NMDM121
MEDICINAL FOOD SCIENCE

Session 9
Food and Culture: A Physiological Perspective Part 1
Kitchen Pharmacy
Nutritional Medicine Department
Session Summary

• Introduction to naturopathic and nutritional remedies that can be made using common and/or household ingredients or foods.

• Explore the concept of the ‘Kitchen Pharmacy’ and how this can be used to restore health and wellbeing.

• Identify different modes of treatment including:
  – Teas and decoctions
  – Baths, washes and soaks
  – Poultices, rubs, gels and oils
  – Gargles and syrups
  – Food remedies
The tradition of kitchen pharmacy is both ancient and universal, evolving over many centuries through observation of the effects on the body of common ingredients.

Whilst each country had its own particular approach and some unique remedies, many other plants and treatments were common to several.

Information was exchanged by early travellers and sometimes a country would borrow the foods and medicines of another.

Myrrh for example was first used in Egypt, then travelled to Greece and Arabia, and from there to India and then to China.

(Elliot, 1998)
Kitchen Pharmacy

- Even where there was no contact, ingredients were often given the same classification by different cultures.
  - For example, garlic universally classified as an antiseptic and expectorant; fennel as an aromatic and carminative.

- The Egyptians had one of the oldest traditions of kitchen pharmacy dating back perhaps as far as 3000 B.C. Egyptian manuscripts mention as many as 500 medicinal substances.

- The Chinese system of healing has influenced the whole of far Eastern Asia. Herbal prescriptions for various illnesses have been found, written on carapaces and bones dating back to 1500 B.C.

(Elliot, 1998)
Kitchen Pharmacy

Although in more recent times, the notion of kitchen pharmacy has declined, it is still prevalent in many parts of the world, particularly China. (Elliot, 1998)

Using remedies at home in the kitchen or garden we can work with the following conditions:

- Digestive problems
- Skin disorders
- Headaches
- Fever management
- Colds/flu's/URTI's
Kitchen Pharmacy

General Cautions

• Always check the safety of remedies, especially herbal remedies, for women who are pregnant or lactating, for infants and children, for anyone taking medication, those with allergies or other vulnerable groups.

• Know your scope of practice and refer when necessary.

• Never use anything from the “kitchen cupboard” unless it has a legible label and there is no doubt about what it is and how long it has been in the “kitchen cupboard” for.

• Always apply stringent hygiene standards when using kitchen pharmacy remedies.
Teas and Decoctions

http://herbaltea.in/
Teas and Decoctions

• This section covers several herbal teas and decoctions commonly consumed as beverages.
• Herbal teas can be consumed as hot or cold beverages and can contribute to fluid intake, although some can have a diuretic effect.
• Nutritionists should not recommend herbal medicines such as tablets, capsules or fluid extracts as these should only be prescribed by qualified herbalists.
Teas

• Tea may also be referred to as an *infusion*.
• Made by steeping plant material (normally leaves, flowers, buds, fruits or stems in boiling or just boiled water).
• The flavour and plant constituents (e.g.: essential oils, tannins, flavonoids) transfer from the plant material into the water, which is then consumed, usually hot.
• E.g. *peppermint tea*
Making a herbal tea – General principles

- Use 1 teaspoon of dried herb per cup of water
  - If using multiple herbs, adjust the proportions as necessary.
  - If using fresh herb, use 1 handful per cup of water.
    - Crush, bruise or chop fresh herbs to increase surface area and help release the oils.
Decoction

• Made by boiling and/or simmering hard plant parts in water, usually for 10 – 15 minutes, although this can vary.
• Made using bark, roots or seeds of the plant.
• E.g. ginger decoction.
Herbal Teas and Decoctions
Nervous System Support

- Drinking tea has traditionally been shown to help relieve stress and encourage and promote relaxation.
- “Herbal tea” is often used to distinguish non-caffeinated teas (e.g. ginger, peppermint etc.) from the more popular *Camellia sinensis* (‘normal’ and green tea).
- Water soluble phytochemicals like flavonoids and tannins as well as essential oils and anti-oxidants are present in tea.
- The specific phytochemicals present will depend on the ingredients of the tea, as well as the part of the plant that has been used.
Herbal Teas and Decoctions
Nervous System Support

• Naturopaths and nutritionists often use herbal teas therapeutically in clinic to facilitate healing and health.
• They can also be used to encourage hydration.
• The recommendations for patients will depend on the presenting condition.
• Herbs can be used in combination or as single herbs.
Herbal Teas and Decoctions

Nervous System Support

Traditional Herbal Teas that support the Nervous System

- **Chamomile**
  - Traditionally used to relieve anxiety, depression and help promote sleep.

