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100 PAGES  
OF **TIPS** AND  
**RECIPES!**

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# MyHerbs

HOT TIPS FROM EUROPE ✿ ORGANIC AMERICA ✿ EAT WELL, GROW & HEAL AT HOME

## **CLEANSE YOUR BODY WITH WATERCRESS** FROM VIRUSES AND BACTERIA

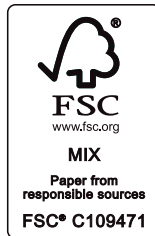
YOGA FOR  
*Hormonal*  
BALANCE

NEW  
*Vegetarian*  
SUBSTITUTES  
**FOR MEAT**





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# MyHerbs

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A close-up photograph of a green herb plant, possibly basil, growing in a white plastic pot. The pot is nestled inside a light-colored, woven wire basket. The background is softly blurred, showing hints of other plants and a bright, natural light source.

*D*ear *My Herbs* Readers,

After a long bout of colder winter months, spring is finally upon us! Now is the time when nature awakens from its slumber, when vital energy is restored, and life seems to spring up everywhere. It is a period of growth, but also sacrifice. Work must be done for the benefits of harvest to grace us.

Likewise, many of us find our lives paralleling the natural rhythms of earth. We all seem to desire to cleanse our bodies, master our minds, and restore balance to our lives at this time. In order to do so, we must put in work.

For the body, try the emerging method of gemmotherapy (14), a therapy that uses natural parts of plants to nourish, repair and restore vital function.

With the weather getting warmer everyday, we gravitate towards being outdoors. Take a break and step outside for peace of mind. Go for a walk and focus on the fresh air, budding flowers and warmth of the sun. Internally, it is possible to balance hormones (for both women and men) naturally through movement – try this yoga method for an alternative to pharmaceuticals (22).

In addition to internal cleansing, rid your beauty cabinet of products containing harmful chemicals. Instead, turn to herbal products. Later in spring, and even into early summer, rosemary grows abundantly. Use a bit in this homemade rosemary foam made with moisturizing shea butter (44) for a restorative, natural solution.

We hope that this issue of *My Herbs* offers inspiration and guidance for cleansing the body, mastering the mind, and restoring balance this spring.

Wishing you a pleasant reading of *My Herbs*,

Kelsey Quinn  
and the whole *My Herbs* family.



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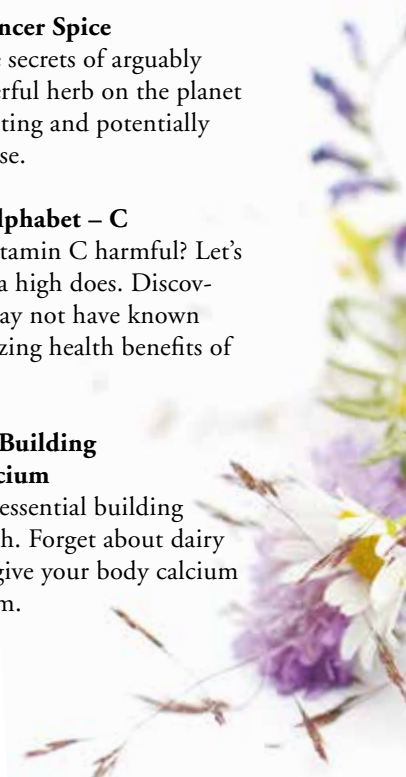
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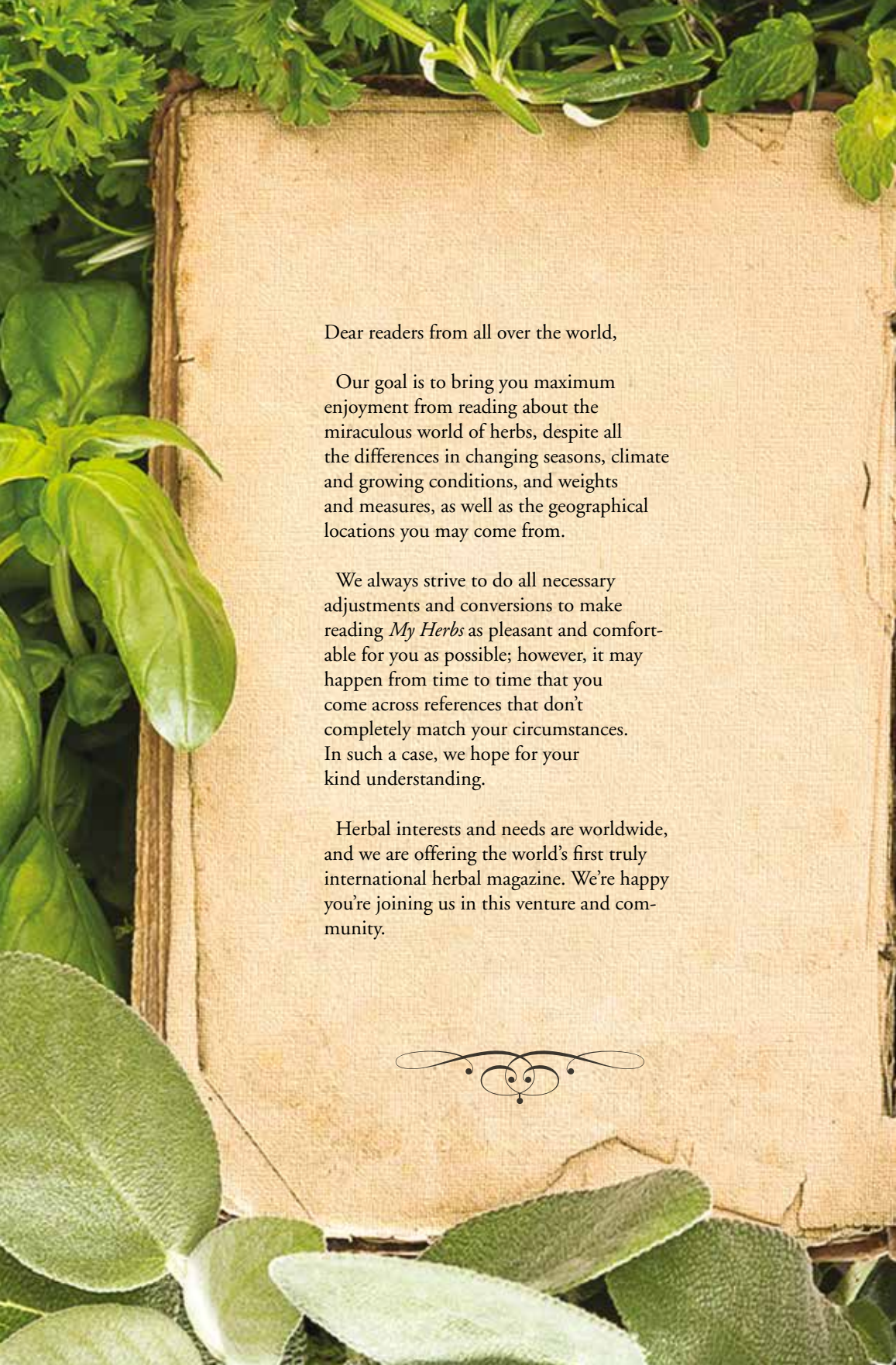
Heal with all your senses.

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Learn about healing herbs according to the signs of the zodiac.







Dear readers from all over the world,

Our goal is to bring you maximum enjoyment from reading about the miraculous world of herbs, despite all the differences in changing seasons, climate and growing conditions, and weights and measures, as well as the geographical locations you may come from.

We always strive to do all necessary adjustments and conversions to make reading *My Herbs* as pleasant and comfortable for you as possible; however, it may happen from time to time that you come across references that don't completely match your circumstances. In such a case, we hope for your kind understanding.

Herbal interests and needs are worldwide, and we are offering the world's first truly international herbal magazine. We're happy you're joining us in this venture and community.





## *Unit Conversion Chart*

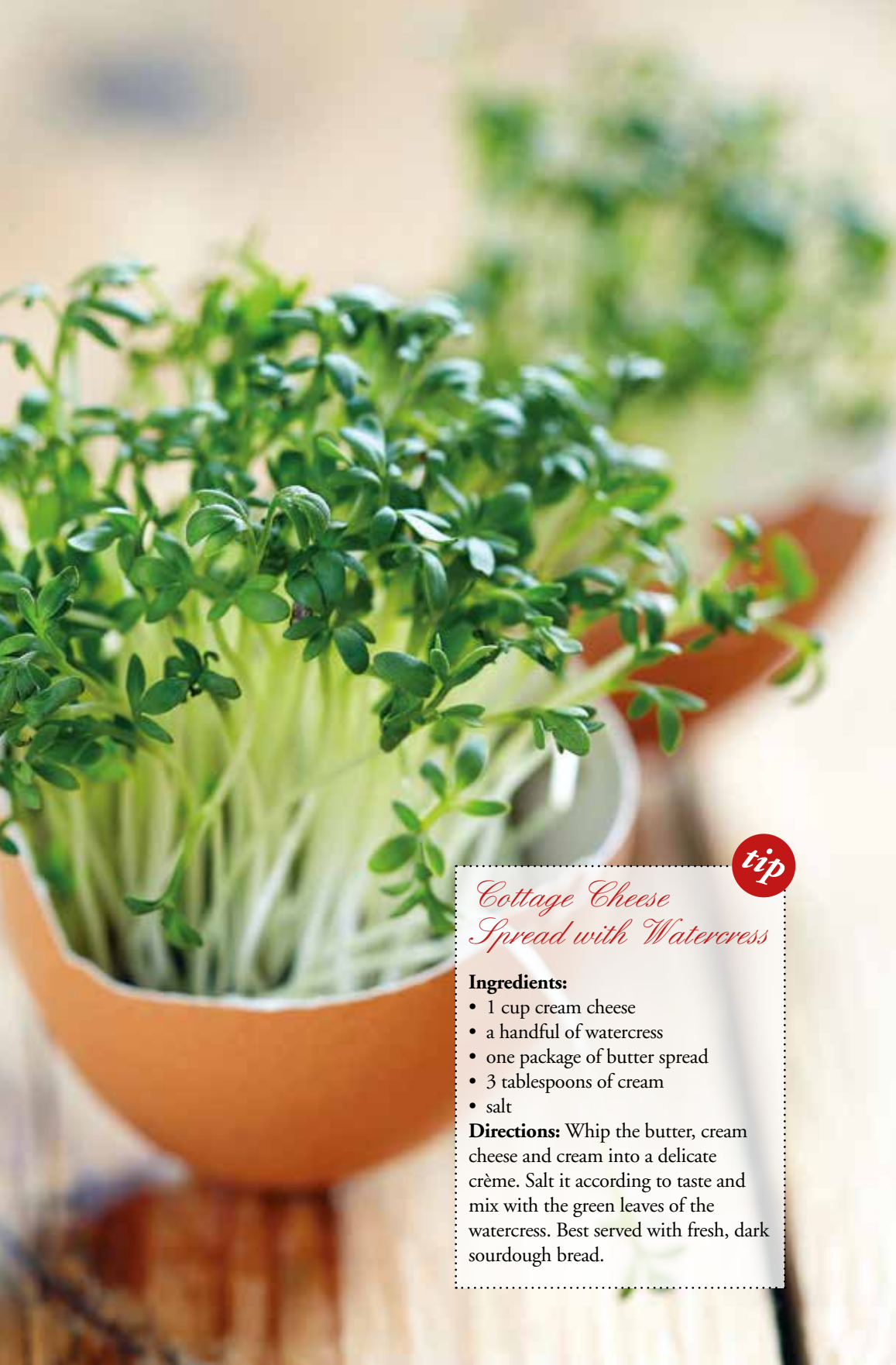
### **WEIGHT**

1 Pound	lb.	454 Grams / 0.5 Kilograms
1 Ounce	oz.	28 Grams
1 Dram (Pinch)	dr.	2 Grams
1 Grain	gr.	65 Milligrams

### **VOLUME**

1 Quart	qt.	1000 Milliliters / 1 Liter
1 Pint	pt.	0.5 Liter / 2 Cups
1 Cup	c.	0.25 Liter
1 Fluid ounce	fl oz.	30 Milliliters / 0.03 Liter
1 Tablespoon	Tbsp.	15 Milliliters
1/2 Tablespoon		7.5 Milliliters
1 Teaspoon	tsp.	5 Milliliters
1/2 Teaspoon		2.5 Milliliters





*tip*

## *Cottage Cheese Spread with Watercress*

### **Ingredients:**

- 1 cup cream cheese
- a handful of watercress
- one package of butter spread
- 3 tablespoons of cream
- salt

**Directions:** Whip the butter, cream cheese and cream into a delicate crème. Salt it according to taste and mix with the green leaves of the watercress. Best served with fresh, dark sourdough bread.



# Watercress – Treat Yourself With a Vitamin Bomb After a Long Winter

*(Lepidium sativum)*

A spring treat full of vitamins, watercress gives the body everything it is begging for after a long winter. It is one of those herbs that is able to satisfy one's most difficult demands. One of its unquestionable advantages is that it can grow virtually anywhere and without much care. What is more, it can be taken by absolutely everyone.

**A**n annual plant, watercress can grow up to 18 inches tall, but it is hardly seen so tall because bits are regularly cut off to be eaten. For this reason, the chance of ever seeing its white flowers is minimal. Watercress is cultivated about two weeks after sprouting, which is why it is called a fast-plant.

## **BENEFICIAL TO HEALTH**

Watercress is beneficial to humans thanks to its high vitamin C content, which the human body needs most after the difficult winter. But that is not all – a watercress contains many other valuable substances including beta-carotene and vitamin B1 (thiamin). Beyond that, it also contains powerful minerals including potassium, magnesium, calcium and iron. Thanks to these components, it is a very powerful immunostimulant – an herb that supports the human immune system. All of its substances are at the same time effective antioxidants. The body uses antioxidants to rid itself of toxins and

thus, prevent the processes of degeneration in the cells and tissues.

There is no better natural medicine to fight the spring flu – and what is more, it is tasty! If you've already caught the flu or some other virus, then watercress can help you stop it in its tracks and put you back on your feet. And if not, it is an excellent preventative herb.

It also helps with colds and illnesses of the pulmonary tract, and it is able to cure any kind of cough.

Watercress is also valued for its healing effects regarding kidney ailments. It works as both prevention and treatment: it aids the kidneys and it eliminates the microorganisms in the bladder that could cause inflammation or other illnesses. Last but not least, it helps with digestion. Watercress supports the production of the digestive juices and boosts the activity of the gallbladder and liver. It helps the stomach to better digest heavy, fatty foods, and it fights against the subsequent uncomfortable feelings after ingesting such foods.



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### **DETOXIFICATION**

It is no accident that watercress is advised at the very time of the year when we must cleanse our bodies after winter hibernation. It is very often recommended as one of the components for detox cures. Just like nettle, it is said that it is able to cleanse the blood. It is possible to make a medicinal decoction from it to drink throughout the day for at least three to four weeks.

### **GROWING IT IN THE KITCHEN**

Just like any other herb, it can be planted in a flower bed in the garden or in

#### *Watercress Sandwich*

##### **Ingredients:**

- 1 baguette
- butter
- a handful of watercress
- 1 Chinese cabbage leaf
- ½ tomato
- 4 slices of cucumber
- ½ teaspoon of mustard
- ½ teaspoon of soy mayonnaise

**Directions:** Slice a smaller baguette in half lengthwise, spread with butter, and sprinkle with watercress. Then layer it with pieces of Chinese cabbage, soy mayonnaise, the cabbage leaf and more soy mayonnaise. Add tomato rounds, cucumber and a bit of mustard. Fold the other half of the baguette over it.

a window box. In the case of watercress, there really isn't much more upkeep. For fast sprouting, it is enough to use some cotton wadding, a small dish, a little water and the seeds.

Lay the wadding across the dish, add enough water so that the wadding is damp, but not so much that there is water on the plate. Then add the watercress seeds to the cotton and place the dish in a dark place for about two days. On the second day, you will already see the seeds begin to sprout. After sprouting, watercress will begin to grow with warmth and moisture, so cover the dish with a plastic bag. It is necessary to emphasize that the cotton needs to stay moist, however. Afterwards, place the watercress near a sunny window. In a few days, it will grow lush and lovely. Harvest it with a pair of scissors for immediate consumption.

## *Watercress Soup*

### **Ingredients:**

- 4 potatoes
- 1 quart chicken broth
- salt
- 1 teaspoon of butter
- a glass of cut watercress
- ½ cup of whipping cream
- 2 hard-boiled eggs

**Directions:** Peel the potatoes, dice them into small cubes, and place them into a pan. Pour the broth over them, add salt and butter, and boil until soft. Just before finishing, add the watercress (leave 4 teaspoons for the garnish) and cream, and bring to a boil. Stir, then serve on soup plates, and garnish each with shelled boiled eggs (diced into small cubes) and with the rest of the watercress.

## *Spring Breakfast*

### **Ingredients:**

- a handful of fresh cut watercress
- a handful of cut chives
- 2/3 cup of cream cheese
- 1/3 cup of whipping cream
- 4 hard-boiled eggs
- 5 ounces of radishes
- salt
- 4 chicken slices
- 2 tablespoons of sunflower oil
- 8 slices of toast

**Directions:** Dice the watercress and chives. Stir them in a bowl with the cream cheese and cream. Salt to taste. Shell the eggs and cut them into rounds. Wash the radishes and slice them thinly. Fry the meat on both sides in oil and salt. Spread the toasted bread with the herbal cream cheese. On four of them, place the chicken slices, sliced eggs and sliced radishes. Make into sandwiches with the other four slices of toast, press together and slice in half diagonally to make triangle halves.

## *Did you know?*

- *Watercress does not need light to grow, so it is suitable for growing in the winter months.*
- *Watercress is the fastest growing herb.*
- *Watercress grows faster inside than outside.*
- *In the past, blossoming watercress was cultivated for teas and salves.*
- *It is not necessary to let watercress grow. Simply sow it, let it sprout, and about two days later, it can be eaten.*

# Gemmotherapy: A Therapy that Nourishes, Repairs and Produces Regeneration







This pretty much unknown, yet officially recognized branch of phytotherapy, is called gemmotherapy. But don't misjudge – it has nothing to do with gems or gemstones. Instead the word comes from gemma, Latin for bud. Gemmotherapy employs buds, inner bark, rootlets or very young shoots of plants from various woodland trees and shrubs to remove toxins from the body.

It is a modern method of draining the organism. These extracts and tinctures work better than one might expect.

Explore in-depth the science and art of gemmotherapy.

We have just now entered the third millennium when humanity ought to be embarking on a new path, the road towards warmer human relationships and to a better way of living. Science and technology, with their boons, have, on one hand, ensured as never before an increase in the standard of living in our civilization, but on the other have devastated the environment and set up a hectic and stressful pace of life bringing about serious health problems. Allergies are on the rise and so are deadly diseases such as stroke, heart attacks, cancer and other illnesses, which threaten our lives and lower the average age of the population.

### CONVENTIONAL MEDICINE

Because established medicine is not able to tackle these problems without causing adverse reactions, we see today an ever-growing part of the population turning to natural methods and remedies for prevention and treatment. What are the treatments like? Natural treatments have a restorative effect on the body until full recovery is reached, while having a minimum impact on its natural functions.

Although herbs have been used to treat human body diseases and illnesses since ancient times, with advances in science and technology, conventional medicine tended to prevail over new or alternative treatments. However, herbal medicine is enjoying a renaissance today. Herbs con-

tain substances which are necessary for the human body, such as vitamins, trace elements, hormones and enzymes. We must not forget, however, that it takes longer to feel the effects with herbal treatments than it does with conventional medicine. Herbs have been used in various ways since time immemorial, whether made into teas, salves or tinctures, or used in bath mixtures, when the substances reach the entire surface of the body through the skin.

### WHAT IS GEMMOTHERAPY?

Different from herbal remedies that use parts of the mature plant, Gemmotherapy is an phytoembryotherapy with extractions made from the germinating parts of trees and shrubs. It is more potent than whole herbs and plants, because these buds, shoots, rootlets, and germinating embryonic parts contain plant growth hormones much like human stem cells.

Gemmotherapy has a multi-level effect on the body and can be used for nearly all conditions- acute and chronic- as it drains, nourishes, repairs, and produces regeneration. It is considered a cellular drainage therapy as it acts to first detoxify and clear the elimination organs. Next it drains the accumulated toxins, metabolic waste products, and debris from the cells, discharging these through the newly optimized organs of elimination.

Compared to homeopathy, it is an emerging natural medicine. It was introduced by Belgian homeopathic doctor Pol Henry in the second half of the twentieth century. Today gemmotherapy is practised mainly in European countries, like France, Belgium, Italy and some Eastern European countries. Because early texts were in French or later Italian, its spread to the U.S. has been limited to practitioners who have trained in Europe or Canada.



## HOW WAS GEMMOTHERAPY DEVELOPED?

Keep in mind the fact that wild animals feed on plant buds and new shoots (as if knowing about the life force found within them) and the substances needed for the body in the early spring. Older generations noticed this. For example, in Russian traditional medicine, birch buds were prescribed for rheumatism and kidney ailments. And Pietro Andrea Mattioli in his *Herbarium* written in the 16th century mentions rubbing sore skin with poplar buds. In the 1930s Russian biochemist Boris P. Tokin discovered substances in tree and shrub flowers with antibiotic and anti-mycotic (antifungal) effects, and named them phytoncides. Mother Nature designed them to protect plants from diverse pests. Scientists, however, realized that these substances could be used to treat humans as well.

