

KITCHEN CUPBOARD WELLNESS-

MOTHER HUBBARD'S EARTH'S CUPBOARD

The herbs on this list are common and there are many more. Consider “**what I am addressing in my constitution**”, when making your choices, and then think about, **the properties of the herb** that can help you. Do you need something only slightly warming or something with more of a stimulating heat, or something in between? What if you only have a very heating herb like Ginger, do you have something you can blend with it to cool it down some and get the results you are hoping to achieve?

Many of the herbs on this list are high in volatile oils. This is what makes them highly aromatic and are often the constituents that are helping the changes occur in our bodies.

Notice how many of these herbs have very similar uses and properties; if you don't have one available there are others that can work just as effectively.

*So you have an **abundance of choices**; you don't have to have every single herb in your cupboard.* The ones that taste the best to you when you are cooking with them are often the ones that will work the best for you when you need them to help your body balance. **We have a natural ability to balance**- if we just increase our awareness **and tune in** to what our bodies are asking. **Do you prefer Dill over Fennel – which would you choose for a stomach soother? And so on...**

In order to keep this list short enough to be useful there are little bits of information listed here about each herb as a *quick reference list*, and each one of these has lots more information and uses for you to learn about and enjoy.

*****Cautions: in general culinary amounts of herbs are safe for everyone and a cup of “tea” is not going to have any worries, if you are pregnant/nursing/trying to conceive, very sensitive, on blood thinners or have other concerns please, use these remedies with care specific to your own needs.*****

Apple Cider Vinegar (Raw with the mother) Only raw organic apple cider vinegar has the “mother of vinegar” that makes the vinegar so beneficial. The “mother” is made up living nutrients and bacteria. You can actually see it settled in the bottom of the bottle like sediment. It is full of vitamins and minerals, such as Potassium – helps to prevent brittle teeth, hair loss and runny noses. Pectin – helps to regulate blood pressure and reduce bad cholesterol. Malic Acid – gives ACV the properties of being anti-viral, anti-bacterial & anti-fungal. Calcium – helps create strong bones and teeth.

Ash – gives ACV its alkaline property which aids your body in **maintaining proper pH levels** for a healthy alkaline state. Acetic Acid – It appears that this acid **slows the digestion of starch which can help to lower the rise in glucose that commonly occurs after meals.** Supports a healthy Immune System Can help **alleviate Menstrual Pains, Joint Pain and Stiffness Promotes Digestion , pH Balance, Metabolism which encourages Weight Loss, Eliminates Heartburn naturally, Clear Up Skin Conditions,** Can help reduce appearance of Cellulite, **Soothes Dry Throats and Reduce Sinus Infections.**

Basil – Calming- can **decrease headaches, soothes digestion, anti spasmodic, can help decrease coughing,** has been used for whooping cough. **Anti-fungal, anti-microbial, topical skin/wound soother.** May lower blood sugar in some people. Lowers blood pressure, can thin blood/decrease clotting factor.

Bay leaves – Warming – Mildly astringent. Stimulating. **Stomach soother.** Vitamins A,C, and Folic acid .**Respiratory problems and indigestion, colic and gas .**Topically the lauric acid is reported to have some **insect repelling** properties. Topically for **joint and muscle pain** relief.

Black Pepper – Warming- cleansing and anti oxidant properties, helps other herbs be more bio available, **by stimulating digestive enzymes and processes.** Helps oxygen flow, circulation, **stimulates the appetite, respiratory health and joint health.** Iron and trace minerals.

Cardamom - Warming .**Digestive aid- reduces bloating and intestinal gas.** Diuretic, lowers blood pressure, decreases blood clotting. Anti –depressive properties, **Oral care/breath freshener, mild anti inflammatory** especially for mucus membranes.

Cayenne- Warming (Hot) - Contains Capsaicin/ flavonoids/ vitamin C/ Anti oxidant. **Circulation/Cardiovascular, GI imbalance,** stimulates endorphins, **increases metabolism.** Topically used as a counter irritant **for anti-inflammatory** purposes and **decreasing the pain response.** Extensive history of being used for many many system imbalances – another good one to look up!

