



PRINTED CONSIDERATELY, WITH NATURE IN MIND FSC® CERTIFIED

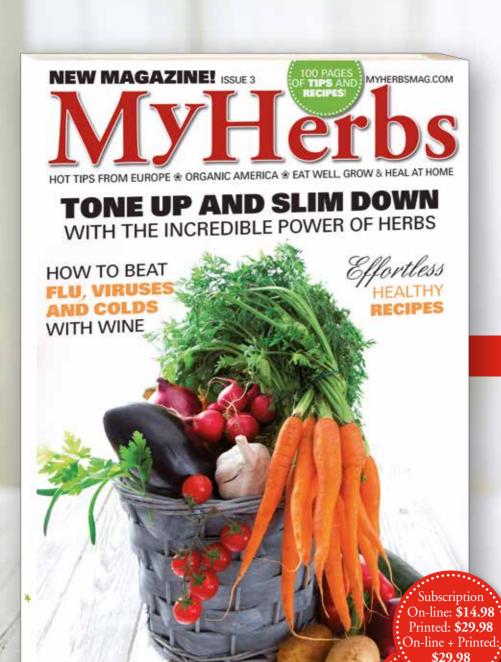


MyHerbs

ISSUE 03 JANUARY, FEBRUARY, MARCH



To subscribe to *My Herbs*, please visit our website: **MyHerbsMag.com**



Subscribe Now Limited Time Offer



Inside Every Issue: – Tasty (and easy!) whole food recipes – Get to know herbs – and what they can do for you! – DIY projects to enhance your beauty and health

Sign up now & get the new *My Herbs* issue delivered directly to your door (4 printed issues / year).

Subscribe Today & Save!

New issue every 3 months with information specific to the new season.

Please visit our website and fill out the form.

MyHerbsMag.com

E-mail: magazine@MyHerbsMag.com Phone: +1 (415) 231-3767

Address: ACV PUBLISHING LLC 5348 Vegas Dr., #1423 Las Vegas, Nevada 89108, USA s we welcome the New Year, we greet the future with restored hope and a renewal of spirit. Many of us make a habit of starting the new year fresh with motivation to do and be more – more productive, more joyful, more in touch with nature or more balanced.

For some of us, this goal might be focusing on our healthier (and this might include losing weight). Luckily, integrating herbs into our diet can do just that! If you have already sought a guaranteed trick to get rid of those extra pounds (in vain), then you can now breathe a sigh of relief. We bring you a complete manual on how to lose weight using natural methods that will significantly ease your journey (pages 10-23).

January and February are very interesting months, full of spirituality, family warmth, but also visions of new beginnings and changes for the whole upcoming year. We will reveal which fresh herbs are at hand and which are suitable for consuming at this time of the year. You will also uncover which organs are most active in these months and tips for paying more attention to them.

As we are combining the themes of cooking and slimming, you can look forward to some timely recipes. All are oriented to an herbal diet, which will cleanse your mind and body. They will also benefit the organs active in the winter months, and you can rejoice in connecting several useful methods for working on the health of your body and soul.

Wishing you a healthy and joyful new year and a pleasant reading of *My Herbs*,

Kelsey Quinn & the whole *My Herbs* family



CONTENTS

10 Herbs for Slimming

Read up on how to drop a few extra pounds and keep them off. Find out why you should avoid light foods and increase your intake of certain herbs that will aid you in controlling your weight. Learn more about the amazing foods that burn off extra fat. Use our effortless recipes to slim down.

24 Cholesterol, the New Boogeyman

Reduce the level of cholesterol by changing your diet and exercising for health

28 Six My Herbs Ideas

Keep your body and mind in mind - six *My Herbs* suggestions on how to tackle common, seemingly physical health issues

30 Cleanse Your Body of Heavy Metals

They are everywhere, so it is no wonder they enter our bodies with understandably negative effects on our health. Find out what natural remedies can keep your body clean and what metals we need to stay healthy

34 Hemp, a Universal Helper and Medicine

Have you ever heard of phytocannabinoids? Discover the magical powers of these chemical compounds in the third part of our series on the still controversial plant

38 Sea Buckthorn (Hippophae)

How does a glistening horse boost our immunity?Read about the preventative, therapeutic and beautifying effects of Sea Buckthorn.

42 My Herbs Calendar

We undertake regular trips into nature to recognize herbs which can be found at each different time of the year. We reveal which organs of the body are most active in these months and how best to nurse them.

46 Ridding Yourself of Psoriasis

A serious skin malady – how to treat it alternatively.

50 Vitamin Alphabet - B

In this issue we take a look at water-soluble B vitamins that play important roles in cell metabolism and are simply essential for our life.

52 Natural Mineral Sources

We take a close look at sodium, a necessary but sometimes dangerous mineral.

54 Life Giving Water

Nothing in the world can replace water. Water is the element most essential to life on Earth. Learn about water and its properties, how it operates in our bodies and why it is so important to drink.

58 *My Herbs* Series of Articles on Psychosomatic Health

The Body's Immunity.

62 Recipes

Try an herbal regimen, cleanse your body, and lose weight following our quick-and-easy recipes.

70 The Fruit That Tastes Like Chocolate

Chicle is truly the only fruit in the world that can boast natural chocolate

beneath its skin. You couldn't have asked for anything better. It is healthy and almost calorie-free!

72 A Traditional Guide to Nontraditional Flours

With glutens or gluten-free, which flour is the best, and for what?

76 Focus on Women: Anti-Acne Herbs

Fight acne with herbs.

78 Focus on Men: The Proper Diet for Tough Guys

Useful tips for men on how to keep up their physical strength.

82 Herbs for Our Soul

In our stressful era, it is necessary to brighten our spirits. Which herbs can help?

84 Saying Goodbye to Chronic Fatigue

There is no universal cure for fatigue, so it is necessary to identify and treat it. Here is a detailed guide.

86 Wholesome Wine

Wine contains many valuable compounds: flavonoids, antioxidants, and vitamins. We take a look at a drop of wine, literally under the microscope, to see exactly what it is composed of. And as a bonus, we include many wine recipes to address health problems.

90 Teas According to the Chinese Horoscope

Brew tea according to your sign of the Chinese 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
<u>1 Cup</u>	R.	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 Mililliters
and a state of the second state of the second state		

Herbs for Slimming

The most common cause of obesity and being overweight is the intake of unhealthy, unnaturally concentrated, and artificially flavored foods. Obesity can also be caused by an unhealthy diet or a lack of movement, sleep, or natural foods or by the consumption of foods not suitable for your constitution. Other causes include taking certain medicines, dependence on industrially prepared foods, high levels of stress, genetic predispositions, or any combination of the above factors.

A chieving a sleek figure doesn't require counting calories, running marathons, or living on unnatural diets. Instead of a race for slimness, it is much more reasonable to focus on one's overall health through proper diet and lifestyle. A long term healthy diet means a healthy body and healthy weight. Unnatural dieting, on the other hand, leads only to alternating restrictive diets with overeating.

One's Own Regime

The most important rule for healthy food for everyone is to make a menu for the intake of natural foods and fresh dishes made from them. The best foods are natural, local, and organic. The most important thing to remove from one's menu (or at least restrict to a minimum) is unhealthy, unnaturally concentrated and artificially flavored, industrially prepared foods. In case natural foods don't lead to an optimal weight, try determining your type of constitution through the aid of Ayurveda or traditional Chinese medicine and improving your diet on the basis of recommendations suitable for your type.

It is also possible that some who are unsuccessful at reducing their weight are consuming healthy foods that are not the most suitable for their body. For example, the intake of large amounts of raw salads for those with weak, cold, or moist constitution types.

Addiction to Certain Foods

While obesity these days is commonly associated with a variety of possible causes, the question remains whether we are overlooking another basic factor in being overweight addiction. Se intake of some foods can lead to a reaction in the brain similar to that of drug use. For example, a study by Dr. Nicole Avena, an addiction scientist, suggests that sugar is eight times more addictive than cocaine.

There are foods which we can become addicted to. What is more, the influence of foods on the brain (or on our state of mind) is relatively unexplored territory compared to the effects of food on our physical selves, which has been the subject of scientific research for decades. According to the international classification of diseases, addic-

... Herbs for slimming

tion is a group of behavioral, cognitive, and physiological phenomena that develop after repeated use of substances and typically include the following effects:

- Strong desire to use substances (craving)
- Difficulty in controlling the use of substances (whether it is a question of starting or stopping using substances, or the amount of the substance ingested)
- Proof of tolerance the necessity to increase the dose in order to achieve the same effects as before
- Gradual neglecting of interests in favor of the use of substances
- Repeated use despite clear evidence of damaging effects

Experiments on animals have unambiguously shown that sugar consumption satisfies all five characteristics. Above average intake of sugar does not only increase intoxication from it, but it also increases the desire for more. Sugar (just like cocaine, for example) has an influence on the brain reward center of the brain, where many biochemical mediators, "More please!". In addition to influencing brain cells, sugar also increases the production of insulin, which, in increased levels, can lead to a number of healthy problems, such as irritability, early ageing, high blood pressure, and/or increased fat deposits. Animal experiments have also shown that sugar is a strongly addictive substance, resulting in a stronger addiction than that to caffeine. We don't give our children caffeine, but we quite commonly give children sweets as rewards, even in schools and in doctors' clinics.

Detox Cure

There is really no difference in whether we are talking about alcohol, cocaine, or sugar. The substances that we are addicted to, regardless of their further designation, are just as big of a risk factor because each of them affects different groups of body organs. All of them lead to analogical biochemical processes in the brain.

After a certain amount of the substance is ingested, there is an increase in the release of dopamine, the hormone released when desires are rewarded. Addictive substances (in addition to an increase in the release of dopamine and adrenaline) build up an addiction path in the brain that is strengthened with every consumption of the addictive substance.

From the moment the addiction path is created, every additional consumption of the given substance leads to a desire for more and more. Such addiction paths are difficult to erase, even after years of abstinence. To sprinkle cocaine on a child's cake is rightfully criminal due to the risk of initiating an addiction, whereas sprinkling sugar on tidbits given to the very youngest children is done with regularity. There are huge differences in reactions to substances between individuals, and so far, we are unable to predict the reaction of every person in advance. This is why according to the authors of a study at the University of California, the government ought to try similar restrictions for sugar intake as those that exist for alcohol and smoking.

Doughnut or Carrot?

The very worst foods seem to be the easiest to access and are often the cheapest as well. Nutrition experts have named this situation the toxic food environment. In such an environment, it is practically impossible to walk through town without being attacked by ubiquitous junk food access, where going to the cinema means buying a tub of popcorn and a bucket of cola, and where many pediatricians reward their young patients with sweets. Hot dogs

The most important things necessary to remove from one's menu: Unhealthy, unnaturally concentrated and artificially flavored industrially processed foods. are sold on every corner, while buying portions of anything healthy in a public place is practically impossible.

How Can We Succeed?

- Miracles happen in fairy tales, but it is not recommended to expect them when dieting. Popular diets are often inadequate in terms of nourishment. They only work for a limited time and are not recommended.
- In terms of slimming, nobody should keep counting calories, running marathons, eating only salads, or skipping meals.
- The most important things necessary to remove from one's menu, or at least limit to a minimum are unhealthy, unnaturally concentrated and artificially flavored, industrially processed foods.
- Give favor to natural foods and meals prepared from them.
- The best drinks are water, water flavored with lemon or perhaps a spoonful of honey (which, according to Ayurveda, in moderate amounts, activates the metabolism) and teas.
- When slimming it is advisable, for the most part, to limit the intake of cold drinks and foods.
- In preparing meals, don't skimp on herbs and spices, which also activate the metabolism.
- During every moment of weakness, at least at the beginning, write down everything that you have eaten, a list of movement activity and also milestones reached. This will serve as a reminder of your progress and hold you accountable.
- Health food needs to be supported by enough movement, sleep, and time spent outdoors and in the sun.

⊂>

Why Not Eat Diet Foods?

For the most part, fad diets have nothing to do with health. Diet foods are best at reducing our wallets.

The food industry welcomes special diets and new, faddish micronutrients, which they can flood the market with ... at a special price. For industry, the most profitable, semi-finished products are those made from the cheapest ingredients, which today are corn (maize) and soy in hundreds of forms - from high fructose corn syrup to vegetable protein extracts. The cheap base is enriched by whatever faddish nutrient and often times, that which ought to be avoided, such as gluten, cholesterol or saturated fat. Advertisers and nutrition advisors are paid by the industry to advise us what is healthy: for example, that margarine full of transfats is okay for us. This persistent propaganda stops only when the customer stops buying the product.

The reality is that these diet foods are usually highly industrially "improved", semi finished food products with a low content of that which is considered healthy. They usually contain additives so that the created product is at all edible. In recent years, there have been more and more miracle products in the shops.



Low-Fat Yogurts Full of Starches

Low fat dairy products came in response to the concept that it is necessary to eat fewer animal fats, and less cholesterol. In processing such products, following homogenization and pasteurization, milk fat is then removed and with it vitamins A and D. On the other hand, powdered milk is a common additive, one that contains oxidized cholesterol (the type that actually causes damage to veins). Other common additives are sugars and starches - nutrients which, if we eat too much of them, can metabolize perfectly in our bodies with overconsumption into stored fat. Fat-free milk reduces the content of small-chain fatty acids conducive to one's health, such as palmitic acids, which reduce the risk of developing insulin resistance (the basis of diabetes), and conjugated linoleic acids, which significantly reduce the risk of cancer. The result is semi-finished foods with excess sugar and oxidised cholesterol. These food products are impoverished of most health value in favor of fat and vitamins, which satisfy nobody, and without flavoring, are palatable to no one. The fats which are naturally found in foods actually ensure longer satisfaction and better taste! Without them, we are soon hungry, and the food seems tasteless. This is why dieters are always nibbling and are neither full nor satisfied.

Unhealthy Dietetic Chocolate

Insulin is necessary for the proper utilization of glucose, which is the key concern for diabetics, as their bodies don't produce enough of it. As a result, semi-finished foods for diabetics have been sweetened with fructose for years. But today, we know that concentrated fructose is transformed into fat in the liver, and its excess in today's industrial foods has increased the number of obese persons and individuals with steatosis (fatty livers). Instead of alcohol, it builds up a regime of drinking soft drinks, usually containing high amounts of simple sugars, artificial sweeteners and a slew of additives. Additionally, an excess of milk cocktails are typically consumed, full of concentrated corn syrup, the basis of which is fructose.

In order to be more aware of what we are eating, we only need to make a detailed list of everything we have eaten. Better decisions are sure to follow.

Diet Cola Makes Us Fatter

With the goal of reducing the amount of calories, many unhealthy drinks include artificial sweeteners instead of sugar. In reality, there is no study showing that consumption of such diet drinks helps reduce one's weight. On the other hand, there are countless studies that show the opposite. Artificial sweeteners, according to these studies, deform one's control of appetite. Overall, their consumption ends in consuming more calories than ingesting the same drinks sweetened by sugar. Other studies have found a connection between the regular intake of diet drinks and an increased risk of heart attack and stroke. Further studies have confirmed that aspartame reduces insulin sensitivity more than sugar. Some studies connect its intake to higher incidence of tumorous diseases, such as lleukemia and lymphoma.



Interesting Facts about Dieting

Nonsensical reduction regimes, extreme limitation of food amounts, and consumption of labeled nonsense instead of real foods typically define dieting today. Some studies show that this behavior is a consistent predictor of future weight gain. It is difficult to keep to a diet because it is not pleasant, and moreover, it leads to feelings of deprivation No temporary diet can guarantee long-term effects. Dieting can limit the intake of important micronutrients, and the result can be nutritional deficits and irritability. Rapid weight loss then interrupts hormonal balance and leads to emergency reactions in the body, which will attempt to regain its original state. Biochemically, a sharp decrease follows in the level of leptin, a hormone that regulates energy intake, energy output and appetite follows. It lessens the function of the thyroid gland and metabolism. The body reacts by increasing hunger and storage of reserves.

Forget about diets and diet foods. The basis of a healthy body and proper weight are natural, quality foods and meals made from them. For ensuring one's health, nobody needs semi-finished food products with statements about their low fat, low calorie or low cholesterol content. The only things that don't belong in food are chemicals, additives, and drug and pesticide traces. The healthiest foods are those that are grown in good soil, are not laden with pesticides and are from well-fed and humanely raised animals. ⊐

I eat healthy, so why am I not losing weight?

Follow this guideline to overcome a weight loss roadblock.

- Before breakfast: Yoga
- Breakfast: Water with lemon and ground millet prepared like oatmeal.
- For lunch: Steamed fish with vegetables
- Before dinner: An hour at the fitness center
- For dinner: A light salad. During the day, some fruits or nuts

One's weight will remain steady or even increase with age.

I have given an extreme description, but in the real world, I actually meet with clients on diets who often eat much less than I, and it takes years to resolve their weight issues. Where is the problem? Regulation of one's body weight is a complicated process involving dozens of factors. Which are the most common? **Too much dieting** – The metabolic requirements of one's body naturally decrease with age. In simple terms, to maintain a slim figure, one needs to eat a little less and exercise a little more. The problem comes when trying unnaturally restrictive diets or multiple diets or skipping meals. By these attempts, we exacerbate the already natural decrease in metabolism.

Everyday stress – In the framework of natural reactions, the body under stress releases cortisol in increased amounts. Some of the effects of this hormone are muscle breakdown, possible worsened insulin resistance, and increased abdominal fat deposits.

Unconscious eating – We have a hankering for something small and sweet. We eat at night, or instead of healthy oatmeal, we have an unhealthy muesli bar full of sugars and dipped in fatty icing. In order to be more aware of what we are eating, we need to make a detailed list of everything we have eaten. Better decisions are sure to follow.

PROTECT YOUR HEALTH AND LOSE WEIGHT BY EATING EGGPLANT

.....

You may not know that eggplant – or aubergine, which to many earsmight sound more elegant – contains no fat. With high fiber and water content, eggplant is perfect for people who want to lose weight. It is one of the lightest vegetables you can get. It aids in digestion thanks to its content of saponin, a chemical compound that prevents fat absorption.

Delicious recipe on the next page

Eggplant also helps prevent fluid

also helps prevent fluid retention. Due to its high levels of potassium it helps your body maintain proper pH balance – including fluid levels. Lack of potassium can cause water retention, which leads to medical conditions such as edema, swelling and weight gain. Get some inspiration for your cooking from the following recipes

Grilled eggplant with cherry tomatoes and Parmesan cheese

Grilled eggplant is a quick and tasty delicacy. It is creamy and rich, and if you want to make this treat even tastier, get fresh eggplants at a local farm stall, or from your own backyard garden.

Look for a medium-size, purple eggplant with firm skin and no mushy spots.

Ingredients:

- 1/2 cup of extra virgin olive oil
- A few drops of lemon juice
- · A pinch of sea salt
- · Freshly grated black pepper
- Fresh basil
- 2 cloves of garlic
- Cherry tomatoes
- Shaved Parmesan
 cheese

Directions:

Cut eggplants into 1-inch-thick rounds; sprinkle them with sea salt and freshly grated black pepper, and then let them sweat for a few minutes. The salt removes moisture from the eggplant. It also tenderizes the eggplant and seasons it. Since the eggplant has less moisture in it, it is able to soak up the oils used when cooking. The result is a more tender, less bitter, and tastier eggplant.

Make shallow cuts on both faces and rub with a mixture of 1/3 cup olive oil, a few drops of lemon juice, 1 tablespoon of minced garlic and leaves of fresh basil. Grill uncovered until tender and lightly browned, turning and brushing with more oil as needed for about 20 minutes. At the end of grilling, loosen eggplant from grate. Top with cherry tomatoes, whole or sliced, and shaved Parmesan. Put in the oven for a few minutes to let the cheese melt.

