



HERBALISMO CONSCIENTE

JARDÍN SECRETO

AL SERVICIO DE LAS
PLANTAS

NORA Tea Blend

A wonderful blend full of micronutrients! Loaded with crucial minerals such as calcium, iron, magnesium, potassium, manganese, zinc, silica and an abundance of vitamins.

This blend is designed to nourish the body during pregnancy but can also be very helpful as menstrual cycle support, to prevent PMS, endometriosis, and PCOS. It's also a fantastic infusion to restore your body while postpartum, after illness, if struggling with anemia, overall fatigue and mineral depletion in the body.

2 Parts Nettles
2 Parts Raspberry Leaf
1 Part Alfalfa
1 Part Oatstraw

Source or harvest organic herbs to make your blend.

In a quart jar fill one fifth of the way with Nora blend or add up to 1 ounce of the plant material. Boil water and fill your jar all the way. Let sit for a minimum of 4 hours or preferably overnight. Steep in the morning and drink entire quart during the day.

During pregnancy it is recommended to drink a quart of NORA every day, or at least 4 times a week, starting week 16.

Mineral Tonic

This is a tart and delicious beverage rich in minerals, made with vinegar, herbs and water.

Choose 3 to 5 herbs with a high mineral content.

You can distribute them in equal parts or play around with the proportions based on your flavor preference.

In this case we made

3 Parts Nettle
2 Parts Alfalfa
2 Parts Oatstraw

Blend herbs in a bowl and add enough vinegar to moisten the herbs.

Let sit for 2 hours, then place in a non-reactive pot (stainless steel, ceramic, glass) and add water in a 1 : 4 ratio (1 being the amount of plants/vinegar).

Cook at low heat until you have reduced the liquid to about half.

Strain and dilute extraction in water or drink straight during the day! (1 to 3 cups max).

Tip: To activate even further the constituents of the plants, add an aromatic herb to your extraction once it has been reduced, for example lemon balm, mint or chamomile.

Let it steep for another 15-20min before drinking.

Tissue Repair Poultice

Two of my favorite plants to work with for tissue repair are Comfrey and Yarrow.

I have used them both externally and internally to heal my body and I highly recommend keeping them around for cuts, scrapes, burns and even fractures or sprains. Yarrow is also a magical being with many healing properties beyond her tissue-repairing! Such as a wonderful fertility ally, best friend to a woman's cycle, antiseptic, antiviral, diaphoretic etc. Very versatile being.

For a sprain or fracture you can begin taking comfrey leaf nourishing infusions from 1 to 3 weeks, once a day, and/or make a comfrey poultice in a mortar adding fresh or rehydrated leaves, olive or coconut oil and a powdered clay or powdered turmeric. Baking soda is another ingredient that can be used to bind everything together.

Blend really well until you have a paste consistency and then apply to the affected area, then wrap with gauze or cloth and leave for 2 to 3 hours before re-applying.

Tip: Many of the ingredients to make a poultice are already available in your kitchen! So don't be afraid to experiment as long as you are taking precautions to keep the affected area clean and disinfected.

Precaution:

For deep wounds or exposed fractures seek professional medical attention, as using plants that quickly stimulate tissue growth can cause the wound to heal improperly and cause infection.

Do not drink Comfrey root internally.

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