



Herbal Remedies & Spice Medicine for PTSD, Complex Trauma & Traumatic Brain Injury

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Ingredients

-  1 to 2 ounces kava root
(1/4 to 1/2 ounces ground powder kava root per person)
-  1 can coconut cream or coconut milk (13.5-ounce)
-  1 cup hemp milk
-  1 teaspoon ground cinnamon or half a cinnamon stick
-  Pinch cardamom
-  1 tablespoon ghee or raw butter
-  2 drops vanilla or a small piece vanilla pod
-  10 drops stevia



Hot Coconut Kava

Kava is used traditionally in Hawaii and Polynesia to recognize nodal moments in life, like loss. Kava helps us experience feelings of grief without numbing the feelings. Because kava can be mildly stimulating, I suggest not drinking this beverage after 5:00 pm. If children participate in this ritual, make them a special children's drink using the same recipe but without the kava.

Directions

Put all the ingredients except the ghee, vanilla, and stevia in a saucepan over medium heat. Simmer for 30 minutes. Remove from heat and strain out the kava root and cinnamon stick. Add the ghee, vanilla and stevia. Froth to blend and serve hot.



Ingredients

- 👩 1/2 cup frozen pineapple or mango
- 👩 1 fresh banana
- 👩 1 cup milk (hemp or coconut milk)
- 👩 1 tablespoon coconut oil
- 👩 1/2 teaspoon turmeric, fresh
- 👩 1/2 teaspoon cinnamon
- 👩 1/2 teaspoon ginger, fresh
- 👩 1/4 teaspoon ground black pepper
- 👩 1 teaspoon chia seeds
- 👩 1 teaspoon green tea powder
(optional)
- 👩 1/4 cup goat yogurt (optional)
- 👩 1 teaspoon raw honey or 10 drops
liquid stevia (optional)

Fruity Turmeric Adaptogen Smoothie

I incorporate turmeric in either powder or fresh root into my daily smoothie. Curcumin is adaptogenic and a good anti-inflammatory, making it valuable for pain, depression, and stress.

Directions

Add ingredients to a blender in the following order: frozen fruit, banana, milk, oil, spices, and remaining ingredients.