Carrot and Leek Soup with Ginger

Leeks have special benefits when it comes to losing weight. They may also help to reduce cholesterol, since they are full of fiber. They contain a special type of fiber that prevents constipation and intestinal gases. Healthy fiber is a necessary part of a weight-loss diet plan. Since leek soup is in liquid form, this helps the body to retain the nutrients without absorbing excess fat as easily.

Carrots are naturally low in calories and full of nutrients, especially vitamin A, that can help your weight loss efforts.

Ingredients:

- 400 g /14oz sliced fresh carrots
- 1 sliced leek
- 1 tbsp of grated fresh ginger
- 2 ¹/₂ pt. of home-made vegetable
- stock
- 1 tsp. of butter

Directions:

Getting more vitamin A might benefit your health if you have a few pounds to lose. Those who are overweight tend to have low levels of vitamin A in their tissue. Since your cells need vitamin A to function properly, not having enough might prevent your cells and tissues from working at an optimal level.

Ginger improves digestive functions, but it also has a thermogenic effect that helps activate the metabolism, making it a potent fat- and calorie-burner. Also, it's been proven that ginger works as a natural appetite suppressant, which can aid in weight loss.

Directions:

- 1. Let the butter melt in a large saucepan and add sliced carrots, leek and grated ginger. Roast until golden brown.
- 2. Add the 2 ¹/₂ pints of the homemade vegetable stock and bring to a boil.
- 3. Once boiling, reduce the heat and simmer for about 15 minutes.

4. Enjoy!

Sauerkraut, onion and horseradish salad – a fat loss *bomb* and great immune system *booster!*

Sauerkraut is a low-calorie food that may complement your weight-loss plan. With 15 calories in two-thirds of a cup, this fermented cabbage does not have to be paired with fatty foods to add taste and nutrition to your diet.

Eat a serving of sauerkraut when you are hungry between meals. It gives your body a significant amount of fiber and vitamins C

Sauerkraut, onion, and horseradish salad

Ingredients:

- 400 g /14oz of sauerkraut
- 1 Tbsp of freshly grated horseradish root or a small jar of pickled horseradish
- 1 small onion
- Lemon juice

Directions:

Mix all the ingredients to make a hot and sharp, yet very tasty, healthy salad that will not cost a fortune! and K. It also boosts your energy and immune system with iron. Add sauerkraut to lunch and dinner meals. It pairs with almost any protein, such as chicken or lean cuts of beef. In spite of the positives, you should limit the amount you eat. Since it's fermented with salt, sauerkraut is high in sodium.

Horseradish

Due to its composition (vitamin C, potassium, vitamin B1, vitamin B6, iron, calcium, vitamin B2, magnesium and phosphorus) horseradish is considered not only a gourmet delicacy, but an extremely good healing remedy. Horseradish cleanses the body, enhances the functions of the digestive system, improves metabolism, reduces fatigue and is recommended for diabetics.

Onion

Onions are a good source of the antioxidant quercetin. Quercetin may help increase energy expenditure, or calorie burn, in your body, while also reducing inflammation, says Laura K. Stewart, lead author for a 2008 study published in the journal Metabolism. Onions are rich in fiber, which is a great help for proper digestion. Onions also regulate blood sugar, help burn calories and add flavor to salads.

My Notes

... Herbs for slimming

Marming Minter Foods

In winter, we regularly put on pounds of fat which we try to get rid of during the rest of the year. We recognize the problem, but why can't we keep from doing it? It could be the short days, the long nights, little sunlight, and mainly that most people are not willing to exercise, and while wallowing in gloomy moods, they consume a huge amount of food. Every food we eat during digestion creates cold, neutral, or increased temperatures.

According to nutritionists, winter is when it ismost important to focus on the warming effects of food consumption. The foods which warm us support increased metabolism and will burn fat better.

Nutritionists recommend immediately adding vegetables to the menu (for every main dish, food in the proportions of 1/4 vegetables, 1/4 saccharides, 1/4 protein), especially cabbage, pumpkins, squash, Brussels sprouts, onion, garlic, leek, celery root.. In wintertime, thick vegetable broths or warm vegetables are ideal with every meal. There are roots which accelerate digestion. Don't skimp on curry, basil, ginger, pepper, or peppers. But a warning - none of these warming foods will work miracles if you don't start to exercise! What's the best way? Outside in the fresh air — downhill skiing, cross country skiing, or just going for a long walk in the snow. Even a half-hour walk after lunch and dinner can work wonders. It will support digestion, detox the body, and burn more energy.

Winter foods supporting the metabolism and slimming:

- Grains: wild rice, barley, oats, buckwheat
- Beans: soy
- Fruits and Vegetables: eggplant, cabbage, onion, garlic, leek, carrots, cherries, grapes, apricots, strawberries
- Milk products: goat cheese, goat milk
- Nuts: walnuts
- Other: seaweed, sea salt, mineral waters, cocoa, coconut milk
- Meat: chicken, lamb, goat, pheasant
- **Seafood:** salmon, abalone, lobster, eel, tuna, trout, sardines
- **Spices:** chili, fennel, nutmeg, cloves, pepper, cinnamon, rosemary, ginger, licorice

Herbal intoxication

Licorice is an excellent antioxidant. It frees toxins from the body and cleans the liver. It lowers cholesterol, destroys the bacteria Helicobacter pylori (which can be the origin of stomach ulcers) and helps break down fat. It can even serve as a natural sweetener.

Tea for speeding the metabolism

Ingredients:

- ¹/₂ oz. dandelion roots and leaves
- ¹/₂ oz. alder-buckthorn bark
- 1/2 oz. licorice bark
- ¹/₂ oz. pansy

Directions:

Soak a tablespoon of the above herbal mix in 1 quart of cold water and let infuse for three hours. Then bring the mixture to a boil, remove from heat and cover for 15 minutes. Take 2 tablespoons daily.

1) Fat Digesting Hot mulled maté tea

Maté leaves contain a significant amount of caffeine, which stirs the digestion of fats. As a postprandial, it is good for the body, and the caffeine swiftly gets rid of fatigue with long-lasting effects. This is a good tea when feeling bloated.

Directions: Steep 1 teabag of maté and 1 teabag of chamomile tea in a pint of boiling water for six minutes. Pour the tea into two cups and add a slice of orange to each. Stir with a cinnamon stick.

4) Damping the Appetite *Chocolate milk with vanilla*

If you have a hankering for something sweet before bedtime, then this milk will help. It reduces the appetite and, at the same time, aids drowsiness.

Directions: Mix 1 cup milk (ideally milk straight from the farm or from a natural foods shop) in a pan with 1 teaspoon of real, high-quality cocoa, 1 teaspoon honey, and a pinch of bourbon vanilla. Keep stirring while bringing to a boil.

Six Herbal Recipes for a Slim Figure

2) Fat Burning *Hot mint with lemon*

Vitamins found in lemons help transport degraded fatty acids to the place where they are burned.

Directions: Take 1 cup water, 1 teaspoon honey, and the juice from 1/2 a lemon and place into a small pan and slightly warm. Place 1 sprig of mint and lemon grass into a glass, and pour the hot lemon drink over it.

3) Calorie Liquidator *Elderberry punch*

Elderberries contain lots of vitamin C, which can liquidate calories. You can use either elderberry flowers or fruits, though the berries are more effective.

Directions: Bring ¹/₂ cup elderberry juice, ¹/₂ cup apple juice, two cloves, a small piece of cinnamon, and a little lemon juice to a boil for five minutes in a covered pan. Strain and pour into glasses.

5) Flat Stomach

Delicious drink from sage andbirch

If you suffer from an upset stomach and gas, then sage can help. Birch supports cleansing.

Directions: Pour 1 cup boiling water over 1 teaspoon birch tea and 1 teabag of sage tea. Steep for 10 minutes. Strain and sweeten with floral honey.

6) Activate your Metabolism *Green tea with pineapple*

This tea is best taken in the morning. It makes a turnaround in slack metabolism, and the pineapple adds vitamins.

Directions: Pour boiling water over 1 teabag of green tea. Steep for a maximum of three minutes. Place 1 teaspoon of fresh pineapple pieces into a mug and pour in the prepared green tea.

Cholesterol, the New Boogeyman

For several decades, a simple correlation in medicine has been valid: reducing cholesterol is beneficial to one's health. Lately, however, it has been shown that this rule is not precisely true. Cholesterol in the human body is irreplaceable and necessary — but only in the correct amounts. I t is one of the most controversial nutrients in the history of medicine. The fact is, increasing the level of its concentration in the blood certainly brings many health risks. One of the most pertinent risks is heart disease, which annually results in about one in every four deaths in the United States.

Good Servant, Poor Master

Cholesterol is a fatty substance, a component of all of our cells and something the human body needs for the production of hormones and vitamin D. Cholesterol helps the body process fats, which is also important for the creation of cell membranes and, at the same time, is a basic building block of nerve and brain cells. In cases when we have an excess of cholesterol in the blood, there is a tendency to deposit it in the vascular wall. This process is called arteriosclerosis, meaning hardening of the arteries. It occurs due to the narrowing of the interior of the veins where the blood can no longer flow freely. Plaque deposits often rupture and create blood clots. These events can result in completely blocked veins. Depending on the places where the blockage of the veins occurred, it can potentially lead to a heart attack or stroke. The level of cholesterol is one of the main and unmistakeable risk factors for cardiovascular disease, especially for coronary artery disease, says cardiologist It is important to keep in mind that a everyone can influence their cholesterol level.

Good or Bad

Cholesterol in the human body is divided into two sub-groups known familiarly as good HDL (high density lipoprotein) cholesterol and bad LDL (low density lipoprotein) cholesterol. This really refers to the transporters of cholesterol in the blood. HDL transports cholesterol from the blood into the liver and protects the veins from its build-up. A high level of "good" cholesterol signifies a strong ability to remove excess cholesterol from the body. LDL is created in the liver and makes the deposit of excess cholesterol in the vascular walls possible. In principle, we ought to maximally strive for a high level of HDL cholesterol and to reduce the level of LDL cholesterol.

Risk Factors

Nearly one in every six adult Americans suffers from high cholesterol. Keep in mind that increased levels of cholesterol have no visible symptoms. Only a medical check-up can evaluate the level of cholesterol in the blood. At the same time there is a myth in the general public that only obese people have problems with cholesterol, but there are many more factors influencing cholesterol level cardiologists warn. Other risk factors include high blood pressure, diabetes, lack of exercise, poor dietary habits, smoking, and genetic disposition. All of the above except the last are risk factors that a person can have an influence. By living a healthy lifestyle, it is possible to significantly reduce these factors. The doctor is encouraging: "It can be said that the health of our cardiovascular system rests in our hands.

We Are What We Eat

One of the basic cornerstones in positively influencing cholesterol levels is changing one's diet. Keeping the following dietary habits are important in prevention:



26 MY HERBS MAGAZINE

Good Foods:

- fish, chicken, lean beef, and pork
- olive oil, linseed oil
- · fermented milk products
- eggs (in modest amounts)
- walnuts, hazelnuts, almonds
- · fruits and vegetables

Bad Foods:

- smoked and fatty meats, inner organs, caviar
- salamis, pâtés, sausages
- margarine, hydrogenated fats, lard
- butter in large amounts
- cream, rich cheeses, high-fat yogurts
- cakes with crème filling, whipped cream
- mayonnaise

When selecting good foods, it is necessary to plan in advance before purchasing and to follow the rules for reducing cholesterol for the long-term. The first signs of change can be seen after a longer period, typically two to three months. It is important to increase the amount of fruits and vegetables, the majority of which offer low amounts of energy, but contain lots of vitamins, minerals and roughage. This helps reduce cholesterol levels, but also aids in digestion and has a positive effect on intestinal peristalsis. Whole wheat baked goods are high in roughage and should replace white bread. Instead of excessive salt, herbal flavoring (basil, oregano or rosemary)

A recipe to bring down cholesterol:

Slice up one bulb of garlic, put into a cup and pour some extra virgin olive or linseed oil over it. Leave covered for about one week. Then drain, put into a small bottle and enjoy 1 teaspoon of the oil preparation a day preferably twenty minutes before a meal. can be used. One can have sweet things, but limit cheap chocolates, crackers, and various soups. It would be better to have a small piece of quality chocolate with a high percentage of cocoa, a piece of fruit, or a whole wheat, high-quality muesli stick.

Exercising for Health

Another method of reducing the risk of cardiovascular disease is movement. Exercise helps keep the heart healthy by lowering blood pressure, increasing the level of HDL cholesterol and lowering the concentration of LDL cholesterol. At the same time, it helps fight weight gain and obesity. The Physical Activity Guidelines for Americans recommend adults get 150 minutes of moderate-intensity aerobic physical activity a week. That's 30 minutes a day for five of the seven days. According to research, only 18 percent of Europeans manage this and 16 percent of Europeans don't even find time for a tenminute walk weekly. In this light, it might help to keep this small piece of advice in mind: instead of using the elevator, walk. Get off the bus one stop early and walk to work.

Plants for Controlling Cholesterol Levels

Citrus Fruits — Cholesterol in the blood can be improved especially by a large vitamin C content. Citrus fruits like tangerines, oranges, and grapefruit may help, but also beneficial are herbs and superfoods like sea buckthorn, rosehips, and goji that are high in vitamin C. These products can help adjust cholesterol to normal levels.

Aronia (Chokeberry) — Dried aronia fruits (chokeberries) are recommended as a preventative and a therapeutic food supplement for arteriosclerosis.

They lower the level of cholesterol and improve high blood pressure. They also adjust the metabolism and are good for stomach inflammation.

Eleutherococcus (Siberian Ginseng) — Siberian ginseng works as a vegetable tonic, adaptogen and harmonizer. It positively affects blood pressure and blood sugar. It lowers the level of bad cholesterol and slows arteriosclerosis. It can be found in the form of dietary supplements and in tinctures.

Avocado — Avocado contains unsaturated fatty acids and other substances that stimulate circulation. Consuming avocado can help lower cholesterol levels.



The Controversial Egg: Healthy or Not?

One should not forget that eggs are sources of proteins, minerals, and vitamins D, A and B2. But they also contain a lot of cholesterol: more than 200 grams per egg. However, much of this is made up of good HDL cholesterol. The yolk contains up to 10 percent lecithin, which helps regulate cholesterol levels and also has a remarkable influence on increasing memory, bolstering the nervous system, and boosting immunity. Despite this, it is important to remember the adage, everything in moderation. In any case, in recent studies, one or two eggs daily did not show an increase in cholesterol levels.

Six Suggestions to Our Readers

I have been suffering from migraines in recent years. Now, right after fresh examinations (EEG, CT), all results are negative. The doctors have no idea why I have these problems. What is going on?

In terms of the zodiac, migraines and headaches are suffered more often by female Aquariuses, Geminis, Libras, and Virgos, in simple terms of the European horoscope, excluding decans in signs. Even from a distance, it can be determined by your sign if you will be more susceptible to migraines. If doctors using modern equipment cannot find a physical reason, you have arrived in the psychosomatic patient area. Socalled migraines are the result of too much pressure on one's thoughts or on the brain. At the present time, you are resolving your own personal problems in life, but you are suffering from the problems of those around you, to whom you cannot give real, verifiable help. My advice is not to trouble your head with things you cannot change, and instead, start to devote yourself to new activities in life — courses or learning of any kind to

> shift your thinking to something new. You have influence over your brain.

I have arrived at the age of so-called male menopause — something I've only read about, but it seems like it is affecting me now. How does one deal with this period in life? Can you advise me of any comprehensive method to get through these troubles?

If there existed a holistic solution for what you are describing, male menopause would cease to be such a phenomenon of our time. During this period, male hormones act almost as in puberty. Actually, men in this period act and feel as if they were in puberty. However, in reality, there is probably no advice that will save you, similar to how we cannot explain to a pubescent youth that he is not in touch with reality. Your victory over your hormones is a life experience, or the ability to think pragmatically: wisdom over age. If that doesn't help, return to your own past. It is very likely that you will want to repeat a mistake which you have already made under the influence of hormones. However, if you grew up on your own, or only with your mother or father or another member of the family and you have not yet started a family of your own, you could wind up in a completely different place — adulthood.

Every year from autumn to spring, I suffer from bronchitis or strep throat. Nothing helps. Even alternative medicine or herbs no longer help. What's the problem?

Your recurring problem is not just a question of tonsils and the respiratory tract if you are not a child or a pubescent born in the sign of Taurus, Gemini, the cusp of Cancer Leo or a January Sagittarius. Ruling out astrology, with respect to your age, we should warn you about kidney problems and your relationships with those closest to you. First, stop quietly putting up with what is bothering you. You don't have to think up an immediate counterattack. Simply and calmly inform those around you (your boss, parents, partner, children) what is unacceptable to you, or what you can no longer carry on your shoulders and distribute chores instead of trying to manage everything yourself. Also, avoid sitting in cold places or going for holidays in cold places. Dry heat will serve you best.

My son (3 years old) keeps suffering again and again from bronchitis. I'm afraid this might grow into asthma, because it has been going on for some time now. Do you have any advice? What should we try?

You can try anything, but nothing will work until you as a parent are able to cater the environment to the child. Try a calm environment without any hidden stress — unfortunately no other advice will have a long-term effect. It is necessary to get rid of all visible conflicts in the family until a child is 5 years old. If you are a single working parent, it is necessary to substitute the missing family entity, ideally with a relative (uncle, aunt, grandma, grandpa). If you can break the non-functional relationship of the parents or replace the missing potential in the family, you can resolve even skin problems in a child. Sree-year-old children are not able to understand the world in a complex way, and so they psychosomatically express their inability to breathe in the environment in which they live. If the child was born in the sign of Virgo or Sagittarius, you can count on possible recurring skin problems. If the child is a Gemini, asthma can settle in.

J am troubled with poor sleep and don't want to reach for pills. So far, I have only tried herbal remedies that helped me to get to sleep quickly but did not improve the length of the sleep or its quality. Can you advise me?

Poor quality sleep in your case, if we understand you correctly, means repeated interruption of sleep by waking. There may be many reasons for this, but let's assume that you are not writing about personal problems or stress at work. Here we would like to recommend passionflower, which you can buy at natural remedy shops in capsules or tablets. It soothes the mind and ought to help you. Supplement this with tried and true warm milk with honey (go heavy on the honey). Combined with milk, it creates a chemical reaction that soothes the overburdened mind.

I suffer from being cold-blooded — I always have cold hands and feet. I have been troubled with this since early childhood, but it is starting to bother me more and more. I would like to resolve this problem — can you help me?

It is difficult to solve the problem of sensitivity to the cold, having cold fingers and toes and a cold nose, to boot. These are the extremities of the body that are coldest, especially for people with low blood pressure and lazy circulation. This is a fact one appreciates in later years when one's blood pressure tends to rise. If you had this problem before the age of forty, you will appreciate it after the age of fifty. Unfortunately, we don't know how old you are, but in general, we can recommend going to the sauna— it increases the blood circulation and benefits the body at any age of life.

Parsley Crème **Ingredients:**

A bunch of parsley roots (6 – 8 small roots)

- 2 onions
- 1 Tbsp. oil
- 2 bay leaves
- 2 allspice berries
- 4 peppercorns
- 1¹/₂ tsp. saltt
- 3 small zucchinis
- A small chili pepper
- dash of smooth-leaved parsley leaves and more for garnish
- 2 Tbsp. pumpkin oil

Directions: Dice the onions and brown them in oil. Add washed parsley root cut into small pieces and 2 cups of water. Add the spices and bring to a boil. Let simmer for 30 to 35 minutes. When the root is soft, remove the bay leaves and allspice. Mix until smooth. Add water if necessary; the crème should be slightly watery. Add washed, sliced zucchini, sliced chilli pepper and finely chopped parsley. Cook for another 10 minutes. Before serving, stir in the 2 tablespoons of pumpkin oil and garnish with fresh parsley.

