A - Removed to greater than 99.9%.

Chloramines - Removed to greater than 99.9%.

Pharmaceuticals - Removed to greater than 99.5%.

Petroleum Contaminants - Removed to greater than 99.9%.

Methylcycohexane-methane - Removed to greater than 99.9%.

Pesticides - Removed to greater than 99.9%.

Heavy Metals - Removed to greater than 99.1%.

Coliform and e-Coli - Removed to greater than 99.9%.

Atrazine - Removed to greater than 99.9%.

Uranium - Removed to greater than 97.0%.

Gross Alpha emitters - Removed to greater than 98.7%.

Health Resources

NutritionFacts.org & Dr. Michael Greger – Current nutrition studies & information, cited sources, transcripts, new videos & articles daily.
http://www.nutritionfacts.org

Chronometer – Food diary tracking and helps to track a lot of information including vitamin, mineral, and protein intakes with great care.
https://cronometer.com/

PubMed.Gov - https://www.ncbi.nlm.nih.gov/pubmed/

PubMed comprises over 26 million citations for biomedical literature from MEDLINE, life science journals, and online books. PubMed citations and abstracts include the fields of biomedicine and health, covering portions of the life sciences, behavioral sciences, chemical sciences, and bioengineering. PubMed also provides access to additional relevant web sites and links to the other NCBI molecular biology resources. PubMed is a free resource that is developed and maintained by the National Center for Biotechnology Information (NCBI), at the U.S. National Library of Medicine (NLM), located at the National Institutes of Health (NIH).

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Herb Books

Medicinal Herbs A Beginners Guide - By Rosemary Gladstar

Herbal Recipes for Vibrant Health – By Rosemary Gladstar

Herbal Healing for Women – Rosemary Gladstar

Herbs for Natural Beauty – By Rosemary Gladstar

20,000 Secrets of Tea – By Victoria Zak

Online Links:

https://blog.mountainroseherbs.com/topic/herbal-education

https://blog.mountainroseherbs.com/topic/tea-recipes

Buying Herbs

Mountain Rose Herbs – Organic Online Resource, Dried Herbs - www.mountainroseherbs.com

The Natural Gardener – Organic Gardening Headquarters, Live Herbs - www.naturalgardeneraustin.com

Traditional Medicinals – at HEB and Whole Foods – a trusted store Tea line

https://www.traditionalmedicinals.com/

http://www.austinherbsociety.org/

Local Product Line Resources – Herbs, Tinctures, Salves, Therapeutic Teas…

The Herb Bar – 200 W. Mary Street, Austin www.theherbbar.com

Sacred Moon Herbs – 305 Mercer Street, Dripping Springs www.sacredmoonherbs.com

Herbal Learning Resources

Austin Herb Society http://www.austinherbsociety.org/

Learn about herbs via classes –
My new school with in home classes via
Harvest Moon School of Natural Health
www.autumnschulze.com or www.autumnsharvest.tv

Other Full Program Schools in the Austin
https://wildflowerherbschool.com/
https://gingerwebb.com/sacred-journey-school-herbalism/
https://herbalmedics.academy/

Autumn's Harvest – www.autumnsharvest.TV

or www.autumnschulze.com

Via the website you can visit our Facebook, Instagram and YouTube accounts.

- Customized Classes & Workshops
- Herbal Consultations
- Apothecary Line – Herbal Teas, Bath Salts, Facial Steams…
- Herbal Cosmetic Spa Experiences
- Herbal Tea Parties
- Whole Foods Health Coaching
- Lifestyle Detoxification for Disease Prevention/Improvement
- Vegetable & Fruit Juicing for Health
- Plant Based Lifestyle Hacks
- Vegetarian/Vegan Guidance
- Lifestyle Transformation Support

Autumn's Harvest
Herbs – Health – Healing