Cinnamon- Warming -helps to bring heat to the core of the body. **Digestion and stomach soother. Anti oxidant, anti inflammatory, anti fungal and anti bacterial** .Blood balancer decreases blood sugar, cholesterol and triglycerides. Many studies showing benefits of daily supplementation for the cardiovascular system, increasing insulin sensitivity, stimulating thinking and supporting brain functions.

Clove – Warming –**Stimulating** - Circulation, **digestion aid-gas, bloating, nausea, oral health** .Topically is **analgesic, anti- microbial, and antiseptic**. May slow blood clotting. Better herb for adults. Use with caution for very sensitive adults and with children, some references note potential for seizures.

Coconut Oil – High in saturated fats and medium chain fatty acids. **Anti inflammatory, anti oxidant, anti microbial**, helps body metabolize certain vitamins and glucose. Topically for **skin issues**. Digestive aid. **Boosts metabolism** and helps give you **energy**. Supports the cardiovascular system.

Coffee – Very, very strong coffee can help bridge the gap during an **asthma attack** to get a person to their inhaler or to the doctor. You need to brew it very strong and drink a fair amount, so the ‘coffee jitter’ side effects can happen, but if it is an emergency situation that is the least of your worries. Coffee grounds rubbed over **poison ivy** infected skin, before using Jewel weed or Virginia creeper can stop the spreading more effectively. And if you don’t have the herbs available, at least you have the coffee grounds.

Coriander – Cooling - detoxifying, **antiseptic, antifungal** and antioxidant, **digestion stimulant and soother**. Decreases allergies-**has antihistamine properties**, contains a compound that can **protect you from Salmonella**, purifies the blood .High in iron, calcium and vitamins K, C and A . May slow blood clotting.

Cumin – cooling –bitter –“ peppery” – Stimulating - **Digestion , helps flush toxins**. Iron and trace minerals. May slow blood clotting. May lower blood sugars.

Dill –Cooling - **Stomach soother**, mildly stimulating but also **anti-spasmodic. Hiccups**, stimulates digestion in the liver and with peristalsis. Anti microbial, antifungal, **stimulates menstruation and milk production, mild sedative** can help with sleep issues. Anti-inflammatory. Can help thin secretions and inflammation in mucus membranes **for colds and respiratory imbalance**.

Garlic – anti – microbial, diffusive-helps **bring heat to the periphery, thins secretions, decreases congestion** .Contains Selenium which supports the immune response. Rich in other trace minerals. Circulatory/Cardiac supportive. May work against certain types of cancers. Cleanses the kidneys.

Ginger – Warming – Diffusive , **brings heat to the periphery. Digestion, nausea, joint health, respiratory health**.

Fennel – Cooling - **Digestion**, general toner- enhances digestion process w/o aggravating the digestive “fire”. **Stomach soother**

Mint –Cooling/stimulating. Degree of activity varies with type of mint, i.e.... peppermint is stronger than spearmint. **Digestion, respiratory system**, facilitates other herbs. Topically for soothing skin, **sore muscles** and joints.

Mustard seeds/mustard powder – Warming - Stimulating -Digestion, **gas and cramps**, Packs or **poultice for congestion, aching joints, foot bath for increasing circulation. (see recipes)**

Nutmeg- Warming - **Sleep aid**. anti-fungal, anti-depressant, **digestive, stomach soother**. Topically use like clove for **toothaches, oral health and pain/antiseptic**- not as strong as clove. Better for children. Over use may cause palpitations, sweating, hallucination and other discomforts

Onions – Flavonoid quercetin helps to balance blood cholesterol levels and triglycerides, and scavenges free radicals. Contains chromium, helps regulate the insulin response. Anti- microbial, Selenium trace mineral that helps regulate the immune response. Studies link onions to improved bone mineral content and mineral density of up to 17% after only one month of use. (1 gram dried, per day) Many studies on cardiovascular and digestive health. **For acute conditions- Thins secretions, upper respiratory support, anti microbial. (see recipes below)**

Oregano – Pungent ,bitter warm, dry – Anti microbial, respiratory support- **asthma, colds, bronchitis, head congestion**. Digestion support- **gas, motion sickness, indigestion**. Topically – **joint pain, muscle aches**, poultice over bruises, sprains, **oral care**.

