Trudy's Tincture



Tincture Preparation

To your cauldron on the stove, you will need the following.

Add:
A handful of Ginger
A handful of Turmeric
6 whole black peppercorns
Freshly filtered water

When making your tincture, you have the freedom to incorporate any essential oils that resonate with you.

Typically, we recommend using the following oils from DoTerra due to their beneficial medicinal properties.

One drop of each oil
1. On guard
2. Lemon
3. Peppermint



Golden Seal Root Powder

GOLDEN SEAL ROOT POWDER is known as the king of tonics to all mucus membranes.

All of our respiratory is lined with mucus membranes, so this has a tonic effect. Something very interesting about golden seal is, it has a huge broad range antimicrobial.

It's also:
- Anti-fungal
- Anti-yeast
- Anti-bacterial
- Anti-staphylococci

There is not a drug out there that will kill staph, but ***this herb will***.

So, we sniff it, find your stuff dip and with little sniffs, sniff it up into your sinuses.

It is a very expensive herb, but you only need a little amount.





Arnica, Nature's Gentle Healer

Arnica a herbal remedy with a reputation for **soothing aches and speeding up recovery naturally.**
With its bright yellow blossoms and centuries of folk medicine use, Arnica remains a go to for everything from **muscle soreness to bruises and joint stiffness.**

Arnica isn't just a pretty flower, it packs some serious anti-inflammatory punch. Applied topically, it's praised for easing muscle pain, calming joint stiffness, and reducing swelling. This makes it a favourite among sportspeople treating sprains or post-workout tightness.

It also shines as a natural option for bruises, helping accelerate their fading by boosting circulation. One of the more surprising findings? **Arnica gel has shown promise rivalling ibuprofen** in helping folks with osteoarthritis, particularly in the knees or hands, making it a gentle alternative for managing chronic joint pain.

Post-surgery recovery is another common scenario where arnica steps in: fewer bruises, less swelling, and reduced discomfort can mean a much more comfortable healing process.



More Than Just Pain Relief

Aside from aches and bruises, Arnica's antimicrobial and anti-inflammatory properties lend themselves to treating irritated skin, acne, and even insect bites.

This versatility has seen it widely incorporated into creams, ointments, oils, sprays, and gels. Not just for humans, veterinary medicine also taps into arnica's benefits, notably in massage gels for horses, which help soothe and relax muscles after strenuous activity.

Using Arnica Safely and Effectively

One golden rule: Arnica is for external use only. It should never be applied on open wounds or broken skin, as this can cause irritation. Concentrated oral ingestion can be toxic, leading to nausea, vomiting, or worse, so stick to topical applications or highly diluted homeopathic forms if you want to explore oral options.
Also, like any herbal remedy, some people may experience allergic reactions or skin sensitivity, so it's wise to test a small area first.

Does Arnica Really Work?



Research supports Arnica's anti-inflammatory and analgesic effects, especially in products with higher extract concentrations applied externally.
This probably explains its popularity among therapists and athletes who swear by its ability to relax tight muscles and ease contractures.

Homeopathic arnica, often consumed in highly diluted forms, tends to be less scientifically supported, likely due to its low concentration, though many users remain loyal to it for milder relief.
Ultimately, the key to effectiveness lies in the concentration and form of the arnica product you choose.

Your Arnica Cheat Sheet

- For sports/exercise recovery: go for gels or creams with higher extract concentrations, great for warming up and soothing muscles post-exercise.
- Neck and joint pain: ointments and oils applied with a gentle massage can offer noticeable relief.
- After surgery or injury: topical arnica can help reduce bruising and swelling, ask your physiotherapist if they recommend it.
- Skin irritations & bites: creams with arnica offer mild antibacterial benefits along with soothing effects.

As always, keep it off broken skin and don't hesitate to consult a healthcare professional if you're uncertain.

So next time something twinges or you notice a bruise, arnica might be the natural companion you reach for. It's a wonderful example of how plants continue to offer us gentle, effective remedies amid modern medicine's complexity.

The Magic of Lavender

Lavender, a plant that's been quietly doing wonders for our minds and bodies for centuries. Whether you're struggling with stress, insomnia, or simply want to spruce up your self-care routine, lavender might just be the gentle companion you didn't know you needed.

From calming scents to skin-loving benefits and even digestive aid, we'll unpack what makes this beautiful purple flower such a versatile herb and how you can easily bring its healing powers into your daily life.



More Than Just a Pretty Flower

You probably recognize lavender by its iconic purple spikes and the soothing scent that seems to whisper tranquillity. Growing it is delightfully straightforward, perfect for those of us with patchy gardening skills and its aroma has found its way into everything from massage oils to candles.

But there's a lot more beneath its delicate blossoms than meets the eye.
Lavender's therapeutic charm comes mainly from compounds called linalool and linalyl acetate, which are responsible for its calming effects and antimicrobial powers.



Mental and Emotional Wellness

- **Stress and Anxiety Buster:** Inhaling lavender can calm the nervous system, easing the tension that everyday life piles on.
- **Better Sleep, Naturally:** Struggling to catch quality ZZ's? Lavender's relaxing aroma helps boost melatonin and improve sleep, making it a popular bedtime companion.
- **Mood Lifter:** Beyond just relaxation, lavender can act as a mild mood stabilizer and may even ease symptoms of mild depression.



Skin and Wound Care

- **Speeds Up Healing:** Lavender promotes collagen production and tissue regeneration, helping wounds close faster.
- **Anti-Inflammatory & Soothing:** Whether it's a burn, eczema, or dry irritated skin, lavender works wonders to reduce redness, itching, and discomfort.
- **Fights Bacteria:** Its antibacterial properties keep skin infections at bay, making it a natural aid for cleaner healing.



Other Health Benefits

- **Pain Relief:** Lavender can ease headaches, menstrual cramps, and general aches through aromatherapy or topical application.
- **Digestive Support:** Sip lavender tea to soothe indigestion and relieve stress-related tummy troubles.
- **Respiratory Aid:** Its antimicrobial and expectorant qualities help clear the airways and calm respiratory discomfort.
- **Hair Health:** Lavender may reduce dandruff, improve scalp health, and even encourage hair growth.



How to Embrace Lavender in Your Routine

The beauty of lavender is how flexible it is, you can experience its benefits in various forms, depending on what you're after.



• **Aromatherapy:** Diffuse essential oils, add some drops to bath bombs, or lightly spray your pillows for bedtime bliss.

• **Topical Applications:** Diluted lavender oil applied to skin can soothe burns, cuts, or muscle cramps. Just remember to mix it with a carrier oil like almond, coconut, or jojoba oil to avoid irritation.

• **Tea Time:** Brewing lavender tea isn't just calming, it's a self-care ritual that brings both aroma and gentle herbal benefits to your mind and digestive system.

It's worth noting that lavender essential oil is quite potent, so it's best to use it sparingly and with care. If you're interested in making your own herbal blends or extracts, it's wise to consult with an herbalist to get the right doses and ensure safety.

Some Helpful Tips and Safety Notes



Though lavender is largely safe, a few cautions are worth keeping in mind:

- Not everyone reacts the same way to scents, if lavender evokes a negative memory or feeling for you, trust your instincts and skip it.
- There's some limited research suggesting lavender oil might influence hormone levels in young children, so it's a good idea to limit exposure if you have little ones around.
- Never ingest pure essential oils. Stick to culinary lavender or tea forms when consuming lavender orally and avoid taking essential oils by mouth unless guided by a health professional.

Lavender is a true jack-of-all-trades when it comes to natural wellness. Its calming scent can help melt away stress and improve sleep, while its versatility extends to skincare, pain relief, and even digestive comfort. Whether you choose to diffuse it, sip it as a tea, or gently rub it into your skin, lavender offers an array of benefits wrapped in a floral, soothing package.

Arnica and Lavender

A mix of arnica and lavender oil helps reduce inflammation, joint pain, and muscle soreness while encouraging relaxation.

Lavender oil soothes the nervous system and relaxes muscles, making it perfect for recuperation, sports massages, and relieving aches, while arnica functions as a natural anti-inflammatory to lessen bruising and swelling.





Elements

2 cups of Arnica flower

1 cup of Lavender

2 cups of organic extra virgin olive oil

6 drops of doTERRA Lavender oil

12oz Jar

Practice

I love having the various remedies I've made in these glass jars.

I keep them on my kitchen's French dresser, and they give me warmth on the days I need it and hope for when I'm feeling uncomfortable or painful.

By using these cures at home, I am ready for my daughter's or my own needs.

This recipe is really easy, I gather a clean 12-ounce glass jar and add the extra virgin oil, lavender, essential oil, and arnica flower.

I adore the idea of my potion absorbing daylight and then the brilliant glow of the moon when the lid is put on and I place it on my windowsill.

In order for the combination to absorb as much flavour as possible, I let it work for a month, sometimes flipping the jar upside down.

Once a month has passed, I strain, and put the oil back in the jar.
I do like to add some lavender back in for effect.

Thieves' Oil

When the black plague ravaged Marseilles in the 17th century, French folklore says that a band of lucky grave robbers and thieves escaped the Black Death by dousing themselves in a strong herbal vinegar.

These cunning individuals became notorious for their successful robberies amid chaos and despair.

Thieves Oil is a powerful blend of essential oils with anti-viral, disinfectant and antibacterial properties. It is an excellent oil to have around to protect yourself from colds, flu and other airborne viruses



Elements

Drops of DoTERRA essential oils:

20 Eucalyptus

10 Rosemary

40 Cloves

25 Cinnamon

35 Lemon

And a dark glass dropper jar

Practice

I visualise my well-being and the beneficial effects of these oils when I combine them all in a dark jar; it's my concoction of wellbeing.

I think about what being healthy means to me, and as I make these connections, I feel hopeful.

When it comes to our degree of success, our thoughts move so slowly. We can utilise our thoughts to assist our bodies heal, just as we may use food, herbs, and oils to keep ourselves healthy.

White Willow Bark

Salicin, the active ingredient in white willow bark (Salix alba), has natural anti-inflammatory, antibacterial, and analgesic qualities that are used to treat wounds.

It helps treat skin irritations, lessen inflammation, and prevent infection. It is frequently regarded as a natural substitute for salicylic acid.

You might be surprised to learn that aspirin, a staple in medicine cabinets worldwide, owes its origins not to a lab but to this humble tree bark. Yet despite aspirin's fame, the natural bark and its lab-made counterpart are worlds apart in how they work and benefit us.

Let's explore why returning to nature's source can be a game changer for your health, especially when it comes to soothing discomfort and caring for your scalp and skin.

Aspirin's Natural Roots and Why it Matters

Most people don't realize that aspirin's active ingredient, Salicin, was first discovered in white willow bark.

But here's the catch: unlike aspirin pills, which have to journey through your entire digestive system before reaching a headache or tense neck muscle, the bark's natural compounds can work more directly and gently.

This is because raw willow bark contains antioxidants and flavonoids that extend calming effects far longer than the synthetic drug. When applied topically as a salve or rinse, its healing power targets exactly where it's needed without taxing your whole body.



Where You'll Find Willow Bark's Magic

- **Skincare:** Incorporated in cleansers, toners, and masks to fight acne, reduce inflammation, and calm irritated skin.
- **Haircare:** In scalp treatments to clear away oil, dirt, and flakes that block hair follicles.
- **Wound Dressings:** Emerging research suggests willow bark can be used in natural, antibiotic-free dressings to aid healing.

Willow Bark For Your Scalp and Hair

Did you know willow bark isn't just for pain relief? It's a scalp superhero too.

Thanks to its Salicin content, it has antibacterial and anti-inflammatory properties that calm irritation and soothe dandruff. Plus, flavonoids and polyphenols in the bark encourage healthy hair growth and help regenerate hair follicles.

How To Use It

1) To make a tincture, mix 240g of vodka with ½ a cup of white willow bark.

2) To steep, put the jar in a cabinet or pantry that is cool and dark. Steep the mixture for at least four to six weeks, stirring the contents every few days with a gentle shake of the jar.

3) Once the steeping time has passed, pour the tincture into a clean glass bottle using cheesecloth or a fine mesh strainer. Extract as much liquid as you can from the willow twigs.

4) Take a tiny amount of the willow tincture orally after diluting it with water or juice. In accordance with any dosage recommendations or advice from a healthcare provider, start with a low dose and progressively raise it as necessary.

5) Make a calming hair rinse by boiling white willow bark often combined with burdock root for about 20 minutes. Strain the liquid and use it as a soothing anti-dandruff rinse. Simply apply it directly to your scalp, let it sit for a few minutes, then rinse thoroughly.



A Natural Defender



Beyond soothing the scalp, willow bark is a potent protector against bacteria and fungi. Studies show it can inhibit harmful germs like *Escherichia Coli* and *Staphylococcus Aureus,* common culprits behind skin and wound infections.

It also prevents the formation of biofilms...those tricky layers bacteria create to shield themselves making willow bark promising for natural wound care.

Its antifungal and antiseptic powers make it ideal for treating dandruff and scalp irritations caused by bacteria, fungus, or yeast. By unclogging pores and reducing excess oil, it creates an environment that discourages acne-causing germs.

It's fascinating how this ancient remedy offers so many modern-day benefits, isn't it? Sometimes, the best solutions come from looking back to nature.



The True Healer's Elixir:
Castor Oil's Timeless Magic

An ancient remedy cherished across continents and centuries...castor oil. From Africa to India and Egypt, this humble oil has earned its place as a trusted elixir in traditional healing practices.

Whether soothing your belly, detoxing your liver, easing joint pain, or caring for your eyes, castor oil offers a natural touch of care that feels both timeless and deeply nurturing.

Belly Love: Comfort for Your Core

One of the most soothing uses of castor oil is for tummy troubles. If you're feeling bloated, dealing with gas, or battling constipation, a generous clockwise massage over your belly can bring relief. For added comfort, cover the area with a warm cloth or a water bottle afterward.

Beyond digestion, castor oil shines in easing menstrual cramps, fibroids, and even stuck emotions, those hidden tensions we sometimes carry in our bodies.
For an extra boost, blending in a few drops of doTERRA Zengest essential oil can enhance the calming effect.



Detoxing the Liver: An Ancient Ritual

Castor oil is also revered as a powerful detoxifier, especially for your liver.

This traditional practice involves soaking a wrap in castor oil and placing it gently over the liver area, just beneath the right ribs.

Repeating this ritual three to four times a week can encourage bile flow and help reduce inflammation, supporting your body's natural cleansing processes.





Joint and Pain Soother

If you're dealing with aches or joint discomfort, castor oil can be a soothing ally. Massage it deeply into the affected areas, then wrap the spot with a cloth and apply gentle heat.

This combination helps relieve pain and relax tight muscles, offering a comforting, natural alternative to harsh chemicals.

Gentle Eye Care for Evening Calm

As a final touch to your day, try this simple self-care ritual: after washing your face with warm water and a soft flannel, gently rub a small amount of castor oil under your eyes and into your eyebrows.

It's a nurturing way to care for delicate skin and invite a sense of calm before bedtime.



A Holistic Approach to First Aid

It's Interesting - Make it Fun!

Reframing First Aid as a Positive, Empowering Skill

First aid is often associated with emergencies and illness, conjuring up images of accidents, injuries, and medical interventions.

However, by adopting a holistic approach, we can shift our perspective and embrace first aid as a fun, proactive, and immensely helpful skill that enriches our lives, boosts confidence, and strengthens communities.



Seeing First Aid Beyond Illness



Traditionally, first aid is viewed as something you need only in dire situations, when someone is unwell or injured.

This perspective can make the idea of learning first aid seem daunting or even frightening. But what if we saw first aid as much more than a response to illness?

What if we regarded it as an everyday life skill, similar to cooking or riding a bicycle, one that can bring people together, foster kindness, and offer peace of mind?

Life-Enhancing Skills passed down generations

Learning first aid is about more than just treating cuts and bruises. It's about growing your ability to help others, problem-solve creatively, and stay calm under pressure.

These are skills that benefit us in all areas of life, not just during emergencies. When approached with curiosity and enthusiasm, this workshop is a journey of self-improvement and empowerment.

Engaging a curious mind, dropping fear to an insignificant level.

Children and First Aid Fun



• A child takes our lead. If we look at their injury with horror and fear, this will project onto the child as their way to behave.

• A good distraction if the child is frightened use a toy as distraction. This magnetic fidget toy needs to be kept in your basket of magic, so it is new and exciting.

• Hands on learning with an engaging approach makes learning enjoyable and memorable. Explain how amazing our blood is, and when we have stopped the blood flow it will congeal all by itself and seal up the cut for us. Blood is so clever.

