



Everyday Herbal Delivery Systems

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As I eagerly await the springing forth of the very first seedlings of the year, my perennial herb garden is already showing promise.

The deer and rabbits have taught me that it's first come, first serve!

We all know that fresh is best, yet living in the mountains of Montana, we have to be creative with our wintering over garden produce, using fresh-dried, frozen and canned as a last resort. Ninety percent of everything I can't eat fresh, I dry, due to its easy storage and the many ways it can be preserved, processed and consumed, also known as the delivery system, and how it will be efficiently utilized by the body.

Today we think that everyday herbs are something to just spice up a dish or make it tasty. Our ancestors, however, knew that herbs are chock-full of nutrients and were used as everyday foods, and also as medicinals. For example, an organic farm will harvest the heads of broccoli, cauliflower and Brussels sprouts to sell to us, and then dry and powder the leaves to put into those green drinks and capsules—more than tripling their income. Mother Nature recycles everything—nothing is lost—and you can do the same with the precious harvest from your gardens.

GET THE MOST OUT OF YOUR HERBS & GREENS

• *Harvesting the Leaves*

- 1) Pick the young leaves leaving enough for the plant to mature in early spring.
- 2) Pick leaves all during the season.
- 3) Final harvest the mature leaves, even after the heads have been picked, and even after a frost or a freeze.

• *Use All the Plant*

- 1) Air dry your harvest, or dry in the oven at low heat, or use a dehydrator.
- 2) Hand-crumble into flakes, then sift through a sieve.
- 3) Keep the stems and larger pieces. Don't forget, the silicon is in the stems! These can be easily powdered in a Vitamix. (See "Silicon: The Strengthening, Magnetic Element," Jan–Feb 2018)

YEAR-ROUND NUTRIENT DELIVERY SYSTEMS

1) *Liquid Minerals.* Dissolve good-quality Himalayan mineral rock salts in water. (See "The Salt of the Earth," Nov–Dec 2012.)

2) *Fermentation.* Your great and grandparents have handed down the old-fashioned salt barrels for pickles, including sauerkraut, kimchi (a staple of Korean cuisine made with fermented and salted vegetables), and the like—all made without vinegar or refrigeration. (Google these recipes.)

3) *Storing Root Vegetables.* Our ancestors put them in damp sand. My end-of-the-year radishes, carrots and beets kept well this way into mid-January.

4) *Pickling Root Vegetables and Fruits.* Next I took root vegetables, sliced them (which I prefer) or grated them, put them in a jar, and poured in water kefir or kombucha (non-dairy fermented beverages) to cover. This works great for cucumbers too. These lasted 3–5 months on the countertop (longer when you refrigerate). Spice these jars up with bulbs of garlic, hot peppers, and herbs (i.e., dill), to make the cucumbers taste like pickles.

Try adding fresh slices of ginger to your mix. I can keep fresh ginger root on the counter in a jar, covered in kombucha, and slice off pieces as needed, for over three months.

I took my fresh gooseberries and currants that I harvested from May through September and covered them in a jar with kombucha, which I'm still eating through the winter.

5) *Rehydrating.* When the fresh vegetables and herbs are gone, I rehydrate my dried veggies: corn, green beans, beets, radishes, etc., and all fruits (wild and domestic). (See "Autumn Wild Edibles and Berries," Sept–Oct 2017.) I extend my dried produce season by another five months, clear through until spring.

6) *Plant-Enriched Honey.* Ancient Chinese and Korean royalty put their powdered herbs into a honey base that lasted for years. The honey delivery system is very effective, going directly into the cells, even into the nucleus, working with the body's natural glucose delivery system. I don't know about you, but I can only drink so much herbal tea, so I tried this system with a



mixture of powdered chamomile, nettles, mint (using regular, orange, lemon or ginger mint), all stirred into honey to make a paste. Left out on the counter, it lasts forever.

My gardening neighbor shared with me that he used powdered turmeric in honey, which is great for aches, pains and inflammation. A teaspoon is excellent for that 3 pm boost of energy that we all crave.

