



REMEDIES: PLANT ALLIES DURING THE TIME OF COVID-19



A COMMUNITY RESOURCE

AN EVOLVING REFERENCE PLANTED ON MARCH 18, 2020
EDITED BY JHON JAIRÓ WITH MULTIPLE CONTRIBUTORS





REMEDIES: PLANT ALLIES DURING THE TIME OF COVID-19

RECIPES, REFERENCES, & RESOURCES

March 18, 2020

Hello Beautiful Community,

I started this Google Doc to compile different resources that folks have been sharing online, different recipes, remedies, and other teachings we carry about plants and herbs that can support and keep us in health. From boosting our immune system to disinfecting and uplifting our spirits, my hope is that we can grow our collective knowledge of plant allies that can support us during this time of urgency. I do not want to promote fear, so we do this to reclaim our power through remembering our relationships to the natural world and realizing that we have sacred tools all around us to support us in creating wellbeing, balance, and health for ourselves, our families, and our communities.

To note, we are not guiding folks to use what is shared here to treat COVID-19; we are sharing this for preventative and self care practices. If you are experiencing symptoms, please monitor your symptoms, take all the precautions that are being asked, like practicing physical distancing, washing your hands, covering your coughs and seeking medical attention if needed. Know that for many folks this virus passes and does not have a grave impact, but we must be mindful about those vulnerable populations, like our newborn, elder and immunocompromised relatives. Please be responsible and be a good relative in this time.

This will be a growing and ever-evolving resource list, so if you have any suggestions, please message me so I can add.

With much love,

john jairo





*Credit: Above message from the elders of Sturgeon Lake First Nation Saskatchewan
Written by Tala Tootoosis, reposted by @seedingsovereignty*

Let us start off by recognizing that everything has a spirit, that when we work with plant medicines we must talk to them, honor them, thank them, and ask them to help us. Think good thoughts and treat each medicine with respect and care, from boiling water, mixing herbs, to ingesting them.

Doing this helps the medicines to know where to bring healing and assistance; by doing this we acknowledge their and our spirit.

We must feed them with good prayers, we must practice gratitude and make offerings when gathering and using medicines. Through living reciprocally, we restore the balance.





NOTE ABOUT CONTRIBUTIONS

These sharings are respectfully collected here, acknowledging that all of the contributors carry their own wisdom— from home remedies, ancestral knowledge, and being students of various learnings. We are community members, friends, students, teachers, practitioners, organizers, caregivers and more coming together to share the pieces we know.

To give credit to the sharing of knowledge, some of the contributors have been students of the Los Angeles-based BIPOC-led community project called [Hood Herbalism](#), and others pull their herbal learnings from various other places, particularly their grandmothers. As we navigate this time, know that this plant-knowledge is a part of each of us; be inspired to re-cultivate the herbalist and plant lover inside you.

Please note that we are always learning, if there is any information we have shared that may be off, please reach out. As we continuously learn, we share because we trust in the plants. Always be respectful of plants and be mindful of overharvesting, ethical practices, and sourcing of medicines. And, as mentioned in the [COVID19 Resources for Indigenous Peoples](#), we are reminded that it is important to: “Check with Elders, plant knowledge holders etc. about the impacts of taking traditional medicines and herbs along with prescription medication, and with certain conditions like diabetes. Also be mindful of allergies!”

This is a growing resource list, with multiple contributors. It began on March 18, 2020 and went public on March 21, 2020.

If you feel called to contribute anything, please contact jhon jairo through through IG: [@elotedreamz](#) or email: yolotlwillow@gmail.com

Stay in good spirits and hydrated!





Contributors

john jairo - IG: @elotedreamz

raised on tongva land (la puente/boyle heights), colombian/xicanx/jumano rootz, queer, multimedia artist, youth worker, grassrootz scholar, lover of stars, plants, dreamz, and inspired by decolonization movements and the possibility of un mundo donde quepan muchos mundos/a world where many worlds fit. *Editor, Illustrator, & Contributor*

Esthefanie (Esthef) - IG: @es.sol

is a queer, CaliMexicana raised in Boyle Heights, California. She has been organizing in the Eastside of Los Angeles since the age of 15. Being raised by a single, immigrant mother, Esthef learned how exploitation, broken immigration laws, and disinvestments in high need neighborhoods take a toll on families' wellbeing. Organizing became the tool she used to heal, transform and empower her community and herself. Esthef loves to learn about herbal and traditional ways of healing to incorporate into her organizing work. *Contributor*

Jessica Angelica - IG: @badgirljayrey

is from South San Gabriel, CA with roots in Morazan, El Salvador, Guatemala City and Durango, Mexico. Her first herbalism teachings came through knowledge passed along in the family from both her grandmothers, which sparked her interest to learn more. She facilitates introductory herbalism classes in the community as part of Hood Herbalism. Jessica loves being a cool tia, queer dog mom and talking about being a Scorpio. *Contributor*

Edi Zermeno - IG @edi_zermeno

Is a queer transfemme of Mexican descent, visual artist, gardener, bruja, and hierbera - carrying her ancestral traditions of healing across community lines. She lives in So Cal where she was born and raised, building rapport with native botanicals and the spirits of the land on which she resides. *Contributor*

amy huỳnh - IG: @ahmyu

is the fourth child of Khanh and Hoang and calls San Gabriel, CA home. amy grew up running away from their ma everytime she came near with an herbal remedy and it's only now, as a grown queerdo, do they find themselves running back to this shared, ancestral medicine. amy is currently a farmer, youth educator and bittermelon at the Resilient Roots Community Farm and lives in Philadelphia, PA. *Contributor*





Maritza Lozano - IG: @pixelxica

is a Xicana from South Gate, CA by way of Michoacán, México. For as long as she can remember, herbalism has been a part of the collective learnings passed on from her grandmothers through her own mother. Currently a professor at CSU Fullerton, she continues to seek ways to integrate collective healing in her work towards transforming educational systems and institutions. *Contributor*

Dámariz V - IG: @deathbydama

Queer Mexican born immigrant bruja with abolitionist beliefs. In healing and re-learning the medicine of her ancestors, they bring healing to the community with their platicas, remedios & advocacy. Volunteers as a Bilingual Advocate for Domestic Violence and Sexual Assault Survivors, joins the jail fight by bringing healing justice to family members with incarcerated loved ones alongside CR LA, DPN and Justice LA. Firekeeper in training with the mujeres of the Sylmar Hummingbird Lodge. Currently a Women, Gender and Sexuality major at CSULB. Navigating the academic world in order to use their education to infiltrate and change systems of oppression for all. *Contributor*

Vreni Michelini Castillo - IG: @chhotimaa.

Born in Guanajuato, MX. Vreni is a promotora cultural, yerbera through home training, teacher and musician. They grew up with traditional mexican medicine practices within her home and a father who was a chemist. Vreni continues to deepen that knowledge through education in parterismo, Chinese Medicine, and toltecayotl knowledge in the red road. She is a professor at SFSU and CCA, where she teaches spirituality, ethnic studies, critical race theory, intersectionality and interdisciplinary art. *Contributor*



And more...

