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Microbiome Mission

Our Digestive Bacteria Eat Vegetables - Live Workshops



Day 5

Digestive Herbals

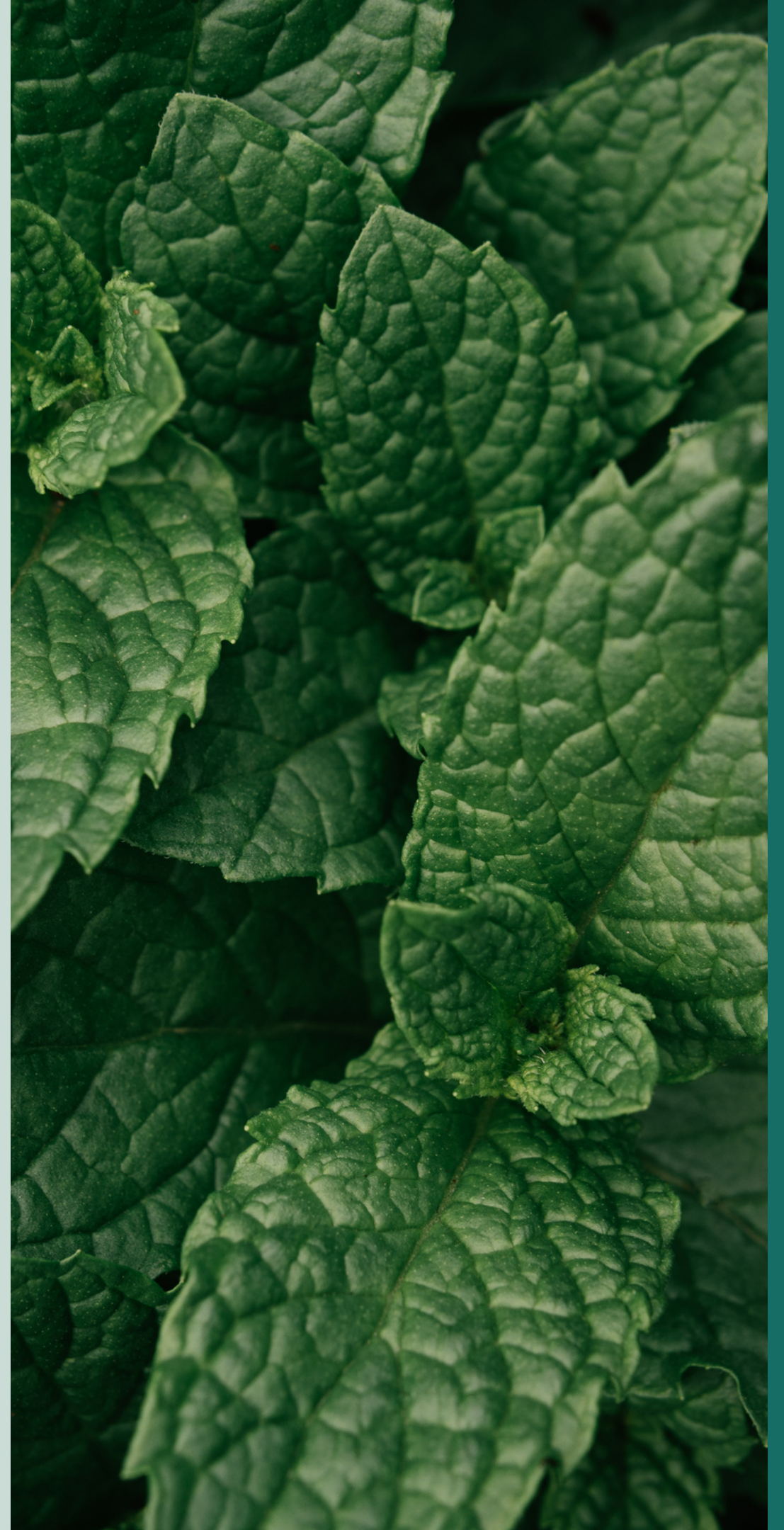


Not Medical *Advice*



Digestive Herbal Actions

- Inflammation modulating
- Microbe modulating
- Parasite modulating
- Astringent
- Bitter
- Carminative



Inflammation Modulating

- Turmeric
- Ginger
- Frankincense
- Garlic
- Willow
- Calendula
- Elderberry
- Yarrow



A close-up photograph of several bright orange calendula flowers. The petals are numerous, thin, and radiate from a central brownish-yellow core. The background is a soft-focus green, suggesting foliage.

