

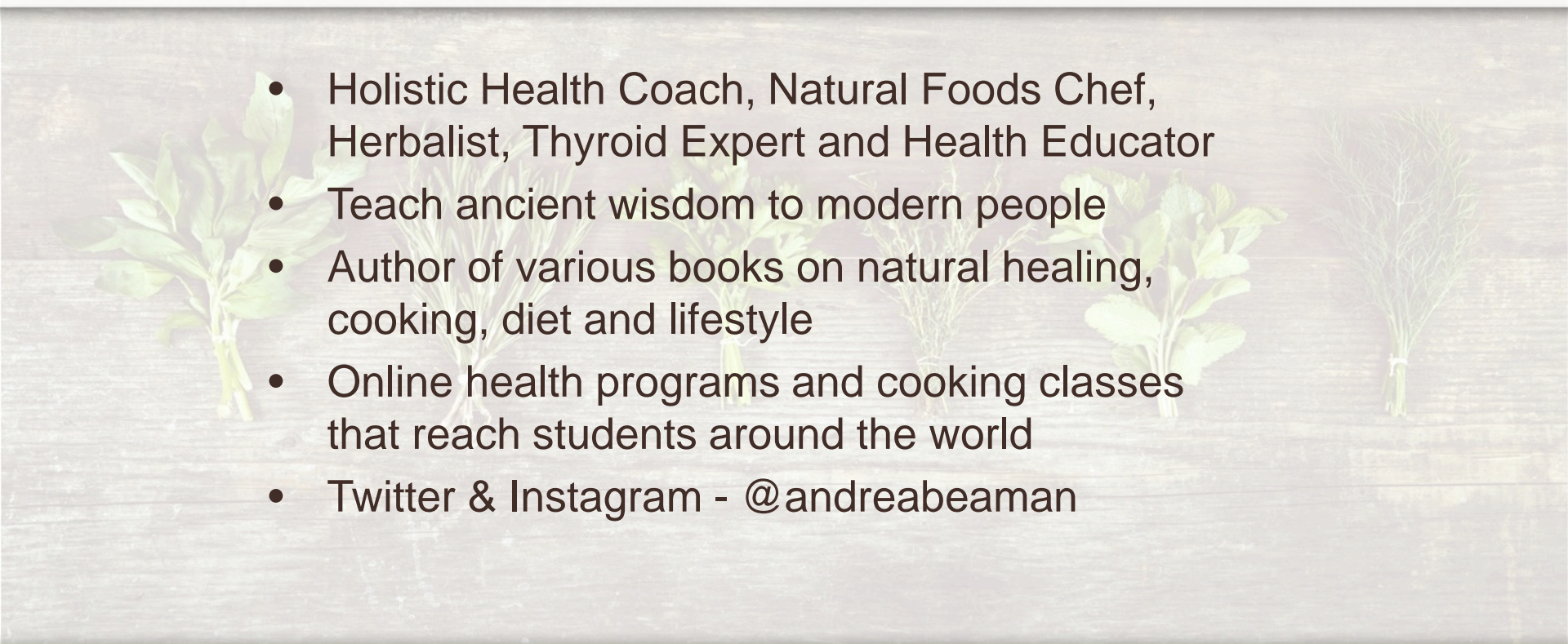
Using Culinary Herbs as Food and Medicine



WITH ANDREA BEAMAN

Chef/Herbalist/HHC

Andrea Beaman, HHC, Chef, Herbalist, AADP

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- Holistic Health Coach, Natural Foods Chef, Herbalist, Thyroid Expert and Health Educator
 - Teach ancient wisdom to modern people
 - Author of various books on natural healing, cooking, diet and lifestyle
 - Online health programs and cooking classes that reach students around the world
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Goiter & Thyroid Disease



Happy, Healthy & Goiterless



History of Culinary Herbs & Spices*

- In Ancient Egypt coriander, fennel, juniper, cumin, garlic and thyme were classified as health promoting, and workers on the Great Pyramids regularly consumed garlic for strength and vitality.
- Hippocrates, the father of modern medicine, wrote about the medicinal uses of thyme, coriander, cinnamon, mint and marjoram.
- Medical writings of Charaka (1st century medical scholar from India) referenced cinnamon, cardamom, cloves, ginger, turmeric and pepper for healing purposes.
- According to ancient food lore, Confucius would eat no meal that did not contain a little ginger.
- Ancient practitioners of Taoism used cooking for the pursuit of health. Their recipes included leaves, roots, stems, flowers, seeds, bark and funghi.

