

THERAPEUTIC BREATHING AND MEDICINAL USE OF HERBS

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The Science of Pranayama (Breathing)

Prana means breath, respiration, life, vitality, energy or strength – the very things a cancer survivor needs to stay strong and keep fighting. Pranayama is the practice of breathing;

The lungs are like bellows which stoke the fires of life within you. The more rich the supply of oxygen, the more vigorous and beautiful is the fire. By breathing deeply you are delivering more oxygen into your system thereby giving your body the vital fuel it needs to nourish all your organs and keep your body strong and healthy

Participants will learn:

1. Basic Belly Breathing (three part breath)
2. Alternate Nostril Breathing.

YOGA for Cancer Coping

For women fighting breast cancer, taking up a gentle yoga routine could ease fatigue and keep depression at bay. In a new study from *Psycho-Oncology*, 22 breast-cancer patients joined in weekly restorative yoga classes that paired simple poses with deep-breathing techniques. After 10 weeks of the 75-minute sessions, study members had a 50 percent drop in depression symptoms, less fatigue,

and a decrease in the time it took them to fall asleep at night compared with the control group, who did not do yoga. "Besides providing some peace of mind, practicing yoga helps women feel like they're taking an active role in their self-care and promoting survivorship," explains Alyson Moadel, Ph.D., director of the Albert Einstein Cancer Center's Psychosocial Oncology Program.



One of the most important aspects of yoga is PRANAYAMA: the conscious regulation of the breath.

While patients undergoing treatment should always start off with a gentle form of yoga, she adds, moving on to a more rigorous practice can offer a healthy challenge for those in recovery. But be sure to consult with your doctor, says Moadel, "or attend a class that's tailored to people with cancer."

*HERBS FOR HEALTH – Magazines,
HSA Encyclopedia*

FIRST – HYDRATE – DRINK WATER – not just when you are thirsty.

You have survived the NEW YEAR, Ate too much, Drank Too Much?

NOW – USHER IN THE NEW YEAR WITH A HEALTHIER YOU!!!

FIRST – HYDRATE – DRINK WATER – *not just when you are thirsty.* Your Body is 60-70% Water.

Drinking a full glass of water first thing in the morning helps wake the body up. So kick-start your day with water!

Water is important to the mechanics of the human body. The body cannot work without it, just as a car cannot run without gas and oil. In fact, all the cell and organ functions made up in our entire anatomy and physiology depend on water for their functioning.

Water serves as a lubricant, base for saliva, forms joint fluids, regulates body temp, alleviates constipation by moving food through the intestines, in so doing the BEST DETOX agent, regulates metabolism, key role in disease prevention, controls

hunger

- Decrease colon cancer by 45%, Bladder cancer by 50%
- Just a few examples of what water can do in our body.

4,000 glasses of tap water for the price of a six-pack of your favorite cola.



IMMUNE BOOSTING HERBS

"Eating a plant-based diet helps our immune system do its job," says Kathy Alien, MA, RD, LD/N, CSO, nutritional therapy manager at Moffitt Cancer Center in Tampa, Florida. "Ideally two-thirds of your diet should come from plant sources in their natural form."

You are only as HEALTHY as your IMMUNE SYSTEM is STRONG!!

HERBS are plants and the more included in your diet as food is HIGHLY BENEFICIAL.

BUT, don't think that eating some herbs will help a poor diet. You must eat from the rainbow color of foods, as close as found in nature. No boxes of prepared meals, no sugary cereals, no sodas, no empty calories. A healthy diet of more fruits and vegetables is your first

line of defense to build the immune system.

In fact herbs may provide a wonderful tool for complimentary therapies, as it could well be the weakening of the immune system, while trying to kill the cancer that can cause the cancer to return. The liver-protectant effects of these herbs are valuable in protecting the liver from the harmful effects of these chemical agents,

and I believe go a long way in maintaining overall health and well-being. Such herbs as Milk Thistle and Dandelion root can be considered as well.

<http://www.teetercreekherbs.com/month12.html>

SPROUTS

From seed to FOOD, Especially broccoli, but all sprouts have lots of nutrients. A great big plant is in this tiny sprout, so you get a LOT of NUTRITION for a tiny bite. The seed is the foundation of the living foods concept. Using sprouted seeds is OLDER than the Bible. All the energy and life in a plant goes toward making a seed.