Preparing Calendula

- Eat the petals in a salad
- Make a tea
- Make a tincture
- Ferment the florets with the green base
- Prepare in oil





Preparing Yarrow

- Eat the petals/leaves raw
- Make a strong tea
- Make a secondary ferment of water kefir or kombucha
- Make a tincture
- Ferment the florets
- Prepare in oil





Preparing Ginger

- Ferment slices
- Juice it
- Blend it, cook it down
- Eat it raw
- Add it to other ferments
- Make a tincture
- Make fire cider
- Make a secondary water kefir/kombucha ferment

Microbe Modulating

- Jerusalem artichoke
- Oregano
- Thyme
- Rosemary
- Wormwood
- Osha
- Frankincense
- Yarrow
- Calendula
- Garlic
- Sage
- Goldenseal
- Oregon grape
- Cinnamon
- Uva Ursi
- Usnea





Preparing Oregano

- Add to your fermented mustard
- Add to fermented carrot sticks
- Make fire cider
- Make a tincture
- Make a tea
- Add to juice





Preparing Rosemary

- Add to juice
- Add to ice cream
- Make a tea
- Make a tincture
- Use in secondary ferments
- Pair with lemon, garlic, lavender, blackberry...



Parasite Modulating

- Pomegranate husk
- Papaya seed
- Garlic
- Black walnut
- Wormwood
- Cinnamon
- Clove





Preparing Garlic

- Ferment whole cloves
- Make fire cider
- Make tea
- Make a tincture
- Eat raw or cooked
- Crush and leave garlic for ten minutes before cooking



Preparing Papaya Seeds

- Add to salad dressings
- Ferment seeds alone
- Use as a garnish
- Make a tincture
- Dehydrate, dry and prepare in oil
- Ferment, dry and sprinkle as a condiment



Astringent

- Plantain leaves
- Calendula
- Green tea
- Black tea
- Rose
- Oak
- Yarrow
- Willow
- Witch hazel
- Blackberry root/leaf





Preparing Rose

- Make strong tea
- Make ice cream
- Make a tincture
- Make herbal syrup
- Dry and use as a condiment
- Use in secondary ferments
- Pair with cardamom, cinnamon, pepper, lemon





Preparing Plantain Leaves

- Add them to salads in moderation
- Chew them raw
- Blend or juice them and consume them 15 minutes before meals
- Add to most ferments



Bitter

- Dandelion
- Chamomile
- Yarrow
- Valerian
- Mugwort
- Gentian
- Bitter melon
- Artichoke
- Hops
- Orange peel
- Skullcap





Preparing Dandelion

- Eat flowers or leaves raw
- Make tea from any part
- Juice leaves
- Add to herbal vinegars
- Make a tincture
- Eat flowers in desserts





Preparing Chamomile

- Eat flowers or leaves raw
- Make very strong tea
- Add to herbal vinegars
- Add to desserts
- Make a tincture
- Juice in moderation
- Use as essential oil
- Add to secondary ferments



Carminative

- Peppermint
- Fennel
- Ginger
- Cardamom
- Allspice
- Clove
- Sage
- Thyme
- Anise
- Cinnamon
- Nutmeg





Preparing Cardamom

- Make a tincture
- Make a tea
- Make a herbal vinegar
- Add to secondary ferments
- Make ice cream
- Pair with cinnamon, black tea, blackberry, raspberry





