

## ❄ Winter Health Tips

One of these days, I may write a book about health tips for Winter.

In the meantime, though, here are some quick ideas; winter health tips, which are easy to incorporate into busy days. I hope that you will find these helpful and welcome your comments!

Write to me! [carol@studiobotanica.com](mailto:carol@studiobotanica.com)

The level of commitment to your own winter health will depend upon just HOW you are feeling NOW and how you would LIKE to feel!

Are you overly busy? Leading a multi-dimensional life with just TOO much going on?

Friends, family and new herb clients all seem to sing the same song these days; all feel too busy and find themselves feel fatigued often.

Check out the quick online survey, "[How are you this week?](#)". Fill it out and see how you are doing.

## ❄ SUPPLEMENT IDEAS for Winter Health

- ❄ Vitamin C
- ❄ Vitamin D
- ❄ Zinc
- ❄ Acidophillus
- ❄ Melatonin

**VITAMIN C** - Well known + effective. I like to suggest that people rotate their choices of any/all supplements they take. Try natural source Vitamin C or 'Ester C' alone or in combinations.

'Food-sourced' Vitamin C is also a good choice.

**VITAMIN D** - Increasing evidence shows that Vit D improves immune system function and is extremely effective against colds and Flu. Try Vit D in liquid form, which makes it very easy to get lots every day.

**ZINC** - Lozenges seem to help to shorten a cold's grip.

**ACIDOPHILLUS** - famed 'good bacteria' for great digestive health actually helps our immune systems to work better! - Increasing evidence indicates that it makes good sense to supplement with acidophillus. Try a multi-strain formula. Local health food stores carry brands, which are stored in the fridge; also those that do NOT require refrigeration. I use both→ The fridge varieties at home and the 'room temp' varieties for happy travels.

**MELATONIN** - A naturally occurring hormone, created by the pineal gland; as we age, we produce less of it. There are mixed reviews about the effectiveness of Melatonin. I know many people who are convinced that this supplement improves the quality of their sleep. Healthy rest periods and deep sleep is a powerful ally in optimal health.

I create customized formulas for clients to help them to improve the quality of their nightly beauty rest!

Whatever works for you ~ Find the answer if you have troubled sleep issues. Rest-filled sleep is necessary!



### ❄ Herbal HEALTH tips for Winter:

These 6 SUPER-STAR herbs are all extremely helpful to have on hand during the fall and winter months. Eat them every day to boost your immune system function. Focus on warming, nourishing foods and eat something, every day that makes your eyes 'tear' and nose 'run'. This is a wonderful way to allow a virus to exit the body before it starts any trouble!

- ❄ **Cayenne**
- ❄ **Garlic**
- ❄ **Ginger**
- ❄ **Horseradish**
- ❄ **Onions**
- ❄ **Turmeric**

#### ***These 6 are 'must-have' herbs for your pantry for OPTIMUM WINTER HEALTH:***

**CAYENNE** – As a circulatory stimulant, Cayenne is used to promote heart health and blood pressure equalization. It is used for 100s of indications. Cayenne can act as a 'potentizer' for the other herbs. (e.g it boosts the effects of the garlic) It does the same for Vitamin C. It has long been used as an "accentuating agent" – literally boosting the ability of healing to reach throughout the entire body where it's needed. "I don't eat spicy food," you may say.

You can still add a little to your meals, and as often as possible! Choose the powder or throw whole cayenne peppers into stews or soups.

**GARLIC** – 'THE' most versatile herb! Garlic is anti-viral, anti-bacterial, anti-fungal, as well as 'antiseptic' to name just a few of many attributes. Raw Garlic can both help to prevent a cold or flu but also shorten the time afflicted. It is a powerful stress-reducer, immune-booster, and liver supporter. Cooking garlic changes it from SUPER herb to an aromatic culinary herb packed with flavour but it's emphasis becomes more about heart health & blood pressure health.

*If you want it all* – Do what I do. Enjoy it cooked and raw or gently warmed in dishes and benefit from yummy garlic goodness AND it's powerful punch!

**GINGER** - Known primarily for its ability to calm an upset stomach or ease motion sickness, fresh Ginger root also promotes improved digestion and nutrient assimilation, as well as being a potent anti-cold or flu ally. Ginger helps fight and kill influenza virus and increases the immune systems' ability to fight infection.

When the good food that we consume is able to translate into life-enhancing nutrition via the miracle of our body's pathways to support all body systems, we are strengthened. Use Ginger to minimize the symptoms of respiratory conditions.