7) *Sublingual*. I have a wonderful creative friend who puts a very small amount of niacin, wrapped in 100% cotton cloth (a poultice), and puts it into his cheek, letting it absorb right into the bloodstream, without getting a niacin flush. (Start slowly!) A naturopathic doctor and MD in Arizona suggested progesterone taken from the capsule under the tongue since his patient was no longer responding to the skin delivery system.

A HEALTHY ALFALFA-BASED TOBACCO CHEW ALTERNATIVE



After Dave Holt's doctor warned him that he was getting cancerous lesions in his mouth from chewing tobacco, he and his wife, Colleen, used the above-mentioned honey-based delivery system to make an all-natural, organic, herbal chew that is free of both nicotine and tar, and is now

patented and approved by the FDA. The base is Montana-grown alfalfa, stabilized in honey, with local ingredients added.

According to the July 2018 article in *Rural Montana*, Holt says, "We wanted our chew to be good for you, but the hard part was to stabilize it—alfalfa is really hard to stabilize. The final mixture for Holt Chew is a blend of alfalfa leaves, honey, and peppermint oil from Kalispell, cayenne pepper, and ascorbic acid, which adds vitamin C. The chew is all-natural and organic, so it must be used within a few days after it's opened, or refrigerated, or frozen until opened to keep it fresh and green."

I recently interviewed Colleen who makes tea with a pinch of the chew, with 22 cups per can. She says, "I can get rid of a sore throat by putting it right under my tongue." Dave adds, "I was able to heal myself from lymphoma cancer and all the other symptoms of a lifetime of chewing tobacco."

Alfalfa consists of 22% plant protein that is easily assimilated, while a steak is only 15% protein. The Holts now use their chew in place of vitamins, since it's also high in vitamins A, D, E and K, as well as the full B complex. It is also rich in many minerals such as calcium, folic acid, iron, potassium and magnesium, plus the protein and eight essential, live enzymes. And no spitting—it's healthy to swallow!

Are you looking for a healthy way to get OFF chewing tobacco? You can order Holt Chew at www.WorldsGreatestChew.com, or call the Holts in Whitehall, Montana directly at (406) 287-3005. You could be totally free of your tobacco habit in 7–10 days, with no withdrawals. Just start with a 50/50 mix of Holt Chew and your regular chew and go down from there.



OATSTRAW TEA

Dr. Bernard Jensen created a complete program for tissue cleansing through bowel management

using highly nutritious oat straw, which

can be found in capsule form in health-food stores or bought in bulk. Susan Weed, a master herbalist, says:

"While most people are familiar with the cholesterol-reducing benefits of eating oats, few are aware that the stems, flowers and milky seeds of the oat plant—commonly called oatstraw—are also highly medicinal. Traditionally, a tea or infusion of oatstraw has been used to treat a variety of ailments. It has been used to support brain health since the Middle Ages. It can reduce the risk of heart disease, increase energy, reduce anxiety and improve physical and sexual performance. High in silicon, calcium and other minerals, using oatstraw as an herbal remedy can nourish the body at the deepest levels."

So as those seedlings emerge in early spring—or right within your kitchen sprouting jars, think of them as your richly nutritious everyday food for the body, and consider how creative you can be with your processing and delivery systems. (More info: "Sprouting: Winter's Indoor Garden," Jan–Feb 2018.) Enjoy the benefits of your indoor and outdoor gardens all year round! And take heart—April is right around the corner! Each year, Earth Day—April 22—marks the anniversary of the birth of the modern environmental movement in 1970.

Also, Earth Day was first dreamed of and inspired by Anastasia, the Russian mystic, in the remote forests of Siberia. Her story is immortalized in *The Ringing Cedars Series* of books. (See "Ancient Wisdom for Planting Seeds," Nov–Dec 2017). One of her main teachings is that every family should have their own honeybees and a plot of land to grow their own personalized, organic gifts from Mother Nature to nourish their bodies and their souls. ENJOY!

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