Cleanse Your Body of Heavy Metals

Heavy metals (toxins) can have very unpleasant effects on our health. They are all around us – in our food, water, vaccines, and even in the air we breathe. Today it is quite difficult to rid ourselves of them entirely. We made a list of natural preparations that can help the body partially – or even completely – get rid of those toxins.

They enter the body very inconspicuously. It is practically impossible to avoid them. Heavy metals can remain in various organs for years until they somehow come to our attention. Until the early years of this century, the mercury-based preservative thimerosal was used to inhibit bacteria growth in some vaccines; today, thimerosal is not used in any vaccinations except for the flu, and one can request thimerosal-free flu shots. They enter our system through conventional diets and drinks, chemical-laden cosmetics, drugs, and unclean air breathing. The air today, especially in big cities, is full of poisons.

Regeneration

The human body was given an amazing quality by nature – it is able to maintain itself and even regenerate. Heavy metals block this process, however. The situation in your body can be determined through laboratory tests, from any sample, more or less. Heavy metals can be found in urine, saliva, breast milk, and even in hair. These metals settle in the body where there is any kind of suitable niche for them. Typically, this means organs that lack minerals. There, the toxic metals taken in by the body begin to deposit. The basis for detoxing the body is the adequate intake of mineral substances. Only in the moment when the body begins to replenish its

mineral supply it is willing to release toxins from the body. It is certainly good to know that lead deposits where calcium is missing (the bones). Cadmium replaces zinc, nickel deposits anywhere magnesium is missing, and arsenic replaces phosphorus.

Ridding the body of uninvited metals is a very long and difficult process. It may take at least three months to see and feel results. If you decide to rid your body of toxins, then you must count on a basic regimen with herbs and mineral substances.

Symptoms of Intoxication

Right now you are probably wondering how your body is doing. Understanding the symptoms of toxins in the body may lead you to an answer. Among the most common are headaches or dizziness, chronic fatigue, backaches without evident cause, cramps, arthritis and joint aches, limited function of the lymphatic system, liquid retention, kidney pain, poor liver function, inability to breathe properly, a feeling of pressure in the lungs, and neurological problems. This list of ailments also includes muscle pain, sudden weight gain, tingling in the extremities, memory loss and seeing stars, tics, loss of smell and appetite, problems with elimination, problems with digestion, hair loss, cysts, and, finally, cancerous tumors. Hyperactivity

in children is also a common symptom. But don't worry – nature offers many remedies that can help detox the body of these harmful toxins.

Coriander (Cilantro)

Coriander is first for a reason. It is a super herb that releases the majority of heavy metals from the body – especially mercury, lead, and aluminium, metals which, aside from other problems, curb the function of the immune system. By their liquidation, we renew the body's immune system. Using coriander in body cleansing takes a relatively short period of time - roughly two weeks. However, it is necessary to take at least 400 milligrams of the herb daily. It has the advantage of penetrating the brain barrier, so it really cleanses every part of the body. Coriander is also beneficial in the digestive tract. It energizes the stomach's activity, regulates digestion, and has anti-inflammatory properties. It reduces fevers, cures cold sores and works as a natural antivirus agent and antibiotic. It is suitable for insomnia, diseases of the circulation, allergies, eczema, and mycosis.

Chlorella

This freshwater algae is rich in amino acids, vitamins, minerals, and trace elements. It is mostly praised for its wonderful ability to cleanse the body of unwanted substances – toxins and free radicals included. Thanks to this capability, chlorella is also able to increase resistance to infections and viruses. Additionally, chlorella regulates blood sugar, cholesterol and blood pressure levels. It also helps the cardiovascular system stay healthy.

Parsley

Parsley can be grown by nearly everyone, whether in the garden or in a window box. Few are aware, however, that parsley is one of the best herbs for removing mercury from the body. It contains a high amount of flavonoids, which have antioxidant properties. It also contains the carotenoid antioxidants lutein and zeaxanthin, which improve vision and help the body neutralise harmful ultraviolet radiation. Zinc eliminates water from the body, fights cramps, treats allergies, regulates the digestive tract, helps with gas, and is a natural aphrodisiac. Last but not least, this common herb cleanses the blood.

Sulphur

Foods rich in sulphur allow the body to cleanse itself of lead deposits. This is why we should add sulphur-rich onions and garlic to our menus. Other good sources are eggs, cabbage, Brussels sprouts, cauliflower, broccoli, hemp seeds, and chickweed.

Tip: Chickweed Salad

Wash freshly picked chickweed and slice it into small pieces. Prepare a dressing from vinegar, salt, and quality cold-pressed oil. Sprinkle over the salad.

Pectin

Pectin is one of the mildest and most economical natural substances. Nevertheless, it is very good at cleansing the body of toxins, heavy metals, and other dangerous substances. Pectin is found in apples, carrots, beetroot, cabbage, bananas, grapes, and citrus pith. It is one of the best sources of water-soluble fiber. Thanks to this quality, it aids in digestion by regulating the digestive tract and cleaning the intestines, which are capable of carrying away the most toxins. It also helps maintain desirable blood sugar and cholesterol levels.

Tip: Homemade Pectin

Next time you are ready to make marmalade and jam, make your own chemicalfree pectin. You'll need 2½ pounds of apples and 2 quarts of water. Pare the apples and cut into 4–8 pieces. Place the peels and seeds into cheesecloth and boil everything together. It should not be boiled too slowly, or too quickly. Let about half of the water boil off,

Chlorella

then strain the rest. Te resulting solution can be used in the ratio of 1/4 to 1/2 cup per pound of fresh fruit. Se amount of the homemade pectin to add depends on the kind of fruit you want to use.

Alpha-Lipoic Acid

Despite its almost mysterious name, alpha-lipoic acid significantly helps during heavy metal detoxification. It is not necessary to look it up. It's enough to remember that it is found in the majority of green vegetables: spinach, peas, Brussels sprouts, olives, and also in root vegetables and rice bran.

Cold Soup with Chlorella



- 1 salad cucumber
- ½ avocado
- 1 parsley root and some leaves
- 1 Tbsp. powdered chlorella or 2 Tbsp. tablets
- 1 tsp. green barley
- 1 tsp. cold-pressed linseed oil

• fresh cheese, salt, and herbs to taste **Directions:** Mix all the ingredients and add as much water as you like. Heat the soup to no more than 100°F in order to preserve the ingredients' detoxifying properties. Finally, add salt, herbs, and cheese.

Coriander Sauce



- A large bunch of fresh coriander
- A large onion

Ingredients:

- 3-4 garlic cloves
- 1-2 tsp. of white yogurt
- Salt, and pepper to taste

Directions: Wash the coriander, then tear small pieces from the stalks. Dice the onion, slice the garlic thinly, and place everything into a mixer. Mix until it makes a paste. Then add the white yogurt and mix again. Finally, add salt, and pepper.

Metals We Need

Iron – Iron reduces fatigue and helps us cope with stress. It is found in spinach, marigolds, parsley, wheat germ, and millet. It is necessary for the platelets and plays a role in acid transport.

Molybdenum – Molybdenum degrades purines, helps protect joints, and fights gout. It is found in vegetable leaves, whole grain products, and beans.

Chrome – Chrome regulates the blood sugar level and influences the cholesterol level. It creates alkaline substances and makes possible glucose deposits in cells. It is found in whole grain foods and yeast.

Selenium – Selenium is found in greatest concentrations in seeds and sprouts. It helps keep the heart healthy and guards against the effects of early ageing.

Copper – Copper influences the amount of necessary growth proteins and supports proper nerve function. It is found in greatest concentrations in shellfish (oysters, lobsters, and crabs,) and nuts (especially peanuts). It is also found in mushrooms and prunes.

Iodine – Iodine is an element absolutely essential for the thyroid gland. It helps fight fatigue and is found mainly in fish.

Zinc – Zinc helps keep the kidneys, liver, and immune system healthy. It regulates proper growth in children. It also helps release insulin. Zinc promotes healthy eyesight and hearing. Fish, shellfish, wheat germ, and pumpkin seeds all contain this element.

MYHERBSMAG.COM 33

Hemp, a Universal Helper and *Medicine*

How does the human endocannabinoid system work in conjunction with cannabis?

This is the third part of our series focusing on the health benefits and therapeutic effects of perhaps the most controversial herb today – cannabis. In the previous parts, we provided botanical descriptions and a brief interpretation of mechanisms that allow this plant to help cure a plethora of diseases. Today, we will deal in detail with the functions and effects of the endocannabinoid system in conjunction with cannabis, as well as its resulting impact on human health.



A fter reading the previous parts of our series you may wonder: "How can a single plant be capable of treating such a wide spectrum of diagnoses? How is it possible that it has both palliative (supportive) and curative (healing) properties? How come it possesses such powers, while at the same time, it is perfectly safe, posing absolutely no risk of fatal overdose? "

These are the very questions scientists and doctors in the early 1990's sought answers to. In the process, they discovered a previously unknown physiological system functioning as the center of health regulation and healing. The system is located in every human and animal body. It is called the endocannabinoid receptor system.

HOW DOES THIS SYSTEM WORK?

The endogenous cannabinoid system (hereinafter the ECS) is perhaps the most important physiological system involved in the maintenance and regulation of human health. Endocannabinoids, (cannabinoids formed by the body) phytocannabinoids (herbal cannabinoids contained in cannabis) and their receptors are found in different parts of the body, such as the brain, organs, tissue, and immune cells. The ECS operates in every tissue and every cell differently, but always with the same goal, of homeostasis. Homeostasis is the ability of the system to maintain a stable and balanced inner environment despite changes in outer conditions.

Cannabinoids promote homeostasis at every biological level, from the cellular level, to complex stability of the whole organism and perhaps even interpersonal relationships and community functioning. A typical example of ECS activity is called autophagy, a natural destructive mechanism that disassembles unnecessary or dysfunctional cellular components and then recycles them. The mechanism helps cells maintain vitally important stability through synthesis, degradation, and the subsequent recycling of cellular components. It has a lethal effect on malignant tumor cells, which, as a result, digest themselves. Such death of cancer cells helps the entire organism bring back balance and ultimately support survival.

Phytocannabinoids and endocannabinoids operate in important regions of the body where they are responsible for communication and collaboration among different types of cells. For example, at a site of injury, cannabinoids slow down the release of sensitivity activators around the damaged tissue and thus help stabilize nerve cells in the vicinity. They also prevent cells of the immune system from releasing inflammatory substances. Therefore, we can talk about three different mechanisms of action affecting three different types of cells for one single purpose: to minimize pain and damage caused by the injury.

The entire ECS and its complex effects on the immune and nervous systems together with all the human body organs represent a veritable bridge between body and mind. By studying this system we begin to realize how deeply the psyche and mental status affect our health for better or for worse.

In addition to homeostasis regulation at the level of organs and cells, the ECS also influences the relationship man has to his surroundings. From the social point of view, the use of cannabinoids contained in cannabis changes human behavior to make the user more talkative, positive, and creative. By stimulating neurogenesis (generation of new cells, the socalledneurons), neuroplasticity (the ability of neural networks and systems to change their functions and organization in response to new information, developments, or damage,) and learning, cannabinoids have a direct impact on the ability to be open to the surroundings. Likewise, cannabinoids support the ability to change firmly fixed patterns of thinking and behavior which are based on past experience, thus helping the human body to adapt to the constantly changing outer environment without having a negative impact on health. This is in part why cannabis is a popular drug with war veterans and other people suffering from traumatic experiences.

WHAT ARE CANNABINOID RECEPTORS LIKE?

The endocannabinoid system can be found in bodies of chordates, miniature hydras and all species of vertebrates. It is vitally important for their survival and ability to adapt to the changing environment. Scientists have found that this system first occurred in bodies of primitive animals more than 600 million years ago.

Although it may seem that we know quite a lot about cannabis now, our knowledge of specific processes and functions of the endocannabinoid system are still infinitesimal. Understanding the complexity of interactions between individual cannabinoids and cells, organs, and whole organisms is an enormous challenge for modern science and medicine. What is our current state of knowledge then? Cannabinoid receptors are found throughout the body in larger amounts than any other kind of receptors. They are divided into two basic groups - CB1 receptors located mainly in the nervous system, tissues, glands, and organs, and CB2 receptors, which are found in immune

cells. Many cells contain both types of receptors. By stimulating them, a series of different physiological processes can be triggered.

Sese receptors are bound to endogenous cannabinoids, or endocannabinoids, which, if necessary, can be produced by the organism itself. Se two best known are anandamide and 2-arachidonoylglycerol (2-AG). On the other hand, phytocannabinoids, which are now commonly referred to as cannabinoids, are herbal substances present in hemp. Hemp can also be bound to cannabinoid receptors in the body and stimulate them. Se bestknown phytocannabinoid is tetrahydrocannabinol, or THC, known particularly for its psychoactive effects. However, in recent years, the eyes of scientists and physicians have been on other cannabinoids contained in hemp, such as cannabidiol (CBD) and cannabinol CBN), whose significant therapeutic effects have also been proven.

HEMP, ECS AND GOOD HEALTH

With the further broadening knowledge of the effects of either plant or endogenous cannabinoids, one thing has become more than evident: a well functioning ECS is absolutely essential for a healthy organism. In the early stages of development when an embryo is formed in a mother's womb, and then later during body growth and physical and psychic development, and even in one's ability to react to injury, endocannabinoids help us survive in the constantly changing and increasingly hostile environments.Can we therefore trust the hypothesis that the functions of the endocannabinoid system improve if the body is supplied with hemp phytocannabinoids? Answer to this question is yes. According to recent research findings, low doses of

cannabinoids contained in cannabis stimulate the body to create more endocannabinoids and receptors of its own. For this reason, many users of cannabis with THC feel almost no intoxication and dizziness during first use. However, with the second or third use, they feel effects since their bodies produce more receptors and are therefore ready to respond to THC. Low doses of cannabis can be used regularly in the form of a tonic, a medicine that strengthens the endocannabinoid system.

Unfortunately, modern medicine prefers synthetic drugs and isolated substances which can be administered orally or intravenously. But this approach significantly limits the therapeutic use of phytocannabinoids, which works best in synergy. This means that more than 100 different cannabinoids contained in cannabis operate in mutual combination much more effectively than synthetically isolated derivatives of individual cannabinoids. Nowadays phytocannabinoids don't have to be applied through smoking, but rather through healthy vaporization (vapor inhalation), or in food, or in the form in food or tinctures.

HISTORICAL EXPERIENCE CON-FIRMED BY MODERN SCIENCE

Is it possible then that cannabis is a totally unique complex drug that can help treat almost any human disease and health problem we encounter? Can it act preventatively and help the organism to survive in an ever more toxic and carcinogenic environment? The answer seems to be more and more obvious – yes.

This is knowledge that has been used by ancient civilizations such as those in



China, India and Tibet. Modern medicine certainly needs to perform further clinical research. Nevertheless, there are hundreds, even thousands of scientifically validated facts readily available that prove the therapeutic properties of cannabis.

The reality is that the majority of doctors around the world lack profound knowledge of this non-toxic and highly effective drug that mankind has been successfully using for more than 5,000 years. They don't know of the therapeutic potential, which has been recently confirmed by countless professional research findings.

With the recent adoption of laws legalizing the use of cannabis for medical purposes in several countries, the situation has been changing rapidly. People today have a keen interest in being treated by safe, natural, and financially accessible medicines that help stimulate regenerative and healing mechanisms in the body without compromising quality of life. Cannabis seems to be an ideal solution in this regard.

In the next installment of the series, we will provide examples of specific diagnoses treated with the use of cannabis, whether as self-treatment of minor ailments or inflictions acknowledged by medical experts. *Series: Part IV - In the next issue*



Sea Buckthorn

(Hippophae rhamnoides)

The name Hippophae comes from ancient Greek and means glistening horse. Horses grazed in areas where this shrub grew, and as a result, their fur gained a glossy tone. For us, it is great not only for the skin, but also for the immune system.

The sea buckthorn, now naturalized in Europe, originally came from Asia. It grows mainly in China, Mongolia, India, and Nepal, but also in Siberia====y=a buckthorn is a bush or shrub. It is thorny (hence its name), grows up to 9 feet tall, and has green-silver leaves and orange berries. In Europe, it is mainly used as a decorative shrub or as a shrub to stabilize highway embankments.

The Plant in the Soil

Sea buckthorn is very easy to cultivate and has many uses. The nitrogen fixing bacteria in its roots enrich the soil. It thrives in dry soil, but it cannot be planted in dry soil because its roots need to settle first. Sea buckthorn has a very broad and deep root system. It creates root offshoots, so it should be planted only where its growth over time will not create problems. It is an ideal pioneer shrub for stabilizing dunes and loose rocks and for creating natural cover on sandy barren soils (especially for reclamation of quarries). Its fine-grain, medium-hard wood is used in carpentry.

Because sea buckthorn is dioecious, one needs to plant both male and female shrubs. The female plant is the one that bears fruit, so it is recommended to plant it in the ratio of 5–10 females to every 1 male. They can be distinguished in spring, due to their flowers. The pollen is spread by the wind, not insects. Thus, one should pay attention to the direction of prevailing winds when planting them, especially in larger plantings (find out the prevailing wind direction in spring). The berries are ripe from September to October.

Resilient Health

It can be said that sea buckthorn has four basic functions in our society. In the food industry, it is used to make syrups



and marmalade. In agriculture, it fights against soil erosion. In cosmetics, it is used to create aromatic oils and creams, and finally, it plays many important roles in healthcare.

The therapeutic effects of this plant have long been overlooked. It has 10 times more vitamin C than oranges and contains many other therapeutic substances (scientists state that the daily recommended dosage of vitamin C can be satisfied by one sea buckthorn berry). In addition, sea buckthorn is welcome for its store of vitamin A and organic acids.

Sea buckthorn has marked biostimulant effects; it significantly supports the immune system, and it is suitable for use in convalescence. It supports the creation of bile and digestive enzymes, stimulates the activity of the liver and lungs, and regulates circulation. It helps during pulmonary illnesses and effectively treats ulcers and various skin problems, including acne. This herb is also able to relieve pain, protect against hair loss, dissolve phlegm, and improve the condition of rheumatic joints. It is excellent for cleansing the body of toxins and even shows anti-tumoral effects. Sea buckthorn lineament regenerates tissue after frostbite and burns.

Sea buckthorn berries are a natural concentrate of all the most important vitamins. They can be dried and made into tea. They are excellent as preserves, puree, syrup, and natural fruit liqueur Sea buckthorn has the most vitamins and other bioactive elements at the beginning of ripening, which occurs at the end of summer. Its only drawback is a big one — it is very difficult to harvest. The berries hold fast to the thorny branches, because they are soft and don't have stems (except for the Leikora variety, which has small stems). Usually the berries burst when picked, and the juice trickles out prematurely. Thus, collection is usually carried out in winter — best at 10 degrees Fahrenheit. Usually a tarp is laid out under the shrubs and the frozen berries shaken onto the ground. Because vitamin C is lost at high temperatures, it is recommended to freeze sea buckthorn berries. Then during the winter months, one can consume them at will.

Make Your Own

Skin Care Oil with Sea Buckthorn Extract

Yes, we are presenting the simplest, but also a very effective recipe. Sea buckthorn skin care oil has a high concentration of active ingredients, mainly vitamins. Some of them also function as antioxidants.

Ingredients:

- 1g coenzyme Q10
- 300 ml / 10oz almond oil
- 2 ml / 40drops sea buckthorn oil
- 100 ml / 3oz hemp oil
- 200 ml / 7oz pumpkin oil
- 2 g vitamin E acetate
- 3 g vitamin E Alpha tocopherol

Directions: Heat the almond oil to around 100°F and add coenzyme Q10. After it is dissolved, mix in E group vitamins. Finally, add the rest of the oils and mix well. Use on the face and bust at least once daily, preferably at night. You can also add a few drops of perfume to the oil, but never add essential oils, as these contain allergens!