- **Passion flower**
  - Traditionally used as a sedative, hypnotic, for ‘nervousness’ and excitability, hysteria and ADHD.

- **Lavender**
  - May be helpful for agitated behaviour, anxiety, cognitive performance, depression, hypnotic, sleep aid, stress and overall wellbeing. Level of scientific evidence to support efficacy is “unclear or conflicting” for all uses.

(Natural Medicines, 2014)
Herbal Teas and Decoctions
Immune System Support

Traditional Herbal Teas that support the Immune System

• **Elder** (berries and flowers)
  • Some positive scientific evidence to support efficacy for treating influenza; level of scientific evidence to support other uses, such as for bacterial sinusitis and bronchitis, is “unclear or conflicting”.
  • Has approval by the German Commission E for colds.
  • Traditionally used in coughs, herpes, as an immune stimulant and laryngitis.

(Natural Standard, 2014)
Herbal Teas and Decoctions

Immune System Support

Traditional Herbal Teas that support the Immune System

• **Thyme**
  • There are over 400 different species – the one used medicinally is *Thymus vulgaris*.
  • Has antimicrobial, antiseptic and antibacterial properties.
  • Traditionally used in upper respiratory infections, e.g. bronchitis or cough.
  • Can use fresh or dried.
  • Level of scientific evidence to support efficacy is “unclear or conflicting” for all uses.

(Natural Standard, 2014)
Herbal Teas and Decoctions

Immune System Support

Traditional Herbal Teas that support the Immune System

• **Yarrow**
  • Commonly combined with elder and peppermint to make YEP tea – a common naturopathic blend for colds.
  • Traditionally used for the common cold.

• **Lemon**
  • Can use the fresh fruit, zest, juice or skin to make a tea.
  • Contains essential oils which have antibacterial and antiviral properties.

(Natural Standard, 2014)
Herbal Teas and Decoctions

Digestive System Support

Traditional Herbal Teas that support the Digestive System

• *Ginger*
  • Commonly used to help relieve nausea, indigestion, vomiting, dyspepsia.
  • There is good scientific evidence to support the use of ginger in nausea and vomiting, particularly during pregnancy.
  • Ginger use dates back to the 9th century where it was used by Chinese, Ayurvedic and Greco-Roman practitioners to alleviate gastrointestinal complaints like colic, constipation, gall bladder disease and general vomiting.

(Natural Standard, 2014)
Herbal Teas and Decoctions
Digestive System Support

Traditional Herbal Teas that support the Digestive System

*Making a ginger decoction*

- Take a 1 – 2 cm piece of ginger.
- Roughly dice or crush the root and place in a saucepan with 1 cup of water.
- Bring to the boil and then reduce to a simmer for 5 – 10 minutes.
  - Make sure you leave the lid on to capture the essential oils.
- Once the mixture has stopped steaming, strain off the liquid and consume while still warm.

(Natural Standard, 2014)
Herbal Teas and Decoctions
Digestive System Support

Traditional Herbal Teas that support the Digestive System

- **Peppermint**
  - Has a long traditional history for treating digestive conditions especially irritable bowel syndrome and indigestion.
  - There is good scientific evidence to support the use of peppermint oil in IBS as well as some positive scientific evidence to support antispasmodic activity, dyspepsia, abdominal distension. Level of evidence to support other uses, such as for nausea and vomiting, is unclear of conflicting.

(Natural Standard, 2014)
Herbal Teas and Decoctions
Digestive System Support

Traditional Herbal Teas that support the Digestive System

• **Chamomile**
  • Has been used medicinally for thousands of years for digestive/intestinal conditions.
  • The level of scientific evidence to support the efficacy of chamomile for gastrointestinal and other conditions is “unclear or conflicting”.
  • The Longwood Herbal Task Force reports that chamomile is a ‘remedy for gastrointestinal upset’.

(Natural Standard, 2014)
Herbal Teas and Decoctions
Urinary System Support

Traditional Herbal Teas that support the Urinary System

• Corn Silk
  • Traditionally used to help relieve cystitis, urethritis, UTIs, chronic inflammation of the urinary system.
  • Method/Dosage: soak 0.5g of dried corn silk in 150ml of boiling water for 5 – 10 minutes. Repeat and consume 3 time per day.