Later, academic Vladimir P. Filatov noticed that if you leave a plant cutting for several days in a cool, dark place, the dying part of the plant mobilizes itself to produce exceptionally effective phytoncidal substances that would be hard, if not impossible, to find otherwise in the plant. This was the birth of the famous manufacturing process of Filatov biogenic stimulators, which marks the start of a new direction in discovering the most effective content substances in plants. These substances, only appear briefly and at an appointed time – in severely limited amounts and only in certain parts of the plant.

The work of Dr. Tokin interested the Belgian doctor Paul Henry who followed up Dr. Tokin's experiments to find that even more effective substances are contained in sprouts and new leaves of trees and other plants. During experimentation, it was shown that the most effective remedies are at the ratio of 1:10



(D1) when he combined the allopathic function of contained substances with the informational function of dynamization. The method of gemmotherapy began to spread and soon became one of the powerful weapons in the natural treatment arsenal. It first began to spread in France.

## BASIC PRINCIPLE AND PHILOSOPHY

Gemmotherapy is a special method of herbal therapy, which uses remedies made from seeds, buds and young shoots, or the embryonic tissues of mainly trees and shrubs. These embryonic and young plant tissues are harvested in spring. This is when they contain the highest amount of biologically active substances, essential for the growth of the plant. The same substances can have significant biological effects on human health. The active ingredients are extracted from the embryonic tissues to be mixed with ethanol glycerin. They can then be used to treat various health problems.

The mechanism of the effect is closely associated with the embryonic tissues contained because the concentrations of the key active substances in them are really high. This is why it differs from common herbal tinctures which contain other active substances and lack those typically contained in buds: growth factors, nucleic acids in high concentrations, phytohormones (auxins and gibberellins), vitamins, minerals and trace elements, anthocyanins and others.





### *Most Common Plants used in Gemmotherapy*

**FIR** (*Abies*) – used as a remedy for all bone ailments that young people suffer from, but also for illnesses like tonsillitis and bronchitis.

**EUROPEAN (HEDGE) MAPLE** (*Acer campestre*) – support against several types of paralysis and various palsies.

**HORSE CHESTNUT** (*Aesculus*) – speeds blood circulation in the lungs.

(*Alnus*) – for inflammations. Suitable especially against high sedimentation rates and higher evening temperatures.

**BIRCH** (*Betula*) – a drainage remedy. It has a beneficial effect on liver activity and helps fight renal insufficiency (kidney failure) when the levels of protein in urine rise extensively.

**HEATHER** (*Calluna*) – retards the onset of tumorous diseases, preventing the development of metastases. Can start and rejuvenate faltering kidneys.

**HORNBEAM** (*Carpinus*) – functions on the nasopharyngeal sinuses and trachea and regulates healing of damaged or inflamed mucous membranes. Stimulates liver activity and inhibits increased bleeding caused by a lack of platelets.

**CHESTNUT** (*Castanea*) – rigorously eliminates autointoxication of the body. Improves circulation in the veins, refreshes the lymphatic system and reduces lymphatic swelling.

**DOGWOOD** (*Cornus sanguinea*) – to be applied if there is a danger of tissue necrosis. Its positive effects on thyroid activity have been proven. The effects set

For this reason gemmotherapy has effects on the human body at different physiological levels, generally more effectively than ordinary herbal tinctures. It boosts the immune system, improves the function of the central nervous system, stimulates the excretory organs, cleanses and aids in detoxification. According to herbalists using gemmotherapy, the preparations are surmised to contain stem cells in the preparations.

After long-term use these remedies rejuvenate the body. It is also expected that in the future, they can help treat diseases that are incurable at present.

The fact that gemmotherapy has proven to be successful in cases where conventional medicine and traditional physiotherapy have failed might be regarded as pleasant news. Those cases where remedies from poplar and tamarisk buds have proven effective included post-treatment of Lyme disease and EBV (Epstein-Barr Virus) which causes mononucleosis. Tamarisk was used to replenish red blood cells platelets – a true act of phytoembryotherapy, which a true phytoembryotherapy which produces regeneration and effects on stimulation and cellular drainage. Gemmotherapy is based on cellular drainage, or the ability of the body to get rid of the toxins that have accumulated throughout the whole life.

in rapidly, but last only temporarily, so it is recommended mainly as a first aid remedy.

**HAZEL** (*Corylus*) – an excellent preparation against sclerosis. It can be used to treat hepatitis. An excellent remedy against pulmonary inadequacy due to emphysema, bronchitis and the like. It harmonises the autonomic nervous system.

**HAWTHORN** (*Crataegus*) – used with therapy for the heart. Supports heart functions.

**BEECH** (*Fagus*) – has a positive effect on kidney stones and kidney inadequacy. Can also be used as an excellent drainage remedy if wishing to induce aggressive treatment.

**FIG** (*Ficus*) – beneficial in treating infections and necrosis. It heals mucous membranes in the digestive tract and is especially beneficial for autonomic nervous system maladies and stomach ulcers.

**ASH** (*Fraxinus*) – for gout and other symptoms of an excess of uric acids in blood.

**WALNUT** (*Juglans*) – a significant immune stimulator. It retards the development of collagen disorders and other connective tissue diseases.

**JUNIPER** (*Juniperus*) – significantly improves the activity of liver cells. Positive effects on cirrhosis of the liver, arthritis, kidneys, lungs and type 2 diabetes.

**PINE** (*Pinus*) – regenerates hard tissue, bones and cartilage. Excellent anti-ageing preparation. Useful against rheumatism.

**POPLAR** (*Populus*) – relieves muscle spasms, works on malnourished skin and atrophies, reduces bleeding with trombopathia patients, and promotes regeneration after Lyme disease and the Epstein-Barr virus.

**OAK** (*Quercus*) – a drainage remedy. In combination with extract of birch catkins, improves male sexual desire and fights periodontal disease.

**BLACKCURRANT** (*Ribesnigrum*) – fights allergies. Stimulates the adrenal gland, reduces prostate hypertrophy and regulates hormonal activity of the ovaries and uterus when used in combination with raspberry. Used against sterility, ovarian cysts and problems associated with menopause. When used in tandem with wayfaring tree and rosemary, it helps with allergies of any kind. In tandem with pine and grapevine, it is used for joint inflammations, varicose veins and tonsillitis.

**DOG-ROSE** (*Rosa canina*) – works on recurring inflammations during growth in children and adolescents. In tandem with fir and beech, it can get rid of tonsillitis and bronchitis. Can regenerate the pancreas and detoxify the body.



**ROSEMARY** (*Rosmarinus*) – regenerates the heart and kidneys. It can be used anywhere where any kind of decompensation threatens, for example liver problems. Effective as a detoxifier. It prevents the onset of osteoporosis. A mild antidepressant, it works against declines in psychological and sexual power. Facilitates uric acid excretion.

**RASPBERRY** (*Rubus*) – use wild raspberry only. Improves hormonal secretion. Its effect is somewhat similar to steroids. It regulates endocrine levels. In tandem with wild blackberry, it works effectively against sclerosis. It treats arthritis and osteoporosis.

**RYE** (*Secale*) – supports regeneration of liver parenchyma. Suitable for several forms of psoriasis.

**REDWOOD** (*Sequoia*) – suggested for use against atrophic and psychological disorders in the elderly.

**SERVICETREE** (*Sorbusdomestica*) – regenerates circulation in the veins and treats swelling of deep and surface veins and their symptoms.

**TAMARISK** (*Tamarix*) – stimulates creation of red blood cells and platelets.

**CRANBERRY** (*Vaccinium*) – for intestinal problems and disinfection of the urinary tract.

**WAYFARING TREE** (*Viburnum lantana*) – good against allergies.

**MAIZE** (*Zea*) – has significant anti-cramp effects. Supports convalescence after heart attacks and improves circulation in extremities, which helps prevent gangrene.

**GRAPEVINE** (*Vitis*) – anti-inflammatory remedy and increases pathologically reduced white blood cell count, especially lymphocytes.

**MISTLETOE** (*Viscum*) – a remedy for emphysema and sclerosis. Treats problems with hypertrophy of the heart muscle.

## COMPLEX EFFECTS ON HEALTH PROBLEMS, ORGANS AND TRACTS

Gemmotherapy complexes are made up of a harmonic combination of various types of buds or plant bodies and based on the principles of phytosociology, biochemistry and clinical data.

They are composed so that they integrally solve the problem at its source: in order to provide purification, resolution to the problem (or treatment) and regeneration. Individual complexes also address the state of organs and, tracts and tissues, determining and resolving the bases of the problem and regeneration.

## *Treatment of Specific Problems:*

### ANTI-ALLERGY COMPLEX

#### What does it provide?

Restores balance in allergic areas. Quick areas, offers quick relief, and maintains vitality without addiction. When fighting allergies, keep in mind the essence of the problem and increase the amount of anti-allergenic components through antimycotic treatments or colon cleansing.

### WHAT HERBS DO THE REMEDIES CONTAIN?

Liver cleansing: juniper, liverwort and rye; anti-mycotic treatment: enokitake mushrooms and champignons; increase in the amount of anti-allergenic components black currant. Colon cleansing: green clay and Enterogel. As to allergies



and eczema you have to keep in mind that the road to recovery is long and it requires a lot of patience.

### **LYME DISEASE COMPLEX**

In the case of Lyme disease the use of a tincture made from poplar buds is recommended as the most efficient remedy. An important part of treatment is to regenerate the weakened organism with a suitable detoxifier. For this purpose a combination of tinctures of birch buds and juniper is highly recommended.'

The main remedy for resolving this problem is poplar – its buds help the body fight Lyme disease. It is also important to remember this disease always affects the liver, and this is where the great fatigue comes from. Use juniper, liverwort and other buds as treatment. Also problems with the locomotor system are usually associated with Lyme disease. In this case, use alder, pine and grapevine. For problems with the nervous system, it is necessary to use Echinops, hedge maple and St John's wort. Thus, both problems and symptoms are resolved.

### **LIVER AND GALL BLADDER COMPLEX**

It is important to distinguish whether the problem has been caused by a bacterial or viral infection. Poplar and Siberian ginseng are recommended as effective remedies to fight certain types of infections.

To regenerate the organs, apply gemmotherapy with juniper, rosemary and rye.

### **URINARY TRACT COMPLEX**

Provides cleansing and regeneration of the entire tract. Use mainly nasturtium to liquidate bacteria, then cranberry, hozuki (Japanese lantern) and Tribulus terrestris (devil's thorn) to improve urinary tract functions. Heather and alder help regenerate tissue.

### **RESPIRATORY AND LYMPHATIC SYSTEM COMPLEX**

The first choice to fight respiratory infections is champignon, a natural antibiotics for bronchial passageways. Also black currant can help regenerate breathing passages and mucous membranes.

#### *Gemmotherapy for Men*

It is gratifying that buds can also be used to boost male hormone levels. The main herbal remedies to support potency are tribulus terrestris, oak, redwood and maral root. Prostate problems can be treated with a tincture from willow and alder. It is remarkable that these herbs can also treat one of the great problems of our time – sterility.

#### *Gemmotherapy for Women*

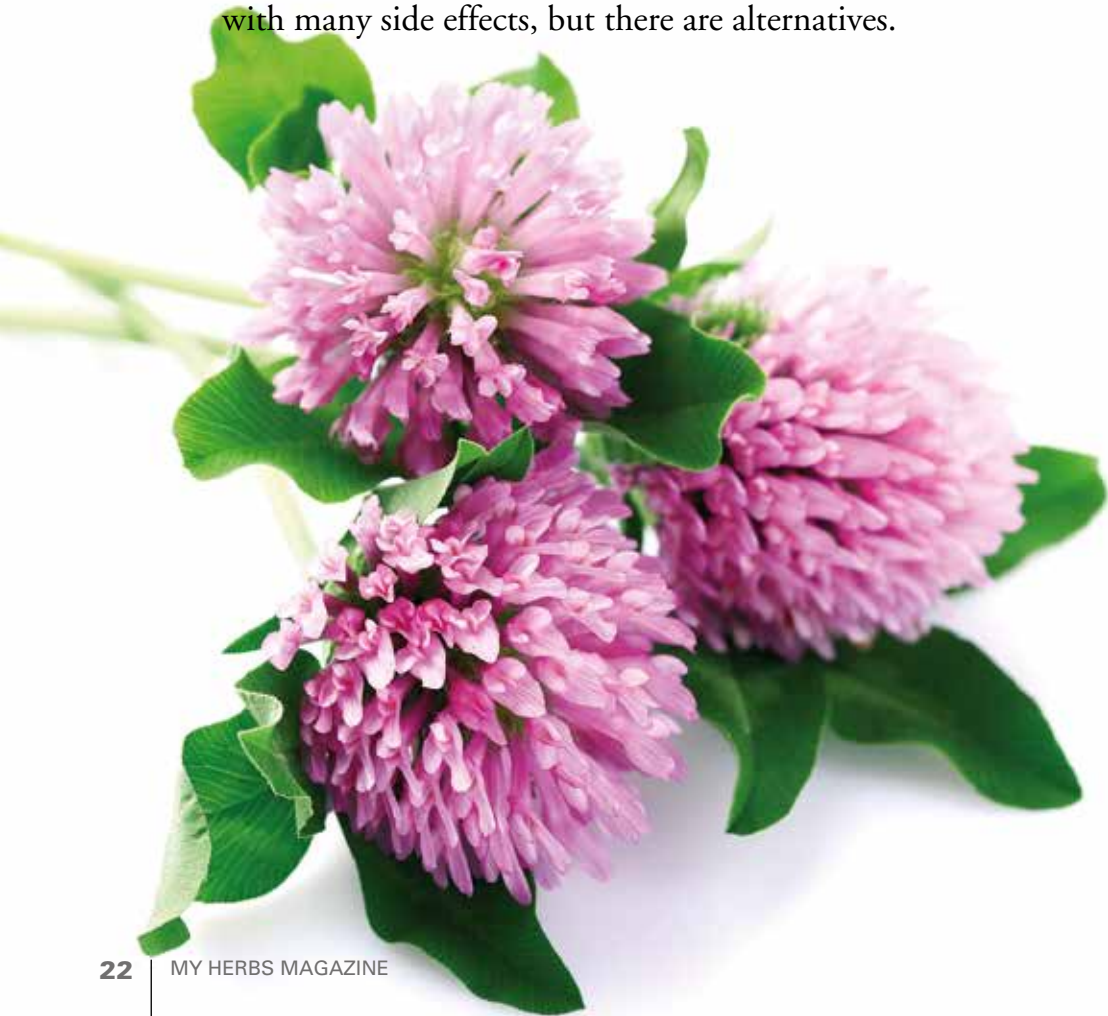
In fighting gynaecological disorders, attention has to be paid primarily to cleansing and antimycotic treatment, followed by supplementing female hormones. For the latter, use buds of rowan, marigold and raspberry. For specific gynaecological disorders such as cysts or myomas, use eleutherococcus. For menopause, mistletoe and St John's wort work well.

Because there is an herb for every ailment, the majority of health problems can be resolved by an herb or bud, or a combination thereof.



# Balancing Hormones with Yoga

Maintaining an optimal balance and harmony in you hormone levels is essential for a high quality life. Imbalances can be unpleasant, causing excessive sweating, hair loss, weight gain or irregular and strong menstruation. Your doctor will likely only prescribe you pharmaceutical drugs with many side effects, but there are alternatives.



**H**ormones can be adjusted by exercise, but if you believe that exercise alone will not be enough to set your hormones levels straight, then it is high time you tried hormonal yoga therapy. The exercises naturally harmonize hormone levels in women, men and even diabetics. Thirty minutes of daily hormone yoga can change have life-changing effects. And it's not just an empty promise.

### **YOGA BALANCES THE BODY**

The explanation is simple – because of the complexity of the exercises (dynamic positions, breathing techniques, energy work and concentrative anti-stress elements), which are carried out throughout the program, we learn to manage our own stress and keep hormone levels in harmony.

If you do not want to take part in hormonal substitution therapy, imagine yoga as a kind of alternative, natural way to regain lost balance in a relatively short amount of time.

The therapy affects the endocrine glands and helps eliminate of hot flashes, night sweats and psychological instability, and improve the quality of skin, hair and nails. Hormonal yoga therapy revitalizes and rejuvenates the human organism. It contains a set of exercises that are simple and structured for effectiveness. The composition of these exercises comes in three parts – one for women (not only) in menopause, the second for men (not only) in andropause (male menopause) and the third for diabetics. These are energizing and dynamic exercises suitable for working women and men alike.

### **HORMONAL YOGA 101**

Hormonal yoga therapy is a natural energy healing therapy targeted at the female hormonal system. The goal of therapeutic exercise is to harmonize the hormonal system naturally. “The result of the exercise is essentially an increase

in estrogen levels in the body and ovulation stimulation, elimination of symptoms related to low levels of estrogen, better management of vital energy, reductions in fatigue, improvements in metabolism and energy exchange, revitalization and rejuvenation of the body, as well as harmonization of the psyche and the body's energy system,” says the therapist.

Declining estrogen is certainly responsible for many problems and symptoms of menopause. Increasing its levels in the body also acts to prevent osteoporosis and cardiovascular disease. When the level of estrogen lowers, it reduces the ability of the immune urogenital tract, and susceptibility to infections increases. This gives rise to recurrent infections and mycoses.

### **NEW LIFE FOR WOMEN**

As a precaution, hormonal yoga therapy should be practiced by all women over 35 years of age. Statistically it is precisely during this period when estrogen levels begin to decrease and the first symptoms occur. Women who experience premenstrual syndrome, painful periods or heavy bleeding observe improvement in their condition after a relatively short time. With regular exercise it is possible to eliminate pain, cramps, water retention, mental instability and migraines.

What is meant by attending the seminar? thanks to the stimulation of ovulation.

The gains begin a regular rhythm, and women with longer cycles experience a shorter one. Thanks to the increase in hormone levels, these transitions alleviate or disappear altogether. Most women indicate a significant improvement after the seminar or after one month of regular exercise. It is even possible for postpartum women to improve lactation and eliminate mental and emotional fluctuations through exercise.



Excellent results are likely for women who deal with infertility or with those preparing themselves for artificial insemination. Therapy, outside the harmonization of hormone levels, helps prepare the uterus and improves the results of egg acceptance. The number of babies born after a certain period of practice are already in their dozens.

Infertility is defined as the inability to conceive after one year of unprotected intercourse. After a diagnosis, women are often at a loss and confused about what to do next. Hormonal treatment is an option, but not all women respond well to the treatment.

Hormonal yoga therapy offers an alternative, because the exercise stimulates ovulation. "Women with a long cycle (60 days) often write that after one month of exercise, the cycle lasts for only 30 days. Sometimes a woman becomes pregnant within three months from the start of regular exer-



cise," the lecturer explains. "I also have curious cases, such as when a woman after the exercising program became pregnant without losing menstruation. Everyone's body is set differently and we must respect that."

### **THYROID PROBLEMS**

A typical female ailment affects the thyroid gland, often harming fertilization. There are diagnoses where noth-

ing can immediately be done. In these cases, exercising regularly for three to six months often offers fantastic regeneration. Hormonal yoga therapy works in a quite complex way in this case. That is why it often happens that even if one exercises with their mind set on one concrete problem they aim to fix, side-effects start to appear – like improved quality of hair, skin and nails, as well as weight loss or adjusted menstruation cycle.

### **MEN AND HORMONAL YOGA? OF COURSE!**

Hormonal yoga may also improve quality of life for men. Therapy increases the libido and improves the experience of intimate life. It improves the quality of sperm, which is important for couples who are thinking of having a child. Exercise also tackles emotional instability and depression. Harmony of the hormonal system is a prerequisite for health.

The exercises, among other benefits, stretch shortened muscles and flagging parts, remove blocks on the spine, and generally improve neural connections in the entire body. Additionally, they shape the figure nicely and improve agility, elasticity and flexibility of the body. Furthermore, they also help eliminate chronic constipation, chronic fatigue, backaches and acne, as well as strengthen the immune system.

### **EXERCISES FOR DIABETICS**

According to scientific research in Great Britain and the United States, one of the major factors affecting the development of diabetes is stress. Luckily, hormonal yoga therapy significantly reduces the effects of stress, keeping the organism healthy and restoring its vitality.

For diabetics, this exercise is very strong and effective because it reactivates the endocrine glands: pancreas, liver, thyroid and pituitary glands. It

harmonizes the hormonal system and helps maintain blood sugar levels. Detoxifying and rejuvenating, hormonal yoga helps prevent the development of chronic complications. It does not substitute medical treatment completely, but helps to manage the illness better and keeps the metabolism under control. Hormonal yoga is greatly beneficial for diabetics. This therapy is designed as a treatment for those who suffer from type 1 and 2 diabetes, as well as prevention for those in a state of pre-diabetes or those who have a genetic predisposition. What is really important is to know the effectiveness of the method immediately.

### THINK OF REGULARITY

Decide on the regularity of practice and incorporate it into your schedule. The exercises are not challenging, easily manageable by young girls and women of advanced age alike. Therapists recommend exercising for half an hour, three times a week, but it is generally up to you how frequently you exercise.

Hormonal yoga is one of the activities that also allows for exercising daily if necessary. This applies especially when someone has a specific problem and daily practise helps him or her more. As soon as one gets better, it is possible to exercise less often. So if you're not feeling well and the circumstances do not hinder you, plus if you have the desire and will to do so, then exercise daily. The body itself will tell you when to ease up.

