

# HomeGrown Herbalist School of Botanical Medicine



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Dr. Patrick Jones & Carl The Herb Hound  
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Put Down The Pencil!

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# Kitchen Medicine II:

*More Medicinal Wonderments  
From Your Spice Drawer!*

Dr. Patrick Jones

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**For Millenia**  
**People have used spices**  
**Not only to flavor their foods,**  
**But to treat and cure serious ailments.**



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





# Caraway Seed

*Carum carvi*



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



# Caraway For Digestive Issues

*Carum carvi*



Caraway is a good carminative and is useful for colic in babies and gas pains and indigestion in adults.



# Caraway As An Antispasmodic

## *Carum carvi*



Caraway relieves muscle spasms throughout the body and is useful for diarrhea, cramps and uterine pain.



# Caraway For Nervous Conditions

Caraway has a mild  
calming effect.

A cup of caraway tea can  
take the edge off during  
times of stress.







# Caraway For Bruises

Mix crushed caraway seeds with vinegar and use as a poultice to speed the healing of bruises.



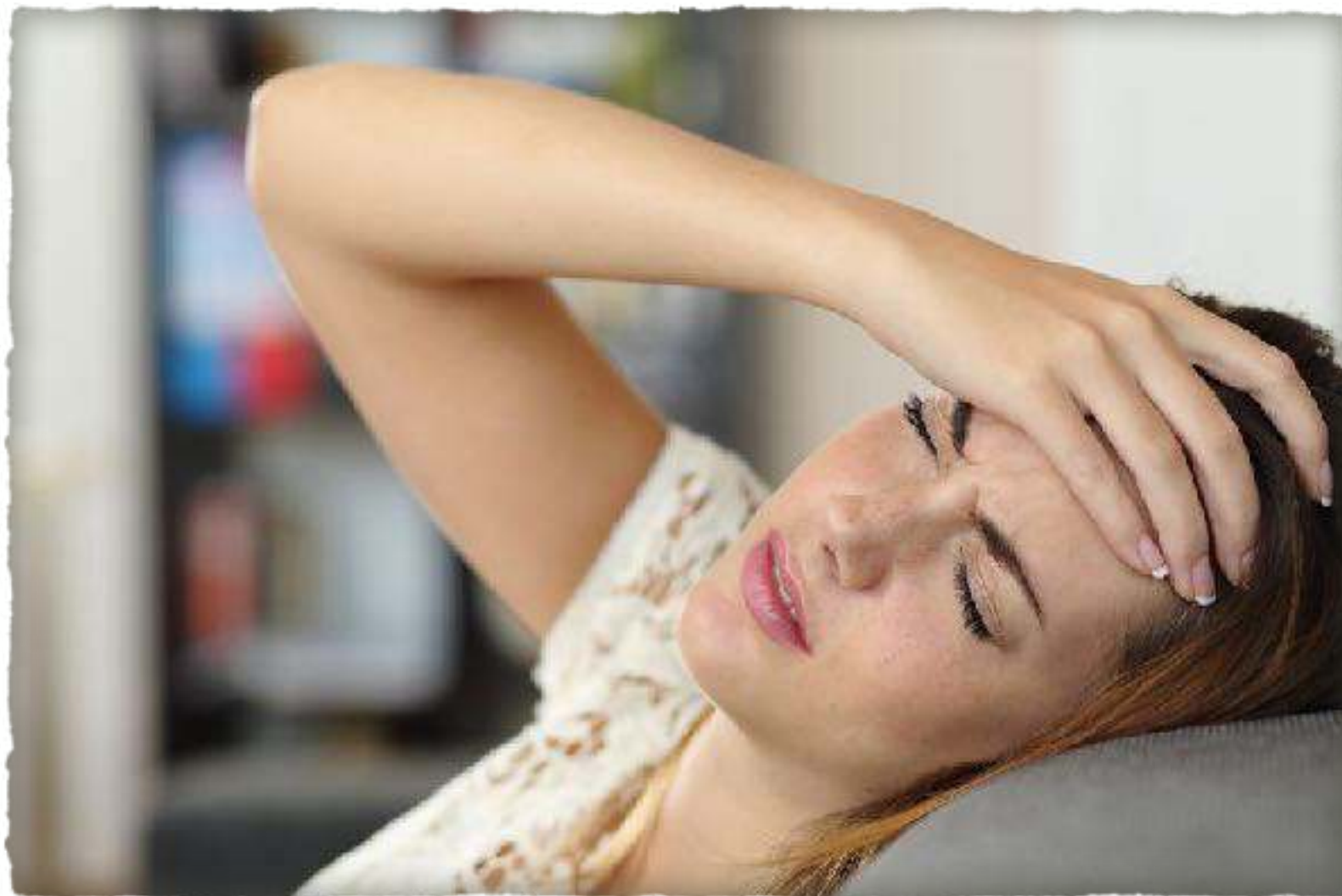
# Cardamom Seed

*Elettaria cardamomum*





# Cardamom For Headaches





# Cardamom For Digestive Issues

*Elettaria cardamomum*



Like many spices, cardamom is a good carminative for indigestion and gas.



# Cardamom To Warm Yer Innards

*Elettaria cardamomum*



Cardamom has a lovely warming energy. Drink  
a up of Chai Tea a couple of times a day to  
warm yourself.



# Making Chai Tea

1 oz Grated Fresh Ginger

7 Peppercorns

5 Cloves

1 Cinnamon Stick

15 Cardamom Seeds

Simmer in 1 pint hot water for 10 minutes

Add 1/2 cup Milk and simmer 10 more  
minutes.

Flavor with a titch of nutmeg and a few drops  
of vanilla.

*(Recipe From Michael Tierra)*



# Cinnamon

*Cinnamomum zeylanicum*



**The spice comes from the inner bark of the tree.**



# Cinnamon & Blood Sugar

Several studies have shown cinnamon to have a measurable effect on lowering blood sugars. It does so by delaying stomach emptying time, decreasing carbohydrate absorption and improving insulin effectiveness.





# Cinnamon For Digestive Issues

*Cinnamomum cassia*

Cinnamon has astringent, carminative and demulcent properties that make it useful for indigestion, gas, diarrhea and dysentery.







# Cinnamon as an Antispasmodic

Cinnamon has a warming, antispasmodic property that can be used for muscle spasms, cramps and even wheezing and coughs.



# Cinnamon For Uterine Bleeding

Cinnamon tincture can  
decrease uterine bleeding.  
Take every 15 minutes as  
needed.