Culinary Herbs & Spices

HERBS

- Herbs are the leafy portions of a plant.
- Examples include rosemary, thyme, mint, basil, dill, nettles, cilantro and tarragon

SPICES

- Spices are harvested from other parts of the plant including the roots, berries, seeds, flower buds and bark
- Examples include ginger and garlic (rhizomes, roots), nutmeg (seeds), capers and cloves (flower buds), peppercorns (berries), cinnamon (bark)

Common Kitchen Herbs and Spices

HERBS

- Basil
- Chives
- Cilantro
- Dill
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Savory
- Shiso
- Tarragon
- Thai Basil
- Thyme

SPICES

- Allspice
- Bay leaf
- Caraway
- Cardamom
- Cayenne
- Cinnamon
- Cloves
- Cumin
- Coriander
- Fennel Seeds
- Fenugreek
- Nutmeg
- Paprika
- Peppercorn
- Saffron
- Star Anise
- Turmeric

Kitchen Medicine

Infusion:

- Gentle medicine delivered via a liquid (water) base. Examples include tea prepared with herbs that have a variety of essential oils (culinary herbs, wild/cultivated herbs)

Decoction:

- The process of extracting the essence of something by boiling or heating, and then simmering. Stronger than an infusion as you are continually heating the plants to draw out their healing constituents.

Extraction:

- Using alcohol, vinegar or vegetable glycerin to extract constituents from the plant. Generally stronger than an infusion or a decoction.

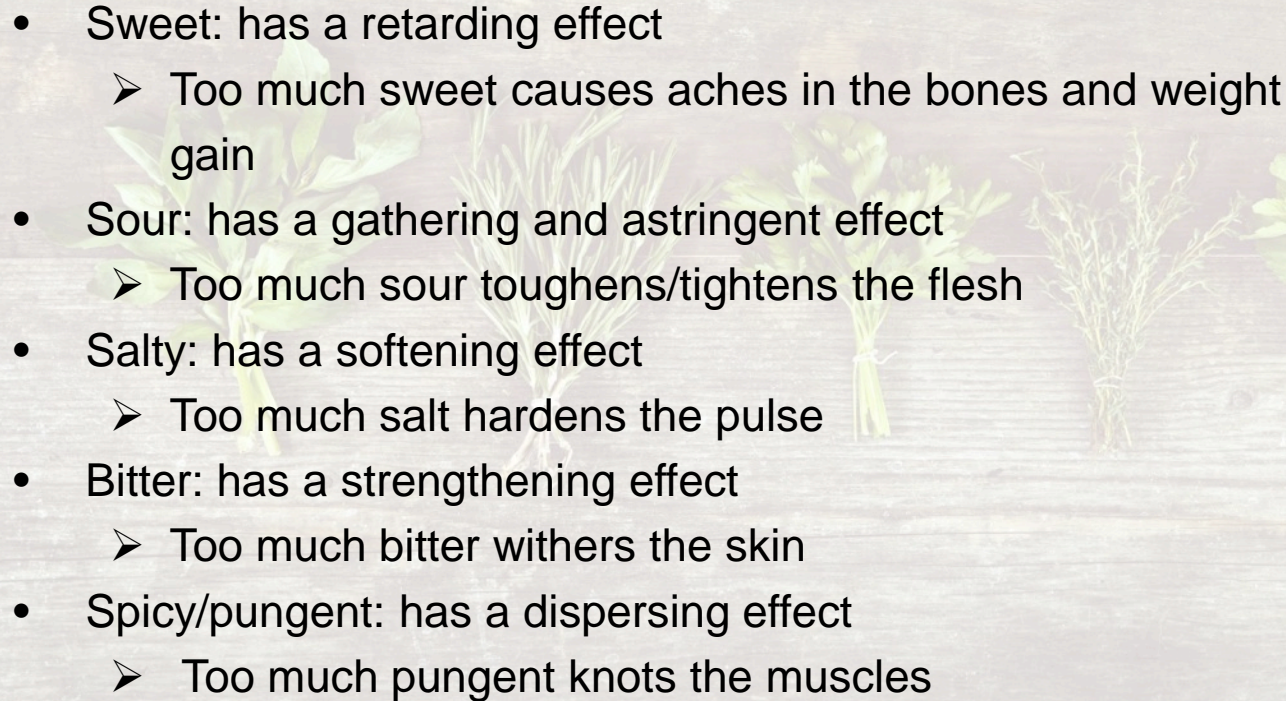
Herbed Sauce:

