

LIQUID LIGHT ESSENTIALS

First Aid from the Spice Cabinet

'Emergency help from your kitchen!

The humble spices from your spice cabinet are fantastic plants that the Lord has put here to not only make our food taste great but to help support our bodies and bring them back to balance and health.



HERE IS A LIST OF SPICES AND THEIR USES:

Allspice: (fruit) Helps with chills, diarrhea, flatulence, relaxed bowels, rheumatic pain (also external)

Anise: (seed, leaves) Helps with asthma, bronchial disorder, catarrh, coughs, colic, indigestion, insomnia, nausea

Basil*: (leaves) Helps with digestive disorders, nervous headaches, rheumatic pains, spider bites

Bay Leaf*: (leaves) Helps with colic, cramps, flatulence, hysteria, indigestion

Cardamon*: (seeds) Colic, flatulence, indigestion

Caraway: (seeds) Helps with colic, dyspepsia, fits, hysteria

Cayenne: (fruit) Helps with stimulating heart, arteries, capillaries, arthritis, colds, coughs, poor circulation, colic, catarrh, shock.

Cinnamon*: Helps with increasing circulation, colic griping, nausea, weak stomach, gas, blood sugar, diarrhea

Celery*: (seed) Helps liver troubles, hysteria, nervousness, neuralgia, weak urine

Cloves*: (dried flowers) Helps with dyspepsia, indigestion, flatulence, nausea, toothache

Cumin*: (seeds) Helps with colic, headache, flatulence

Dill*: (seeds) Helps with colic, hiccups, nervousness, swelling and pain

Fennel*: (seeds) Helps with acid stomach, colic, constipation, cramps, diabetes, flatulence, fevers, gastric troubles, poor memory, rheumatism, stomach disorders, milk production

Garlic: (bulb) Helps with arthritis, asthma, blood disorders, blood pressure, bronchitis, catarrh, coughs, hysteria, indigestion, lung troubles, obesity, sciatica, rheumatism, infection (especially ear)

Ginger*: (root) Helps with alcoholic gastritis, bronchitis, colds, congestions, circulation, diarrhea, dyspepsia, flatulent, colic, fevers, gas, nausea, sore throat

Licorice: (root) Helps with asthma, bronchitis, bowel and kidney complaints, chest infections, coughs, sore throats, irritated mucous membranes

Marjoram*: (Leaves) Helps with appetite loss, colic, cough, dizziness, flatulence, headaches, head colds, influenza, suppressed menstruation

Onion: (bulb) Helps with colds, coughs, asthmatic complaints, feminine infections, insomnia, infections, earaches

Oregano*: (whole plant) Helps with asthma, cough, colic, digestive troubles, sour stomach, rheumatism

*Names with an * indicate a there is a corresponding essential oil*



Parsley*: (Leaves) Helps with anemia, cancer (preventative), fevers, gallstones, bladder and kidney complaints, skin disorders, difficult urination.

Pepper*: (dried fruit) Helps with chills, constipation, flatulence, nausea, vertigo, sour stomach

Rosemary*: (leaves) Helps with colds, colic, headaches, nervous disorders, depression, weak eyes

Saffron: (flower, seeds) Helps with colds, colic stomach pains, uterine hemorrhage, measles, fevers

Sage*: (leaves) Helps with fevers, flatulence, nervousness, liver and kidney toner

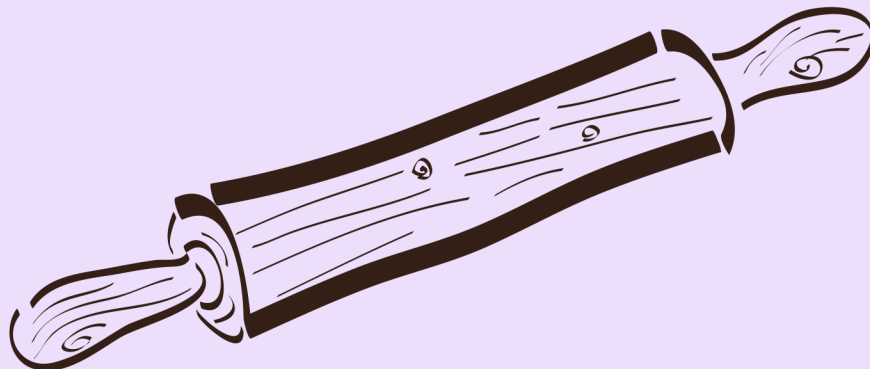
Savory: (Leaves) Helps with colic, flatulence, prevents serious organic ailments