# Flax Seed

*Linum usitatissimum*



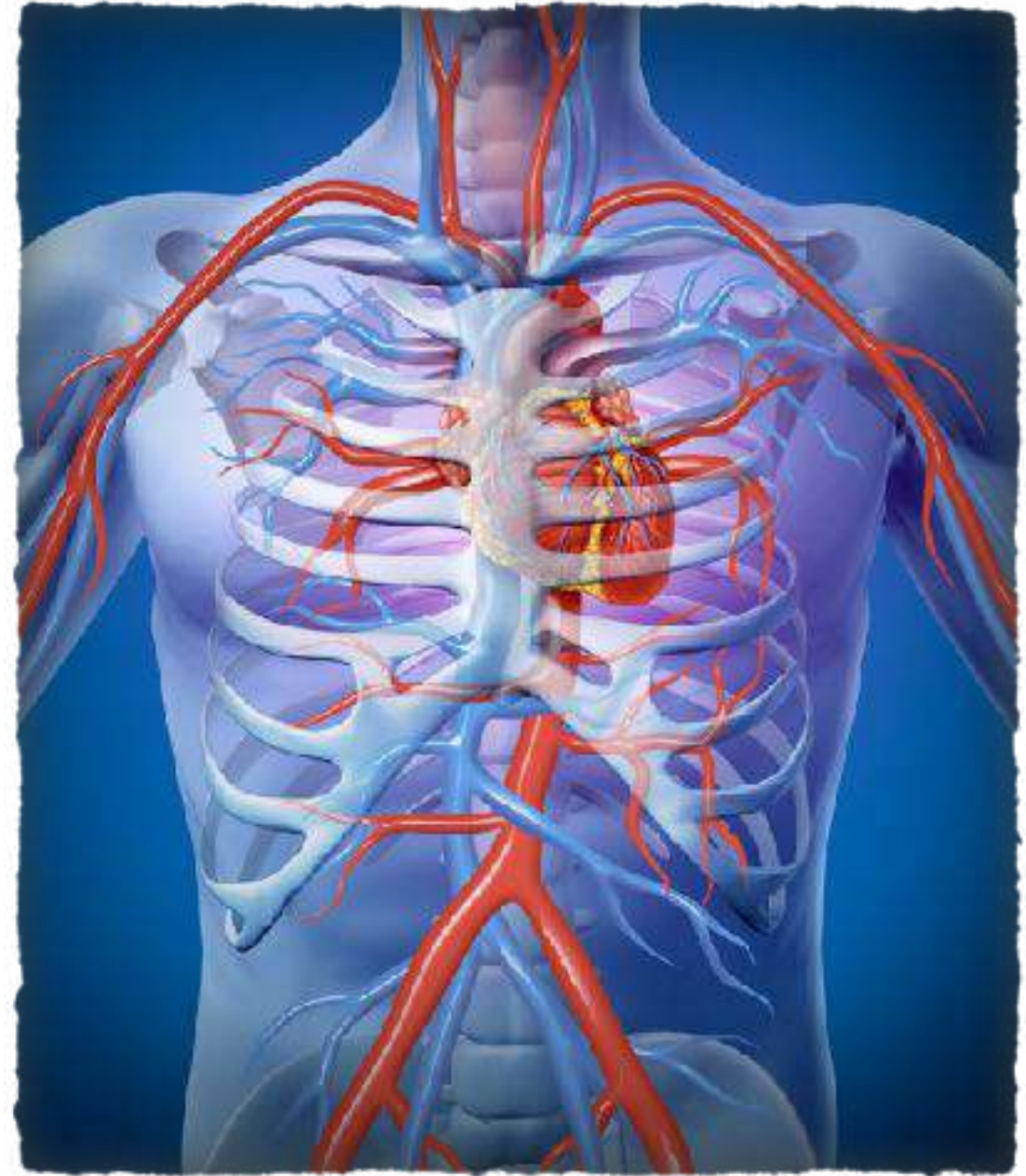
The ground seed is the medicine.  
Take a tablespoon or two twice daily.



# Flax Seed For Circulatory Health

*Linum usitatisimum*

Flax seed lowers serum cholesterol levels and decreases atherosclerosis.





# Flax Seed For Digestive Issues

*Linum usitatissimum*

Flax seed contains high levels of insoluble fiber which can be beneficial in cases of constipation, IBS and diverticulitis.

The insoluble fiber is also a favorite food of beneficial gut microbes.



# Flax Seed For Poultices

Flax seed has a lot of properties we like in a poultice. It holds moisture, contains soothing mucilage and is powerfully absorbent to pull material from wounds.

Combine it with plantain and a pinch of cayenne to REALLY pull material from wounds.





# Garlic

*Allium sativum*



Garlic should be used fresh, dried or tinctured. Its medicinal properties are largely destroyed by heat.

# Warning: Don't Use Garlic Internally In Dogs & Cats

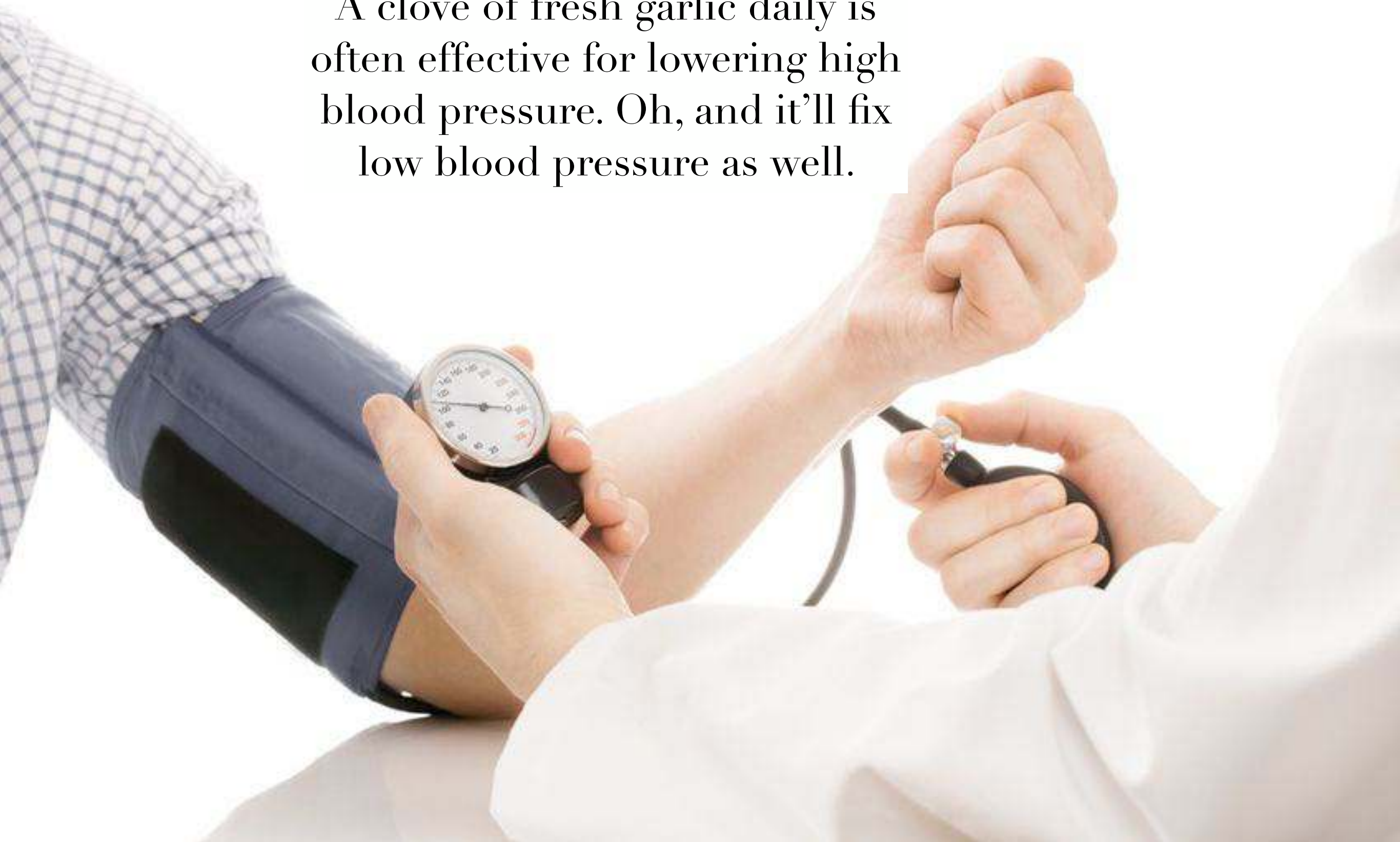


Garlic is toxic internally and can cause fatal hemolytic anemia in dogs and cats. It's OK to use it externally for ear mites and such.