*If you want to be a contributor,
Reach out!*





AREAS OF HEALING



IMMUNE BOOST



RESPIRATORY & LUNG SUPPORT



ANTIVIRAL



MENTAL & SPIRITUAL HEALTH SUPPORT





IMMUNE BOOST

Discussion

We will begin with plant allies that support us in boosting our immune system. Boosting our immune system plays a big role in preventative care and ensuring our bodies are strong. Different chemical make-ups and life experiences can make different bodies susceptible to different illnesses, so regardless of our circumstances, we can take necessary measures to keep our physical selves healthy.

Pay special attention to what you put into your body. Remember that in addition to herbal medicines, food is crucial to our health. Before going directly to herbal remedies to heal us, understand that food also plays a big role in determining our immunity; make sure you are eating foods high in antioxidants, including fruits and greens. Be mindful that we must acknowledge that our foods, like herbs and other plant allies, are medicine. Treat, prepare, eat, and drink them accordingly.

Be mindful how the systemic powers that be have used fear mongering throughout many timelines to subdue and control peoples; fear affects our nervous system by lowering our immune defenses. To keep our immune system up, remember to laugh and to be careful of how much information you take in; realize that community care and transformation is also on the rise, let that sit well in your heart. Our bodies, hearts, mind, and spirits are deeply interwoven— as understood in many ancestral medicines, an imbalance in our energetic and emotional selves, will impact our physical selves. Keep your immunity up by laughing, being creative and resting.

Plant Allies

- **Citrus:** Vitamin C is super important to keep our immune system healthy. Oranges, lemons, grapefruit and other citrus fruits are our vital allies in keeping us from catching flus, colds and other bacterial illnesses. A daily cup of hot lemon tea (fresh sliced or squeezed) will provide enough daily value of Vitamin C. Furthermore, the oils in the peel contain numerous added health benefits, and the tea drunk with honey is soothing to the throat.





- **Strawberries:** "Full of antioxidants and vitamin C, strawberries are excellent for fighting free radicals." (source: Saint Regis Mohawk Tribe via [@iycfamily](#))
- **Berries:** All berries in general, , from blackberries to blueberries, are excellent antioxidant foods rich in vitamins.
- **Beans:** "Beans are an excellent source of protein, which plays an important role in building your cells, including those of your immune system." (source: Saint Regis Mohawk Tribe)
- **Corn:** "Corn provides fiber, which aids in digestion, plus folate, thiamin, phosphorus, vitamin C, and magnesium" (source: Saint Regis Mohawk Tribe). Corn is one of the 3 sisters, combined with beans and squash, they create a strong meal containing complex carbohydrates, essential fatty acids and all essential amino acids.
- **Kale:**
- **Sweet Potato:** "Sweet potatoes are rich in beta caro, a carotenoid that converts into immune booster Vitamin A." (source: Saint Regis Mohawk Tribe)
- **Maple (*Acer saccharum*, the sugar maple; *A. nigrum*. Black maple; *A. rubrum*, red maple, *A. negundo*, the Boxelder tree or Manitoba):** "An often forgotten ancestral medicine first produced by the indigenous peoples of North America, Maple syrup is a good source of both zinc and manganese, which are key in strengthening the immune system." (source: Saint Regis Mohawk Tribe)
- **Elderberry (*Sambucus nigra*, *S. canadensis* *S. caerulea*, *S. mexicana*):** Elderberry has a wide and varied distribution around the world and in North America with many native species oriented along the western states/coast and up through Canada. It is a super plant supporting immune health, it is also an antiviral, and is commonly used to treat common colds, flus. It is commonly used in elixirs, tinctures, and teas, the fruits being rich in antioxidants and vitamin C with moderate amounts of vitamin B6 and Iron. It is a super strong plant ally for boosting the immune system, as a preventative and during common illnesses like colds and flus. The berries are best prepared, cooked or roasted when fully plump and ripe. The added heat destroys alkaloids in the berries that cause nausea.





TO NOTE, there have been contradicting discussions about elderberry and its effectiveness with COVID-19, some say that there are properties in elderberry that are not good for healing from COVID-19, but others say that elderberry is used as preventative care by boosting the immune system and not treatment, see the IG discussion to clarify any concerns: [Demystifying Elderberry](#).

- **Elderflower:** The flowers of the Elder tree (also known as Flor de Sauco) provide valuable respiratory health support, used alone or in combination with other plant allies like thyme and marshmallow. Use this ally to help lower or break a fever, fight infections, and as a decongestant to clear up excessive mucus in the throat and sinus. Some people also find elderflower soothing to the nerves which is helpful when symptoms make it difficult to rest or sleep. (Caution: elderflower is best only used for breaking mild to moderate fevers as the plant medicine has the tendency to slightly elevate a person's body temperature before seeing a reduction. This isn't dangerous but can add to the discomfort of the person.) Elderflower is sometimes used in the crafting of spiritual baths and waters.
- **Marshmallow:** (*Althea officinalis*) Also known as Malva or Mallow - a generic reference to many members of the Malvaceae family. Marshmallow is a mucilage rich herb which means it is incredibly soothing to dry, itchy, red, and inflamed skin, the gut, itchy red eyes as a result of allergies, the urinary tract, and internal membranes (throat, sinus). This mucilage (made to feel slippery and slimy when wet) is also antibacterial and antifungal and can be used for washing and dressing minor wounds. Pair this ally with hot lemon tea (1-2 rounded tsp) and honey for a soothing drink to ease a sore throat. Additionally, marshmallow is an immune stimulant and offers added respiratory support in the ways of helping to expel excessive mucus and calming an unproductive or painful cough. However, because of its high demand it is not always the most accessible herb when compared to other plant allies that offer similar soothing and respiratory support like Mullein (*Verbascum thapsus*, also known as Gordolobo), plantain (*Plantago* spp.), and Hollyhock (*Alcea rosea*, also known as Bara de San Jose) leaf and root. When using a mucilaginous herb to soothe a gut, intestinal, or urinary tract related complaint, the best form of extraction is to coarsely chop the herb and allow it to infuse in cold water for several hours or overnight. About a couple of generous handfuls of fresh herb to a quart of water is sufficient or about 1 oz dried herb. Drink 4-6 oz, 2-3 times a day until symptoms improve. (Caution: large amounts of mucilage





can interfere with the proper absorption of prescribed medications. As a general rule, always space the ingestion of a liquid extract of marshmallow 2-3 hours before, or after taking a prescribed medication.)

- **Plantain:** Typically refers to lance leaf plantain and broadleaf plantain (*Plantago lanceolata* and *P. major*). Plantain is thought to have immune-enhancing activity and like its friend, marshmallow, plantain is also rich in mucilage. Such plants are called "demulcents" in herbalism. Plantain leaf helps to clear up excessive mucus and inflammation in the throat and sinus. It is "antispasmodic" (like peppermint and chamomile) meaning it helps to quell painful abdominal cramping, and again like marshmallow, is antibacterial and antifungal and may be used in the same ways topically and internally. Additionally, plantain is known as an "alterative" or "blood cleanser". These are a special class of herbs that help the body to purge toxins. Lastly, plantain is a diuretic, promoting frequent urination and the removal of excess water and toxins. Other alteratives include Nettles, Cleavers, Red Clover and Dandelion root.
- **Stinging nettles (*Urtica dioica* and subspecies):**
- **Cleavers (*Galium aparine*):**
- **Red Clover (*Trifolium pratense*):**
- **Dandelion (*Taraxacum officinale* and *T. erythrospermum*, most commonly):**
- **Ginger Root:**
- **Rosemary:**
- **Mushrooms:** All edible mushrooms used for food in general contain antioxidants and betulinic acid, which have anti-cancer effects.
- **Reishi mushroom (*Ganoderma lucidum*):** Lingzhi, or Reishi, mushroom has been used for thousands of years for its medicinal properties in Traditional Asian Medicine. There are many associated benefits of this mushroom. It oxygenates the body and boosts stamina. Improves the quality of sleep. Is anti-inflammatory and boosts the immune system.