Ayurvedic Polarity Tea

Ingredients

👩 1 ounce licorice root pieces

👩 1 ounce fennel seed

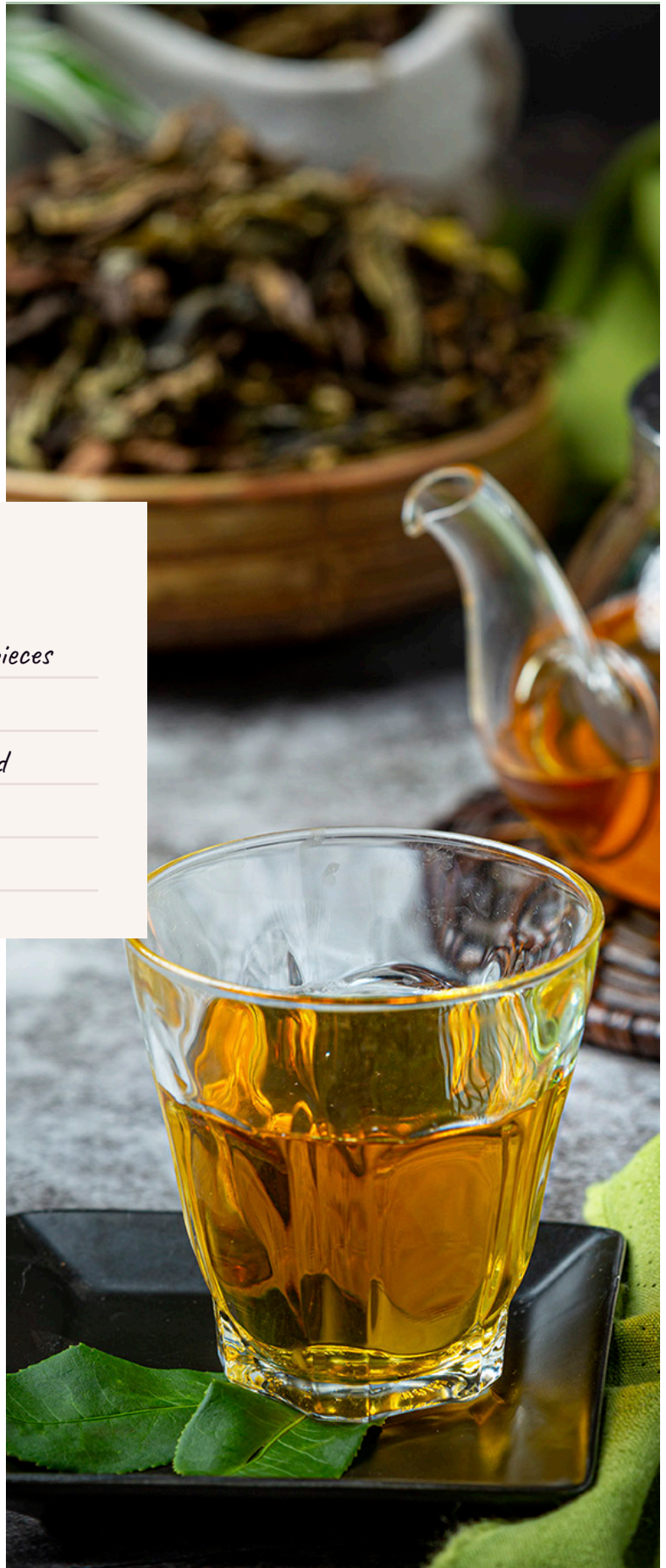
👩 1 ounce fenugreek seed

👩 2 ounce flax seed

Directions

Mix the dried seeds and roots together and store in a glass jar in a dry dark cabinet.

When you are ready to make tea, add 1 tablespoon of the dried mixture to 2 cups of water, and gently boil for 10 minutes. Strain and drink. Do not exceed 1-2 cups a day.





Three Sisters of Sleep

Combining Hops, Valerian and Passionflower is a safe and synergistic approach to aid sleep onset and duration. Many people try using valerian without much success; however, its effects are best potentiated by hops and passionflower both of which also affect levels of gamma-aminobutyric acid (GABA). This three-herb combination aids sleep onset and reduces overall anxiety. It can be used daily without side effects however, it may not be sufficient for managing very high levels of anxiety or panic. For these cases, kava, one of the preeminent anxiolytics of the plant world, is usually more effective.

The first of the sisters of sleep, hops (*Humulus lupulus*), is one of the two genera in the Cannabaceae family, along with marijuana (*Cannabis sativa*). Hops buds are used as a bitter in the brewing of beer, a bitter tonic medicine, and a sedative. Hops buds contain the resinous lupulin. They are rich in flavonoids and have been used as an antibiotic, antifungal, and antioxidant as well as a pain reliever. Hops is approved by the Complete German Commission E Monographs to treat anxiety, restlessness, and sleep disturbances. Hops (and the B vitamins) found in a good quality dark beer make 4 to 6 ounces of beer an excellent quick remedy for muscle cramps, anxiety or panic attack or insomnia due to pain.

Hops and valerian are commonly combined for their beneficial, synergistic effect in the treatment of sleep disorders, acting in a way comparable to the efficacy of the benzodiazepines. A valerian/hops extract was found to neutralize caffeine-induced arousal before sleep.

The standard dosage for hops in capsule form is 500 mg. one to three times a day. It is also available as a liquid extract. The use of hops in large amounts should be monitored for potential estrogenic effects; for the same reason, hops can be useful for menopausal symptoms associated with low estrogen.

Sister two is valerian (*Valeriana officinalis* L.), known for its sedative effects on the nervous system. Valerian is also called *hierba de los gatos* ("The cats' herb") in Mexico because cats react to it as they do to catnip in spite of its repugnant smell to most humans. Traditionally, valerian was an incense used in Europe to protect against evil. Valerian contains valerenic acid, which binds at the GABA-benzodiazepine receptors.