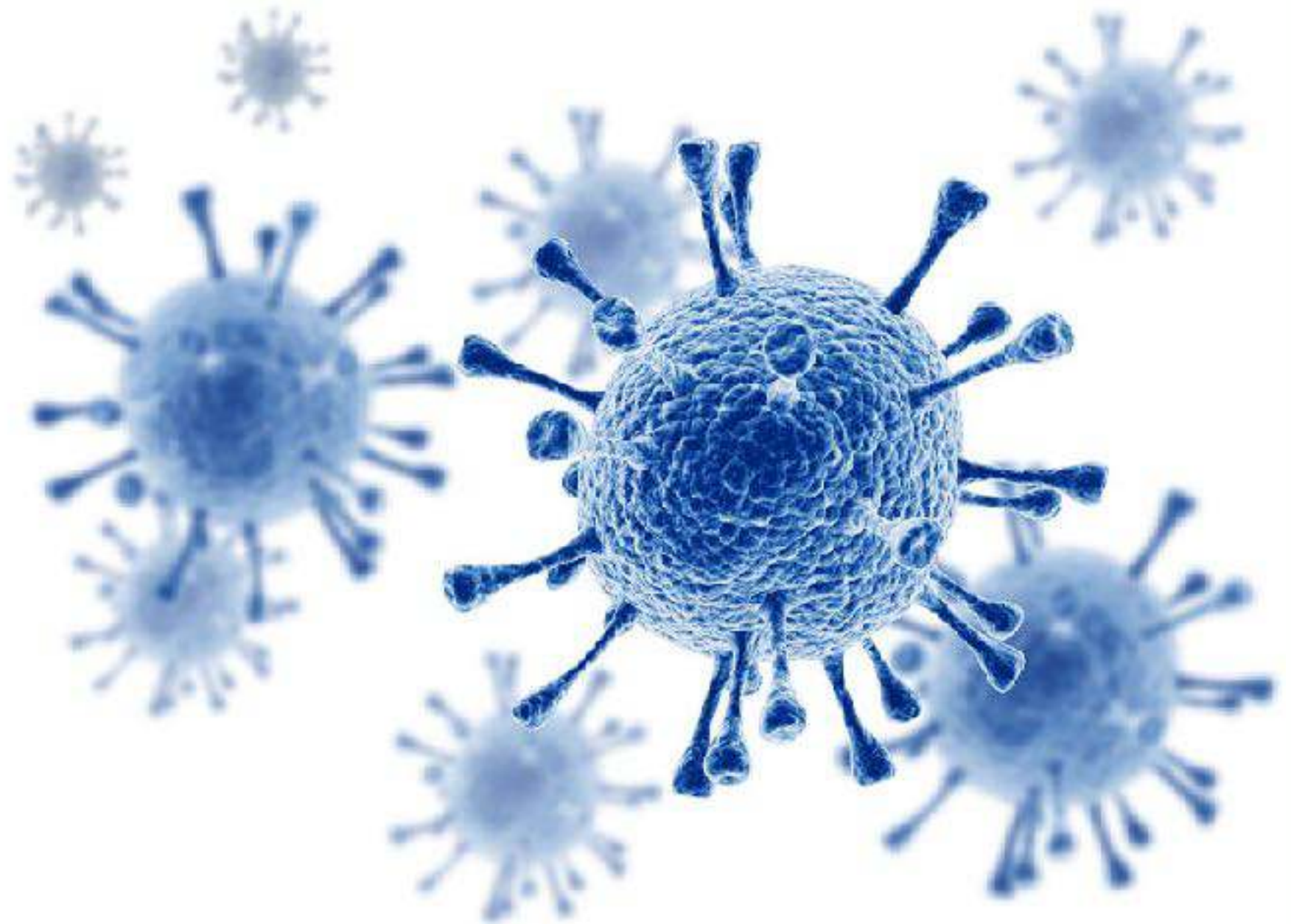
# Garlic for High (or Low) Blood Pressure

A clove of fresh garlic daily is often effective for lowering high blood pressure. Oh, and it'll fix low blood pressure as well.



# Garlic for Infections

Garlic has  
significant anti-  
viral, anti-bacterial  
and anti-fungal  
properties  
internally and  
topically.