"The germinating seed represents a protein manufacturing machine which is turning our proteins . . . along with the necessary vitamins and minerals for its assimilation and utilization." *Dr. Jeffery Bland, Biochemist, U of Puget Sound*

IMMUNE BOOSTING HERBS A-Z

ALMONDS, High in Calcium and magnesium. These minerals are important for contraction and relaxation of muscle and mineralization of bone. Almonds are a great all-round nutritious snack that is high in protein and monounsaturated fats. Always soak almonds in water 12 hours refrigerated to activate the seed. By soaking the seed (all seeds should be soaked), it increases the digestibility and makes the nutrients more body absorbable. (*Also see Almond Spread Recipe*).

ALOE VERA, is a tropical plant used in traditional medicine throughout the world. It has been studied for its ability to relieve constipation, treat burns, heal wounds, treat psoriasis, frostbite, ulcerative colitis and diabetes. Recent studies suggest that some components of aloe, such as acemannan, aloeride, and di(2-ethylhexyl)phthalate (DEHP) may have immunomodulating and anticancer effects.

ASTRAGALUS Also known as milk vetch, is a POWERFUL IMMUNE SYSTEM stimulant in the same class as echinacea. Research shows that it increases T-Cell production in the body. The Chinese consider it an energy or chi enhancing tonic for the lungs and spleen. It builds the blood, promotes urination, reduces edema, promotes the discharge of pus, helps to increase muscle mass and body tone, lowers blood pressure, increases endurance, and increases bone marrow reserves. The traditional indications for this herb include lack of appetite, fatigue, diarrhea, spontaneous sweating frequent colds, shortness of breath, chronic sores and ulcerations, weakness and heart palpitations. It has been used to treat abscess, arthritic pain and numbness, asthma, boils, common cold, edema, hard to heal sores and wounds, inflammation, loss of appetite, muscle numbness, nephritis, night sweats and uterine bleeding. *Ancient Herbs Modern Times*

In the United States, astragalus has been investigated as a possible treatment for patients whose immune systems have been compromised by chemotherapy or radiation. Astragalus supplements have been shown to speed recovery and extend life expectancy in these patients." *University of Maryland Medical Center*. This herb, also known as Huang ch'i, may help fight cancer by stimulating the immune system. When researchers at the University of Texas Medical Center mixed astragalus with the blood of cancer patients in a test tube, the function of cancer-killing cells called T lymphocytes improved by 260 percent. However, the American Cancer Society says there is no convincing scientific evidence that astragalus helps to fight cancer or mitigate the effects of chemotherapy. http://www.cancerchecklist.com/herbal_remedies/herb_index.html Use Astragalus in soup, stocks, tincture or grind for a root beverage.

AVOCADO, Attacks Free Radicals, contains healthy fat, also contains a full complement of lipase and vitamin E. They also contains carotenoids, B-complex, C vitamins and numerous minerals.

BASIL, This HERB is EASY TO GROW but only grows in the summer. It is an antispasmodic, soothes digestion, antibacterial, antidepressant, and an adrenal stimulant. Please see www.brherbs.com for recipes and more information (*click on Herb Information at the top*).

CALENDULA, Calendula is called Pot Marigold. The flowers and leaves are edible. This is a winter grown plant in Baton Rouge and it flowers from November until April. Use the flowers fresh or dried. It is antiseptic, antifungal and heals wounds. An infused oil (olive, almond, jojoba) of calendula petals used on the skin for radiation burns worked better than chemical creams. Petals can be put into rice for a pretty color as well as medicine. Mix petals in cream cheese, meatballs, put in vegetable dishes. The leaves are great in salads, soups, stirfrys.

IMMUNE BOOSTING HERBS A-Z

CAYENNE, Cayenne stimulates blood circulation. It gets into the circulatory system faster than any other herb. When you take another herb with it, it accelerates the absorption of the other herb. It helps you to sweat to remove toxins. It also helps to cool the body by sweating. Great pain remedy. Topically, it stops the absorption of substance P (Pain) so it prevents pain from going to the area. Internally, known to stop heart attacks. By taking it sublingually, at the onset of a heart attack, it is a vaso dilator where it opens the blood vessels to allow more blood flow to the heart. It also stops bleeding externally.