In terms of the body-energy management, practicing in the morning is advantageous. Although the body is stiffer, a morning workout is just right for invigorating energy necessary for an active day. Evening exercising also assures a body restart, much appreciated after returning from a demanding day's work or after putting your children to sleep, when you get tired but

need to do so many more things.

After a twenty minute workout, you will have plenty of enthusiasm for everything you haven't had time to do all day.

Remember that after exercise, it is not appropriate to go to sleep immediately. Your body is in the process of supplying power, thus not having the desire to rest.

Exercising puts intense pressure on abdominal breathing, so it is not good to practice on a full stomach. Depending on how much you eat and how heavy your meal is, it is advisable to have a one to three hour long break.

It is good to exercise on an empty stomach in the morning, because the body will then make better use of the energy created by the exercise. If you're expecting a tough day ahead of you, or you know you will not have time for a lunch break, it is ideal to exercise in the morning or squeeze a workout in sometime during the day. That is because during the rush of the day, the body is too busy and does not signal to us when it needs something from an external source. Thus it can easily become exhausted. Exercise is also a useful coping mechanism for crisis situations.

**tip**

*The therapeutic effects of yoga can be very powerful, but only if they are delivered through specific techniques. Proper mastering of those techniques requires skilled training and mentoring – that is why you should choose only certified lecturers. During the weekend course you learn an exercise routine that can then be practiced at home for 30 minutes, three times a week. Only this routine guarantees its effectiveness on the hormonal system.*





## HORMONAL YOGA VERSUS SUPERFOODS

Hormonal imbalance is associated mostly with menopause, and Rodriguez recommends modifying one's diet during this period. You can also supply the body with the following herbs:

**Maca** – can aid with weak immunity, anemia, anorexia, cancer (reduces side effects of chemotherapy and radiation), tuberculosis, osteoporosis (also as prevention), chronic fatigue syndrome, depression and neuroses, memory impairment and lack of concentration, menopause and andropause, hormonal problems, irregular menstruation, sexual problems, impotence (increases libido and vitalises strength) and infertility – in men and women. It can also be helpful in treating slow-healing wounds, acne, hair loss, alcoholism and drug abuse. Maca preserves good vision and. It tackles loss of appetite and mental exhaustion.

**Spirulina** – this freshwater blue-green algae is full of iron and vitamin B12, so it is great for maintaining high energy levels, while simultaneously fighting fatigue. This tiny aquatic plant contains more vitamin A than carrots and is a rich source of phytochemicals, which help alleviate menopausal symptoms osteoporosis. It and also reduce the risk of certain cancers.

**Fenugreek** – commonly used in Indian and Greek cuisine. It can be used as a fresh herb or dried spice and is great for lowering cholesterol. It improves the symptoms of diabetes and mitigates menstrual cramps and menopausal symptoms.

**Chia seeds** – these little brown seeds are full of omega-3 fatty acids, ideal for maintaining energy. They also help reduce blood pressure and risk of inflammation, as well as slow the process

of aging by protecting the skin from free radicals. Hormonal yoga therapy also slows aging thanks to harmonization of the hormones. It improves the quality and elasticity of the skin by keeping the collagen levels balanced.

### Essential Foods Supplying the Body

- Ensure supply of enzymes – shoots, sprouts, green foods and superfoods.
- Dishes made with beetroot – bring women relief lasting longer than synthetic hormones.
- Foods rich in essential fatty acids are important for the production of hormones, healthy skin and nerves: seafood (tuna, salmon, mackerel, sardines) and vegetable cold-pressed oils.
- Foods containing boron increase estrogen levels: apples, walnuts, pears, grapes, peaches, almonds, honey, peas and lentils.
- Foods high in selenium reduce hot

### *A Proper Diet*

**For proper hormone levels in the body it is necessary to:**

- Omit alcohol, caffeine, sugar, spicy foods, hot soups and drinks – they cause hot flushes, increase incontinence, intensify mood swings, and cause acidification of the blood, leading to the release of calcium from the bones.
- Reduce intake of meat and dairy products (except fermented) – they contribute to flushes and also to the loss of calcium from the bone.
- Limit salt intake – it increases calcium urinary excretion and raises blood pressure. Consume foods containing phytoestrogens and plant hormones that act like organism estrogens: soybeans, soy flour, tofu, potatoes, whole grains, green beans, apples, carrots, cherries, garlic, dates and linseed, spices, anise and fennel.

flushes, promote secretion of thyroid glands and estrogen: seafood, whole grains, soy, beans and eggs.

- Foods containing vitamin C and bioflavonoids counteract hot flushes: citrus fruits.
- Drink 64 ounces of high quality water daily to prevent drying of the skin and mucous membranes.

## HERBS FOR FERTILITY AND CONCEPTION

Women who cannot conceive should add the following herbs to their drinking regime: St John's wort, nettle, lady's mantle, calendula and yarrow (a mixture is suitable for PMS and irregular cycles).

### *Tips:*

**Mantle** – a magical herb that has been recommended for all women's problems including infertility for ages. It strengthens the female organs, particularly the uterus, acts against miscarriages, and increases the likelihood of conception. Mantle is unique in curing menstrual disorders and reducing menstrual pain and excessive bleeding. It heals all inflammatory diseases in the abdomen including inflammation of the ovaries and outlets. After childbirth, mantle stops bleeding, stimulates milk, and contracts the uterus, while also tackling the annoying problems associated with menopause, including psychological problems for older adults.

## HERBS FOR MENOPAUSE:

\* Sage reduces sweating and hot flashes. Just infuse a spoonful of sage with boiling water, cover it, and let steep for fifteen minutes. Take lukewarm sips throughout the day. It starts showing its powerful effects after about a fortnight of drinking.

\* St. John's wort – for depression, unease, stress, anxiety and insomnia. Sip tea from this, and its effectiveness

will start to show after two weeks, but don't overdo it. The daily dose can be two to three cups, but it is not recommended to drink this tea for more than six weeks. St. John's wort is a natural antidepressant and improves blood circulation. Since it has increased sensitivity to light, do not use it when sunbathing.

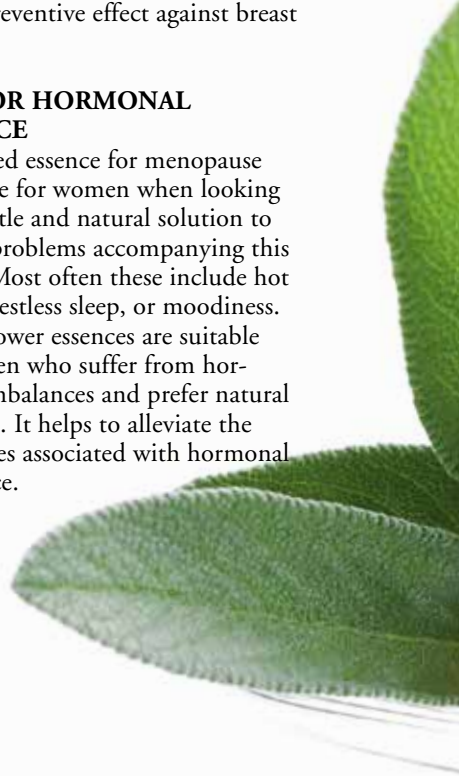
\* Black snakeroot (*Actaea racemosa*) is great for hot flushes and sweating. It improves sleep, memory and concentration, and reduces irritability. It also affects the movement of calcium in the body, thus slowing the development of osteoporosis and improving urogenital (genitourinary) cases.

\* Red clover or clover is used mainly for its high content of the natural substances phytoestrogens. As the name suggests, the structure is similar to estrogen in a woman's body, thus substituting it. They can improve one's mood or sleep and even prevent bone loss. Extracts of red clover have a preventive effect against breast cancer.

## TIPS FOR HORMONAL BALANCE

Combined essence for menopause is suitable for women when looking for a gentle and natural solution to specific problems accompanying this period. Most often these include hot flushes, restless sleep, or moodiness.

Bach flower essences are suitable for women who suffer from hormonal imbalances and prefer natural solutions. It helps to alleviate the difficulties associated with hormonal imbalance.



*tip*

Use Ayurvedic shatavari coffee for hormonal balance and regenerative effects. In Ayurveda, the shatavari herb is used primarily to support the sexual health of both women and men. Benefits include rejuvenating the reproductive capacity and alleviating problems in menopause. Furthermore, it keeps the menstruation cycle stable and has a beneficial effect on normalizing estrogen levels. It has beneficial effects in women with premenstrual and menstrual problems, alleviating irritability, fluid retention and cramps. It positively influences the course of menopause (hot flashes, insomnia, anxiety), promotes the formation of mother's milk, and positively tackles postpartum depression.





# My Herbs Advice Column

**A**t our editorial department, we receive more and more questions that we successively hand over to our collaborating experts for advice. Some of the most popular questions and answers are subsequently published in regular column. We invite you to contact us too (via our website [myherbsmag.com](http://myherbsmag.com)), and together with our colleagues, we can help.

*1. I have a young son who suffers from eczema all over his body. We have been struggling with it from his early age, and so far, all methods have failed. What can we do?*

In every case it is always necessary to look at the circumstances, which today's traditional medicine often overlooks. If it is a rash, for example, between the fingers and palms, it could signify a cause of unrest in the family. Your son is trying to make it right with the eczema, while simultaneously feeling blame. He needs love and balance. With young children, it is necessary to solve the problems of parents first. Removing the rash is possible using regression therapy. Regarding herbal remedies, reach for sunflower oil and lubricate regularly.

*2. For a long time, I have had problems with my skin. I feel that it is probably too dry, and it constantly itches. Nevertheless, I have never had sores or rashes on my body. What could be causing this?*

These difficulties suggest there is something you wish to escape from.

Unwillingly, you escaped from something, and now you probably feel remorse. Focus on the feelings you receive, try not to worry, and don't look into things too much. On the other hand, do not run away from problems, for it is not the solution. Regarding physical symptoms, it is best to lubricate the affected areas with honey and baking soda. A cucumber is also excellent, which has a cooling effect.

*3. Lately I have suffered from excessively swollen ankles. Otherwise I am healthy. Can you advise me what to do?*

There is a clear cause of instability and uncertainty, both emotional and relational, which can go on to kidney or cardiac insufficiency. I would definitely recommend cleansing the kidneys. Regarding the ankles, by all means apply curd with a canvas bag and tie it with a towel. Take drops of a tincture made of nasturtium and milk thistle two or three times a day. Try to forgive any unresolved issues and your head will then clear based on relations with your closest ones.

*4. Every cold season of the year spells tragedy in our family. Our two-year-old son has been suffering from recurrent laryngitis for the second year in a row. How can I help him?*

Laryngitis is a matter of laryngeal valves. Cooling will help remedy the situation. Ideally go outside when it's freezing – with proper clothing of course. Alternatively, have him put his

head in the freezer. The coolness will help to soothe the laryngitis. From aromatherapy, cedar wood essential oil helps. Dilute the oil and use it to lubricate the boy's airways. Aroma lamps will not do any harm either. Regarding psychic causes, this condition stems from excessive suffocation of maternal love.

***5. My daughter suffers from recurrent ear infections. What you can do, and how does one prevent them in the future?***

Compressed chamomile is suitable for the ear. Alternatively, if you know someone who is practicing homeopathy, try aconitum. Psychosomatic causes of the problem include the fact that your child does not want to hear something. Perhaps you are forcing her to do something she rejects. In any case, it is something that is making her sad.

***6. I am very troubled by hemorrhoids. I have tried virtually everything – from conventional ointments to various alternatives, yet all without success.***

You will certainly know about sedentary baths in oak bark, which is the basic treatment. Where diet is concerned, you should skip spicy foods. Most of all, do not eat red pepper – neither whole, nor in spice form. From the perspective of psychosomatics, you are dwelling on some problems from within. Everything which ails you should, by some means, be released or flushed out.



# Four Superfoods

Your Diet Should Definitely *Not Miss*

## *Lemon*

Cleans the body and is suitable for detoxification  
Burns fat and helps reduce weight  
Supplies vitamin C  
Relieves constipation  
Acts as a body base



## *Ginger*

Eliminates colds and viral infections  
Detoxifies the body and helps burn fat  
Helps release muscle tension and is rich in magnesium  
Reduces inflammation in the body  
Relieves migraines and headaches





## *Avocado*

Contains healthy fats and helps regulate weight  
Used to prevent and treat arthritis  
Acts as an elixir of youth  
Provides vitamins A, B6, C and K  
Has a high content of fiber, potassium and folic acid



## *Coconut*

Helps with weight loss  
Lowers cholesterol  
Improves diabetes conditions  
Supports digestion  
Moisturizes the skin  
Has a high content of protein and calcium





# The Secret Language of the Body

Do you sometimes find yourself suddenly overcome by an irresistible desire for sweets or junk food? You are not alone. When our diet is out of whack, and we are not consuming the right nutrients in the right amounts, our organism sends us SOS signals to get exactly what it desires. This might result in us slumped over the counter mindlessly binging on ice cream, cookies or chips. It is time to take control of this urge by balancing our diet.

## GENERAL VIEW SWEET TOOTH

If you constantly have a sweet tooth and nothing can satisfy it, then you should think about your physiological and mental state. You may just be tired and sleeping poorly. Mostly it is about exhaustion, stress, a desire for escape from reality or a feeling of cold.

When we eat sweet foods, it immediately increases blood sugar levels, and our body gets what it needs, even if only for a short time. Where chocolate is concerned, we reach for it the most when we are actually exhausted or feel under pressure. With women, this may also be a strongly desired taste associated with premenstrual syndrome.

We should remember that indulging a sweet tooth is addictive to the human body, and as soon as we fail to resolve this issue, we subconsciously submit to the risk of obesity. This psychosomatic cause is therefore a problem within itself – one tries to wrap oneself up away from the world, hiding oneself from problems. It is therefore necessary to deal with longer-term

cravings or addiction to sweet foods and deliver to the body what it actually needs. Certain cravings and desired tastes will diminish over time without too much effort.

## TASTE FOR SALT

A desire for salty foods gives the body a clear signal that it lacks fluids, because salt regulates the amount of fluids in the body. When the body begins to show even the mildest signs of dehydration, we start to think about whether we should have chips or crackers when a healthier option might be bread and some butter, tomato and salt.

This salt then helps the body retain water, so the organism is ensured supplies for the following minutes and hours. However, better than eating something unhealthy, pour a glass of water (not coffee or black tea containing caffeine, for they tend to drain the body). A longer-term appetite for salty snacks may indicate a lack of minerals in the body, so it is therefore advisable to supplement this – ideally by means of a rational diet.



I have a taste for: **Chocolate**

My body demands: Magnesium

Where you can find it: Pure cocoa beans and fine cocoa, unpasteurised black olives, nuts and seeds, legumes, acai berries, dates, figs, bananas, apples, raisins, whole grains, avocado, seaweed and baobab.

I have a taste for: **Other sweets**

(cookies, candy).

My body demands: Chromium

Where you can find it: Corn sprouts, some types of nuts (hazelnuts, Brazil nuts), sprouted seeds, wild herbs, leafy vegetables, grapes, dates, prunes, broccoli, tomatoes and seaweed.

I have a taste for: **Bread, pasta**

My body demands: Tryptophan, phosphorus and sulphur

Where you can find it:

Tryptophan: Hazelnuts and almonds, seeds, legumes, whole grains, sweet potatoes, raisins, spinach, and unroasted cocoa beans and pure cocoa.

Phosphorus: Hazelnuts and almonds, sprouted seeds, chlorella, seaweed, wild herbs, whole grain cereals, lettuce and coriander.

Sulphur: Hazelnuts and almonds, seeds and sprouted seeds, legumes, whole grains, maca, cranberries, horseradish, savoy and white cabbage, garlic, onions, Brussels sprouts and asparagus.

I have a taste for: **Salty snacks**

(pretzels, chips)

My body demands: Calcium

Where you can find it: Chia seeds, nuts, seeds – especially poppy and sesame, beans, acai berries, baobab, mulberries, maca, wild herbs, beetroot, broccoli, cabbage and leafy vegetables.

I have a taste for: **Meat**

My body demands: Vitamin B12

Where you can find it: Spirulina, seaweed, fermented foods (miso, tempeh, tamari, sauerkraut or umeboshi plum), raw vegetables and nutritional yeast.

I have a taste for: **Coffee or real leaf tea**

My body demands: phosphorus, sulphur and iron.

Where you can find it:

Phosphorus: Hazelnuts and almonds, sprouted seeds, chlorella, seaweed, wild herbs, whole grain cereals, lettuce and coriander.

Sulphur: Hazelnuts and almonds, seeds and sprouted seeds, legumes, whole grains, maca, cranberries, horseradish, kale, cabbage, garlic, onions, Brussels sprouts and asparagus.

Iron: Pumpkin seeds, whole grain cereals, sprouted seeds, baobab, maca, chlorella, seaweed, lentils, mulberry, dried apricots, raisins, green leafy vegetables, asparagus, and savoy and white cabbage.

I have a taste for: **Acidic food**

My body demands: Magnesium

Where you can find it: Pure cocoa beans and pure cocoa, unpasteurised black olives, nuts and seeds, legumes, acai berries, dates, figs, bananas, apples, raisins, whole grains, avocado, seaweed and baobab.

I have a taste for: **Salty food**

My body demands: Sodium chloride

Where you can find it: Sea salt, Himalayan salt, volcanic salt, unpasteurised apple cider vinegar and unpasteurised goat milk.





I have a taste for: **Cheese**

My body demands: Omega-3 fatty acids

Where you can find it: Seeds – especially chia, hemp and flaxseed, acai berries and coconut oil.

I have a taste for: **Alcohol**

My body demands: Protein, calcium, potassium and glutamine

Where you can find it:

Protein: Legumes, soybeans, seeds (hemp, chia), spirulina, seaweed, quinoa, leafy vegetables and nuts.

Calcium: Chia seeds, nuts, seeds – especially poppy and sesame, beans, acai berries, baobab, mulberries, maca, wild herbs, beets, broccoli, cabbage and leafy vegetables.

Potassium: Seeds and sprouted seeds, seaweed, chlorella, maca, lucuma, mulberries, apricots, plums, cherries, raisins, bananas, apples, citrus fruits, unpasteurised black olives, tomatoes and garlic.

Glutamine: Whole grains, beetroot, spinach, parsley, and savoy and white cabbage.

What I suffer from: **Overeating**

My body demands: Zinc (in women before menstruation), thyroxine, tryptophan and silicon

Where you can find it:

Zinc: Seafood, pumpkin and sunflower seeds, sprouted seeds, acai berries, wild herbs and legumes.

Thyroxine: Wherever there is abundant vitamin C (goji or wolfberry, sea buckthorn, citrus fruits, kiwi, strawberries, maca, baobab, acai berries, potatoes

gently steamed and peppers).

Tryptophan: Hazelnuts and almonds, seeds, legumes, whole grains, unroasted cocoa beans and pure cocoa, sweet potatoes, raisins and spinach.

Silicon: Sprouted seeds, whole grain cereals, raisins, cherries, apples, oranges, beets, cabbage, onion, honey, cucumber, celery and honey.

What I suffer from: **Loss of appetite**

What my body demands: Sodium chloride, manganese, vitamin B1 and vitamin B3

Where you can find it:

Sodium Chloride: Sea salt, Himalayan salt, volcanic salt, unpasteurized apple cider vinegar, and unpasteurized goat milk.