One study examined patients with insomnia who were successfully withdrawn from benzodiazepines by using valerian. Valerian effectively reduces anxiety and restlessness and promotes sleep. It has also been shown to be as effective as benzodiazepines in several studies. The consumption of valerian is contraindicated with the use of other central nervous system depressants, such as alcohol.

Passionflower (*Passiflora incarnata* L., *P. coerulea*, and *P. edulis*), the third sister, is a tropical vine plant indigenous to Central and South America. It produces delicious fruit rich in vitamin C. Passionflower was given its New World name by the Spanish after their arrival in Mexico in the 15th century. They likened the corona to the Christian crown of thorns, the five sepals and five petals to the 10 apostles, and other parts to the nails and wounds of Christ. Apparently, they also experienced at first hand its capacity to alleviate suffering.

The leaves are traditionally used as a sedative and anxiolytic. Some species have entheogenic seeds. Studies demonstrate efficacy for generalized anxiety disorder for sleep, and for reducing anxiety without sedation prior to surgery. *Passiflora incarnata* contains chrysin, a natural flavone that has anxiolytic effects equal to those of benzodiazepines.

You can make a tea from all 3 herbs or purchase a pre-made combination in extract or pill form. Because valerian has a powerful taste, I like to make a strong tea and keep it in the fridge and then add it to a smoothie as needed.

Ginger Massage Oil

Ingredients

👩 1/2 cup carrier oil like olive,
coconut, sweet almond, jojoba,
or apricot kernel

👩 1/2 cup grated ginger

Directions

Combine carrier oil & ginger in the top pan of a double boiler. Use a double boiler which is not used to prepare foods but one dedicated to making topical preparations.











Music to My Mucosa Smoothie

Your intestinal mucosa will love this smoothie as it soothes inflammation and provides healing nutrients. Each of these ingredients supports the healing process. The green tea and curcumin in the turmeric are powerful anti-inflammatories, which are potentiated by the black pepper. Ginkgo has been shown to heal intestinal mucosal cells, and glutamine is an important fuel for intestinal lining.

CAUTION: Ginkgo biloba extract can increase the efficacy of Warfarin so consistent use of ginkgo should be done with professional advice and monitoring warfarin levels. However, ginkgo does not appear to effect any other medication interactions. This recipe contains a low dose of turmeric, which should not interfere with warfarin or other blood thinners. The maximum dose of turmeric a day is considered 2,000 milligrams. However, it is always wise to seek medical advice when mixing herbal medicines with pharmaceuticals.

Ingredients

-  1/2 cup hemp or almond milk
-  1/2 cup strong green tea
-  1 cup raspberries or blackberries
(fresh or frozen)
-  40 milligrams ginkgo biloba
extract (with 24 percent ginkgo
flavonoid glycosides)
-  5 grams glutamine powder
-  1 teaspoon fresh turmeric juice or
1 tablespoon ground turmeric
-  Dash freshly ground black pepper
-  1/2 teaspoon black currant seed
oil or evening primrose oil

Directions

Add all the ingredients to a blender and blend until combined. Drink daily for 1 month.



Ingredients

👩 2 cups water

👩 12 dried hibiscus
(roselle flowers)

👩 3-5 saffron threads



Roselle and Saffron Tea






Directions

Bring water to a boil and place the herbs in the water, and let infuse for 10 minutes. Strain and add a teaspoon of raw honey or 5 drops of stevia. If you want to make a cold brew let the herbs infuse for 1 hour and strain.

Happy Liver Smoothie

Chinese Medicine suggests that a sluggish liver makes a person angry, so if we enhance the liver function, we reduce anger and improve our mood! This smoothie combines all the ingredients necessary to improve liver function. Lecithin (phosphatidylcholine) helps break down fat in the liver and improves brain function.

Ingredients

-  1 cup hemp or almond milk
-  1 teaspoon lecithin granules
-  1 to 2 teaspoons milk thistle seed powder
-  3/4 cup frozen or fresh berries of your choice (blueberry, blackberry, raspberry)
-  Stevia or raw local honey (optional)

Directions

Add the ingredients to a blender and blend until combined. Drink once a day for 3 to 6 months. Test liver function for improvement using an ultrasound and a blood draw to test levels of liver enzymes.