**HORSERADISH** – I've often called it the "herbal heatwave", and for good reason. Many curative properties make this fresh root an important member of the group. It is a strong antibiotic, expectorant and immune booster. It is used to treat bronchitis, sinusitis, flu and lung congestion. Once difficult to find, it's now often available local grocery stores. Purchase a fresh root which is crisp and firm, like a carrot. Horseradish is most potent immediately after it is grated. So. When preparing it, grate & use it right away. If you can't find the fresh root, purchase 'prepared horseradish' in a glass jar.

**ONIONS** – Onions, famous for pungent, yet sweet flavour accents in the culinary world, are full of vitamins A, B and C; are a strong source of calcium, magnesium, phosphorus, and iron.

Onion's pungency can increase blood circulation and cause sweating, which can be beneficial in cold weather to 'sweat out colds and flu, reduce fevers and to defend against infection. Onion's detoxifying effects relieve tiredness and exhaustion. Both raw and cooked, onions can lower blood pressure, thin the blood, and clear the blood of unhealthy fats. There are many varieties. Experiment!

**TURMERIC** – I have added turmeric to my 'winter health' pantry, as it has been shown to have more than 50 healing attributes! It can help to increase circulation, soothe digestive issues; improve assimilation of nutrients, clear nasal passages and support the liver. In my home, it gets added to soups, stews, chili dishes and scrambled eggs. It can be easily incorporated into daily meals. It is best combined with black pepper to make it more 'bio-available'.

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**And.....**

- ❄ Get adequate rest
- ❄ 30 minutes of exercise daily – WALK !
- ❄ Nurture a positive attitude
- ❄ Optimal combinations of high quality food & pure water.
- ❄ Sunshine when possible; Get outside!
- ❄ **AVOID touching your face! Notice how often you touch your eyes, nose, mouth (oh yes.. and ears!) All become entry points for 'invaders'.**



***These next 5 HERBS are my 'support team':***

- ❄ ***Sage***
- ❄ ***Thyme***
- ❄ ***Elder***
- ❄ ***Echinacea***
- ❄ ***Goldenseal***

**SAGE** – This is my “go to remedy” for a sore throat. My gardens always embrace a few Sage plants. A hardy perennial, it is easy to grow. Most super-markets sell fresh herb bundles so purchase it there if you aren't growing it!

It makes an excellent gargle, as well as warming, soothing drink, which can also calm a fever. It is known as a diaphoretic herb, which means it sends energy and healing aspects from inner to outer layers of the body; promotes elimination of fluids. In the case of colds or flu, it helps you to expectorate and sweat out the toxins when enjoyed as a hot tea. One should drink 3-4 cups a day to gain full benefit.

**THYME** – Can be very effective in cold/Flu treatments. Thyme tea can help to expel phlegm from the lungs so is used in cases of chest infections. Thyme can also be helpful in cases of bronchitis, asthma, whooping cough, sore throats, croup, or even laryngitis. It can be made into a tea ~ to drink, to strain & drain and add to a hot 'tub' to relieve flu body aches or can be easily made into a 'steam' on the stove to clear airways, blocked due to sinus or bronchial conditions.

**ELDER** – The flowers and the berries of the Elder are used in traditional herbal medicine. I use both in an immune-boosting tonic, “Flu Fighter”. Elder medicine is very effective for preventing and treating upper respiratory infections, improve sinus drainage and decrease nasal congestion. It can also be beneficial in the treatment of coughs, bronchitis and asthma, as well as viral respiratory infections. Elderflowers, made into a tea can help to soothe high fevers.

**ECHINACEA** – Well-known immune stimulant. It is effective for any kind of infectious condition. Echinacea can increase the number and activity of white blood cells. It is best taken in fresh herb tincture form. At the first sign of a cold or flu, the key with Echinacea is to start taking it right away and take it every 20 minutes for the first few hours. The acute adult dose is 5-8 dropperfuls each time.

If taken properly, this remedy is an extraordinary healing herb and can head the virus 'off at the pass'!! You may want to consider daily supplementation with Echinacea, which is a proven preventative for colds and flu. It's available in capsules, tinctures and teas. I always recommend THE best method for each herb I use, and with Echinacea, for most people, that would be fresh plant tincture. (Although widely used, it's not for everyone. Consult your doc or herbal practitioner)

**Goldenseal** – Ensure that you purchase 'cultivated Goldenseal' tincture. This very important herbal medicine ally has been all but wiped out in the wild; it is available from 'cultivated' sources. I often include it in an immune boosting herbal formula with Echinacea to help to stimulate the body's resistance to viruses & infection. Goldenseal has pages of attributes (as do all of the other herbs in this report) but with regards to winter health, it's a great asset

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### ❄️ RECIPES :

I believe that foods can be nourishing, healing allies ~ especially during the challenging winter months. Stay tuned to [studiobotanica.com](http://studiobotanica.com) for more life-enhancing recipes! *I'd love to hear from you. I value your comments! C.L.*

#### **Hot Curried Onions**

Both a medicine and a food, garlic and onions are rich in sulphur, allium, and mucilage. The curry herbs provide warmth, energy, and circulatory heat to the system. Hot, warming, and cleansing ~ will clean intestines out as an added benefit!!