Paprika – Warming – Not as hot as Cayenne. Contains Capsaicin, Vitamins A, B6, E and C, along with many others. **Anti-inflammatory. Anti-oxidant.** Cardiovascular support. **Digestive aid.** Topically for skin –can make a **facial mask** with paprika and honey for improving complexion.

Rosemary – Warm, astringent, diaphoretic, stimulant. Increases oxygen uptake and cerebral circulation-**relieves headaches**, stimulates thinking and mental functions-**use in the morning** vs. nighttime. Coffee substitute for **alertness w/o caffeine**. **Decreases respiratory congestion**, increases **liver function/digestion**. Anti- microbial. Used as a rinse to **stimulate hair growth**. Can help lower blood pressure and blood sugar. Cardiovascular supportive. May have stimulating effects on the uterus.

Sage - Pungent, Warm, Anti-microbial, antiseptic, astringent. – topical **wound healer -Sore throats, mouth sores, and swollen, painful nasal passages**. Hair rinse for **dandruff**. **Digestive problems**, including loss of appetite, gas (flatulence), stomach pain (gastritis), diarrhea, bloating, and heartburn. **Hormonal regulator- use with care**.-long term use is not recommended without more information and consideration. It is also used **for reducing overproduction of perspiration and saliva**; Women use sage for **painful menstrual periods**, to **decrease excessive milk flow during nursing**, to reduce **hot flashes** during menopause and for depression, memory loss, and Alzheimer's disease

Thyme – Pungent, hot, dry - vitamin C/A/iron/trace minerals. Anti-microbial anti – fungal, antioxidant. Prevents and lessens **upper respiratory infections, colds**. Topically **for infections and wound healing**, and skin disorders. **Colic, upset stomach, stomach pain (gastritis intestinal gas (flatulence), parasitic worm infections)**. Mild diuretic- the volatile oils can help with **urinary tract infections**. Appetite stimulant. **Relaxing, can help sleep**

Turmeric – Pungent, bitter, stimulating -Curcumin- Well known for its **anti inflammatory prowess**. Many studies available. When taken as a supplement, used for a myriad of imbalances in nearly every system of the body. For more acute conditions it is highly effective for **digestion, immunity, complexion, cold symptoms**. May slow blood clotting. May lower blood sugar. May aggravate gall bladder symptoms.

(some) **RECIPES**

Generally- 1 tsp of dried herb = 2 tsp. of fresh herb. 1 tsp dried herb to 1 to 1 ½ C. water. Steep your herbs with a cover over the container. * Try and avoid the microwave if possible.

Help me sleep

Tea or Milk infused with calming herb of choice- Chamomile, Spearmint, Dill, Thyme

Nutmeg Warm milk (can be nut or rice milk)–to taste

Magnesium supplement prior to bedtime can be helpful

1 (only 1) very hopp-y beer, 30-40 minutes before trying to go to bed.

Stop this coughing!

One large onion -chopped, in a small sauce pan. (Increase the benefits by adding garlic as well.)

Raw honey – enough to cover the onion completely

Warm over very very low heat for 30-40 minutes, until the onions become translucent

Stir gently to fully incorporate. Strain liquid and cool. Store covered in refrigerator.

Take by the spoonful as needed/desired. Can take up to once an hour.

*You do not have to strain out the onion chunks and can eat them for extra benefit.*You can make this remedy ahead of time by layering the onion and honey in a covered jar. Let it sit for 24 hours. Then follow the above recipe for straining/dosage.