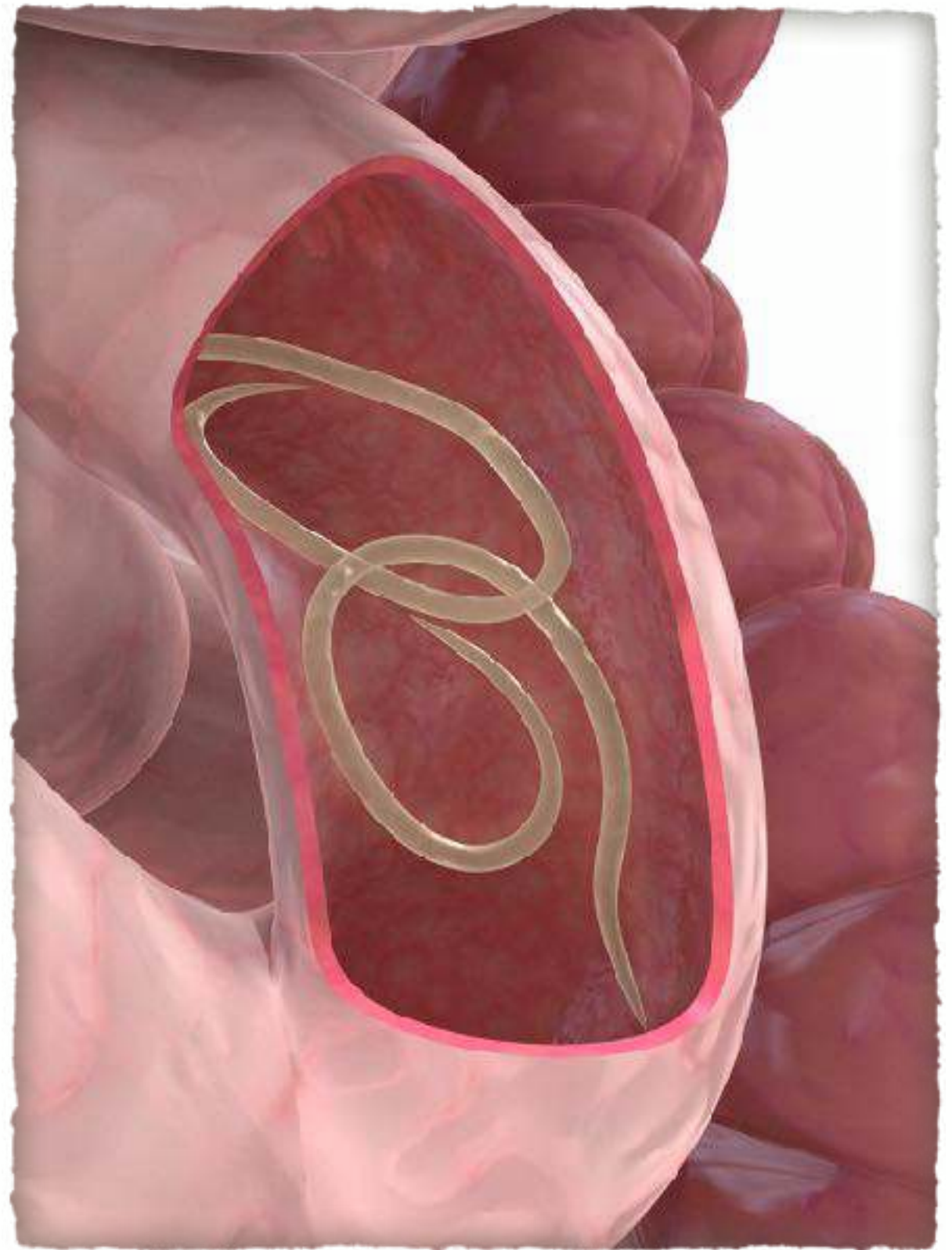




# Garlic for Parasites

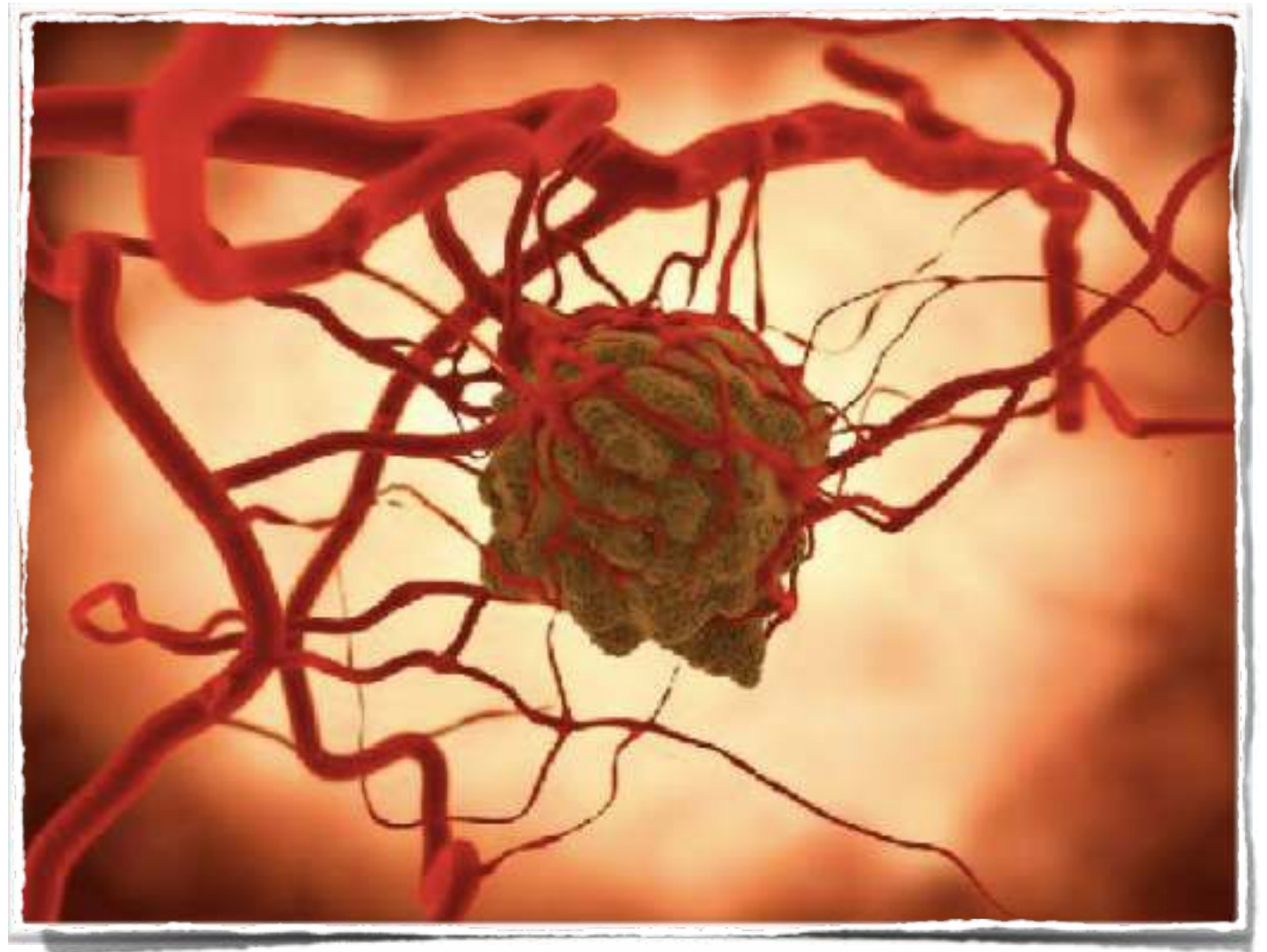
Garlic is effective against a wide range of parasites including roundworms, tapeworms, blood parasites and intestinal protozoans. It kills ear mites as well!

Don't use garlic internally in dogs and cats.



# Garlic for Cancer

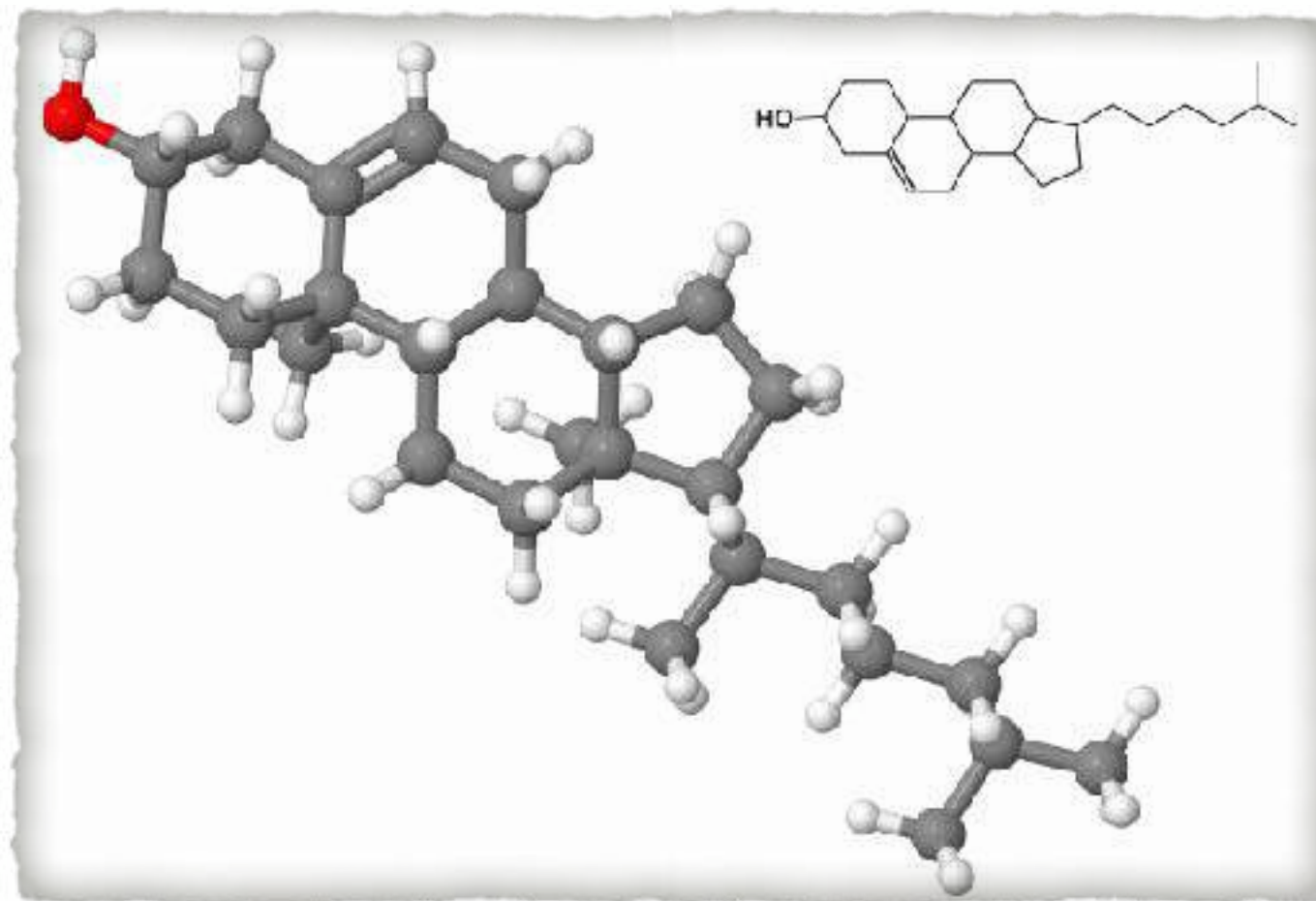
In addition to stimulating immunity generally, garlic also has direct activity against a number of cancers.