To Make:

Peel and slice several large onions. Slice into 'moons'. Chop garlic. Sauté the onions and garlic in a bit of olive oil & soy sauce. Sauté until transparent. Add curry (or your favourite herbal blend.) Sauté until done. I enjoy it just like that but it can be served on toast or stirred into rice or your favourite grain.

#### **Miso Tahini Paste**

This delicious, winter time condiment is delicious spread on toast, eaten with rice and steamed veggies OR mixed with hot water to make a simple soup. Use ORGANIC when possible. Adjust the flavours according to your taste.

You will need;

- Tahini or Sesame Seed butter,
- Nutritional yeast
- Garlic-pressed
- Spirulina powder
- Ginger-grated
- Cayenne powder
- Horse radish- grated

To Make:

Mix 1 part Miso to 1 part Tahini or mix proportions to your own taste. Add remainder of ingredients to taste. Store in a jar in the fridge. It will last for months.

#### **Flu Fighting Smoothie**

For speedier recovery, it is best to drink beverages close to room temperature, so this smoothie recipe omits the usual ice cubes!

You will need;

- 2 radishes, scrubbed and chopped
- 1 stalk celery and its juice
- 2 cups tomatoes, rinsed and chopped
- 1/2 lemon, juiced, seeds removed
- 1 clove garlic, peeled
- 1/2 teaspoon freshly grated lemon peel
- Sprinkle of cayenne pepper
- 1-2 pickled (umbushi) plums (available at your local health food store)

Blend on high speed until smooth. Serve immediately.



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### ❄ Winter Health Remedies ~ for a sore throat

#### Sage TEA

This is my NUMBER ONE 'go to' remedy for sore throats. It can be used as a gargle to ease scratchy or sore throats or as a soothing tea, or both! The key? Make this tea at the first indication; that telltale tingle. Often, the pain will subside before the first cup has been finished! Medicinally, this tea has been used for inflammations of the mouth, tonsils and throat because the mucous membranes are soothed by the volatile oils. (also for mouth sores, mouth ulcers). I like to use Mason jars with lids for my herbal tea to keep the aromatic healing steams from escaping. Place 1-2 oz of Sage leaves (8-10 fresh or dried leaves) into a 1-litre Mason jar. Pour freshly boiled water over the leaves; enough to fill the jar. Place lid on the jar and let steep for 10-15 minutes.

#### Sore Throat/Strep Throat Remedy

Here's a 'kicked up remedy' in case the Sage tea needs some additional help! This gargle definitely works, but don't be dainty about it! Gargle with great intentions to get all of the goodness up/down your throat!

To Make:      1 cup Sage Tea (as above)  
                    ½ tsp sea salt  
                    2 tbsp Apple Cider Vinegar  
Optional:  
                    Cayenne and/or cultivated Goldenseal root (powder)

Gargle every 30 minutes until the infection clears.



### ❄ Winter health? Try my favourite TEA:

**Ginger Root Tea (also known as Hot Ginger Lemon-aid)** ~*Many thanks to Rosemary Gladstar, my mentor & beloved herbalist has shared her healing recipes with me, for many years.*

This is a super HABIT! If you try this a few times, and like it, and make it to your own taste preference, it'll be a life-saver this winter!

#### To Make:

Put 1 teaspoon grated fresh ginger into a cup or Mason jar. Add 1 cup of boiling water and let the ginger 'steep' for about 15 minutes. Add a pinch of cayenne powder. Add lemon juice and honey to taste. Drink throughout the day – as much as you can!

I usually make a larger batch of this ~ keep it in a thermos. Its ingredients are 'guidelines' and can be altered to your own preferences. If I'm really "fighting" a cold or flu, I also add 2-3 cloves of freshly crushed garlic, increase the cayenne and finally, add a few drops of an immune-boost herbal tincture.



**DID YOU KNOW:** The best way to keep ginger fresh is to keep it in a dark cool place, but not in the fridge as it will dry out. You can even bury it in soil to keep it fresh longer, it's a root after all!

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### ❄️ "HONEY" Health Tips for winter!



As autumn turns to winter, I always have a few honey remedies ready. They are packed with the anti-bacterial attributes of honey & herbs. They are easy to make and extremely effective!