CELERY SEED, Celery seed is used for inflammation, urinary tract problems, and high blood pressure.

CINNAMON, Cinnamon is a powerful immune booster and sugar buster. There are different qualities. The most POTENT is VIETNAMESE CINNAMON that can be purchased at Our Daily Bread in the BULK HERBS section.

FRUITS, Grapefruits like oranges and other citrus fruits, contain monoterpenes, believed to help prevent cancer by sweeping carcinogens out of the body. Some studies show that grapefruit may inhibit the proliferation of breast-cancer cells. Red Grapes – powerful antioxidants. Oranges and lemons contain Limonene which stimulates cancer-killing immune cells (lymphocytes, e.g.) that may also break down cancer-causing substances. Raspberries contain many vitamins, minerals, plant compounds and antioxidants known as anthocyanins that may protect against cancer (All COLORFUL berries are good to eat). Blueberries have powerful antioxidants. Blueberries also contain silicon which helps rejuvenate the pancreas. They are said to be good for diabetic conditions. (Organic blueberries can be picked at Holly Ridge Farm near Jackson, LA. Chris Jones owns this farm and I have been going there many years. He charges \$.75 a pound and it is an honor system. Picking is usually the end of May-end of June.)

GARLIC, See other handout

GINGER ROOT, Purported uses include: Appetite, Colic, Diarrhea, Drug withdrawal symptoms, Indigestion, Motion sickness, Nausea and vomiting, Promotes urination, Rheumatoid arthritis, Spasms, Stomach and intestinal gas.

GREEN TEA, Purported to prevent certain cancers, green tea may also help slow the spread of the disease. Test-tube studies at Rutgers University found that compounds from green tea slowed the division of cancer cells from the lung and colon. Other studies have found that green tea stunts the growth of tumors in mice. But the results in human studies are contradictory. The National Cancer Institute notes that some studies suggest that green tea may be an effective cancer-fighter, while other studies found no benefit. The NCI is continuing to study what effect, if any, green tea has on cancer. In the meantime, drinking a few cups of the antioxidant-rich brew each day certainly won't do any harm, but don't overdo it -- some study subjects on high doses of green tea suffered nausea and diarrhea. According to a report in the July 2001 issue of the *Journal of Cellular Biochemistry*, these polyphenols that are abundant in green tea, red wine and olive oil, may protect against various types of cancer. http://www.cancure.org/cancer_fighting_foods.htm

IMMUNE BOOSTING HERBS A-Z

LEUTIN is a natural pigment synthesized by plants and microorganisms. Leutein is used primarily as an antioxidant and also to prevent and treat cancer, heart disease, and macular degeneration. Lutein has antioxidant activity. Purported uses: Cancer prevention, Cataracts, Macular degeneration, Visual acuity.

MUSHROOMS, Maitake; Reishi; Oyster mushroom; Shitake

Currently in the East, mushrooms continue to enjoy a great reputation. The Western world is beginning to examine the concept of medicinal mushrooms and their potential. In 2008, UC Davis published a review of medicinal mushroom research and encouraged further research by way of Clinical Trials. However, the review stated that currently there is not enough known about medicinal mushrooms to begin promoting their use in the treatment of specific diseases.^[1] Institutions furthering medicinal mushroom research include the [City of Hope National Medical Center](#),^{[5][6]} as well as the [Memorial Sloan-Kettering Cancer Center](#). Research suggests the compounds in medicinal mushrooms most responsible for up-regulating the immune system, are a diverse collection of polysaccharides, particularly [beta-glucans](#), and to a lesser extent, alpha-glucans. These polysaccharides are made up of repeating units of D-glucose monomers and come in a huge variety of shapes (due to the multiple locations available for glycosidic bonding between D-glucose units) and molecular weights (due to the varying lengths possible for D-glucose chains). Proteins can also be attached to these mushroom polysaccharides. An example of this would be the protein-bound beta-glucans that are contained in Polysaccharide-K.