# Garlic for High Cholesterol

The same clove of garlic you take daily for your blood pressure will also tend to lower serum cholesterol. Win...win!



# Garlic for Respiratory Infections

In addition to killing the bugs that are making you sick, garlic is a good expectorant for getting the goobers out of your lungs.

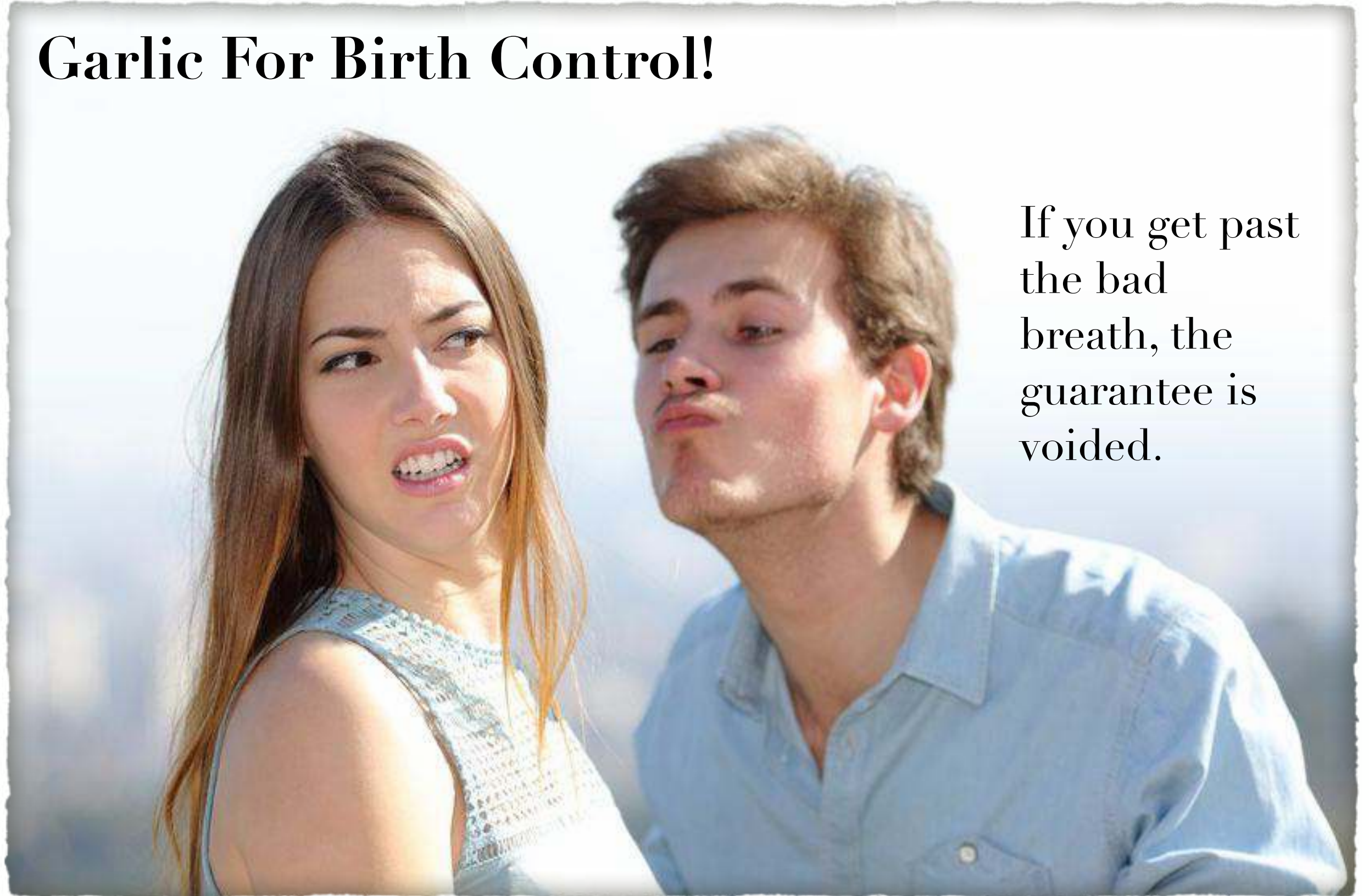
Use it for colds, flus, asthma and bronchitis.





# Garlic For Birth Control!

If you get past  
the bad  
breath, the  
guarantee is  
voided.



# Ginger

*Zingiber officinale*





# Ginger For Respiratory Issues



Ginger is a good expectorant for colds, flus and bronchitis. It's also useful for sinus congestion and asthma.

# Ginger For Nausea



Ginger is helpful for nausea. It has a long history of use for morning sickness in pregnancy as well but I don't recommend it during pregnancy. Use peppermint instead.



# Ginger For Inflammation



Ginger is warming topically to sore joints. It also has significant anti-inflammatory properties taken internally for arthritis. Studies even show some promise for autoimmune disease applications.

# Ginger as a Catalyst



Ginger enhances the function of other herbs by decreasing the liver's ability to destroy them and by increasing intestinal absorption and assimilation.