- **Ginseng (*Panax quinquefolius* L.):** American ginseng root was used by Cherokee as a tonic, chewed for colic, in a tea for nervous conditions, vertigo, headache. Iroquois used the root tea to induce childbirth, improve appetite, stop vomiting, fainting, and as a tonic. Best taken as tea.
- **Echinacea (*Echinacea angustifolia* and *E. purpurea* most commonly):** Also known as coneflower. All species of Echinacea are native to North America, with each having a long and honored use by Native peoples. On the subject matter of immuno-supports, there is some confusion in the popular consciousness pertaining to the use of echinacea. Contrary to popular belief, echinacea is not a medicine that should be used while in the midst of an illness. Instead, echinacea is a preventative, best taken at the first sign of illness to prime the immune system, or when the body feels run down and weary. For individuals working high stress jobs, Echinacea and Licorice are good options for restoring the system, in combination with "blood cleansing" herbs like plantain, nettles, and red clover. (Caution: Do not take standard preparations for longer than 2 weeks. Echinacea is not recommended for individuals with an autoimmune disorder, including those with HIV - although research in this area is lacking. Ask your doctor if Echinacea is right for you?)
- **Olive Leaf (*Olea europaea*):** Native to the Mediterranean, this small evergreen tree has been used for centuries to treat illnesses like the common cold, chronic fatigue, fibromyalgia, herpes virus, yeast infections, and influenza. With strong antioxidant, antiviral, antifungal, antibacterial properties, olive leaf has been shown to promote immunity, and may help lower blood pressure. According to Balch (2002), olive leaf "appears to be a true antiviral compound. It has the ability to interfere with critical amino acid production for viruses; it can contain viral infection by inactivating viruses through preventing virus budding or assembly; and it has the ability to penetrate infected cells and stop viral replication" (p. 103). Not recommended for those who take blood pressure medication, blood thinners, or have diabetes as it may interfere with Western medical treatment.
- **Lemon Balm (*Melissa officinalis*):** promotes immunity by building up the cell wall for protection against viruses. It is also of benefit to the nervous and digestive system, helping to gently induce relaxation and quiet upset stomach and abdominal cramps. This plant ally is a beloved medicine native to continental Africa.





- **Licorice Root (*Glycyrrhiza glabra*):** As a preventative medicine, licorice contains antiviral and immuno - stimulating properties. Known as an "adaptogenic" in herbalism, licorice helps the body to cope and adapt to stress acting as a restorative tonic when the body is weary or rundown as a result of high stress or too much coffee. This is an important activity, as high levels of stress, for a prolonged time, can gravely impact a person's immune system and quality of life. Licorice can aid the respiratory system by helping to expel excessive mucus, calm an unproductive or painful cough, moisten and soothe membranes as a demulcent and help ease painful abdominal cramping. Sometimes, licorice is used to treat seasonal allergy symptoms, (like nettles, yarrow, and feverfew) owing to its excellent anti-inflammatory and demulcent effects. Licorice is also mildly laxative. (Caution: use of licorice is not recommended for pregnant or nursing people, those with high blood pressure, and young children under 50lbs. Long term use of traditional preparations may lead to low potassium levels in the body. For long term safe use, look for preparations marked "deglycyrrhized extract.")
- **Holy Basil:** See description in Lung & Respiratory Support
- **Hibiscus:** Unsweetened hibiscus tea is often associated with kidney support. This flower is high in Vitamin C and antioxidants, and therefore helpful in reducing temperatures in the case of fevers. This tonic herb can help stimulate the digestive system as well as lower blood pressure.





Remedies

Elderberry Elixir

Type: Herbal Elixir

by Jessica Angelica



2 small lemons
1 1/2 cup elderberry
6 cups water
2 sticks of cinnamon
¼ cup of Wild Cherry Bark
1 big chunk of ginger
1 cup honey

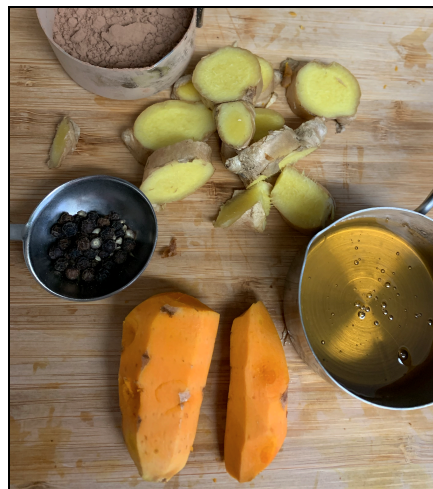
Brew herbs (lemon, berries, cinnamon, cherry bark and ginger) like a tea for 2 hours, strain and add honey. To preserve, add apple cider vinegar or alcohol (brandy, rum, etc.). Take small “shots” daily for immune support.



Golden Milk

Type: Herbal Elixir

by Jessica Angelica



4 cups oat milk
2 tablespoons cocoa powder
2 pieces of fresh turmeric
1 chunk of ginger
¼ cup honey
Pinch of pepper
1 large stick of cinnamon (not pictured)

Bring oat milk to simmer, add sliced ginger, sliced turmeric, cinnamon stick and pepper. Whisk occasionally and add cocoa powder. Add honey to taste. Sip slow and enjoy!





Immunity Health Blend: *Si no estamos bien, no podemos ayudar.*

Type: Herbal Tea Blend

by Esthefania Solano

A strong immune system is our best ally and comrade at this time. To be able to show up for our loved ones and community, we need to be healthy and stress free. I chose lemon balm and spearmint as the base of this blend because I personally love the taste of the combo and lemon balm has strong stress relieving properties. Elderflower and echinacea have never failed me in the past - they are ride or die status, they support your immune system like no other. Thyme, nettle leaf and oregano are loved for their antimicrobial and antiseptic properties that aid our respiratory system specially with decongestion and opening of lungs.

Ingredients: lemon balm, spearmint, echinacea, thyme, nettle leaf*, oregano, elderflower.



Immune Boosting Shots

Type: Medicinal Juices

via IG: [@southcentralfarm](https://www.instagram.com/southcentralfarm)

For each of the different immune boosting shots, place the designated ingredients in the blender and blend until a liquid. Then you can drink as a juice. These recipes were pulled from the South Central Farm IG page.