http://en.wikipedia.org/wiki/Medicinal_mushrooms

PEPPERMINT is the mint of choice for medicinal purposes. It's many uses include the following: The menthol in peppermint soothes the lining of the digestive tract and stimulates the production of bile, which is an essential digestive fluid. A hot cup of herbal tea is an excellent way to settle your stomach after a big meal. There is a very good reason that peppermint is the flavoring of choice for toothpaste. Peppermint is an excellent breath freshener. When using peppermint tea as a breath freshener, increase the effectiveness by adding a pinch of anise, caraway or cinnamon. Peppermint is reputed to have the calming, sedative effect. Menthol vapors are famous for relieving nasal, sinus and chest congestion. Remember those minty-smelling ointments your mother rubbed on your chest when you were a child with a cold? You can also get relief with a steaming cup of peppermint tea. For a more effective cold remedy, combine peppermint with elder flower and yarrow. For a hacking cough, drink 3 to four cups of cool peppermint tea throughout the day, taking a sip every 15 to 30 minutes. To make peppermint tea, use 1 to 2 teaspoons of dried peppermint leaves per cup of boiling water. Steep for 10 minutes.

ROSEMARY may help increase the activity of detoxification enzymes. An extract of rosemary, termed carnosol, has inhibited the development of both breast and skin tumors in animals. We haven't found any studies done on humans. Rosemary can be used as a seasoning. It can also be consumed as a tea: Use 1 tsp. dried leaves per cup of hot water; steep for 15 minutes.

IMMUNE BOOSTING HERBS A-Z

TUMERIC (*curcuma longa*), a member of the ginger family, is believed to have medicinal properties because it inhibits production of the inflammation-related enzyme cyclo-oxygenase 2 (COX-2), levels of which are abnormally high in certain inflammatory diseases and cancers, especially bowel and colon cancer. Purported uses: Cancer prevention, Infections, Inflammation, Kidney stones, Stomach and intestinal gas, Undergoing chemotherapy to limit intake of turmeric. Purported uses: Cancer prevention, Infections, Inflammation, Kidney Stones, Stomach and intestinal gas. This strong antioxidant helps prevent free radical damage to the cells, reduces inflammation, and improves blood circulation by lowering platelet stickiness. It has been found to boost bile flow and protect the liver from toxins reducing damage caused by remedies or excessive cholesterol laden foods consumption. Preparation and usage: For liver conditions, stomach ulcers, and disordered digestive systems – boil one teaspoon of turmeric powder for each cup of water, sweeten with honey or sugar, and allow infusion to steep for about five minutes before drinking.

VIOLETS, Violet leaves and flowers have been used for food and medicine since the beginning of time. The blossoms are three times as rich in vitamin C as oranges and the leaves are rich in both vitamins A and C, and also iron.

ZA'ATAR, Za'atar is the hyssop of the Bible. It is a very strong tasting and potent medicinal herb. This Middle Eastern perennial helps fight throat inflammations, colds, flatulence, and abdominal pain. Considered for ages to have several healing properties, it has been used as a disinfecting agent, an invigorating boost to the body, memory reinforcement, headache relief, and to fight impotence.