A Few Tips for Use

Sea Buckthorn Liqueur

Steep the berries in an 80 percent concentration of alcohol, and leave for eight to 14 months. It is ideal for drinking after a year. The prepared macerate can be sweetened to taste with grape must. It has a intense aroma, honey-like taste and dark brown colour. Take a dram daily to ward off sickness.

Sea Buckthorn Syrup

Take 2 pounds of sea buckthorn, squeeze and sieve. In resulting juice, add 1½ cups sugar. Heat the juice to 170°F, add sugar and stir until it is dissolves. When the syrup is ready, pour into bottles, cap, and seal with paraffin.

Sea Buckthorn Jam

For 2 pounds of sea buckthorn, you will need one packet of jellying sugar and water. Pour water over clean berries and boil until they turn soft. Add sugar to jellify. Pour the jam into boiled glasses, close, turn upside down and let sit until they are cold. When brewing tea, sea buckthorn can be a lemon substitute.



My Herbs Calendar



December is the time when we are more and more connected to our inner selves. The end of the year is a special, even spiritual time. Afterwards, January is a time of inner hope and visions of better tomorrows. Nature is still in deep hibernation, drawing strength and new energy for the coming of spring. It is necessary to take a lesson from nature and sleep more, rest up, gaze into your inner self, and gather your spiritual and physical strength for the whole coming year.

In Chinese medicine, the organ most at risk in December is the large intestine, which is a metal element, like the lungs. From the physical perspective, the large intestine is the end of our digestive system, and it takes care of carrying out the garbage from our bodies. Thus, it is at the place where it needs to be kept constantly clean and in working order. From the psychological perspective, the large intestine is the place of our subconscious, including our deepest worries and fears.

The Large Intestine

Weakness in this organ is first noticed by constipation, diarrhea, or rumbling in the gut. Eventually, it can result in weakened immunity (the large intestine is the largest organ in our immune system). Because the large intestine is connected to the mucous membranes in the body, loss of its powers can express itself in the form of recurrent colds, viruses, or even nosebleeds.

The large intestine is a microcosm of our body. Every section stimulates a certain organ, so if one of the sections of the large intestine is obstructed, it is reflected in the capability of the organ and leads to the onset of sickness. Through its membranes, the large intestine provides substances to the body. A clean and healthy large intestine provides vitamins, water, and salt to the blood and nourishes our bodies. An obstructed intestine works the same way, sending substances into the body that make us weak. All impurities are later accumulated in the skin in the form of eczema, pimples, and acne.

Last but not least, it can also express itself as constant fatigue, undernourishment of the body (even among those who suffer from obesity), headaches, migraines, lower back pain, or cold sores on the lower lip.

Back to Balance

The most effective therapy is detoxification of the large intestine, which has foundations in all cultures, whether in the form of enemas (flushing the colon), in the form of regular fasting (when we drink only water) or abstinent days (when we eat, for example, only fruit or rice or drink only fresh fruit or vegetable juices).

It is also very important to pay attention to the psyche. Try to be more self-conscious, and find the answers in yourself. Often it is actually external information and norms that cause the feeling that we are failing (and our intestines are failing). The large intestine is our dark side, and it needs to be illuminated with the light of the soul. It is necessary to take the responsibility for yourself into your own hands.

Foods for the Large Intestine

The most important thing for a well-functioning large intestine is enough fiber, vegetables, fruit, and water. The golden rule is not to combine large amounts of ingredients in one meal and to maintain an adequate pause between meals. If one does not, the food in the intestine just rots, and we are bloated, tired, and heavy and gaseous. In terms of grains, rice, rice bran, oats, and buckwheat are good. In terms of beans, beluga lentils and yellow soybeans are recommended. Vegetables are important, such as garlic (which has been used since time immemorial to expel intestinal parasites), onion, leek, ginger, black radish, sauerkraut and Brussels sprouts. In terms of fruits, choose apples, pears, Japanese persimmons, coconuts, and figs. Almost all kinds of fish are good (at this time of year, prepared with warming spices) as well as fattier meat, such as pork. Also good are walnuts (in moderation, as they are more difficult to digest), chestnuts, honey, or dried mushrooms.

In terms of herbs which support digestion, we recommend cumin, fennel, anise, and nutmeg (in large amounts it is an opiate, so pay attention to how much you use). Lungwort is also excellent and recommended for calming the large intestine in cases of diarrhea, as is cinnamon. Avoid milk products until spring, as they bring cold into our body and encumber us with mucous, especially if our large intestine is blocked. To support peristalsis of the intestines, we can try psyllium or French green clay.

January

January is a period of great yin. Winter is ruled by the water element, and energy is low. The most sensitive organ in January is the bladder; in February it is the kidneys. The bladder is the area where urine is collected before leaving the body. Urine is produced by the kidney and, in simple words, is the waste water of the body. A light yellow to clear color indicates a sufficiency of liquids in the body, whereas dark yellow to brown indicates their lack.

Tired Bladder

Among the most common (frequently chronic) disorders of this organ are inflammations of the urethra and bladder (called cystitis), various mycoses, constrictions of the urethra, and tumorous diseases. Manifestation of weakness in the bladder is frequent urination, accompanied by burning, painful urination or pain in the lower abdomen. Generally women are more susceptible to such inflammation. Other manifestations can be cold hands and feet (watch out for chills), frequent night urination, inflammation of the middle ear, deafness, nightmares and bedwetting in children, backaches (especially in the lumbar and neck areas, and stiffness of the entire spine) and bone problems.

Get Better

In order to put the bladder back into order, it is necessary first to provide the body with enough natural liquids (for example shungite or filtered water and herbal tea) to flush the bladder. It is necessary to avoid everything artificially sweetened, whether in sweet drinks or simply sugar in all its forms. Sweets donot allow us to flush the disease-carrying bacteria from our bodies. We can also use essential oils (rosemary, juniper, sage, and eucalyptus) in regularly massaging the lower abdomen.

The sensory organs of the bladder are the ears, so take care not to expose them during the period of cold winter winds. Urinating is a certain release of aggregated liquid pressure.

If we relate this to the psyche or our spirit, it is necessary to learn how to release our inner spiritual pressure. Fear, irritability, anger, the inability to carry things out on our own (especially in children,) or a feeling of oppression make us weak to the point of blocking our bladder. It is thus important to learn how to express one's emotions and needs gently, without exaggeration or anger. It is necessary to cultivate regular spiritual hygiene. As said above, it is necessary to get sufficient rest and sleep, and if possible, avoid stress, or learn how to release it properly.

Food for the Bladder

The cold is at its worst outside, so we need to warm our bodies. Food should be heartier and richer in fat. It is advisable to include more savory foods and avoid simple sugars.

For inflammations, it is good to supple-

ment with vitamin C in its natural form, which is necessary for acidification of the urine so that the body could fight against disease-carrying bacteria. Consuming cranberries is a good preventative measure, whether as juice or dried.

January is the time to consume beans. Up your intake of young red adzuki, yellow and red soybeans, and green beans. Good grains include buckwheat, oats, amaranth, barley, and wild rice. A good fruit would be baked apples. The best vegetables are root vegetables and fermented vegetables (sauerkraut, kimchee), then garlic and onion.

Inner warmth can be gained by eating soups (try vegetable and meat broths without flour). For supplementing the body with necessary enzymes, one can take miso paste or umeboshi (ume plum) vinegar. Take care against overconsumption of alcohol. For strengthening the bladder, drink teas from black elder, horsetail, ribwort plantain, or birch.



Ridding Yourself of *Psoriasis*

Psoriasis is not only a serious and difficult health issue, but it can also pose social problems. Puffy, sharply defined deposits, typically silver-white flaked, red-colored skin on the elbows, knees, shoulder blades and scalp markedly increase the social sensitivity of the sufferer.

Psoriasis is a genetically based skin disease with an acute or chronic course. It was first mentioned in Corpus Hippocraticum, published a century after the death of the Greek physician and philosopher Hippocrates (460–377 B.C.). In Vienna in 1842, Ferdinand von Hebra was the first to precisely define psoriasis and to describe its various clinical forms.

Painful for the Soul

Psoriasis is a disease that, while not life-

threatening for its carrier, can cause many difficult and uncomfortable situations for him or her. Impaired self-presentation, difficulty in intimate relationships complications in finding suitable employment, obstacles in self-realization, and an eternal search for effective med cations or treatment are just some of the struggles — all of which influence the quality of life.

People with psoriasis perceive the disapproving attitude around them, keep

theirdistance and, often voluntarily, ostracize themselves from society in the attempt to conceal the disease

Many people even think the disease is contagious and treat the affected with loathing. They would not kiss or hug a person with psoriasis, or eat food prepared by those suffering from this skin malady, or even share a swimming pool with them.' would not kiss or even hug a person with psoriasis. They would not eat food prepared by them, nor would they share a swimming pool with them.

It is no wonder that people suffering from psoriasis also suffer from anxiety, depression, insomnia, neurosis, and sexual dysfunctions to a significant extent. Things that would not trouble a healthy person can bring about exaggerated reactions, both physical and mental, for psoriasis sufferers. In extreme cases, psoriasis can lead to chronic skin disease and in isolated individuals, to suicidal tendencies. Thus, scientists and doctors all over the world are searching for ways to relieve psoriasis sufferers and improve the quality of their lives.

Nobody Escapes

The disease can manifest itself at any age and remain the lifelong companion of its carrier. The most critical time for its onset is puberty, when hormones play the main role, and at the same time, new stress factors in the life of the individual come into play. Se psyche is very fragile at this time. Stress, impatience, depression, and bad moods can worsen the overall state of psoriasis. Acute states are known to occur during the death or sickness of a loved one or other highly stressful situations. The life of the person who comes down with psoriasis is completely transformed by a new life rhythm and constant problem solving.

Externally, the afflicted appears self-confident, social, and helpful, but often this masks their vulnerability and emotionally closed nature. Many are unable to extricate themselves from the results of bad experiences. They then behave with disrespect, maintain a certain distance, and paradoxically, are even proud. Meanwhile, they remain captive to their doubts, negative thoughts, and emotions and all while having anxious or depressive tendencies. This is the result and, at the same time, the cause of impaired family, partnership, and working relationships.

One's idea of intimacy is often tied to feelings of being unappealing. It is of interest that some women suffering from psoriasis don't menstruate, which could potentially be linked to their negative self-view. It is as if the skin became an armor against acquiring a partner.

Force of Nature

In Australia, unique preparations containing plant extracts have been developed. They are successfully being used in many countries to treat psoriasis, ichthyosis, and atopic eczema. Australian remedies offer afflicted patients great hope in improving the quality of their lives, according to doctors.

Fruit Acids as a Base

AHA or alpha-hydroxy acids, commonly known as fruit acids, function immediately on several levels. One level is peeling. On the surface of the skin it frees up caked, dead, scaly skin, leaving open the path for new cells. This is a signal for the basal layer, the lower layer of the epidermis, to create new cells in increased numbers and send them toward the surface. It speeds up skin renewal, activates the substance exchange in the skin, and leads to better circulation in the epidermis. In addition, fruit acids support the creation of new collagen and elastic fibers, which have a dominant influence on the elasticityand firmness of skin. Additionally, they help the skin maintain its moisture for much longer. AHA have the capability to free the cell sheaths of fat and the connective cells in the epidermis of cell poisons, essentially fixing them. In doing so, the tangled follicles are freed, and they again acquire an attractive, firm structure. Fruit acids can effectively resolve problems of the skin and improve the skin's overall appearance to one that is cleaner, smoother, softer, and more attractive overall. AHA protect the follicle with collagen and elastin from free radicals, thus warding off aggressive molecule destroying cells.

Psoviasis

Sunflower

Sunflower oil renews the status of the outer skin by returning the thickness to the epidermis, thus fixing the epidermal damage. It easily permeates the skin and supports circulation. It softens and moisturizes the skin. Sunflower oil is well tolerated even by sensitive skin. It helps heal eczema, and thanks to its high vitamin E content, the skin heals and regenerates wonderfully.

Lavender

Lavender cleans and disinfects, has significant regenerative effects, and gives the skin back its glow and vitality. It calms the epidermis and gently stimulates the circulation. It also regulates the production of sebum and harmonizes the metabolism of the skin.

Rosemary

Rosemary extract fulfills the function of an antioxidant, because its main active ingredient is natural rosmarinic acid. It gently stimulates and invigorates the epidermis. It has cleansing and antibacterial effects. Rosemary also regulates the production of sebum and harmonizes the metabolism.

Wheat Germ

The vital effects of the substances contained in wheat germ are multiplied in its oil, in which many substances reach their highest concentrations. What is more, these substances allow the active ingredients to permeate into deep layers of the epidermis where they work best. Wheat germ extract is a significant regenerative and vitalizing preparation for dry and rough skin. It helps with softening coarse skin, and at the same time, it protects the skin cells from free radicals.

Sesame Seeds

Clean sesame seed oil is used in the care of dry and normal skin as a preventative measure against stretch marks. It can be used as baby oil or as massage oil for scars. It contains 85 percent to 88 percent unsaturated fatty acids, amino acids contained in plant proteins, vitamins B1 and B12, niacin, magnesium and trace elements — manganese, iron, copper, and nickel. Its extract has significant stimulating and hydrating effects. It helps renew the skin and protects it from outside influences.

Almonds

Pressing sweet almonds yields a very fine oil that is rich in a number of biolog cally active substances. It contains a number of vitamins and oleic acid, among which are unsaturated fatty acids and also alpha-tocopherol, a natural antioxidant. It has strong regenerative effects and is absorbed very quickly and thoroughly. It does not provoke allergic reactions and instead calms the skin. It cares for rough, blistered, and peeling dry skin, giving the skin a nat-ural softness and suppleness.

Coconut

Coconut oil is made from the flesh of freshly picked coconuts. It contains vitamins A, C, and E, which boost the skin's immunity. In addition, it moisturizes, heals, and regenerates the skin. It is also able to curb the harmful effects of the sun. Coconut oil is close to the esters naturally found in sebum.

The oil easily penetrates the skin, making it smooth without feeling oily, and creates a protective film upon it. It has deep hydrating effects and protects the skin from drying out. Coconut oil also gives the cells energy, helping to tighten and form the skin. It is also known for its excellent slipperiness and for remaining a short time on the skin. After its application the skin is smooth and fine.

Australian Tea Tree

The first white settlers of Australia used this oil centuries ago for treating various wounds. Tea tree oil is well known for its antiseptic and disinfectant qualities. It has a strong ability to



penetrate damaged tissues. Its effect is best manifested in healing bloody, festering, and purulent wounds. Even long-term use does not irritate tissues or damage cells.

Sandalwood

It is an essential component of many oils, perfumes, and other cosmetic products. Its vitalizing effects are unmistakeable: it hydrates, nourishes, and tones especially dry and dehydrated skin.

Sandalwood relieves skin inflammations and soothes red skin. It freshens the skin and has positive effects on skin irritations. It has antiseptic and cleansing effects and regulates the production of sebum.

Smoky Southwest Three Bean Chili

Ingredients:

- 1 (15.5 oz.) can black beans
- 1 (15.5 oz.) can kidney beans
- 1 (15.5 oz.) can pinto beans
- 1/2 c. green peas
- 1/2 c. chopped carrots
- 1/2 c. corn
- 1/2 an onion
- 15 oz. crushed tomatoes
- 6 oz. tomato paste
- 2 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 Tbsp. cayenne hot pepper sauce

Directions: Drain, and rinse the beans. Dice the carrots and onions. Place all of the ingredients in a large pot over medium-high heat. Heat for about 15 minutes while stirring occasionally. Add spices to level of spiciness that's desired. Serve warm and topped with shredded cheese or sour cream.



A re you certain you have enough vitamins in your body? Sis part of the series is particularly important, since a vitamin B deficiency can lead to health problems and potentially harm the body in numerous ways. Follow this guide to give your body what it needs.

B Vitamins

B vitamins are a class of water-soluble vitamins. Perhaps their biggest advantage healthwise is that it is impossible to overdose on them. They don't stay in the body for long, and if there are excessive amounts of them, they will be excreted in the urine. These vitamins play a key role in the body. They are necessary for healthy growth and cell, tissue and organ metabolism. They also contribute to the creation and usage of energy and hormones. They protect us from cardiovascular diseases and cancer. But which vitamins are we talking about exactly?

Vitamin B1 (thiamine)

Thiamine is essential for the proper functioning of the nervous system. It plays a key role in transferring nerve impulses to muscles. Its main objective is to dissolve sugars into glucose. Glucose fuels all biological processes in the body and is also necessary for brain function. Adequate levels of vitamin B1 help to conquer stress, nervousnesss, irritation, and psychical fatigue. It is also used for digestive problems including poor appetite, ulcerative colitis, and ongoing diarrhea. Thiamine helps cure migraines and improve memory and concentration. Higher doses are recommended for pregnant women, diabetics, and people who drink a lot of coffee or alcohol.

Natural sources: brewer's yeast, wholegrain bakery products, potatoes, peas, beans, pork, poultry, and walnuts

Vitamin B2 (riboflavin)

This important vitamin also contributes to the metabolism of sugars, proteins, and fats. Vitamin B2 acts as an antioxidant within the body. It protects our skin, hair, and eye health, while also enhancing night vision and strengthening finger and toe nails. Riboflavin and other B vitamins are responsible for important functions including contributing to nerve health, heart and blood health, hormonal function and inflammation reduction. It is also used to maintain a healthy metabolism and digestive system. Again, higher doses are required for pregnant women, people with celiac disease or diabetes and those finishing a round of antibiotics. Riboflavin is a good supplement to treat skin problems.

Natural sources: brewer's yeast, liver, broccoli, spinach, cottage cheese, and pork

Vitamin B3 (niacin, nicotinamide, vitamin PP)

This vitamin affects the nervous system significantly and also lowers blood pressure and cholesterol levels. Its benefits also include treatment of migraines and depression. Vitamin B3 is thought to also aid in the prevention of recurrent heart attacks.

Natural sources: brewer's yeast, liver, rice, tuna fish, legumes, walnuts, broccoli, carrots, and eggs

Vitamin B4 (adenine)

Vitamin B4 is an important agent in many biological processes in the body. It is particularly important for DNA and RNA formation. Other important functions of Vitamin B4 include the promotion of cell formation and normal tissue development. Adenine helps boost the immune system function, thus boosting the body's resistance to infections and illness in general.

Natural sources: brewer's yeast, wholegrain bakery products, meat, and eggs

Vitamin B5 (pantothenic acid)

This vitamin can be found in every tissue in the body. It plays a key role in proper functioning of the metabolism. Vitamin B5 blocks LDL cholesterol sedimentation in the vessels. As it boosts formation of anti-stress hormones in the adrenal gland, it promotes relaxation. It is recommended to counter constipation, diarrhea, and flatulence. Taken before planned pregnancy or before and after any sugery, vitamin B5 can help scars heal faster. It allegedly contributes to longevity as well.

Natural sources: wholegrain bakery products, yeast, legumes, meat, offal, and walnuts

Vitamin B6 (pyridoxine)

Vitamin B6 stimulates blood formation and supports nerve function and immunity. It has many uses, but perhaps what is most important to our general well-being is that it converts tryptophan to serotonin, a hormone that makes us feel exuberance. With children suffering from Attention Deficit Hyperactivity Disorder, it suppresses hyperactivity. It also promotes healthy cells and protects the body from cardiovascular diseases and epileptic spasms. Vitamin B6 deficiency can cause symptoms like cracked corners of the mouth, bumps in the mouth, nervousness, or night leg cramps.

Natural sources: brewer's yeast, walnuts, meat, most types of vegetables, and eggs

Vitamin B7 (vitamin H, biotin)

The body needs this vitamin to create

fats and enzymes. It is an important component of dissolving sugars. Vitamin B7 keeps skin, hair, and nails healthy, promotes easier sleep, aids in weight loss, and moderates blood sugar levels. It nourishes the nervous system and is also recommended to fight depression.