“Bug trap” – Onions have a unique ability to attract and hold microbes – it has been suggested that people don’t get food poisoning from the mayo at the food buffet but from the onions. Some people recommend you don’t eat onions that have been left in the open air for over an hour-especially if there are a bunch of people around.

* Chopping an onion and leaving it in an open dish by the bedside when you sleep can help to decrease and prevent colds/flu. If you can’t tolerate the smell while you are sleeping and have a chance, you can place the dish next to you during the day. Make sure you put this one in the compost!

Help me breath!

Aromatic steam – Use any of the anti-microbial herbs listed – Sage, Mint, or Rosemary would be very effective.

Fill a large pot ½ to ¾ full of water and bring to near boil. Add a small handful of herbs in the last few moments and keep the pot covered.

Very carefully place pot so that you can sit close to it safely.

Using a sheet or even a blanket, drape over your head/body to contain yourself and the pot.

Carefully remove the lid- keep your face away from the pot, until this first batch of heat comes out.

Sit and breathe deeply for as long as you can tolerate. Let the steam permeate you. Sweat, if you are able.

Mustard pack - 4 tablespoons flour, 2 tablespoons dry mustard, Water (lukewarm) . Use this ratio for whatever size batch you need to make to cover the surface area. Directions : Mix the dry ingredients together then add the water to make a paste. The paste should be smooth and easily spreadable, but not too thin so that it runs or is watery. Take a clean flour sack towel and spread the paste evenly across top half (one side only), fold up the bottom half of the towel and apply to chest area. Do not apply paste directly to skin or it may cause blistering. Cover with a fresh towel then top with a heavy blanket to encourage sweating (the fresh towel protects the blanket from any staining). Leave plaster on for up to 20 minutes, remove if skin turns deep red and is in danger of blistering. If using on children, watch tender skin carefully (not to be used on children under school age unless directed by doctor). Some reddening is normal as heat & circulation is being drawn to the surface. Remove poultice, wash skin with a warm cloth to remove any traces that may have seeped through, dry and apply a layer of salve, coconut oil or other skin soother, if needed. This can be reapplied every 4 to 6 hours as needed.

I have a stomach ache! Teas made out of any of the digestive herbs listed, will help. Especially nice are fennel, mint, chamomile, dill, cardamom, ginger.

Oh my head hurts! Tension headaches – drinking tea made out of basil, peppermint, or rosemary can help. Alternate hot and cold compress with the same tea mix, on base of skull/neck, and forehead.

Mom, my ear hurts! Garlic oil for ear infections is very simple to make.

2-3 cloves of garlic crushed and mixed with 2 tablespoons of extra virgin olive oil.

Steep for 30 minutes, on warm (very lowest setting) then strain, and cool.

Once strained, put a drop or two in each ear every hour or so , for a few days

*Make a new mixture every 24 hours, to preserve the benefits of the garlic and olive oil and ensure the mixture doesn't get contaminated by bad bacteria.

Warm compress of a hot washcloth over the ear/side of neck can also help.

Everyone at work is sick –or- I think I might be getting sick

Thyme tea – there is almost nothing more effective at keeping you from getting sick or lessening the symptoms of upper respiratory invaders. Make a whole pot of this tea and keep drinking it thru the day and give some to everyone else too!

For Flus/Fevers/Achy bodies – Any of the aromatic herbs in the tub will help achy muscles. Make a large pot of tea – keep the herbs tied up in a bit of cloth or a cotton sock. Fill your tub with as warm of water as you can comfortably sit in for up to 30 minutes. Steep the tea for up to 20 minutes, then dump the whole thing “sachet” and all into your tub. Close the curtain so you can also inhale the steam.

No bathtub ? Try a Foot bath with any of the aromatic herbs or mustard seeds.

Ginger tea will assist in a productive fever.