• Once a cut finger is tended to, the child can help replenish and tidy your basket of magic and return the toy to the basket. (if they are ready)

Hospital Visit

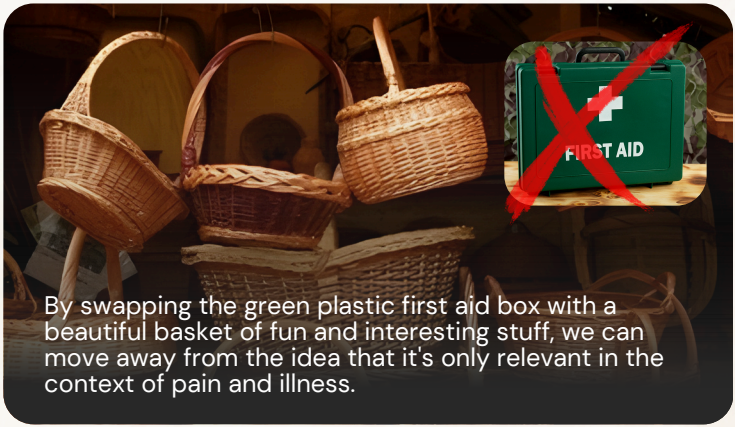
• Serious injury may need a hospital visit, possibly for an x-ray. This is when the holistic healer's calm and pragmatic approach really come into play by sharing your plan with a child as an adventure. If you are dealing with an adult, create the plan of action together, asking them their preferences, gives them empowerment, reducing fear.

• We often feel powerless, blindly handing over all control to a medical practitioner and this is wrong because their advice is an option to be carefully considered, but never blindly followed. Consider all your options calmly taking further advice if needed.

• The more practice you get using holistic techniques, it instils confidence, and gradually people will come to you to ask what alternatives you have to plasters and paracetamol. It is also a great sense of achievement when you know you can handle the unexpected and make a difference without ingesting or applying toxins, the body will now be able to heal.



Visual Stimulation



By swapping the green plastic first aid box with a beautiful basket of fun and interesting stuff, we can move away from the idea that it's only relevant in the context of pain and illness.

Conclusion

A holistic approach to first aid empowers people, builds community, and reminds us that everyone can help, whether by sharing an Aloe Vera plant or lending support.

Elderberry Syrup



Ingredients

3/4 cup dried elderberries

3 cups filtered water

1 teaspoon dried Organic cinnamon or 1 cinnamon stick

1 teaspoon dried Organic cloves or 4 whole cloves or 1 drop clove essential oil

1 cup Organic raw honey

Method

In my cauldron, I place the elderberries, filter water, cinnamon, cloves, and I bring these to a boil. I do oversee this process in order to have a good handle on the boil point, obliterating the elderberry is not needed so I do just bring to boil and then take off.

Reducing the heat now I then, cover, and leave to simmer until the liquid has reduced by half. This process is roughly about 40-45 minutes.
One the above process is complete I then allow the liquid to cool. Once cooled I drain the liquid and I do this by using a cheese cloth.

Squeezing all of the purple liquid out of the elderberries and into the cauldron I then pick up my honey, by choice I use Organic Raw, the health benefits in the honey being raw is astounding and absolutely worth it.

Mixing my raw honey in well to the purple nectar this practice is now is complete and you have your very own Elderberry syrup.

Store in an airtight glass container in the refrigerator for up to two months.

Homemade Pesto

Comfort was more important today than production.
Warm hands, a cosy kitchen, and simple do-it-yourself solutions... because caring for one and another when our bodies need rest is just as important as sustaining the home.
The essence of everything I talk about here is less overwhelm and more intention.

Less running, more focus.
If you are unprepared, equip yourself with this recipe for mindful homemade Pesto so that it can be a part of your family's first aid kit to keep all well.



Ingredients

A Bunch of Basil

2 Cloves of Organic Garlic

½ Cup Organic Pine Nuts
4 Tablespoons of Organic Extra Virgin Olive Oil

½ Teaspoon Celtic Salt or Celtic Salt to Taste

2 Tablespoons Organic Lemon Juice

Method

Once picking the basil, you put everything you need in a vessel to blitz. I use a large metal vessel (it is actually part of a cocktail shaker, not everything needs to be conventional after all...)

After that, I prepare the garlic cloves by removing their skin and placing them whole.
This recipe is really easy to follow and quick. I measure the pine nuts, then add them to the container along with the oil, salt, and lemon juice as directed.

Let's get started with the blend. This mixture comes together quickly and smells amazing.

To be stored in a glass jar and used within 2 weeks, ours gets used up before the end of this usually! Homemade pesto is beautiful in colour, taste and no UPF.

You may cure yourself and the people you love by living in a world of good intentions for your family and yourself.

Chamomile



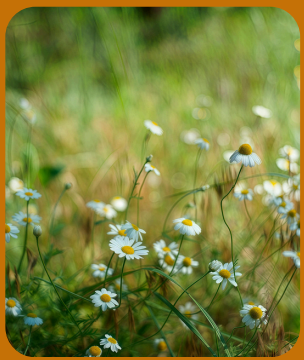
We're shining a light on chamomile, a humble yet powerful herb that has been cherished for centuries as a "heal-all." Whether you're dealing with a minor scrape, a pesky bug bite, or simply seeking a bit of calm after a hectic day, chamomile might just be your new best friend.

Why Chamomile Deserves a Spot in Your First-Aid Kit

Chamomile isn't just a soothing bedtime tea; it's a versatile healer thanks to its anti-inflammatory, antimicrobial, and calming properties. It works wonders on the surface of the skin and gently supports internal health, making it a go-to for many everyday ailments.

Skin Irritations and Minor Injuries

- **Minor burns and sunburn:** Applying cooled, strong chamomile tea as a cold compress or adding it to a bath can quickly soothe the redness and inflammation.
- **Cuts, scrapes, and wounds:** Its antimicrobial qualities help cleanse and protect wounds while speeding up healing.
- **Rashes and Eczema:** Chamomile reduces itching and calms inflammation, bringing relief to conditions like diaper rash, eczema, and psoriasis.
- **Bug bites and stings:** A cold tea bag or poultice can ease swelling and irritation caused by insect bites.
- **Bruises:** Applying chamomile topically may help bruises heal faster and feel less tender.



Eye and Mouth Care



• **Eye Irritation and Conjunctivitis:** A cooled chamomile tea bag makes a gentle compress to soothe tired eyes, styes, and minor infections.

• **Sore throat and oral health:** Gargling chamomile tea or using it as a mouthwash can relieve sore throats, inflamed gums, canker sores, and mouth ulcers.

• **Toothache:** It offers temporary relief for gum inflammation associated with tooth pain.

Calming Digestive and General Discomforts



• **Upset stomach and colic:** Drinking chamomile tea can ease gas, diarrhoea, indigestion, and bloating, and it's safe for soothing colicky babies.

• **Nausea:** Chamomile is a natural ally in calming queasiness and vomiting.

• **Stress and Shock:** Chamomile acts as a mild sedative, calming nerves and anxiety, especially helpful after accidents or stressful events.

• **Menstrual Cramps:** Chamomile's antispasmodic properties help ease muscle spasms and menstrual pain.

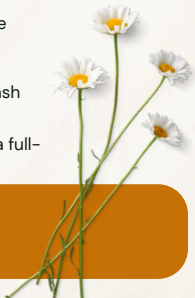
How To Use Chamomile for First Aid

Here are a few simple and effective ways to harness chamomile's healing powers:

• **Poultice or Compress:** Steep 2-3 tea bags in hot water, chill in the fridge,
then apply directly to the affected area.

• **Cold brew or Wash:** Use cold brewed chamomile tea to gently wash irritated skin.

• **Bath soak:** Add a strong chamomile tea infusion to your bath for a full-body soothing experience...perfect for inflamed or itchy skin.



Important note:
If you have allergies to ragweed or related plants like daisies or chrysanthemums, use chamomile with caution as it may trigger allergic reactions.

What is Bone Broth?



Bone broth is essentially a nutrient packed stock made by gently simmering animal bones, connective tissues, and vegetables anywhere from 12 to 24 hours. This slow cooking process unlocks a wealth of collagen, gelatine, and key amino acids like glycine and proline, all of which have far reaching benefits for our joints, gut, skin, and immune system.

Homemade bone broth is best when bones are roasted first, then simmered gently with water and a splash of apple cider vinegar, which helps extract minerals.
Quality ingredients, like grass fed bones and aromatic vegetables such as carrots and onions, create that beautiful golden colour and a deep, savoury flavour.

You can sip bone broth any time the morning cup can aid digestion and provide gentle energy, while a night time serving can leverage glycine's calming qualities for better rest. Consistency matters most; making it a small daily ritual (about one cup) can maximize benefits without overdoing sodium intake.

If you're facing serious or persistent health issues (minor colds, hydration, or gut comfort) it's a natural pick-me-up, but always consult your doctor if symptoms linger or worsen.

Key Health Benefits at a Glance

- Joint Health: The collagen, glucosamine, and chondroitin promote stronger cartilage and tendons, potentially easing joint discomfort.
- Gut Healing: Amino acids like glutamine help soothe and repair the gut lining, which can be a real game-changer for digestion and managing inflammation.
- Weight Management: With its high protein content and gelatine, bone broth helps you feel fuller longer without piling on calories.
- Skin Vitality: Collagen supports skin elasticity and hydration, though more studies are needed to confirm how much drinking it helps externally.
- Immune Support: Amino acids such as arginine and histidine contribute to a robust immune system.
- Better Sleep: Glycine, abundant in bone broth, may improve the quality of your sleep and reduce tiredness.
- Hydration & Minerals: Packed with electrolytes like sodium, potassium, and magnesium, it's excellent for staying hydrated, especially post-exercise or illness.



Beyond First Aid: Everyday Benefits of Chamomile

Chamomile's benefits extend well beyond immediate first aid. It's known for promoting relaxation and better sleep, soothing digestive troubles like acid reflux and spasms, easing anxiety and mild depression, and providing antioxidant support. Topically, it can calm skin inflammation caused by acne or eczema. Some research even suggests it might support heart health and help manage blood sugar levels.

Chamomile is a remarkable little herb that deserves a place in every home for its calming and healing touch. Whether applied topically or sipped as tea, it offers a gentle yet effective way to care for your body naturally.

How And Why To Use Chamomile At Home

• Tea: 250 ml of boiling water is mixed with 1 tsp dried chamomile flowers;
Chamomile tea, made from dried daisy-like flowers, is consumed primarily for its natural, caffeine-free ability to induce relaxation, improve sleep quality, and aid digestion. It acts as a mild sedative, reducing anxiety and soothing stomach issues, such as bloating and cramps.

• Extract: 10 tbsp dried herb is mixed with 2 cups cold water and left for 8 hours;
You can obtain a higher concentration of the herb's medicinal chemicals by using chamomile extract, which is a concentrated form of the herb. Because of this, it's a great option for people looking for a stronger, longer-lasting effect. Making your own extract also gives you complete control over the purity and quality of the ingredients, guaranteeing a genuinely natural and authentic product.

• One tbsp of dried chamomile is added to 250 millilitres of boiling milk for compresses;
Using a chamomile compress provides natural anti-inflammatory, antioxidant, and soothing benefits to treat skin irritations, reduce under-eye puffiness, and soothe muscle cramps.

• One tsp of the herb is added to one litre of boiling water for mucous membrane washes. Rinse the extract once it has cooled but is still warm.
Mucous membrane washes are used to clean the moist inner linings of bodily cavities, including the mouth, nose, vagina, and anus, for therapeutic, antiseptic, or diagnostic purposes.

Chamomile is a remarkable little herb that deserves a place in every home for its calming and healing touch. Whether applied topically or sipped as tea, it offers a gentle yet effective way to care for your body naturally.



Elderberries



Due to its high quantities of antioxidants, elderberries are mainly used to strengthen the immune system and may lessen the length and intensity of cold and flu symptoms.

By reducing cholesterol, reducing inflammation, and having antiviral qualities, it may help promote heart health.

Support for the Immune System

Elderberries are high in vitamins A and C and include substances that help boost immunity. They are commonly used to treat the symptoms of respiratory diseases, such as influenza and the common cold.

Antioxidant Power: Elderberries are rich in anthocyanins, which are antioxidants that give them their dark hue and aid in the body's fight against oxidative stress.

Cold and Flu Relief



Research suggests that consuming elderberry extract may lessen the intensity and length of colds and influenza, and there is evidence that it may also shorten sick days.

Elderberry may help lower LDL ("bad") cholesterol and minimise the risk of heart disease, according to research.
Elderberries include compounds that have been demonstrated to have anti-inflammatory and antiviral properties.

Safety

Due to cyanide-inducing glycosides, raw or unripe berries, as well as the plant's leaves, bark, or roots, are toxic and can induce nausea, vomiting, and severe diarrhoea. Elderberries should only be eaten when cooked or adequately prepared.

Elderberry Health Benefits

- Combat and defend against bacterial illnesses
- Combat and defend against viral illnesses
- Minimise the length and severity of a cold or flu has natural diuretic properties, aids in the removal of sinus infections, and encourages bowel motions.
- Anti-inflammatory characteristics
- Anti-carcinogenic characteristics
- Reduces allergy symptoms
- Rich in vitamin A and antioxidants, making it ideal for skin health.

Anthocyanins, which give dark purple, blue, and black fruits their unique colour, are found in elderberries. These antioxidant substances are believed to support a robust immune system and reduce inflammation.

There isn't a strict rule on timing on when to take Elderberry but it is suggested that it works best in the morning in aid of digestion.



Headache Balm

A balm that combines frankincense, peppermint, and lavender provides a therapeutic, adaptable combination that connects aromatherapy and skincare. This blend makes use of lavender's relaxing qualities, peppermint's cooling, stimulating, and pain-relieving qualities, and frankincense's deep-tissue mending and emotional anchoring.

- Headache Relief: When applied to the temples and neck, the cooling, menthol-rich peppermint relieves tension headaches.

- Anti-inflammatory Action: The balm is helpful in lowering swelling because both peppermint and frankincense aid in reducing inflammation.

- Tension and Anxiety Reduction: Since frankincense is very grounding and lavender is known to calm the nervous system, this combination is great for lowering tension and encouraging relaxation.

- Dispels Brain Fog: Despite its relaxing properties, peppermint offers a revitalising boost that can help dispel brain fog.



Elements

¼ Cup of Organic Coconut Oil.

1/2 Teaspoon of Beeswax

20 Drops of DoTERRA Peppermint Oil

12 Drops of DoTERRA Lavender Oil

10 Drops of DoTERRA Frankincense

A Small Mason Jar

Practice

The most enjoyable aspect of this practice is the way the essential oils come together as I add each on...it's a delightful overwhelm, and the finished creation is mine.
Before all of this man-made medicine, our ancestors utilised it, I know what it contains and that it has true therapeutic qualities.
I begin by filling a small cauldron with ¼ cup of organic coconut oil and letting it rest on the heat gradually until it melts, stirring from time to time.
After this has melted, I begin to dose my essential oils. Feel free to dose the oils according to your own preferences, I encourage and challenge you to follow your gut when it comes to this.

Free pouring might get a little problematic, but using a pipette is the best option.
I add my beeswax after the essential oils until it's completely melted.

I then pour the concoction into my glass pot and let it cool so you can decorate the top of the balm without it sinking to the bottom.

This is a lovely self-care present for you or a thoughtful gift for someone else.

Trudy's Tincture

Practice

Come to your stove as if you were approaching an alter because you are about to create a magical healing potion, reducing inflammation, increasing energy and mobility.

A shot of this magic boosts your immune system daily.



Ingredients

500g Organic Ginger

500g Organic Turmeric

6 x Black whole peppercorns

3 litres of filtered water

Addtional Enchantments

DoTERRA Onguard essential oil blend (2 drops to 1L)

DoTERRA Lemon essential oil (2 drops to 1L)

DoTERRA Peppermint essential oil (1 drop to 1L)

Preparation

1) Purchasing organic ginger and turmeric is essential for this recipe, available at all good farm shops (our trusted supplier Nanny Kay's Farm Shop).

2) Sterilise 3 x 1 litre bottles

Method

1) Slice the roots in half lengthways, rough chop (minimising stained fingers), cover with water and bring to the boil.

2) Allow the mixture to simmer for 25 minutes, letting the roots release their warmth and potency into the water.

3) Strain, cool and decant liquid in sterile bottles.

This tincture is now ready to drink, but you can enchant it further by adding 3 essential oils.
DoTERRA Onguard essential oil blend (2 drops to 1L bottle)
DoTERRA Lemon essential oil (2 drops to 1L bottle)
DoTERRA Peppermint essential oil (1 drop to 1L bottle)

Important Note
I do not recommend ingesting other brands of Lemon, Onguard and Peppermint from other brands. However, if you do choose another source, please research very carefully as some oils are not suitable for internal use. Both Katy and Trudy are Wellness Advocates for DoTERRA and can order you oils at competitive prices.

Knowledge

Turmeric contains Curcumin and this is poorly absorbed by our body.

To enhance its absorption, we add the black pepper (which contains Piperine). This increases absorption. However black pepper can cause irritation to the digestive tract, so we have two options to choose from.

Option 1 • 6 black peppercorns whole and remove before serving

Option 2 • Use a pinch of Cayenne Pepper, which does not irritate the digestive tract.



Serving Ritual

1) Pour your magic into a shot glass and knock back with intension, smiling as your go and smash your busy day.