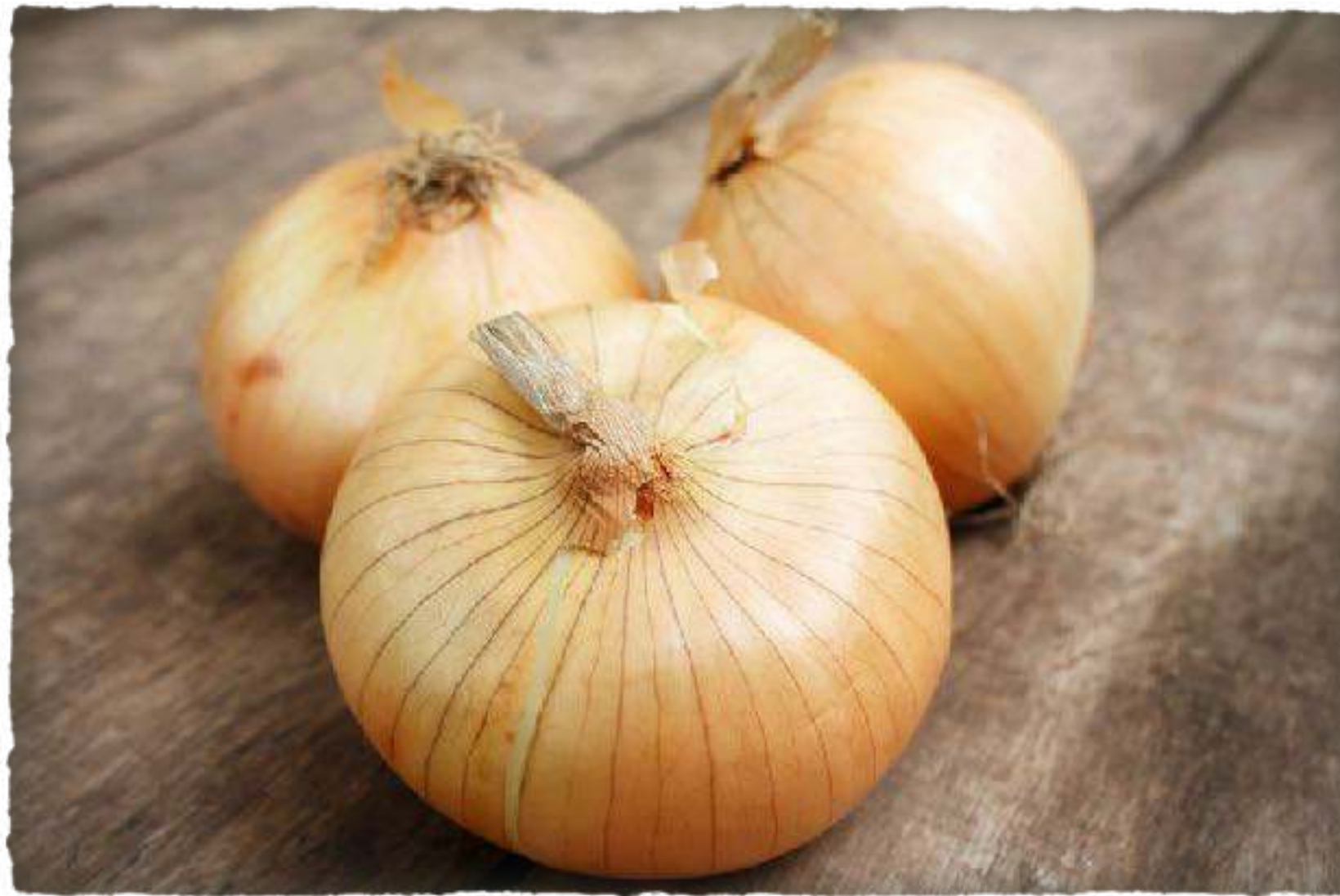
# Ginger For Worms



Well...actually *against* worms rather than for them. Ginger kills roundworms very effectively.

# Onion

*Allium cepa*



Onions and garlic are cousins and share many medicinal properties.



# Onion For Earache

Onion juice is my favorite earache remedy.

## What You'll Need:

Sick Kid

Onion

Couch

Lion King DVD

## What To Do:

Grind Onion

Strain Juice Through Hanky

Put Kid On Couch, Ear Up.

Start Lion King DVD

Squirt Juice Into Ear



# Oregano

*Origanum vulgare*



Like all mint -family plants, the aerial parts are the medicine.



# Oregano For Colds & Flus

Oregano is a good expectorant and cough suppressant. Its anti-spasmodic properties can also be helpful in asthma cases.

It also relieves inflammation and kills the bugs making you sick.



# Oregano For Digestive Issues

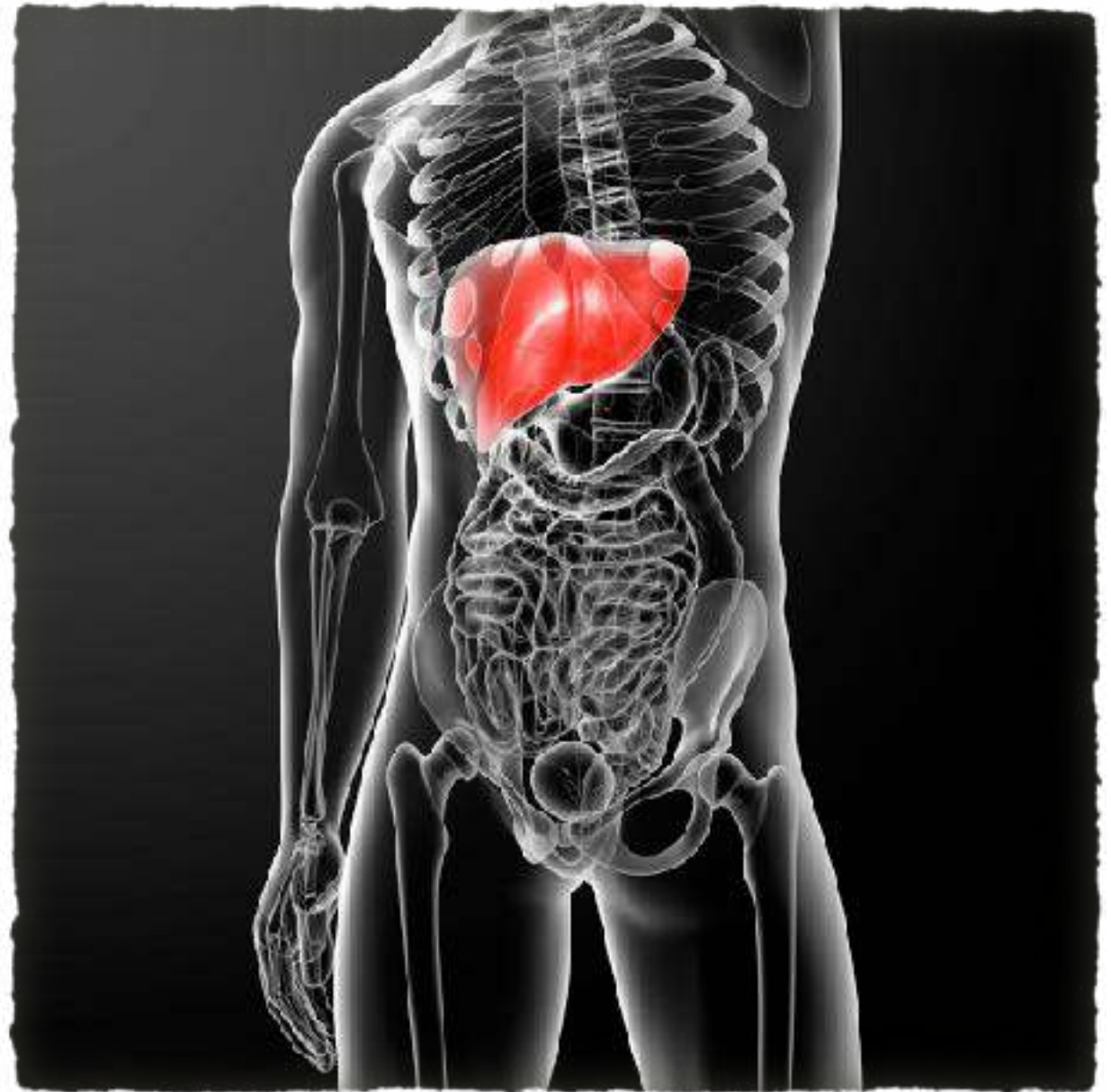
Like all good mints, oregano is excellent for stomachache, colic, gas pains, indigestion and diarrhea.