- Carrot Turmeric Shot:
 - 3 Carrots
 - 1 Lemon, peeled
 - 1" Ginger
 - ½ tsp Turmeric
- Beetroot Lemon Shot
 - 1 Beetroot, including tops if possible
 - 1 Apple
 - 1 Lemon, peeled





- Leafy Greens Shot
 - 1 Lime
 - 1 handful Leafy Greens like Kale or Spinach
 - 1 handful Herbs like Mint or Parsley
 - 2 sticks Celery
 - 1 Kiwifruit
- Cayenne Ginger Shot
 - 1 Lemon, peeled
 - 4" Ginger
 - a pinch Cayenne pepper
 - a few tbsp Water



Immune Boosting Chai

Type: Herbal Drink

Via IG: [@twomothersapothecary](https://www.instagram.com/twomothersapothecary)

Ingredients: Cloves, licorice root, black peppercorn, cinnamon, astragalus, orange peel, cardamom, reishi mushroom, fennel seed and ginger root

Bring to boil and then simmer for at least 30 mins but usually I let mine go longer. I also add more water once I've poured our first rounds of tea





Immune Boosting Juice

Type: Medicinal Juices

Prof. V

via IG: @chhotimaa

- Piece of ginger
- Handful of dandelion leaves
- Sprinkle of spicy powder (guajillo in preference)
- Two lemons
- Two-Three spoonfuls of honey





RESPIRATORY & LUNG SUPPORT

Discussion

COVID-19 is a virus that attacks the lungs, the most common early symptoms are a dry cough and difficulty breathing. The virus causes pneumonia-like symptoms as it progresses. It is really important to keep our lungs healthy, so in addition to medicines promoting lung health, make sure you are exercising your lungs by taking deep mindful breaths and getting clean, fresh air. Oftentimes, for those of us often caught up in fast-paced lifestyles, we neglect our bodies and forget to breathe. This moment is a reminder to give your body the oxygen it needs. Close your eyes and take 4 deep breaths.

In promoting lung health, there are various herbal properties to consider: 1. **demulcents**: herbs that promote moisture, especially when there is inflammation and dryness, 2. **expectorants**: herbs that help to release mucus instead of suppressing it, and 3. **anti-spasmodics**: herbs that are natural cough suppressants. Here is a good resource breaking down these aspects of lung health and remedies [17 Natural Remedies for Cough, Lung Infections and Bronchitis](#) (some of the descriptions of the following plant allies are accredited to the previous article).

UPDATE (DEC 2021): We have now learned that as a COVID infection progresses, mucus begins to form in one's lungs. The pneumonia-like symptoms are caused by the thickening of cold and wet mucus in the lungs, which results in difficulty breathing. Demulcent herbs, like marshmallow root and others that create moisture, are **NOT** recommended during this phase of COVID. Herbs that create mucilage in an already highly congested area will only continue to promote moisture. The goal is to expel mucus with warm fluids, heating herbs, expectorant herbs. Remember to always do your own research before using any herbs.

Plant Allies

- **Onion:** A quick home remedy is to cut a red onion, place some sugar on it, let it sit overnight and the next day it will produce a syrup that can be eaten as a cough suppressant.
- **Valerian root (*Valeriana officinalis*):** is an antispasmodic ally that calms spasmodic coughing and muscle tension, aids shortness of





breath and wheezing. It is a natural relaxant, so be mindful that it will make you sleepy, so best to take before going to sleep. Valerian root is also used to support digestive issues like constipation. It can be taken as a tea and tincture. Not advised for those that are pregnant.

- **Licorice root (*Glycyrrhiza glabra*):** A demulcent, stimulating expectorant and antiviral ally which helps to protect the mucus membrane, soothing irritated throats, and helps to loosen and eliminate phlegm. At the same time, it has immune boosting and antiviral properties that help protect the body from invasive viruses. It can be taken as a tea and tincture.
- **Coltsfoot (*Tussilago farfara*):** Coltsfoot is a demulcent, sedative expectorant, and antibacterial ally. It is a very popular cough remedy, especially persistent coughs like smoker's cough, asthma, bronchitis, and whooping cough.
- **Slippery Elm Bark:** another demulcent containing mucilage, a sticky mixture of sugars that are not broken down by the digestive tract, which helps coat the throat, easing any irritation. Can be used in teas and extracts.
- **Echinacea:** See description in the Immune Boost section.
- **Holy Basil:** also known as tulsi, is a demulcent and antibacterial ally commonly used to treat microbial infections and boost immunity. It possesses antiseptic and analgesic properties that help treat dry cough, allergic bronchitis, asthma and other lung diseases.
- **Peppermint:** is a stimulating expectorant and the menthol in it soothes the throat and acts as a decongestant, which helps to thin mucus and loosen phlegm.
- **Thyme:** is a stimulating expectorant which treats coughs, upper respiratory infections, bronchitis and whooping cough. Easiest way to use it is to make tea.
- **Osha Root:** also known as bear root, chuchupate, and other names has been used to treat sore throats, bronchitis, cough, common colds, flus, pneumonia and also can treat viral infections in many traditional Native North American medicines. It is named bear root because people have observed for generations that Bear's consume





it after emerging from winter hibernation or when wounded or sick, more information in this [article](#).

- **Sage:** different kinds of sage have been traditionally used to treat coughs, colds and sore throats for thousands of years. The rich aromatic properties arising from sage's volatile oils of thujone, camphor, terpene and salvene can be put to use by inhaling the vapors from sage oil or sage tea to dispel lung disorders and sinusitis.
- **Mullein:** (*Verbascum thapsus*, also known as Gordolobo) is a demulcent herb, sedative expectorant and antibacterial. It is a good ally in supporting dry and wet coughs, lung weakness, bronchitis, asthma, respiratory conditions and chest colds. Mullein helps in releasing phlegm from the lungs. It can be found in most regular markets in the herb and spice sections.
- **Oregano:** all species of the oregano plant contain a volatile oil high in two chemically related expectorants (carvacrol and thymol). These oils help loosen phlegm and make it easier to cough up. This is why oregano has been traditionally used to help ease chest congestion, as well as symptoms that come with the cold and flu. Oil of oregano is also commonly used to help beat bacterial infections. Studies have found that oregano oil proved to be many times more effective at killing pathogenic microorganism.
- **Marshmallow root:** (update: not recommended during congestive phase of COVID) it is a demulcent which helps to protect the mucus membrane in both our respiratory and digestive tracts. When mixed with water, marshmallow root becomes spongy and gel-like, hence its ability to soothe inflammation, soreness and irritation. See deeper discussion on this ally in the Immune Boost section.
- **Codonopsis Root (党参, đảng sâm):** This root is an 'adaptogen' that is commonly found in Traditional Asian Medicine. Codonopsis root is also known as the people's ginseng because it is effective and much more affordable than ginseng, proper. This herb is regarded as both food and preventative medicine and therefore often added into soups, rice, or added into teas. This root helps with dry coughs, shortness of breath and headaches. It promotes digestion, increases nutrient uptake in the body and enhances the immune system. This herb is rich in polysaccharides, which is helpful in building up the immune system!





- Dandelion root
- Cherry bark
- Okra
- Sage
- Yerba Santa
- Yerba Mansa
- Yarrow
- Rosemary
- Eucalyptus: This fantastic plant strengthens the lungs. The leaves and seeds can be used in steams to help cleanse the lungs.
- Nettle
- Plantain
- Angelica





Remedies

Respiratory Health Blend: *Respira largo y lento. Todo cambia, todo pasa.*

Type - Herbal Tea Blend

by Esthefania

Our lungs need love more than ever! One of my favorite humans in this world has asthma, which got me thinking about our respiratory health. I wanted to create a blend that could support our lungs' health and ability to fight back a viral infection. Hibiscus is delicious and along with sage and echinacea help sooth and numb pain in our throat. Sage along with thyme, oregano and nettle tea also help dry and remove mucus, and open our lungs. Lemon balm and lavender help relieve stress because our bodies cannot be holding on to unnecessary things right now. Will be adding cherry bark because its medicine helps ease dry cough.