Foods that Enhance the Immune System

The Vegetarian Cook's Bible by Pat Crocker

Best Foods for Enhancing Immune System	Immune System Benefits	Comments
FRUITS		
Citrus: • Oranges • Mandarin • Lemons • Grapefruit	Rich in vitamin C and bioflavonoids, which are antioxidants and protect against cancer.	Whole fruit is best; otherwise, use freshly squeezed juices. Caution: Grapefruit juice can interfere with
Orange/Yellow: • Mangoes • Apricots • Peaches	Contain carotenoids and vitamin C, which are antioxidants. Enhance immune system function.	Choose locally grown fruits when possible.
Blue/Purple: • Blueberries and other berries • Purple grapes • Plums	Contain anthocyanins, which destroy free radicals.	Blueberry season runs from May through September; otherwise, choose frozen ones to use in your cooking.
VEGETABLES		
Red Nightshades: • Tomatoes • Red bell peppers	Rich in the antioxidant lycopene. High in beta-carotene, which has immune cell-boosting properties.	Lycopene is fat-soluble and must be eaten with a fat in order to be absorbed.
Orange/Yellow: • Carrots • Yams • Sweet potatoes • Pumpkin and other winter squashes	Contain carotenoids rich in antioxidants and support the immune system.	Eat carrots lightly steamed for better nutrient absorption.
Green: • Spinach • Swiss chard • Asparagus • Dandelion greens • Other dark	Contain folic acid, essential for healthy cell reproduction and genetic material (DNA) replication.	1 cup (250 mL) of leafy vegetables is 1 serving.
Cruciferous Family: • Broccoli • Cauliflower • Brussels sprouts • Cabbage • Kale • Collard greens	Contain glutathione, a powerful antioxidant. Contain indoles, which eliminate excess estrogens and carcinogens, helping in cancer prevention.	Eat raw or lightly steamed
Allium Family: • Garlic • Onions and Chives	Contain allyl sulfides, which destroy cancer cells and support immune function. Contain antimicrobial properties.	Use garlic and onions daily in your cooking, raw or cooked.
Mushrooms: • Shiitake • Maitake • Enoki	Powerful immune-boosting and antiviral properties.	Enjoy them in soups and salads. Can be found dried. Rehydrate them in boiling water and keep the soaking liquid for a rich and nutritious soup.

Foods that Enhance the Immune System

The Vegetarian Cook's Bible by Pat Crocker

Best Foods for Enhancing Immune System	Immune System Benefits	Comments
LEGUMES		
• Beans • Organic soybeans • Lentils • Peas • Chickpeas	Beans are high in protein, soluble fiber and complex carbohydrates. Soybeans contain phytoestrogens, plant-derived estrogens that may protect against some cancers.	Soy products include tofu, tempeh, organic soybeans and soymilk. Use dried peas and beans in soups, salads and dips. Must be soaked before cooking.
WHOLE GRAINS		
• Brown rice • Whole oats • Barley	Whole grains are important for their B vitamin content. Many contain high amounts of the antioxidant selenium. Brown rice seems to be less allergenic than other grains.	Choose whole grains rather than refined products and flours. The hull, removed during processing, contains most of the nutrients.
NUTS AND SEEDS		
Nuts and nut butters: • Brazil nuts • Almonds • Walnuts	High in protein, fiber and unsaturated fats needed for healthy immune function.	Nut and nut butters add protein to salads, snacks and soups. Nuts are an incomplete source of protein; complete the protein by eating with a grain.
Seeds and seed butters: • Sunflower seeds • Pumpkin seeds • Sesame seeds • Flaxseeds	Contain essential fatty acids (EFAs), needed for healthy immune function. Flaxseeds contain omega-3 fats, which have anti-inflammatory properties. Pumpkin seeds are high in zinc, essential for boosting cellular immunity and thymus gland development.	Eat the seeds whole or freshly ground daily. Try seed butters. Flaxseeds must be ground.
FATS AND OILS		
Cold Pressed oils: Extra virgin olive oil • Flaxseed oil	Flaxseed oil contains omega-3 essential fatty acids (EFAs), which have anti-inflammatory properties.	Look for cold-pressed, less refined oils that are packaged in dark glass containers. Keep oils in the refrigerator to keep them from going rancid.
Fish: • Salmon • Mackerel • Albacore Tuna • Sardines • Herring	Contain omega-3 essential fatty acids (EFAs), which have anti-inflammatory properties.	These fish are the highest in EFAs. Consume 2 to 3 times per week and choose wild instead of farmed fish.
HERBS AND SPICES		
Fennel • Ginger • Turmeric • Rosemary • Thyme • Sage	Most herbs are antioxidant. Turmeric has anti-inflammatory properties. Thyme has 75 identified antioxidants.	Use fresh or dried in cooking on a regular basis
OTHER		
• Beer • Coffee • Tea • Wine	Rich in bioflavonoids. Green tea is a rich source of the catechin epigallocatechin gallate (EGCG) that seems to offer antigen-fighting abilities.	Consume in moderation. Not recommended during pregnancy and lactation. Limit coffee to one cup per day and substitute green tea for the other times when coffee might be consumed.

