



## Herb Tips

**Peppermint** *Try Peppermint to turn down the heat*

Peppermint (*Mentha piperita*) is a perennial aromatic herb. It is commonly found in toothpastes, mouthwashes, cough drops, chewing gum and more. Topically applied as a liniment, peppermint can turn down the heat of inflamed joints; made into a sun tea and chilled, it is a refreshing drink that will turn down the summer heat.

**Cayenne** *Try Cayenne to turn up the heat*

Cayenne (*Capsicum anuum*) is a potent culinary and medicinal herb. Considered one of nature's natural antibiotics, cayenne is popular for fighting colds and flu; for indigestion and heart health; and applied topically in a salve/liniment, for easing the pain of rheumatism and inflammation. As a culinary herb, it is used to add heat to many foods. Cayenne comes highly recommended for one's herbal medicine chest.

**Calendula** *This soothing herb promotes healthy skin*

Calendula (*Calendula officinalis*), or "pot marigold", is an annual herb with daisy-like yellow to orange flowers. Best known for promoting skin and wound repair, Calendula speeds the healing of cuts, burns, sores, ulcers, bruises and abrasions and is especially effective on sensitive skin. In the kitchen, Calendula or "poor man's saffron" is used as a culinary dye for rice and broths. Try today to soothe skin irritations!

**Garlic** *This herb for life supports your health in many ways*

Garlic (*Allium sativum*) is a pungent and popular culinary Mediterranean herb that has antibacterial, antifungal and antiviral properties. It is known not only to have medicinal effects on the lungs, circulation, nerves and sinuses, but also to help prevent cardiovascular disease and cancer. Garlic oil is a traditional earache remedy that can be prepared at home and used for ear infections. Also shown to slow the growth of Candida yeast, garlic has been effective against recurrent yeast infections. It is present in a variety of Mediterranean dishes and makes a flavorful addition to many foods.

**Dandelion** *Spring Cleansing with natural botanicals*

All cultures have traditionally used herbs to assist the body's natural cleansing processes. Dandelion (*taraxacum officinalis*) is one of several herbs that support's internal cleansing. Due to its high mineral content it is considered to be nutritive as well as medicinal. The root is a bitter tonic for the liver, an excellent purifier for the blood and a good cleansing remedy for the skin. From a culinary perspective, roasted dandelion root is a flavorful coffee substitute. This is a must have herb for your herbal medicine chest.

**Cinnamon** *Stay well with zesty healing spices*

Spices tend to grow in equatorial regions. Most were used as preservatives for food due to

**Sky Hill Institute is a 501(c)(3) nonprofit organization.**

127 4<sup>th</sup> Street, Petaluma CA 94952

707.778.9445 | 877.675.9445

[info@skyhillinstitute.org](mailto:info@skyhillinstitute.org) | [www.skyhillinstitute.org](http://www.skyhillinstitute.org)

**Cinnamon**    ***Stay well with zesty healing spices***

Spices tend to grow in equatorial regions. Most were used as preservatives for food due to their antibacterial properties. Cinnamon is one of the world's favorite spices. It was used by ancient Egyptians and in the days of medieval Europe. Cinnamon adds flavor and aroma when warming cider or winter baking. It is a warming circulatory herb, helps to ease allergies and aids in digestion.

**Ginger**    ***Stay warm with comforting botanicals***

Try hot ginger tea made with fresh organic Hawaiian ginger root. Simply peel and grate a thumb's length of ginger in a pot with spring water, simmer for 20 minutes and let it steep.

***Sky Hill Institute is a 501(c)(3) nonprofit organization.***

127 4<sup>th</sup> Street, Petaluma CA 94952

707.778.9445 | 877.675.9445

[info@skyhillinstitute.org](mailto:info@skyhillinstitute.org) | [www.skyhillinstitute.org](http://www.skyhillinstitute.org)