2) Dissolve manuka honey in hot water and top up with tincture, sip slowly, breathe deeply and feel the healing infiltrate your body.

Oregano



Oregano 🌿– bold, aromatic, and deeply protective – is more than a simple kitchen herb.

It is a wise plant ally, carrying centuries of folk-healing tradition and a quiet yet powerful magic. When woven into everyday meals, oregano gently strengthens the body, helping to resolve imbalance before it becomes illness. It's like inviting a tiny guardian into every dish.

I use oregano often in my cooking: sprinkled over fresh salads, blended into dressings, or stirred lovingly into warm, comforting foods.



Witchy Tip:

If you want to enchant an ordinary meal, add one single drop of oregano oil to a bubbling cauldron of Bolognese. The aroma alone lifts the vibration of the space, and the final dish becomes a potion of warmth, grounding, and protection.

Primary Holistic Uses of Oregano

Oregano has long been used in folk medicine for its wide range of physical and energetic benefits. It may support the body with:

- **Athlete's foot & fungal infections**
- **Calluses**
- **Candida & vaginal candida**
- **Canker sores**
- **Carpal tunnel discomfort**
- **Colds, flu (and historically even severe viral challenges)**
- **Immune fatigue**
- **Inflammation**
- **MRSA (staphylococcus)**
- **Muscle aches**
- **Nasal polyps**
- **Parasites**
- **Pneumonia**
- **Warts**
- **Whooping cough**

Its versatility makes it a trusted healing companion in both the herbalist's cupboard and the witch's pantry.

Healing Properties

Oregano is a herb of strength. Its plant magic supports the body through:

- Antibacterial action
- Antifungal cleansing
- Antiparasitic properties
- Antiseptic support for the respiratory system
- Antiviral defences
- Immune-boosting stimulation
-

It is both protector and purifier – an herb of boundaries, clarity, and resilience.



Aromatic Influence

Energetically, oregano helps strengthen feelings of safety and solidity.

Its scent anchors the spirit, reminding us that we are grounded, capable, and supported. As the aroma rises from the kitchen, one can almost feel its calming roots weaving stability into the space.

Holistic Reflector

Oregano isn't merely a flavour enhancer—it is a guardian herb, a wise plant teacher, and a powerful ally in maintaining health. By inviting oregano into your daily meals, you gently fortify your immune system, uplift your energy, and support your body's ability to fight off the unseen.
Whether you are combating seasonal viruses, soothing inflammation, or simply boosting your vitality, oregano offers its strength generously.

Its key compounds – carvacrol and thymol – are known for their antiviral abilities, and in that moment, I trusted the message. I reached for my oregano supplements before considering antibiotics, giving my body the herbal support it requested.

When illness spreads through schools, families, and communities, oregano is one of the first herbal allies I turn to. It strengthens my system and equips me with what I need to move through challenges with resilience and grace.



Sustain Me

Management through 'SUSTAIN ME' is applied to every symptom.

- Florence Nightingale called them the Laws of Nursing.
- Dr Jackson from New York, who owned and ran a health retreat in the late 1899's called them the Laws of Life.
- Pioneering nineteenth-century health reformer Ellen G. White in her book,
- "The ministry of Healing" called them the Laws of Health.
-

Some refer to them as the natural doctors.

Barbara O'Neill calls these laws **'SUSTAIN ME'**.

S	Sunshine
U	Use of Water
S	Sleep
T	Trust in Divine Power
A	Abstaining (from anything harmful)
I	Inhale Fresh Air
N	Nutrition
M	Moderation
E	Exercise

They are the basic formula for health and healing and the conditions that the body requires for optimum performance.

Home-made Bone Broth

In the flickering glow of your hearth, gather 1 to 2 kilograms of bones beef or chicken then anoint them with the fire's kiss, roasting at the witching heat of 200 to 220°C (400 to 425°F) until they turn a rich, enchanted brown.

Into a cauldron deep and wide, pour the bones and summon the magic of 2 tablespoons of apple cider vinegar, alongside the earthy charms of chopped carrots, celery, onion, garlic, and sacred herbs.

Let the potion simmer slowly beef bones for 8 to 12 hours, chicken for 4 to 6 whispering its strength into the broth.

When the time ripens, strain the broth, cool it beneath the moon's watchful gaze, and store this nourishing spell to heal and sustain body and soul.



Ingredients

Bones: 1 to 2 kg (2 to 4 lbs) of marrow, knuckle, or shank bones (beef) or carcasses (chicken)

Acidity: 2 tablespoons of apple cider vinegar from the mother (crucial for extracting minerals)

Vegetables & Aromatics: All Organic – 1 onion, 2 carrots, 2 celery sticks, garlic, bay leaves, and peppercorns

Method

1) Ignite the Hearth: Preheat your oven to a mystical 200–220°C, and lay your bones upon a tray. Roast them for 30–40 minutes, until their edges turn a deep, magical brown, awakening their hidden powers.

2) Gather the Circle: Into your grand cauldron, summon the roasted bones, the enchanted vegetables, fragrant herbs, and a splash of vinegar each a vital ingredient in your potion of strength.

3) Call the Flames: Pour water to cover the gathering, and bring the brew to a bubbling boil. Then, lower the flames to a gentle simmer, allowing the magic to deepen and mature for 8–12 hours or up to 24, should you desire a potion rich with ancient flavour.

4) Purify the Essence: As the brew simmers, tend to it carefully skim away any rising foam or fat. When ready, strain the liquid through a fine-mesh sieve, capturing only the purest broth.

5) Preserve the Spell: Let your potion cool fully beneath the watchful moon, then store it safely in the cold vault of your fridge for 5 to 7 days or freeze it, preserving its vitality for up to 6 moons.

Organic Raw Cacao

Organic raw cacao has gained attention as a nutrient-dense “superfood,” valued not only for its rich flavour but also for its wide range of potential health benefits.

Unlike heavily processed chocolate, raw cacao is minimally heated, helping it retains more of its natural compounds, including antioxidants, minerals, and mood enhancing chemicals.

One of the most notable benefits of organic raw cacao is its exceptionally high antioxidant content. It contains flavonoids, which help combat oxidative stress in the body.

These compounds are associated with supporting heart health by improving blood flow, reducing inflammation, and potentially lowering blood pressure.
Incorporating raw cacao into a balanced diet may contribute to long term cardiovascular wellness.

Raw cacao is also a natural source of important minerals. It is particularly rich in magnesium, which plays a key role in muscle function, nerve signalling, and energy production. Many people do not get enough magnesium through their diet, and raw cacao offers a plant based way to help fill that gap. Additionally, it contains iron, potassium, and calcium, all of which support overall bodilly function.

Another compelling aspect of raw cacao is its effect on mood and cognitive function. It contains compounds such as theobromine and phenylethylamine which are believed to promote feelings of alertness and well-being.
It also supports the production of serotonin; a neurotransmitter linked to happiness and emotional balance. This may explain why cacao is often associated with improved mood and reduced stress.

Being organic means, it is grown without synthetic pesticides or fertilizers, which can be important for those looking to reduce their exposure to chemicals and support environmentally sustainable farming practices.

Despite its benefits, moderation is key. Raw cacao still contains natural stimulants and should be consumed thoughtfully, especially by individuals sensitive to caffeine like compounds.

Incorporating organic raw cacao into smoothies, desserts, or warm drinks can be a simple and enjoyable way to enhance both nutrition and flavour. When used as part of a balanced diet, it offers a powerful combination of taste and health supporting properties.



Raw Cacao Energy Bites



Ingredients

1/2 cup raw cacao powder

1 cup almond flour (or finely ground almonds)

2–3 tbsp coconut oil (melted)

2–3 tbsp maple syrup

1 tsp vanilla extract

Pinch of sea salt

Optional: chopped nuts, cacao nibs, or shredded coconut

Method

In a bowl, blend the raw cacao powder and almond flour, weaving together their rich, earthy essence.

Gently fold in the melted coconut oil, a touch of fragrant vanilla extract, and your chosen natural sweetener, stirring until a thick, slightly sticky dough forms like a whispered secret.

Shape the mixture into small, enchanting bite sized balls, then let them rest in the cool embrace of the fridge for 20 to 30 minutes, allowing their magic to set and deepen.

Moonlit Coffee and Coconut Ritual Scrub

Awaken your skin and spirit with this grounding, heartwarming scrub. Coffee symbolises energy and motivation, while coconut represents cleansing, protection, and renewal.

Use this ritual whenever you're ready to release stagnant energy and welcome fresh beginnings.



Ingredients

1/2 cup finely ground coffee

1/2 cup organic coconut sugar (optional for extra exfoliation)

1/2 cup melted coconut oil

1 teaspoon vanilla extract

1 teaspoon of organic cinnamon

5 drops sweet orange essential oil (optional)

Method

1) In a clean bowl, combine the coffee grounds and coconut sugar.

2) Slowly stir in the melted coconut oil until the mixture reaches a thick, scoopable consistency.

3) Add the vanilla extract and essential oils, mixing clockwise while focusing on your intention.

4) Spoon the scrub into a clean glass jar with a tight-fitting lid.

Ritual Blessing

As you stir, repeat:

"Ground me like the ancient earth,
Awaken joy and sacred worth.
By coffee's strength and coconut's grace,
Renew my body, soul, and space.
With every scrub, let worries fall,
I welcome light, abundance, all.
So it is."

How To Use

Massage onto damp skin using gentle circular motions, beginning at your feet and moving upward. Imagine old energy washing away as the warm scent surrounds you. Rinse with warm water and finish by thanking yourself for taking time to rest and restore.

Storage: Keep sealed in a cool, dry place and use within 4 to 6 weeks.

P.S. • Avoid getting water into the jar to help preserve freshness.

For external use only. Do not use on broken or irritated skin, and be cautious when using coconut oil in the shower, as it can make surfaces slippery.

Organic Chai Elixir

A warming blend to invite comfort, clarity, and gentle protection. Brew this chai when the days grow cold, before meditation, or whenever your spirit calls for a moment of stillness.

As each spice unfurls its aroma, imagine your home filling with warmth, abundance, and peaceful energy.

Ingredients

2 cups filtered water

1 cup organic oat milk, coconut milk, or whole milk

2 teaspoons organic loose black tea (or 2 organic black tea bags)

1 organic cinnamon stick

4 organic green cardamom pods, lightly crushed

4 organic whole cloves

6 organic black peppercorns

1 inch piece organic fresh ginger, sliced

1 organic star anise (optional)

A small pinch of freshly grated organic nutmeg

1 to 2 teaspoons organic raw honey or organic maple syrup (to taste)

Optional: a splash of organic vanilla extract



Method

1) Pour the filtered water into a small saucepan.

2) Add the cinnamon, cardamom, cloves, peppercorns, ginger, star anise, and nutmeg.

3) Bring to a gentle simmer and allow the spices to infuse for 10–15 minutes.

4) Stir in the black tea and steep for 3–5 minutes, depending on your preferred strength.

5) Add your chosen organic milk and gently warm without boiling.

6) Remove from the heat, strain into your favourite mug, and sweeten with organic local honey or organic maple syrup. Add a splash of organic vanilla if desired.

Kitchen Witch Correspondences



Cinnamon
Prosperity, warmth, abundance, and success



Cardamon
Love, harmony, and heartfelt communication



Black Tea
Grounding, focus, and steadfast determination



Cloves
Protection, courage, banishing unwanted energy



Ginger
Vitality, confidence, and motivation



Honey
Sweetness, kindness, and attracting blessings



Black Pepper
Strength, resilience, and energetic boundaries



Star Anise
Intuition, luck, and spiritual insight



Nutmeg
Good fortune, wishes, and joyful opportunities

A Brewing Blessing

As the steam begins to rise, stir your chai clockwise and say:

"Spice and flame, leaf and root,
Fill this cup with sacred fruit.
Warm my heart and calm my mind,
Leave all heaviness behind.
With every sip let blessings grow,
Like gentle rivers softly flow.
By earth and fire, air and sea,
This cup brings peace and harmony.
So may it be."

Sip slowly, allowing the warmth to settle into your body.

Let each cup become a quiet ritual of gratitude, comfort, and connection to the simple magic found in everyday moments.

This is time for you, take it in and sit with yourself, everything about this practice is sacred to me.

Managing Eczema Naturally
(Steroid-Free Approach)



What is Eczema?

Eczema is a condition where:

- The skin barrier is weakened ("leaky skin")
- The immune system overreacts
- Skin becomes dry, inflamed, and itchy

While eczema may not have a permanent "cure," many people successfully reduce or even eliminate flare ups by addressing root causes and building consistent habits.

The Itch Cycle

Dry skin → Itch → Scratch → Damage → More inflammation → Repeat

Identify Your Triggers

Everyone's triggers are different.
Common triggers include:

FOOD
Dairy • Eggs • Gluten • Sugar

ENVIRONMENT
Dust Mites • Pollen • Cold or Dry Air

LIFESTYLE
Stress • Poor Sleep

IRRITANTS
Fragranced Products • Harsh Soaps
Laundry Detergents



Heal from the Inside

Eczema is closely linked to internal inflammation.

Include More:

- Omega 3 foods (salmon, flaxseeds)
- Leafy greens
- Berries
- Probiotic foods (yogurt, kefir)

Reduce:

- Processed foods
- Sugar
- Dairy (if sensitive)



Key Idea:
The gut and skin are connected through Inflammation.

Natural Skincare Routine



BATHING
Dairy • Eggs • Gluten • Sugar

CLEANSING
Choose fragrance free, gentle cleansers

MOISTURISING (MOST IMPORTANT)
Apply within 3 minutes after bathing.
Natural Moisturisers: Coconut Oil • Shea Butter

Natural Remedies



Try introducing one at a time:

- Aloe Vera (cooling, soothing)
- Diluted apple cider vinegar (restores skin balance)
- Evening Primrose Oil
- Wet Wrap Therapy

Always patch test first!

Stress & Eczema



Stress is a major trigger for flare ups.
When stressed, the body releases Cortisol, which can worsen inflammation.

Try:

- Deep breathing (5 minutes daily)
- Walking in nature
- Yoga or stretching
- Meditation



Steroid Creams: A Balanced View

Steroid creams, such as Hydrocortisone, can be helpful when used appropriately, as they are effective at quickly reducing inflammation and calming severe eczema flare-ups.

However, with long-term or frequent use, there may be concerns, including thinning of the skin and, in some cases, the development of dependency.

Build Your Personal Routine

Morning Routine:
- Gentle cleanse
- Moisturise
- Wear soft, breathable fabrics

Evening Routine:
- Lukewarm bath or shower
- Moisturise immediately
- Relaxation (reduce stress)



Eczema-Friendly Checklist

- Fragrance free products
- Natural moisturiser
- Loose cotton clothing
- Anti-inflammatory foods
- Stress management routine



Final Thoughts

Managing eczema naturally is about:

- Consistency
- Patience
- Listening to your body

Small daily habits can lead to big improvements over time.

Important Note
If your eczema is severe, worsening, or infected, do seek advice from a professional. Natural approaches can support healing, but medical care is sometimes necessary.

You are not alone and your skin can improve with the right care.



My Hiatus Hernia and Me

Trudy Glenister



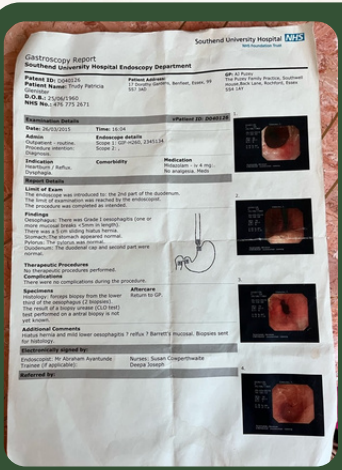
Early Symptoms
From the age of twelve, I experienced occasional, mild heartburn.

Progressive Symptoms
As I moved through young adulthood and into middle age, I put my digestive system under constant strain. Heavy drinking, overeating, and an addiction to painkillers took their toll.

Unsurprisingly, my symptoms steadily worsened.

Peak Severity
By the age of fifty-five, my digestive system was completely dysfunctional.
I cut back on food and stopped drinking alcohol altogether, but nothing helped.

The only thing I could swallow without pain was natural yoghurt – until, a week later, even that became unbearable. Eventually, I couldn't even sip water without excruciating pain.



Gastroscopy Report

Southend University Hospital Endoscopy Department

Patient ID: D040124
Patient Name: Trudy Patricia Glenister
D.O.B.: 25/06/1960
NHS No.: 675 775 2671

Examination Details

Date: 26/03/2015
Time: 16:04

Admin
Outpatient - routine.
Clinical Intention:
Diagnosis:

Endoscope details
Scope 1: GIF-H260, 2341134
Scope 2: /...

Indication
Heartburn / Reflux.
Dysphagia.

Comorbidity

Medication
Nitrazoxan - iv 4 mg/...
No analgesia, Meds

Result Details

Limit of Exam
The endoscope was introduced to: the 2nd part of the duodenum.
The limit of examination was reached by the endoscopist.
The procedure was completed as intended.