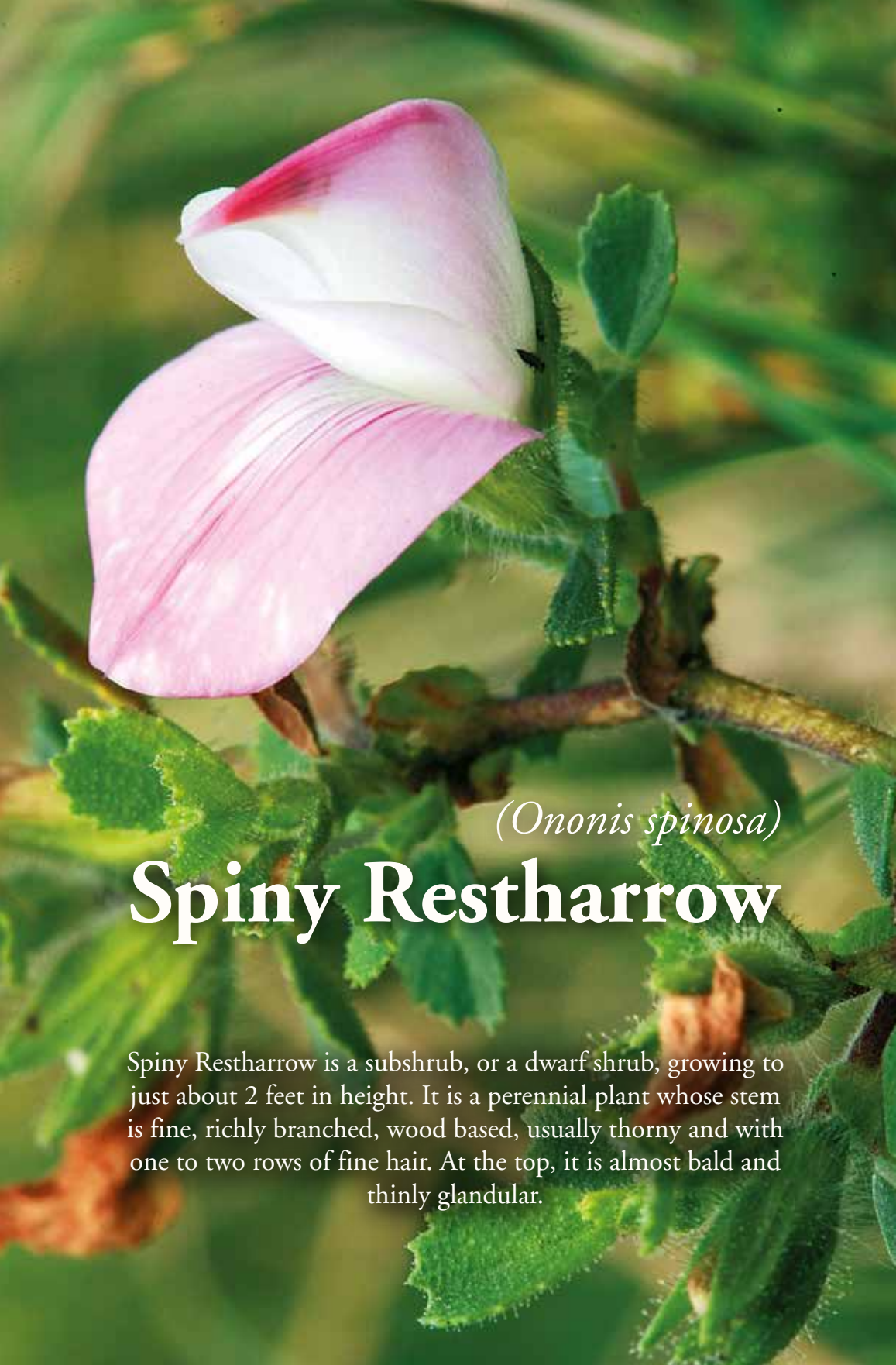
Manganese: Cocoa butter, whole grains, brazil nuts, legumes, seeds, spirulina, seaweed, acai berries, baobab, goji or wolfberry, dates, raisins, mango, currants and apples.

Vitamin B1: Sprouted seeds, legumes, whole grains, nuts, acai berries, chlorella, watercress, garlic and non-pasteurised goat milk.

Vitamin B3: Sprouted seeds, nuts, dates, figs, plums, avocados and Lucuma.

Vitamin B3: Sprouted seeds, nuts, dates, figs, plums, avocados, Lucuma.





*(Ononis spinosa)*

# Spiny Restharrow

Spiny Restharrow is a subshrub, or a dwarf shrub, growing to just about 2 feet in height. It is a perennial plant whose stem is fine, richly branched, wood based, usually thorny and with one to two rows of fine hair. At the top, it is almost bald and thinly glandular.



The lower leaves have trifoliate, toothed leaves. The middle one has longer petiolate leaves than the side one, whereas the upper leaves are usually split. All the leaves are then glandular hairy. The flowers usually grow individually in the axils of the bracts. They are short petioles measuring up to 2 centimetres, pink to purple-red, very rarely white in color, and with a cup of stem glands. The pods are 6 to 10 millimetres long. The fruit is egg shaped with soft hairy pods. They have a single spherical, brown seed. It blooms from June to September.

### CHEMICAL COMPOSITION

This herb contains about 0.2 percent essential oils, as well as isoflavone glycosides, tryterpenoid glycosides, tannins, sugar, citric acid and other substances.

### HEALING EFFECTS

The ingredients induce a diuretic effect on the body; therefore, the plant is especially useful for diseases of the urinary tract. It is also useful against rheumatism and is effective at prevention. Spiny restharrow acts as an effective prevention against illnesses. Among other benefits, this plant also promotes sweating. Since it acts as a diuretic, it is suitable for bladder, kidney stones and water retention in the body. It also represents an effective drug for chronic diseases of the skin. Spiny restharrow cleanses the lymphatic system and keeps the endocrine glands healthy. It stimulates the metabolism and is able to aid prospective mothers experiencing infertility.

Finally, it lowers high blood pressure, and on the outer skin, it can aid the treatment of haemorrhoids and stop

bleeding. Furthermore, it also helps those with cardiac weaknesses, kidney inflammation and edemas of different origins. It may be used as part of a weight reducing drinking treatment.

### COLLECTION OF HERBS

Spiny restharrow shrubs grow mainly in temperate regions, and can be found in the United Kingdom and western Ukraine, but no more southern than central Italy. You can see them mainly in dry meadows, pastures, bushy slopes and roadsides. These shrubs can tolerate fluctuations in humidity and grow particularly on uncultivated soils.

Picking the roots is ideally done sometime in March or April before flowering, or alternatively after flowering, which is from September to November. Ideally, gather them after rain when the work is easier.

Just pull one plant branch, wash the roots, clean and dry them either in the sun or in an oven at a temperature of 120 degrees Fahrenheit to 130 degrees Fahrenheit. Properly dried roots have a gray-brown color on the outside, with pale yellow inside. It has a specific smell and tastes slightly spicy. Keep them in jute or paper bags.

*tip*

### *Spiny Restharrow Tea*

Take 2 teaspoons of dried, crushed thorny roots and simmer for 10 minutes in 6 cups of water. Let it steep for 15 minutes, then strain and 3 pt. sweeten with honey. Sip a cup in the morning and the evening.

Minerals are flushed out from the body in large quantities when drinking this tea. Therefore, it should be taken a maximum of 5 days per week. Consult an herbalist or phytotherapist for prolonged use.

# *Hemp: a Universal Helper and Medicine*

Since the first issue of *My Herbs* magazine, we have been presenting you with the healing effects of the most controversial plant nowadays – hemp (Cannabis). Today we focus on the specific effects on the human body and the most common health problems and diagnoses in which cannabis treatment was already sufficiently explored. Cannabis, which contains the psychoactive ingredient tetrahydrocannabinol (better known as THC), may pose a risk to a certain degree because of intoxicating effects - whether talking about a treatment or recreational use. However, these risks can be minimized if some basic rules are adhered to.



medical  
MARIJUANA



- Try to find out how much THC is contained in the hemp being used (purchased seeds should have this information on the label).
- Learn about various effects of different forms of use (smoking, vaporization, oral consumption in food or tinctures).
- Use hemp in a comfortable, familiar environment.
- If unfamiliar with hemp, have someone around who is already familiar with it.
- Remember to be in a good mood and psychological state when using hemp for the first time.

## FORMS OF APPLICATION AND DIFFERENT EFFECTS

Cannabis is most commonly used by smoking dried flowers harvested from mature female plants. Various extracts, tinctures and other concentrates are becoming popular, however individual preferences still exist. Here is a basic overview of the most common forms of use:

**Smoke inhalation** – people seeking immediate relief may prefer smoking cannabis cigarettes (joints) or pipes because the effect of the application of this process starts within a few minutes. For that reason, the user finds it a little easier to determine the right dosage that suits them. Research has also shown that smoking cannabis does not increase the risk of developing lung cancer or other cancers, but the burning of any plant material releases tar and other potentially harmful substances that might irritate the airways causing a nasty cough and other health problems. Try to avoid smoking as much as possible. Begin with between one and three inhales and wait for 10 to 15 minutes in order to know whether having achieved sufficient therapeutic effects.

### **Inhalation of fumes or vaporization**

– this is the healthiest way of inhalation of hemp medicine since this does not involve combustion of plant material but only its

evaporation at much lower temperatures during which the air and the lungs are not filled by harmful substances. Various vaporization methods will be discussed in detail in one of the next editions of *My Herbs* magazine.

**Ingestion** – it is one from the safest ways to enjoy the herb, but it is important to remember that in comparison with smoking, it takes roughly one hour longer for the effect to arrive. The effects are more intensive and fade away later. Most patients initially do a bit of experimenting before they manage to find the right dosage and the particular variety for achieving the desired effect. At the beginning, it is recommended to eat only a small amount of hemp food and wait at least two hours before proceeding (if necessary) to the increased dose. In the case of oils and tinctures, do not start with more than two drops for the first dose. It will take about an hour before the product starts to work. In search of the optimal dose, remember that when consuming hemp food, it is very common that people use excessive amounts and have an uncomfortable experience.

**Creams and ointments** – external use is undoubtedly the safest method of application and even the best one in certain diagnoses. The contact of hemp with skin has very mild, if any psychoactive effects.

## DRUG INTERACTIONS

Using hemp in combination with other drugs and remedies should not have any serious side effects according to the current knowledge in the field. In addition, research suggests that hemp multiplies therapeutic effects soothing pain from opiates. It is ideal to consult a doctor who is familiar with your health condition and is knowledgeable about interactions between natural and prescribed medications. According to studies conducted, it appears



that patients should not combine hemp with barbiturates, antihistamines and other drugs. It is not recommended to combine hemp with alcohol, which may lead to multiplying psychoactive effects of both agents. Follow additional safety precautions: do not use hemp when driving or operating machinery since driving skills and reflexes will be adversely affected. Indian varieties of hemp can have a significant sedative effect and therefore, their use is not recommended when performing intensive physical labor.

### WHAT CAN IT HELP WITH?

After the necessary introduction of all potential risks and differences in the various methods of application, discover what diagnoses hemp can help with.

**Multiple sclerosis and muscle spasms of any origin** – patients worldwide use hemp to alleviate pain and muscle spasms associated with multiple sclerosis (MS) and similar diseases. Classical treatment often fails to provide the adequate relief, and relief is limited by side effects of synthetic drugs, so an increasing number of patients turn to hemp. Their experience is confirmed by numerous scientific studies showing that hemp reduces pain associated with multiple sclerosis. It also affects the control of the bladder, tremors and muscle cramps. It also improves the quality and duration of sleep.

**Nausea, vomiting and loss of appetite in cancer or AIDS patients** – hemp significantly affects nausea and vomiting in patients with hepatitis C and with HIV/AIDS. It further alleviates these symptoms in oncology patients due to chemotherapy or radiotherapy (radiation). One of the well-known effects of cannabis is a significant increase in appetite. Most often it is a craving for foods high in fat

or sugar. Intake of a calorie-rich diet may promote weight gain and the intake of necessary nutrients, which is essential for many patients in the fight against various diseases.

### Forms of glaucoma difficult to treat

– patients who have been diagnosed with glaucoma have an increased intraocular pressure resulting in a gradual loss of vision. During the 1970s, studies showed that inhalation or oral consumption of hemp has the same efficacy in lowering intraocular pressure as standard drugs. This allows the hemp treatment to prevent permanent damage to the eye.

**Epilepsy** – although current drugs can manage symptoms of epilepsy to an extent, up to 30 percent of patients still have insufficient control over their seizures. For these types of patients, the hemp treatment could be the drug of choice. Studies have repeatedly confirmed the anticonvulsant effects of cannabidiol (CBD), as well as its ability to reduce the frequency and intensity of seizures. Based on these results (and taking into account that CBD does not have psychoactive effects as THC does), CBD appears to be the ideal candidate for the treatment of various types of human epilepsy.

**Diabetes** – according to research and patient experience, it seems that hemp treatment can effectively reduce the blood sugar level to the extent that patients, in some cases, may discontinue insulin. Heavily concentrated hemp ointment is again proving to be an almost miraculous drug for diabetic foot and other serious skin disorders such as venous ulcers and more.

**Cancer** – as already mentioned, the hemp treatment is palliative (supportive) and it is undertaken by patients with

*In the next issue, we will introduce individual parts of the herb, specific possibilities for their use and even share a few recipes.*



cancer because it suppresses nausea, vomiting and pain. It also promotes appetite and improves sleep quality. Apart from palliative effects, laboratory experiments on animals or isolated tumor cells have shown that cannabinoids are capable, under certain conditions, to slow down or stop the development of tumor cells in several different ways. As a result of these promising discoveries emerging, a number of amateur videos and messages claiming that cannabis can cure cancer appeared on the Internet. Despite the continuous development of research and knowledge, there is presently no reliable evidence on the level of clinical studies that can confirm this assertion. This yawning gap between clinical research and practical experience is the main reason why the healing potential of herbal products like hemp for the treatment of cancer remains insufficiently examined.

**Mental disorders** – use of cannabinoids in the treatment of mental disorders such as schizophrenia, anxiety and bipolar disorder has only been researched to a limited extent. Although long-term use of high doses of THC has been identified as a risk factor potentially triggering such types of psychiatric disorders in genetically predisposed individuals, it seems that other cannabinoids have just the opposite effect. In this regard, CBD, which is not psychoactive, shows a great potential. According to scientists, it is active in the brain directly through an interaction with the endocannabinoid system.

## Hemp ointment

**What it is good for:** suitable for atopic skin, eczema or skin defects

**Ingredients:**

500 grams of white petrolatum or shea butter  
about 2 cups of loosely strewn whole dried leaves,  
1 cup of high quality dried female inflorescences

**Preparation:** Mix one part fat (petrolatum or shea butter) and eight parts of water. Put it in a pan casserole, and bring to a boil. Leave the fat in water to dissolve completely. Coarsely crush the dried leaves and add them to the warm mixture of fat and water. Leave on low heat and boil it slowly for up to an hour. Then turn off the heat and let it cool. When it is completely cool, put it into the fridge for another hour. After that, pick up the frozen crust of fat and get rid of the water with residues of leaves and stems. Gently squeeze out the water from the crust, knead well and put into a closable container. Let it stand for three weeks in a cool dark place. After that, redissolve the matured mass in a water bath and decant it through a thicker sieve. Add the rest of the fat and finely crushed hemp buds. Stir it occasionally while boiling in a water bath for about half an hour. Let it cool slowly and store it in the fridge. A week later, boil it in a water bath. Do this again after another week (three times in weekly intervals). Finally bring the mixture of fat and buds to a boil again, this time under direct fire while stirring slowly. Fry it for about 15 minutes until it begins to give off a characteristic, slightly burnt smell. Decant the hot mixture through a clean cloth and pour into cups. Store in a dark, cold place.

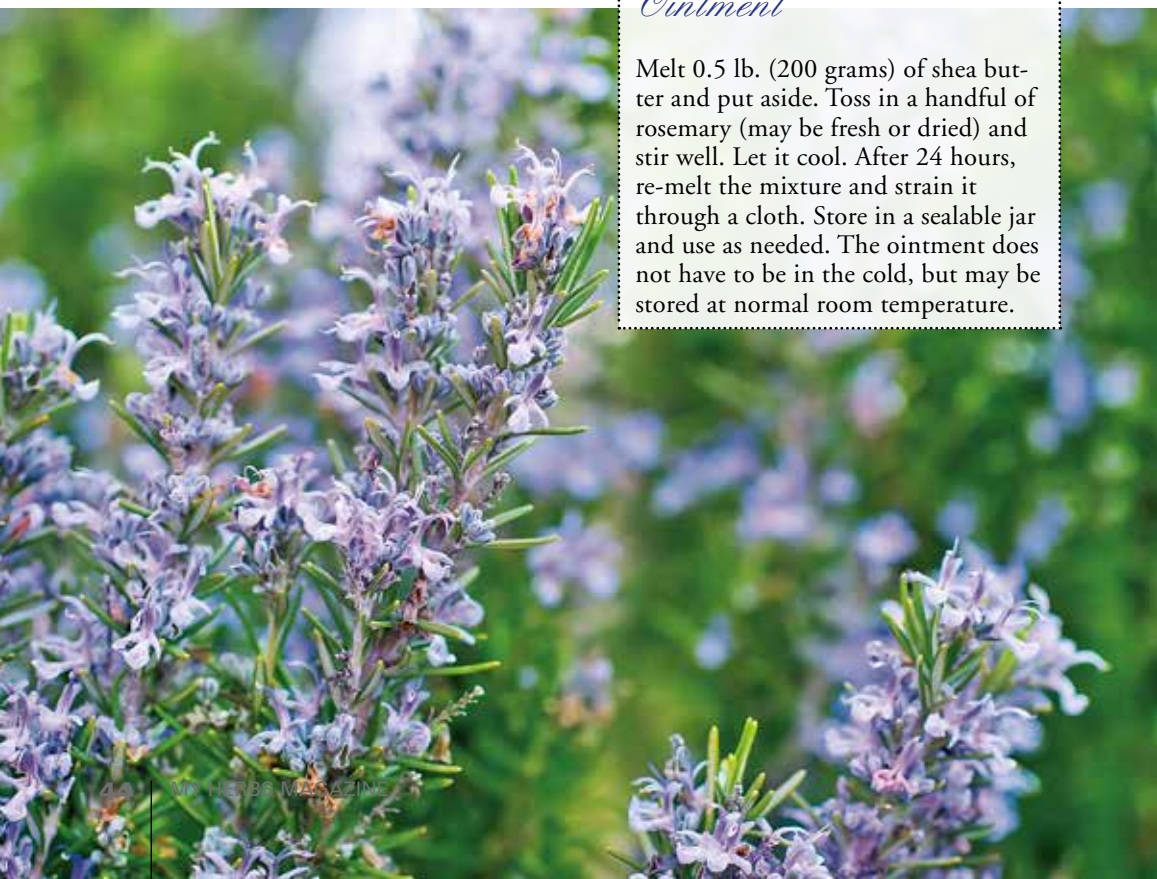
# DIY Rosemary Cosmetics Recipes

*(Rosmarinus officinalis)*

This highly aromatic evergreen subshrub comes from coastal areas, which explains why it likes light, sandy and well-drained calcareous soil and a sunny habitat. Rosemary hates overwatering. It can thrive all year in the home too (usually adoring balconies) as long as it is provided with higher humidity.

## *Simple Rosemary Ointment*

Melt 0.5 lb. (200 grams) of shea butter and put aside. Toss in a handful of rosemary (may be fresh or dried) and stir well. Let it cool. After 24 hours, re-melt the mixture and strain it through a cloth. Store in a sealable jar and use as needed. The ointment does not have to be in the cold, but may be stored at normal room temperature.



In late spring and early summer, we are rewarded by the sight of tiny white or purple, sometimes blue flowers. The flowers can complement confectionery, be used to candy foods, be added to jam or garnish many dishes.

### PLANT DESCRIPTION

The leaves of this plant contain essential oils, tannins, magnesium, flavonoids, triterpene acids and alkaloids. A significant ingredient is alpha-pinene – an organic compound (hydrocarbon) from the terpenes group, which is found in different kinds of coniferous tree oils, particularly pine trees. It is also present in rosemary essential oil, which is a source of well-known camphor.

For drying, collect tops of the rosemary before flowering, which is later dried. It is used as a spice, medicine and cosmetics supplement. Its use in the kitchen as a seasoning for fatty meats such as pork, duck, lamb and venison is well known. It is also suitable for dishes consisting of potato, cheese, pasta and pizza. It is even used as a sausage stuffing. Its fine scent enhances mild vinegars and herb oils.

### DOMESTIC TINKERING

By means of infusion, we are able to produce an excellent antiseptic gargle and mouthwash. This can be done by taking some leaves, putting them in hot water for a few minutes, and letting them infuse. This infusion also serves as a conditioner for dark hair, which injects vigour into the color and shine.

Sprigs of fresh rosemary along with lavender can be used to refresh indoor air. Both are natural repellents for moths. However, rosemary extract is also useful in cosmetics, where maceration is no longer used, but rather modern extracts that are released thanks to CO<sup>2</sup> gases.

### *Rosemary Foam from Shea Butter*

We will need basic raw materials for producing the foam. First heat the bottle with the butter in hot water. When the contents are completely liquefied, pour the mixture into a clean, stainless steel dish and let cool to room temperature. At a temperature of around 85 degrees Fahrenheit, add an amount of lavender essential oil to your liking.