- Makes food taste brighter/better and is an excellent way to get a high dose of herbs into the body.

Poultice:

- Soft moist mass of plant material applied directly to the skin.

How Flavors Affect the Organs & Meridians – Nei Ching

- 
- Sweet: has a retarding effect
 - Too much sweet causes aches in the bones and weight gain
 - Sour: has a gathering and astringent effect
 - Too much sour toughens/tightens the flesh
 - Salty: has a softening effect
 - Too much salt hardens the pulse
 - Bitter: has a strengthening effect
 - Too much bitter withers the skin
 - Spicy/pungent: has a dispersing effect
 - Too much pungent knots the muscles



Physiological Reactions from Food & Culinary Herbs

Diaphoretic – open the pores to make the organism sweat

Antispasmodic – eases spasms or cramps in the muscles

Alteratives – improves metabolic processes from nutrition to elimination

Anticatarrhal – eliminates excess mucus

Antimicrobial – inhibits pathogenic organisms (bacteria, fungi and viruses)

Astringent – tightens/tones the tissues

Carminative – eases discomfort caused by gas

Demulcent – mucilaginous properties that soothe inflamed, irritated tissues

Diuretic – aids the body in ridding excess fluids

Rosemary – *Rosmarinus officinalis*

- Carminative
 - Antispasmodic
 - Antidepressant
 - Antimicrobial
 - Emmenagogue (stimulates blood flow in the pelvic area)
 - Rubefacient (causes dilation of capillaries, increases circulation)
-
- ✓ Decreases anxiety and improves alertness.
 - ✓ Used in the German pharmacopoeia for heart complaints.
 - ✓ Increases blood flow to the heart and brain (stimulates memory).
 - ✓ Externally, rosemary oil stimulates hair follicles and circulation in the scalp.
 - ✓ Steep in oil or vinegar and use to flavor foods, or use as an infusion.



Rosemary tea (infusion)

- 2 tbsp. rosemary, chopped
- 6-8 oz. water

Put rosemary into a tea ball. Pour boiling water on top. Steep 7-10 minutes.

- ✓ To clear nasal congestion
- ✓ Improve memory
- ✓ To expectorate chest congestion
- ✓ To help lift depression



Oregano – *Origanum vulgare*

- Antiseptic
 - Antibiotic
 - Antifungal
 - Carminative
 - Expectorant
 - Diuretic
-
- ✓ Researchers have found compounds in oregano that kill many of the bacteria that cause food poisoning (*E. coli*, *Salmonella*, *Listeria*, and *Shigella*).
 - ✓ Improves digestion, kills intestinal worms and treats bronchial membranes.
 - ✓ Traditionally, used in TCM to treat gastrointestinal and respiratory conditions.
 - ✓ Compliments Italian, Greek and Latin cuisines.
 - ✓ Warms the blood and lifts the spirits.



Chimichurri (Herbed Sauce)

- 3/4 cup parsley, densely packed
- 3/4 cup cilantro, densely packed
- 1/3 cup oregano, densely packed
- 4 garlic cloves, peeled and chopped
- 2/3 cup olive oil
- 1/3 cup lemon juice
- 2 tsp. lemon zest
- 1 tsp. hot red pepper flakes
- ½ tsp. sea salt



Put all ingredients into a food processor or blender and puree until all the ingredients are combined.