Findings
Oesophagus: There was Grade I oesophagitis (one or more mucosal breaks <5mm in length).
There was a 5cm sliding hiatus hernia.
Stomach: The stomach appeared normal.
Pylorus: The pylorus was normal.
Duodenum: The duodenal cap and second part were normal.

Therapeutic Procedures
No therapeutic procedures performed.

Complications
There were no complications during the procedure.

Specimens
Histology: forceps biopsy from the lower oesophagus for histology.
The result of a biopsy smear (CLO test) test performed on a antral biopsy is not yet known.

Aftercare
Return to GP.

Additional Comments
Hiatus hernia and mild lower oesophagitis ? reflux ? Barrett's mucosal. Biopsies sent for histology.

Electronically signed by:

Endoscopist: Mr Abraham Ayantunde
Trainee (if applicable):

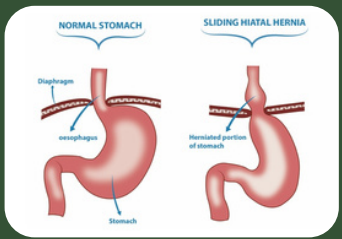
Nurses: Susan Cowperthwaite
Deepa Joseph

Referred to:

Diagnosis

At this point I went to the doctor, after a Gastroscopy procedure in 2015. My diagnosis was:

Oesophagitis (mucosal breaks) and a 5cm sliding hiatus hernia



Following NHS/GP advice, I was prescribed Lansoprazole.

All my pain went and returned to eating and drinking without discomfort.

NHS Medication

I accepted/allowed this course of treatment because I believed these were my only options. After a year or so, I started to question my situation.

The logic made no sense.

Why can I overeat and drink?

The answer I came up with is because **I was not getting any symptoms.**

The medication masked my symptoms, which was my body's only way of letting me know it was in trouble.

😲 **Your body whispers**
😲 **Your body shouts**
😲 **Your body screams**

If you give your body the right conditions to thrive, it will heal itself.

NHS guidance recommends managing hiatus hernia through lifestyle changes, medication, or surgery. Lifestyle measures include dietary adjustments, weight management, and raising the head of the bed. Medications such as PPIs reduce stomach acid, with surgery considered if symptoms persist.

BUPA warns of potential long-term complications, including oesophagitis, anaemia, strictures, aspiration pneumonia, Barrett's oesophagus, and—rarely—life-threatening strangulation requiring emergency surgery.

Reading the above, I was frightened into thinking I had no choice other than medication or the acid that spilled into my oesophagus would give me Oesophageal Cancer🤔

One day I finally got round to reading the small print on the literature that came with the tablets, and this frightened me more than going without the tablets. I discovered that long-term usage of these prescription drugs, cause many of the same symptoms that are listed in the above NHS Management and Treatment and BUPA Healthcare advise.

The one that screamed at me most was oesophageal cancer because this is what my Dad died of.



Treatment Plan and Lifestyle Change Created for Me, by Me

- 📔 Food diary
- 🥫 Tincture (recipe in folder)
- 🍋 Lemon in hot water first thing in the morning
- 💦 Hydration
- 🌊 Celtic salt
- 🥣 Bone broth 3 times per week (recipe in your folder)
- 🌿Peppermint oil
- 🍵 Peppermint tea
- 🥬 Strive to eat alkaline whole foods (list of alkaline foods in your folder)
- 🌱DoTERRA Peppermint oil for flair ups (details in your folder, oil cost £32.33)
- 🛏️ Raise bed at head end

Conclusion

I have shared my story to provide you with insights into the various options available for managing a hiatus hernia.

My hope is that my experiences will help you make informed decisions about the best path forward for you. Remember, you are not alone in this journey.

I am here to support and coach you through any lifestyle changes that may suit you best. Together, we can find a way to improve your quality of life.

You are the expert of you and you need to determine from the information above what suits you.

You are the captain of your ship.



The Benefits of Rosemary

Rosemary is a remarkable herb, long treasured for both its flavour and its powerful natural properties. Its benefits reach through the body, offering support, balance, and gentle restoration in many forms.



One of its greatest strengths lies in immune support. Rosemary helps to fortify the body's natural defences, making it easier to discourage everyday illnesses and maintain overall wellness. Alongside this, it carries strong antimicrobial qualities, helping to combat bacteria, viruses, and even fungi, acting as a natural protector from within.

It is also known to improve circulation, encouraging healthy blood flow throughout the body. This supports heart health and helps deliver oxygen and nutrients more efficiently, leaving you feeling more energised and balanced.

For hair and scalp care, rosemary has long been celebrated. It can help stimulate hair growth, strengthen the roots, and reduce dandruff, promoting a healthier scalp environment and fuller-looking hair over time. When it comes to digestion, rosemary offers gentle yet effective support. It can help ease bloating, reduce discomfort, and encourage smoother digestion, making it a helpful addition after meals.

Rosemary is also closely linked with brain health. It may improve memory, sharpen focus, and support overall cognitive function, which is why it has often been associated with clarity and remembrance throughout history. Rich in antioxidants, this herb helps the body fight free radicals, unstable molecules that contribute to ageing and inflammation. By reducing oxidative stress, rosemary plays a role in protecting cells and supporting long-term health.

Its calming properties can also enhance mood and reduce stress. Whether used in cooking, teas, or aromas, rosemary can help lift the spirits, promote relaxation, and bring a sense of mental clarity.

Finally, rosemary offers natural pain relief. It can help ease muscle tension and soothe joint discomfort, making it a valuable herb for both internal and external use. Altogether, rosemary is far more than a kitchen staple it is a deeply supportive herb that looks after the body, mind, and overall wellbeing in a beautifully natural way.

Elderberries



Due to its high quantities of antioxidants, elderberries are mainly used to strengthen the immune system and may lessen the length and intensity of cold and flu symptoms.

By reducing cholesterol, reducing inflammation, and having antiviral qualities, it may help promote heart health.

Support for the Immune System

Elderberries are high in vitamins A and C and include substances that help boost immunity. They are commonly used to treat the symptoms of respiratory diseases, such as influenza and the common cold.

Antioxidant Power: Elderberries are rich in anthocyanins, which are antioxidants that give them their dark hue and aid in the body's fight against oxidative stress.

Cold and Flu Relief



Research suggests that consuming elderberry extract may lessen the intensity and length of colds and influenza, and there is evidence that it may also shorten sick days.

Elderberry may help lower LDL ("bad") cholesterol and minimise the risk of heart disease, according to research.
Elderberries include compounds that have been demonstrated to have anti-inflammatory and antiviral properties.

Safety

Due to cyanide-inducing glycosides, raw or unripe berries, as well as the plant's leaves, bark, or roots, are toxic and can induce nausea, vomiting, and severe diarrhoea. Elderberries should only be eaten when cooked or adequately prepared.

Root Chakra (Muladhara)



RED COLOURED FOODS

Root chakra foods focus on grounding, stability, and physical vitality, emphasizing root vegetables, red-coloured foods, and high-protein items. Key choices include beets, carrots, sweet potatoes, red apples, tomatoes, beans, and nuts.

Incorporating these nutrients helps boost physical energy and feelings of safety. Because they grow beneath the ground, these vegetables are highly grounding.

Protein is crucial for physical health and grounding, supported by foods like beans, lentils, nuts, seeds, eggs and lean meats, along with earthy spices and teas such as paprika, cayenne, horseradish and hibiscus tea.

Top Root Chakra Foods



Red Vegetables
Beets, Carrots, Sweet Potatoes, Potatoes, Parsnips, Radishes, Onions, Garlic, and Ginger.

Red Fruit
Red Apples, Strawberries, Raspberries, Tomatoes, Red Peppers, Pomegranates and Cherries.

Key Nutrients and Benefits



- **Root vegetables:** absorb high nutrients from the soil, aiding in grounding.
- **Red foods:** support blood circulation and vitality, reflecting the colour of the Root Chakra.
- **Protein-rich foods:** provide the physical substance necessary for stability.

Tips For Boosting The Root Chakra

- **Grounding and Earth Connection:** Walk barefoot on grass or sand, spend time gardening, or sit under a tree to reconnect with the earth.
- **Yoga Poses:** Focus on poses that connect you to the ground, including Mountain, Warrior, Goddess and Malasana.
- **Visualizations and Affirmations:** Imagine a bright red light at the base of your spine. Use affirmations such as *"I am safe," "I am grounded,"* and *"I am rooted"* to strengthen this energy centre.
- **Reconnect with the Body:** Practice mindfulness and slow, deep breathing to reduce anxiety and increase stability.

Sacral Chakra (Svadhisthana)



ORANGE COLOURED FOODS

Sacral chakra foods are typically orange-coloured, rich in beta carotene, or high in healthy fats, promoting creativity, pleasure, and emotional balance.

Key foods include carrots, sweet potatoes, oranges, mangoes, pumpkin, coconuts, and nuts/seeds like flax and walnuts

Top Sacral Chakra Foods

Orange Fruits
Oranges, mangoes, papaya, cantaloupe, peaches, apricots, passion fruit and tangerines.

Orange Vegetables
Carrots, sweet potatoes, pumpkin, butternut squash and orange peppers.

Healthy Fats/Nuts & Seeds
Coconut (and coconut oil), sesame seeds, flax seeds, walnuts, almonds and cashews.

Warming Spices
Cinnamon, ginger, turmeric and coriander.

Hydration
Water, coconut water, and herbal teas.



Key Nutrients and Benefits



- **Carotenoids:** Abundant in orange foods, these protect against free radicals and support vibrant health.
- **Essential Fatty Acids:** Nourish the reproductive system and balance emotions
- **Vitamin C and Minerals:** Boost immunity and aid in hormone balance.

Tips For Boosting The Root Chakra

- **Get Creative:** Use spices freely, try new recipes, and enjoy the sensory experience of cooking and eating.
- **Focus on Flow:** Since the sacral chakra is linked to the water element, drinking plenty of water and eating hydrating foods helps the energy flow.
- **Embrace Pleasure:** Choose nourishing foods that feel indulgent or comforting to boost feelings of joy

Solar Plexus Chakra (Manipura)



YELLOW COLOURED FOODS

Solar Plexus Chakra Food complex carbohydrates, and warming spices that support digestion and personal power.

Key foods include bananas, pineapple, lemons, yellow lentils, oats, brown rice, corn, and ginger, which provide sustained energy.

Top Solar Plexus Chakra Foods



Yellow Fruits and Vegetables
Bananas, pineapple, lemons, yellow peppers, corn, yellow lentils, and yellow curry.

Complex Carbohydrates (For Sustained Energy)
Oats, brown rice, spelt, rye, farro, and wholegrain breads/cereals.

Warming Spices and Herbs
Cinnamon, ginger, turmeric and coriander.

Other Beneficial Foods
Dairy products (milk, cheeses, yogurt), flax seeds, and sunflower seeds.

Key Nutrients and Benefits



- **The Solar Plexus Chakra:** associated with the element of fire.
- **Digestion:** Consuming these foods supports the digestive system and boosts self esteem, willpower, and inner warmth.
- **Raw or Lightly Cooked:** Focus on fresh, natural, and not UPF.
- **Spiced:** Incorporate yellow spices like turmeric and ginger into meals to enhance the digestive fire.

Tips For Boosting The Root Chakra

- **Breakfast Focus:** Start the day with complex carbs like oatmeal (paired with yellow fruits suggested above) to sustain energy for the solar plexus centre.
- **Sunlight:** Spend time in the sun to nourish this chakra.
- **Yoga:** Practice poses that strengthen the abdomen, such as boat pose or twists.
- **Breathing:** Use deep belly breathing or Kapalbhati (shining forehead breath) to activate the core.

Heart Chakra (Anahata)



GREEN COLOURED FOODS

Heart Chakra foods are primarily green, leafy, and nutrient-dense, as this chakra governs love, compassion, and the cardiovascular system.

Key foods include leafy greens (kale, spinach), vegetables (broccoli, cabbage), green fruits (kiwi, green apples), herbs like parsley, and healthy fats like avocados.

Top Heart Chakra Foods

Leafy Greens
Spinach, kale, Swiss chard, and dandelion greens nourish the body and aid in detoxification.

Cruciferous Vegetables
Broccoli, Brussels sprouts, and cabbage help balance hormones and provide essential nutrients.

Green Fruits
Avocado, kiwi, green apples, green grapes, and lime are excellent choices.

Other Green Foods
Asparagus, celery, green beans, peas, and green lentils.

Herbs and Teas
Matcha, green tea, hawthorn berry, and peppermint support circulation and provide a calming effect.



Key Nutrients and Benefits



- **Chlorophyll:** The green pigment in these foods acts as a blood purifier and antioxidant, promoting healthy circulation.
- **Nutrient-Dense:** They are packed with magnesium, folate, and vitamins A, C, and K.

Tips For Boosting The Root Chakra

- **Air Element:** The Heart Chakra is associated with the air element.
- **Daily Routine:** Start the day with a green smoothie (spinach, kale, apple, and avocado). Add a large, leafy green salad to your daily lunch or supper.
- **Sip on herbal teas:** Like green tea or rose tea to encourage a serene, loving flow of energy.
- **Cook with intention:** Focusing on self care and love while preparing these green foods.

Throat Chakra (Vishuddha)



BLUE COLOURED FOODS

Throat Chakra foods focus on supporting communication, truth, and self-expression, often featuring blue fruits, soothing liquids, and foods that grow in trees.

Key foods include blueberries, blackberries, plums, figs, and comforting liquids like herbal teas, honey, and coconut water, which help nourish and balance this energy centre.

Top Throat Chakra Foods



Blue/Purple Fruits
Blueberries, blackberries, plums, figs, and grapes.

Tree Fruits
Apples, pears, and apricots.

Soothing Liquids
Coconut water, herbal teas (especially peppermint, sage, and chamomile), and raw honey.

Key Nutrients and Benefits



- **Incorporating these foods:** particularly blueberries and fruits that grow high on trees, is believed to help open the throat chakra, promoting better communication and authentic expression.
- **Common Herbal Teas and Spices:** Sage, Peppermint, Chamomile, Lemon/Ginger combinations.
- **Foods to Limit:** Excess dairy, refined sugars, and UPF should be avoided as they can increase phlegm and cause energetic congestion.

Tips For Boosting The Root Chakra

- **Hydration:** Plenty of fluids help clear and hydrate the throat area.
- **Light Foods:** Because the element is ether (or space), light and nourishing foods are preferred.
- **Warmth:** Warm beverages like tea or lemon water are beneficial for maintaining a "smooth" and clear throat.
- **Enhanced Creativity:** It allows for authentic expression, allowing you to live creatively and share your inner truth.

Third Eye Chakra (Ajna)



PURPLE COLOURED FOODS

Third Eye Chakra focuses on supporting brain health, pineal gland detoxification, and boosting intuition through purple, antioxidant-rich foods.

Key foods include nutrient-dense foods include dark berries, purple vegetables, omega 3 sources, and dark chocolate, which enhance cognitive function and spiritual clarity.

Top Third Eye Chakra Foods



Dark Berries
Blueberries, blackberries and purple grapes.

Purple Vegetables
Aubergine, purple cabbage, purple kale, purple carrots, and purple broccoli.

Other
Purple sweet potatoes, plums, and figs.

Key Nutrients and Benefits



- **Omega 3 Rich Foods:** Walnuts, flax seeds, and chia seeds support cognitive function.
- **Raw Cacao/Dark Chocolate:** Promotes brain health and contains antioxidants.
- **Herbs and Spices:** Rosemary, lavender, juniper berries, and tarragon are often associated with enhancing mental clarity.
- **Pineal Decalcifies:** Turmeric (with curcumin), chaga mushroom, and tamarind are believed to help remove fluoride from the system to support the pineal gland.

Tips For Boosting The Root Chakra

- **Prioritise Raw/Organic:** Eating raw, organic foods maximizes the nutrient intake for energetic healing.
- **Eat Mindfully:** The third eye responds well to beautiful, high vibe presentations that inspire awe.
- **Hydration:** Water and herbal teas (chamomile) support the spiritual nature of this chakra.

Foods to Minimise

Foods that can create "fog" in the body, such as excessive artificial, UPF, or excessive fluoridated water, are thought to block the pineal gland.

Chakra Balance



A Balanced Root Chakra, when this chakra is open/energy flowing, we feel safe, at home in the world, and fearless.

An Unbalanced Root Chakra is blocked by fear and various forms of trauma.



A Balanced Sacral Chakra promotes creativity, emotional stability, pleasure, and healthy intimacy, manifesting as joy and adaptability.

An Unbalanced Sacral Chakra causes emotional instability, low libido, guilt, and creative blocks, presenting as either excessive indulgence or stiff, detached, and restrictive behaviours.



A Balanced Solar Plexus Chakra nurtures high self-esteem, confidence, and purpose. An unbalanced one manifests as insecurity, victimhood, or an over-controlling, perfectionist nature.

Physically, balance brings strong digestion and energy; unbalance often causes digestive issues, chronic burnout, and mid back pain.



A Balanced Heart Chakra raises deep compassion, self-love, emotional stability, and harmonious relationships.

