

# HomeGrown Herbalist School of Botanical Medicine



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Dr. Patrick Jones & Carl The Herb Hound  
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# Kitchen Medicine:

Amazing Herbal Remedies In Your Spice Drawer!

Dr. Patrick Jones





**Kitchen spices are remarkable  
Sources of herbal medicines.  
They are powerful plants in their  
own right. And they taste great!**







**For millenia**

**People have used these wonderful plants**

**Not only to flavor their foods,  
But to treat and cure serious ailments.**



# Anise Seed

## *Pimpinella anisum*

Anise is in the family Apiaceae along with parsley, carrots and celery.

The seed is the medicine. 2-3 teaspoons of the crushed seed made into a tea is a good way to dose it.





# Anise Seed

## *Pimpinella anisum*

In his 1597 book *The Great Herball*, English Botanist John Gerard said of Anise:

*“The seed wasteth and consumeth winde, and is good against belchings and upbraidings of the stomacke, alaieth gripings of the belly, provoketh urine gently; maketh abundance of milke, and stirreth up bodily lust: it staieth the laske (*diarrhea*), and also the white flux (*leukorrhea*) in women.”*





# Anise Seed as an Expectorant

## *Pimpinella anisum*



Anise is an excellent expectorant that breaks up and aids the expulsion of mucus from the respiratory tract. The tea or a tincture work well. You can also smoke it for this application.



# Anise Seed For Lactation

## *Pimpinella anisum*



Anise seed also increases milk production in nursing mothers.



# Anise Seed For Digestive Issues

## *Pimpinella anisum*



Anise is a good carminative and is useful for colic, gas pains and flatulence.



# Basil

*Ocimum basilicum*



Basil is in the mint family and shares many medicinal properties with its minty cousins.  
The leaf is the medicine.



# Basil For Fevers, Colds & Flus

*Ocimum basilicum*



Basil is effective for breaking fevers and is also colds and flu remedy. Add a little black pepper and it will work even better.



# Basil For Digestive Issues

*Ocimum basilicum*

Like many mints, basil has a strong affinity for the gut and is useful in cases of nausea, vomiting, constipation and other intestinal ills.





# Basil For The Bladder & Kidneys

*Ocimum basilicum*

Basil is a gentle and effective diuretic and can be used for bladder infections and other urinary tract issues.



# Basil For Headaches

*Ocimum basilicum*



Basil's calming nervine properties  
make it an effective headache  
remedy.



# Basil For Sore Throats

## *Ocimum basilicum*



Basil, like most mints, is a pretty good antibiotic. This, combined with its pain-killing properties makes it a good sore throat remedy.

# Basil For Mosquitoes

*Ocimum basilicum*



Like it other aromatic mint cousins, basil makes a good mosquito repellant. Just rub the crushed leaves on your skin or use the essential oil).



# Basil For Lasagna

*Ocimum basilicum*



Yeah...you probably already knew this one. :0)

# Bay Leaves

*Laurus nobilis*



Bay leaves were revered by the Greeks and were said to be blessed by Apollo and by Aesculapius the god of medicine. They considered it a boon to maintaining health and happiness. A couple of leaves adds flavor to soups and prevents gas and indigestion. But don't take more than that internally.



# Bay Leaves For Bronchitis

*Laurus nobilis*



Make a hot water mash of bay leaves and put them on the chest as a plaster and cover with a cloth to break up congestion and relieve coughs.

# Bay Leaves For Joint Pain

*Laurus nobilis*



Step bay leaves in olive oil in a double boiler to make an excellent remedy for arthritis or joint sprains or swelling.



# Black Pepper

*Piper nigrum*



# Black Pepper For...Well...Everything!

*Piper nigrum*



It's a wonderful tonic.

Take 1/8 teaspoon of black pepper mixed with a little honey as a daily tonic to ward off or cure about anything. Take it at the first sign of illness and 3-4 times daily when sick.

It's especially good for sore throats and respiratory ills.



# Black Pepper & Turmeric



Black pepper markedly increases the absorption and bioavailability of the curcumin in turmeric. If you're taking one, you might as well take the other. They're amigos.