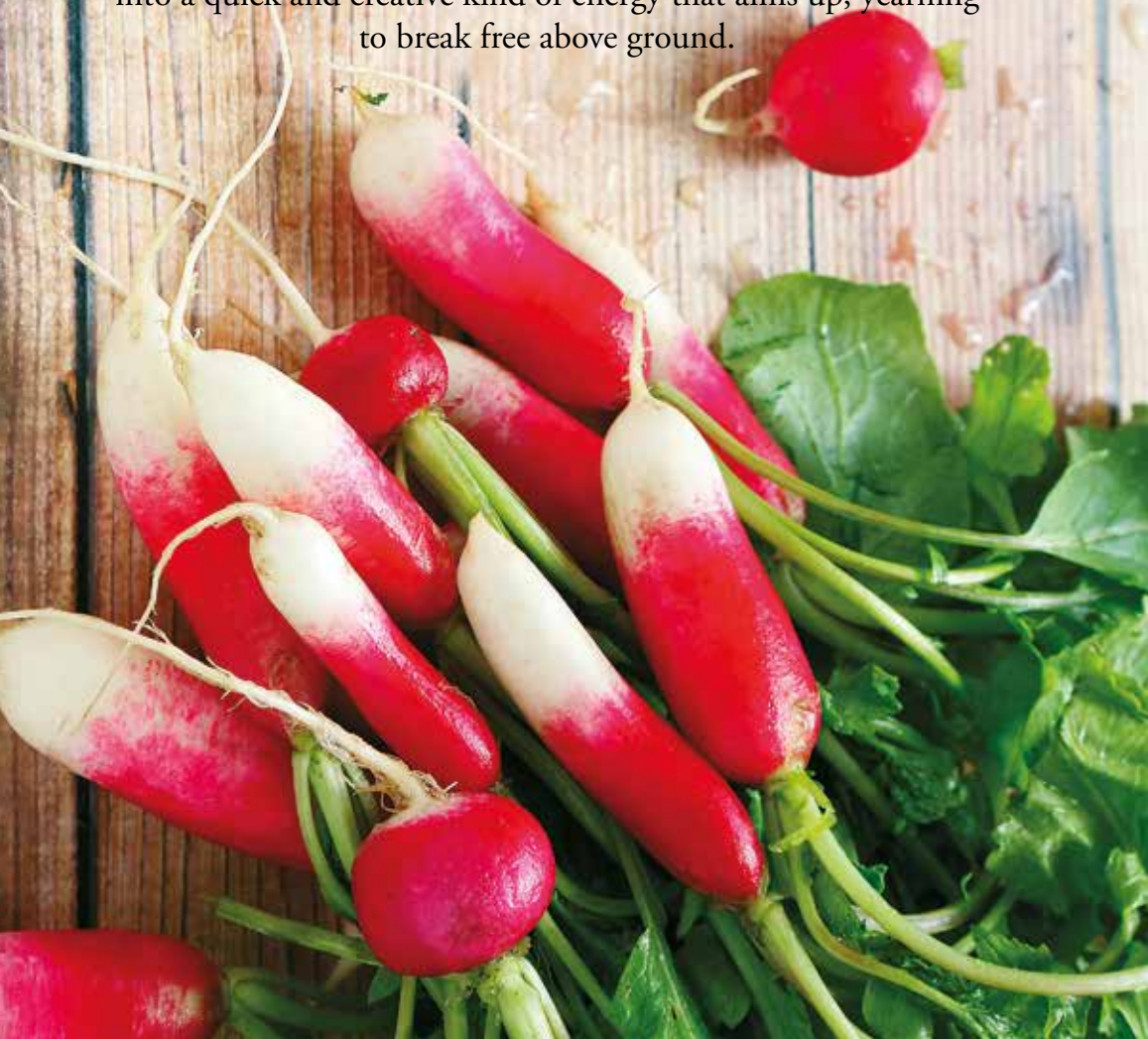
Meanwhile, prepare the pure beauty containers and stainless steel spoon for mixing. Once the mixture begins to blur, start whisking with a stainless steel mixer foam forms. If things do not go according to plan and you cannot keep pace, then move the mixture to a cooler room. This should shorten the mixing process. Immediately after stirring, fill the containers while the fat is still liquid. Level off with the spoon and set aside to cool. If it fails the first time, gently mix again, warm it up and reattempt. Do not despair and by all means try again, for the result is well worth it.

These are very powerful extracts, which are administered by the tenths of 1 percent into cosmetics. The extracts prolong the shelf life of the product considerably, up to double the previous one, thanks to the antioxidant properties. In other words, a product containing oils has a much longer shelf life, thus explaining why applications are made up from 10 percent to 100 percent of oil or fat (massage oils, moisturising creams, lotions and so on). Looking further on, these lotions have been proven to improve skin appearance, as this antioxidant agent relieves the skin from distress, while simultaneously cleansing and clearing.



# *My Herbs Calendar*

Mother Nature is slowly waking up, and it is also high time to start waking our bodies up. Everyone is already looking forward to the arrival of spring. All the forces of nature are surging, a period of growth is coming again, everything outside is starting to sprout and the calm energy of winter (which our bodies and nature herself have kept inside, is being transformed into a quick and creative kind of energy that aims up, yearning to break free above ground.



This is the most dynamic period of the year. If we did not gain enough strength over the winter, then during this period, we need to help our bodies get the necessary energy for the coming year, especially those of us suffering from frequent headaches or fatigue. According to traditional Chinese medicine, the gallbladder is threatened the most in March.

## **WEAKENING GALLBLADDER MANIFESTATION**

A weakening gallbladder or similar disorders may manifest on a physical level in joint pain – hip, shoulder, elbow (tennis elbow) or knee pain, especially in the outer part. Pain may also manifest beneath the breastbone. Insomnia (especially between 11 p.m. and 1 a.m.), nausea after eating, bloating and headaches or migraines may occur. Commonly known manifestations (usually already showing a significant weakening of the gallbladder) include gallstones, cholecystitis and later, gall tumors.

On the psychological level, bursts of anger, hysteria, rising aggressive energy and suppressed anger. It is believed gallstones materialize in part from frustrated aggression and anger can arise. Afraid to stand up for one's needs and opinions, avoiding conflict and letting everything build up inside can result in biliary colic. Indecision and a timid disposition can also point to impaired function of the gallbladder.

## **FINDING BALANCE**

It is very important to lighten the load on our digestive system. Significantly reduce fatty and fried foods, and if possible, eliminate all animal products including milk during March and April (or when experiencing gallbladder problems). Any chemical concoctions should be eliminated, and given that the most vulnerable sensory organs are the eyes, take care to protect them from cold winds and the strong spring sun.

For healing and strengthening the gallbladder, it is essential to concentrate on one's own mental state, for contentment takes first place. Take time to learn to be calm and lovingly digest the opinions and attitudes of others (especially those who are full of malice and intolerance towards us).

Remember that their views are theirs alone and have nothing to do with us. Perceive your own emotions as an observer, and if they don't agree, convert these emotions into positive ones. Give thanks to old emotions and simultaneously let them go.

## **STRENGTHENING THE GALLBLADDER**

In terms of diet, it is a question of the right time for cleansing the body's digestive system. Every morning, drink warm water with lemon on an empty stomach. In early March, warmer dishes with a combination of raw vegetables are still optimal. Gradually, begin to add foods with a more refreshing effect, helping both the gallbladder, liver and blood formation.

With regards to vegetables, there is no wrong choice; try anything that is starting to grow. This includes pickles (fermented pickled vegetables), sauerkraut, salads, radishes, dandelion, chicory, nettle, lamb's lettuce, beetroot and cereals – bulgur, couscous, wheat, spelt (hulled wheat), rice and rye. In fact, anything that germinates is very useful. Suitable beans include white and red ones. Add mushrooms, including oyster mushrooms to meals. Generally consume a greater amount of anything that is naturally acidic and green.

To purify the organism, there is a good variety of herbal teas that contain bitter ingredients and are diuretic – nettle tea, Lapacho tea, milk thistle, lemon water and even so called superfoods, such as chlorella, spirulina or green barley. Meanwhile, drink a sufficient quantity of water in order to keep the body beautifully flushed.





# Turmeric: The Anti-Cancer Spice

*Text: Christina Economidou Pieridou, a dietitian and the author  
of the book "Anticancer – The Preventive Power of Food"*



**T**urmeric is a yellow to orange colored spice that is part of the ginger family and imported to the rest of the world from India. It can be recognized as the spice that provides curry with its distinctive color and flavor. The health benefits of turmeric have been recognized by the Chinese and Indian Ayurvedic traditional medicine for hundreds of years. In the old days, turmeric was rare in Western civilizations since one had to travel a very long distance to find it and bring it back to Europe. Luckily turmeric is widely available nowadays, especially considering its amazing health benefits.

Modern science has only recently started to unlock the secrets of turmeric, but there are still hundreds of scientific articles on the health benefits of turmeric. It is rightfully gaining its position among the notorious super foods.

### **CANCER PROTECTION**

Cancer rates in India are much lower than in western countries, and daily diet is believed to play a key role in the huge differences in cancer development. People in India have one-eighth instances of lung cancer, one-ninth as many instances of colon cancer, one-fifth as many instances of breast cancer and one-tenth as many instances of kidney cancer, when comparing people of the same age.

### **CURCUMIN'S HEALTH BENEFITS**

Over the last decade, numerous studies have explored the potential prophylactic or therapeutic value of curcumin, the bioactive natural compound in turmeric. Curcumin is a polyphenol with proven strong anti-inflammatory and antioxidant properties. It is believed that curcumin contributes to more than 150 potentially therapeutic activities within the body. Extensive research has shown that curcumin has the ability to:

- Protect liver function
- Prevent thrombosis
- Protect the heart
- Help in the treatment of arthritis
- Aid in reversing the symptoms of Alzheimer's disease
- Assist in the prevention and treatment of cancer

### **BREAKTHROUGH RESEARCH ON CURCUMIN**

Curcumin is the golden spice from Indian saffron, as characterized by Bharat Aggarwal, who has a doctorate in biochemistry and was the head of the lab that worked on experimental cancer therapies at the M.D. Anderson Cancer Center in Houston, Texas. Aggarwal, Ph.D., is a pioneer in cancer researcher who extensively studies and strongly believes in the anti-cancer effects of curcumin. He was the first to show that curcumin is very active against cancer in lab settings.

Since then curcumin has been studied extensively by a variety of researchers who suggest from lab and animal studies that curcumin kills cancer cells and slows tumor growth.

Curcumin acts on hundreds of cellular pathways and appears to be useful for fighting just about every type of cancer. More specifically, curcumin has been found to:

1. Inhibit the reproduction of cancerous cells
2. Decrease inflammation
3. Inhibit the transition of cells from normal to cancerous cells
4. Inhibit the synthesis of NF-kB, which is a protein thought to play a key role in cancer formation, as it protects cancer cells from the immune system and allows their survival
5. Help the body destroy cancerous cells so that they cannot spread throughout the body

6. Helps prevent the development of additional blood supply through formation of new blood vessels (angiogenesis) that promote cancer cell growth.

### CURCUMIN WORKS SYNERGISTICALLY WITH CHEMOTHERAPY

Another extremely important discovery is the ability of curcumin to sensitize many resistant human cancers to chemotherapy and radiation. The use of a curcumin-based, anticancer therapeutic strategy will hopefully allow for use of lower doses of chemotherapeutic drugs and radiation, while achieving much higher anticancer results in the future. In animal models curcumin was found to be very effective in protecting normal cells from the toxic effects of chemotherapy and radiotherapy. This lower toxicity and enhanced protection was seen in a number of systems as curcumin was effective in:

- Preventing nephrotoxicity (toxicity of the kidneys),
- Preventing oral mucositis
- Reducing intestinal damage

Curcumin also enhanced the repair of wounds in mice exposed to whole-body radiation.

Curcumin is a safe and highly effective compound that can be used both in the prevention of cancer as well as in standard cancer therapy.

Two key curcumin researchers, Ajay Goel, Ph.D. and Bharat B. Aggarwal, Ph.D., reported in the Journal "Nutrition and Cancer" in 2010: "Curcumin therapy may stop cancers before they become invasive and metastatic. These effects combined with its ability to prevent depression, fatigue, neu-

ropathic pain, lack of sleep, and lack of appetite, all symptoms induced by cancer and cancer treatment, makes curcumin an ideal agent for cancer patients."

### TIPS FOR INCREASING CURCUMIN ABSORPTION

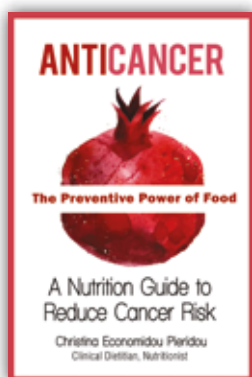
Unfortunately curcumin is poorly absorbed in the human body, and doses used for animal studies cannot be easily achieved by supplementation. However, traditional wisdom again shows us the way. In traditional Indian cooking, curry is mixed with pepper or ginger, factors that greatly boost absorption from our intestinal walls through the blood.

Mixing turmeric with black pepper and dissolving it in oil, preferably olive oil or linseed oil greatly increases curcumin absorption.

**Tips for using turmeric in your recipes:** mix ¼ teaspoon turmeric powder with ½-1 teaspoon olive oil and a generous pinch of black pepper. Add to vegetables, soups, rice dishes and salad dressings.

### BENEFIT FROM CURCUMIN'S MEDICINAL POWERS:

- Add turmeric to dishes including rice, salad dressings and soups. Add a pinch of black pepper to aid turmeric absorption by the body.
- Curcumin supplements can be used by people suffering from chronic inflammatory conditions such as ulcerative colitis and Crohn's disease. The anti-inflammatory benefits of curcumin are well established and may play a significant role in reducing the risk of developing colon cancer.

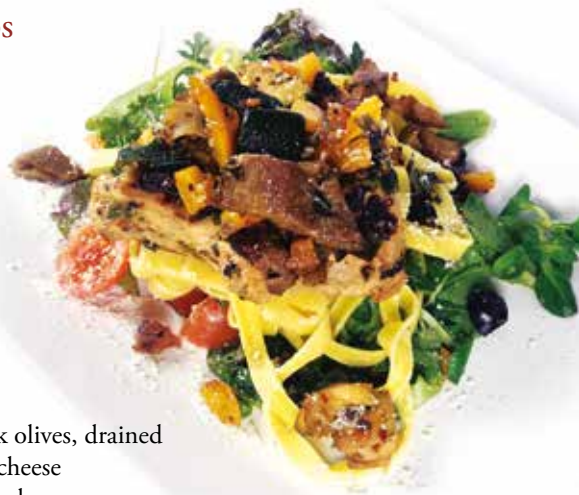


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## Oyster Mushroom Tagliatelle with Roasted Vegetables and Turkey Chops

### Ingredients

- 1/2 (16 ounce) package tagliatelle
- 1 pound turkey chops
- 1 teaspoon herb seasoning
- 5 1/2 tablespoons olive oil
- 1/2 cup chopped red onion
- 3 cloves of garlic
- 1 cup of oyster mushroom
- pinch of round cumin
- 1 small zucchini
- 5 diced cherry tomatoes
- 1/2 (3.8 ounce) can sliced pitted black olives, drained
- 1/2 cup grated Parmigiano Reggiano cheese
- Garnish: chopped fresh chives and parsley
- Salt, black pepper



### Directions:

1. Prepare pasta according to package directions.
2. Meanwhile, sprinkle turkey chops with 3/4 teaspoon of herb seasoning and salt.
3. Roast chops in 1 1/2 tablespoon of hot oil in a large nonstick skillet over medium-high heat 3 minutes on each side or until done. Remove from skillet, reserving drippings in skillet.
4. Heat 2 tablespoons oil in skillet with drippings; add sliced onion and chopped garlic and remaining 1/4 teaspoon herb seasoning, and sauté over medium heat 2 to 3 minutes or until tender. Stir in tomatoes, zucchini and olives, and cook 3 minutes or until thoroughly heated
5. Heat remaining 2 tablespoon hot oil in a large skillet over medium heat. Add mushrooms, then cook and stir until tender and lightly browned, about 5 minutes. Stir in parsley, salt, and black pepper; cook until flavors combine, about 1 minute. Remove from heat, and toss in hot cooked pasta until blended.
5. Transfer pasta mixture to a large serving bowl, and sprinkle with half of Parmigiano cheese. Top with roasted turkey chops and remaining ground Parmigiano Reggiano cheese. Garnish, if desired, with chopped fresh chives. Serve immediately.

*tip*

Quick  
Easy  
Healthy  
*Recipe*



# Vitamin Alphabet – C

A photograph of several lemons and lemon slices arranged on a rustic wooden surface. One large lemon is sliced in half, showing its juicy segments. Another lemon is partially sliced. There are also whole lemons and a few green leaves scattered around them. The lighting is warm, highlighting the yellow color of the fruit.

*The fruits of *Citrus aurantifolia* - limes - are one of the richest natural sources of vitamin C. Aside from other effects, they are natural blood thinners and can help treat periodontitis and also heal hemorrhoids.*

# Megascorbic Therapy

Alarmed by the somewhat mysterious and strange headline? Do not worry; what follows is nothing overly complex. If translated into plain English, it actually comes down to a high dose of vitamin C. It has been known since ancient times, but only recently has Western medicine found its use. So what exactly does vitamin C do and what is so miraculous about it?

Vitamin C is one of the most important vitamins for our body. One could say that it is a natural jack of all trades. It smooths the skin, strengthens immunity, protects against clogged arteries, and wards off cancer. Lately it has even become a supplement treatment for this disease. The best source is fruits and vegetables. If consuming a daily dosage of 500 grams which is recommended by nutritionists, then there is no need about its shortage. For example, one kiwi or orange contain more than 100 milligrams of vitamin C! That does not mean that other foods do not contain it. One serving of corn flakes contains 5 milligrams of the vitamin. A serving of boiled potatoes has 30 milligrams, while steamed potatoes contain even more. Steaming is the method of cooking that sustains the most vitamins and valuable substances in the food.

## ELIXIR FOR THE SKIN

Vitamin C is great not only for health, but also for beauty. Indeed it acts as an antioxidant and neutralizes

free radicals, which irreparably damage our cells and accelerate the aging process. This vitamin is essential for the production of collagen, which provides firmness of the skin and therefore, erases the signs of aging. Nowadays, the vitamin is added into many skin creams so consumers may select what is most suitable for their skin type.

## CAPSULES FROM PHARMACY

Vitamin C as well as ascorbic acid can be found in most pharmacies. It is a known powerful antioxidant which is involved in the creation and protection of tissues, such as bone, skin and blood vessels in the body.

## WHY IS VITAMIN C SO IMPORTANT FOR OVERALL HEALTH?

This vitamin helps to repair tissue and heal wounds. It protects us against heart diseases. It promotes the absorption of iron from food and reduces the amount of risky LDL cholesterol and triglycerides in the blood. Some studies have suggested that vitamin C protects against certain types of cancer because of its antioxidant properties. Supplementation of vitamin C can shorten the duration and lessen the symptoms of colds, prevent or delay cataracts, and support the immune system.

## HOW CAN WE RECOGNIZE ITS SHORTAGE?

The effects of deficiency include fatigue, muscle weakness, joint and muscle pain, bleeding gums, and

more frequent infectious diseases.

Extreme shortage (vitamin deficiency) causes scurvy, which manifests itself in anemia, bleeding, loss of teeth, swollen gums and joints, bone fragility, frequent infections, weakened muscles, and stomach ulcers.

### **HOW MUCH DO WE NEED EVERY DAY?**

The National Institute of Health recommends women consume 75 milligrams daily and men consume 90 milligrams daily. Many independent experts, of which I am one, recommend up to 250 milligrams. People with particularly higher needs include smokers, those who are pregnant, people under stress and people with infectious diseases.

### **HOW MUCH OF THE VITAMIN CAN WE ABSORB FROM FOOD?**

Vitamin C can be easily obtained from food. Many fruits and vegetables are full of it. Good sources of the vitamin include berries, apples, citrus fruits, peppers, broccoli, melons, dark green leafy vegetables and tomatoes.

Vitamin C can be quite easily destroyed, is that true?

Yes, it is mainly thermal food processing where the greatest destruction

of the vitamin occurs. Cooking destroys up to 60 percent of it. Freezing is the best method for preserving the vitamin C.

Are there any risks resulting from its excess?

Vitamin C is considered quite safe even when taking higher doses by means of supplementation. Side effects occur when receiving much higher doses than the recommended amount. These side effects include nausea or vomiting, palpitations, cramps and headaches. Most can manage to absorb one dose of only 250 milligrams at a time, while bigger doses must be split into more daily doses. At the time of illness, injuries, smoking and other situations where there is increased oxidative stress, the organism normally needs higher doses than the recommended amount. The supplementation of 2,000 milligrams per day cause kidney stones to form and irritate the stomach, however.

Can we use other vitamins and medications without worry when taking vitamin C? Can we take it any time without worry?

Vitamin C may affect the use of acetaminophen, antacids containing aluminum, aspirin and Warfarin. Barbiturates, tetracycline antibiotics and hormonal contraceptives may reduce the efficacy of vitamin C, which may increase the usefulness of iron and protective lutein.

This article is dedicated to the megascorbic therapy. When was the idea that excessive doses of vitamin C may be healing actually brought up?

It is a fact that some experts recommend taking extremely high doses of vitamin C. The main proponent of these super doses was double No-







bel Laureate Linus Pauling. He recommended vitamin C in the treatment of various ailments from the common cold to cancer. He was normally taking 12,000 milligrams of vitamin C a day.

### THREE NATURAL SOURCES OF VITAMIN C: Umeboshi

It is pickled fruit common in Japan. Its name translates to salt plums in English. The fruits are round in shape. Originally from China, the ones of the highest quality are now cultivated in Japan. They are not meant for direct consumption until they are dried and pickled with sea salt and the red coloring leaves of Shiso plants dye them. The pickled plums are then fermented in wooden barrels for up to several years. The fruits contain high levels of Vitamin C and even more calcium, potassium and iron. In addition, fermentation results in the formation of enzymes. Umeboshi are

a macrobiotic specialty. They are recommended for indigestion, heartburn and complications from overeating. Usually just a piece of the plum can provide immediate relief and improvement after a few minutes during an acute condition. Consuming a small piece of the plum for a few days can provide treatment for a weakened immune system, parasites or a yeast infection. So-called umeboshi paste is also popular. It is made from pitted umeboshi plums and is a great option for seasoning meals or preparing salad dressings. In Japan, it is traditionally used to season rice. Umeboshi is also used in many products such as lozenges, teas, spices and even toothpaste. Pay attention to the fact that umeboshi has a very strong sour, salty taste, and it is enough to add just a little.



## When it is necessary to supply the body with vitamin C

- smokers need 50 percent to 100 percent more
- during recovery from an illness or injury
- when stressed or after increased physical exertion
- if pregnant. Women who are expecting require 30 percent higher consumption and if breastfeeding up to 60 percent more.
- a woman's body needs about 100 percent more of vitamin C when taking contraceptive

### *Goji*

Perhaps you have heard about the plant of longevity, or rather the fruit of this plant. It comes from China, and its fruits that strengthen the body have been recommended for centuries.