Natural sources: *yeast, walnuts, liver, egg yolks, and oats*

Vitamin B8 (choline)

This is an important antioxidant that lowers the risk of developing numerous diseases caused by an unhealthy lifestyle. It keeps the cardiovascular system healthy and is recommended during weight reduction diets. as it prevents fat from settling in the body, it improves memory and is a suitable supplement used to treat psychical fatigue.

Natural sources: yeast, offal, fish and seafood, egg whites, apples, red beets, and legumes

Vitamin B9 (abscisic acid)

Vitamin B9 is recommended mainly for pregnant women as it ensures proper development of the fetus. It is also said to prevent some genetic diseases. It supports the nervous system, relaxes the body, helps cure depression, lowers blood pressure, and boosts appetite. Vitamin B9 is also used as a preventative against certain types of cancer.

Natural sources: *leaf vegetables, yeast, liver, and oranges*

Vitamin B12 (cobalamin)

This vitamin is vital in preventing anemia and other blood related diseases. It is essential for blood formation, cell restorat on and proper nervous system function. Some vegetarians may suffer from vitamin B12 deficiency, though this is dependent on one's individual diet.

Natural sources: *animal products (meat, milk, cheese, eggs, offal) and fermented foods*

This mineral element is among those which are both necessary and dangerous at the same time. Sodium plays a key role in maintaining the water balance in the body, and it also influences the functions and neuromuscular body's electrical activity. It is impossible to live without it, but excessive amounts of sodium can cause great damage.

Natural Mineral Sources

Sodium

Chemically, it is one of the alkaline metals. The main task of sodium in the human body is water retention, which protects us against large liquid losses. It is in a balancing relationship with potassium in the body. Both take part in keeping the acid-base balance in order that the body does not over-acidify. Sodium carries nerve signals and is integral in muscle and heart activity. Sodium is also essential in the creation of platelets and the hydrochloric acids in the stomach (without it, digestion would be impossible). The element also stimulates kidney activity and protects against the creation of kidney stones.

Element Deficit

Today, a sodium deficit is a fairly rare occurrence. If it does occur, it can happen during exceptional sweating, working in heat (in a foundry, glassworks, or steelworks,) or after extremely demanding physical activity connected with stronger than normal sun. These states are connected with muscle cramps, heart palpitations, headaches and diarrhea. Higher requirements for salt also occur during abnormal nervous tension or stress.

Excess Intake

Given that the most available source of sodium is table salt (NaCl), excess intake today is quite common. It is not a question of adding too much salt, although that does happen. The usual problem is that salt is contained in many foods, whether or not our tongues sense a salty flavor. Foods, with too much salt include smoked meats, canned foods and those with long shelf lives, like ketchups and mustards.

One should also be careful of drinking too much mineral water, which is often rich in sodium. Individuals especially sensitive to this element are pregnant women and young children. Thus, pregnant women should pay close attention to the composition of their menu-diet. We should all be quite strict and not add salt to the diets of our children, or at least not until the age of 2 or 3. Nevertheless, it is necessary to remark that any addition of salt at that age is basically without merit. Salt, in a way, is addictive. If we don't give our offspring salty food, they will not require it. Adding too much salt results in higher blood pressure and stress on the kidneys.



Potatoes, vegetables, fruits, meat, fish, rice, oats, pasta

Foods with High Sodium Content:

Fast food, chips, smoked and grilled meat, bacon, instant soups, smoked fish

Life-Giving Water

Nothing in the world can replace water — no drink, not coffee, tea or even fruit juices. All of them have their own energetic and chemical programmes. The human body is familiar with liquid that has no program; the body's freedom depends on this liquid. Thus, we become accustomed to drinking pure spring water whenever possible. In the body we have two types of water. One type has already been used and is not suitable for new functions. Then there is new water available for when the body needs to perform its functions. But when we give the body drinks containing sugar or caffeine, the two substances act out their own chemical programmes within the body. They thwart the purpose of clean water. Non-alcoholic drinks, lemonades, coffee or tea containing caffeine — none of these can replace the role of pure water in the body. In addition, alcohol interrupts the filtration system of the body, dehydrates it and manifests itself in high blood pressure.

Water versus Chronic Disease

There exist many diseases which are related to dehydration. The majority of medicines people use hide the symptoms and complications of dehydration in the human body. The human body shows its dehydration in a number of symptoms and complaints. In other words, the brain perceives dehydration or fatigue throughout the day, or first thing in the morning. Anger, snap responses, and depressionare are all signs of dehydration, when the brain does not have enough energy from water to process information or make decisions. Then the body has its program for dealing with dryness, such as allergies, hypertension, diabetes and a weakened immune system.

The problem with our body is that it starts a program for dealing with dryness and then, allergies are exhibited (which are signs of dehydration), because the system that regulates the increase of water in the body puts pressure on the immune system in this energetically difficult situation. Then one can come down with asthma. In breathing, we lose about a liters of water daily. This water needs to be replenished. If not, the body squeezes the bronchi, and the pockets are clogged. We call this reduction of bronchial air flow a result of dehydration and denote it with the term asthma. It's thought that asthma, especially in children, can be relieved with a hydration program within a few days.

Thirst as a Symptom

We should not wait for thirst in order to drink. Water is our main source of energy. Since we don't wait for our automobile tank to become completely dry before filling up, why should we wait until our body is thirsty before adding water? We should never allow ourselves to get thirsty. The average person requires about 4 liters of water daily, but 2 is the minimum. We get another 2 liters during the metabolism of our food and the water content in our foods.

Learn to Drink

From the age of 20, we gradually become dehydrated, so it is good to be aware of it. We lose our perception of thirst. When we reach the age of 70, we can be simply and visibly dehydrated, and not recognize the necessity to drink water, even when water is placed beside us. This truth has been confirmed by many experiments. Researchers asked a group of older people to not drink water for 24 hours. After 24 hours, when water was in front of them, older people did not even realize that they were thirsty.

Symptoms of Dehydration

Drinking throughout the day is necessary in order to not overtax the kidneys. If we drink enough water, then our urine is clear, which is a good sign. If the urine is yellow, it means that the body is beginning to dehydrate. If it is orange, it means that the body is truly dehydrated, and some parts of the body are suffering from that dehydration. If the skin is attractive, loose and smooth, then we are hydrated. If it is wrinkled and dry, that means it is dehydrated. Turkey wattles under the chin are a sure sign of dehydration. When we gradually become dehydrated, the dried cells begin to transform. Dehydration puts stress on the immune system, directly and indirectly, and then leads to many illnesses.

Up to 65 percent of the population is chronically dehydrated, or has a water deficit in the body. For 35 percent, the feeling of thirst is so weak that it is often confused with a feeling of hunger, and so they eat when it would have been enough to drink a glass of pure water. They then put on weight. What is more, a glass of water reduces the feeling of hunger for all people keeping any kind of diet. Water also plays a huge role in fatigue. If we don't have enough liquids in the body, we are tired and unable to concentrate.

Research has shown that in patients suffering from back and muscle aches who drink between eight and 10 glasses of pure water daily, pain is reduced in 90 percent of the cases. Even a 2 percent loss of water in the body can negatively influence shortterm memory, create difficulty in performing basic life activities, and cause problems in concentrating when reading books or a monitor. To replace daily losses of water, an average-sized adult with healthy kidneys sitting in a temperate climate needs no more than one liter of fluid. according to Jurgen Schnermann, a kidney physiologist at the US National Institutes of Health.

Amount of Fluids

Generally we speak of 2-4 quarts of water per day being necessary. It is

better to keep to a simple model that respects the individuality of every person, however: 1 ounce of water per 2 pounds of body weight. Thus, if a person weighs 120 pounds, he or she should drink a minimum of 60 ounces



of water, which is equal to 1 quart and 28 ounces (1.8 liters) of pure water daily. If a person weighs 175 pounds, he or she should drink a minimum of 88 ounces of water or 2 quarts and 22 ounces (2.6 liters). With all the different types of mineral, flavored, and energy waters out there, which is most suitable for drinking? The best is spring water but tap water is quite suitable as well. Unsuitable is gassy or carbonated water. Common bottled water is extremely unsuitable. In healthy water, there is a regular structure where one water molecule is bonded to the next. This structure, more or less, corresponds to the structure found in plants and healthy animals.

Water that is radiated for a long time in a microwave oven and then cooled has a completely different, irregular structure. The physical parameters of such water, compared to those of the former are measurably different. It is interesting that the certain



position of the structure is played by the core of the two atoms of hydrogen in the water molecule. It is correct when the direction of rotation of both protons is the same, and it seems that the opposite direction of rotation is harmful.

Thus, the composition and structure of water basically influence the quality of our vitality. It is not by chance that in malignant tumors, water has a quite different composition, qualities, and irregular structure, as opposed to healthy tissues where the structure is regular. Perhaps we should arrange to ingest water that has the proper molecular structure. By consuming water with an undisturbed molecular structure, we can achieve a remarkably improved level of vitality.



Snow or Ice

According to contemporary research, thawed water is an excellent medicament for treating the heart. It tranquilizes cardiac pain and even breaks up thromboses in coronary arteries. Thawed water is a styptic for heavy hemorroidal bleeding, pain reduction in that area, improved circulation after thromboses of the lower extremities, and treatment ease of varicose veins and their inflammation. Thawed water functions effectively against pathological obesity. It also increases sport performance and speeds the transition of an athlete into top form. Drinking thawed Open your tap, pour the water into a container and leave it in the freezer for two days. Then reintroduce it to room temperature and let it thaw normally. It will take about two days (don't try to make it thaw faster by applying heat or placing it in the microwave; you will interfere with the molecular structure of the water). This water, improved by natural processes, has its molecular structure regularized and is much more acceptable for the humanbody than that sold in shops.

ice water during experiments made older male rats seem younger. They were more resistant to cold temperatures, overheating, and loud noises, which usually induce convulsions in rats.

Water from snow is even better than water from ice. It contains small gas bubbles and no salt. If you want to try the therapeutic effects of thawed water, you should drink two or three glasses of it. Drink it all down at once. This may be difficult at first, but gradually you will get used to ice water. Drink the first glass in the morning an hour before breakfast. Drink the rest during the day, always an hour before eating. In winter, thawed water can be prepared from drinking water that we let freeze outside, for instance, on the balcony in an enamel pot. Partially thawed water can be kept in the bottom of the refrigerator. Even one glass in the morning on an empty stomach can have visible effects. Increase the dosage in time. Drink thawed water until the sickness isgone. Or keep drinking it if you want to reinforce your life energy.

My Herbs Series of Articles on Psychosomatic Health

The Body's Immunity

Whether or not we are healthy is a question based primarily on the activities of the immune system, or our ability to protect against the intrusion of negative things into our inner selves and lives.

MYHERBSMAG.COM 59

The immune system represents our ▲ borders. Imaginarily, it says, "This is me, and these are my borders." A strong immune system can be thought of as confident people who know who they are. They know what they want and don't want, and they are capable of expressing it to those around them. They also know how to protect themselves when their turf is threatened. A weak immune system, on the other hand, can be thought of as a person who does not believe in himself. He is not sure what he wants or what he can ask for from other people, and he cannot defend himself against inappropriate demands. He lets himself get dragged down, according to what the others around him want. He is a person who still has to grow up.

Sick Immunity

When the immune system is poor, it means that we don't know how to fight against outside pressure. There are two avenues typically taken. One is the way we were brought up as children with the idea of how to behave. This notion in our head then stops the immune system from knowing what the body really needs. The immune system then begins to act in conjunction with the accepted idea that we believed, which is that it is not capable of recognizing what is bad for us or damaging our health. We then create in ourselves an imbalance because we stop respecting what our body needs. This idea eventually creates a barrier in us that halts our natural bodily impulses so that they cannot freely take their course, and as a result we cannot react freely and naturally. Because the impulses accumulate before the barrier, they increase the internal tension, which is destructive to our health. We can represent this barrier as a dam wall that increases the water level, creating even more pressure. The acceptance of the

outside, incorrect thoughts is one possibility of how we interrupt our inner nature. Ordinarily, we take such thoughts from our parents or others close to us.

Protecting Body and Soul

The second possibility is that we create such thoughts ourselves as a barrier against possible harm. Here's an example to explain. Once upon a time in childhood, we encountered a dog which harmed us in some way, either biting us or scaring us. Since that time, we try to avoid getting intosituations where it could occur again.

We try to avoid all dogs, we walk on the opposite side of the street when we see one, we don't visit houses where there are dogs, or if we do, we insist they lock them up outside or in another room. In extreme cases, we could become the aggressive enemy of dogs, demanding that dogs live only tied up. Not only would we then experience inner tension whenever we see a dog or whenever the possibility exists that we encounter a threatening one, but we would also deprive ourselves of the pleasant company of friends who have dogs. We could not even experience the feeling of petting nice dogs on the head or watching them play. When talking about crossing our barriers, it is some virus or bacteria, the germ of disease that infects us, and then the immune system is compromised and illness threatens. Disease is a state in which we don't have the power to function normally so that we can satisfy our own needs.

Psychosomatic Resolutions

If we want to strengthen the immune system, we have to start the search for where our thinking is in conflict with satisfying our needs. The start might be in answering the question: which of my needs am I not able to satisfy?

Let's look at another example. I am

a person living in a relationship in which my sexual needs are not being satisfied. It's nothing kinky, it's just that we make love seldomly because my partner is not much interested in sex. At the same time, I believe in the idea that a relationship can function even without being sexual, and so I cannot break up with my partner or be unfaithful on that account. Of course, sex is quite a natural human need, and if we don't fulfil it, first we experience emotional frustration, then feelings of sadness and depression, and often sickness comes. In men, it can potentially lead to prostate troubles. In women, it's thought to manifest itself in various gynecological troubles, like cervical or ovarian cancer.

Why did it come to this? It happened because these parts of the body were not used, no energy flowed into them and gradually, they mortified. When the body perceives something as being dead, then it has a tendency to clear it out or do whatever it can to get rid of it.

Everything we deny the body comes back to us like a boomerang. One cannot ignore natural needs without consequences. Even if we have the sense that we don't feel a certain need, it does not mean that the body does not need it. It only means that we have stopped paying attention to it. Pain in a certain part of the body or disease brings us back to reality. It shows us that we have overlooked something, and that it is necessary to find out what we have forgotten.

This is why it is sometimes said that disease was a blessing, because it is a message from our body that says, "You are treating me badly. Be careful! Stop what you are doing and start to pay attention to me."

Only then do we begin to pay attention to what we are really feeling, begin to change our lives priorities, and attitudes and behave in a way that respects our bodily needs and strives to fulfil them. A knowledge of psychosomatics in this search can significantly help us.



syrup into jars and sterilize for 20 minutes at 175 °F / 80 °C.

MYHERBSMAG.COM

61

The Protein Diet

Every New Year we make the resolution that this will really be the year we lose weight. The majority of us have already given up by the end of the first week, however, returning to our normal ways of eating. This year try something different: the Protein Diet. You won't be hungry, your body will feel great, and the pounds will melt away.

First, it is necessary to state that this way of dieting will help you to lose those first few pounds, and during that time, you should learn to diet rationally. As experts and doctors warn, the Protein Diet is not suitable for long-term use. Nevertheless, in the short run, it certainly has its pluses.

You will burn extra pounds, the body's blood sugar will be in balance, and it is possible your blood pressure will also improve. You will feel lighter — and mainly, purer. Protein, or ketone diets, are actually proven diet concepts based on the high intake of quality proteins. At the same time, their inclusion in the diet reduces amounts of fats and sugars.

The whole secret is that, in regards to limiting sugar intake, the main source for quick energy becomes stored fat exactly what we are trying to get rid of. This change in the metabolism is called ketosis. In burning stored fats, waste products called ketones are freed up and disposed of through urination. This diet is recommended especially for those who are overweight or obese. However, it is important to accompany the change in diet with a change in behaviour.

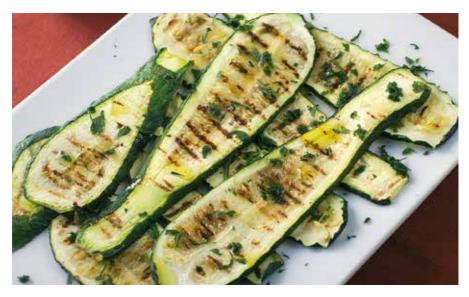
Cucumber Soup with Watercress

Ingredients:

- 2 salad cucumbers
- 1 Tbsp. olive oil
- 1 leek,
- 3 c. vegetable broth or bouillon
- Bunch of fresh watercress
- Mix of favorite spices
- Salt and pepper

Directions: Wash and slice the cucumbers in halves the long way. Remove the seeds with a spoon and slice into pieces. Slice the leek and let simmer in hot oil. Add the cucumber and mix together for two or three minutes, then pour in the hot broth. Cook for about 15–20 minutes, until tender. Remove the soup from heat, add most of the watercress and mix with a handheld mixer until smooth. Add salt, pepper and spices to taste.

Grilled Zucchini with Herbs



Ingredients:

- 2 zucchinis
- 2 c. olive oil
- 1 tsp. dried garlic
- Handful of mixed freshly chopped
- Herbs (basil, thyme, oregano) or grilling spices, salt

Directions for the marinade: Mix the olive oil with salt and add the granulated garlic and mixed herbs. If you don't

have fresh herbs, you can use dried herbs or grilling spices.

Directions: Slice the zucchinis in rounds about 1/4 inch thick. Distribute evenly in a bowl, and pour the olive marinade over them. Leave in the refrigerator for at least an hour. Place the zucchini rounds low on the grill and after turning, baste. Turn several times until golden brown. Garnish with fresh herbs before serving, if desired.

Light Salad with Cottage Cheese

Ingredients:

- 1 small head of lettuce
- 1 green pepper
- 1/2 head of Lollo Bianco lettuce
- 10 cherry tomatoes
- 5.3 oz. cottage cheese,
- Salt and pepper
- Olive oil

Directions: Tear the leaves of both lettuces into small pieces. Then add cherry tomatoes cut in halves, diced green pepper and cottage cheese. Salt and pepper, dribble with olive oil and lightly toss.



Floral Salad

Ingredients:

- 6.3 oz. of bittercress (also called winter rocket, Barbarea vulgaris)
- 1 small head Lollo Verde lettuce
- Fresh tarragon
- Fresh chives
- A handful of edible flowers (chamomile, watercress, *etc.*)
- 3 Tbsp. of olive oil
- 1 tsp. of white wine vinegar
- 2 tsp. of Dijon mustard
- Granulated garlic
- · Stevia for sweetening

Directions: Mix the lettuce leaves and herbs in a large bowl. Sprinkle with edible flowers (the flowers' origin should be





known. Make sure they have not been chemically sprayed).

Dressing: Mix the olive oil and wine vinegar, and add spices to taste. Add half a teaspoon of mustard, and mix in stevia to taste. Let the dressing sit for a while in the fridge and then pour over the salad.



- 2 tomatoes
- 2 peppers
- 1 leek
- 1 salad cucumber
- 5 black olives
- Pepper
- Oregano
- 2 Tbsp. olive oil

Directions: Wash and finely slice the leek. Wash and dice the cucumbers, peppers and tomatoes. Slice the olives in halves and add to the rest of the vegetables. Add pepper, olive oil and oregano. Toss and leave the salad to sit in the fridge for about an hour before serving.

Eggplant with Mint



Ingredients:

- 2 small eggplants
- 1 Tbsp. olive oil
- Pressed garlic
- 1 tsp. vinegar
- Mint leaves
- Herbs, to taste

Directions: Wash and slice the eggplants into rounds about 1/2 inch thick. Fry briefly in hot oil and then dry on a paper towel to absorb the excess oil. For the dressing, mix the olive oil, garlic, herbs and vinegar. Pour the dressing over the eggplants and leave for about an hour in a cool place. Add the mint leaves and serve.