An Unbalanced Heart Chakra manifests as either deficient (cold, detached, lonely) or excessive (co-dependent, jealous, boundary-less) energy, leading to emotional, physical, and relational struggles.



A Balanced Throat Chakra enables clear communication, authentic self-expression, and active listening. It allows you to speak your truth confidently, set boundaries, and feel in harmony.

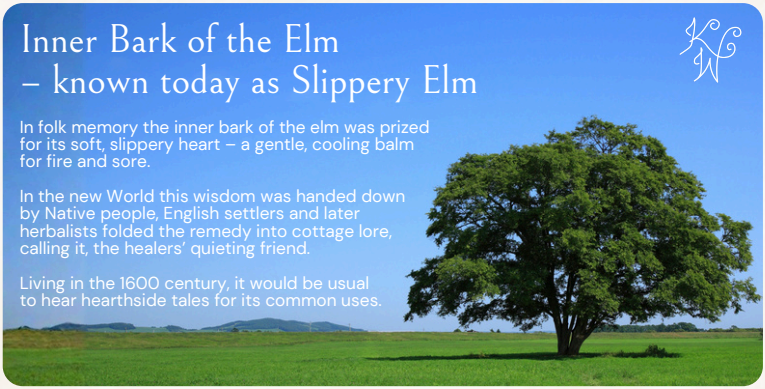
An Unbalanced Throat Chakra manifests as blocked (fear of speaking, silence) or excessive (gossip, interrupting, over-talking) behaviour, often causing throat issues.



A Balanced Third Eye Chakra manifests as strong intuition, mental clarity, high imagination, and a clear sense of purpose.

An Unbalanced Third Eye Chakra manifests as either a deficiency (confusion, poor memory, scepticism) or an overactivity (paranoia, nightmares, hallucinations), often causing headaches, sleep disturbances, or sinus issues.

Inner Bark of the Elm – known today as Slippery Elm



In folk memory the inner bark of the elm was prized for its soft, slippery heart – a gentle, cooling balm for fire and sore.

In the new World this wisdom was handed down by Native people, English settlers and later herbalists folded the remedy into cottage lore, calling it, the healers' quieting friend.

Living in the 1600 century, it would be usual to hear hearthside tales for its common uses.



The Soother of Throats

If the throat was raw and the tongue rough as sand, boil the inner bark to a thin, glimmering gruel. Give it warm with a spoon of honey, it lays like silk upon the throat and eases the bite of coughs.

Poultice for the Hot Sore

Mash the warm bark with boiled water until it becomes a softer plaster. Lay it up boils, swelling or angry wounds; the bark draws down the heat and gives ease to the flesh.

Child's Quieting Draught

A little bowl of elm gruel with warmed milk and a pinch of nutmeg soothes fretful children and steadies' coughs through night watches.

Binder of the Broken

For bruises and sprains, a poultice bound with linen and kept warm with the limb is said to quiet pain and set things to rest.

Kitchen Lozenge

The bark dried and pounded into a powder, mixed with honey and formed into a small lozenges, is kept in a chest for travellers and sailors to suck on long voyages.

The Witch's Salve

Witches and wise ones are whispered to use elm inside plaster for both outward sores and inward sourness; it is gentle enough for the old and the weak.

For Inward Burning

When the stomach is too hot or the belly troubled by bitter humours, a spoonful of elm maw with warm water was a common comforting medicine.

The Kitchen Witch

Gathers at dawn and says a blessing to the tree.

Elm, give what comfort you may
Be quieting
Be soft
By leaf and bark
Ease the day

Prepare by moonlight for ailments of the mind or old sorrow

Gather by sunrise and fevers and swelling

Always, take a moment to thank the tree and leave a pinch of herbs or a shell at its root – folk keep the giving and taking, in balance.

There always has to be a fair exchange.



The Kitchen Witch

Throat Soother Gruel

1tsp inner bark powder to 100ml hot water, stir until slippery. Add a spoon of honey and sip warm.

Wound Poultice

1.1tsp of inner bark adding boiled water to a soft paste. Spread on clean linen and apply to the skin and bind. Change dressing twice a day.

Travellers Lozenge

1.2 tbsp powdered bar and 1tbsp honey, warm and roll into small balls, dry in shade and keep in a small tin.

Respect and Love

Some herbal products are regulated or scarce. 🌿

Use reputable sources and be mindful of preservation laws where plants are protected.

Word of Caution

This hearth lore and old tradition

If the wound was deep, feverish, spreading redness, or a pain is severe and sudden, she would advise her patient to seek advice from a physician, if one was available or affordable.



Old Wisdom Whispers

Old wisdom whispers, soft and clear,
“Nature will guide you through each day.”
With wisdom gathered, calm and fair,
She found her remedies everywhere.

Oats in the morning, steady and slow,
Giving you strength as the hours flow,
No sudden dip, no fleeting high,
Just lasting fuel as time goes by.

A squeeze of lemon to greet the sun,
To wake the body and gently run,
Setting digestion, fresh and bright,
Keeping your system balanced and light.

Blueberries bursting, small yet strong,
Protecting your cells the whole day long,
While green tea sipped in quiet mind,
Brings gentle focus, calm and kind.

Apples so crisp, a simple treat,
Keeping your body light on its feet,
And walnuts shaped like thoughts you keep,
To sharpen the mind and nourish it deep.

Beets for the blood, rich as the earth,
Carrying life and steadying worth,
Spinach so green with iron to give,
A quiet strength to help you live.

Garlic so bold, a shield each day,
Keeping illness and harm at bay,
And honey golden, soft and sweet,
Soothes the throat with healing heat.

Ginger to calm the storm within,
Easing the stomach, settling din,
Chamomile steeped in a gentle brew,
Brings peace and rest to carry you through.

Bone broth simmered, hearty and wise,
Strength for your body it supplies,
And herbs from garden, field, and tree,
Offer their gifts so naturally.

Turmeric glowing, warm and bright,
Easing the body, restoring light,
With black pepper there to guide its way,
Unlocking its power day by day.

So treasure these truths, both old and wise,
Found not in riches, but earth’s supplies,
For old wisdom still sustains
In simple foods and nature’s gains.

Catherine Parr and the King's Gout

According to Court Folklore

In the candlelight, great King Henry's foot throbbed laying aflame beneath velvet sheets: Henry was humbled by gout, and no physician could restore his step.

Catherine Parr, schooled in kitchen herbs and cloister gardens, came with willow salves and feverfew poultices, steaming bowls of balm, casting her spells, she whispered prayers into the steam.

As she sat night after night, she soothed him until his temper and appetite returned – and he could not bear to lose his 'good nurse'.

Whispers found their way to the Tower, and they deemed it witchcraft that kept the king alive. Soldiers were sent in the dark of night. Catherine, ever artful, sent word that the kings' ease depended on her staying by his bedside, that any sudden disturbance would bring the pain back.



When the men stood at the closed door and heard Henry praise her, their warrant was refused; bound by the sovereign's wish they turned away empty-handed.

Whether by herbs or by will, or both, she had saved herself from the fate of Henry's previous wives.

The Tale Endures

The clever woman outwits authority, the sovereign is softened, and the old remedies hold their quiet power.

I live my life by the power of the "old ways" (herbs, charm and storytelling). If you think about it - Life is no different today.

Food for thought – Authorities remain the same today and our current king is an advocate for Integrated health care and herbal remedies.

The Woodland Basting Whisk

An edible talisman of the kitchen, spun from herbs, heat, and quiet alchemy.

Ingredients of Craft and Spell

- One firm cinnamon stick or a thick, woody rosemary stem (the handle of purpose)
- 10–12 sturdy sprigs of dried rosemary, thyme, or bay (the bristles of fragrance)
- Natural, unbleached cotton twine (the thread that binds all elements



Assembly: Binding the Herb Wand

1) Choose Your Handle
Select either cinnamon or rosemary as your base this forms the core of your whisk, the channel through which flavour travels.

2) Gather the Bristles
Arrange a cluster of herb stems at the base of the handle. Allow the leafy tips to extend 2–3 inches beyond, forming a soft, brush like end.

3) Bind with Care
Wind the cotton twine firmly around the bundle, securing the herbs tightly to the handle. Tie a strong double knot to hold everything in place, sealing in their natural essence.

4) Shape the Brush
Trim the ends of the herbs so the bristles are level and tidy, creating a balanced brush ready for use.

Storage: Resting the Charm

Store your whisk in a dry place before using either suspended in the kitchen or kept in a jar. When kept free from moisture, it will last indefinitely, ready whenever needed. Mine is kept hanging upon my french dresser.

How to Use: Awakening the Magic

For Savoury Feasts
Dip the herb whisk into warm garlic butter or olive oil. Brush over roasting meats, potatoes, or vegetables, allowing the herbs to infuse their aroma into the dish.

For Sweet Enchantments
With a cinnamon handle and softer herbs like mint or lavender, dip into honey or fruit glaze. Gently brush over pastries to add a delicate, aromatic sweetness.

The Final Ritual
Once cooking is nearly complete, place the entire whisk into the roasting pan.
Let it toast and crisp alongside the food, releasing a final burst of flavour into the dish.

Thus, your basting whisk becomes more than a simple utensil, it is a flavourful companion of fire and feast, carrying a touch of kitchen magic in every use.

Repair Milk

A Repairing Evening Milk, a potion for softening the edges of the day, best sipped as the light fades or under the hush of evening.



Ingredients

3–5 soft, pitted dates
(the sweeter, the better)

1 cup whole milk (rich and grounding)

½ teaspoon ghee
(liquid gold for the body)

½ teaspoon ground cardamom
(warmth for the heart)

Optional enchantments:
A pinch of dry ginger (to awaken sluggish digestion)
A whisper of nutmeg (to soothe the spirit and invite sleep)

Method | The Ritual

Begin by bathing your dates in warm water, letting them soften and unfold for 10–15 minutes, as though awakening to their own hidden sweetness.

In a small pot, warm the milk gently over a low flame, guarding it from boiling...this is a quiet enchantment, meant to be coaxed, not rushed.

When the milk is ready, add the softened dates and ghee, stirring slowly with intention, as if weaving calm into every turn.

Allow the mixture to simmer in a soft hush for 5–10 minutes, until the dates surrender into tenderness. Scatter in the cardamom and any spices your spirit calls for, stirring clockwise to draw in warmth and restoration.

At last, pour the milk into your favorite mug, cradle it in your hands, sip its warmth slowly, and finish by eating the softened dates, sealing the spell within.

Why This Milk Works

Warmth whispers safety to the nervous system. Fats nourish and repair, tending quietly to hormones and resilience. Dates replenish the body's deep reserves, like drawing water from a hidden well. And timing...more than anything...aligns the body with rest.

Best Used When
- You are tired, but your mind still hums
- Sleep feels distant or shallow • Stress has lingered too long
- During the luteal phase, the cold of winter, or any season of recovery

Gout and Arthritis

There are more than 100 different forms of Arthritis, the more common being osteoarthritis, rheumatoid arthritis, and gout. Reducing inflammation not only brings relief, if achieved without the use of drugs, also greatly contributes to healing.

GOUT is a type of inflammatory arthritis that causes pain and swelling in the joints. This occurs when high levels of uric acid in the blood cause crystals to form and accumulate, in and around the joint.



Solutions



Hydrotherapy

Alternating hot and cold baths, once every two hours to the affected part when inflammation and pain are intense. As pain eases, the treatment can be brought back to two to three times a day.

The process is three minutes hot and 30 seconds ice cold, three times in a row.



Spices and Herbs

Turmeric • is the most potent herb in reducing inflammation, especially for osteoarthritis.It is very safe and can be taken in quite high amounts and reducing as pain subsides.

Cayenne Pepper • can be added to turmeric to increase the potency of the turmeric.

Lemongrass Tea • is very alkalising. Drink three or four glasses of hot tea every day.



Poultices

Castor Oil Compresses over painful joints overnight can soothe and help reduce inflammation.

Grated Ginger Poultices applied to swollen joint reduces inflammation and pain quite dramatically by pulling the inflammation out to the skin. This explains why the skin can get very hot within half an hour of applying the poultice. It will not burn, but if it is too uncomfortable the poultice can be removed. This poultice can be applied for two to three hours in the afternoon

Solutions (cont.)



Balance the Hormones

Wild Yam Cream • can be used as a natural alternative to oestrogen therapy to balance oestrogen and progesterone to a healthy level.

Oestrogen and progesterone are both equally important for the healthy functions of the body. If they're at proper levels, these two hormones can support your optimal health and wellbeing.

When women reach menopause, oestrogen levels decrease which can lead to increased inflammation and joint pain for some women.



Alkalise the body

Our body has a natural pH balance that is slightly alkaline. The standard Wester diet is considered to be acidogenic or acid heavy, to high consumption of animal protein and the lack of minerals typically found in fruit and vegetables.

People with arthritis/gout usually have high acid systems, and until this is corrected, their joints will keep deteriorating.

As a rough guide, the more processed something is, the more acid it makes in the body. Targeting a more alkaline food program will create an environment at the cellular level that can reduce inflammation.



S	Sunshine
U	Use of Water
S	Sleep
T	Trust in Divine Power
A	Abstaining (from anything harmful)
I	Inhale Fresh Air
N	Nutrition
M	Moderation
E	Exercise

Sustain Me

SUNSHINE
The blood supply to any area touched by the sun is increased. Allow the arthritic joints to be exposed to the sun every day. Vitamin D levels will rise, which increases the mineral availability to the bones and joints to allow healing.



USE OF WATER
Staying hydrated is vital when you live with arthritis. Consuming alkaline water will allow your cells to flush toxins out of your body, which help fight inflammation. In the process it alkalises the tissues and helps to keep joints well lubricated. A lack of water robs the joints of the fluid needed to smooth movement. Drink 8-10 glasses daily, a sip at a time.



SLEEP
Many people notice that their symptoms get worse at night. While arthritis can make it difficult to sleep, sleep deprivation can also worsen arthritic pain. To conquer arthritis, we need those hours of power sleep before midnight. These begin at 9pm in the winter and 10pm in the summer.



Sustain Me

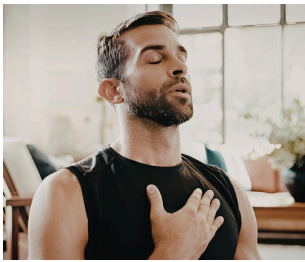
TRUST IN DIVINE POWER
High stress levels and negative thoughts cause joint pain. Have faith and ask your guides, angels and loved ones to help with your worries and fears. Living in the present moment to its fullest helps to fade past heartache and reduce future concerns.



ABSTAIN
Eliminate any foods that have an acidic effect on the body. This includes some seafood, meat, especially organ meats like liver, caffeine, refined sugar, refined fats drugs, and wheat. These foods are high in substances called purines and can raise the uric acid in your blood inflaming pain from gout, as can fructose-sweetened drinks and alcohol, especially beer.



INHALE
When suffering chronic pain, we often tense our muscles in reaction to the pain, but this tension actually aggravates the pain more. Deep slow breathing in and out through the nose, using your diaphragm, activates a relaxation response. This automatically relaxes the muscles which usually tense up as a result of pain.



Sustain Me

NUTRITION

Many people with rheumatoid arthritis have repeatedly reported positive effects of dietary changes on their disease and the big difference it has made n conquering arthritis and gout.

Alkalising Foods	Acid-Forming Foods
• Lemons • Dark green leafy vegetables and juices, including. Products such as green barley, wheatgrass and chlorophyll • Vegetables • Lima beans, lentils and non-genetically modified soy products. • Millet, quinoa, buckwheat, spelt, amaranth and Kamut • Almonds and Brazil nuts • All seeds • Fruit • Cold pressed olive and flax oil • Herbal teas	• Meat • Refined sugar • Hybridised wheat • Aged cheese • Alcohol • Tobacco • Drugs • Caffeine • Rice, cornmeal, rye oats and barley • Kidney, black and cannelloni beams and chickpeas • Peanuts, walnuts pecans, hazelnuts, cashews and macadamia nuts

MODERATION

Avoid overeating and drinking, even if you are eating healthy foods, too much can turn it into a poison.

An efficient digestive system gets all the nutrients to the right places allowing your body to heal, reducing pain and inflammation.



EXERCISE

You can be ‘catch 22’ situation where your joints are too painful and inflamed to exercise.

If this is the case, I would recommend chair Pilates to gradually increase movement and strength and therefore increasing blood flow.



Trudy's Tincture



Ingredients

1/2 cup raw cacao powder

1 cup almond flour (or finely ground almonds)

2–3 tbsp coconut oil (melted)

2–3 tbsp maple syrup

1 tsp vanilla extract

Pinch of sea salt

Optional: chopped nuts, cacao nibs, or shredded coconut

Method

In a bowl, blend the raw cacao powder and almond flour, weaving together their rich, earthy essence.

Gently fold in the melted coconut oil, a touch of fragrant vanilla extract, and your chosen natural sweetener, stirring until a thick, slightly sticky dough forms like a whispered secret.

Shape the mixture into small, enchanting bite sized balls, then let them rest in the cool embrace of the fridge for 20 to 30 minutes, allowing their magic to set and deepen.