# Oregano For Your Liver

Oregano also contains a chemical called ursolic acid which has excellent hepatoprotective properties useful in all kinds of liver ailments.



# Oregano For Fevers

Oregano is a  
good diaphoretic  
helpful for  
breaking fevers.

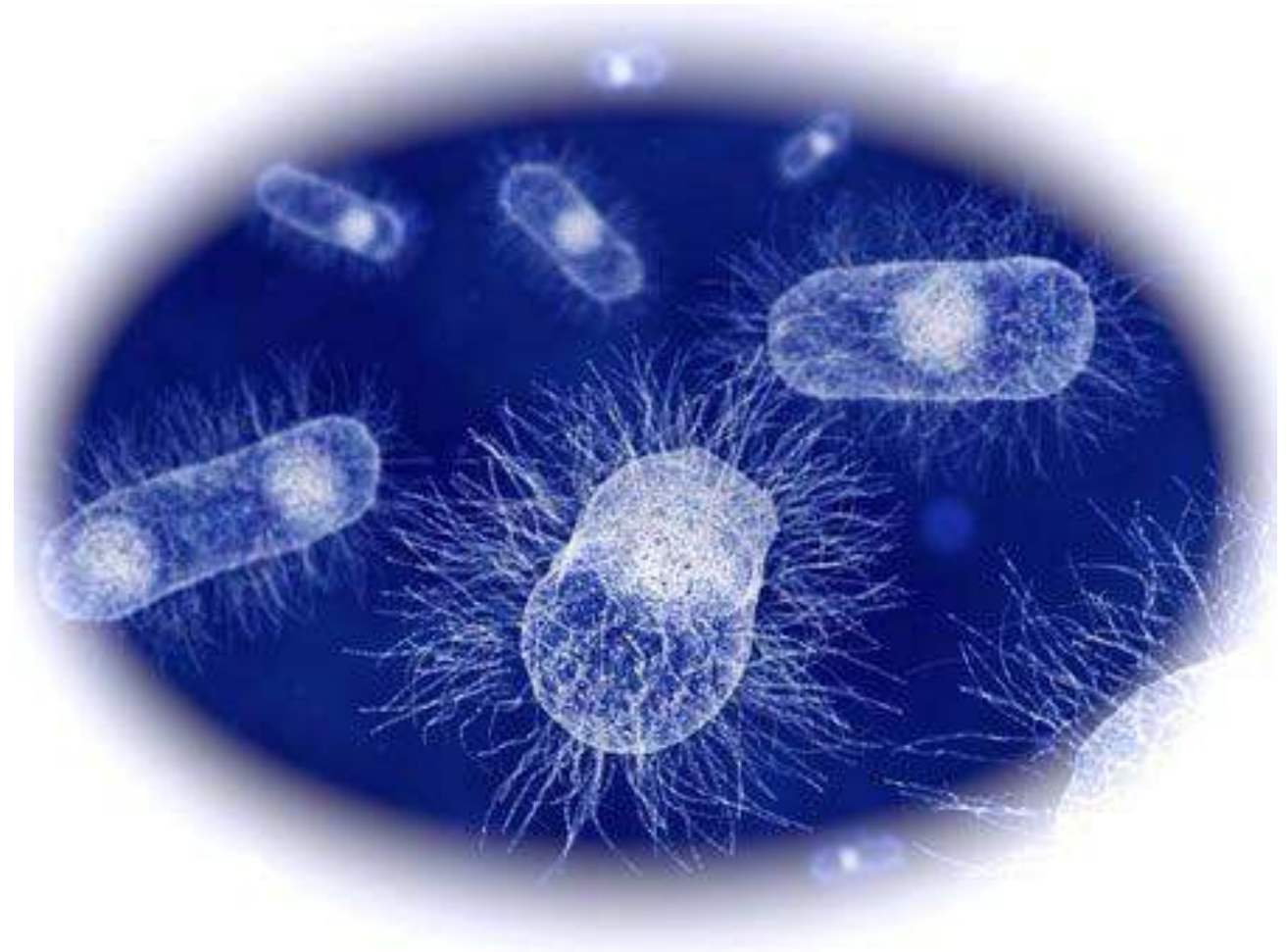




# Oregano For Killing Stuff!

Oregano has powerful antimicrobial properties against, bacteria, viruses and even fungal infections.

As if that weren't enough, it also has activity against some cancers.





# Oregano For Menstrual Cramps

**Oregano can ease  
mild cramping and  
improve flow to help  
reduce associated  
headache, abdominal  
pain and water  
retention.**



# Oregano For Headaches



And, just in case you were starting to worry that there was something Oregano *wasn't* good for...

It's also pretty good for headaches.

# Parsley

*Petroselinum crispum*



The greens are the medicine. Any of the cultivars will work.  
Don't take during pregnancy or lactation



# Parsley For Digestive Ills



Parsley is the best thing the world for stomachaches.

That's why they put it on your plate in the  
restaurant..hint...hint...

# Parsley For Urinary Tract Issues

Parsley is an excellent diuretic (makes you pee more).

As a result, it's helpful in kidney and bladder issues including infections and stones.

The Root is particularly good for urinary stones.





A bronze statue of a cherub-like figure, possibly a fountain, is shown on the left side of the image. The figure is standing, facing slightly to the right, and is peeing. The statue is made of a dark, polished metal, likely bronze, and has curly hair. The background is a light-colored, textured wall.

# Peeing Helps Other Stuff Too!

Parsley's diuretic  
properties are  
also helpful for  
pulmonary  
congestion,  
edema, gout,  
prostate issues  
and arthritis.



# Peppermint

*Mentha piperita*



The aerial portions of the plant are used. Cold infusions are preferable to hot infusions in order to preserve the volatile oils.  
No contraindications.



# Peppermint For the GI Tract



Peppermint is wonderful for stomachaches and nausea. The volatile oils of the plant, anesthetize the stomach lining and stimulate secretion of bile and digestive juices. Peppermint can also be helpful with ulcers of the digestive tract.