It is often considered a so-called superfood. Therefore, it is the food which is recommended for their exceptionally high content of nutrients and beneficial therapeutic effects. Because goji berries resemble smaller rosehips, they are sometimes referred to as red raisins. The taste of the fruit is sweeter than the rosehip, but it is more acidic than raisins and has a bit of a bitter flavor. In terms of nutrition, its fruits contain high amounts of vitamins, trace elements and phytochemicals. According to Chinese traditional medicine, goji berries are good for harmonizing the liver and kidneys, as they clear and release energy blockages in the liver and kidney meridians. They significantly strengthen the body immunity, enhance blood cell formation, and reduce blood pressure. In addition, they moisturize the lungs which can promote the treatment of asthma and certain types of allergies. They strengthen eyesight, soothe irritated eyes, and enhance visual acuity, which makes them an ideal snack for



everybody who works with computers. The nutrients contained in goji fruits have an antibacterial effect. They can reduce cancer risk, help with diabetes and ease joint pain. The best way is to consume them directly, just like other kinds of dried fruits. Add them to cold dishes like salads or desserts, or use them in warm dishes such as risotto. They are also suitable for preparation of tea.

### *Sea buckthorns*

Its nickname is the plant of the future and rightfully so. It is a natural remedy that can cure almost everything. It treats virus diseases, the stomach, intestines, burns and eczema. According to one recent study conducted in the U.S., it is even an ideal support during cervical cancer. Many of these benefits may be attributed to its high content of vitamin C. In addition, it is also a rich source of vitamins A, D, E, K, a group of vitamins B, rutin and flavonoids. The content of sea buckthorn alkaline is also essential, since the body converts it into serotonin, a hormone important for overall that simultaneously protects the organism against tumors and depression.

Fruits are used internally for preventing infections, improving eyesight, suppressing the development of sclerotic changes in the organism, and slowing down aging. Crushed seeds of plants or sea buckthorn oil are then used internally as a relief from asthma and circulatory diseases (angina pectoris). It inhibits the development of senility, reduces mortality due to cancer, and decreases toxicity during chemotherapy. In addition, sea buckthorn stabilizes the immune system, regulates blood pressure and improves night vision. When used externally the high concentration of some unusual fatty acids of sea buckthorn provide therapeutic effects

### Instructions for the domestic use of vitamin C

#### **Preventive use:**

- 40 milligrams per kilogram (2.2 pounds) of body weight per day
- Dissolve vitamin C in water and sip gradually throughout the day. This amount does not need to be neutralized.

#### **Treatment of illnesses:**

Begin with the minimal dose (possibly a bit larger) 40 milligrams per 2 lb. of body weight daily. Gradually increase the doses. The upper limit is not fixed, thus increase it only according to personal tolerance. High doses of vitamin C can cause flatulence. If this happens, slowly decrease levels. High amounts of vitamin C (especially those used preventively) are already necessary to neutralize. To neutralize: add one part baking soda to three or four parts vitamin C. The taste should be slightly salty or slightly acidic. In any case, it should not be a disagreeable taste. Consult your doctor before taking doses of vitamin C larger than the recommended daily dose.





on skin problems, especially burns, measles and eczema. However, its leaves and flowers are especially useful to treat these ailments.

### **OTHER SOURCES OF VITAMIN C**

This vitamin is contained mainly in rosehips, sea buckthorn, vegetables including parsley, tomatoes, young wheat grass, broccoli, red peppers, horseradish, chives, Brussels sprouts, cabbage, sauerkraut and lettuce. It is also in fruits like and fruit kiwi, strawberries, melon, raspberries, blackberries, citrus fruits – grapefruits, oranges, lemons, rowan, currants and some kinds of apples.

### **Where vitamin C helps:**

#### **INFLAMMATION**

Though one feels healthy, the body may be suffering from inflammation. Unfortunately that is the case with most people nowadays. Sooner or later, the symptoms of inflammation will arise unless the cause is eliminated. This inflammation can turn chronic after some time, and then it becomes a real problem. High doses of vitamin C can rid the body of inflammation relatively easily. The experts who support this refer to a study issued by researchers in the U.S. and Germany. Approximately 15 times higher concentrations reach the plasma after an intravenous administration, giving vitamin C its potent anti-inflammatory effect. Other effects can be seen in cardiology, allergology, dermatology, rheumatology and especially in oncology. Therefore, high concentrations also require a prescription.

High doses of vitamin C can even kill tumors. They can affect male fertility as well. This vitamin therapy is suitable for elevated cholesterol and recurrent viral infections.

It has strong antiviral properties in high doses.

#### **HEART DISEASE**

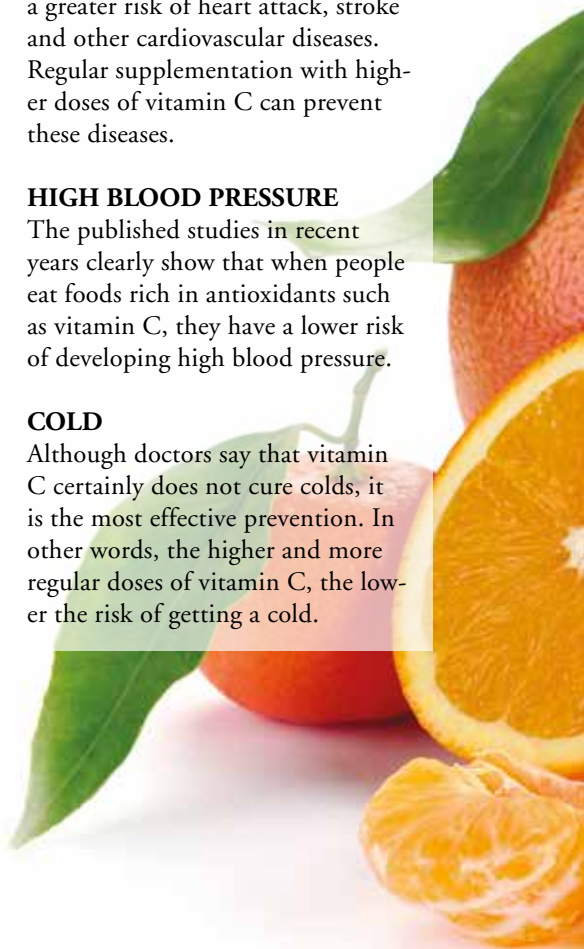
In addition to lower cholesterol levels, vitamin C can also reduce the risk of stroke or heart attack. Some studies also show that the vitamin, since it is an antioxidant, can slow the onset of atherosclerosis, helping prevent the deposition of cholesterol in arteries. Furthermore, people with low levels of vitamin C are at a greater risk of heart attack, stroke and other cardiovascular diseases. Regular supplementation with higher doses of vitamin C can prevent these diseases.

#### **HIGH BLOOD PRESSURE**

The published studies in recent years clearly show that when people eat foods rich in antioxidants such as vitamin C, they have a lower risk of developing high blood pressure.

#### **COLD**

Although doctors say that vitamin C certainly does not cure colds, it is the most effective prevention. In other words, the higher and more regular doses of vitamin C, the lower the risk of getting a cold.



## **OSTEOARTHRITIS AND OSTEOPOROSIS**

Vitamin C plays a big role here. It can reduce the damage caused by free radicals (which are molecules produced in the body that can damage cells and DNA). In case of a risk of one of these diseases, doctors will certainly recommend using higher doses of vitamin C. It can be for prevention first, and then for slowing of the disease.

## **PREECLAMPSIA**

This problem affects pregnant women. Sometimes it is such a serious problem a cesarean section must be performed in order to protect the mother and child. Preeclampsia is marked by increased protein in urine and high blood pressure. It is one of the most common causes of premature birth. Some studies suggest that the use of vitamins C and E can very effectively prevent preeclampsia.

## **FOR STUDENTS AND WORKERS**

Linus Pauling suggested vitamin C is a very valuable substance for brain activity, which is necessary and crucial for a number of biochemical processes associated with brain activity and intellect.





# Natural Sources of Minerals: Calcium

Calcium is the basic building block of our teeth and bones. Logically, this element is needed the most by young children, pregnant women and generally anyone of middle age approaching menopause or so-called andropause (male menopause). However, intermittent high doses of calcium intake in stressful periods are absolutely unnecessary and can even be harmful. That is why it is advised to replenish calcium regularly and moderately.

**O**f all the minerals in the human body, calcium is the most represented. When there is a lack of calcium, the body will take most of it directly from the bones, which can lead to serious health complications.

In addition to the strength of teeth and bones, calcium makes a great contribution to maintaining slight alkalinity of the blood. It also impacts the activity of all muscles, affects the activity of nerves, helps with digestion, and plays a certain role in the regulation of heart rhythm.

### MILK – YES OR NO?

In former times, it was believed that without milk it was virtually impossible to live. Think back to traditional milk bars. The fact was that advertisers and salespeople of dairy products were not so interested in the health of their citizens, but rather in the sale of the white liquid which was everywhere in abundance (and promoted extensively).

In regards to milk, things are a little different. Calcium paradox is a common term: it does not deny that milk today, contains calcium, but that this calcium is almost nonabsorbable by the human body. It is statistically proven that in western countries with a high intake of milk, there is at the same time also a high percentage of fracture cases and brittle bones. Milk itself certainly does not create and nourish solid bones, whatever the advertising says.

### WHAT TO WATCH

Calcium is very sensitive to other substances entering the body. To promote calcium absorption, it is suitable to take vitamins C and D, as well as folic acid, magnesium and phosphorus. Exclude food sources of oxalic acid, which significantly impair absorption. It is

found in rhubarb, chard and broccoli. Calcium absorption also decreases with advancing age.

### CALCIUM OVERDOSE

Although calcium is nontoxic for the body, in regular and long-term high doses (about 2.5 grams a day), it can lead to calcification of the body. This can be seen in the form of kidney stones, for example. At the same time, it affects the absorption of other minerals such as magnesium, iron and zinc.



### *Foods High in Calcium*

**Poppy seed** (1400 milligrams) – Poppy seed milk is highly nutritious. It also represents a great alkalizing drink.

**Sesame** (670 milligrams) – Look for un-shelled seeds. Besides calcium, they contain additional healthy substances like magnesium and iron.

**Almonds** (240 milligrams) – contains magnesium, manganese and vitamin E.

**Cauliflower** (205 milligrams) – a vast storehouse of vitamins and minerals.

**Cocoa beans** (108 milligrams) – belong among superfoods. One of the best antioxidants around.

**Broccoli** (105 milligrams) – in addition to calcium, contains three times more vitamin C than conventional citrus fruits.



# Spring Skin Cleansing

Pale, tired, dehydrated and dull - that's how the often looks after going through the winter hibernation period. So before spring arrives, it is a good idea to give it a complete revitalization treatment, so that it can welcome the spring sunrays fresh and prepared.

**E**specially after a bitter, cold winter, restoration of the skin is important. Let's start with deep purification. For oily skin, exfoliation is ideal: it removes dead skin cells, smoothes and brightens the skin. When scrubbing, do not use too coarse of particles, as they it may scratch the skin. Use this abrasion method once a week during spring. Special brushes designed for light cleansing are also great for removing make-up and skin impurities. For problematic skin, try gels designed for deep cleaning and treatments with salicylic acid. Use pure, viscose fibre facial wipes or cloths.

## ALMOND SCRUB

**We will need:** Almonds, moisturizing cream and lemon essential oil.

*tip*

**How to proceed:** Put the cream in a small bowl. Crush the almonds in a blender, then stir them into the cream. Add two drops of lemon essential oil and mix thoroughly. Apply the mixture on the face, chest, legs and arms. Let it sit for a while and then gently massage the area using circular movements. Wash off under running water.

## PREPARING THE SKIN FOR SPRING

A good facial mask will supply the

skin with new strength and energy. During spring, the skin literally yearns for hydration. Therefore, treat it with an invigorating moisturizing mask. Dry skin can be moisturized thanks to avocado, plain yogurt (or cottage cheese) and honey mix. People with oily skin can prepare a homemade mask of egg whites, yeast and olive oil. A moisturising serum after the winter



will give your skin a radiant, uniform and smooth appearance.

Try to go through your cosmetic products. Save thick creams for the autumn and lighter ones for spring. Gentle moisturizing creams that do not burden your skin, but absorb quickly and let skin breathe are

ideal. You can also get skin gels and fluids that are suitable for oily skin. Do not forget good UVA and UVB protection, because spring sunrays can be unexpectedly powerful. Relieve make-up layers by using a good BB cream. In spring, the skin also benefits from a greater intake of vitamins A, C and B, which helps boost skin back to vitality.

## OIL MASK

**We will need:** 1/4 cup olive oil, 2 tablespoons carrot oil, 2 tablespoons rose-hip oil, hemp essential oil and 2 cups of cosmetic clay (kaolin).



**How to proceed:** Pour the clay into a larger bowl and add six drops of hemp essential oil. Add a mixture of the three remaining oils and stir. If the mixture appears too thick, then add a little cream or milk. Apply the mask to the face and leave for 10 to 15 minutes to work. Wash off under running water.

**Note:** The amount stated is for two full face masks.

## PIGMENTED MOLES OR BIRTHMARKS

Right now is the ideal time to get checked by a dermatologist and remove any unwanted or questionable moles. During the warm months of the year, this treatment is not recommended. So when is the most appropriate time for visiting the doctor? Your skin will tell you by itself, especially if you check how it is doing regularly and keep track of any unwanted moles that appear on it. Paying attention to any signs of pigment changes, new growths or moles is necessary to prevent the

development of deadly skin cancer. Symptoms signaling the early stages of the transformation of a harmless mole or birthmark into malignant melanoma can be summarized in the so-called ABCDE rules:

### \* A - Asymmetry

Check for asymmetry.

When drawing a line through the mole, it should be the same on either side. If not, it is a warning sign for melanoma.

### \* B - Border

The skin-mark borders should be sharp and regular. Blurred, or irregular bleeding border protrusions extending from the mark should be closely looked at.

### \* C - Color

Most harmless moles are all one color - often a single shade of brown. If the mole has different shades of color, it is an alarming sign.

### \* D - Diameter

A pigment mark, which has a diameter larger than 5 millimetres should be paid attention.

### \* E - Evolution

Common, harmless moles stay the same over time. If any mole evolves - whether it spreads or grows in height - go see a doctor immediately.

“Regular examinations by a dermatologist ensure that the disease is diagnosed at a stage when the likelihood of successful treatment is high. It is important to check one’s own body responding to signals, which may be changes in the size, shape or color of the original skin-mark, or possible itching or pain. If you find something unusual, it is necessary to check with a doctor,” explains Ivana Kuklova, Ph.D., specialist in dermatology at Malvazinky Manor clinic in the Czech Republic.

# Natural Energy Drinks

Energy drinks represent a relatively broad group of products that can be purchased just about anywhere. Most of the products are only slightly different from each other in their composition, usually containing caffeine or taurine, also various vitamins (especially B group) and herbal supplements such as guarana, yerba mate, ginseng and ginkgo biloba. Despite these healthy additives, many still contain a lot of sugar or artificial sweeteners.

This article focuses on herbal ingredients contained in these very popular drinks, for we can prepare our own natural energy drinks without adding significant amounts of sweetener or artificial and harmful substances.

The effects of energy drinks on the human body are still undergoing research. These days, it is generally recommended that people suffering from high blood pressure or cardiovascular ailments (or are treated with these ailments), abstain from drinking consume energy This article focuses on herbal ingredients contained in these very popular drinks, for we can prepare our own natural energy drinks without adding significant amounts of sweetener or artificial and harmful substances. possible severe impacts on their health.

Generally, consumption of such beverages is associated with a number of negative effects, such as the slowing of heart rhythm, increased blood clotting (platelets), increased arterial blood pressure and many other issues.

## **GUARANA**

This plant (*Paullinia cupana*) is a shrub that grows quite commonly in Venezue-

la and Brazil. The main active ingredient is often referred to as guaranine, which is chemically identical to caffeine.

Caffeine in guarana is found in its natural form and is partly bonded with tannins and does not contain any irritating substances. One gram of guarana is equal to approximately 40 milligrams of caffeine. Guarana is characterized by favorable effects on the nervous and muscular system and is also a great help in losing weight. It also stimulates and sharpens perception and promotes concentration.

**tip**

### **Guarana as a Hot or Cold Drink**

Pour hot water over 1 teaspoon of powdered guarana, add a little cream and sweeten with honey. Let the drink cool down, then sip the delicious drink that stimulates both body and mind.

### **Kefir Smoothie with Guarana**

Blend 1 teaspoon of powdered guarana, half of a banana, half of an apple, 2 to 3 tablespoons of oatmeal and any amount of kefir according to taste. Thin this drink with milk or water.



**tip**

### Refreshing Iced Mate

Pour 1 heaping tablespoon of dried mate into a paper filter. Put it in a large jar and pour iced mineral water through the filter. Wait for about 10 minutes until the water begins to turn into darker shades of green. Then add a few ice cubes, squeeze some lemon juice and, if necessary, sweeten with honey.

In addition, it stabilizes blood circulation and has a soothing effect on the stomach and intestines. It is a natural product, which through regular use has restorative and regenerative effects on the whole organism. Currently, it is found in many different products, such as chocolates, granola bars, drinks and chewing gum. In addition, it is available on the market in the form of a quality powder.

### GINSENG

This is considered a miraculous herb that can cure almost anything. It uses the root of the plant, which is rumored to contain a universal cure: it can stimulate and soothe at the same time, according to what the body needs at any given moment.

Ginseng can help restore the equilibrium of the body and soul. Unfortunately, it grows only in certain parts of the world and holds a place on the endangered plants list, which in turn leads to lower availability and a higher cost.

Ginseng contains substances with chemical compositions similar to those of steroids. Thanks to this, it adapts to every human organism individually: it soothes stress, revitalizes from fatigue, reduces high blood pressure and raises low blood pressure. In this way, it acts as a preventive and healing measure.

### YERBA MATE

Yerba mate comes in the form of dried and crushed leaves from sacred plants of South American indigenous people. It is also grown in a few areas of Paraguay, Argentina and Brazil. The term mate originally meant tea or decoction, but over time, it has been referred to as the title of this particular drink.

Due to its amazing stimulatory effects, it became, and still is popular throughout South America. It then went on to the U.S., Europe and other parts of the world. Mate delivers not only energy, but also a number of substances that enhance the human organism. It can partially replace food, due to its appetite decreasing capabilities. It contains vitamins A, B1, B2, B3, B5 and C. The minerals in it include calcium, magnesium, manganese, iron, selenium, potassium, silicon and phosphorus. Beyond this, mate contains a large number of amino acids and antioxidants.

This drink also contains large amounts of mateine, and in combination with other substances, is a very healthy and invigorating drink supporting the normalization of sleep and waking cycles, so it is recommended that people suffering from insomnia drink it regularly.

Regularly drinking mate also has an invigorating and rejuvenating effect on the human body, while cleansing it from toxic substances and stimulating the metabolism. Because it wards off hunger, a decrease in body weight after a number of drinks may occur.







# When You Lose Your Voice

One doesn't lose their voice only due to divine intervention like the biblical Zechariah. It happens to a small percentage of patients after having surgery in the area of the larynx, but it can also happen to people who use their voices for a living. Even fans at the football stadium have been known to lose the ability to cheer. What then?

A candidate for voice rehabilitation can be anyone who suffers from an inability to speak. They want to talk, but the best they can do is whisper, wheeze or produce no sound at all. Medicine has a word for complete loss of voice - aphonia. The problem can be mechanical - nodules, ulcers or polyps. It can also be caused by inflammatory diseases or infections. Sometimes the vocal cords can be damaged during an operation or in the

course of one's profession - likely with teachers, actors and singers.

## HOW THE VOICE IS CREATED

The vocal or phonetic mechanism is located in the larynx. Its basis are two bands of elastic muscle tissue (vocal cords or folds) covered by mucous membranes and stretched between the thyroid cartilages in front, with which they are in constant contact, and behind by the arytenoid

cartilages. They are part of the glottis. When breathing they have an elongated, triangular shape. When speaking, muscle tension brings the cords nearer. The voice is then created by the activity of the muscles and the influence of the pressure of the breathing mechanism.

### LOSING ONE'S VOICE

Post-operative vocal cord paralysis is caused by pressure, stress or other damage to the vagus nerve.

"The vocal cords work by oscillation, but if their innervation is damaged, then they do not move the way they should," explains Zuzana Kucerova, a physiotherapist. The risk of postoperative damage to the vocal cords is unlikely, occurring in only about three percent of cases. It happens most often after thyroid surgery, cervical spinal surgery, carotid artery surgery or operations on neck tumours. A candidate for voice rehabilitation does not necessarily have to lose their voice completely. Sometimes a person cannot speak normally, only in a croak or whisper. Often it is due to a shortness of breath. When the vocal cords do not close completely, they lose more breath during exhalation than is normal.

### THE RETURN OF ONE'S VOICE

In any case, it is a good idea to visit an aural, nasal and oral specialist in order to determine the state of the vocal cords and their possible treatment. It is necessary to add that the basis of this treatment is usually absolute rest for the voice, for which it is important to bear in mind that whispering is worse than shouting. Absolute rest of the voice means not speaking at all. If looking to nature for help, it is suitable in all cases to use propolis (a compound produced by bees) as a gargle and sage for compresses. How?

