

Nourishing + Restorative Herbs

Nourishment is simple. Nourishment is restorative. Nourishment is revolutionary.

Nourishing and restorative herbs are plant ancestors that exist to empower our existence. They are a family of plants teaching us about vitality, flow and harmony between our body systems. Nourishing herbs work with all body systems, though primarily with the immune and gastrourinary systems to promote overall wellness.

Nourishment may feel scarce in the society we live in, especially during these moments of new beings, and hopefully a new humanity being rebirthed.. Slave foods have infiltrated our ways of living, because capitalism privileges consumption over nourishment. Our vegetables carry [24% less calcium](#) and vitamins than they did in the 1970s. Simultaneously our nourishing herbs have spread all over the world to remind us that nourishment is simple, nourishment is abundant, nourishment is everywhere. While colonizing communities have named most of our nourishing herbs weed, our plant ancestors will not be colonized. They are here, resilient and remembered in every asphalt crack of all North American cities.

Benefits of Nourishing + Restorative Herbs

As black, indigenous, beings of color in a physical realm that may minimize our existence and challenges us for being born into skins, hearts, and the ancestors we have, we need nourishment. We are deserving of nourishment. Our liberation is bound in our collective nourishment and our food sovereignty [show in our capacity to recognize the wild foods available to us, to grow our own food, to preserve the sacred seed and lands that our ancestors sowed their spirit of resistance]. We turn to the physical and spiritual teachings of our nourishing & restorative herbs to come into this nourishment liberation.

Health Benefits:

- An increased intake of natural occurring vitamins + minerals
 - High in Calcium, Iron, Protein, Zinc, Magnesium, Manganese, Potassium, Phosphorus, Chlorophyll, Vit. A, C, B complex, and K, Selenium, Riboflavin
- Builds, strengthens, restores, + improves functioning of all body systems
- Improve digestion, which impacts the vitality of all organs particularly brain function and adrenal function
- Promote nervous + lymphatic system wellness
- Toxin + waste cleansers

Herbal Medicine Preparation: Food, Infusion + Decoction

Infusion

- Steep two handfuls of a nourishing herb (dried/fresh leaves); 1-2 oz (roots/barks)
- Add 1 quart of boiling water (leaves)/ 1 pint (roots/bark)
- Steep for 4-8 hrs or overnight with boiling or cool water or simmer for 15-25 minutes and steep 30 mins+ for a decoction



Nourishing + Restorative Herbs

alfalfa, alfalfa, xoxotlakotl
Medicago sativa

Chilean clover, buffalo grass, father of all foods, buffalo herb, lucerne, purple medic, Spanish clover, California clover, purple medick, medicago, fuele de luzerna (French), holy hay, trefoil



Planet: Venus

Element: Earth

Actions: alterative, antipyretic, antiscorbutic, aperient, diuretic, oxytotic, stimulant, tonic + nutritive [protein, vitamins (A, B, B6, B12, C, D, E, K, niacin, pantothenic acid, biotin, folic acid, calcium, + potassium), phytonutrients (including flavonoids, phytoestrogens), alkaloids, amino acids, saponins (stimulate breakdown of fat), beta carotene, chlorophyll, octacosanol

Spiritual Medicine	Physical Medicine
<p>Our central Asian ancestor alfalfa is an ally for:</p> <ul style="list-style-type: none"> - Protect dwelling from misfortune + poverty - Prosperity [TMT, Hoodoo] - Grounding - Root deep in the earth - Supporting addictive patterns 	<ul style="list-style-type: none"> - Cleans + forms blood - Balancing cholesterol levels (reduces cardiovascular ailments) - Reducing the absorption of fat - Relieves hormonal imbalances - Treatment for ulcers, to alleviate the pain of arthritis + as a treatment for fluid retention [Ayurvedic] - Support hypoestrogenism (insufficient estrogen) and hyperestrogenism (excessive estrogen) [MTM]

burdock, bardana
Arctium lappa

Great Burdock, lappa, Fox's Clote, Thorny Burr, Beggar's Buttons, Cockle Buttons, Love Leaves, Personata, Bardona, Gobo

Planet: Venus

Element: Water

Actions: blood cleanser, alterative, antibacterial, anti-inflammatory, anti-tumor, anti-fungal, antimutagenic, antioxidant, antipyretic, diuretic, diaphoretic, hypoglycemic

Spiritual Medicine	Physical Medicine
<ul style="list-style-type: none"> - Cleansing to your roots - Protective of our ancestors + vulnerable bits - Renewing of masculine energies - Releasing energies from the underworld 	<ul style="list-style-type: none"> - Related to the daisy family [Asteraceae] - Breaks down toxins + supports release of metabolic waste from liver + kidneys



Nourishing + Restorative Herbs



chickweed, pamplina
Stellaria media
Ed



dandelion, diente de leon
Taraxacum officinale

Fairy clocks

	<ul style="list-style-type: none"> - Supportive to conditions from cancers to digestive ulcers to hypotension
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Planet: Moon