Astragalus Attacks Invaders

For centuries, humans have relied on astragalus (*Astragalus membranaceus*), garlic and medicinal mushrooms to bolster immune function, and current research supports their traditional use. For optimal immunity, use one or more of these herbs regularly. A delicious way to take them is in the form of a tonic soup.

A member of the pea family, astragalus root has been used for more than 2,000 years in Traditional Chinese Medicine as a popular tonic for strengthening vitality and to bolster resistance to disease. Today, researchers are trying to scientifically validate the herb's reputation as an immune enhancer.

Studies show that astragalus improves immune function in several ways. It triggers the creation of immune cells in bone marrow and lymphatic tissue; it produces immune cells—including natural killer cells and macrophages—into increased activity; and it enhances the production of immune compounds, such as immunoglobulin. Components of astragalus, such as polysaccharides (large, complex sugar molecules that enhance immune activity), along with saponins and flavonoids, have been found to shield cells against the free radical damage that leads to degenerative diseases, such as cancer.

In China, researchers have conducted dozens of studies on astragalus with promising results. For example, in a 1997 study, researchers found that giving astragalus to elderly mice (36 and 60 weeks old) restored immune function to that of 10-week-old mice. And in a 1995 clinical trial, 115 patients with low white blood cell counts took either 10 grams or 30 grams of a concentrated astragalus extract daily. Both groups experienced a significant increase in white blood cell counts after eight weeks of treatment.

Astragalus is available in a variety of forms including the dried root, capsules and liquid extracts. In Traditional Chinese Medicine, astragalus often is made into a tea, or slices of the root are simmered in soup. Because bolstering immune function is key to preventing any type of illness or health problem, astragalus often is combined with a variety of other herbs prescribed for various specific conditions.

In Western herbalism, astragalus is generally taken as an extract or in capsules. Because preparations vary in potency, follow package directions for best results.

Herb companion November 2009



RESOURCES:**BOOKS**

The Cancer Survivor's Guide (Healthy Living Publications),
by Neal Barnard, MD, Nutrition Researcher

Cancer Fighting Foods, by Vern Verona

The Vegetarian Cooks's Bible, by Pat Crocker

The Smoothies Bible, by Pat Crocker

Heinerman's Encyclopedia of Healing Herbs & Spices, by John Heinerman

The Healing Foods, by Patricia Hausman & Judith Benn Hurley

Nourishing Traditions, by Sally Fallon

WEBSITES

**Questions and Answers About Complementary and Alternative Medicine
in Cancer Treatment**

<http://www.cancer.gov/cancertopics/pdq/cam/cam-cancer-treatment/patient/page2>

http://www.cancure.org/cancer_fighting_foods.htm

<http://www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/prevention-and-screening/diet-and-nutrition/index.html>

<http://www.mskcc.org/mskcc/html/58481.cfm>

<http://www.drweil.com/drw/u/id/PAG00098>

RECIPES

Immune-Building Herbal Tonic Soup

MAKES 6 SERVINGS

Savory vegetable soup is a traditional way of incorporating astragalus, garlic and medicinal mushrooms into your diet.

- 1 ounce dried astragalus root slices
 - 1/2-inch piece fresh gingerroot, slivered
 - 1/4 cup brown basmati rice
 - 8 cups vegetable or chicken stock
 - 1/2 cup onion, chopped
 - 1 cup winter squash, chopped
 - 1 cup shiitake or maitake mushrooms, sliced
 - 2 tablespoons extra virgin olive oil
 - 1 cup corn, fresh or frozen
 - 2 tablespoons light miso, or to taste
 - 8 medium cloves garlic, minced
 - 1/4 cup fresh parsley, minced
1. Simmer astragalus, ginger, rice and stock in a heavy covered pot for 1 hour.
 2. Saute onion, squash and mushrooms in olive oil for 5 minutes, or until vegetables soften.
 3. Add sauteed vegetable mixture to the soup pot, cover and simmer 30 minutes. Add corn; simmer an additional 10 minutes. Remove astragalus.
 4. Dilute miso in a small amount of hot broth and add to soup. Thin soup with additional broth if desired and add more miso to taste.
- Add garlic and parsley, let stand for 5 minutes



RECIPES

ALMOND SPREAD

This is my recipe and Pat Crocker liked it so much that she put it in "The Vegetarian Cook's Bible.