Preparing Peppermint

- Make a tincture
- Make a tea
- Make a herbal vinegar
- Add to secondary ferments
- Make ice cream
- Add to desserts
- Pair with cinnamon, lime





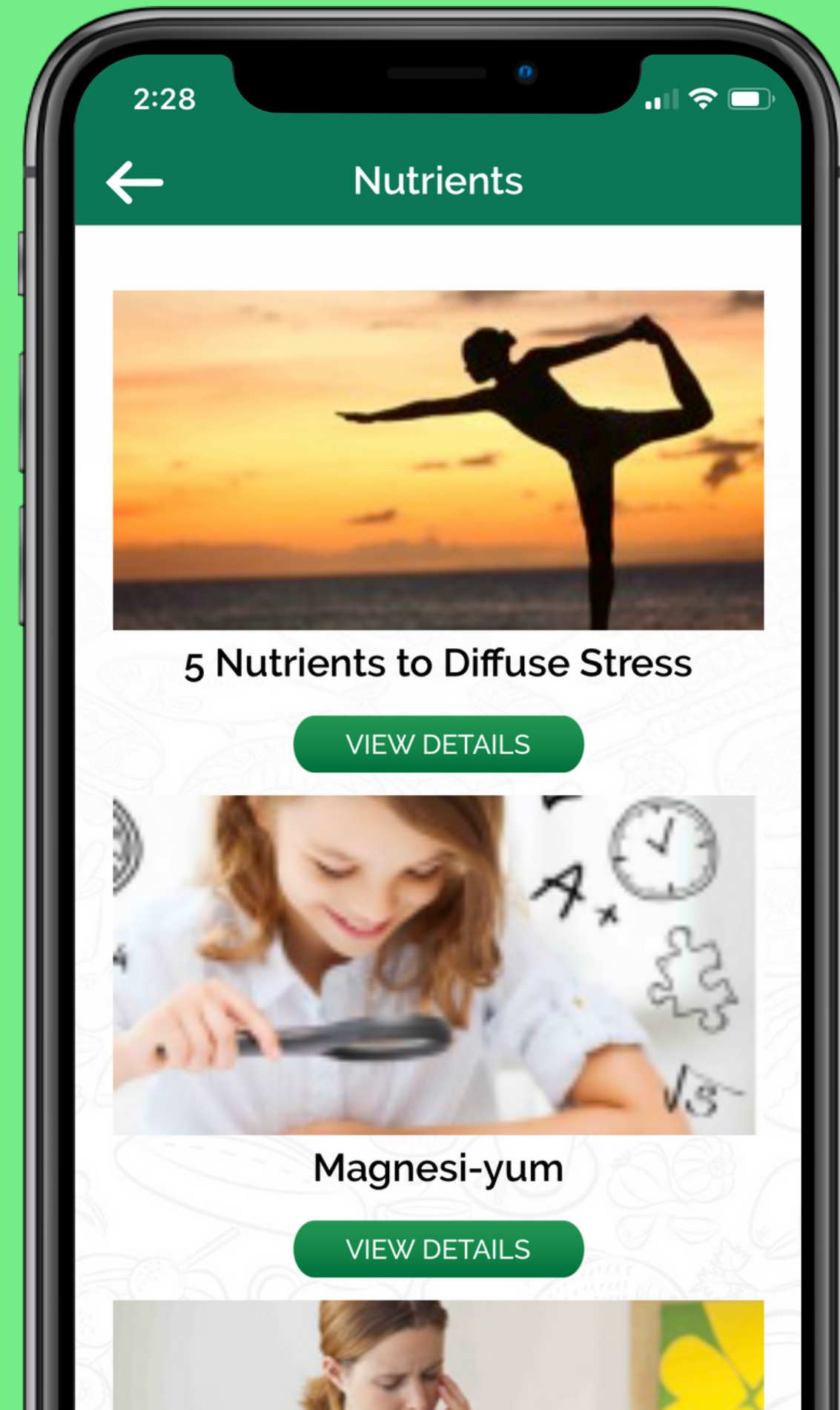
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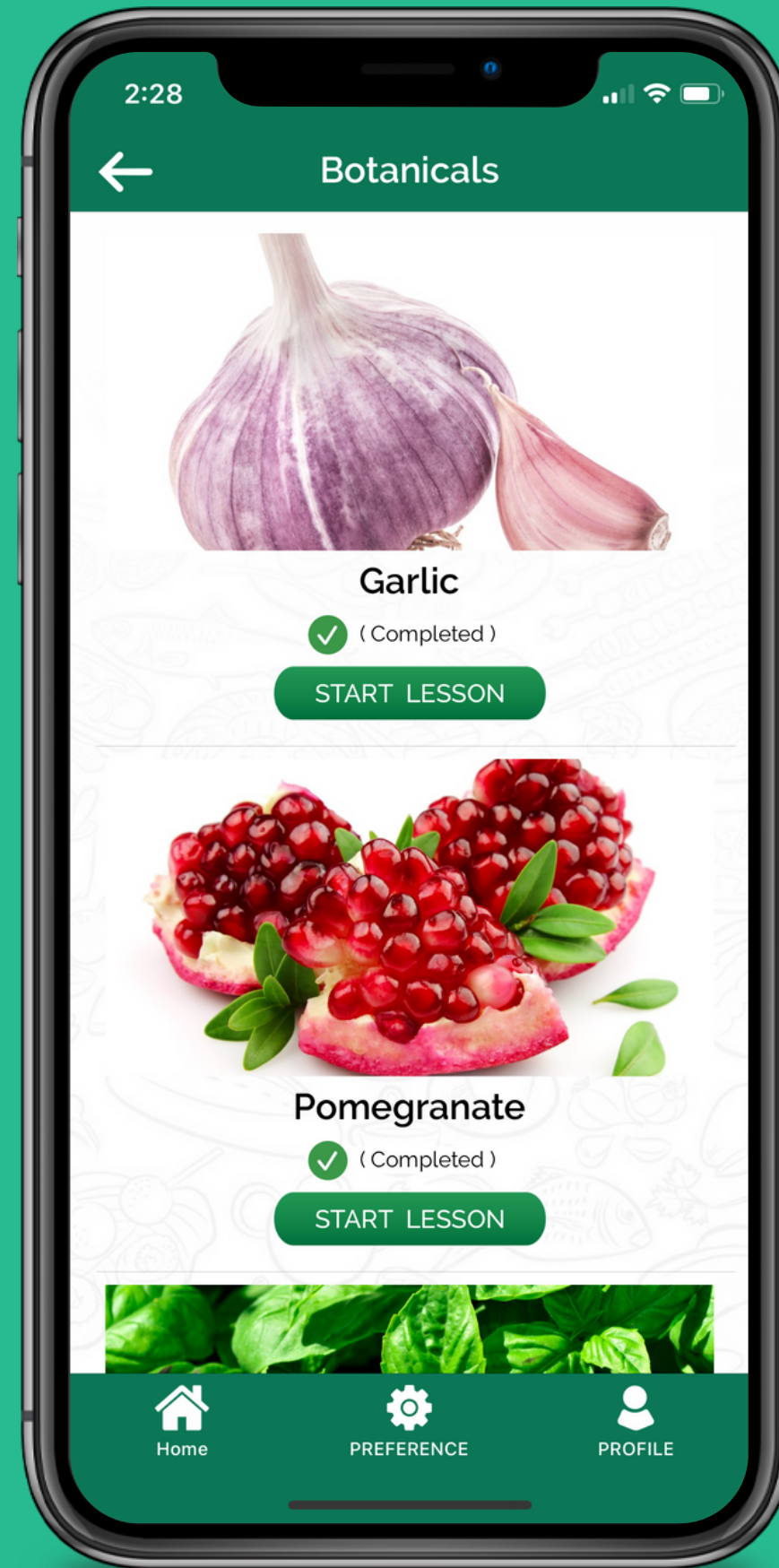
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Ferment with me!