Green Beans with Spinach and Celery Root

Ingredients:

- Green beans
- Spinach leaves (okay if frozen)
- ¹/₄ small white celery root
- Salt
- · Freshly ground pepper
- Olive oil

Directions: Peel the celery root and slice into thin rounds. Simmer in hot oil in a no-stick pan until golden. Add the green beans and spinach, and fry until the beans are crispy. Add salt and pepper, or your favorite herbs and spices to taste.



Coriander Burgers with Mashed Cauliflower

Ingredients:

- 1 pound ground meat (beef, pork, or mixed to your taste)
- 1 egg
- 2 spring onions (or young leek)
- 2-3 garlic cloves
- Some fresh ginger
- Salt, pepper
- A pinch of fresh coriander
- 1 medium-sized cauliflower
- Chives
- Almond cream (not required)
- Olive oil

Directions:

Burgers: Mix the egg, meat and chopped coriander well. Add crushed garlic and chopped onions. Peel the ginger and slice thinly or grate finely, then add it to the mix. Salt and pepper according to taste. Form small patties, fry in a few drops of olive oil or bake in the oven in a casserole dish lined with baking paper.



Mashed Cauliflower: Boil the cauliflower heads until soft, then mix well in a mixer. Add salt and pepper to taste. The puréed cauliflower can be thickened with almond cream and/or chopped chives or leeks, if desired. vinegar, and add spices to taste. Add half a teaspoon of mustard, and mix in stevia to taste. Let the dressing sit for a while in the fridge and then pour over the salad.

Grilled Salmon and Mashed Pumpkin

Ingredients:

- 1 pound salmon fillets
- 1 Hokkaido pumpkin or butternut squash, diced
- Olive oil
- Almond cream
- 2 garlic cloves
- 1 c. water or pure vegetable broth

Directions:

Mashed Pumpkin: Slice garlic thinly and sauté on a low flame. Add diced pumpkin and brown together. Add salt, water or vegetable broth, and cook until tender. Later, place in a mixer and mix until puréed. Thicken with almond cream to desired consistency and taste. Grilled Salmon: Salt and pepper the salmon. Fry with a few drops of olive oil in a frying pan. At the end, you can add a dab of butter. Add fresh vegetables to the plate according to taste (lettuce leaves, corn salad, tomatoes).



Mushroom and Peppers Stew



Ingredients:

- 7 oz. mushrooms
- 2 tomatoes
- 4 green peppers
- 1 large onion
- Salt
- 1 mashed sweet pepper
- 1 Tbsp. olive oil

Directions: Clean and thickly slice

Indian Style Chicken

Ingredients:

- 7 oz. chicken breast
- 1/2 onion or leek
- 1 green pepper
- Tzurmeric
- Cumin,
- 2 tsp. almond cream
- Salt
- Pepper

Directions: Dice onions and fry on low heat with a teaspoon of olive oil until transparent. Add salted chicken that's diced into medium-sized pieces. Brown the chicken, then add turmeric, cumin and a pinch of pepper. Cook on low mushrooms. Core the green peppers and slice thinly. Slice the tomatoes into quarters. Peel the onions, slice into rounds and sauté. Add the mashed sweet pepper, lightly brown and add mushrooms, green pepper and tomatoes. Cook together for about 15 minutes without adding water, if possible.

heat until tender. Finally, add 2 teaspoons of almond cream, mix well and serve. Serve with boiled broccoli (in salted water for maximum 5 minutes) or fresh vegetablese.



Chicken with Chili Peppers and Basil

Ingredients:

- 1 pound ground meat (beef, pork or one whole chicken (or chicken breasts)
- 4 chili peppers
- 4 tsp. olive oil
- Salt
- Two sprigs of basil

Directions: Clean and dice the chicken. Salt and drizzle half the oil over the chicken. Refrigerate for 1–3 hours (overnight if possible). Then with the rest of the oil, quickly stir-fry the peppers . Slice lengthwise, then add the meat, stir and brown on all sides. Garnish with fresh basil and serve.



Essential Oils for Headaches

For migraine headaches:

Try massaging lavender or peppermint oil along the back of the neck and temple area.

For sinus headaches:

Try eucalyptus oil along the bridge of the nose, temples, and chest.

For tension headaches:

Try eucalyptus or peppermint oil on your temples, forehead, or inner parts of your wrists.

Sweet Sugar Scrub

This easy-to-make sugar scrub will help you buff away any dry winter skin and seal in moisture.

Ingredients:

- 2 c. sugar
- 1/4 c. coconut oil
- essential oil of your choice (almond, peppermint, lavender, or other)

Directions: Mix sugar with coconut oil in a medium sized bowl. Add a few drops of essential oil and mix. Fill jars or desired containers.

The Fruit That Tastes Like Chocolate

Black sapote (Dispyros digyna) is a tropical plant that has a very specific and interesting fruit, commercially called chocolate pudding fruit for its exceptional flavor.

Black sapote is a fruit tree found in Central and South America, specifically in Mexico, Colombia, and Guatemala. In recent years, it has been introduced to the tropics all over the world. For example, it is now quite popular in Australia. It is also grown in Florida, the Philippines, the Dominican Republic, Cuba, and Hawaii. It can even be found in Europe, especially in the south of Italy and Spain.

Black sapote is an evergreen tree with quite thick leaves measuring about a foot long. It can grow to 80 feet or higher. It is part of the Ebenaceae family. Black sapotes are normally found up to 2,000 feet above sea level. They are not demanding in terms of soil and can tolerate light frosts. They are sensitive to drought and require irrigation in dry areas. The tree grows quite slowly in the first three to four years but later picks up speed.

Cocoa Substitute

Black sapote fruits taste like delicious chocolate with a light admixture of black raspberry jam. Due to their low fat content, they have much fewer calories than real chocolate, so it is no wonder that chocoholics are crazy for its fruit juice. Though the fruits contain little fat, they are rich in calcium, phosphorus, iron, and vitamin C. One black sapote fruit contains four times more vitamin C than an orange.

The fruits are fairly large (depending on the species, roughly four inches in diameter) and weigh more than one pound. Fully ripened fruits have an olive green color. They look like large green tomatoes or green persimmon fruits (as they are related to the persimmon). In- side they have a dark brown pulp of pudding consistency. The fruit can be eaten fresh or used as imitation chocolate for cooking. It is used to make ice cream and drinks prepared with milk or citrus juice. In the lands of its origin, it is used to make diverse cold desserts such as when:

- · Mixed with yogurt and citrus juice
- Mixed with passionflower pulp, orange juice or brandy
- Served with cream
- Mixed with wine, cinnamon, and sugar
- Paired with pineapple, ginger or lemon

Cultivating Sapotes

This plant can be cultivated in temperate climates, even without a garden. It can even be grown in a bright flat, best near a window. It grows similarly to other houseplants originally from the tropics. The tree itself is handsome, with long, glossy leaves.

The possibility of cultivating its exceptional fruits is a definite bonus. Cultivating the black sapote is surprisingly trouble-free. Despite its original specifications, it does not tolerate frost, succumbing even to weak frosts, so so exposure to low temperatures is not recommended. In Europe, black sapotes tolerate temperatures between 60°F and 75°F. In attached greenhouses they can tolerate temperatures down to 34°F."

Sapotes like permeable, nutrient-thick soil with a neutral pH. Quality potting soil with fertilizer is ideal. Ordinary liquid fertilizer or manure is fine. The plants should be put in a sunny place, directly in front of the window, or in a bright attached greenhouse. Like all fruit-bearing plants, sapotes need plenty of light, otherwise they suffer.

First Fruits

If you get your hands on black sapote seeds, you will have to wait at least seven years until they bear fruit. Once they do, the fruits can be of diverse quality — the same as with all other fruit trees. If you are looking forward to the fruit rather than decoration, it would be better to invest in a grafted tree. Sapotes usually blossom in spring and summer; fruits are ripe after 12 months. Plants just 16 inches high can bear fruit, but for properly ripened fruit, the tree needs to achieve a certain size. In general, each fruit should have about twenty leaves. Large plants blossom several times a year, and it is not unusual to find mature fruit, ripening fruit, and green fruit all on the same tree.

When and Where to Get Your Hands on Black Sapote

You can bring a sapling home practically anytime, but it is more suitable in spring and summer when there is generally enough light and better conditions to become acclimated. In winter, it is necessary to be careful about outdoor temperatures when transporting it. As we said above, it should not be in contact with freezing temperatures. You can find black sapote varieties online starting at about \$35 U.S.: however you may be able to find a better deal at local specialized growers.

.....

Flour in its contemporary form is connected more and more to many health ailments. Since we consume far too much of it, why not try healthier and tastier alternatives?

A Traditional Guide to Nontraditional Flours

Common flours today include wheat, rye, barley, and oats, with wheat dominating. But it is not the same wheat that our grandmothers and great-grandmothers once consumed. Today, the majority of flour on the market is over-refined, with almost nothing in common with its origin. If we buy finely ground white flour, there are no positive effects on our health to speak of.

Flour Up Close

Flour is the ground-up grain kernel with a smaller share of the bran components. In terms of saccharides, starch is in first place (70 percent to 80 percent of the mass), and then proteins, that, in combination with water, produce what we call glutens. The water content is about 14.5 percent (it cannot rise above 15 percent). In addition to the aforementioned contents, flour also contains small amounts of fat (1 percent to 2 percent) and fiber (1 percent to 2 percent), which make up cellulose and other polysaccharides. From the nutritional perspective, mineral ash is mineral ash is also important and it makes up between 0.4 percent and 1.8 percent.

Darker or whole-ground flours have higher nutritional value due to their higher bran content. This is primarily on account of the calcium, phosphorus, magnesium, potassium, sulphur, and alsoselenium present. Flour contains vitamins — especially B-complex vitamins, which are water soluble: B1 (thiamin), B2 (riboflavin), B3 (niacin) and B6 (pyridoxin). Of the liposoluble vitamins, vitamin E (tocopheroles) is predominant. Minerals include calcium, iron, and magnesium. In wheat flour, the natural coloring is predominantly from betacarotene (provitamin A), which gives it its creamy color; in rye flour it is chlorophyll that gives it its grey-green tint. We can also distinguish flours by their color.



White Wheat Flour

White wheat flour is made by grinding the kernel without its germ and bran. Herein lies the biggest problem — the waste parts contain the most nutrients and fatty acids. This is why white flour has no nutritional value. The fiber content in white baked goods (and food products including white flour) is especially low. White flour, compared to wholemeal flour, has been leeched of 60 percent of its calcium, 76 percent of its iron, 85 percent of its magnesium, 78 percent of its zinc, 77 percent of its vitamin B1, 80 percent of its vitamin B2 and 86 percent of its vitamin E. It is a favorite in the kitchen due to its high gluten content, which makes beautiful dough.

Rye Flour

Rye flour is one of the wholemeal flours, and in terms of nutritional content, it is a very high quality product. However, it contains only a small quantity of glutens, so it is not a kitchen favorite. It does not rise very much when baked, and thus, rye flour products are dense. To remedy this, wheat flour is usually mixed in with it. Rye flour alone has a huge fiber, polysaccharide, and protein content. Its kernel contains beneficial substances such as lignin, vitamins B and E, and minerals such as calcium, magnesium, phosphorus, fluoride, and iron. Due to its composition, rye flour has beneficial effects on the immune system, the circulation, and digestion.

Spelt Flour

People who suffer from high cholesterol should take advantage of what spelt flour has to offer. It contains no cholesterol and balances levels of cholesterol in the human body well. It is made from an unrefined type of wheat, which is resilient, and does not need to be fertilized or chemically treated. Its valuable substances include B-complex vitamins plus minerals such as magnesium, calcium, potassium, zinc, and manganese. Spelt flour is very easily digested, and thus it is suitable for the youngest gourmets. It has a nutty flavor and rises wonderfully in sweet doughs, for example in fruit pastries.

Barley Flour

This flavorful flour is used especially for baking sweet pastries. Barley pancakes or crepes, for example, are unparalleled and require no mixing with other flours. Barley flour is a source of proteins, healthy fats, saccharides, and fiber. It is also rich in B-complex vitamins. It contains high amounts of minerals such as copper, selenium, phosphorus, calcium, and magnesium. It also contains iron and zinc. Barley flour lowers cholesterol levels, protects against the outbreak of inflammation in the body, and helps with constipation—both in preventing and treating it.

Oatmeal Flour

Oatmeal flour is especially suitable for small children and also for athletes in

convalescence. Of all the grains, oatmeal flour has the highest content of proteins and healthy fats. It is rich in vitamins B1 and E. In terms of minerals, it contains magnesium, iron, zinc, and phosphorus. Oatmeal flour is known to be rich in fiber. Thanks to the fiber content, it has a positive influence on the digestive tract and lowers levels of sugar and cholesterol in the blood. Another advantage is that you can grind it yourself from rolled oats. Oatmeal flour can be mixed with wheat flour and adds a great taste to homemade bread.

Rice Flour

Rice flour is a gluten-free flour, so celiacs can use it without fear. In addition to its use in baking, it can also be used as a thickener, increasing both volume and binding capacities. It is also suitable for preparing sweet, uncooked desserts. Mothers with babies know instant rice flour from the shops, but this type is suitable only for gruel or puddings, not as a raw ingredient for baking. In terms of vitamins, rice flour contains vitamins A and C, as well as B-complex vitamins. It is rich in calcium, magnesium, potassium, iron, and manganese.

Buckwheat Flour

Buckwheat flour is prized for containing a substance called rutin. This is considered the very best thing for problematic veins, blood vessels, and the heart. It is also rich in B-complex vitamins and vitamins C and E. It contains zinc, copper, selenium, phosphorus, potassium, and magnesium. It is naturally gluten-free, so it is suitable

for special diets. It lowers cholesterol lev-

els in the blood. Buckwheat flour can be used in Christmas cookies or as a suitable additive in soups and sauces.

Corn Flour (Maize Flour)

Corn flour is a suitable additive to a gluten-free diet. Its drawback however, is its fairly high glycemia index. Products from corn flour don't bloat the body for a long time: thus, they are a favorite,

especially in Mexico, where they bake flat rounds called tortillas. In Austria, corn flour is used to make dumplings, as well as polenta in Italy. Romania's national dish, called mamaliga, is made from corn flour. Corn flour is also used to thicken foods. It contains vitamins A, C and E, and also Bcomplex vitamins.

It contains high amounts of calcium, iron, magnesium, phosphorus and potassium.

Lupin Flour

It can be said that this flour is the most interesting. It is flavored among bakers, and as an emulsifier, it can partially replace egg yolks. The flour is ground from lupins, considered the crop of the century due to the fact that it grows quickly, is resilient and has high yields. Lupins are very rich in proteins, contaning about 37 percent proteins, comparable to soy. However, as opposed to soy, lupin contains only 10 percent fat and has a high fiber content. It is naturally gluten-free.

Amaranth Flour

Amaranth flour is especially suitable for baking and is typically added to bread and cookies. It contains healthy protein, with essential amino acids, making it a high quality energy source. It also contains complex sugars, fats and a relatively high amount of unsaturated fatty acids. Amaranth flour is gluten-free.

Soy Flour

Soy flour is a great source of proteins and vitamins, especially B-complex vitamins. In terms of minerals, it contains calcium, and magnesium. Soy flour is gluten-free. It contains soy lecithin, which works as an emulsifier just like the lecithin found in eggs. Adding 3 percent to 5 percent soy flour to baked goods can replace eggs and significantly increase their shelf life. Soy flour can also be used as a thickener in sauces. It is a favorite in vegetarian cooking.

Millet Flour

Millet is made from husked millet. When it is ground, millet flour is born. It is healthy and gluten-free, full of B-complex vitamins and minerals (magnesium, nitrogen, phosphorus, iron, copper and zinc). It is also high in fiber. It is great in cookies and any kind of sweet baked goods. It makes great pancakes and gluten-free baked goods. Millet is suitable for those with stomach problems. The flour is light and does not put a load on the digestive tract.

Chickpea Flour

Chickpea flour — also known as gram flour, garbanzo bean flour and besan has a similar structure to ordinary white flour. It only differs in its color, which is light yellow. It is a special favorite when used with vegetable fillings. It can also be



used for sweet desserts or to make roux. This flour has a nutty flavor. In vegan cuisine, chickpea flour mixed with water is used as an egg substitute. It contains many valuable minerals, especially iron, potassium, magnesium, calcium and zinc.

Other Alternative Flours

Acorn, Chestnut Flours

Both flours have poor binding properties.

Arrowroot Flour

Arrowroot flour is used as a thickener. It is flavorless and odorless. In cooking, finely ground arrowroot flour becomes transparent, so it can be used to replace corn starch.

Legume, Bean Flour

The legume family includes peanuts, lentils, peas, soybeans, beans, and others. They can be ground into flour and combined with various other ingredients.

Potato Flour

Potato flour is a dense flour with a strong potato flavor and aroma.

Quinoa Flour

Quinoa has been cultivated since the time of the ancient Incas. As a pseudocereal, it has been used in traditional Central and South American foods for more than 5,000 years. It is a very good protein source.

Tapioca Flour

Tapioca is a fine, almost white flour made from tapioca roots.

Focus onWomen: Anti-Acne Herbs

If annoying pimples pop up even though you've put puberty far behind you, don't worry. According to dermatologists, acne in women over the age of thirty is quite common. Hormonal swings, stress, or improper skin care can be responsible.

Pimples on one's face or back are familiar to practically every woman and man during puberty. Hormonal swings clog pores with sebum on the face, back, or chest, and bacteria multiply inside the pores. They create pustules or acne, which 85 percent of the population suffer from between the ages of 12 and 25.

Back in Puberty

But acne is not an exception in women over thirty. At this age, acne is more common in the lower face and is connected. for example, with hormonal swings during ovulation, stress or impaired immunity. The cause can also be diet or improper skin care. The difference of acne in adulthood, in addition to its location, is that, as opposed to pimples in puberty, the pustules are usually deeper, often more painful, and with a longer development and longer period of healing. This is why they often leave small scars or blemishes. If the acne is not of a short-term character (for example, the result of hormonal imbalances during ovulation), and the state of the skin keeps getting worse, or if the face develops hard, red sores, it is time to visit a specialist, according to the doctor. At the first manifestations of these forms of acne in adults, chemical peeling is used, which cleanses the skin's surface by deep mechanical cleaning of the skin, along with deep hydration. If the treated acne leaves visible marks on the skin in the form of blemishes, scars or a change in the skin's height, laser therapy is used.

Herbal First Aid

The way to get rid of acne in adulthood is a proper regime. It is necessary to cleanse the skin, remove make-up before sleeping, drink lots of pure water, eat healthily, and limit sugar, caffeine and alcohol. Also choose cosmetics according to skin type — for greasy skin don't use thick, greasy face creams, and so on. In general, it is necessary to limit the intake of saccharides and foods with a high glycemic index in the diet. Greasy and fried foods should also be avoided. Their composition encourages the clogging of skin pores and the overall contamination of the skin. It is also necessary to drink enough pure water or nettle tea, which cleanses the blood. In terms of vitamins, it is necessary to supplement with A and B-complex vitamins. These help improve malfunction of the liver, which is one of the main causes of acne. We should not forget zinc, which it is necessary to supplement in the body both internally, and externally. It may be necessary to cleanse the kidneys and intestines during an acne diet, including a a diet treatment with herbal supplements.

Anti-Acne Herbs

Sage

(Salvia officinalis)

Sage has antifungal and antiviral properties. It is most often used externally for disinfecting inflammations or wounds. It is suitable for rinsing oral cavities and gargling for sore throats and strep throat. For acne, use fresh sage leaves externally; the pimples will heal quickly.

Marigold

(Calendula officinalis)

Marigold can be used both internally and externally. In internal use, it cleanses the body, works as an antibiotic, helps with insufficient gallbladder activity, and cleans the liver. It is a diuretic and a fungicide that destroys internal parasites. It treats varicose veins and helps with coughs and asthma. Marigold improves the activity of the heart and regulates blood pressure. It also regulates menstruation. Externally, it has anti-inflammatory, healing properties, which can help with facial acne. It can be used both in marigold infusions and as marigold oil. The infusion is suitable as a mouthwash and gargle. The oil helps varicose veins and bedsores.