- ✓ Oregano, highly aromatic, helps to lift the spirits and inhibit overgrowth of bacteria
- ✓ Other herbed sauces with similar ingredients include Pistou and Pesto
- ✓ Parsley is a classic diuretic with affinity for the kidneys - kidney stones and edema

Cinnamon – *Cinnamomum cassia*

- Antiseptic
 - Anti-clotting
 - Antimicrobial
 - Circulatory stimulant
 - Diaphoretic
 - Regulates glucose metabolism
-
- ✓ Greeks and Romans used cinnamon to treat indigestion.
 - ✓ Highly effective for gastrointestinal disorders, and preventing digestive infections.
 - ✓ Cinnamon warms the body.
 - ✓ Improves blood sugar metabolism.



Mulled Cider (decoction)

- 4 cups apple cider
- 1 cup water (optional)
- 1 tsp. dried ginger (or 1 tbsp. fresh ginger)
- 3-4 star anise pods
- 2-3 whole cinnamon sticks
- 1 tsp. cloves
- 1 tsp. orange peel
- ½ tsp. allspice

Put all ingredients into a soup pot and bring to a boil. Reduce heat to simmer, cover and cook 1-4 hours. The longer you cook, the more pronounced the flavor of the healing spices.

- ✓ Decoct dried spices, fungi, roots, seeds and berries
- ✓ Allspice is a berry that contains eugenol (infection fighter, antiseptic, anti-inflammatory)
- ✓ Star Anise is a seed pod rich in shikimic acid (anti-viral, anti-fungal), used for EBV
- ✓ Cloves are dried flower buds from an evergreen tree that can be used as a pain relieving anesthetic
- ✓ Cinnamon, the inner bark of a tree, used for warming the kidneys and balancing blood sugar



Sage – *Salvia officinalis*

- Carminative
- Antispasmodic
- Antimicrobial
- Astringent (toning, tightening)
- Anti-inflammatory
 - ✓ Aids in digestion of fats
 - ✓ Due to strong anti-microbial properties, sage was traditionally added to meat/sausages as a preservative
 - ✓ In Medieval times sage was added to ale to toast good health
 - ✓ Classic remedy for inflammation of the mouth, throat and tonsils
 - ✓ Decreases sweating – good for use during menopause
 - ✓ Sage Infusion: Pour hot water over sage and steep overnight



Mint (peppermint) – *Mentha piperita*

- Carminative
- Anti-inflammatory
- Antispasmodic
- Diaphoretic
- Antiemetic (prevents vomiting)
- Nervine
- Antimicrobial



- ✓ Excellent for relaxing the muscles of the digestive system.
- ✓ Combats flatulence, colic and stimulates the flow of bile and digestive juices.
- ✓ Eases anxiety and tension.

Ginger – *Zingiber officinale*

- Stimulant
- Carminative
- Antispasmodic
- Rubefacient
- Diaphoretic
- Emmenagogue



- ✓ Remedy for digestive problems, as well as used for motion sickness and nausea.
- ✓ Ginger stimulates peripheral circulation and promotes perspiration.
- ✓ Studies have shown ginger to reduce platelet aggregation and inhibit rheumatoid arthritis.

Cayenne Pepper – *Capsicum annum*

- Stimulant
 - Diaphoretic
 - Anticatarrhal (thins mucous)
 - Sialogogue (increases saliva)
 - Rubefacient
 - Anti-microbial
 - Antiseptic
-
- ✓ Stimulates blood flow.
 - ✓ Increases blood to the extremities (cold hands and feet).
 - ✓ Used for to treat arthritis and carpal tunnel syndrome.
 - ✓ Inhibits the growth of *Helicobacter Pylori* (*H. Pylori* bacteria that causes ulcers).



Garlic – *Allium Sativum*

- Antimicrobial
- Antiviral
- Antifungal
- Diahphoretic
- Hypcholesteroeemic (lowers blood cholesterol)
- Hypotensive
- Antispasmodic



- ✓ Used in Ancient Egypt to prevent colds, bronchitis and upper respiratory infections.
- ✓ Widely known for use on cardiovascular health: reduces LDL and triglycerides, raises HDL.
- ✓ Effective against cancers in the gastrointestinal tract.
- ✓ Inhibits bacterial growth, parasites and viruses.

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