Prepare a strong infusion from sage and let

it cool. Then soak some cloth into the infusion and wrap it around the neck. Over it, place another heated, dry cloth – terrycloth is ideal. As for the internal healing, drink linden tea with mullein sweetened with honey if desired, or onion mulled with marjoram and honey. However, be aware that in order for these herbs to release the maximum amount of active substances, it is not enough to pour water over them. It is necessary to boil them in a kettle for at least one minute. According to homeopaths, arnica montana is effective – take five 9 C pills, three times daily.

### TEA FOR REHABILITATING VOCAL CORDS

**Ingredients:** 2/3 ounce

(20 grams) mullein flowers,  
2/3 ounce (20 grams) linden flowers,  
1/3 ounce (10 grams) lungwort leaves,  
1/3 ounce (10 grams) coltsfoot leaves,  
1/3 ounce (10 grams) marshmallow root,  
1/3 ounce (10 grams) mallow flower

**Directions:** Mix the herbs in a large bowl. Take 2 tablespoons of the mixture, pour 2 cups of water (half-litre) over it, and boil for 1 minute. Remove from heat and strain immediately. Divide into three portions and drink morning, noon and night.





# Favourite Recipes from the *My Herbs* Kitchen

We all have our favorite foods. Our editors here at *My Herbs* are no exception. We met in our kitchen to prepare the tastiest delicacies not only for ourselves, but also for you. Bon appetit!



## Orange Smoothie

**Ingredients:** 2 large oranges, 1 small yogurt, ¼ teaspoon of ground cinnamon

**Directions:** Peel and divide the oranges into separate pieces. Place orange slices in the blender and add some good quality yogurt. The more fat content in the yoghurt, the tastier the smoothie will be. Watch how much sugar it contains however. Add the ground cinnamon at the very end. For a sweeter smoothie, add a bit of maple syrup, but it is not completely necessary. Blend until smooth. Pour into a tall glass, garnish with half a slice of orange and the cinnamon.



## Jasmine Rice with Chicken

### Ingredients:

- 1 pound boned chicken
- 2 bay leaves
- 2 onions
- 1 bag of frozen corn
- 1 bag of frozen peas
- ¼ teaspoon rice spice (available in health food shops)
- 2 cups jasmine rice
- cooking oil for frying

**Directions:** Slice the chicken into small pieces and fry with the bay leaves until tender. Remove from heat. Boil the rice, adding additional water if necessary. You can also add one-third cup of white wine. Once the liquid has evaporated and the rice is tender, remove from heat. Heat a frying pan with cooking oil and add cubes of sliced onion. Fry the onion, and then add the corn and peas (individually, not in a frozen block). Simmer the vegetables until they soften. Finally, add the rice, stir and serve. The dish can also be served with gherkins or grated cheese.







## Apple Crumble Pie

### Ingredients:

- Pie crust
- 1–2 tablespoons of homemade jam
- 6 apples list on separate line

### Crumble:

- 1 cup of coarse flour
- 2 tablespoons of softened butter
- 2 tablespoons of natural brown sugar
- a pinch of ground star anise

**Directions:** Roll the pie crust and place into a pie plate or on a small oven tray. Spread the homemade jam over it. Peel and core the apples, then slice them. Arrange them onto the dough. Prepare the crumble from flour, butter, sugar and star anise. Mix well and spread evenly over the pie. Bake at 350 °F for about 35 minutes, or until the crust is golden brown. Pour the apricot or walnut syrup over the finished pie.



## Beetroot Balls with Cherry Tomato Sauce

### Ingredients:

#### Beetroot balls:

- 2 pounds ground meat
- 1 beetroot
- 1 egg
- 1 bread roll (slightly soft)
- a little milk
- marjoram
- salt
- 1 onion
- 2 garlic cloves
- cooking oil

#### Sauce:

- 1 pound cherry tomatoes,
- 1 onion,
- 2 garlic cloves
- 1 tablespoon cooking oil,
- salt, pepper
- ½ teaspoon ground hot paprika  
or ¼ teaspoon of chilli powder
- thyme

**Directions:** Cook the beetroot in a pressure cooker until soft. Peel and grate. Slice the roll into cubes and soak in milk. Peel and press the garlic. Peel and slice the onions into small pieces. Now take all the ingredients for the beetroot balls and mix them together. Form them into little balls by hand, and then fry them in oil. In the meantime, prepare the sauce: slice the cherry tomatoes and onions into small pieces and press the garlic. Add a tablespoon of oil to a frying pan and simmer. Add the tomatoes. Cook until their juice is released. Add salt to taste, add the other ingredients for the sauce. Cook briefly. Pour the sauce over the beetroot balls and serve with roasted potatoes.





## French Potatoes

### Ingredients:

- 2 pounds potatoes
- ½ pound quality kielbasa
- ½ pound onions
- 10 garlic cloves
- 2 handfuls lovage
- 2 handfuls parsley
- 4 eggs
- ½ cup cream
- nutmeg
- ground pepper
- salt
- pork lard
- 1 handful of grated hard cheese

**Directions:** Peel the potatoes, slice them into rounds, and cook them briefly in boiling water with salt. Slice the kielbasa into rounds, cut the onions lengthwise, and press the garlic. Fry the kielbasa in a frying pan, add the onion, and briefly simmer. Add the garlic and fry. Sprinkle with nutmeg and pepper, mix the diced lovage in, and remove from heat. Take the briefly cooked potatoes and arrange in the bottom of a casserole dish greased with lard. Add a layer of kielbasa and then another layer of potatoes on top. Place into an oven heated to 350 °F and bake for 30 minutes. Then pour the whipped eggs with cream over it and sprinkle with diced parsley, salt and pepper. Reduce the heat to 300 °F and bake until golden brown. After baking, add the grated cheese.



## Cheesecake with Almonds and Lemon Balm

### Ingredients:

#### Pie Crust:

- 4 cups all purpose flour
- 6 tablespoons cooking oil
- ½ cup of milk
- a pinch of salt
- 2/3 cup of low-fat cream cheese
- 1 teaspoon baking powder (without phosphates)
- 1/3 cup natural brown sugar

#### Filling:

- 2 tablespoons lemon juice,
  - 1 teaspoon lemon peel,
  - 1 packet vanilla sugar,
  - ½ cup natural brown sugar,
  - 2 pints sour cream,
  - 2 eggs,
  - 1 cup cherry preserves,
  - 2 tablespoons black cherry jam
- for spreading on the dough

Topping: half a package of sliced almonds, mint leaves

**Directions:** Grease a pie plate and sprinkle flour (or coconut if you want) over it. Heat the oven to 400 °F. Sift the flour. Mix in a bowl with the baking powder, cream cheese, salt, sugar, milk and oil using a dough mixer. Place the ready dough onto the pie plate. Spread with the thinnest layer of jam. Whip the eggs with sugar into a froth. Mix with the sour cream, lemon juice and grated lemon peel. Add the fruit preserves. Then pour the cream with fruit onto the dough and place it in the oven. Reduce the temperature to 350 °F after a bit. Bake for 20 to 30 minutes, remove from the oven, and sprinkle with almond slices. Let the cheesecake cool. Before serving, garnish with mint leaves.



## Cauliflower Soup with Chicken and Coconut Milk

**Ingredients:** 1 head of cauliflower, ½ grilled chicken (boned and sliced), chicken broth, onion, garlic, caraway seed, pepper, salt, chilli pepper, cooking oil, 1 lemon, coconut milk, coriander

**Directions:** Break up the cauliflower leaving the flowers alone for now. Squeeze half the lemon and a dash of salt into a pot of water and bring to a boil. Add the sliced stems to the water and boil until soft. Stir before further use. Place the grilled chicken into a cooking pot, add finely chopped onion, and let simmer briefly. Add a bit of chilli pepper and a bit of coconut milk and stir. Pour a smaller amount of the stirred cauliflower broth into it and stew briefly. When the chicken slices are tender, add the rest of the stirred broth and the cauliflower flowers. Let boil for a bit. Gradually pour in coconut milk to taste. Right before serving, add a few drops of lemon juice or a pinch of salt. Sprinkle with freshly cut coriander and serve.

## Whole Wheat Spaghetti Aglio e Olio

**Ingredients:** 1 package of whole wheat spaghetti, 4 tablespoons of olive oil, 4 garlic cloves, 1-2 small dried chilli peppers, a handful of freshly cut parsley, 1 tomato, salt

**Directions:** Cook the spaghetti according to the directions on the package. While the spaghetti is cooking, thinly slice the garlic lengthwise and fry with olive oil. After one minute, add the small, finely sliced chilli peppers. Sprinkle over with the freshly cut parsley and sliced tomato. Salt to taste. Stew for

another two to three minutes. Afterwards, mix into the drained spaghetti. Spaghetti should never be dry. If this is the case, add a bit of water to the pan in which it was boiled.

## Pork Cutlets with Thyme

**Ingredients:** 4 pork loin cutlets, ¾ cup dry white wine, ¾ cup sour cream, 2 small onions, 2 teaspoons of fresh or dried thyme, ground black pepper, salt

**Side Dish:** mixed vegetables (zucchini, haricots, peppers, mushrooms), 2 pounds potatoes, 1 teaspoon of sage, 4 tangerines, 4 garlic cloves, salt

**Directions:** Peel the onions and dice into small cubes. Dice some fresh thyme if on hand. Wash the cutlets, sprinkle with salt, and tenderize lightly. Pepper the cutlets on both sides, pat them with the cut thyme, and fry in hot oil for three minutes on each side. Remove the meat from the pan, but keep warm. Sauté the onions in the drippings and add the wine. Reduce heat and let stew briefly. Finally, add the sour cream. Salt and pepper to taste.

For a side dish, try roasted mixed vegetables and potatoes. Sliced in rounds, toss into salted, boiling water, and boil for precisely 10 minutes. Drain. Add the juice from the tangerines, four cloves of pressed garlic, and a teaspoon of sage to the potatoes. Add salt and bake for 30 minutes at 450 °F.

## Savoury Broccoli Pie

**Ingredients:**

Pie Crust: 3 cups all purpose flour, 1 cup spelt flour, one cup butter, 1 egg yolk, a pinch of salt

Filling: 1 head of broccoli, 1 red pepper, 2 tomatoes, 2 onions, 1/3 pound boned ham, 5 eggs, salt and pepper

**Directions:** Mix the ingredients for the pie crust into a dough and place into a pie plate. Boil the broccoli in water with a pinch of salt until it is soft. Before the broccoli is finished, slice the red pepper lengthwise into thin slices. Peel the onions and dice thinly. Place the onion into a hot frying pan with a bit of oil and simmer. After a few minutes, add cubes of boned ham. Shortly afterwards, add the red pepper and tomato. Salt and pepper to taste. Spread the mixture over the pie crust. Pour whipped eggs over it. Bake for at least 30 minutes at 350 °F.

## Hungarian Leek Soup

**Ingredients:** 1 large leek, 2 garlic cloves, 1 good Hungarian sausage or kielbasa, 1 teaspoon ground paprika, 1 tablespoon all purpose flour, 3 tablespoons butter, 2 eggs, salt, pepper, chicken broth

**Directions:** Wash the leek and slice into circles, then sauté in the butter, adding sliced garlic and sliced sausage. Fry. Thicken slightly with the flour and add the teaspoon of ground paprika. Pour in the chicken broth. At the end, add the eggs, cook briefly, then salt and pepper to taste. Garnish the plate with fried sausage rounds or raw green leek.

## Chicken with Caraway Seed and Basil Potatoes

**Ingredients:** 1 chicken, 1 teaspoon Himalayan salt, 1 tablespoon caraway seeds, 5 tablespoons butter, 2 large




onions, 4 medium sized potatoes, 2 tablespoons of pumpkin seed oil, 1 tablespoon basil (fresh is best, but if using dried basil, then add more).

**Directions:** Clean and rinse the chicken. Salt inside and out and sprinkle with the caraway seeds. Put the entire chicken into a casserole dish, adding 4 tablespoons of butter and a little water. Bake the chicken until golden brown. Remove from the dish, portion the chicken, and keep warm. Dilute the juice from the chicken, if necessary, with water, then strain. Add 1 tablespoon butter and cook briefly. Steam the potatoes. After they are done, add the pumpkin seed oil and basil. Mix together and serve.







You do not have to be a strict vegetarian or a vegan to benefit from a meatless diet. At least for a while, going sans meat can be beneficial to everyone. In former times, meat was not included in the daily diet as many are now accustomed to. Furthermore, animals were not kept in such bad conditions and fed with GMO food as they are today. Meat as we now know it has nothing in common with the original, healthy food resource it once was. Try consuming meals made without meat for at least a couple of days, in order to relieve the body and experience healthier alternatives.

# Meat for Vegetarians



## WHEAT GLUTEN

Although we hear from all sides about the harmful effects of gluten, with wheat gluten, you do not have to worry. The negatives associated with gluten are specifically mentioned in conjunction with conventional food, because the connection of gluten to starch is burdensome for the human digestive system. Some individuals are sensitive to it or even allergic. However, the actual gluten, or wheat gluten, is easily digestible and highly nutritious. It must be mentioned that for those who have problems with gluten, wheat gluten is not a suitable alternative.

The big advantage of wheat gluten is its low price and accessibility. It can easily be made at home, although it can also be purchased at a health shop. Wheat gluten is a semi-finished product



and subsequently treated similarly to other plant proteins. First add strong flavors by boiling in bouillon with vegetables, soy sauce and spices. It can also be marinated, if preferred. From then on, you may continue according to your own imagination and culinary skills. It goes well as an alternative to steak or as noodles sliced into a Chinese mix.

It can also be wrapped in breadcrumbs as a classic steak - there is simply no limit to your imagination.

## BASIC RECIPE FOR WHEAT GLUTEN:

**Ingredients:** 8 cups (1 kilogram) flour, 2 cups (1/2 liter) of water, root vegetables, good quality soy sauce, herbs according to taste, salt, pepper, or beetroot juice (adds colour).

**Preparation:** Mix flour with water and knead smooth dough so that it is not sticky.

Leave to set for at least an hour in the cold. Meanwhile, fill a large bowl with cold water. Place the dough in it and knead until the water is white. Regularly replace the white water for fresh water. Take care not to rip the dough into pieces and let it fall apart. Wash it about four times until the water stops turning white. At this point, the dough should be about half of its original weight, and all of the starch should be washed out.

Feel free to color the wheat gluten with beetroot juice making the faux meat look more like the real thing. Cut the dough into slices, cubes or strips. Grate the root vegetables on a coarse grater, stir in the herbs or spices to taste and salt accordingly. Pour in cold water and leave to boil. Once it boils, add the wheat gluten and cook for about half an hour. Then remove it from the heat, let it cool, and store in a refrigerator or immediately prepare to dine.

*Try:*

## POTATO GOULASH WITH WHEAT GLUTEN

**Ingredients:** wheat gluten, onions, potatoes, sweet and hot pepper, bay leaf, allspice, cumin, vegetable broth, smooth flour, marjoram.

**Preparation:** Using hot oil, fry finely

chopped onions in a large saucepan until golden brown. Meanwhile, cut wheat gluten into small cubes and fry along with the onions. Once the onions begin to brown, add more diced, peeled potatoes (about twice the amount of wheat gluten) and mix. Then add the pepper. Stir and sprinkle with flour. Cook making sure the potatoes don't soften.

## TOFU

It is said that tofu was created by accident. It allegedly happened on a fishing boat when a piping hot soybean soup was being served and was accidentally mixed with salt water. But how is it produced today? Soybeans are rinsed and then soaked in water to swell. Then they are mixed to a fine mash, which is subsequently boiled and pressed through a sieve. Here it is necessary to separate the milk and the solid component – Okara. To make soy milk, the mixture must be curdled. For this purpose calcium salts are used. Finally tofu is stored in a special container, which is strained in order to drain excess water.

Tofu can be made comfortably at home, although the preparation is time consuming, and if you want to use high-quality ingredients, it can also be very expensive. However, tofu is available for a reasonable price in shops, but take care not to buy products from genetically modified soybeans. Manufacturers who are particular on quality usually show all information on the packages.

*Try:*

## TOFU RISOTTO

**Ingredients:** Jasmine or basmati rice, 5.5 oz (150 grams) smoked tofu, 100 grams aubergine, 3.5 oz. (100 grams) oyster mushrooms, tomato paste, garlic clove, olive oil, good quality soy sauce,

ground pepper, salt and basil.

**Preparation:** Slice the tofu into small cubes, and marinate it in at least 2 tablespoons worth of soy sauce. While the rice is boiling, prepare the eggplant and mushrooms. Cut both into small cubes. With the eggplant, pre-peel where the soft pulp can be gauged. With the mushrooms, pay attention to their



hard edges, as they prolong the preparation. In a pan, add olive oil and cook the eggplant and mushrooms for about five minutes. Then add a little water and crushed garlic. Add pepper and steam with water, then add the diced tofu and let the mixture cook for a few more minutes. To finish, add a few tablespoons of tomato puree with chopped or frozen basil and heat everything up. Add the rice to the pan and mix thoroughly.

## OKARA

As already mentioned, it is actually an unused ingredient, a tough part in the production of tofu. Nevertheless, Okara is a soybean product. This dry pulp can be baked, and its taste is similar to coconut. But do not be fooled – despite its taste, it can successfully be added to

savory dishes, even in sausages, burgers or pâtés.

It is ideal as a cottage cheese substitute or as part of a walnut filling in pies.

Okara contains only a small amount of vegetable fat and no cholesterol, but is a rich source of fiber and B vitamins.

*Try:*

### GINGERBREAD WITH OKARA

**Ingredients:** 7 oz. (200 grams) okara, 2 cups (1/2 liter) of milk, 3 tablespoons honey or molasses, 2 eggs, 2 cups (300 grams) flour, powder for gingerbread, 1 2/3 cups (180 grams) natural cane sugar, a handful of grated coconut.

For Application: 1/2 small jar plum jam, 1 tablespoon rum, juice from half of a lemon, chemically untreated lemon peel.

Frosting: 3.5 oz. (100 grams) quality dark cooking chocolate, 1 oz. (30 grams) coconut oil.

**Preparation:** Heat the milk, butter and honey or molasses until everything is dissolved. Let cool and then thoroughly mix in the egg. Gradually add flour mixed with baking gingerbread, sugar and Okara. Grease a large roasting pan with butter and sprinkle

with coconut. Pour the batter into the pan. Bake in the oven at 340 °F for about 50 minutes. After baking, turn the pan upside down to let the mixture fall out and the excess steam escape. Meanwhile, melt the cooking chocolate in a double boiler, add coconut oil and mix thoroughly. When the gingerbread cools, spread it with the prepared jam and cover with the chocolate.

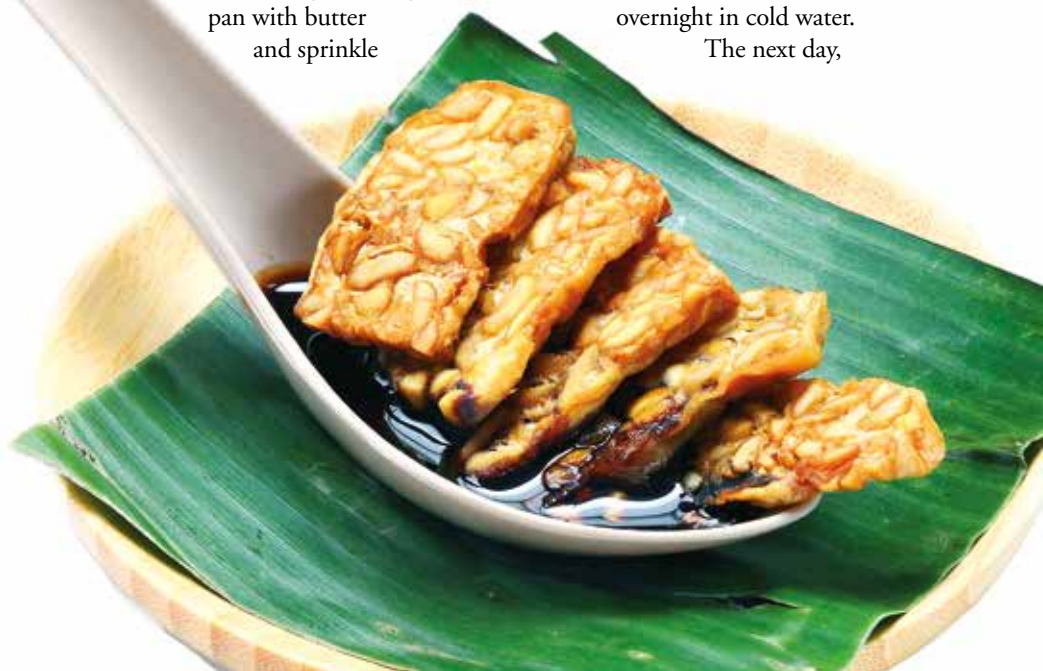
### TEMPEH

It is not as well known as tofu, although tempeh is much healthier. The basis of this food is also soybeans, however they are processed into a cake form and thanks to fermentation, have a mould covering. This food can be fried, marinated or eaten cold. It can even be made at home, as long as the written steps and conditions are adhered to.

### HOMEMADE TEMPEH

**Ingredients:** 7 oz. (200 grams) soybeans, 1 1/2 tablespoons vinegar, so called Tempeh starter (you can buy it in health food stores or on the Internet), rice flour.