# Cayenne

## *Capsicum anuum*

Cayenne pepper contains capsaicin which is the constituent that gives this pepper its signature heat.

These plants are easy to grow in the garden. When preparing them for medicine, just dry them and grind them up. Be sure to include the seeds. They are the strongest part.





# Cayenne for Digestive Issues

## *Capsicum anuum*



Cayenne pepper has been used for centuries by natives of Central and South America for diarrhea and other digestive complaints. It also improves digestion generally by stimulating saliva and enzyme production.

# Cayenne for Stomach Ulcers

## *Capsicum anuum*

I know...hard to believe...but research shows that cayenne has no causative or worsening effect on a stomach ulcers and in fact has significant benefits. It decreases acid production, increases stomach pH, increases stomach mucus production and improves blood flow to the stomach lining all of which help to prevent and heal ulcers.





# Cayenne for Pain

*Capsicum anuum*



Cayenne can often help migraine pain, mostly by diverting the brain's attention to another place.

It also contains a constituent called Substance P which temporarily numbs nerves. This makes it useful topically for toothaches and sore joints. A nice cayenne lotion is great for arthritis.

# Cayenne As a Drawing Agent

*Capsicum anuum*

A pinch of cayenne combined with plantain in a poultice makes a wonderful drawing agent for pulling infection and even slivers out of wounds.



Plantain



# Cayenne for Bleeding

## *Capsicum anuum*

Powdered cayenne pepper works well topically or internally for bleeding. Just put the powder on the wound. It's a bit tingly but not a deal breaker.



# Cayenne for Blood Pressure Issues

## *Capsicum anuum*

Cayenne is one of the finest herbs for addressing high blood pressure. It's also very effective for low blood pressure. It improves the elasticity of veins and arteries so that they can respond to increases or decreases in blood pressure and thus maintain normal levels.





# Cayenne For Respiratory Issues

*Capsicum anuum*

Cayenne is an excellent expectorant for removing phlegm and other goobers from the lungs.

It is also wonderful for clearing the sinuses. If you don't believe me, try a spoonful.



# Cayenne As A Crisis Herb

*Capsicum anuum*

Cayenne is extremely stimulating and improves circulation and respiration. It is a premier crisis herb for shock, heart attack, internal bleeding and other emergencies.





# Cayenne As a General Tonic

## *Capsicum anuum*



Like black pepper, cayenne is a wonderful general tonic. 1/8 - 1/4 teaspoon 3 times a day has wonderful benefits. It lowers cholesterol, detoxifies, supports weight loss and works as an anti-irritant generally. It's even been shown to inhibit certain cancers.

# Cloves

*Syzygium aromaticum*



Cloves are stimulating and warming and are a useful addition to improve almost any herb formula as a catalyst. They also improve circulation and digestion and can help vomiting and nausea. If you don't have any cloves, use allspice. It's just the same.

# Cloves For Toothache

*Syzygium aromaticum*



Clove oil or a clove tincture is wonderful topically for toothache. If you don't have one of those, just chew or grind some cloves and put that on your sore tooth.



# Fennel

*Foeniculum vulgare*



The seeds are the medicine.  
Make a tea or tincture or just chew the seeds.

# Fennel As An Antispasmodic

## *Foeniculum vulgare*



Fennel relieves muscle spasms throughout the body and is useful for colic, cramps and uterine pain. This same property makes it a good cough suppressant for chronic coughs.

# Fennel For Respiratory Issues

## *Foeniculum vulgare*

As mentioned before, fennel is a good cough suppressant.

It's also a good expectorant for getting phlegm out of the lungs.





# Fennel As A Eye Wash

## *Foeniculum vulgare*

Cooled and strained fennel tea makes an excellent eye wash for mild eye irritations and infections.

Use an eye cup or just submerge you eye in a bowl of the tea. If you're going to do this for a long time, use a snorkel.



# Fenugreek

*Trigonella foenumgraecum*



Fenugreek may be the most ancient example of a medicinal plant in recorded history. People have been using it for millennia to solve all sorts of problems. And it tastes good to boot!