Chamomile

(Matricaria chamomilla)

Internally, chamomile is typically used for gas, intestinal and stomach problems, cramps, colic, insomnia, coughs, bronchitis, sore throats, colds, painful menstruation, interruptions in the menstrual cycle, urinary tract inflammations, constipation, neuroses, and depression. Externally, chamomile can be used in poultices and as a gargle. It aids poorly healing wounds, skin rashes, and allergic skin reactions, in addition to being a powerful acne treatment.

Common Nettle

(Urtica dioica)

Nettle is used especially as a cleansing agent. It even has the potential to clean the blood. For maximum effect, it is necessary to drink nettle tea for at least three weeks. In spring, one can make use of fresh nettle by pressing it to make juice. For external acne treatment, the best is to use its properties in a tincture. How? In spring or autumn, clean a dug-up root in water with a brush, slice it finely and fill a jar with it up to the rim. Add a 30 percent to 40 percent solution of alcohol, and let stand for a fortnight in a warm place.

Yarrow

(Achillea millefolium)

Yarrow has healing and disinfectant qualities on the skin. At the same time, it supports blood circulation in the skin. During acne treatment, it can be a valuable supplement to natural cures.

Common Lady's Mantle

(Alchemilla vulgaris)

This herb has strong anti-inflammatory effects. When treating pimples, it can be used both internally and externally.



Ingredients:

- 1 tsp. of marigold
- 1 tsp. of chamomile
- 1 tsp. of sage
- 1 tsp. of aloe vera gel or fresh aloe pulp
- 1 c. of boiled, distilled water.

Directions: Prepare a strong infusion from the herbs. Place in a pan and pour the boiling water over them. Scald, and let steep for half an hour. After cooling, add aloe vera gel or fresh aloe pulp. Keep refrigerated. Shake before each use.

••••••

Focus on Men: The Proper Diet for Tough Guys How we look and what condition we are in are products of our lifestyle and diet. Long-term and ubiquitous stress places a heavy burden on the body, which we were not made to tolerate. But none of the above would have been a problem if we had not substantially changed our way of life, increased our ready-to-wear size, or birthed such a large number of impotent men.

In the past, men were stressed if the mammoth hunt went poorly. Commotion in the cave set in. Once a mammoth was killed, there was relative peace and calm for a long time. Today's men have it tougher. Mammoths are extinct, and men have to find a different source of bread and butter. Modern civilization has brought with it the huge possibilities which pamper us, not at a price of comfort, but at a price of great stress. Men are burdened with still more requirements that make being the perfect man almost impossible.

The individual origins of stress can be diverse, and only rarely are we able to cope with them. Stress is ever-present, and we know that in the long-term, it is damaging. It weakens the immune system and is considered the main cause of human failure. But how do we get rid of stress? Take everything in perspective, but work on yourself, primarily your own good feeling and satisfaction. Don't shy away from taking alternative medicines. Natural adapt gens have been used in medicine to curb stress and support one's health for centuries. They are mentioned mainly in Chinese medicine, which states it is most important to establish a balance between opposing elements. Among the adaptogens are Aaron's rod (Rhodiola rosea), Siberian ginseng (Eleutherococcus senticosus,) or Schisandra chinensis. Closer to home are basil, oregano, lavender and lemon balm. Eat Better, Live Longer Some foods

harm men more than women. The culprit is the different way in which we store fat. Men deposit fat mainly in the belly, which is a place responsible for many health complications. Belly fat can influence the function of the liver. It is a risk factor for diabetes, hypertension, heart problems, sleep disruption (sleep apnoea), Alzheimer's disease, and cancer (of the colon, prostate and beyond). Being overweight can also have an adverse consequence on a man's sex life, not to mention his overall way of life.

Proteins

The body is not capable of storing proteins, so their regular intake is necessary. Proteins make up an important part of the diet, because they are a part of every human cell. One's daily diet should contain 15 percent protein, or about 0.8 grams of protein for every kilogram of body weight. Proteins also serve as an important source of energy that is never transformed into fat. We get it from both vegetable and animal sources.

Of the vegetable sources, soybeans, legumes, and nuts are excellent. A quality steak (170 grams/6 oz.) contains 38 grams of protein, but also 44 grams of fat, of which 16 grams are unsaturated fatty acids. Compare this to the same weight of salmon, which contains 38 grams of protein, but only 18 grams of fat, of which 4 grams are unsaturated fatty acids. The best sources of animal protein are foods made from egg whites, which out of 100 grams contain 14 grams of protein and 0 grams of unsaturated fatty acids.

Good Fat and Bad Fat

Fat intake should not exceed 30 percent to 35 percent of one's daily calorie intake. If we are trying to lose weight, it is necessary to limit the daily fat intake to 20 percent to 25 percent. One's need for fat changes with age. Older people should take in less fat than the young, who have higher muscular density in their bodies. However, fat is a necessary part of all of our diets. It is important to limit the bad fats (saturated fatty acids), which are found mainly in margarine, technologically prepared foods, fried foods and saturated vegetable fats. Among the fats regarded as healthy fats are omega-3 fatty acids found in fish (salmon, mackerel, sardines, anchovies, and herring) and in select vegetable sources. For example, linseeds, which are rich in ALA (alpha-linolenic acid), or chia seeds, which are generally the most celebrated vegetable source of omega-3 fatty acids, are even more lauded than fish. Essential fatty acids are needed for maintaining proper working order of blood vessels and the heart. They help prevent heart attacks, reduce triglycerides, support good HDL cholesterol, and have anti-inflammatory effects.

Saccharides

Sugars, or carbohydrates should make up from 45 percent to 65 percent of our daily caloric intake. They are the fastest sources of energy for our bodies, especially for the brain. At the same time, they are the cause of weight gain. We divide them into simple and complex sugars according to how fast they increase the level of sugar in the blood after consumption. This quality is called the glycemia index (GI). According to experts, foods that rapidly increase the level of blood sugar increase the risk of type-2 diabetes, heart incidents, and even colon cancer. Among these foods are baked goods and other white flour products. On the other hand, consuming foods with a low GI can help us avoid modern day diseases. Among the suitable foods are wholemeal baked goods, vegetables, and fruit—which are also a source of fiber that helps regulate weight.

Health tip: If you need to sweeten something, use honey, or better yet, stevia. When buying prepared food products, pay attention to whether they contain 100 percent pure stevia or other mixtures.

Sodium

The World Health Organisation (WHO) has issued a warning against the overuse of sodium, which increases blood pressure (hypertension) and is considered one of the main causes of death in modern societies. High blood pressure affects about 15 percent to 20 percent of the population, of whom 20 percent are in a high-risk group. According to a Canadian study that researched the composition of men's diets, it was determined that thedaily intake of sodium far surpassed the daily recommended allowance. Across all age categories, men's actual diets contained 3,400 milligrams of sodium instead of the maximum tolerable level of 2,300 milligrams per day. One teaspoon of salt contains 2,300 milligrams of sodium. Sodium is present in common foods such as mineral water or a bowl of cereal with raisins. Some of the highest amounts of sodium are found in fast food items, where a typical hamburger contains 1,500 milligrams of salt.

Health tip: Avoid salt. To flavor foods add spices, fresh herbs, garlic, ginger, citrus fruits, or apple vinegar.

Licorice Syrup Against Coughs

Ingredients:

- 1 oz. licorice root
- 1 tsp. linseed
- 1 c. water
- 3/4 c. raisins
- 1/2 c. sugar
- 1/2 tsp. vinegar

Directions:

Boil the first four ingredients down to a pint. Add sugar and vinegar, and mix well. Serve before bedtime.

Herbs for Our Soul

Somebody is always telling us their thoughts and opinions, and we try to please them, whether they are our parents, bosses, or friends. In short, we want to satisfy others at any price. However, by doing this often go against ourselves, and we suppress our inner selves.

Communicating with our soul is some-✓ thing we do at about the age of forty, but more often it happens a few moments before death. All of a sudden, we feel empty, and life starts to loose its meaning. We ask ourselves what really brings us joy in life? What is worthwhile? What fulfils us? Wetry to recollect the important moments. For years we only play the roles we were trained for. We play respectable wives, husbands, students, employees, bosses, daughters, or sons. In playing, we become actors in the theatre of life. We leave behind our own models and adopt others. Many elderly people suffer from a feeling of emptiness and dissatisfaction. They might not even realize it, but it is true. So we try to wake up and realize who we really are. Life takes on a different meaning.

A Time Full of Stress

Stress today is considered something completely normal and it is no wonder we are living in a rapid age that expects more from us than we humans are capable of giving. For employers, it would be best if we sat in our chairs from morning to night. For that they offer us usually only paltry wages, in no way matching the volume of our work. At home the rest of the family awaits us, also wanting a part of our energy, and we already feel so tired in the evening. No wonder we start to have health, problems. And even if we have enough money, good health and a fantastic family, the majority of us still start to feel an inner pain. We ask ourselves "why is this when we have it all?" To simplify, it could be said that our soul is howling. Our soul speaks to

us with the last dregs of its power: "Show me something more: your own interests, love, happiness, freedom — I want to feel what these are. I want ordinary joy, true love, which inflames the body, opens the heart, fills it full of feelings and excitement — don't throw away feelings and emotions! Don't be afraid to feel!"

A Call for Help

With what language do we speak to our soul? Maybe we can't hear it, but we know what is going on. What can we do to hear it? How do we pay heed? It is a matter of tried and true ways to increase its vibrations. It can be different for each person: painting, singing, sports, or taking a walk in the countryside. Essentially, anything that brings us joy and a feeling that we are in the now is advisable, since we are not dwelling on the past nor searching for something in the future. It lasts only a moment. Connecting with the soul means that we reach what we want to reach. That which we have yearned for is now within reach. More frequent contact with our soul and following its path can give us a feeling of calm and fulfillment and the ability to perceive beauty.

Satisfying Desires

A common problem is also that we keep looking for what we really want to do in life. After years of suffering, searching, and following a foreign path, we actually have no idea what we want. Here it is good to get in touch with our inner child. He or she knows and remembers what they wanted and what made them happy. To find what we really enjoy is a huge step forward. It is worth searching for, because afterwards, we feel the contact with our inner self. There are many methods — daily meditation, dancing, contact with nature or animals. In short, any activities during which we stop thinking, we start feeling real joy. It is important to have at least a few moments to ourselves every day in order to maintain the joy which fills us for as long as possible.

Herbs for Joy

For necessary meditation, we can also have a bath with God's garden gifts. If you gather the herbs yourself, then you know well how wonderfully even just the process of gathering can strengthen your soul. If you don't have the possibility to cultivate or pick herbs yourself, you can certainly find quality dried herbs.

How can you use them? A bath, by itself is a source of rest and much needed relaxation. There are a number of herbs which will suffice. Use a combination of lemon balm, lavender, St. John's wort, even hops, rosemary, or mint. Take a bunch of your chosen herbs, place them in a canvas sachet and gently crush them in your palms. Run hot water into the bottom of the bath, place the sachet in the water and let it steep for about 15 minutes. Then fill the bath with water as usual. And which herbs are best? Lemon balm calms, as do St. John's wort and lavender. Hops is well known for its sedative effects. Rosemary and mint also work well against stress. `

Tip for a Stress-Free Life Avoid everything that lessens our vibrations — aggression, anger, envy and comparisons to others. At first it is difficult, because one has to use various psychological techniques. If you are going to be in harmony with your soul, other people cannot bother you. We see their faults, but we will tolerate them because we will devote our attention to what is good in them. In short, if we are going to be in harmony with our souls, we have to appreciate the calm in every moment of our lives.

.....

Saying Goodbye to Chronic Fatigue

Our lives match the fast pace of the times, and its components have brought us the diagnosis of Chronic Fatigue Syndrome. Understandably, it is a new disease, a reaction to an overstressed body and soul, and one that seems to pose big challenges to modern medicine. Its symptoms are relatively easy to remedy with pharmaceuticals, but to cure it, everyone has fight his or her own battle.

Medical science is able to measure certain values and superficially rule out known diseases. We call this anamnesis a case history. Patients are amazed; doctors often as well. Of course, when the measurements go off the board, and treatment is unsuccessful, this is the time to look for other methods. Natural methods are ideal, and most of them are effective under expert supervision. After millennia, Chinese medicine and healers are back in the forefront of treatments. The perfect doctor searches for a cure and ends with the popular syndrome from the diagnostic table.

Diagnosis

The chronically fatigued body is a classic case of an immune system deficit. We all know well how essential the immune system is and how closely it is connected with our emotions. In other words, it is untreatable if the brain does not want to be in sync with our circumstances in life, regardless of what is painful to our bodies.

These pains, most of them chronic, are thus the mental or psychosomatic results of an individual's brain who has given up on certain things that go on repeating in his or her life. Eventually, they have their manifestations in reality. This diagnosis typically accompanies swollen glands, fatigue, and temperatures which are not high but weigh down on the meta bolism. The majority are slightly increased temperatures, 37°C to 37.4°C (98.6°F to 99.3°F). It can also mean sensitivity to cold, problems in getting to sleep, short-term memory loss, hearing problems, tinnitus (ringing in one's ears), night sweats, heaviness in breathing, and even depression.

There are so many medical findings in diagnosing patients. All of the above form a medical anamnesis. Unfortunately, nothing is given in addition to the confirmation that one is troubled by chronic fatigue syndrome.

A regimen to cure the thinking of such troubled individuals is impossible globally, but not on an individual basis. Unfortunately, such a person understands the world and its demands as a usurper of his possibilities. Chronic fatigue syndrome is fatigue from the outside world itself, which the individual does not understand and is not able to adapt to with his or her psychological constitution. The leading roles here are played by prenatal memory, maternal love, and relationships to the mother and to the family. Why? Because childhood misunderstanding and repeated situations in which every child finds himself or herself without adequate support adds to this diagnosis the mindset of being yet more closed off to the surrounding world.

Treatment for Fatigue

We know the origin and reasons for the syndrome. Now let's resolve it. We begin with the body, not the psyche, because first we have to straighten out its values, which can be measured by modern technology. The body has already been reacting to the longterm state of the mind. It is advisable to not consume sugar, so that the yeasts in our bodies don't go on binges. Of course, make sure that you are not already under attack by viruses or yeast infections, which are almost certain in advanced stages of this syndrome when you feel a bit better and think you have more strength. Sure, you have rid yourself of the large part of the parasites, which is where the relief comes from.

How do you recognise this phase? You will have an insatiable desire for sweets. And even if you guard against sweets, your body will bypass your thoughts. It will need its favorite — sugar — in order to manufacture neurotoxin and then confuse your conscious taste in favor of whatever it can get. It is now necessary to straighten out your psychological health. We have come to the time for a psychological or physical therapy consultation. With the help of professionals, you will begin to straighten out your psyche and attitude toward perceiving the world.

Additionally, you will likely need to add more movement and exercise into your life. You don't need to go to the fitness center. There is a much easier solution — go to the park, the woods, a lake, the countryside, or the ocean. The energy from trees is irreplaceable; the forest wins top honors. You absolutely have to give care to your personal environment which, if not heeded, can activate chronic fatigue and nourish only what is chronically (or repeatedly) bad in your life. This means acknowledging what you want and what is bothering you. Maybe it involves how you make your living — is it because this is what those around you want and expect, or because you think you have to? One important part of treatment is also to get away and make space from those around you. This is also good for deceased relatives who may have made possible some problems and misunderstandings and then left this world. Don't forget that this energy — the spirit of a person — never dies. A few words at the grave "I'm sorry," or photographs and a lit candle at home are enough.

Start with Yourself

Our whole existence is really a game of life and death. It is only a question of our decisionmaking, deciding what kind of life we are going to live, to live it and live consciously or to resign yourself to the basic social conventions, diagnoses, and details. We cannot avoid life experiences. And actually how we dea with them in the next hours, days, weeks, months, years, and decades is up to every one of us.....

Advice for Fatigue:

• Change in diet. Get rid of sugars and eat more fresh fruits and vegetables. The body yearns especially for B-complex vitamins and vitamins C, D, and E.

A sweet tooth can be satisfied by sunflower seeds, walnuts, and dried fruits (unsweetened, sulphur-free). Cocoa beans are also good.

Give your body quality saccharides
 — wild rice, wholemeal pasta and good wholemeal bread.

Good herbs include rose hips, nettle, sea buckthorn, dandelions, hawthorn, mint, and lemon balm.

5 Include cleansing or fasting days. Choose e a day in the week when you will eat less or not at all.

••••••

Wholesome Wine

At last we have found the elixir of health and longevity! Because of its antioxidant content, wine has considerable preventative qualities with regards to cardiovascular diseases, reduction of harmful LDL cholesterol in the blood, and prevention of ischemic cardiac disease. As a precaution, it suffices to drink One glass a day will suffice. It is not a revolutionary breakthrough. The positive effects of wine on the human body were very well researched by ancient Greeks and Egyptians. Long ago, it became known that wine helps with colds and generally strengthens the immune system, all while protecting against cancer. It wards off bad moods, gloom, and depression. It helps prevent Alzheimer's disease, improves one's sex life, and helps fight diabetes. Wine may even prevent heart attacks, protect blood vessels, and prevent hardening of the arteries. It is suitable for various diets, because wine facilitates the digestion of fat. In addition, drinking wine will help one age more slowly, similar to eating grapes or consuming them in a delicious drink. Wine also reduces risks associated from smoking cigarettes. Therefore, smokers should eat fresh grapes or drink a glass of wine as part of their daily routine.

Healing Properties

Consumption of wine helps to tackle many health complications and even works as prevention. But wine also has external body uses. We are talking about pure, squeezed juice with grapes, which helps soothe pain when a wound is inflicted. It also heals, disinfects, and stops bleeding. The juice from grapes is successful in fever reduction as well as the treatment of hemorrhoids. Dried grapes (raisins) are an excellent remedy for treating constipation. But be careful — here it is important to choose raisins which are unsweetened and non-sulphate.

Under the Microscope

Wine contains approximately 600 components that affect human senses. In additionto the vine, co-products from alcohol fermentation the have positive effects on the human body. Their content and variety is determined by soil conditions and selected manufacturing technology. In wine, there are additional beneficial ingredients, especially phenols. The majority of them have strong antioxidant properties, and some also have antitumor effects.

Additionally, they help regulate blood cholesterol. Although phenols are found in many other foods, in particular fruit and vegetables, the human body is not capable of utilizing them because they are generally compounds soluble in alcohol but not in water. Another interesting fact is that flavonoids belonging to a group of phenols reduce the risk of pneumonia and even suppress the negative effects of smoking on the lungs.

According to estimates, flavonoids present in about one cup of wine have the capacity to neutralize the harmful properties of approximately one cigarette. Besides phenols, wine also contains minerals that help prevent osteoporosis, in addition to a relatively large amount of vitamins, especially group B. They assist cardiac functions promote the activity of the cornea and the retina, all while increasing immunity and improving the formation of hemoglobin.

What's others, they are also reduce fatigue and assist in the treatment of depression.

Resveratrol is commonplace in other foods (nuts, peanuts, some vegetables like carrots, cabbage, beetroot, *etc.*) but in wine, it is concentrated the most. It belongs to the group of phenolic compounds and is a very useful substance.

A medium concentration of resveratrol in red wines is approximately 2–6 milligrams per liters, but in white wines its concentration is lower, about 0.2–0.8 milligrams per liters. This is also the reason why red wine is considered healthier. Resveratrol works also as a chemopreventive agent that may reduce the risk of cancer and possibly other chronic and degenerative diseases as well.