(Natural Standard, 2014)
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Session 9.1
Baths, Washes and Soaks
Baths, washes and soaks

**Bath**: the whole body is immersed.

**Soak**: a single body part (e.g. hand or foot) is immersed in the water.

**Wash**: an area is bathed rather than immersed.
Baths, washes and soaks

- Have traditionally been used to facilitate healing, promote relaxation and enhance recovery.
- Based on the principles of hydrotherapy (harnessing the healing power of water to promote health and wellness).
- Can be used specifically on a local wound or injury site, or to harness the permeability of the skin for a systematic effect.
Baths, washes and soaks
Epsom Salt Baths

• Epsom salts – *magnesium sulphate*.

• Epsom salt baths have been used traditionally to:
  • Relieve muscle soreness and tension
  • Promote circulation
  • Encourage relaxation
  • Relieve stress and anxiety
  • Help promote restful sleep

• Add 1 – 2 cups of Epsom salts to a warm bath and soak for 15 – 20 minutes.
Baths, washes and soaks

Sitz Baths

• Thought to have originated in Germany
• A person sits a small amount of water, usually up to their hips.
• A sitz bath can be done in a bath tub or a smaller basin/tub.
• Often used to alleviate the discomfort of rectal discomfort (e.g. haemorrhoids), genital problems (e.g. thrush, vaginal discharge or infections) or urinary problems (e.g. frequent urinary tract infections).
• Therapeutic agents can be added to the sitz bath to increase the desired outcomes.
Baths, washes and soaks

Sitz Baths

Examples of Sitz Bath Remedies

• For women who experience frequent thrush, add 1 cup of white vinegar to a sitz bath made with hot water. Sit in the bath for 5 minutes and then rinse the area with cool water.

• To relieve the pain of haemorrhoids, soak in a warm sitz bath for 15 – 20 minutes. This will help relieve the pain and promote healing.
Baths, washes and soaks

Steam Baths/ Inhalations

• Useful for the treatment of blocked noses, sinus problems or colds/flu.
• Can use fresh herbs or essential oils.

• Useful inclusions:
  – Tea tree – antiseptic
  – Eucalyptus – antiseptic, vasodilator, mucolytic
  – Thyme – helps relieve chest tightness
  – Rosemary (esp. if there is associated headache)

(Painter, 1998)
Baths, washes and soaks
Steam Baths/ Inhalations

http://www.telegraﬁ.com
Baths, washes and soaks
Salt water washes

- Salt water has traditionally been used as an antibacterial wash.
- When making a salt water wash, it should be ‘half as salty as the sea’
  - Equates to ½ teaspoon of salt in 1 cup of water.
- Traditionally used to bathe wounds, reduce infectious load and promote healing.
- Sea salt, celtic salt or Himalayan salt should be used over table salt.

(Gottlieb, 2000)
Baths, washes and soaks
Salt water washes

Uses for Salt water washes

- Sinusitis – *Using a Neti Pot*
  - [https://www.youtube.com/watch?v=EDSIUuAOnN0](https://www.youtube.com/watch?v=EDSIUuAOnN0)

- Conjunctivitis
  - Dampen with a cotton pad and wipe eyes.
  - Use a fresh pad each time to prevent cross-contamination

- Skin Conditions – acne, eczema, psoriasis
  - Wash the affected area and allow to completely dry to relieve the itch, redness and irritation.
Baths, washes and soaks

Vinegar washes

Therapeutic uses of vinegar washes and application

• Has a long tradition of being used to enhance healing.
• Hippocrates used vinegar to help manage wounds.
  • “Jack and Jill”
    • When Jack bumped his head it was wrapped in “vinegar and brown paper”
• Sung Tse (founder of forensic medicine) used vinegar as part of hand washing to avoid infection during autopsies.

(Johnston, 2003)
Baths, washes and soaks

Vinegar washes

Therapeutic uses of vinegar washes and application

• Cleansing ulcerations
  • 1 part white vinegar, 4 parts ‘virgin’ (raw) honey and applying to the wound.

