

The Wonders of your

KITCHEN as PHARMACY

Using Herbal Remedies To Heal

Presented by Jovanka Ciares


LET'S TALK ABOUT YOU
Why are you here?



HAVE YOU USED PLANTS AS MEDICINE?

What has been your experience?

A FUN, BRIEF HISTORY OF HERBALISM

*Use of plants as medicines dates as far back as the origin of humankind.

*Even carnivorous animals are known to consume plants when ill.

*Through trial and error they discovered that some plants are good for food, that some are poisonous, and that some produce bodily changes

AROUND THE WORLD

***Mesopotamia**: Sumerian prescriptions for healing using herbs such as caraway and thyme have been found on tablets made of clay.

***China**: The Chinese emperor Chi'en Nung put together a book of medicinal plants (an "herbal") called Pen Tsao 5,000 years ago.

***India**: System of medicine was called the Ayurveda. The materia medica includes 800+ medicinal plants, all indigenous plants of India, and still used today.

AROUND THE WORLD

***Greeks/Romans**: The Greeks and Romans derived much of their herbal knowledge from these early civilizations.

***Europe**: The knowledge of medicinal plants was furthered by monks in Europe who studied and grew medicinal plants and translated the Arabic works on herbalism.

***Americas:** The natives in Central and South America also had extensive knowledge of the herbs indigenous to their areas.

HERBALISM TODAY

Many herbs have been put to the scientific test & have proven to possess remarkable curative powers.

Proven to be effective and safe alternatives to dangerous and costly drugs.





TODAY'S PRODUCTS

Morphine – Analgesic (pain med) – Poppy

Aspirin – Anti-clogging, pain relief – Willow Bark

Digitalis – Arrhythmia – Foxglove

Lozenges – Slippery Elm

WHAT DOES THE FUTURE HOLD?



MY STORY



BEFORE



AFTER



OUR FOCUS TODAY

We will focus on three systems:
Digestive, Hormonal and Immune

HOW TO USE HERBS



Infusions / Teas



Tinctures/Glycerides

HOW TO USE HERBS



Salves, Balms



Syrups

HOW TO USE HERBS



Compresses



Baths









DIGESTION

Herbs:
a) Cinnamon
b) Gymnema
c) Fennel
d) Cumin
e) Coriander
f) Chamomile

Best way to use:

Barks and dried parts as tea (tonic)

FEMININE HEALTH

Herbs:

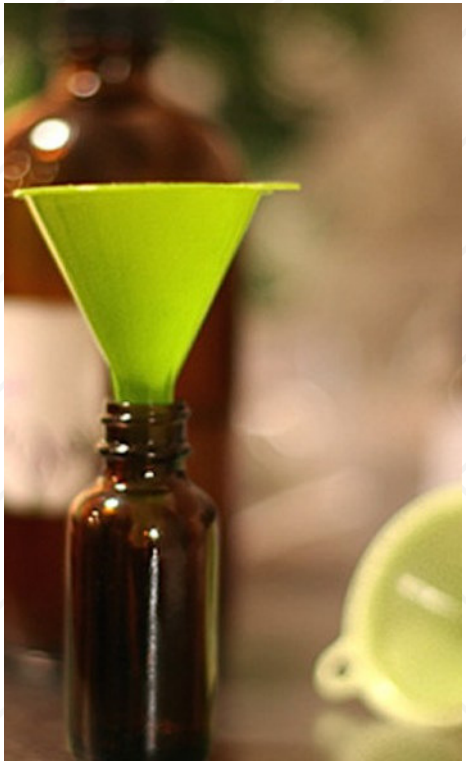
a) Red Raspberry
b) Shatavari
c) Cramp Bark

Best way to use:

Smoothies, teas, compresses and tinctures

















IMMUNITY/STRESS

Herbs:

a) Ginseng
b) Thyme
c) Ashwagandha

Best way to use:

Tinctures, Glycerides and Honeys

GIVEAWAY TIME

50% Off Flyer

Raffle



THANK YOU!

For appointments, reach us at:

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