1 cup raw almonds soaked overnight- Brown skins can stay on for more fiber. If removed, the spread is much lighter in color.

NOTE: Soaking nuts and seeds helps to activate the enzymes and increases nutritional value. If you have forgotten to soak the nuts, the recipe will come out just fine.

1 cup water

Two garlic pods, crushed

2 tablespoons lemon juice

½ tsp. Salt

Pepper

3 tablespoons olive oil

Put almonds and water into Vitamix. Blend until very, very smooth, and thick. Add rest of ingredients and blend again until garlic is well blended. At this point, taste for seasonings and adjust. You may need to add one to two tablespoons of water. The spread should be the consistency of cake batter and will pour out of the container. Makes about 2 cups.

NOTE: After refrigeration, the spread will become more firm with enhanced flavor. If necessary to thin, add water by the teaspoon.

For Salmon: add 3 tablespoons chopped dill. Put on cooked hot or cold salmon. I also use as a binding agent in tuna salad

For Chicken: add 2 tablespoons chopped rosemary. Put on grilled or broiled chicken at the table.

For Vegetables: Add 2 tablespoons onion chives, 1 tablespoon garlic chives, 2 teaspoons Mexican mint marigold – This can be used as a dip for raw veggies or poured over hot cooked broccoli, cauliflower, asparagus etc.

For Pasta: Add 3 tablespoons chopped basil, 2 teaspoons chopped thyme and oregano. Pour onto cooked pasta and toss.

Sandwiches: Use as a mayonnaise alternative

<http://www.goodnut.com/NewsReleaseIndex.htm>

The above link shows many health benefits of eating almonds. Almonds are rich in Vitamin E, especially Alpha-tocopherol, for Heart Health.

Note: This spread is a healthy alternative to hydrogenated fat products (mayonnaise). I was trying to get more of the healthy oil into our diet. We like to add more garlic when using it on chicken and fish. My children love this and it does not last long. However, please note, because the garlic is raw; do not keep more than 5 days in fridge.

RECIPES**GARLIC & GINGER JELLY**

Chop garlic pods into 2 pieces

Chop fresh ginger into small chunks

Buy a jar of JELLY- your choice

I like apple jelly.

Heat the jelly in a saucepan till melted. Add 2 cinnamonsticks, a few cloves, some chopped rosemary and thyme and let this simmer in the melted jelly for 5 minutes. Add chopped garlic and ginger, bring back to boil, pour into heated mason jar. Store in fridge a couple of days. Eat with meals.

HERB SOCIETY PUNCH

1 large can of pineapple juice – unsweetened

1 2 liter ginger ale

Rosemary Tea

Astragalus Tea

Put Can of juice in freezer overnight. Make rosemary tea and astragalus tea.

Rosemary Tea – Boil 2 cups of water, remove from heat, and add 1 cup rosemary leaves, cover, let steep 20 minutes and strain. Put in jar in fridge to cool.

Astragalus Tea – Take 2 slices of root about 6 inches long and break into pieces. Put in 2 cups of water, simmer gently for 45 minutes to one hour. Strain, jar, put in fridge.

TO MAKE PUNCH

Open can and push frozen juice into punch bowl, break up with a knife, add half the rosemary tea and all of the astragalus tea. Gently pour in the ginger ale. TASTE If you can not taste a hint of rosemary, add more rosemary tea.

RECIPES

ROSEMARY COOKIES

1 package of refrigerated sugar cookies
chopped fresh rosemary

Cut slices and press tops into the rosemary.

GINGER CONCENTRATE

Peel a hand of ginger and coarsely chop. Add to blender with enough water for it to liquify. Pour into jar, label, put in fridge.

This is some **powerful medicine** ready to use. Add a spoon to soup at the table, mix a spoon into applesauce, fruit salad, salad dressings, add a spoon to a glass of fruit juice or tomato juice, add a spoon to a glass of soda water with a little honey or agave.