• Other traditional uses of vinegar include:
  • Treating nail fungus
  • Killing head lice and inhibiting the hatching of lice eggs
  • Getting rid of warts (when using a concentrated application)

(Johnston, 2003)
Baths, washes and soaks
Foot and hand soaks

Foot and hand baths
• Pioneered by French herbalist Maurice Messegue who treated people using foot and hand baths of strong decoctions and infusions.
• Useful for administering local and systemic treatments.
• Therapeutic agents are added to the water and the absorption method is utilised.
Baths, washes and soaks
Foot and hand soaks

Preparing a hand or foot bath - What you will need:

- Large tub or basin
- 1 cups of dried herbs or 2 cups of fresh (firmly packed)
- 5 litres of water
- ½ cup of baking soda
- ½ cup of Epsom salts
- A large pot
Baths, washes and soaks

Foot and hand soaks

Preparing a hand or foot bath - Method

1. Wash your feet or hands with soap and water.
2. Towel dry prior to your foot or hand soak.
3. Heat the 3L of water in large saucepan.
4. Bring to a boil and add dried herbs, salts and baking powder.
5. Reduce heat and let mixture simmer for 10-15 minutes.
6. Place your tub or basin on top of a towel on the floor.
7. Pour your herbal soak into your ready basin along with the remaining water.
8. Let stand for 10 minutes or until temperature can be tolerated.
9. Place hands or feet into the bath for 8 – 10 minutes.
Suggestions for foot/hand baths

• Ginger or chilli for circulation
• Peppermint can be used locally to relieve smelly feet
• Lavender, chamomile or *tilia spp.* for pain relief, stress and anxiety.
• Brassica’s can be used to promote detoxification.
• Consider oats or calendula for eczema or psoriasis.

(Painter, 1998)
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Session 9.2
Poultices, Rubs, Gels and Oils
Poultices

• A topical application of crushed plant material that is made into a pulp or paste.
  – Can be mixed into a base of slippery elm, linseed or breadcrumbs with a little water.
• The material is held in place using cling film, muslin or a bandage.
• It can be applied directly to the skin or a thin cloth can be used as an under layer.
• May choose to apply a heat pack on top to increase vasodilation and increase the uptake of the plant’s active ingredients.

(Adams & Tan, 2006)
Poultices

Uses

• Infections – sore throat, sinusitis.
• Pain caused from inflammation, congestion or spasm – menstrual pain, arthritis, mastitis, cramps.
• Injuries or wounds – sprains, breaks, burns.
• Skin complaints – acne, boils, rashes.

(Adams & Tan, 2006)
Poultices: Examples

- **Grated onion** – antiseptic and anti-inflammatory.
- **Grated potato** – cooling, good for burns, anti-inflammatory.
- **Slippery elm** (mixed with some water to form a paste) – good for drawing out (e.g.: boils, pimples or splinters).
- **Mustard seeds** mixed with semolina or polenta (mixed in a ratio of 1:10 or 2:10) and used for a chest tightness, congestion or infection. Can also be used for joint or muscle pain.
- **Whole cabbage leaves** inserted into the bra can help relieve the pain of mastitis (especially when cold).
- **Arnica flowers** mixed with water to help relieve sprains and strains.

Adams and Tan, 2006
Rubs

Dry Skin Brushing

• Traditionally began in Ayurvedic medicine, but also used extensively throughout naturopathic practice.
• Used to stimulate the skin and promote circulation.
• Assists with the removal of dead skin cells.
• Promotes healthy skin cell turn over.
• Promotes lymphatic flow.
• Improves skin texture and tone.
• Stimulates collagen production.

(Gottlieb, 2000)
Rubs

How to Dry Skin Brush

• Use a natural-bristle dry skin brush.
• Use short, brisk strokes and always brush towards the heart.
• Start with the front and backs of the arms, starting at the fingertips and working towards the truck of the body.
• Move from the feet up the leg, brushing in an upward direction.
• Lastly move onto the pelvic area, buttocks, abdomen, lower back, chest and upper back.

(Gottlieb, 2000)
Rubs: Dry Skin Brushing

(http://thyroidsupportonline.com/how-to-get-beautiful-skin-body-brushing)
Oils

- Can be used topically or internally.
- Can infuse carrier oils with other therapeutic agents i.e.: essential oils or other lipid-based compounds.
  - *E.g.* Adding lavender oil to sweet almond oil and rubbing it on the temples to help induce sleep.
- May use essential oils ‘neat’ for a concentrated therapeutic effect
  - *E.g.* Tea Tree oil on a insect bite
Oils - Olive Oil

• Has many medicinal and health benefits when consumed internally (covered in Session 20 and in various other subjects).