Ingredients: hibiscus, lemon balm, nettle leaf*, sage, eucalyptus, thyme, oregano, lavender, echinacea. - will be adding cherry bark to the next batch

*Nettle leaf should not be consumed by folks that are pregnant.



Respiratory/ Lung Tincture

Type: Tincture

By: Jessica

Ingredients: Dry herbs (oregano, thyme, elecampane, mullein leaf, cherry bark), 40-60% alcohol (Vodka or Brandy)

Put herbs in a glass jar. For every 1oz of herb, add 5 oz of alcohol to the jar. Let the jar sit in a cool dark place for a month (or as long as you like). Shake the jar every other day. Strain tincture with muslin or cheesecloth and put into a jar. (source: Body into Balance)

Take 1-2 droppers full 1-3 times a day as needed.





Homemade VaporRub:

Type: Herbal balm

By jhon jairo adopted from Hood Herbalism



Ingredients: ½ cup olive oil, coconut oil, or almond oil, 2 level tablespoons of beeswax pastilles, 20 drops of eucalyptus essential oil, 20 drops of peppermint essential oil, 10 drops of rosemary essential oil, 10 drops of cinnamon or clove oil.

There are many ways to make balms, for the above recipe, you can cook all ingredients in one pot until all blended and mixed together, then you can pour them out into containers and let them dry. If using dried herbs it is a longer process, which is explained later in another great recipe for **White Sage - Decongestant Balm** (which also serves as a homemade vapor rub).



Respiratory Steam Bath

Type: Steam

By amy huỳnh

Lemongrass, rosemary, thyme, garlic, sage, oregano, mint, eucalyptus, these are anti-microbial herbs & help get our mucus out!

I grew up with this as the Vietnamese cure for the common cold! It's extremely effective at getting phlegm out of the system *and* it's incredibly relaxing. All you need is hot water, herbs of your picking, a bowl and a towel to drape over your head.

Instructions for an herbal steam, to clear the sinuses and flush the respiratory system: To a freshly boiled pot of water add either a handful of herbs -- the fresher the better -- or a few (3-5) drops of the appropriate essential oil. Use less essential oil for young children (1-2 drops) and the elderly. Cover your head with a towel and proceed to breathe in normally. After a few steady breaths take a few deep inhalations. Feel your nostrils come alive again. Repeat this process for about 10 mins.





Respiratory Support Tea

Type: Tea

By Prof. V

via IG: @chhotimaa

Ingredients for 3 cups:

- 4 pieces of cinnamon bark
 - 1 shiitake mushroom
 - A pinch of turmeric powder ($\frac{1}{4}$ of a tsp)
 - 1 Moringa leaf
 - A tbsp of chamomile
 - A tbsp of mullein
 - A tbsp of milky oats (if you don't have oat milk)
 - A fatty plant based milk, preferably oat milk. Coconut milk and almond milk also work. (*fat helps activate the turmeric*)
 - Honey
1. Bring water to a boil
 2. Add pieces of cinnamon bark, *cover the tea as it boils to contain medicinal vapor.*
 3. Add shiitake mushroom in pieces
 4. Add turmeric powder or small piece of turmeric
 5. Turn off heat
 6. Add one moringa leaf, mullein, chamomile and milk.
 7. Let sit (preferably as infusion for 4-6 hrs, but it is okay if it is 15-20 minutes if you are limited in time)
 8. Swift through
 9. Add honey.

The color of the tea should be beige-brown.

The texture should be creamy.

***Best drank in the early morning before food, or late at night after eating.

I made this tea to support my body, specifically my lungs. The moringa, tumeric and shiitake boost the immune system. The cinnamon is a warming agent, keeps cold out of the body and activates the blood. The mullein removes phlegm. The chamomile and oats, ease and support the entire body, specifically the nervous system.

I hope this recipe helps you and someone you love.





ANTIVIRAL

Discussion

Many people's first response to COVID-19 was to clean everything! In general, cleanliness and hygiene is important for good health. Just as a reminder, do not panic, but know we have some good antiviral and antibacterial plant friends that can support us. These antiviral plants can be used to concoct topical medicines for sanitation or to make medicines to ingest which help to counteract viruses in our bodies. Know that COVID-19 is still being researched, there has yet to be a vaccine to prevent it, but they have found ways to treat it as best as possible. Taking antiviral herbal teas can help in washing away any immediate exposure to regular illnesses such as flus and colds; it is advised to drink water throughout the day to keep your mouth moist and to wash down any possible exposure.

As we work towards cleansing our homes and ourselves, reflect on ancestral practices of purification. Using herbs to smudge ourselves and our spaces were and are not just about spiritual and energetic cleansing, but are practices of actual sanitation. As you will see in the plant ally description, many herbs and plants have antibacterial properties that promote both physical and spiritual cleansing, and more. That being said, be mindful about the plant allies you use; they are not commodities. Do your best to educate yourself on their origins, whose traditional medicine they are a part of, and use them in ethical and respectful ways. For further reflection on this you can read [Is Burning Sage Cultural Appropriation? Here's How to Smoke Cleanse in Sensitive Ways](#). This is not to discourage you from building a relationship with plants, this is just to bring awareness that they are parts of expansive cultural ecosystems with protocols that are to be honored and protected. And there are so many plants, be encouraged to learn about plants around you and from your ancestors!

Plant Allies

- **Sage:** Sage is known for its antibacterial properties and in tea helps in aiding congestion and clearing out mucus. It's smoke also has antibacterial properties. Sage is native to different parts of the world. Although there are many different types of sage, note that California white sage (*Salvia apiana*, commonly used in smudge bundles) is being overharvested and exploited due to its commercialization; be mindful about where you get it. Best if you are able to grow it and ethically harvest it, or use other types of sage





that are not exploited. See the article ["What is Going on with White Sage?"](#) for more information.

- Sagebrush (*Artemisia californica* and *A. tridentata*) : These two species grow in abundance across the Western states and great basin and can be safely and easily harvested year round. Many *Artemisias*, like their close friends the Sages (*Salvias*) offer antibacterial and antifungal effects, with these two allies being no exception. In addition, they offer anti-inflammatory and mild analgesic support in topical applications for bodily aches (sometimes a symptom of cold and flu) and wound healing. Extracted in isopropyl alcohol it makes an excellent liniment for pain. To wash and clean wounds the tea is preferable. Infused in oil it makes a grade 'A' salve with much versatility. This versatility also extends to smudge and dried sagebrush may be used alone or in combination with other purifying herbs to cleanse the air. Other ancestral medicines and *Artemisias* of note include California Mugwort (*Artemisia douglasiana*) and Western Mugwort (*Artemisia ludoviciana*) - a much used smudge in the midwest and eastern states.
- Cedar: "Used in ceremonies and as medicine, tea of simmered branches is used to treat fevers, chest colds and flu." (source: Saint Regis Mohawk Tribe). Ceremonially cedar is used to purify and for protection, cedar smoke and steam has antibacterial and antiviral properties. Cedar is high in vitamin C as well. Here is an article of [How to Make Cedar Tea From Scratch](#).
- California Buckwheat: A gentle and mild medicinal ally with astringent and soothing properties. Everything we know about this plant spirit (like many others) we learned from Native Americans. There are many species of North American buckwheat (*Eriogonum* spp.) distributed across the Western States, from the coast to the South West to the Great Basin. Most common among them is California Buckwheat, (*Eriogonum fasciculatum*). For practical purposes the stems have been gathered and used as an impromptu broom. This practice has been adopted more contemporaneously in the crafting of specialty brooms used to sweep a person's aura. It does not offer the same purifying actions as white sage or sagebrush when burned, but rather its medicine is best evoked through its use as food and when added to water. Medicinally, it's astringency is used to dress skin eruptions, like a lotion, and drunk hot it is said to help with an upset stomach, and to treat colds and





coughs. California Buckwheat in moderate amounts is safe for internal use.