Sweet Bhang Lassi

For pain and sleep

Bhang lassi is a traditional beverage that is made by grinding cannabis flowers into a paste and mixing it with milk, honey, and spices. In this recipe, we are adding CBD oil. I always suggest obtaining a good quality oil.

This version of lassi uses CBD oil (not THC) to ease chronic pain and induce sleep. Test out the effects of the lassi before you need it and when you are not required at work or an event.

Consider a dose range up to 20 milligrams for chronic pain and a range of 40 to 160 milligrams for insomnia. I suggest starting at 5 milligrams CBD oil and slowly increasing it until an effect is felt. Digesting cannabis with food takes longer than other forms of consumption, but its effects last longer as well.

If you simply want to enjoy a sweet treat, just skip the CBD oil for a delicious beverage!

Ingredients

-  *1/2 cup whole milk yogurt*
-  *1/2 cup coconut milk*
-  *2 tablespoons almond butter*
-  *1/4 cup raw local honey*
-  *1 thumb fresh ginger or*
1/4 teaspoon ground ginger
-  *1 pinch garam masala*
-  *1 teaspoon rose water*
-  *5 milligrams edible CBD oil*

Directions

Add all the ingredients to a blender and blend until combined. Add ice if desired.





Ingredients

-  1/2 cup hemp milk
-  1/2 cup café de capomo
-  1/2 teaspoon ashwagandha
-  1/2 teaspoon maca
-  1 teaspoon bee pollen
-  1 to 2 capsules powdered
free amino acids
-  1 tablespoon tahini
or almond butter
-  5 drops liquid stevia

Resilience Smoothie

Make enough *café de capomo* in advance and keep it in the fridge so you can use it daily. A substitute for capomo is a shot of coffee but remember too much coffee will exhaust where a small amount provides a boost.

Directions

Add the ingredients to the blender and blend until smooth. You can also add 2 to 3 ice cubes if you like. Drink daily.

Smoothie for Agitation and Anxiety

Ingredients

- 👩 3/4 cup oat or hemp milk
- 👩 1 cup frozen blueberries
- 👩 1/2 teaspoon green tea powder
- 👩 30 milligrams vinpocetine
- 👩 300 milligrams St. John's wort
- 👩 1 teaspoon hemp oil
- 👩 Raw local honey or stevia to taste

Directions

Add all the ingredients to a blender and blend until combined. Drink once or twice a day.

OPTIONS: To further reduce anxiety during the daytime add either 200 to 400 milligrams (60 milligrams kavalactones) of kava or 400 to 1,200 milligrams of valerian, hops, and passionflower to the smoothie. To improve sleep during the night, add 600 milligrams of sage or 1,200 milligrams of valerian, hops, and passionflower at bedtime and remove the green tea from this blend as it can be stimulating.











Smooth Out Smoothie

This smoothie works during the day for anxiety and at night to aid sleep. The key to an anti-anxiety drink is to bathe our belly and brain in GABA-friendly foods. Everything in the recipe nourishes our neurotransmitters; oats are deeply relaxing to the nervous system, Wulinshen, (*Xylaria Nigripes*) fungus contains glutamic acid, gamma-aminobutyric acid (GABA) and glutamate decarboxylase are relaxing and antidepressant, cherries enhance melatonin, lecithin is a choline precursor and thus sleep enhancer, the mushroom reishi quickens sleep onset, theanine relaxes and reduces anxiety as does magnesium threonate which is a type of magnesium that cross the blood-brain barrier.

NOTE: I am providing a dose range here. Start with the lower doses and if you respond well stick with that. If you need more, add reishi first, then theanine, then WuLing Shen.