Hearty Salad

Set your intensions now. Create your healing bowl, see it's beautiful ingredients and know that by your hand, you are making yourself well. Taking back control.



Ingredients

125g Almonds, Pistachio or Macadamia nuts

150g rocket

150g feta cheese

1 sweet apple

1 sweet ripe pear

1 pomegranate

Ginger Dressing
60 ml extra virgin olive oil

1 tbs apple cider vinegar

1 tbs Dijon mustard

1 tbs maple syrup or honey

1 tsp finely grated ginger

½ tsp celtic salt (adjust to your own taste)

¼ tsp cayenne pepper (adjust to your own taste)

Method

Toast nuts by placing in a skillet or dry pan over medium heat. Stir often until fragrant and starting to colour. (3-4 minutes) set aside.

Arrange the rocket in your serving platter and sprinkle on the nuts and the crumbled cheese. Slice and fan out your pear and apple and arrange them across the salad in sections.

Sprinkle over the pomegranate.

Prepare your dressing by combining all the ingredients and whisk. Check seasoning at this point and get it perfect for your taste.

Wait to dress the salad until you're ready to eat and then you won't disturb your beautiful creation until the last possible moment.

Take one last look (or photo) of your beautiful creation before dressing and eating.

Note
Nuts (with the exception of peanuts) improve artery health, lessen inflammation related to heart disease. They lower the risk of blood clots.
Nuts are good to eat daily but always remember portion control for optimum health. The perfect daily amount is YOUR palm full.

Mark's Story



In summer 2025, Mark experienced some worrying life events causing him to worry over a long period of time.

HYPER TENSION

Hyper – unusually energetic
Tension – a strained state or condition

Other names: **High blood pressure** and **The silent killer**

Mark is married to a Kitchen Witch.
I used my magic to calm the situation and introduce lifestyle changes with immediate results. He monitored his BP at home, whilst liaising with his GP, who agreed it was work in progress and had stabilised.

Just as he was gaining control, life's next blow struck; we were burgled in September 2025.

This experience tipped Mark's BP over the edge, and 2-days after the burglary he had a mini stroke behind the eye.

Now propelled into a world of fear. He was told that this is a warning! The next one could be a full-blown stroke. He was terrified.
His body went into acute stress response, and he is in a state of fight or flight, which is not in a good place when you are faced with decision making.



After obtaining a medical diagnosis of a Retinal Vein Occlusion from his optician, he had subsequent appointments with a Consultant Ophthalmic Surgeon. Monitoring the swelling and recommending injections behind the eye to reduce the swelling if it did not reduce.

How ever your consultation goes, never blindly agree to something you don't understand. Seek as much information as you can. Knowledge is power and ramps down the fear.

We discussed with the consultant a holistic recovery regime which he was dismissive of but, if we wanted to give that a try, we could and to come back in a month to measure the progress.

We agreed to explore each expert's advice and then, calmly at home review Mark's options. Never be rushed into making your decision. Your consultant will believe they are right, and their advice is the best course of action for you.

Mark's Story (cont.)

Mark was also advised to contact his GP to get his BP and cholesterol checked out, which he did.

- **Blood pressure came back okay.**
- **Cholesterol 6.2**

His choice was to continue to monitor his BP himself and increase the changes to his lifestyle to reduce both readings naturally.

- Gone from carnivore diet to eating an alkaline diet
- He never ate greens, now he eats all veg, salads and fruits (***and enjoys them!***)
- Reduced beer intake
- Exercises every morning
- Swims once a week
- Follows – Barbara O'Neill's – **SUSTAIN ME**



Whilst it helps having a Kitchen Witch preparing meals, brews and remedies, this is not all down to me. His success is simply down to him taking responsibility for his own health.

We have watched many friends take this first step of BP Cholesterol medication and it is a slippery slope to drug dependency due to fear mongering.

Follow up appointment:

1) Consultant compared scans and was very excited by the rate of healing.

2) Great improvement again and because of the rate of healing the consultant questioned the original diagnosis!

3) 7th May 2026 – **COMPLETELY HEALED.** The consultant didn't ask how Mark had achieved this remarkable recovery. He just signed him off.



Mark is fitter than he has been for years and looks 10 years younger.

All achieved without any form of medication and using **FOOD AS MEDICINE**.

What is Hypertension?

Hypertension means high blood pressure when the force of blood pushing against your artery walls is consistently too high.

Blood pressure is measured with two numbers:
- Systolic (top number): pressure when your heart beats
- Diastolic (bottom number): pressure when your heart rests

You're usually considered to have hypertension if readings are consistently around 140/90 mmHg or higher (guidelines can vary slightly).

Early hypertension (high blood pressure) often has no clear symptoms, which is why it's sometimes called a "silent" condition.

Possible early signs

- Frequent headaches (especially in the morning)
- Dizziness or light-headedness
- Blurred vision
- Nosebleeds (not common but can happen)
- Feeling tired or confused
- Shortness of breath
- Chest discomfort (less common more serious)



Significant to know;

- Most people feel completely normal, even with high blood pressure
- Symptoms usually don't appear until it becomes more severe

What causes Hypertension?

In many cases, there isn't a single clear cause. This is called primary (essential) hypertension and it develops over time. Several factors can increase your risk:

Lifestyle Factors

- Eating too much salt
- Lack of physical activity
- Being overweight
- Drinking too much alcohol
- Smoking
- Chronic stress

Biological Factors

- Getting older
- Family history of high blood pressure
- Hormonal changes

Medical Conditions

Sometimes high blood pressure is caused by another condition, such as kidney disease, hormone disorders or certain medications.

Why it matters
Hypertension often has no symptoms, but over time it can damage your blood vessels and organs, increasing the risk of heart disease, stroke and kidney problems.



What is Moringa?

Moringa is a plant often called the “drumstick tree” or “miracle tree.” Its scientific name is Moringa Oleifera. It’s used as a food and a supplement because many parts of the plant are rich in nutrients.

What it contains:

- Vitamins (like A, C, and E)
- Minerals (like calcium and iron)
- Antioxidants

How people use it:

- Leaves (fresh, dried, or powdered) in food or tea
- Capsules or supplements.
- Seeds and oil for cooking or skincare

Possible benefits:

- May help reduce inflammation
- Acts as an antioxidant
- Could support blood sugar and blood pressure control.



Moringa is a nutrient-rich plant that people use as a natural supplement to support overall health.

Fresh Moringa Leaves

Like spinach:
Wash the leaves well

Boil or steam for 5–10 minutes

Add to soups, stews, or curries.

You can also fry lightly with organic garlic and organic olive oil.

Mix into omelettes or rice dishes.

Moringa Tea

(fresh or powder)

Add 1 teaspoon of moringa powder (or a handful of fresh leaves) to hot water

Let it steep for 5 to 10 minutes
Strain (if using leaves)

Add organic raw honey or lemon if you like.

Moringa Powder

Mix ½ 1 teaspoon into:

Smoothies
Freshly pressed Juice
Organic Yogurt

Don't use very hot water, as it may reduce nutrients

Moringa Seeds

Remove the outer shell

Eat a few seeds raw or roasted

Can also be added to dishes in small amounts.

How to:

Start with small amounts (it's quite strong)
Too much can upset your stomach
If you're pregnant or on medication, check with a health care professional first.

You can cook moringa leaves like vegetables, drink it as tea, or mix the powder into drinks and food.





What is Curcumin?

Curcumin is a natural compound found in turmeric (a yellow spice from the Curcuma longa plant).

It is:

- Bright yellow in colour
- Known for reducing inflammation and acting as an antioxidant
- Used in supplements, food colouring (E100), and traditional medicine

People use it to help with things like arthritis, metabolism, and muscle recovery.
Curcumin, the active part of turmeric, may help lower blood pressure. Studies suggest that taking high-dose curcumin supplements for 8 to 12 weeks can lead to a small but noticeable drop in blood pressure, especially in people who already have high blood pressure.

Here's how it works in simple terms:

Helps blood vessels relax
Curcumin improves how well your blood vessels open (dilate). When vessels are more relaxed, blood flows more easily, which can lower pressure.

Reduces inflammation
Chronic inflammation can stiffen blood vessels. Curcumin helps calm this, which supports healthier circulation.

Acts as an antioxidant
It protects blood vessels from damage caused by oxidative stress, which is linked to high blood pressure.

May affect blood pressure signals
Curcumin might influence enzymes and calcium movement in blood vessels, helping reduce how strongly they tighten.

Important to know

- Curcumin is an aid in wellness and not a cure for high blood pressure.
- It's poorly absorbed on its own, so supplements often include black pepper extract (piperine) to improve absorption.
- Always check with a health care professional before taking high-dose supplements, especially if you're on medication.

Artisan Crackers

Ingredients

150g sunflower seeds

40g pumpkin seeds

40g sesame seeds

40g flaxseed

40g chia seeds

Celtic salt & Cayenne pepper

herbs (optional)

80g/4 x finely chopped dates

80ml filtered water

70ml pure maple syrup



Method

1) Pre-heat the oven to 170°C

2) Line two large baking trays with baking parchment.

3) Mix all seeds and dates in a bowl, making sure your sticky dates distribute evenly through the mixture, spreading their sweetness.

4) Add salt and pepper to taste.

5) Stir in the water and maple syrup.

6) Leave to stand for 45 minutes.

7) Time up! Split the mixture roughly between your two trays.

8) Place a new sheet of baking parchment over the top and press down with your hands, spreading out to the edges and making even. Repeat on the second tray using the same piece of parchment.

9) My preference is leaving wiggly edges, but straighten up if your prefer.

10) Bake approximately 30 minutes or until crunchy.

11) Once cooled break up into random shapes and sizes.

12) Store in an air tight tin, they will keep for a good 2-weeks (probably longer, but mine have never lasted long enough for me to prove this).

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Blueberry & Chai Jam

If you are trying to cut down on sugar, but can't imagine giving up jam, here's some good news, you don't have to!



Practice

In just 10-15 minutes you can create a naturally sweet nourishing alternative using three ingredients you trust.

Fresh blueberries, bring vibrant flavour, chia seeds add natural thickness and goodness, and a touch of honey lifts the sweetness.

Jam with no refined sugar, no long cooking times, just real food, done quickly and easily.



Ingredients

150g blueberries

3 tbs filtered water

2 tbs Chai seeds

½ tbs Honey

Method

1) Place the Blueberries into your clean filtered water and simmer for 5 minutes, breaking apart the berries with a fork as they cook.

2) Remove from the heat, stir in the Chai seeds and honey.

3) Set aside to cool and thicken and store in a glass jar and refrigerate.

Cheddar Gorgeous

Here's Kitchen Witchery's take on Mini Cheddars!



Ingredients

8oz mature grated cheddar

8 oz plain flour

2 tsp Celtic salt

2 oz butter (cubed)

2 tbs whole milk

Preheat Oven 160°C / 325°F / GM3
Line 2 large baking trays with baking parchment

Time: Prep 15 minutes • Baking 15 minutes



Mixing

Put all ingredients in a food processor, pulse 10 times.

After pulsing, mix on a low speed until it forms a dough. Take out and lightly knead for 1 minute.

Method

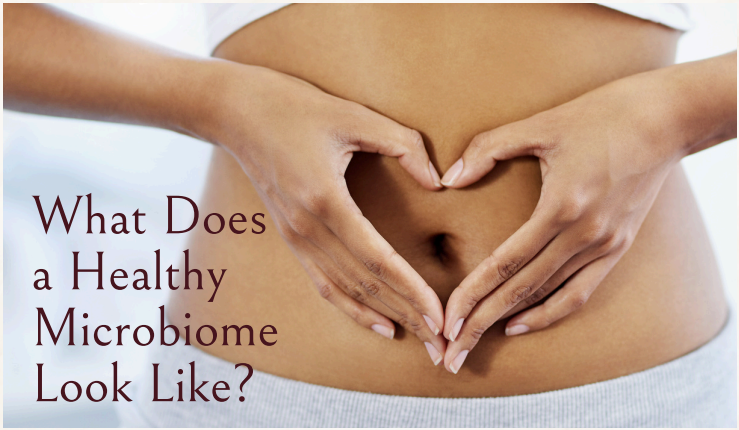
1) Roll out on a floured surface as thin as possible and pierce to release air whilst cooking (this will stop them rising) I used the end of a thin kebab skewer to make one whole in the middle (you could also use a fork).

2) Cut into squares, using a sharp knife, or a fluted roller pastry cutter, then sprinkle with more Celtic salt

3) Bake for 15 minute or until crunchy. If the bake is too light, the cracker will not have enough crunch. Watch them closely because it is a fine line to burning them.

Storage

Store in an air-tight biscuit tin.
Unfortunately I have no idea how long they last because they didn't last more than two days in our house.



What Does a Healthy Microbiome Look Like?

A healthy microbiome requires a varied wholefood diet.

Avoid unnecessary medication.

This would give you a very strong foundation for a healthy gut microbiome, but it would not guarantee a perfect one.

Other factors are shaped by your history, environment, genes and other lifestyle factors.

DO YOU WANT TO GIVE IT A SHOT? We need to start by understanding UPFs.

What are UPFs?

It stands for **Ultra-Processed Foods**.

In plain English it is foods with a long ingredients list, and I use the word food lightly as there are court cases going on right now that challenge their right to call them food.

Today we have to specify something is a **WHOLEFOOD** to be sure it is nutritious.

I have had people say to me, It's difficult when you come to dinner because you are so fussy with your food 😳

My reply to them is I eat wholefood, which is; **fish, meat, vegetables, pulses, nuts, fruit, herbs and spices**. I also eat processed foods like milk, cheese and butter.

I avoid UPFs.
It might seem scary, but it really isn't.



How do we Identify and Eliminate UPFs?



UPFs have a long list of ingredients, lots of additives, (think snacks, ready meals, sugary cereals, soft drinks) and they come in a packet, jar, tin etc.

Kitchen Witchery will help you swap out your favourite UPFs.

On your piece of paper, write your favourite UPF. (mine are crisps!)

I obviously do not have the time to cover all UPFs so I chosen Mini Cheddars to represent UPFs tonight, but I will collect your answers and send you an alternative to try.

THINKING OF YOUR GUT • HOW CAN I HELP IT?

You can be kind🪴

Think of your gut like a garden, good plants (friendly bacteria) need good soil (fibre and nutrients) to thrive.

Mini Cheddars are like chemical fertiliser – tasty and quick, but they don't feed the good plants and can encourage weeds if eaten too often. These chemicals are addictive because the flavours are designed to make us keep coming back for more, disguising the fact that they are chemicals.

How do they Harm the Gut?

Mini Cheddars are low in fibre and micronutrients (so they don't feed the good gut microbes), high in refined starches/sugar/salt/fat and often contain emulsifiers, artificial sweeteners and processed starches that, lab and animal studies show can upset the gut lining and bacterial balance.

For many people in the modern world, the combination of frequent UPF consumption and low plant/fibre intake is a major double-hit to the microbiome. In that sense UPFs are among the top, most fixable contributors. But the list shows there could be many causes.



Ultra Processed Foods (UPF) are a massive contributor to breaking down good bacteria within your gut.

We are very quick to buy a carefully titled new trend that we have been brainwashed into thinking it will improve our gut health (Actimel), but very reluctant to give up the root cause.

Contributing factors to poor gut health
• Ultra Processed Foods (UPF) • Antibiotics • Low fibre intake
• Some medicines • Stress and infections

What Should You Do?

- Reduce UPF to a minimum
- Read all labels to avoid emulsifiers, maltodextrin and artificial sweeteners
- Boose whole plant foods and fibre variety, aiming for lots of different fruits, vegetables and pulses, nuts, seeds and whole grains. (DIVERSITY MATTERS)
- Include fermented foods if tolerated (yoghurt, kefir, sauerkraut, kimchi)
- Avoid unnecessary antibiotics and review medicines with your pharmacist/doctor if you are concerned about the effect on your gut.
- Address lifestyle, stress reduction/management, better sleep and regular movement all help too



I challenge you all to a 7-day UPF swap and I guarantee you will feel the benefits.

Top Teir Foods



Kefir



Greek or natural yogurt
containing lactobacillus



Garlic, onions and ginger



Oats



Apples
rich in pectin



Kimchi or Sauerkraut
unpasteurised



Legumes • Chickpeas, lentils, kidney beans | prebiotic fibre



Bananas
especially underripe



Leafy greens
Spinach, Kale and Chard



Oily Fish
Salmon, Mackerel and Sardines



Asparagus



Pineapple



Bone Broth



Apple Cider Vinegar



Slippery Elm

Enchanted Organic Sauerkraut Ritual

In this simple kitchen ritual, humble cabbage is transformed through time, salt, and patience into a living, tangy elixir of the earth.