#### **Ginger honey syrup**

To Make:

Grate or slice a one-inch piece of fresh ginger and place in a small pot.

Cover the ginger with honey + cook over very low heat for 20-30 minutes.

You have the option of straining liquid into a jar and storing in the fridge ~ warming up a bit at a time as needed or do what I do, and pour the whole concoction into a Mason jar. Cover with a lid and store in a cool place. The ginger at the bottom of the jar makes a tasty 'winter health' treat!

The syrup is great stirred into wintertime teas with lemon.

#### **Thyme Honey**

Here's a variation using thyme, a wonderful herb with antibacterial properties that had been used for centuries to alleviate the miseries of colds and flus. Easy to make, effective & yummy! \*\*

You will need:

1-cup honey

1/2 cup fresh thyme or 1/4 cup dried thyme

In a small saucepan, combine the two ingredients and heat gently over low heat for 15 to 20 minutes, being sure not to let the honey boil or scorch.

Remove from heat and allow the honey to cool. Strain out the thyme, then bottle the honey and label it. To relieve colds, coughs, and sore throats, take 1 teaspoon of this thyme-infused honey three times a day. You can also add a teaspoon of it to a cup of regular hot tea to add a boost of healing goodness.

#### **Garlic Honey Cough and Cold Syrup**

Peel garlic cloves, put into a jar. Cover with honey. Set in warm place for 2 weeks or more until the garlic turns opaque. Take 1 teaspoonful as needed. Dilute with a little water or lemon juice for children.

#### **Onion Cough and Cold Syrup**

This is a quick & effective remedy; easy to make. Slice an onion, cover it with honey, let stand overnight. Take a teaspoonful 4-5 times daily as needed. I tend to make a small batch of this using a 250 ml Mason jar with lid. Remove the onion or leave it in for a day or two; ensure that it's covered with honey

**Come & VISIT my ongoing herbal conversations online!**

**With warm glowing winter health wishes!**  
**Green Blessings,**

*Carol*

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### About Carol Little:

Carol Little R.H. is a traditional herbalist in Toronto, where she has a private practice working primarily with women in business. She has a unique system for helping her clients integrate holistic healing choices into their lives while helping to move towards optimum health.

Carol has worked in the travel industry for 35 years where she combines her love of travel and passion for all things green by writing about both. She has written for Vitality Magazine for many years and is a regular columnist, writing for the International Herb Association's newsletter and "Herb of the Year" publications. She is also a past board member and current professional member of the Ontario Herbalists Association.

From 2003-2006, Carol owned and operated **Studio Botanica**. A Queen West, Toronto HOTSPOT for herbal remedies and life-enhancing products as well as gifts for body, soul and a happy home. The infamous "Ultimate Girls Night IN" featuring a "traveling spa" which many west end women enjoyed – Head to Toe spa parties – was a total hit!

As time permits, Carol shares ideas, online, for helping busy women live a healthier life, with seasonal tidbits and helpful hints – 'green food for thought'.

Visit her blog at <http://studiobotanica.com> to learn more or to contact her to set up your own personalized health plan.



### What is Herbal Medicine?

Herbal medicine is a system of healing in which medicinal plants and natural protocols are used in the prevention or treatment of acute and chronic diseases and in the maintenance of optimum health and well-being. It is the original medicine of all peoples. Even today herbal medicine is the primary healing modality for most of the world's population.

Traditional herbalism maintains a focus on (but is not limited to) local plants. Herbalists practice according to a holistic philosophy of healing. The entirety of the person, their life experiences, and their individuality is taken into consideration in planning a treatment protocol.

### Who can benefit from Herbal Medicine?

Herbal medicine is a safe and effective healing modality for everyone. People of all ages, from infants to the very elderly, can find benefit from herbs. Those already receiving medical care may also be helped, and are given treatments which do not adversely interact with their medication.

### Here are a few conditions that can be helped with Herbal Medicine:

Allergies, Anemia, Anxiety, Asthma, Atherosclerosis  
Bacterial infections, Blood pressure issues,  
Bronchitis, Candidiasis, Colds & Flu, Diabetes,  
Digestive complaints, Energy (low), Eczema, Fatigue  
Fibroids, Gout, Headaches, Heartburn, Immune  
system challenges, Insomnia, Libido issues,  
Menopausal complaints, Obesity, Restlessness,  
Rheumatism, Sinusitis, Tendonitis, Viral infections.

Sometimes, it's just a matter of wanting to feel 'better' ~ to take 6 months to focus on sleeping better, feeling more energetic, improving brain function etc. In the holistic model, one doesn't need to be ill or have a 'condition'. It's about having "optimal health" and a plan to walk energetically down that path!