- Calendula:
- Rosemary:
- Lavender
- Thyme
- Bee Balm
- Tea Tree
- Peppermint
- Citrus Peel
- Lemon Balm
- Oregano
- Garlic
- Ginger
- Turmeric
- Olive Leaf (*Olea europaea*): Native to the Mediterranean, this small evergreen tree has been used for centuries to treat illnesses like the common cold, chronic fatigue, fibromyalgia, herpes virus, yeast infections, and influenza. With strong antioxidant, antiviral, antifungal, antibacterial properties, olive leaf has been shown to promote immunity, and may help lower blood pressure. According to Balch (2002), olive leaf “appears to be a true antiviral compound. It has the ability to interfere with critical amino acid production for viruses; it can contain viral infection by inactivating viruses through preventing virus budding or assembly; and it has the ability to penetrate infected cells and stop viral replication” (p. 103). Not recommended for those who take blood pressure medication, blood thinners, or have diabetes as it may interfere with Western medical treatment.





- Remedies

DIY Hand Oil

Type - Topical medicine

By Hood Herbalism

(original post on IG: @hoodherbalism)



2 tablespoons dry lavender
2 tablespoons dry calendula
2 tablespoons lemon balm
½ cup coconut oil
2 ½ cup sweet almond oil
½ cup raw cocoa butter
Lavender oil
Beeswax (optional)
Vitamin E oil (at 1% of the total volume)

See instructions for preparing a standard oil infusion below as well as the "heat" method, for quick infusions.



Simple Limonada/Lemon-aid

Type - drink

by jhon jairo

Super easy to make, this is a quick go-to remedy my dad would put together whenever I was sick as a kid. Lemons and all citruses are great at flushing out bacteria and viruses, so I am sure you know how to do this, but as a reminder





Antimicrobial Salve

Type - topical

by edi zermeno

Some benefits of a salve for topical use are that it's deeply penetrating, softening skin and moisturizing, while forming a barrier which resists water and microbes - especially useful when there are minor cuts and scratches on the exposed skin. Sagebrush is exceptional for use in wound healing and as a topical analgesic (pain reliever). Note: the same instructions can be applied to a different herb or formula of your choosing with strong antimicrobial qualities (ex: oregano, lemon balm, thyme, calendula etc). See the Recipe above, "DIY Hand Oil".

Fill an 8 oz glass canning jar with fresh wilted sagebrush, chopped, and gently packed just shy of the top of the jar. Next, add enough carrier oil (like grapeseed or olive oil which are exceptionally nourishing to the skin) to completely submerge the herbs. If fresh herbs poke out of the oil it can lead to spoilage. Allow for any air bubbles to escape, then top off once more with carrier oil and seal. Shake the jar vigorously 1-2 times a day and set aside someplace warm, if possible, and away from direct sunlight for 7-10 days. The oil should take on a blue green color when ready and the scent brightly aromatic.

Strain the oil through a cotton or natural fiber cloth, only gently squeezing, not too tight, and allow the strained oil to sit for several hours to a day to allow any water to separate from the oil - which can then be removed with a baster or dropper. This should produce about 5-6 oz of infused oil. Next, using a double boiler set up, at low heat, warm the oil for about 10-20 minutes to once again, release any lingering water, which can spoil your product, and to it add: 1 oz/28 g beeswax and ½ oz/14 g coconut oil, cocoa butter or Shea butter. Allow for all the materials to thoroughly melt and incorporate.. Remove from the heat and pour into ready and sterilized tins or containers. (I use 2oz tins - this recipe makes about enough to fill 3, 2 oz tins). This should yield a rich and creamy textured salve that easily melts and glides on the skin. For a harder texture add slightly more beeswax. And for a softer texture add slightly more carrier oil. Store in a refrigerator when not in use or away from direct heat. The shelf life is 6 months to 1 year when stored properly.





This recipe can be readily altered to suit your needs. For wound healing pair with calendula and plantain. For respiratory support pair with white sage and eucalyptus. See recipe below.



White Sage - Decongestant Balm

Type: topical

by: edi zermeno, adopted from medicineofthepeople.net

A great time to prepare this recipe, to keep on hand, is when you've been gifted a bundle of strongly aromatic sage. Or during the late summer months when the white sages medicinal constituents are at their strongest, should you pick or grow your own. Crumble a leaf of the sage and inhale the aroma, it should feel sticky, resinous, and the scent like a musky menthol, immediately uplifting to the spirits, grounding, and clarifying to the senses.

Using the techniques mentioned above and the following standardizations, prepare an infused oil using a ratio of 40% white sage, 40% sagebrush, and 20% calendula or plantain. If you don't have either of those last two herbs, opt for a 50/50 white sage to sagebrush ratio.

Depending on the state of the herbs used, whether fresh or dried, follow the directions below (this can be applied to all infused oil preparations):

- *1 oz/28 g (by weight) fresh wilted herb, chopped, to 6 fl oz/180 ml carrier oil. Infuse for 7-10 days.
- *1 oz/28 g (by weight) dry, coarsely powdered, herb to 7 fl oz/210 ml oil. Infuse for 2-3 weeks.

(Note: if the standardizations are too confusing, measure with your heart!)

Shake daily, to thoroughly incorporate, and set aside, preferably someplace warm, but away from direct sunlight.

When ready, strain the oil. If wet herbs were used, allow the oil to stand for several hours and follow procedure as indicated in the previous recipe for





an antimicrobial salve. Heat the oil over a double boiler set up, and to it, add 1 and a ½ oz/42 g beeswax. Allow all materials to melt and incorporate. Remove from the fire and immediately pour into sterilized tins or jars. Appropriate essential oils may be added at this stage if desired. Use as a decongestant rub on the chest, nose, shoulders and back. The sensation is cooling and can help alleviate headaches when rubbed on the temple and back of the neck. It may also help to relax stiff and aching muscles. Store in a refrigerator or out of direct sunlight. The shelf life is 6 months to 1 year when properly stored.

A note on the storage of herbs: White Sage (like other members of the mint family) is a medicine that loses its potency when it's overly processed and stored. (Always store unused herbs as whole as possible, processing only just before their use. The exceptions are roots and barks which should be cut to a manageable size, about a quarter to half-inch pieces before drying and storing.)



The Heat Method of Oil Infusion

When time is against us and a medicine needs to be prepped as soon as possible (within 24 hrs), the following technique may be utilized.

Using your own formula or the standard ratio 1 oz/28g (by weight) herb to 6 fl oz carrier oil, fill a glass jar with the appropriate ingredients. Next:

*Set the jar in a pot with a few inches of water, but not so much that it starts to float. Bring the water to a simmer and turn down to the lowest setting. Heat the oil for 2-3 hours, adding water to the pot as needed.