Ingredients

1 medium organic green cabbage (about 1 kg), fresh and crisp

20 g Celtic Sea salt (unrefined and mineral-rich)

Optional charms of flavour:
- 1 teaspoon caraway seeds
- 1–2 grated organic carrots
- A few juniper berries
- Thin slices of organic garlic

TOOLS OF TRANSFORMATION
- A clean glass jar (your fermentation vessel)
- A sharp knife or mandoline
- A large bowl
- Your own hands (the most important tool... warm, alive, and full of intention)
- A weight (or smaller jar) to hold everything beneath the brine

Method

1) Preparing the sacred cabbage
Begin by removing any outer leaves that feel tired or damaged. Set one whole leaf aside this will become the seal of protection later.
Finely slice the organic cabbage, letting the ribbons fall like pale green moonlight into your bowl.

2) Awakening the brine
Sprinkle the Celtic Sea salt over the cabbage. Now, with your hands, gently massage and press.
As you work, the cabbage will soften and release its own sacred liquid. This is the brine the lifeblood of transformation.
Continue until the cabbage becomes wet, glossy, and fragrant.

3) Packing the jar (the sealing of intention)
Place the cabbage into your clean glass jar, pressing it down firmly after each handful. Let no air remain trapped within.
The liquid should rise and cover the cabbage completely, as though the mixture is being held safely beneath a protective tide.

Method (cont.)

4) The protective layer
Lay the reserved cabbage leaf across the top like a green vigil of protection.
Place your weight on top to keep everything submerged beneath the brine.
This is essential what is exposed to air may not be blessed by fermentation.

5) The waiting (where magic happens)
Cover your jar with cloth or a lid that allows breath but keeps out dust and disturbance.

Place it somewhere cool, dark, and still.

Over the next days, unseen forces awaken within. Tiny living cultures begin their work, transforming simple cabbage into something alive with complexity and depth.

6) Daily tending
Check your creation each day. Gently press it down if it rises above the brine.
Bubbles may appear these are the signs of life and alchemy in motion.
If a pale film appears, simply remove it with care.

7) The tasting of transformation
After 5 to 7 days, you may taste your creation.
If it is bright, sour, and alive on the tongue, it is ready. If you desire deeper tang, allow it to ferment for 2 to 4 weeks.

When complete, seal and store in the cold stillness of the refrigerator, where its transformation slows but never fully dies.

Final Thoughts

This is not merely food, but living preservation organic cabbage, salt, and time woven together into something greater than its parts.

Eat slowly. Offer gratitude. And remember what once simple cabbage was now carries the quiet alchemy of patience and life itself.

What Is Gut Health?

So, you know when you have what's called a gut feeling, when it tends to be something you seem to know without really knowing how you know it?

Well, that's just one version of a gut feeling. There's another sense that something in your gut, in your body, is somehow driving you to think or act a particular way or maybe move towards something you're trying to move away from.

This is partially the psychology of the gut feeling, but we're also going to discuss how the gut and the brain interact, as well as other elements of the gut microbiome. The gut is absolutely communicating with the brain.

It's directly influenced by neurons and nerve cells, which indirectly change the chemistry of your body. This then permeates up to your brain and impacts various aspects of brain function.

It also works in another way: your brain influences your entire gut. When we're talking about the entire gut, we don't just mean the stomach; we mean your entire digestive tract. Your brain impacts how quickly your food is digested, the chemistry of your gut, and whether you happen to be stressed, under a particular challenge, or happy.

All of these factors can adjust the chemistry of your gut.



Our gut and our brain represent what's called a biological circuit. This basically means that there are different stations; for example, station A communicates with station B, which communicates with station C, and so on.

It's a two-way system between the gut and the brain, and it's important to note that when we're talking about the gut, we're not just referring to our stomach.

Many of us think that the gut equates to the stomach. For example, as I mentioned previously, we talk about having a gut feeling about something. However, in the context of gut-brain signalling, we are referring to the microbiome.

The gut includes the entire digestive tract, from start to finish.

For context, the presence of neurons and nerve cells that reside in our gut allows communication with specific locations in the brain through the release of neurochemicals such as dopamine and serotonin.

Dopamine and serotonin motivate our behaviour or cause us to avoid foods, interactions, and behaviours.
Many of these neurons reside in our intestines, not in our stomach. They can be found in both the small intestine and the large intestine.

In fact, we have taste receptors and neurons located all along our digestive tract, and this influence what we think, what we feel, and what we do.

To understand the gut-brain axis, we need to focus on both the brain and the gut. This is interesting because our nervous system includes our brain and spinal cord, which together constitute what's called the central nervous system.

The Architectural Structure of the Gut

Our gut begins at the mouth and ends at the anus. All in all, it is a long series of chambers. Our digestive tract forms multiple chambers along this tube that we call the digestive tract.

There is a great variation in acidity, also known as pH, throughout the digestive tract. These variations can give rise to little microenvironments in which microbiota and bacteria can thrive or fail to thrive.
The way to think about the digestive tract is that the gut component of the gut-brain axis is not just one thing.

It's not just your stomach with a particular acidity. It's a complex environment made up of different microorganisms that contribute to digestion and wellbeing. It is also a series of microenvironments where certain microbiota thrives while others do not.

Our microbiome is strongly impacted by how we came into this world.

For example, was it by C-section?
Was it a vaginal birth?
What hands were on you?
How much skin-to-skin contact did you have?
Were you premature?
Did you have pets at home?
Were you allowed to play in the dirt?
Were you exposed to a wide variety of environments?
Were you kept in a very antiseptic one?

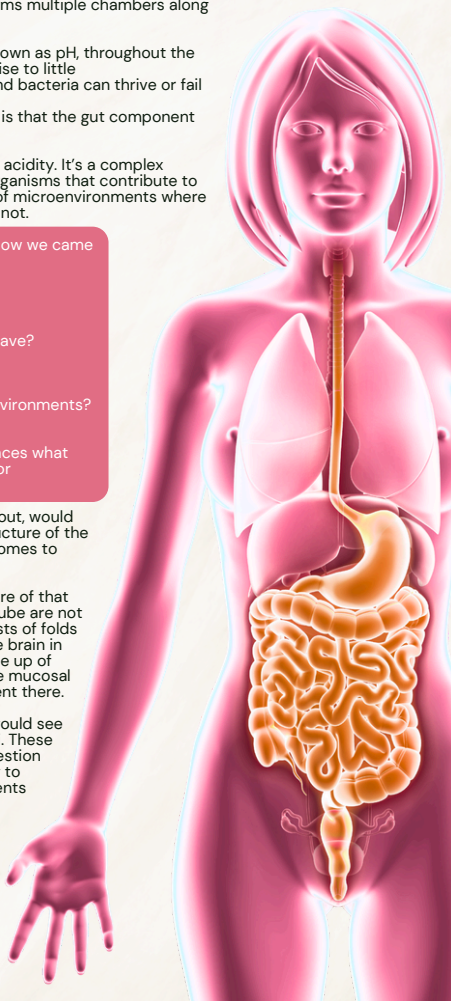
All this shapes our microbiome and influences what constitutes the best or worst conditions for these microbial environments.

Our digestive tract is very long and, if laid out, would measure approximately 9 metres. The structure of the digestive tract is very important when it comes to gut-brain signalling.

It is essentially a tube, and the hollow centre of that tube is called the lumen. The walls of the tube are not smooth. Much of the digestive tract consists of folds and grooves that resemble the folds of the brain in terms of terrain. These structures are made up of various tissues, including what is called the mucosal lining. There is a great deal of mucus present there.

If we were to look even more closely, we would see tiny finger-like projections called microvilli. These increase the surface area available for digestion and nutrient absorption, allowing the body to extract vitamins, minerals, and other nutrients more efficiently from the food we eat.

The microbiota resides throughout the lumen, from the mouth all the way to the other end of the digestive tract. They also inhabit areas around the microvilli and other structures within the gut.



If we were to examine these folds closely, we would find countless tiny areas where microorganisms can grow and interact with their surrounding environment.
I realise that sounds a little unpleasant, but we carry enormous numbers of microorganisms within our microbiome. In fact, an individual may carry around 2–3 kilograms of microbiota, which is more than 6 pounds.

These microorganisms are constantly turning over. They are born, reproduce, die, and are eventually excreted. Some remain for a long time, while others pass through much more quickly.

Interestingly, about 50–60% of the dry weight of stool is made up of bacteria and other microorganisms. The composition of this depends strongly on the foods we consume and many other environmental influences.

What we eat strongly influences our microbiome, but diet is not the only factor.
The microbiome can also be influenced through breathing, kissing, skin contact, and many other day-to-day interactions.

Amazingly, the microbiome can influence how our brain functions by affecting the production and metabolism of various neurotransmitters. Certain microbial populations may be associated with improvements in mood, while others may be linked to poorer mood states.



Approximately 90–95% of the body's serotonin is produced in the gut, primarily by specialised cells within the digestive tract. While the gut microbiome does not produce most of this serotonin directly, it can influence serotonin production and signalling through its interactions with the gut and nervous system.

Research suggests that the microbiomes associated with our skin, digestive tract, nasal passages, and other openings to the outside world are particularly influenced during the first three years of life.

Studies indicate that these early years may have a profound impact on the diversity of microbiota that a person carries throughout life.

There is considerable discussion regarding whether babies delivered by Caesarean section may develop a different microbiome compared to those delivered vaginally.
The microbiome can also be influenced by whether a child is breastfed or formula-fed. Some studies suggest that extensive antibiotic use during early life may negatively affect the establishment of a healthy microbiome.

Taking antibiotics can have a major impact on the microbiome. While antibiotics are often necessary and lifesaving, they can also reduce microbial diversity and contribute to the development of antibiotic-resistant bacteria.

Gut Health and Digestive Illness

When we look at people who have recurrent digestive illness research becomes particularly interesting.

In severe cases of recurrent digestive illness and treatment-resistant bowel conditions, researchers began investigating faecal microbiota transplantation (FMT), more commonly known as a stool transplant.

Although it may sound unpleasant, this involves transferring stool from a carefully screened healthy donor into the digestive tract of a recipient. FMT has been shown to be highly effective in treating recurrent Clostridioides difficile infections and has also been investigated as a treatment for conditions such as ulcerative colitis.

While some patients with colitis have experienced significant improvements, the evidence is currently much stronger for recurrent C. difficile infection than for colitis itself.

As mentioned earlier, stool contains large amounts of living and dead microorganisms, and these microbial communities appear to play an important role in gut health.

Diet, Prebiotics and Probiotics

Prebiotics and probiotics can both enhance microbial diversity and may improve digestion, immune function, and overall wellbeing. They may be particularly helpful when recovering from illness, after taking antibiotics, or during periods of significant stress.

However, excessive intake may not always be beneficial. Some reports suggest that excessive probiotic supplementation may contribute to symptoms such as bloating or brain fog in certain individuals.

This leads to questions about which foods we should eat and how often we should eat them. Fibre is often highlighted because it can serve as food for many beneficial gut microbes. However, debates continue regarding how much fibre is optimal, particularly for individuals following dietary approaches such as ketogenic or carnivore-style diets.

There are studies suggesting that lower-fibre approaches may reduce inflammation in some people, while other research highlights the importance of fibre for maintaining microbial diversity. Approximately 90–95% of the body's serotonin is produced in the gut, primarily by specialised cells within the digestive tract. While the gut microbiome does not produce most of this serotonin directly, it can influence serotonin production and signalling through its interactions with the gut and nervous system.

The effects of fasting on the gut microbiome are still being actively researched. Some studies suggest that fasting may increase microbial diversity and support certain beneficial bacterial species, while other findings indicate that the effects can vary between individuals. Extended periods of inadequate nutrition may negatively affect aspects of gut function, but there is currently no clear consensus that typical intermittent fasting practices are inherently harmful to the gut microbiome.

To recap, we have discussed what constitutes a healthy versus an unhealthy microbiome. A diverse microbiome is considered healthier than a less diverse one. When we have a healthy balance of microbiota species, it supports many aspects of gut-brain axis function.

The relationship between intermittent fasting and the gut microbiome remains an active area of research. Some studies suggest potential benefits, including changes in microbial diversity and reductions in inflammation, while others show more variable results. Factors such as antibiotics, significant life stress, illness, poor sleep, and dietary changes are all known to influence the microbiome and may have a more consistently documented impact on gut health.

Gut health is a vast topic.

The main thing to note is that maintaining good gut health involves consistency: proper hydration, adequate nutrition, regular physical activity, quality sleep, and keeping stress at manageable levels.

Fermented Foods



As mentioned earlier, fermented foods can have a positive effect on the gut microbiome.

Consuming several portions of fermented foods per week has been associated with increased microbial diversity and reduced markers of inflammation.

Examples include plain yoghurt, kimchi, sauerkraut, kefir, and other fermented products.
It's important to note that many live cultures are only present in refrigerated products.
Shelf-stable products may not contain the same quantity of active microorganisms.

If consuming yoghurt, it is often recommended to choose varieties with live cultures and minimal added sugar.

Fermented foods can take some getting used to. If your body is not accustomed to them, it may be sensible to start with small amounts and gradually increase intake. Sauerkraut, for example, contains a salty brine rich in live cultures.

You can also make your own sauerkraut at home using just cabbage, water, and salt. It is relatively inexpensive and straightforward to prepare.

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To recap, we have discussed what constitutes a healthy versus an unhealthy microbiome.
A diverse microbiome is considered healthier than a less diverse one.

When we have a healthy balance of microbiota species, it supports many aspects of gut-brain axis function.

Factors such as antibiotics, significant life stress, illness, and dietary changes can all influence the microbiome.

Probiotics & Prebiotics



Probiotics are live microorganisms that help replenish and balance gut bacteria.
They may help restore microbial populations affected by illness, antibiotic use, or poor diet.
Examples include yoghurt, kefir, kimchi, sauerkraut, and kombucha.

Prebiotics are mostly indigestible fibres and carbohydrates.
As they move through the digestive tract, gut bacteria ferment them, producing short-chain fatty acids that contribute to gut health.
Examples include garlic, onions, leeks, oats, beans, bananas, asparagus, and artichokes.

When probiotics and prebiotics are used together, they are sometimes referred to as symbiotic.

You can think of probiotics as healthy seeds for your gut and prebiotics as the fertiliser that helps those seeds grow.

Final Thought

The gut and the brain are in constant conversation.

When we nourish one, we often support the other.

When diet is wrong, medicine is of no use.

When diet is correct, medicine is of no need.

Gut health is not built in a day, however it is shaped by the choices we make.

3-Day Gut Supportive Meal Plan

This plan focuses on dietary diversity, fibre-rich plant foods, and fermented foods to support a healthy gut microbiome. It is designed to be practical, balanced, and easy to follow.

Day 1 • Gentle Reset



BREAKFAST: OVERNIGHT OATS
Organic Oats soaked overnight in milk or plant-based milk

1 tablespoon chia seeds

Half an organic banana (slightly underripe if possible)

A handful of organic blueberries

Optional: a spoon of organic plain yogurt

This meal provides soluble fibre, resistant starch, and optional probiotics.



Lunch: Lentil and Vegetable Soup

Organic Lentils

Organic Carrots, celery, Onion, Garlic

Olive Oil

Organic Spices such as cumin and turmeric
Optional sour dough bread on the side

This meal is rich in prebiotic fibres and supports digestive comfort.



Dinner: Rice and Bean Bowl

Organic Brown rice (cooked and cooled if possible)

Organic Black Beans or cannellini beans
Organic Spinach

Olive Oil and fresh Organic Lemon Juice

Small serving of sauerkraut on the side

This combines resistant starch with fermented foods to support microbial diversity.

Optional Drink: Loose leaf Organic Peppermint Tea or Ginger Tea

Day 2 • Microbial Diversity Building

BREAKFAST: KEFIR SMOOTHIE

Organic Kefir or yogurt

Organic Banana

Organic Oats

Organic Berries

Organic Flaxseed

This provides probiotics, fibre, and healthy fats.



LUNCH: THREE-LEGUME BOWL
Organic Lentils, chickpeas, and beans

Organic Onion, garlic, carrots sautéed in olive oil

Organic Spinach or kale

Organic Lemon juice

Optional kimchi

This meal maximises fibre diversity and fermented food intake.



DINNER: ROASTED VEGETABLES
Organic Sweet potato

Organic Courgette

Organic Carrot

Olive oil, Organic garlic, and Rosemary

Optional plain Organic Yoghurt

This supports gut health through polyphenols and plant diversity.



Optional Drink:
Organic Loose Chamomile Tea

Day 3 • Balance and Stability

Breakfast: SAVOURY OATS (Optional)

Organic Oats cooked in water or stock

Organic Spinach

Olive Oil

Optional Organic Soft-Boiled Egg

Celtic Salt and Pepper

A balanced meal combining fibre and protein.



LUNCH: CHICKPEA SALAD
Organic Chickpeas

Organic Cucumber, tomato, Red Onion

Organic Fresh Herbs such as Parsley or Coriander

Olive Oil and Lemon Juice

Optional Organic Feta or Yogurt Dressing

Side of Fermented Pickles

A fresh, fibre-rich meal with fermented support.



DINNER: LENTIL STEW
Organic Lentils

Organic Onion, garlic, and carrot

Organic Kale or spinach added at the end

Spices such as Organic cumin and turmeric

Optional sauerkraut on the side

A warming, nutrient-dense meal to support gut function.