Element: Water

Actions: Vulnerary, demulcent, antirheumatic, antitussive, expectorant, alterative, mild laxative, refrigerant, astringent, carminative, diuretic, nutritive (ascorbic-acid, beta-carotene, calcium, coumarins, genistein, gamma-linolenic-acid, flavonoids, hentriacontanol, magnesium, niacin, oleic-acid, potassium, riboflavin, rutin, selenium, triterpenoid saponins, thiamin, and zinc)

Spiritual Medicine	Physical Medicine
<ul style="list-style-type: none"> - Encourages peace in the home + community - Harmony in the heart - Balance of self, spirit within this realm - Growing deep relationships - Fertility - Attract + maintain love 	<ul style="list-style-type: none"> - Dissolves cysts and lumps - Endocrine tonic - Lymphatic support - Elimination support via kidney stimulation - Weight loss support - Supportive to the gastrourinary system: <ul style="list-style-type: none"> - postpartum depurative - emmenagogue - galactagogue - circulatory tonic - Relieves constipation - Beneficial to coughs + hoarseness

Planet: Jupiter

Element: Air/Fire

Actions: diuretic, digestive stimulant, nutritive, alkalizer, bitter, laxative, cholagogue, hepatic, alterative, lithotriptic, galactagogue, cooling, drying, slight aperient, tonic, anticancer, antitumor

Spiritual Medicine	Physical Medicine
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<ul style="list-style-type: none"> - Promote and enhance psychic abilities - Calls on wishes and a culture of wishmaking - Call spirits - Symbol of the sun (flowers) and stars (seeds) - Love - Supports bitterness + grief 	<p>Provides relief to the kidneys, liver, and gastro urinary tract, supporting:</p> <ul style="list-style-type: none"> - Liver disease - Stagnation + Water retention - Fatigue - Hormone imbalance - Digestive + Skin issues - Headache - Kidney stones - UTIs
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linden, tilo,
Tillia cordata

Lime, basswood



Planet: Jupiter

Element: Air

Actions: anti-inflammatory, antispasmodic, antiviral, astringent, cardiogenic, diaphoretic, digestive, diuretic, hypnotic, hypotensive, immunostimulant, relaxing nerve, vasodilatory

Spiritual Medicine	Physical Medicine
<ul style="list-style-type: none"> - Protection - Prevents intoxication - Opening to the emotional + physical heart - Love spells - Tree of immortality - Dream support (esp when mixed with lavender) - Luck charms carved from wood 	<ul style="list-style-type: none"> - Relieves anxiety - Digestive aid [such as indigestion, diarrhea] - Reduces fever - Supportive to cold and flu - Mild heart tonic - Reduces inflammation

nettles, ortiga, tsitsikastli
Urtica dioica

stinging nettle, nettle leaf

Planet: Mars

Element: Fire

Actions: adaptogen, nutritive (high in calcium, iron, protein, zinc, magnesium, manganese, potassium, phosphorus, chlorophyll, vit. A, C, B complex, and K, selenium, riboflavin), diuretic, antihistamine,, antiasthmatic, antihemorrhagic, astringent



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2021

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Spiritual Medicine

- Drive away negative + unwanted spirits
- (Re)mothering, while protected
- Transformation
- Nurturing self-worth
- Protective of dark magick
- Getting in touch with inner warrior

Physical Medicine

One of the most nourishing, reparative + building herbs allying people across the world for millais!

- Builds all body systems
- Strengthens + restores body tissue
- Ally in fluid retention: enlarged prostate, kidney stones, UTIs
- Chronic endocrine disorders
- Muscle pain + scalp repair[External]

oatstraw

Avena Sativa

mekatlauili

oat, groats, herb oats, oatgrass, oats, wild oats



Planet: Venus

Element: Earth

Actions: antidepressant, antispasmodic, aphrodisiac, blood tonic, brain tonic, chi tonic, diaphoretic, diuretic, endocrine tonic, laxative, mood elevator, nervine, reproductive tonic, restorative, nutritive (protein (avenins), saponins, flavonoids, alkaloids, steroidal compounds, vitamins B1, B2, D, E, carotene, starch, and fat)

Spiritual Medicine

- Abundance + Fertility
- Prosperity
- Floods us with rejuvenation of thought, spirit, relationship to other, relationship to self
- Cultivating softness

Physical Medicine

Supportive to diabetes and cholesterol management

Can provide relief for:

- Addiction+Withdrawal
- Anxiety+Nervousness
- Depression +Emotional Distress
- Insomnia
- Post-Traumatic Stress
- Poginant for treating diabetes

red clover, trebol

trifolium pratense

Planet: Mercury

Element: Air

Actions: anticoagulant, alterative, lymphatic, anti-inflammatory, antitumor, estrogenic activity, expectorant, antispasmodic



Nourishing + Restorative Herbs

cow clover, meadow clover, wild clover



Spiritual Medicine

- Protection
- Prosperity + abundance
- Love + sex magick
- Fertility

Physical Medicine

Can be supportive to:

- Blood purification
- Asthma+Bronchitis
- Cancer prevention
- Cancerous skin growths (topical use)
- Indigestion
- Menopausal symptoms
- Prostate CA
- Skin conditions, chronic (topical use)
- STDs
- Eases indigestion, nausea and headaches
- Soothing to the nerves



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