*Alternatively, after bringing to a simmer, remove the pot from the heat and allow to cool for 15 min. Return the pot to the heat source and repeat several times.

Finally, turn off the heat and allow the oil to cool to room temperature. Strain and pour into sterilized containers with tight seals. Store the infused oil away from direct sunlight and open flames. The shelf life of the oil is 1 year when properly stored, but sometimes longer. If the oil smells rancid, dispose of it and prepare a fresh batch.







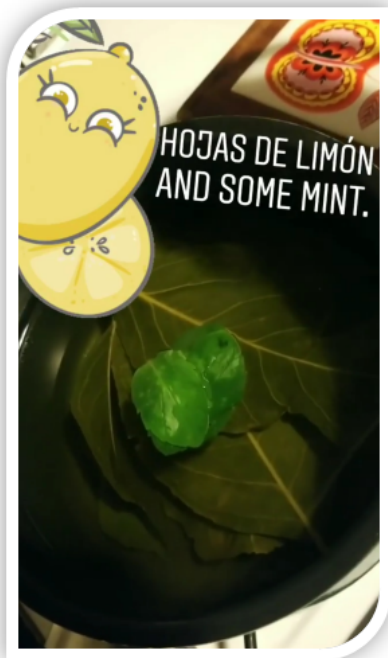
Lemon Leaf Tea

Type: Calming Tea

By Dámariz

This simple tea doesn't need much and can be combined with other herbs. I've been using it alone and with some mint before bedtime for a calming natural sleep.

I came across this as I was encountering some anxiety passed on from folks at stores who were panicking. My body was carrying the anxiety of others leading to interrupted sleep. Lack of sleep for me, leads to unbalanced digestion and lowers my immune system. This tea has helped me relax and sleep well due to its sedating properties. It's packed with vitamin C, **antivirals**, helps with the immune system and globulos blancos. Helps with cold and flu.



Instructions:

1. 5-7 fresh medium to large leaves. (medium sized pot)
2. Focus on getting "mature" leaves, if you use newer leaves it may taste more on the bitter side. (which is not bad if you like it.)
3. Bring the water to a boil and then add leaves.
4. After it boiled with the leaves for about 5 min., cover and turn off.
5. Let it steep for at least 10 mins.
6. You can drink alone or add other herbs. A couple times I added fresh mint. Enough not to overpower the lemon leaf itself.

I like to do this in rituals, so I'll burn a tiny leaf of my own sage bush (dry) and infuse loving thoughts, calming thoughts. Remember; you carry medicine, you are medicine and you deserve love.

Cautions: for womb carrying folks, not to take in large quantities during your moon or if pregnant. Don't drink if you have low blood pressure.

Always research the contraindications (when not to use plants) beforehand as a safety precaution.

Hope this brings you some calming nights during these times.







MENTAL & SPIRITUAL HEALTH SUPPORT

Discussion

Know that this is a very transformative time, Mama Earth is shifting, and as a collective we are slowing down, but that does not make this experience any easier to hold, or does not mean that there are not any inequities around how vulnerable folks have been impacted; there is lots of uncertainty and discomfort with having to completely shift away from our “normal” routines. Know that it is okay to not know how to feel, and that it is okay to feel a wide range of emotions. Remember to take a break from the news, remember to always find joy in your daily life. Any shift is difficult, be reminded of Octavia Butler’s teaching in her novel *Parable of the Sower* that “God is change,” that we as humans must be able to adapt and shape our world with every changing moment. Remember to practice gratitude, make space for prayer, keep your fires lit, and meditate deeply about what truths are emerging and set a vision of what world you want to see emerge from all of this shifting.

There are various herbs that have properties that give us ease, from their aroma that promote calm, to others containing chemical properties that support one’s mental health, and others with energetic properties like flowers that help uplift our spiritual body. All plants have a spirit, and there are some that guide us spiritually through using them ritually, ceremonially and for self care. The following herbs can be used for teas and tinctures to promote emotional wellness and healing and others can be used for personal rituals like baths and sprays. Make time to honor yourself, take a moment to breathe, and remind yourself of what it means to be human. Use these plant allies to keep you grounded and connected. As Dakota/Xicano philosopher and poet, John Trudell, reminds us:

“Protect your spirit.”

Plant Allies

- **Peppercorn (Schinus molle):** Also known as Peruvian Peppercorn and pirúl. It is a tree whose branches are traditionally used for limpias in Traditional Mesoamerican Medicine. Pirúl is native to the South American Andes, but became a common tree throughout North America after Spanish colonization, hence its use in Mexico and Central America and populated presence throughout the





Southwestern United States. Pirúl branches are fragrant and help with energetic cleansing.

- **Mugwort:** There are many different types of mugworts and are native to different parts of the world; one of mugworts many properties is to help promote lucid dreams. It is the main herb used in dream pillows.
- **Passion Flower:** This plant ally supports in aiding depression
- **Skullcap:** supports with anxiety and supporting mental health
- **Chamomile:** calming and relaxing flower, often drunk as tea to promote sleep.
- **Lavender:** Soothing and relaxing, eases headaches
- **California Poppy**
- **Lemon balm**
- **Rose petals**
- **Oats**
- **Hawthorn**
- **Hibiscus**
- **Nettles**
- **Bougainvillea**
- **Jasmine**
- **Borage**
- **Basil**
- **Bay Leaf**
- **Rue**





Remedies

Herb & Flower Water Blend

Type: Bath/topical medicine

By HoodHerbalism

1. Add a blend of any herbs and flowers on the [list](#) to a pot of water.
2. Bring the water to a boil and turn off.
3. Let herbs and flowers infuse in the hot water for 20-30 minutes.
4. Strain and add to a bucket. Add a handful of salts. Add fresh aloe to scrub with if you want.
5. Pour over after a shower. If you have a bath tub you can add that blend to a bath,

Cautions: most herb baths are not safe for folks that are pregnant. A calming foot bath with lavender flowers is great.

Always research the contraindications (when not to use plants) beforehand as a safety precaution.

For children: you can make a gentle flower bath (yellow, pink, white roses) with chamomile, lavender and oats.



Spiritual Bath for Peace and Purification

Type: bath/topical application

By: edi zermeno

The following is an intuitive bath I crafted to restore my sense of grounding when I find a chronic state of fear, anxiety, or depression, inhospitable.

Note: The drawing of a spiritual bath isn't always the most "spoonly friendly" series of actions so by no means are these guidelines set in stone. Instead, I encourage you to adopt it as your body and intuition see fit. A way in which we can hope to heal as a community is by inviting and lovingly integrating the presence of each other in such spiritual rites. I find that sometimes such an investment in my spiritual health, free of capitalist





notions of productivity and normalcy, even when I'm feeling debilitated, is just what my body, mind, and spirit need for restoration.

Fill a large bowl with fresh cool water to which you will add a few cuttings of California Buckwheat (*Eriogonum fasciculatum*) separating leaves, stem, and flower inflorescences and gently crushing them up. And a handful of oat straw, If no oat straw is available, use oats from the kitchen pantry. (Tip: Wrap the herbs in a mesh bag or bandana/square of cotton fabric for easy clean up!)