• Traditionally, there are several other uses for olive oil:
  – As a body moisturiser, especially when there is dry, crusty skin (e.g.: eczema, psoriasis, cradle cap, cracked heels).
  – May be applied to skin throughout pregnancy to help prevent stretch marks.
  – Warm a few drops of olive oil by taking a spoon and holding in hot water for a few seconds. Place this warm oil into the ear to soothe an ear ache (never do this if the ear drum has ruptured or is at risk of rupturing)
Oils - Coconut Oil

Naturopathic Uses of Coconut oil

• Contains capric acid, lauric acid and caprylic acid, which have antifungal properties
  – Use topically for athlete’s foot, ring worm and other fungal infections.
• As a facial or body moisturiser.
• Can be combined with bicarb soda and used as a natural toothpaste.
• Use as a lip balm.
• Create your own body scrub by mixing coconut oil with some sugar or salt granules. Apply using circular motions and then wash off with warm water.
• Apply to cold sores.
Gargles and Syrups
Gargles

• May also be referred to as a mouth wash or mouth rinse.
• Liquid is swished and held in the mouth for approximately 30 – 60 seconds and then discarded.
  – In some instances, the head may be tilted back slightly and the liquid is bubbled at the back of the mouth.
  – Gargles are generally not swallowed.

• Gargles and mouth washes may be used for:
  – Bad breath
  – Cavities or tooth decay/soreness
  – Sore throats
  – Oral thrush

(Adams & Tan, 2006)
Gargles

Salt water gargle
• Mix ½ teaspoon of sea salt in 1 cup of hot water.
  – The water should be as hot as you can tolerate it without burning your mouth or tongue.
• Gargle 1 mouthful of the solution at a time, repeating until all the liquid is finished.

Vinegar and sage gargle
• 1 teaspoon of dried sage with ¼ cup of white vinegar and ½ cup of water helps soothe a sore throat.

(Adams & Tan, 2006)
Gargles

**Turmeric mouth wash**

- Add ½ teaspoon of turmeric and ½ teaspoon of sea salt to 1 cup of hot water.
- This is antibacterial and anti-inflammatory so can be used to fight bad breath, gum disease or a sore throat.

- Gargles can also be made using strong infusions.
  - Thyme, rosemary, calendula, chamomile, peppermint and spearmint all work well.
  - A strong infusion or decoction of clove buds is useful for toothaches.

(Adams & Tan, 2006)
Syrups

• A thick, usually sweet liquid, traditionally made by dissolving sugar in water.
• Useful for helping to relieve sore throats or coughs.
• Helpful for getting herbal medicine into children as the sweetness helps disguise the taste.

http://www.health.com/health/gallery/thumbnails/0,,20448023,00.htm
Syrup – Cough Syrup

**Ingredients**

- 2 medium brown onions
- 1 cup of raw, organic honey
- 5cm piece of ginger

**Method**

- Finely dice the onion, ginger and place in a sterilised jar.
- Cover with honey and invert to cover.
- Leave for 24 hours – 48 hours or until honey has become ‘liquefied’
- Consume 1 – 2 tablespoons at a time as required.
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Session 9.3
Food First Aid
Food First Aid
Manuka Honey

• Honey has traditionally been used for its antibacterial activity to help heal wounds and for gastrointestinal infections.
• Honey has been shown to be effective against antibiotic resistant bacteria.
  • Has been used successfully as a topical treatment for chronic wound infection in people not responding to antibiotic treatment.

(Kwakman et al., 2011)
Food First Aid

Manuka Honey

• Manuka honey is produced from the manuka bush *Leptospermum scoparium* which is native to Australia and New Zealand.

• Manuka honey is much darker and thicker than ‘normal’ honey.

(Kwakman et al., 2011)
Food First Aid
Manuka Honey

- Manuka honey contains high concentrations of *MGO* (methylglyoxal) – an antibacterial compound.
  - Particularly effective against *Staph.* infections and has also demonstrated *in-vitro* effectiveness against *H. pylori*.

*(Kwakman et al., 2011)*

**Using manuka honey**
- Apply as a balm to the skin for wounds or infections.
- Eat off the spoon to help soothe a sore throat or settle digestive upset.
Food First Aid

Prunes (dried plums)

• One of the most effective remedies for constipation or incomplete bowel movements.
• Can use prune juice or the whole dried fruit.
• A randomised clinical trial conducted by Attaluri et al (2011) compared the administration of 50g of prunes (about 12) twice per day with 11g of psyllium (1 tablespoon) twice per day.
  • Both provided a total of 6g of fibre.
Food First Aid

Prunes (dried plums)