Turmeric milk -rich, creamy and satisfying! Adding black pepper to the mixture will greatly increase the absorption of turmeric into the body. It also gives the drink a spicy kick. (Warning: Turmeric can stain clothing and countertops, so wear an apron and proceed with caution!) For one serving you will need: one cup milk (whole or 2% milk, almond milk or coconut milk beverage)

1/4-1/2 teaspoon turmeric

3/4- 1 teaspoon honey or agave nectar (depending on desired sweetness)

1/4 teaspoon ground cardamom (or a few cardamom pods)

pinch of powdered ginger or small piece of peeled ginger root

dash of vanilla extract

dash of black pepper or black peppercorns

pinch of cloves (if desired)

pinch of allspice (if desired)

strainer or sieve

1) Heat the milk on the stove. When milk becomes warm, add turmeric powder. Stir slowly to dissolve any lumps. The liquid will take on a rich, mustard color. 2) Add the honey, ginger root, vanilla and spices. 3) Keep the pot on gentle heat for a few minutes. 4) Pour the milk through a fine sieve to remove the ginger root, cardamom and pepper. (The turmeric can be a bit grainy, too.) 5) Enjoy! All ingredients can be adjusted for individual tastes!

PRIMARY HERB CONSTITUENTS-

Black Pepper - piperine- can increase absorption of selenium, B-complex vitamins, beta-carotene, as well as other nutrients from the food., an amine alkaloid, numerous monoterpenes hydrocarbons such as sabinene, pinene, terpenene, limonene, mercene.

Black peppercorns- minerals like potassium, calcium, zinc, manganese, iron, and magnesium. Source of many vital B-complex groups of vitamins such as Pyridoxine, riboflavin, thiamin and niacin, vitamin-C and vitamin-A. They are also rich in flavonoid polyphenolic anti-oxidants like carotenes, cryptoxanthin, zeaxanthin and lycopene.

Basil -The oil contains 1,8-cineol, citral, eugenol, linalool, methyl chavicol, methyl cinnamate in relatively large quantities and bisabolene, camphor, cryophyllene, geraniol, and ocimene in smaller quantities

Bay Leaf - Mostly 1,8-cineol, with smaller amounts of alpha- and beta-pinene, phellandrene, linalool, geraniol and terpineol.

Cardimom - a-terpineol (45%), myrcene (27%), limonene (8%), menthone (6%), b-phellandrene (3%), 1,8-cineol (2%), sabinene (2%), and smaller amounts of heptane.

Cayenne - 1,8-cineole, 2-octanone, alanine, alpha-carotene, alpha-linoleic acid, alpha-phellandrene, arginine, ascorbic acid, beta-carotene, betaine, campesterol, capsaicin, capsanthin, carvone, fiber, folacin, glutamic acid, hesperidin, isoleucine, isovaleric acid, kaempferol, manganese, myrcene, p-coumaric acid, potassium, proline, quercetin, scopoletin, solanine, thiamin, thujone, tryptophan, valine, zeaxanthin, zinc.

Cinnamon - cinnamaldehyde, eugenol, and trans-cinnamic acid, phenolic compounds, condensed tannins, catechins, and proanthocyanidins, monoterpenes and sesquiterpenes such as pinene, calcium-monoterpenes oxalate, gum, mucilage, resin, starch, sugars, and traces of coumarin.

Clove – between 80–90% eugenol and also contains eugenyl acetate, b-caryophyllene, methylsalicylate, methyleugenol, campesterol, carbohydrates, kaempferol, lipids, oleanolic acid, rhamnetin, sitosterol, stigmasterol and vitamin

Coconut Oil - Lauric acid, Myristic acid, Caprylic acid, Capric acid, Caproic acid, Palmitic acid, Oleic acid, Palmitoleic acid, Linoleic acid, Linolenic acid, Stearic acids.

Coriander - 1% volatile oil, most is linalool, followed by monoterpene hydrocarbons (a- and b-pinene and limonene), anethole, and camphor. It also contains up to 26% oleic, petroselinic, and linolenic fatty acids, the flavonoid glycosides quercetin, isoquercitrin, and rutin, and chlorogenic and caffeic acids, tannins, sugars, proteins, coumarins, mucilage, and starch

Cumin- cumin aldehyde (p-isopropyl-benzaldehyde), perilla aldehyde, cumin alcohol, α - and β -pinene, dipentene, p-cymene and β -phellandrene, pyrazine and various alkyl derivatives, sulfur compounds, flavonoid glycosides, tannins,

Dill –carvone, limonene phellandrene , and other monoterpenes.