Allow the herbs to sit for a moment while you prepare the following. Bring 2 cups milk to a gentle simmer, turn low. To this add about a tablespoon or less of coconut oil, and either Cocoa butter or Shea butter - the milk helps to disperse the fat in the oils. Pour the contents of the warmed milk into the bowl with the herbs. And to this add a generous dash of salt, a pinch of powdered eggshell, and a splash of florida water (if there are any materials here to which you experience a sensitivity or allergic reaction, simply omit them).

Place your hands, if able, into the bowl, making sure that it's not uncomfortably hot beforehand. Alternatively, use a wooden spoon and stir the contents of the bowl. Here is where prayer and intention are evoked:

Visualize a column of white light pouring from up above your head down into your body setting it a glow, and thus extending and pouring into the bowl before you. Now, clearly and sincerely state your desire, for example, something like: 'I ask, in the name of our great earth mother, to have this bath wash over me like a wave of peace and tranquility...quelling all fear, all anxiety, and allowing all that doesn't serve me for my highest good to slip away.' Take a few breaths... and release the visualization.

If you are drawing a full bath pour the contents of the bowl into the bath and soak for 20 min., making sure, if able, to draw water up and above your head, and over your face and every inch of your body. Sing, speak, whisper, hum a song or prayer of gratitude and celebration as the medicine washes over you. Be thankful to the spirits of the water and herbs.

If you're taking a shower, reserve the contents for the end of your shower. Speak a prayer as you see fit and promptly pour the bath over your head while visualizing a release of energy immediately washing over you and absorbing into your body. Step out of the shower and lightly pat dry. If





possible, allow your body to air dry - meditate as you do. This moment is for you. Dress in comfortable clothes. It is done. You are enough.

Sweet Dreamz - Herbal Mix Pillow

Type: Herbal bundle/Aromatic

By jhon jairo

Our spiritual and dream life is just as important as our physical life. In a cloth, bundle up an herbal mix of mugwort, lavender, chamomile, sage, pericón, rosemary to help with vivid dreams, promoting ease and clarity. Sleep with the herb bundle under your pillow.



YoloXocolatl: *Sana Sana Corazoncito, Heal Beloved Heart*

Type - Herbal infusion/drink

by jhon jairo

A heartwarming chocolate drink with a flowery infusion. This drink is a twist on Hood Herbalism's Yolotl Elixir, which is a heart opening elixir made by boiling rose, hawthorn berry, bougainvillea and other heart healing herbs and infusing it with a preservative base and honey. Instead of making an elixir, the herbs will be infused into a chocolate drink. Cacao is an ancestral medicine used for boosting our spirit, considered a "food of the gods" and is used in curing *susto* (for a further discussion on *susto*, read [Calling Our Spirits Back](#) by Patrisia Gonzales). Combining heart healing medicine with cacao can support our hearts and spirits in times of uncertainty.

Boil the rosa de castilla, bougainvillea, and hawthorn berries in water for about 20 minutes. If you want to get the most out of the hawthorn berries, you can boil them on their own for 30 minutes-1 hour and once they are done boiling, strain the berries out of the liquid base and add the rosa de castilla and bougainvillea in a tea bag/container and let them steep in the same liquid for at least 10 minutes.

Once the water or coconut milk is infused with the herbal heart medicine, add in a generous amount of cacao powder or pieces keeping the fire at





medium heat in order to melt in the cacao. Once the cacao is fully mixed into the drink, use a sweetener to your liking, some options are honey, panela (piloncillo or cane sugar), agave or maple syrup. Drink warm to keep your heart's inner fire ignited.

Ingredients: rosa de castilla, hawthorn berry, bougainvillea, cacao, water, sweetener.



Celeste-ial Calming Bath Soak

Type: Bath Soak

By Dámariz @deathbydama

Most of the medicine I make is in inspiration of friends, family, and community members in need. This was inspired by someone experiencing high levels of anxiety, stress, fear that was being internalized. Later manifesting into insomnia and Bell's Palsy.

A question I pose is "how does stress manifest in your body?". Being aware of how our bodies carry emotions is important. I invite you to sit with yourself, to be with your body. Our body speaks, when we do not listen it will manifest in other aspects to make you listen. Quarantine can be used to reach within.

Most of us are the pillars of our families and/or communities. There is a tendency to withhold our emotions in order to spare those around us from additional worries, fears, especially during these times of uncertainty. We want to set a tone of stability, of safety as we take the brunt of it. Those who are empathetic carry their emotions along with those whom they come in contact with. Forgetting to release them. This is a good way to cleanse, let go of what we do not need. A way to stay mentally and spiritually grounded.





This blend has various ingredients that have multiple benefits spiritually, externally and internally. The intention set for this blend is focused on promoting the rest of mind, body and spirit.

It contains:

- Epsom Salt - pain & swell reduction.
- Himalayan Salt - to detoxify, de stress, cleanse, ease body aches.
- Lavender infused almond oil (homemade) - to moisturize.
- Rose buds - love, beauty, astringent, cell regeneration.
- Chamomile – treat skin irritations, calming. It harnesses the sun, think of this as a warm embrace in the bath.
- Lavender Buds - aromatherapeutic benefits, antiseptic, relaxation.
- Rosemary - Mental stimulation, protection.
- Clary Sage essential oil - for balance, emotions, open connection to messages as it gives clarity.
- Sage essential oil - spiritual connection.

There may be questions of quantities of each, ratios, measurements. I do most of my medicine by intuition & guidance of ancestors. The science of a recipe isn't something I have written down for this blend. I invite you to practice trust. Be open to your own inherited knowledge. Set your intention for each hierba, call in the properties you would like. I typically have 8-12oz glass mason jars..



In a glass bowl I first mix in the salts with the lavender infused almond oil. Mix them with your hands or wooden spoon. Enough oil to be slightly covered but not soaked (unless desired). Incorporate each dry herb/buds as you stir. Thanking it and asking for help and health.

Once you have the ratios desired and it's blended well, start adding drops of essential oils. The amount will change the scent of the blend. I like subtle scents and focus on what scent I need the most to relax. It may vary from 5-7 drops to 10-12 drops.





You are welcome to use stones. I used amethyst, citrine and snowflake obsidian. Always infusing it with love and making it in prayer.



As you soak in the bath, speak to your body.

Thank it for what it does for you. Caress it and give it love. You deserve love.

It's okay to cry, let yourself flow with the water. Water heals. Let go of what no longer serves you.

Remember to hydrate and journal. Be mindful of what your body experiences. Since it's a bedtime ritual, dreams will sometimes bring messages from your higher self and our ancestors.

Feel free to reach out for any questions or if you'd like me to make you one.

In solidarity and love,
Dámariz.





IN CLOSING

Give thanks to the land below our feet, that gives us sustenance,
the ancestors that guide and protect us, give thanks to the elements for
collectively igniting, nourishing, breathing, and watering life.

Give thanks to the holders of knowledge for generously sharing their
wisdom to keep humanity going, we move forward with good teachings in
respectful, humble and honorable ways, so that the coming generations
have a way to be connected, be guided, and thrive.

Give thanks to our collective strength, resilience, power, and love,
knowing that with faith and unity, we can overcome all challenges.

Give thanks for health, in whatever form that looks like,
for our bodies, for our hearts, for our minds, and for our spirits,
that always find ways to heal.

thank you,
gracias,
tlazocamatli,
ixé'he,
kasteyo,
shukriya