# Fenugreek For Respiratory Conditions

## *Trigonella foenumgraecum*



Fenugreek is excellent for mucus congestion of the lungs or anywhere else in the reparatory tract.  
Make a tea of the crushed seeds and a little of black pepper.



# Fenugreek For Digestive Tract Issues

*Trigonella foenumgraecum*

Fenugreek has soothing demulcent and emollient properties that are wonderful for gastric ulcers or any other inflammation or irritation in the gut.



# Fenugreek For That Special Someone

*Trigonella foenumgraecum*



Fenugreek is considered an aphrodisiac  
and rejuvenator of the weak and weary.

# Fenugreek For Lactation

*Trigonella foenumgraecum*



Fenugreek is a premier herb for supporting a good milk supply in nursing mothers.



# Rosemary

*Rosmarinus officinalis*



Rosemary is another member of the mint family. The leaves and twigs are the medicine.

# Rosemary For Headaches

*Rosmarinus officinalis*



Rosemary is an effective headache remedy  
and can be used in place of aspirin..

# Rosemary For Digestive Issues

## *Rosmarinus officinalis*



Like many other members of the mint family, rosemary has a strong affinity for the gut and is useful for colic, gas, and nausea.



# Rosemary For Fevers

*Rosmarinus officinalis*



Rosemary is a good diaphoretic for breaking fevers. Have a cup of the hot tea and wrap up in a blanket.