Garlic –organosulfur compounds, alliinase, amino acid -arginine, phytic acid saponins and b-sitosterol (0.0015%). Garlic contains about 1% alliin (which converts to one of the more active constituents, allicin, when crushed)

Fennel - anethole (50 to 80%), limonene , fenchone , estragole , safrole, a-pinene , camphene, b-pinene, b-myrcene and p-cymene.

Mints – *Peppermint* -menthol (ca. 50%), menthone (10 to 30%), menthyl esters (up to 10%) and several monoterpene derivatives (pulegone, piperitone, menthofurane),traces of jasmine
Spearmint - menthol, menthone, d-limonene, neomenthol, tannins and very small amounts of essential oil containing about 50% carvone

Mustard seeds – Both brown and “yellow” mustard have -1% sinigrin (allylglucosinolate), which is converted to the hot and pungent allyl isothiocyanate by the action of the enzyme myrosinase. Phytoalexins (sinalbin, sinalbins A and B), sterols and steryl esters (primarily sitosterol and campesterol), and flavonoids (eg, apigenin, chalcone). The flavor of mustard seeds is derived from glucosinolates, which are thiocyanate glycosides. Sinalbin is responsible for the flavor of white mustard seed; sinigrin is responsible for the sharper taste associated with black and brown mustard seeds.

Nutmeg -oil contains eugenol, myristicin and elemicin, fixed oil trimyristin safrole pinene, camphene, dipentene, cineole, linalool, sabinene, safrole, terpeniol. A good source of minerals like copper, potassium, calcium, manganese, iron, zinc and magnesium. It is also rich in many vital B-complex vitamins, including vitamin C, folic acid, riboflavin, niacin, vitamin A and many flavonoid anti-oxidants like beta-carotene and cryptoxanthin

Onions -High in vitamin C, dietary fiber, and folic acid. calcium, iron, Onions contain flavonoids-specifically quercetin, vitamins B 1 , B 2 , and C, along with potassium and selenium. Polysaccharides such as fructosans, saccharose, and others are also present, as are peptides, and essential oil. Sulfur compounds, including thiosulfinates and thiosulfonates; cepaenes; S-oxides; S,S-dioxides; mono-, di-, and tri-sulfides; and sulfoxides.

Oregano – Carvacrol,thymol,limonene,terpenes, borneol,terpinene,perpineol, flavonoids, tannins, bitters, beta-carotene, vitamins C-K, calcium, iron, magnesium, manganese

Paprika - Capsicum, carotenoids, flavonoids, vitamin C.

Rosemary – Borneol, bornyl acetate and other esters, a special camphor similar to that possessed by the myrtle, cineol, pinene and camphene, and some tannic acids

Sage – 1,8-cineole, camphor, borneol, bornyl acetate, camphene, α - and β -thujone, linalool, α - and β -caryophyllene, α -humulene, α - and β -pinene, viridiflorol, pimaradiene, salvianolic acid, rosmarinic acid, carnosolic acid, ursolic acid,

Thyme – primarily phenols Thymol and Carvacrol also geraniol, terpineol, linalool, trans-tuyanol-terpineol. Flavonoids: derivatives of apigenol and luteolol.Phenolic acids: caffeic, rosmarinic. Tannins (10%).Saponosides.

Tumeric – curcumin . Volatile oils - d- α -phellandrene, d-sabinene, cinol, borneol, zingiberene, and sesquiterpenes. There are a variety of sesquiterpenes, turmerone, arturmerone, and zingiberene. polysaccharides- calcium, phosphorous, sodium, potassium, iron, thiamine, riboflavin, niacin, ascorbic acid, α -linolenic acid