**Preparation:** Soak the soya beans overnight in cold water. The next day,



pour off the water and cook the soya beans in fresh water. Remove the husks of the cooked beans, then rinse with clean water and simmer for another five minutes (boiling sterilizes them). From then on, work with gloves and use clean utensils in order to maintain as much sterility as possible. Drain the cooked beans and spread them on a baking sheet lined with kitchen towels. Using other kitchen towels, thoroughly dry the beans, and put them into a clean bowl, add the starter and vinegar, and then mix thoroughly.

Using a strong needle, prepare sterile plastic bags with pricked holes 1½ centimetres apart. Thoroughly mix the soybeans with vinegar and the starter before putting into the bags. When filling the bags, compact them, especially the corners. Make sure the bag thickness does not exceed 2 centimetres. Close the bags and incubate in a warm place for about 24 hours – wrap them in blankets for best results. During the first 12 hours, nothing happens at first glance, but then white mould fibers slowly begin to appear. Once the beans are covered with the white mould, it is done. Homemade tempeh can be stored safely in the refrigerator and will last for about 5 days.

*Try:*

### TEMPEH HONEY

**Ingredients:** 1 smoked or marinated tempeh, 1–2 tablespoons good quality oil, soy sauce, 2 tablespoons of honey.

**Preparation:** Cut the tempeh into large cubes. Heat a pan with 2 or 3 tablespoons of oil, add 2 tablespoons of honey and sauté. Add the sliced tempeh and toss in order to evenly coat all sides with the marinade. Use a moderate flame and leave the cubes to marinate for a few minutes, stirring

occasionally. Finally, you can flavour the mixture with a few drops of soy sauce, so it is not too sweet, and serve. Fried vegetables make a great side dish.

### ROBI MEAT

It could be said that this is a product that is closest to actual meat, especially when it has the advantage of not containing a single trace of soya. It consists of water, vegetable protein, wheat germ and beetroot which is thereafter heat treated. Robi meat contains no artificial colours, preservatives or even cholesterol. Working with this meat is very simple. According to experience, it is worth marinating in a spice mixture before continuing preparation as usual. From Robi meat tasty, traditional steaks tossed in breadcrumbs can be prepared.

*Try:*

### ROBI MEAT WITH MUSHROOMS

**Ingredients:** 1 packet of Robi, 10 mushrooms, 1 leek, 2 tablespoons of oil, 3 tablespoons of soy sauce, salt, pepper, ground red pepper, 2 cloves of garlic, pasta, ½ bouillon cubes.

**Preparation:** Cut the Robi meat into cubes and put into a smaller bowl. Add oil, spices, garlic and soy sauce to the meat and mix everything. Marinate for at least three hours. Meanwhile clean the mushrooms and cut them into thin slices. Cut the leek into circles and fry with a tablespoon of oil. Add the mushrooms and Robi meat after a short while. Cook for a few minutes. Pour in 1 1/4 cup (300 milliliter) of hot water that has been dissolved with half a cube of bouillon. Cook everything for about 20 minutes until the mushrooms are soft. Serve with pasta and garnish with herbs.



# Focus on Women: Battling the First Wrinkles

For many women, the first signs of wrinkles start to appear around their early thirties. At this time, the skin is no longer as resilient as before. The brightness and freshness the skin once reflected starts to dim, and wrinkles creep in around the eyes, mouth and forehead. Although aging cannot be stopped, alleviating the symptoms with proper care is possible.

Advertisements from all sides of the spectrum lure us to the virtually miraculous creams that instantly smooth skin and promise eternal beauty. Naturally, tests carried out on these creams often fall short of their promises by a mile. Cheaper and more natural products outperform these chemical laden creams by far.

## **STEP 1: HYDRATION**

As soon as the first skin wrinkles start to form, hydration is paramount, for wrinkles form on dry skin much faster. Take time to moisturize the skin inside and out. Hydrate internally by consuming a sufficient fluid intake, ideally good, clean water, fruit or herbal teas. Externally, apply compressed rose hip, where the leaves may be fresh or dried. How? Take a handful of leaves and briefly dip them into lukewarm water with a drop of lemon. Afterwards, apply to the skin and leave for at least 10 minutes.

## **STEP 2: CLEANING**

Now, as well as during puberty, is the time to pay more attention to cleaning the skin. Wash the skin with ordinary water or, as the case may be, with soap and water followed by towel drying. Follow with cosmetics that return moisture back to the skin.

For this purpose, prepare a lotion at home. Boil a 6-7 tbsp. (100 millilitre) decoction of rosemary. Pour 3 1/2 tbsp. (50 millilitres) of milk into a second and add five drops of bergamot essential oil. Finally, mix it with the rosemary infusion. Rub or wash your face with this mixture morning and evening. Store in the refrigerator and use within three days.

## **STEP 3: MASK**

At least twice a week, pamper skin in the form of a mask, which also goes for more mature skin too. All the ingredients are sure to be found at home where the masks should be



left to take effect for at least five to 10 minutes:

**Honey mask** – Mix 1 tablespoon of honey with  $\frac{1}{4}$  teaspoon of soda bicarbonate. Mix thoroughly and apply on the face or even cleavage.

**Apple mask** – Grate one small apple with peel. Add  $\frac{1}{2}$  a teaspoon of ground cinnamon and apply to the skin.

**Rooibos mask** – Prepare tea. After cooling, mix 1 tablespoon of oat bran or wheat germ, or also a spoonful of honey, and then apply.

**Carrot Mask** – Liquify about  $\frac{1}{2}$  pound ( $\frac{1}{4}$  kilograms) of carrots and add 1 teaspoon of almond or coconut oil, preferably cold-pressed. Mix thoroughly and then apply to the face or the whole body.

#### STEP 4: WRINKLES

Lately, there have been many guaranteed natural tips to smooth out wrinkles – snail slime extract, snake venom or old proven caviar. But an easier and more effective remedy is a cream made of bedstraw (*Galium*), rose hip and blackcurrant.

Heat 1 tablespoon of lard or shea butter and toss it with a handful of selected herb leaves. Let it cool for 24 hours, then the next day, heat and strain the mixture. Add a spoonful of yogurt, cottage cheese or egg yolk to the mixture, and a pinch of dried yeast and pure panthenol or vitamin E. Add 5 drops of essential rose oil for the cream to smell better.

#### STEP 5: UV FACTOR

Skincare experts argue that it is necessary to protect the skin from UV radiation, whether it is summer or winter. There is, however, no need for expensive sunscreens. Attain high quality protection by means of cold pressed oils. They contain natural UV factors (SPF), which protect the skin adequately. For this purpose, the best oils include raspberry, carrot and coconut.



# Focus on Men: When the Knees Hurts



Unpleasant joint aches and pains are common health problems for many men, regardless of age. The most problematic areas are the knee, ankle and hip joints. To prevent health problems, avoid excessive stress on your joints, watch your weight, pay attention to nutrition and lead a healthy lifestyle.

**I**f you do any sports, it is absolutely necessary to pay attention to those that involve exercises that are most harmful to joints – generally those associated with impacting loads on the joints, such as tennis or squash. Furthermore, we also include team sports like volleyball or football, where it can be difficult to adapt to the pace.

If unsure whether certain movements are harmful or not, consult an athletic trainer or doctor. The most common cause of pain, not only in the knee, but regarding men's joints in general, is the tearing of the cartilage, which loses its elasticity and suffers from thinning. Treatment may be in the form of products containing glucosamine sulphate, chondroitin sulphate or hyaluronic acid.

### **DIAGNOSED PAIN**

Osteoarthritis is the most common joint problem accounting for about 20 percent of all visits to the doctor. Although these ailments usually develop fully later in life, the first symptoms may be observed in one's forties. Pay attention to the first symptoms, for progression can be slowed, thus preventing complications later in life.

In most cases, it develops slowly, which is probably the reason why it is particularly so underestimated during

the early stages. Understandably with increasing age, the incidence of osteoarthritis grows accordingly and currently affects nearly all persons older than 70 in some form or another.

Yet it cannot be regarded as a physiological manifestation of aging – aging joint cartilage structures change at a slower tempo, staying under control during the entire process, whereas in osteoarthritis, the balance between production and loss of cartilage deteriorates, with its loss becoming more dominant.

### **THE FIRST SYMPTOMS**

In the early stages of the disease, we generally observe a symptomless period. Gradually, we discover the affected joint pain as the main symptom. Pain typically starts at the beginning of joint movement, however, after gentle stretching exercises taken for a matter of minutes, the pain disappears.

When the development of the disability continues, pain occurs even during exercise movement. In the most advanced stage, it occurs during rest and throughout the night. Other symptoms include stiffness during first movements (first thing in the morning) lasting about 15 minutes. The more advanced the stage, the greater the pain and restriction



of movement. In most patients the changes proceed slowly, but may result in significant destruction of the joint or massive acute pain, in which it is necessary to proceed to a surgical joint replacement.

### TAKING CARE OF JOINTS

The knee is the most stressed and exerted joint in the human body. The weight of three and a half times one's body weight is put on this joint at any point. When climbing stairs the burden on the knee amounts to even four to five

pain. The pain is perceived deep and may spread to the sacrum and into the outer part of the thigh. This pain is the reason for subsequent limping.

### PROPER TREATMENT

At the doctor you will most likely receive pain relieving medication and advice on a regime of measures – relieving joint or weight reduction. What is needed is correct footwear and exercise, ideally swimming or cycling. From the perspective of natural medicine, the body must be clear of any inflammation. This may be executed best by omega-3 fatty acids, thus eliminating the necessity to take food supplements from pharmacies. Rather, add more nuts and seeds, flaxseed oil and fish oil to your diet. Curcumin also works effectively against inflammations in the body and is known to fend off cancer, as well as prevent diseases of the cardiovascular system. Similar healing effects are also found in gingerol, particularly found in ginger.

From the herbal realm, look at rosemary, thyme, marjoram, basil or mint. One's diet should not be devoid of berries, especially red wine, which contains the active ingredient called resveratrol. For acute pain, it is useful to attach a wet press made of comfrey leaves. They can also be used for preparation of ointments with which aching knees can be rubbed regularly. This does require patience, since both conventional and natural treatment for sore knees will not make them pain-free immediately.

times this weight. Therefore, knee joint osteoarthritis represents the most common cause of joint afflictions (making up to 83 percent of all diagnoses). Symptoms usually occur with knee pain during exertion, like when up and down the stairs or along uneven terrain.

The second most common area of osteoarthritis is in the hip. This problem is present in 3 percent to 11 percent of the population older than 35 years of age and usually manifests with groin





# Medical Coltsfoot

(*Tussilago farfara*)

Its characteristic appearance is unmistakable. Although this plant slightly resembles a dandelion, it would still be pretty hard to confuse the two. The plant grows to a height of only 15 centimeters or about 6 inches. The best time to harvest it is on any sunny day from March to April.

Coltsfoot can be found mainly in moist clay soils, clearings, embankments, quarries and along roadsides. The herb contains mucilaginous substances, especially tannins, picrasma and mineral salts. This serves as an ideal agent for the release of mucus, which acts as a support when coughing. Coltsfoot is also an anti-inflammatory and diuretic. It also promotes sweating. The flower's leaves help as an a poultice for burns, swelling and poorly healing ulcers.

#### Editors' Tip:

Mix 2 teaspoons of flowers and 1 teaspoon of crushed leaves. Pour 1 liter of water on the mixture and let it come to a boil. From this point of boiling, wait seven minutes. Strain and sip. Prepare and drink the mix two or three times a day.



# *The Best Rituals for Health*



The human body suffers in the transition from warm to cold environments during winter. It does not take much to make us ill in this season. This is why it is important to strengthen the immune system to give it a chance to avoid many health complications. The human immune system is determined primarily by heredity, but you can strengthen it – especially during spring – by eating well, hardening yourself up to the cold, taking natural supplements and minimizing stress.


**I**f you want to guard against germs, it is necessary to supply the body with the appropriate vitamins and supplements. Vitamin C with zinc is an excellent combination for that matter or try adding oyster mushrooms to food as well. Garlic is also very effective. If worried about bad breath, try eating garlic in the form of capsule supplements. Garlic has an overall positive effect on the entire body, but mainly it keeps the immune system strong and functional.

Also try the Himalayan tea Guduchi. It rejuvenates the exhausted body and powers it up with new strength at the same time. A natural medicine cabinet should not be without Echinacea purpurea in spring, which the Native Americans used since time immemorial to stave off illnesses. Probiotics

– microorganisms which alter the intestinal microflora in a beneficial way – are also effective in preventing the reproduction of harmful bacteria and strengthening the immunity. As for the overall diet, try eating more legumes, walnuts and green vegetables to keep the body strong and healthy.

## **A GOOD NIGHT SLEEP**

In order to be fit and well, it is important to sleep at least seven to eight hours each night. It is the necessary time it takes for your body to regenerate fully after a long day. Doctors strongly recommend going to sleep before midnight, especially in the case of small children, because, in general, a tired body is more susceptible to infection and that doubles for children. One should sleep in a well-ventilated



room. Take care so that the room you sleep in is properly ventilated and not overheated throughout the night. That way, the body becomes hardy and more resistant.

### EXERCISING YOUR WAY TO GOOD HEALTH

A balanced diet and adequate exercise are the basic pillars of health. One should be active for at least half an hour, three times a week. It is not necessary to be a top sportsman or woman. It is enough to take a brisk walk, go for a bike ride or play a game of tennis. Exercise not only strengthens the immune system, it prevents cardiovascular disease and reduces cholesterol levels as well. In terms of diet, it is necessary to include fruits and vegetables (obviously best eaten raw). Aim for at least 16 ounces per day. If trying to lose weight, though, then fruit is best eaten only in the morning hours.

### SCENTED LIGHT

Pleasant smells can work wonders on the psyche. The sense of smell is our strongest sense and so it engages our mind to the fullest. It is enough to walk past a bakery or perfume shop and people react, whether they want to or not. Try lighting an aromatic candle or aroma lamp after arriving home and see what happens. As soon as the aroma starts to pervade the room, a feeling of calmness spreads, and all accumulated stress goes out the window. Scent, light and flame are like balm for all the ills of the mind. A few minutes in the vicinity of a scented candle and one becomes a different person. (start new paragraph) Alternatives to scented candles are also beneficial. There are electrical aromalamps called diffusers which just need to be

plugged into a socket. Many have auto shut off features, so there is no need to worry about fire. Then there is another thoroughly cold and flameless way to scent your room, suitable mainly for modern spaces. Aromatic oils diffused by bamboo sticks or porcelain wicks fill places with a lovely scent without an open flame.

### ALOE VERA

The positive effects of this healing herb have been known for millennia. In Ancient Egypt it was called the blood of the gods, and the Mayans called aloe vera the fountain of eternal youth.

This plant is often called the quiet healer. Its secret is hidden in the clear gel found inside its leaves. They contain substances such as vitamins A and C, amino acids, minerals, fatty acids (like beta-Sitosterol), enzymes, sterols and specific polysaccharides.

All of these substances grouped together offer an excellent detox, help in healing wounds and eczema, aid in digestive problems, and keep the skin young-looking. Aloe even lowers blood sugar levels, which is why it is ideal for diabetics.

To cleanse the body, aloe vera is ideal in the form of tablets, capsules or juice. It helps supply the necessary nutrients to boost the immune system and bring the skin to its normal state. Thanks to its moisturizing qualities, it is used widely in cosmetics. It aids in the creation of collagen and also helps fight the onset of wrinkles. Aloe is suitable for people with very sensitive skin, because it prevents redness and irritation and even has anti-inflammatory effects. This herb is also suitable as a preventative for hair loss. It penetrates right to the depths, and like keratin, it gives the hair bounce and strength.









# *Herbs in accordance to the horoscope*

An old proverb says that for every malady there is a herbal remedy. Many years ago, astrologists discovered that each sign of the zodiac tends to be afflicted by an illness specific to their sign. Today, we have knowledge of reliable, time-tested medicinal plants which are suitable for treating these specific illnesses. Herbalism or phytotherapy can be very effective and helpful, so we have prepared here for you a little 'herbal medicine guide' based on zodiac signs. And it is now your turn to give it a try!

## ARIES

People born under the sign of Aries often suffer from headaches and migraines. It usually stems from the fast pace of life, so Aries have to undergo a state of total relaxation. Hop cones promote a state of complete relaxation. Pour boiling water over them, infuse and drink. Another effective means is by soaking a cloth pad for putting under one's head at night. For colds and chills, tea made from elderberry is suitable. They should also add more garlic to their food to boost the immunity.

## TAURUS

Digestive problems and a sore throat are common problems for Taureans. For the stomach, take a concoction of artichoke. While it doesn't taste great, it certainly helps. For sore throats, coltsfoot and plantain in tea form are optimal. Drink the tea lukewarm, letting it slowly move down the throat. Most of us probably do not know that parsley is ideal for oral disinfection. Simply chew it once a day. It also guarantees pleasant smelling breath.

## GEMINI

Gemini often suffer from restlessness or nervousness which can be mitigated by tea made from lemon balm and valerian. Drink in the evening when free to switch off and relax. Beware of respiratory infections. Long, drawn out viral infections can often result in pneumonia. If this happens, try covering the chest with lard and tea made from thyme. For coughs, try a decoction of coltsfoot and flax seed, which can be sweetened with a little honey and lemon.

## CANCER

Psychologically inflicted Cancerians tend to be affected by stomach and overall metabolism problems. It's no wonder that it's very easy for them

to gain a few extra pounds. As they get older, they might encounter some problems with blood pressure. Ginger is perfect for stabilizing the metabolism. It can be added to tea in moderate amounts or dried and added to food. An infusion of yarrow, mint and plantain is also recommended to keep the metabolism healthy and stable. To calm nerves prepare a treat of tea made of lemon balm.

## LEO

People born under the sign of Leo should try to stop and switch off from time to time. Stress can have some bad effects on the heart and may lead to high pressure. Not many people know, though, that stress also affects the liver and the gall bladder. An appropriate remedy is beetroot juice or a decoction of artichoke, which can be lightly sweetened with sugar or honey. Blood pressure can be mitigated with arnica, nettle tea, hawthorn and hibiscus. The best spices for Leos are coriander, basil and cardamom.

## VIRGO

Virgos tend to care about their health, sometimes even excessively. When subjected to long-term psychological stress, stomach and bowel problems may occur. To help move the bowels, it is recommended to add cumin, dill and ginger to food. A decoction of dill reliably relieves stomach aches, as will anise. Stress tension can be relieved by adding marjoram to food or tea.

## LIBRA

Hesitant Libras do not like changes and unexpected events. The resulting stress has a negative effect on their kidneys. Regular urological tea usually help. They can also try a decoction of parsley or greater burdock root. For getting rid of stress for a longer time period, drink tea made from spring nettles, which is generally effective in detoxy-

fyng the body. To calm the system, thyme, passionflower and lemon balm are suitable for Libras.

## SCORPIO

Scorpios often suffer from problems with excretory and sexual organs. Consuming chilli peppers can cure problems with digestion and other associated bodily functions. Horseradish is also suitable, as is wormwood tea and the occasional infusion of blackberry leaves. Higher blood pressure that comes with age can be mitigated by garlic. Chamomile and lady's mantle can help with female genital problems, while goldenrod is suitable for prostate problems.

## SAGITTARIUS

Most Sagittarians tend to neglect their healthy lifestyle. They are prone to overeating often and to maintaining a very high-caloric diet, which can result in stomach and liver ailments. To relieve their heavy stomach they can drink dandelion tea. The tea should be lukewarm and drunk slowly in sips. Dandelion leaves harvested in early spring are also a great salad ingredient. To speed up the metabolism, they can try a decoction of tricolour pansy stems, and to strengthen their liver, a decoction of chicory and agrimony is suitable.

## CAPRICORN

Those born under the sign of Capricorn tend to suffer often from skin ailments and toothache. The skin benefits from a decoction of horsetail. For aching teeth, make an infusion of cloves and gargle it. Problems with joints can be soothed by adjusting one's diet. Try to at least partially replace meat dishes made from whole-wheat flour with vegetables and fruit. Baths containing a decoction of birch leaves can benefit aching joints.

## AQUARIUS

Varicose veins and cramps in the calves are frequent ailments experienced by

Aquarians. It's important they learn to relieve pain, especially in the calf muscles. Anti-cramp aids are found in magnesium rich minerals. An elderberry concoction provides relief too and it's possible to make a delicious juice out of it. Elderberry and rosemary accelerate one's metabolism and stimulate blood circulation. Extracts of mistletoe can help with varicose veins too. All of this can be aided by the overall calming effects of a St. John's wort decoction.

## PISCES

Pisces tend to have trouble with a slow metabolism and suffer from liver and pancreas ailments. To speed up their metabolism and increase their appetite, they can try ginger, coriander, dill and cumin. A warm decoction of dill seeds or mint tea are guaranteed to improve their digestion. For the pancreas and the liver, a decoction of *salsola collinae* can be beneficial. Pisces should occasionally calm the nerves with lemon balm tea or hawthorn. Drink it lukewarm, preferably before going to bed.

**Concluding caution:** *A final note of caution: buy all your herbs in pharmacies or herb shops. Do not try to pick them in nature on your own if you are not thoroughly knowledgeable about their effects. Therapeutic effects are usually only found in certain parts of the plant, while the rest can be toxic. The whole herb plant is seldom used; most times only the flower, the leaves, the stems or the roots are used. Have respect towards herbal healing. Herbs heal slowly, but surely.*





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