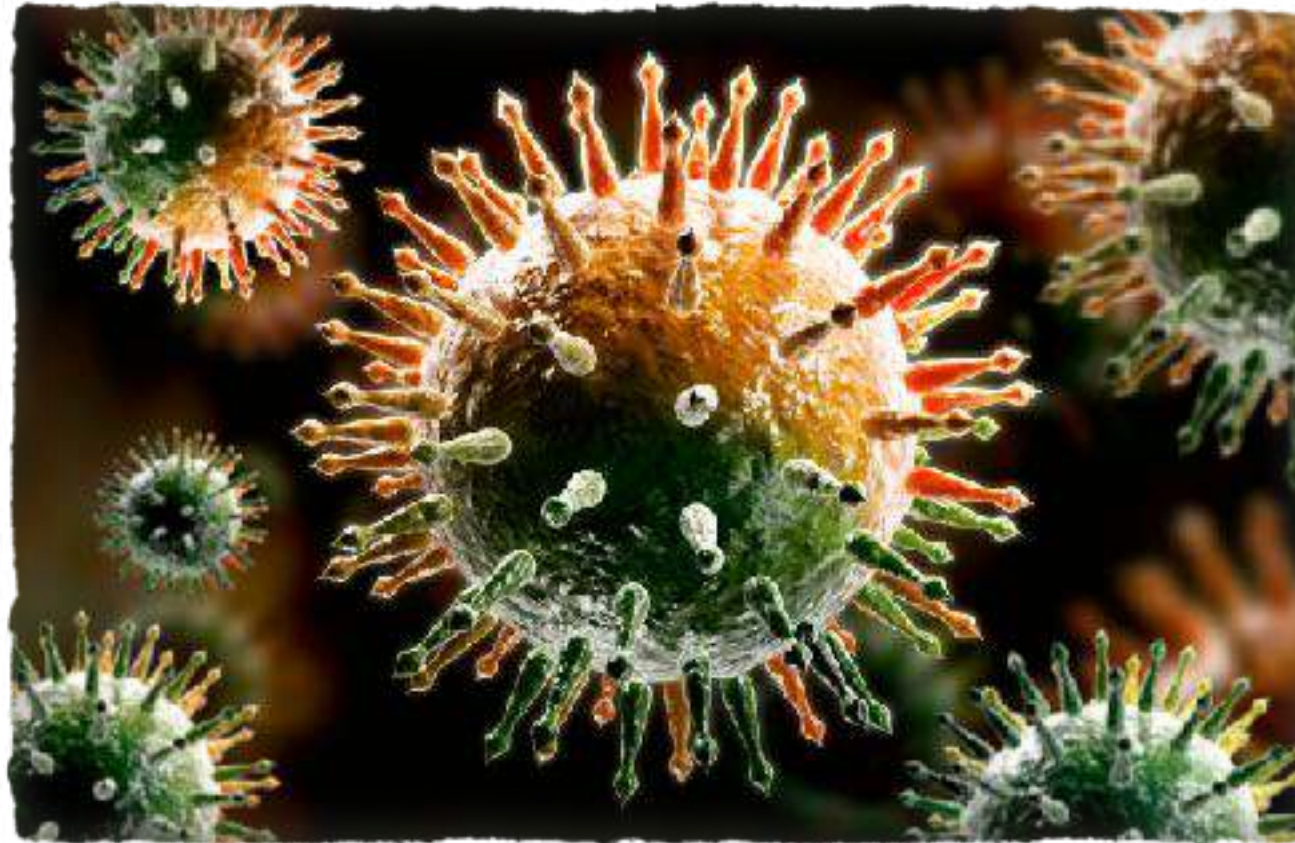
# Peppermint For Colds & Fevers



Peppermint is a good herb for colds and fevers. I use it in my [Cold Away Formula](#). It can also be good for asthma and bronchitis. It stimulates immunity to colds and flus.



# Peppermint For Viruses



Peppermint has activity against several viruses including *Herpes*, Newcastle disease, and West Nile.

# Peppermint For Headaches



Peppermint tincture or essential oil can often be really good for headaches or even migraines.



# Turmeric

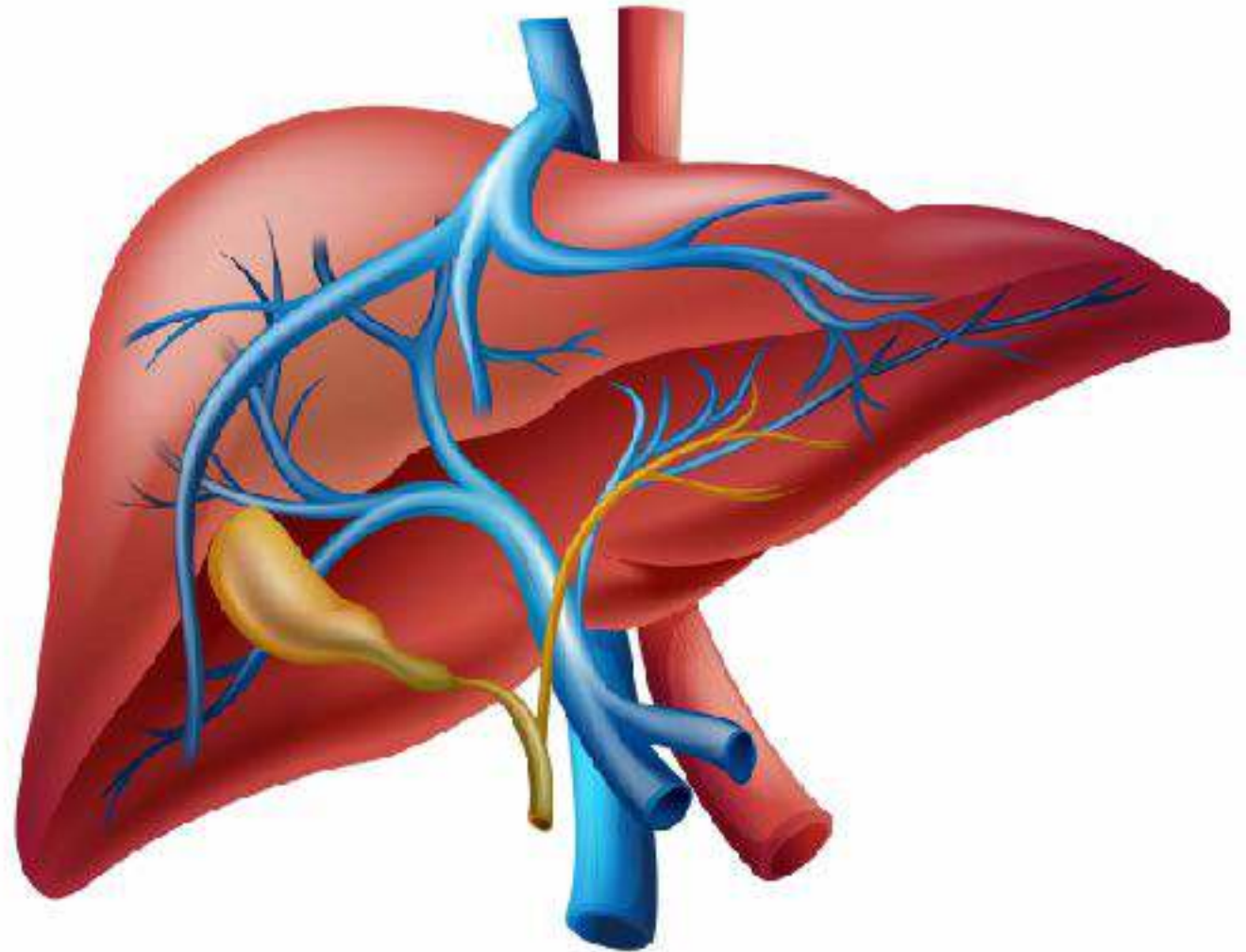
*Curcuma longa*



The root is the medicine.

# Turmeric for the Liver

Turmeric is an excellent liver tonic and is useful in all liver cases. It stimulates bile flow which improves digestion.





# Turmeric for Inflammation

Turmeric is has powerful anti-inflammatory properties useful in any inflammatory process. It's especially useful for arthritis. When combined with *Boswellia* (frankincense) you get a nice  $1+1=3$  synergistic effect.





# Turmeric for Nutrient absorption

Turmeric improves absorption  
of nutrients and is useful in  
malabsorption cases.





# 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.

# Thanks for Listening!

Dr. Patrick Jones

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# **Remember!**

**If You Send Doc An Email  
He'll Send You A PDF  
of All These Slides!**

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# HomeGrown Herbalist School of Botanical Medicine **(Yup, You Want To Enroll)**



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