Colorful Wine

Red Wine versus White: The proportion of healthy, beneficial phenolic compounds is shown by scientific research to be generally higher in red wines. It is not only the result of single berries, but also differences in technological production. Polyphenols are contained in the berries' skins. In the manufacturing of white wine, the grapes are pressed and sepa-

Wine as Medicine

Flu, virus infections, and colds

In 1 liters of red wine, boil 1 part elderberry blossom, linden coltsfoot and plantain leaf. Add oregano, knotgrass and peppermint. It can be sweetened with honey, but drink hot, then lie down immediately. Se extract causes heavy sweating.

Digestion Difficulties

Pour one liters of high-quality red wine per 3.5 oz of chopped horseradish root, and cook for two minutes. Let it stand for 10 minutes, drain and use a soup spoon for eating.

Difficulty with bowel movement

Prepare an extract of 1.5 oz of white wine and mix with a tablespoon of castor oil and a pinch of basil stems. Simmer all ingredients for five minutes, then drain. Drink on an empty stomach.

Migraines and headaches

Boil 3.5 oz valerian root for 10 minutes in 1.5 oz of white wine. Drain, then soak a cloth and place on forehead. rated relatively quickly, while with red wine, the juice initially ferments with the skins for some time. The mash (pressed, impaired berries) of what will become red wine has the chance to obtain not only color from the skins, but also flavonoids.

Rosé: This type is considered a novelty and a lot of people don't have much confidence in it, which is a pity. This is definitely not a passing fad, as it has been around for many years — the first mention about this wine comes from Hippocrates around 400 B.C.

Rosé accounts for about 10 percent of total wine production, or about 21 million barrels ammually. Many people believe that rosé is formed by blending white wine with red. This is not so, nor indeed allowed. The only exceptions are the winemakers in the French region of Champagne with the production of the famous pink champagne.

Rosé is produced from the black grape variety. After the grapes are pressed, the resulting mash together with the skins, is left for a short time to ferment. Time duration of fermentation depends on the variety of grape and the wine grower's determination. Nevertheless, it's a question of hours, not days. At this time, the mash from the skins leaves color and other substances affecting flavor. At the time of infusing, the resulting color depends on the chosen variety of wine.

Thus, the palette of possible colors is quite broad, ranging from raspberry tones, delicate salmon pink, brick to even dark shades of onion. Some varieties have the skins of grapes colored pink shades — Burgundy, for example, or Gewurztraminer. This technique is used for the production of white wines, but not rosé. It is also good to note that rosé wines are not very suitable for archiving. The vast majority of rosé wine reach their peak within three years after harvesting.

Wine	Recommended Temperature
Sparkling, Champagne	6–9 °C
Dry white wine, young, rosé, semi-sweet and sweet	9–11 °C
Young red light and fruity	10–12 °C
Large, strong white wines	10–12 °C
Elegant red	12–14 °C
Large heavy red	14–16 °C
Red high tannin	18–20 °C
Liqueur wine, port, sherry	13–15 °C
Keep in mind that after pouring the wine into the glass the	he temperature rises by 2 °C.

Domestic Storage

.....

The ideal temperature should be between 48 °F and 52 °F; however, it is essential for it to be stable and not fluctuating. If the temperature is not constant, the wine may start to cloud, lose proteins, and collect residue, thus losing its value. Humidity should be about 65 percent. The wine also requires darkness, and we should not forget to position the bottles horizontally, in order to keep the cork dipped and prevent drying up where the bottles might start letting in air.

Non-Traditional Combinations

Wine and chocolate? This seemingly unsuitable combination can be an absolute gourmet experience. But one wants to choose the correct combination of wine and chocolate. "If you try pairing wine and chocolate for the first time, then bet on a non-classical combination, with strong dark chocolate and a red wine with more tannic acid, such as Cabernet Sauvignon or Merlot varieties," Jantač recommends. If you are a fan of white wine, then go for a wine of oxidative nature. Or try one that has spent a longer time in its barrel and is a more mature and a little heavier variety ideal for combination with dark chocolate, such as Tokaji or Muscat wine.

If you prefer milk chocolate, however, then select a lighter wine, like Sauvignon Blanc, Chardonnay or Royal Oporto Ruby.

Last but not least, there's white chocolate, which is very unusual for combining with wine. You can try it out with a German Riesling or a straw-colored / ice and sparkling Demi Sec, such as Freixenet Carta Nevada. And what about taste? First, place a piece of chocolate in your mouth, let it lightly heat and fade, slowly rolling on the tongue until completely dissolved. At this moment, when you can fully perceive all the flavors of chocolate, we come to the moment of tasting the wine. Thip slowly, letting the wine flow into the mouth. After swallowing, there awaits for you the true concert of flavors, often very surprising.

Teas According to the Chinese Horoscope

First mentioned in Chinese writings as early as 3,000 B.C., tea has continued to be a constant in human lives ever since.

There is a legend surrounding the discovery of tea: one day, the mythical emperor Shennung was boiling water, and suddenly some tea leaves fell into the pot. It had a pleasant smell, so he decided to taste it, only to experience a great taste and a fresh feeling. The emperor was amazed by the discovery and named the miraculous beverage te. Even though this is only a legend, we can surely say that the Chinese were regularly drinking tea as early as 900 B.C., while in Europe, the first shipment of tea arrived on a Dutch merchant ship as late as 1610. It was very expensive until the second half of the 18th century when the price started to fall, and tea drinking spread among the general public. It is noteworthy that all exported tea was originally green, but the long journey significantly lowered the quality and taste, so the Chinese came up with the process of fermenta-tion, thus creating black tea with amuch longer expiration date (and also more caffeine and a stronger aroma).

The two biggest European tea powers were Portugal and Holland, followed closely by England when English King Charles II ruled. He married Portuguese princess Catherine of Braganza (a big tea lover) in 1660. Thanks to her, not only the king himself but the whole country fell in love with this beverage. To this day, the British and the Irish are still considered some of the most enthusiastic tea drinkers in the world. But as its health benefits become better known, tea consumption in the U.S. is on the rise.

Medical Properties

What people in the East knew thousands of years ago is nowadays confirmed repeatedly by science. Thanks to its high catechin, mineral, and antioxidant content, green tea has prophylactic effects against tumorous activity and Alzheimer's disease and Parkinson's disease. It helps treat cardiovascular diseases, wounds, and osteoporosis. Tea works great against bad cholesterol as well as an upset stomach—and these are only a handful of the medical properties of green tea. Black tea and other types have their own unique healing effects.

Chinese astrology assigns different teas to individual signs of the zodiac in the traditional Chinese horoscope. According to one legend, Buddha invited all animals in his kingdom on Chinese New Year's Day, but — for unknown reasons — only twelve arrived. First there appeared the rat, then the ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. Buddha was thankful that at least these animals arrived and decided to name the years after them. It is assumed people born in the year of this or that animal will inherit some of its characteristics. Although we can hardly find all the characteristics of a given animal in every man, the occurring similarities are sometimes fascina ting.

RAT

05-Feb-1924 – 23-Jan-1925 24-Jan-1936 – 10-Feb-1937 10-Feb-1948 – 28-Jan-1949 28-Jan-1960 – 14-Feb-1961 15-Feb-1972 – 02-Feb-1973 02-Feb-1984 – 19-Feb-1985 19-Feb-1996 – 06-Feb-1997 07-Feb-2008 – 25-Jan-2009

Rats benefit the most from **fruit teas**, especially strawberry or blueberry. To be precise, we should be calling it a fruit drink, not tea, because this beverage does not contain any leaves of the tea plant (Camellia siensis). Fruit teas are just mixes of dried fruits and herbs, yet they are very popular thanks to their unique flavor, high vitamin C content, and lack of caffeine and theine. That is why they are recommended for children and everyone as an alternative to water for staying hydrated.

OX

24-Jan-1925 – 12-Feb-1926
11-Feb-1937 – 30-Jan-1938
29-Jan-1949 – 16-Feb-1950
15-Feb-1961 - 04-Feb-1962
03-Feb-1973 – 22-Jan-1974
20-Feb-1985 - 08-Feb-1986
07-Feb-1997 – 27-Jan-1998
26-Jan-2009 - 13-Feb-2010

Pu-erh is sometimes called the Chinese penicillin. It has a strong natural aroma and contains the finest tea buds and leaves. It has an unusually dark color and unique earthy taste, thanks to several fermentation processes involving bacteria and fungi. This complex method of production leads to a beverage containing almost miraculous healing powers. Pu-erh is said to lower high levels of cholesterol in the blood, heal respiratory diseases, and prevent the development of modern lifestyle maladies.

TIGER

13-Feb-1926 – 1-Feb-1927 31-Jan-1938 – 18-Feb-1939 17-Feb-1950 – 05-Feb-1951 05-Feb-1962 – 24-Jan-1963 23-Jan-1974 – 10-Feb-1975 09-Feb-1986 – 28-Jan-1987 28-Jan-1998 – 15-Feb-1999 14-Feb-2010 – 02-Feb-2011

A proper Irish tea, black tea with

a strong aroma is the ultimate choice for tigers. The ancient Chinese were the first to attempt aromatizing tea 800 years ago during the Song dynasty. Tea aromatization has become a popular process and is performed even today. Why? Tea has great absorption properties and is able to bind with additional aromas, which is essentially why we can enjoy a wide range of aromatized teas.

Irish tea is a blend of black teas Assam and Darjeeling from the Indian tea family. That is why it is generally considered far stronger than a typical English breakfast tea. The intense taste of Irish tea is conveniently balanced by adding some milk, but those who don't mind a good kick in the morning can drink a fresh cup without milk. A very popular beverage in Ireland consists of Irish tea, Irish whiskey, lemon, and a wee bit of cream.

RABBIT

02-Feb-1927 – 22-Jan-1928
19-Feb-1939 - 07-Feb-1940
06-Feb-1951 – 26-Jan-1952
25-Jan-1963 – 12-Feb-1964
11-Feb-1975 – 30-Jan-1976
29-Jan-1987 – 16-Feb-1988
16-Feb-1999 - 04-Feb-2000
03-Feb-2011 – 22-Jan-2012

People born in this sign should drink a special type of tea with a beautiful name: **fruit kiss**. It consists of lemongrass, mint, and cardamom. Cardamom gives it a proper spicy taste. As we have already stated above, fruit teas don't contain any tea leaves. On the other hand, they still have a high vitamin C content, don't contain caffeine or theine, and are suitable for children. When cold, fruit kiss makes a great refresher.

DRAGON

23-Jan-1928 – 09-Feb-1929 08-Feb-1940 – 26-Jan-1941 27-Jan-1952 – 13-Feb-1953 13-Feb-1964 – 01-Feb-1965 31-Jan-1976 – 17-Feb-1977 17-Feb-1988 – 05-Feb-1989 05-Feb-2000 – 23-Jan-2001 23-Jan-2012 – 09-Feb-2013

Green tea with lemon provides dragons with the right amount of energy. Hundreds of pages have already been written about the wholesome medical properties of this type of tea. It preserves all the minerals and vitamins; however, always make sure to pour over with water between 140°F and 180°F that has first been boiled. As far as taste is concerned, green tea is more bitter than black due to a high content of tannins, but a slice of lemon will balance the taste.

SNAKE

10-Feb-1929–29-Jan-1930
21-Jan-1941 – 14-Feb-1942
14-Feb-1953 – 02-Feb-1954
02-Feb-1965 – 20-Jan-1966
18-Feb-1977 - 06-Feb-1978
06-Feb-1989 – 26-Jan-1990
24-Jan-2001 – 11-Feb-2002
10-Feb-2013 – 30-Jan-2014

Forest fruit is a delicious and tasty mix for every snake. Beware of suspicious teabags produced on an industrial scale. It is better to buy a mix with dried fruit and herbs by weight in your local health food shop. The infusion contains a fair amount of vitamin C and can be consumed cold or hot. You don't have to throw away the fruit afterward—go ahead and eat it.

HORSE

30-Jan-1930 – 16-Feb-1931
15-Feb-1942 - 04-Feb-1943
03-Feb-1954 - 23-Jan-1955
21-Jan-1966 - 08-Feb-1967
07-Feb-1978 - 27-Jan-1979
27-Jan-1990 – 14-Feb-1991
12-Feb-2002 - 31-Jan-2003
31-Jan-2014 - 18-Feb-2015

A saying goes, "he is as strong as

a horse," and for a strong horse you need a strong **Ceylon tea.** It is a typical strong black or green tea, but with a unique aroma and flavor. Most of the tea in Sri Lanka (known as Ceylon until 1972) is grown on the hillside of a central mountain range between 2,000 and 4,000 feet above sea level. For the production of Ceylon tea, gatherers pick mostly younger and smaller leaves. All this, along with the specific climate conditions, contributes to the unique qualities of this tea.

GOAT

17-Feb-1931 – 5-Feb-1932
05-Feb-1943 – 24-Jan-1944
24-Jan-1955 – 11-Feb-1956
09-Feb-1967 – 29-Jan-1968
28-Jan-1979 – 15-Feb-1980
15-Feb-1991 – 03-Feb-1992
01-Feb-2003 – 21-Jan-2004

Goats benefit the most from a fruit tea called **raspberry dream.** A natural raspberry concentrate is a key ingredient in this beverage, providing it with a slightly sweet taste: therefore, there is no need to sweeten it. Its aroma will definitely remind you of fresh raspberry juice, and a fine herbal touch gives it an unmistakable nature aroma. Raspberries count as the healthiest freely-growing fruit, containing loads of vitamin C. Their leaves have great medicinal value too.

MONKEY

06-Feb-1932 – 25-Jan-1933 25-Jan-1944 – 12-Feb-1945 12-Feb-1956 – 30-Jan-1957 30-Jan-1968 – 16-Feb-1969 16-Feb-1980 – 4-Feb-1981 04-Feb-1992 – 22-Jan-1993 22-Jan-2004 – 08-Feb-2005

This sign is connected with **honeybush tea** — a sibling of rooibos coming from mountainous regions in South Africa and around the Cape of Good Hope. Add a touch of honey and it has a very pleasant flavor and aroma. While rooibos is grown on plantations, honeybush is produced only from wild bushes. It does not contain any caffeine and has just a little bit of tannin. This tea is great for eating disorders, gastric ulcers, and high blood pressure. You can enjoy it hot or cold, with or without a slice of lemon or orange. Always taste it before using any sweeteners you might be surprised by its natural sweetness.

ROOSTER

26-Jan-1933 – 13-Feb-1934 13-Feb-1945 – 01-Feb-1946 31-Jan-1957 – 17-Feb-1958 17-Feb-1969 – 05-Feb-1970 05-Feb-1981 – 24-Jan-1982 23-Jan-1993 – 09-Feb-1994 09-Feb-2005 – 28-Jan-2006

The best choice is a **fruit tea made from an herbal mix and tropical fruits.**

The most convenient combination is pineapple, papaya, peach, passionfruit, orange, guarana, apricot and pomegranate. Thanks to its flavor, it can be consumed either cold, as a refreshing beverage on hot summer days, or hot, during the winter months.

If you prepare black or green tea with these tropical fruits, the effects will be even better. The black tea mix will give you energy, while the green will detoxify your body.

DOG

28-Jan-1922 – 15-Feb-1923 14-Feb-1934 – 03-Feb-1935 02-Feb-1946 – 21-Jan-1947 18-Feb-1958 – 07-Feb-1959 06-Feb-1970 – 26-Jan-1971 25-Jan-1982 – 12-Feb-1983 10-Feb-1994 – 30-Jan-1995 29-Jan-2006 – 17-Feb-2007

Rooibos (Aspalethus linearis) originates in a relatively small region north of Cape Town, South Africa. The redbush is a plant that can grow up to 4.9 ft / 1^{1/2} metres tall. It contains vitamin C and many minerals, like copper, iron, potassium, calcium, and magnesium. Like black and green tea, rooibos is filled with antioxidants and constitutes a vital part of a healthy lifestyle (it has no calories). Rooibos contains no caffeine and thus, is suitable for children, infants, and pregnant women. In addition, it improves digestion, teeth, and skin and can even be used as an antidepressant.

PIG

16-Feb-1923 – 04-Feb-1924 04-Feb-1935 – 23-Jan-1936 22-Jan-1947 – 09-Feb-1948 08-Feb-1959 – 27-Jan-1960 27-Jan-1971 – 14-Feb-1972 13-Feb-1983 – 01-Feb-1984 31-Jan-1995 – 18-Feb-1996 18-Feb-2007 – 06-Feb-2008

Magic flute is the name for an energetic and scrumptious beverage especially beneficial for pigs. This fruit tea consists of apples, cornflower and hibiscus flowers, roschips, orange and lemon peels, and, most importantly, sunflowers. Sunflower lowers the cholesterol level, treats arteriosclerosis, and lowers high blood pressure. It contains, among other things, vitamin E, choline, and lecithin, and it is great for the liver, nerves, hair, skin, and nails.

Cornflowers, on the other hand, are used to treat various inflammations – especially eye inflammation. The drink smells of citrus and greatly enhances the metabolism.



My Notes a second

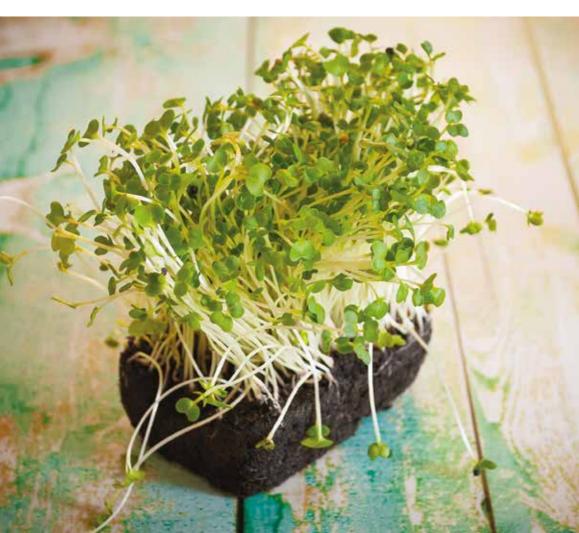


Don't Miss Next Issue of *My Herbs* Magazine

HOW WATERCRESS CLEANSES OUR BODY

- VEGETARIAN SUBSTITUTES FOR MEAT
 - HORMONES HOW HERBS CAN BALANCE THEM, WITHOUT RISKS

Visit our website for subscription or back issues: www.MyHerbsMag.com www.facebook.com/MyHerbsMagazine



MyHerbs

ISSUE 03 MY HERBS MAGAZINE PUBLISHED QUARTERLY **MyHerbsMag.com**

My Herbs Team:

Kelsey Quinn Ales Vodicka Matthew Sweney Edward Johns Liesel Beukes Monika Polednikova Katerina Kotkova Gabriela Malinkova Lukas Hurt Marek Vodicka Michaela Vodickova

© Photo:

Shutterstock My Herbs & Bylinky revue archive

Publisher:

Ales Vodicka

ACV Publishing, LLC 348 Vegas Dr., #1423 Las Vegas, Nevada 89108, USA

Subscription:

To subscribe to My Herbs, please visit our website MyHerbsMag.com.

Advertising:

Please visit our website **MyHerbsMag.com** and cklick on ADVERTISING.

Note to Readers

We pledge that the information and advice presented in *My Herbs* have been checked carefully for accuracy and are supported by health experts, prominent herbalists, and up-to-date research. However, their purpose is purely educational. Please note that the information and advice do not take into account your own unique medical history and clinical condition known to your personal physician. Please consult your physician before following any of the suggestions herein.

International distribution by Pineapple Media Ltd www.pineapple-media.com

Copyright © 2016 by ACV Publishing, LLC. All rights reserved. Unauthorized reproduction, in any manner, is prohibited.



Subscribe Today & Save! Please visit our website and fill out the form.

MyHerbsMag.com

E-mail: magazine@MyHerbsMag.com Phone: +1 (415) 231-3767

Address: ACV PUBLISHING LLC 5348 Vegas Dr., #1423, Las Vegas, Nevada 89108, USA