# Rosemary For Calcium

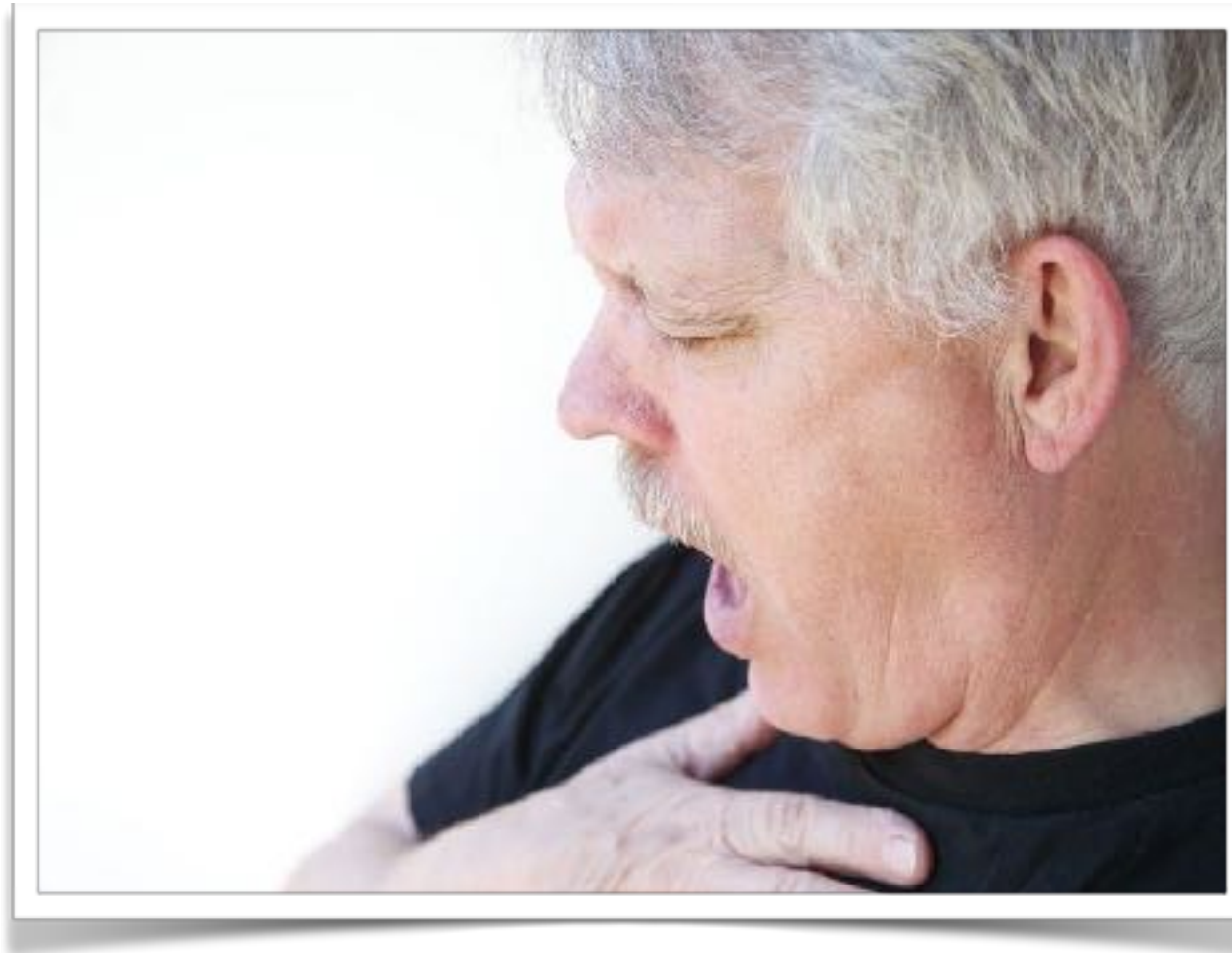
## *Rosmarinus officinalis*

Rosemary is high in extremely bioavailable calcium. This has great benefits for the nervous system and cramping muscles.



# Rosemary For Asthma

*Rosmarinus officinalis*



Rosemary can be smoked alone or combined with mullein or coltsfoot as a treatment for asthma or mucus congestion of the lungs. The tincture works pretty well too.



# Sage

*Salvia officinalis*



Sage is another mint. It has some remarkable actions on the brain and the gut.

# Sage For Diarrhea

*Salvia officinalis*



Sage is one of the best remedies I know for diarrhea or dysentery. It combines powerful astringent properties with antispasmodic action to dry things up and eliminate gut spasms.

# Sage As An Astringent

## *Salvia officinalis*



Sage is a remarkable astringent. It will dry up excess secretions anywhere in the body.

Clear vaginal discharge, excessive perspiration, night sweat or unwanted milk supply can all be dried up with sage.



# Sage For Colds, Flus & Sinus Congestion

*Salvia officinalis*



Taken at the first signs of illness, sage is very helpful for colds, flus and sinus issues. Drink the tea or take the tincture up to three times a day for up to a week.

# Sage For Sore Throats & Mouth Sores

*Salvia officinalis*



Sage's astringent and antimicrobial properties make it a good remedy for sore throats and mouth sores. Make a tea and gargle it or swish it around the mouth.

# Sage For Headaches

*Salvia officinalis*



Like its cousin rosemary, sage is very good for headaches. A combination of the two is even better. Take a cup of tea every two hours until things improve.



# Sage For Memory

*Salvia officinalis*



Studies show sage has a positive effect on memory. I like to add a little ginkgo and ashwaghandha to make a really great memory and alertness formula.

# Thyme

*Thymus vulgaris*



Yet another member of the amazing mint family, thyme has a broad palette of remarkable medicinal benefits.

# Thyme For Parasites

*Thymus vulgaris*



Thyme is a safe and effective anthelmintic  
for intestinal worms.



# Thyme For Parasites

*Thymus vulgaris*



Thyme is also effective against head lice, body lice, scabies and any other little friends you may have crawling around. Use the tincture topically.

# Thyme For Digestive Issues

## *Thymus vulgaris*



Like its minty cousins, thyme loves to help the gut. Use it for nausea, diarrhea, colic or any other gut complaint.

# Thyme For Respiratory Issues

## *Thymus vulgaris*



Thyme is a good expectorant and is useful for bronchitis and coughs. It's antispasmodic properties can help calm coughs as well.



# Thyme As An Antiseptic

## *Thymus vulgaris*



Thyme has powerful antiseptic properties. Use it for sore throats or most sores. Use the tincture topically for skin infections or fungal issues like athlete's foot.

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