“Dried plums are safe, palatable and more effective than psyllium for the treatment of mild to moderate constipation and should be considered as a first line therapy”
Food First Aid
Apple Cider Vinegar

• Made by crushing apples and then exposing them to yeast. The fruit sugars are fermented (broken down) and acetic acid forms as a result.
• Has been traditionally used to help ‘cleanse’ and promote detoxification.
Food First Aid
Apple Cider Vinegar

Traditional Uses of Apple Cider Vinegar

• Make a 50/50 solution with hot water and use as a gargle for sore throats.
• Apply to sunburn to help relieve pain and prevent peeling.
• Add ½ cup to sitz baths to help relieve thrush.
• Make a 50/50 solution of ACV with water and put 3 – 4 drops into the ear to help clear ‘swimmers ear’.
Food First Aid
Apple Cider Vinegar

**Traditional Uses of Apple Cider Vinegar**

- Can be applied topically to the skin to help clear acne and blemishes.
- 1 teaspoon added to a glass of water and consumed 15 minutes before meals may help promote digestion and relieve heart burn, burping, flatulence and bloating.
- Take care for those with oesophagitis or gastritis as vinegar is a weak acid and may irritate.
Food First Aid
Bi carbonate Soda

• Pure sodium bicarbonate.
• Exists as a very fine white powder.
• Has an extensive list of uses not just for health and beauty, but also for cleaning and household applications.
• There are some older naturopathic references using bi carbonate soda mixed with water to reduce reflux.
  – This is NOT recommended - it reduces stomach acid.
Food First Aid
Bi carbonate Soda

*Traditional uses of Bi Carb Soda*

- Mix 1 teaspoon of bi carb soda with 1 teaspoon of coconut oil and mix into a paste. Use as a face mask for acne, dry skin or ageing skin.
- Mix with mashed up strawberries to form a paste and brush into teeth to help naturally whiten them.
- Mix a few teaspoons into a warm foot bath to help neutralise smelly feet.
- Use as a natural deodorant by patting some loose powder under the arms.
Food First Aid
Bone Broths

• Have a long cross-cultural significance, not just naturopathically.
  – African tribes place high levels of significance on babies and children consuming bone broths.
  – South American Proverb “Good broth will resurrect the dead” and “Fish broth will cure anything”.

(Nourished Kitchen, 2014)
"Bone broths are made with bones that have a small amount of meat left on the bones. The bones are simmered for a very long period of time. This helps to remove as many minerals as possible from the bones so that you can consume them. The bones will crumble when pressed lightly."

(Nourished Kitchen, 2014)
Food First Aid
Bone Broths

**Traditional Uses for Bone Broth**
- Convalescence
- Digestive upset
- To strengthen hair, skin and nails
- Improve bone growth and repair
- Reduce joint inflammation or arthritic pain
- Strengthen immune function
- Promote healthy cognitive function
Food First Aid
Potassium Broths

• A broth rich in potassium, traditionally used as a tonic to prevent colds and flus, strengthen the immune system and renew the body’s ability to fight disease.
• Assists with alkalising the body and helping to detoxify.
• Helps hydrate the body and nourish the kidneys and adrenal glands.
Potassium Broth: Example Recipe (Adapted Sarah Best)

- Celery, roughly chopped
- Potato peelings
- Onions, roughly chopped
- Parsley
- Garlic
- Tomatoes (fresh and/or sun-dried)
- Dried mushrooms (porcini, shiitake or any other edible variety)
- Kombu seaweed (or any other variety you have to hand)

1. Chop vegetables. The quantities are not important – that’s up to you too.
2. Cover with filtered water.
3. Bring to the boil and then simmer for at least an hour.
4. Can simmer for longer if desired.
5. Strain and consume the liquid, either hot or cold.

Another tip: be generous with the fresh veggies, but put in just a handful each of the dried ones, if using: a little goes a long way with those.
Food First Aid
Chicken Soup

• “Is good for the soul”
• Chicken soup made with garlic and onions, as well as fresh or dried herbs possesses immune stimulating properties.
• Easily digested, especially during sickness.
• Can use to improve hydration status.
• Ideally use a whole organic chicken, so that nutritional benefit can be achieved from the bones.
Session Summary

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• Identify different modes of treatment including:
  – Teas and decoctions
  – Baths, washes and soaks
  – Poultices, rubs, gels and oils
  – Gargles and syrups
  – Food remedies
References


Gottlieb, B. (2000). *Alternative cures: More than 1,000 of the most effective natural home remedies*. Rodale, USA.


References


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