Ingredients

-  8 ounces freshly made oat milk
(or store-bought)
-  4 ounces fresh or frozen cherries
-  1 tablespoon sunflower lecithin
-  250-500 milligrams WuLing Shen
(*Xylaria Nigripes*) supports GABA
-  0.5-1 gram reishi powder
-  144 milligrams magnesium
threonate
-  100 milligrams theanine
-  Maple syrup or stevia to taste





Ingredients

👩 6 cups freshly made chicken
(or vegetable) broth

👩 1/4 cup astragalus root

👩 1 carrot, diced

👩 1 sweet potato, diced

👩 1 zucchini, diced

👩 2 celery stalks, sliced

👩 1 onion, diced

👩 2 cloves garlic, crushed

👩 1 thumb fresh ginger

👩 Handful reishi or shiitake
mushrooms

👩 Handful fresh parsley

Astragalus Immune Support Soup

This soup will give you an important immune system boost to prevent a cold or reduce stress that may make you vulnerable to illness. Visit an Asian grocery store or Chinese herbal clinic and purchase some fresh or dried astragalus root to add to a soup. Be sure to remove it before eating the soup.

Directions

Add all ingredients except the mushrooms and parsley to the broth and gently simmer for 20 minutes. Add the sliced mushrooms and simmer for 10 more minutes. Remove the ginger and astragalus. Serve the soup in a bowl and top with raw parsley.

Ingredients

- 👩 300 to 500 micrograms *huperzine*
(an extract of Chinese club moss)
- 👩 1/2 teaspoon green tea powder
- 👩 50 mg *rhodiola* extract
- 👩 60 mg *vinpocetine* extract
- 👩 300 mg *bacopa* extract (with
total *bacoside* content of 55
percent of extract)
- 👩 2,000 mg *gotu kola* powder
- 👩 750 mg *curcumin* powder
- 👩 30 mg *piperine* or 1/2 teaspoon
black pepper
- 👩 1 thumb ginger or 1/2 teaspoon
fresh ginger juice
- 👩 300 mg *St. John's wort*
- 👩 200 mg *magnolia bark* extract
- 👩 100 mg *yuan zhi* powdered extract
- 👩 1,000 mg *lion's mane* mushroom
- 👩 500 mg *brain glandular* powder
- 👩 1,000 mg *citicoline* powder
- 👩 1/2 teaspoon hemp seed oil



PTSD/Cognitive Function Memory Protocol

Make a daily prevention smoothie and supplement with herbal compounds in capsules and teas. You may mix and combine herbal powders or extracts to achieve the blend and taste you like. This combination enhances brain function and cognition.

Directions

Can be taken separately or as a smoothie by adding and blending:

- 1 1/2 cups hemp or almond milk
- 3/4 cup blueberries
- 1/2 cup unsweetened pomegranate juice
- 1/4 teaspoon chia seeds



Green Tea Facial Mask





Soak 2 chamomile or black tea bags in warm water ahead of time and put them in the freezer for 10 minutes.

Then make a green tea mask by adding 1/4 teaspoon of green tea powder to 1/2 cup of freshly ground flaxseed. Beat an egg and add it to the powder and seed to make a paste. Apply the mask to the face and then apply the cold tea bags over the eyes. Lie down for 20 to 45 minutes and then discard the tea bags and rinse the mask off with warm water.

Lemon Ginger Refresh

This anti-inflammatory drink is delicious both hot and cold.

Ingredients

-  8 ounces water
-  1 lemon or lime, squeezed
-  Raw ginger, grated
-  Dark agave or honey

Directions

To make a cold lemon ginger refresh, finely grate a thumbs worth of fresh raw ginger. Add 8 ounces of sparkling or plain mineral water. Squeeze and add the juice from 1 lemon or lime. Sweeten with dark agave or raw honey to taste. Stir, add an ice cube and drink.

To make a hot lemon ginger refresh, add grated ginger to 8 ounces of plain water and simmer for 10 minutes. Pour into a cup and add the juice from 1 freshly squeezed lemon or lime. Sweeten with dark agave or honey to taste.

Note: Do not boil the lemon or lime, and do not strain the ginger. You want to chew on and eat the ginger as you drink your refresher. It will be nice and sharp and will help reduce pain.





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