Tarragon*: (leaves) Helps with fevers, female complaints, gravel/kidney stones, inflammatory swelling

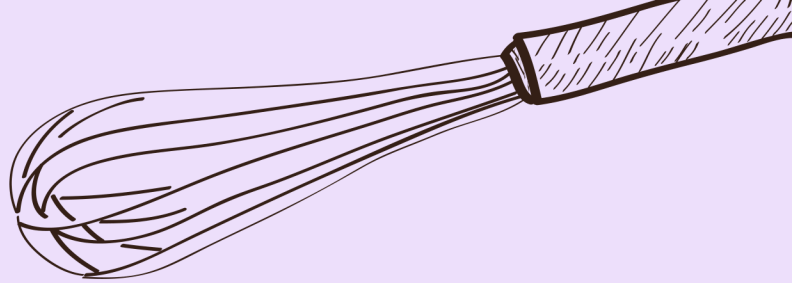
Thyme*: (whole plant) Helps with infections (antiseptic), relaxing, flatulence, promotes and regulates menstruation, nerves (calms)

This list is not absolute nor by far all the healing remedies attributed to each herb, but this will give you a good idea what they do.

*Names with an * indicate a there is a corresponding essential oil*



WAYS TO PREPARE AND USE HERBS:



When preparing herbs, use ceramic, glass or stainless steel as not to contaminate herbs and water with anything.

Use spring or purified water for best results. **DO NOT** heat water in the microwave. Use the stove top to heat water or reheat tea.

Infusion: This is for herbs that have volatile oils in them--aromatics like spearmint, peppermint, basil marjoram etc. for leaves and powders, pour 2 cup boiling water over 1 ounce herb. Let set with a cover on it for 20 minutes (the longer, the stronger!) Strain off plant matter and discard.

Sun Infusion: take a large glass jar with a lid, put 1 ounce of dried herbs in the jar, add one pint of cold water and place outside in the sunlight for 3 hours.

Compress, fomentation: Make a stout tea (1/2 cup herb to 2 cups water) and let steep for 1/2 hour. For a compress, use it hot, but not hot enough to injure the skin. for a fomentation, use cold. (This is for a situation when inflammation is present) Take a wet cotton cloth and put the herbal tea mixture (herbs and all) on it. Put the mixture and wet cloth on the affected area. Cover with a piece of plastic (plastic wrap or plastic bag) and cover all with a thick cotton towel. Leave on for 10-30 minutes. Wash herbs off when you are done. Put any unused tea mixture into the fridge. Use within 2 days.

Herb Bath: Tie 1/4 cup desired herbs into a thin cotton cloth or put in a muslin bag, boil in water. Strain and put in the bath water. You can leave the bag in the water during bath if desired. The longer you are in the bath water, the more intensified the effect.

Oil Infusion: Put high quality oil (extra virgin olive oil is good) into pan with desired herbs, cover and put on burner on low or set on stove top while the oven is on. Warm for 1-3 hours, strain out herbs, place in bottle to be used as needed. Do not boil the oils or get too hot, only warm.

Capsules: you can put the desired powdered herb into gelatin capsules and take by mouth with adequate water.

Electuary: This is an herbal preparation mixed with honey, molasses or peanut butter to form a paste. Take your powdered herb and mix it with enough honey to form a paste. This preparation is used with children and difficult adults. The child may take 1/4 teaspoon doses at a time followed with juice or water. It is best to measure your dosage before you add the honey.

Syrup: These are used for cough, throat inflammations and to soothe the intestinal tract. It is a thick sticky liquid preparation. Take 1 ounce of herb and boil it in 1 pint of water. Boil about half the water away. Strain and add 2 to 4 ounces of honey or vegetable glycerine to preserve it.

Decoction: This is used when you need the deep healing abilities of roots, stems, and barks. Its preparation is similar to the infusion, but the herbs are boiled. The reason for this is because with roots, barks and stems, the healing compounds are not easily transferred to the water. Put 1 ounce of herb (bruised or chopped) in one pint of water. Bring to a boil and let it simmer for 30 minutes. Strain. This should be used in 24 hours. Make it fresh every day.

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