Optional Drink:
Ginger Tea or warm Lemon Water



Core Principals

Dietary diversity **supports microbial diversity in the gut.**

Fibre-rich foods **feed beneficial gut bacteria.**

Fermented foods **provide live microbial cultures.**

Cooked and cooled starches may **increase resistant starch content.**

Organic and well sourced onion, garlic, and related vegetables **act as prebiotics.**

Hydration and consistency are **important for digestive health.**

Practical Guidance
If you are not used to a high-fibre diet, increase intake gradually to minimise bloating or discomfort.

Drink sufficient water throughout the day.

Mild digestive adjustment can be normal when increasing fibre and fermented foods.

Gentle On Your Tummy Porridge

Everyday food as medicine to heal your gut.



Ingredients

1 tbs slippery elm

3 tbs organic oats

200 ml organic milk

1 tsp of mashed banana or stewed apple

Pinch of organic cinnamon (optional)

Method

1) Mix oats and slippery elm powder in a saucepan and then add the milk, heat gently until thick and creamy.

2) Remove from the heat and stir in your banana or apple.

With every mouthful, feel that the slippery elm is physically coating and protecting your irritated tissues in the throat and the stomach and intestines, while actively stimulating nerve endings in the GI tract to increase protective mucus secretion.

Food is not only medicine, it is magic.

Gut Healing Benefits

Slippery Elm • Digestive soother, Acid reflux & GERD, Gut inflammation, Bowel regulation, Prebiotic effects, promoting healthy microbiome

Oats • Digestive heling, Beta-glucan promotes healthy gut bacteria by acting as a prebiotic and it is high in fibre.

Milk • Bioactive components including specific proteins, sugars and nanoparticles that actively promote digestive health, nourish beneficial bacteria and fortify the intestinal barrier.

Banana • Highly beneficial for gut health due to their pectin and resistant starch, which act as prebiotics to fuel good bacteria. They also sooth the stomach lining.

Stewed Apple • A gentle gut tonic.

Cinnamon • A natural gut soother ad microbiome balancer. It reduces inflammation, fights harmful bacteria and stimulates digestive enzymes to improve nutrient absorption and ease discomfort like wind and bloating.

Kimchi

Ingredients

1 large Chinese leaf cabbage (approx. 700g–1kg)

50g fine or coarse sea salt (iodine-free)

1 medium apple or pear, peeled and roughly chopped

4–6 garlic cloves, peeled

20g fresh root ginger, peeled

2 tbsp miso paste (to replace fish sauce for a great vegan alternative)

20g–50g chilli flakes

1 large carrot, cut into thin matchsticks

5 spring onions, sliced



Method

1) Chop the Chinese leaf cabbage into 3–4cm pieces. Place into a large bowl and massage in the sea salt until the leaves begin to soften. Cover with cold water and leave to sit for 1.5 to 2 hours, stirring occasionally.

2. Rinse the cabbage thoroughly in cold water to remove excess salt, then place in a colander and let it drain well.

3. In a food processor or blender, blend the apple, garlic, ginger, and miso paste until smooth. Stir in your chilli flakes to form a thick, vibrant red paste.

4. In a large bowl, combine the well-drained cabbage, carrot matchsticks, and spring onions. Pour the kimchi paste over the top and, wearing rubber gloves, massage the paste into the vegetables until evenly coated.

5. Pack the mixture firmly into a 1-litre or 2-litre airtight glass jar (like a Kilner jar). Press the vegetables down until the juices (brine) rise to completely submerge the cabbage. Leave about 2 cm of space at the top.

6. Close the lid and leave the jar at room temperature for 1 to 5 days. Open the lid daily to release built-up gas. Taste it on day 1 to monitor the sourness. Once it reaches the desired flavour, transfer it to the fridge to slow down the fermentation.

Core Benefits

Kimchi offers highly targeted benefits for women, primarily by supporting hormone balance, easing digestive issues like bloating, and promoting healthy weight management. Packed with live probiotics and fibre, it helps heal the gut, which is essential for healthy oestrogen processing.

Core Health Benefits for the Ladies
- Hormone balance; PMS relief
- Vaginal health
- Bloating; digestion
- Weight management
- Radiant skin

Core Health Benefits for the Men
- Prostate health
- Heart health
- Weight management
- Immunity & digestion

Bedtime Routine

I strive for a consistent bedtime, 10pm lights out.

From 8pm • I start to slow down, accepting anything on my **TO DO LIST** that is not done can be moved to tomorrow without question or guilt. Everything I choose to do in this time is slow and mindful.

From 9pm • I get any last-minute essential jobs done, like putting the now cooled leftover lasagne in the fridge for tomorrow's lunch; feed the cats; put fresh water out for the badgers and foxes; cabin doors to manual. Take up a pint of filtered water and clean my teeth.

9:45pm • I call my guides, angels and loved one to my healing pool – making a concerted effort to put myself in first. As I bathe, I body scan, asking for healing on my vulnerable areas and I give thanks.

I invite in, regular visitors or people with long term health issues. Sometimes they are already sitting there when I arrive in their regular spot, always smiling and peaceful.

I invite any friends and family who need some healing.
I invite anyone who has come to me this day.

Sometimes the pool is peaceful and sometimes it is very busy and playful.
The healing pool accommodates any number of people, expanding magically where required.

I ask my guides and Mother Gaia to cleanse with grounding and healing. Sometimes healing isn't appropriate, so in these cases I ask for the most benevolent outcome to a situation.

10pm Lights out • Surrendering and allowing sleep dependent healing to take place.



1) Awaken naturally • when I have had sufficient sleep, I listen to the birds and look at the weather while I drink any remaining water in my glass and I refill with fresh filtered water. It suits me to rehydrate early and get it out of the way, before eating.

2) Bowel movement • If your body has process well, you will need a bowel movement, and I recommend using a Potty Stool for adults. The positioning encourages the bowl to empty. Taking not of how your stool looks, (colour, size and shape) this is an indicator of the state of your health.

3) Responsibilities • I choose next to feed my cats, so I do not get drawn away from my routine by her.

4) Tincture • my preference is a shot on an empty stomach.

5) A brew • of organic decaffeinated bean to cup coffee is my favourite ritual, taking this mug of magic to my swing under the apple tree where I ground and connect. It is here, that I set my intension of the day and ask for guidance where needed.

6) Exercise • I play Mei-lan whilst I release any tension in my neck daily and then stretch out my body keeping me free from pain. (I notice the immobility and stiff joints if I skip them).

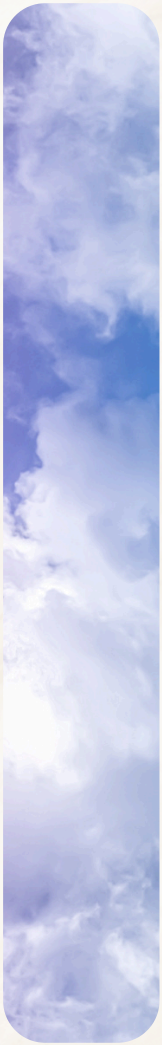
7) Shower • Sinus massage, cleansing with homemade soap, just knowing the bar of soap has been made with love feeds my soul. If I use store bought products I favour Free From, they do soap, bodywash, shampoo and conditioner.

8) Moisturise • Starting with
🙂 face, then neck, pulling neck muscles to avoid a double chin
👤 shoulders, arms, under arms, lymph and breast
🦵 legs
🤳 often choosing a nice Doterra oils for the souls of my feet

9) Dress • In the colours of my mood.

10) Brush • brush my hair being thankful for it, however unruly it behaves and breathe and give thanks for my day ahead.

11) Be at peace, whatever my day brings.



The Sacred Rhythm of Life

Evening • The Art of Softening

10:00pm – The Threshold of Rest

I honour a consistent bedtime, allowing my body and spirit to trust the rhythm of the day. As the clock moves toward night, I gently release the world and prepare to enter a space of restoration.



From 8:00pm

I begin to soften.

The tasks of the day no longer call for my attention. Anything remaining on my list is lovingly gifted to tomorrow, released without guilt, judgment, or urgency. This is the time of slow movements, quiet thoughts, and mindful actions.



From 9:00pm

I tend to the final rituals of the household.

The cooled lasagne finds its place in the fridge, ready for tomorrow's nourishment.

The cats are fed. Fresh water is offered to the foxes and badgers who share this land with me. My home is settled for the night.

I carry a pint of filtered water upstairs and cleanse my teeth, signalling to my body that the day is drawing to a close.



9:45pm – The Healing Pool

I enter my sacred bath and call upon my guides, angels, ancestors, loved ones, and benevolent helpers. Most importantly, I place myself first.

As I sink into the warm water, I gently scan my body, acknowledging areas that seek support and inviting healing where it is welcomed. Gratitude flows through me for all that my body does each day.

I then open the healing pool to others.

Those who visit regularly often arrive before me, already seated in their familiar places, peaceful and smiling.

I welcome family and friends who may benefit from healing.

I welcome those carrying long-term challenges.

I welcome anyone whose path has crossed mine during the day.

Sometimes the pool is serene and still. Sometimes it is joyful, bustling, and full of light-hearted energy. The waters expand effortlessly, creating space for every soul who arrives.

I ask Mother Gaia and my guides to offer grounding, cleansing, balance, and healing. Where healing is not appropriate, I simply ask for the highest and most benevolent outcome to unfold.



10:00pm – Surrender

The lights go out.

I release control.

I surrender to sleep and trust in the wisdom of my body, allowing its sacred cycles of sleep-dependent healing and restoration to work through the night.



The Sacred Rhythm of Life

Morning • Returning to the Day



Awakening
I wake naturally, when my body has received the rest it needs.
Before rising, I listen to the birds greeting the morning and observe the sky's offering for the day ahead.
I drink any remaining water beside my bed and refill my glass with fresh filtered water, nourishing myself before food and welcoming hydration as my first act of self-care.



Cleansing and Release
If my body has processed well through the night, I honour its natural need to release.
I use a potty stool to encourage ease and comfort, paying quiet attention to the messages my body offers through colour, form, and consistency, recognising these as gentle indicators of wellbeing.



Caring for Others
Next, I feed my cats.
Their needs are met first, allowing me to continue my morning rituals uninterrupted and fully present.



Tincture
I take my tincture on an empty stomach, receiving its support with intention and gratitude.



The Morning Brew
I prepare a cup of organic decaffeinated bean-to-cup coffee.
This is more than a drink.
It is a daily ceremony.
With mug in hand, I walk, bare foot to my swing hanging from my apple trees braches, where earth and sky meet.
Here I ground myself.
Here I connect.
Here I set my intention for the day and ask for guidance where it is needed.



Movement
Accompanied by the music of Mei-lan, I release tension from my neck and gently stretch my body.
ACTIVITY [Play Mei-lan, teaching the group to release tension in their necks]
I honour these movements as an act of devotion, preserving ease, mobility, and freedom from pain.



Water Ritual
In the shower, I massage my sinuses and cleanse myself with handmade soap.
Knowing it has been crafted with love nourishes something deeper
than my skin. Each wash becomes an act of renewal.

The Sacred Rhythm of Life

Morning • Returning to the Day (cont.)



Anointing the Body
I moisturise slowly and consciously.
Beginning with my face and neck, then my shoulders, arms, underarms, lymphatic pathways, and breasts.
I continue down my legs and finally to my feet.
Often, I choose a favourite oils and massage it into the soles of my feet, grounding myself before stepping into the day.



Adornment
I dress in colours that reflect the energy of my spirit on this day
I brush my hair with gratitude, appreciating it exactly as it is, however wild or unruly it chooses to be.

Blessing the Day
Before stepping fully into the world, I pause.
I breathe.
I give thanks.
I trust that whatever unfolds today is part of my path.
And I choose peace, whatever the day may bring. ✨



Holistic Routines

The word holistic describes an approach that emphasizes the whole rather than its individual parts. It stems from the Greek word holos (meaning "entire" or "whole"). It operates on the principle that the interconnected system is greater than the sum of its parts, and that individual elements cannot be fully understood in isolation.

And the definition of routine is...
A routine is a customary, regular, or unvarying sequence of actions. It refers to a standard way of doing tasks (e.g., a daily morning schedule), a performance such as a dance or comedy act, or a set of computer instructions.

Having an understanding of what these words mean from a detailed point of view felt much more romantic to self that just Holistic routines. It is an act of self-love to our body and mind, a nourishment and enrichment of our souls and I feel the gift ironically of, my principal of Freedom.

Tonight we will be reflecting on what both mine and Trudy's routines look like and equally encourage you to share yours, no matter how small or insignificant they might be. Fail to prepare, prepare to fail. I am a big believer in trying to be as prepared as possible, I am pretty methodical by nature, I spend large amounts of the day summarising everyone else's best interest and there are days of course where I forget mine.

I try my best to live by my principle of:

Freedom



F • Feeding (myself in order to tune into self)

This doesn't just encapsulate food, it also bleeds into nourishment of my mind and what I mean by that is how I speak to myself, others and my body need feeding.

Meditation – my first go to routine that I wish to share with you is what meditation looks like for me. In your envelopes you will find two written accounts, one of how I release any pent-up energy that doesn't serve me and a second meditation that I read often which enables me to embody my higher self, this keeps me grounded and in check.

I would like to read you both, I will start with the first and later on in the evening after our break I will share with you the other.

R • Realism (keeping my feet on the ground)

There are indiscriminate times where my world (much like everyone's) becomes heavier or more hectic than usual, I secure myself weekly with ensuring that I have real whole foods stocked in my fridge and cupboards. It had become a ritual of its own on a Saturday evening as I spent time deliberating over my Riverford order, I also write down in my journal what I require from the refill room and put together my milk order also. I run my weeks Wednesday to Wednesday and this makes the most sense for me.

I make myself and Peach a Chai and I make sure that I create a safe space for us to regiment our nutrition together.

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E • Empathy (to have empathy for others and myself)

This is one of my favourites – I am a total slut for notebooks and stationary in general – I am known for jotting random thoughts down in beautiful notebooks. This part of my principle is so important to me because it is a routine that keeps me well and grounded mentally. Every day I ask myself the same three questions which are and insight to my self-compassion, emotional awareness, clarification of needs.

I do this because it is a constant way that I work showing myself a level of empathy that I show others.



Self-compassion - What is one small way I can treat myself with kindness today?

Emotional awareness- What am I feeling right now, emotionally and physically?

Clarification of needs- What do I need most right now?

I invite you to write down these thoughts and post them anonymously into this jar – I would like to pick a couple out at the end and read them, if you do not wish to participate that is fine but there is a level of self-awareness that this creates which is not a usual energy flow for most. Reflecting back on this is a really hand tool for monitoring our overall mood.

E • Enrichment (I enrich my mind and body so I can rest with ease)

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D • Decision Making (decision making paves the way for my wellbeing)

I fuel myself through my decision making, taking true stock of how I feel what I need, what I know I need and how to make sure that I get that right. I use salt as a tool here, knowing that Celtic salt is an absolute powerhouse for, it ensures that my hydration is on point, allows me to keep in check my histamine levels, my insulin levels and repair any muscle fatigue.

I don't often suffer with headaches, my main areas of headaches stem from air pressure, I usually know when there's a storm brewing, I have taken time to know my body and mind well. It is an important thing to study yourself, as the holistic routines I have put into place whilst the suit me, to others they may not be the right fit or shall need tweaking.

My body works best when I start my day with protein, I am very mindful in the morning when I eat and I make sure that I take stock of this, sometimes in the day when it is looking busy, I make sure I dollop Greek yoghurt into a cup, local honey, spoonful of oats and some chia, this sustains me and helps fuel body and mind.

Other days I start off with fish and eggs. Water is a constant for me. It is my decision making that sets me up for my day and implores me to keep well.

O • Orchestrating Growth (a herby harmony kinda thing).

I have a great passion for plants, herbs, flowers. I have been dedicating my love and harmony to my basil plant. It is important to me that I cultivate what makes me feel most alive and, in this sense, I get a massive kick out of my basil plant, maintaining it, watching it grow, harvesting it, making my home-made pesto, watching my daughter make homemade pesto because I teach her my ways of harmony. Knowledge is power.



The Kitchen Witchery Pesto Recipe is a present from our home to yours.

M• Movement (Tapping up my energy, recognising the good)

Tapping up my energy is unequivocally my go to when I feel as though I am slipping or those around me are slipping. Trudy taught me this, I have used tapping to get me through situations that span from emotional, to being out of control my patience and to also help me focus my mind.

Recognising the good, seeing the light, allowing tension to pass through me and not fester has been a wild game changer for me. I have brought this into work and whilst the team might think I am mental it has been a good source of refresh, an ice breaker and also a time to recognise what's going right.

I start by standing, anchoring my body, it is important to note here I'm not trained in this! But I know what it does for me and how it serves me.

I tap my collar bone both hands, tap tap tap, building myself up I talk in rhymes of positive mantra, I am enough, I am capable, I do good, I am good, I am fine, I am well, I am more than well, I am amazing. A series of these rambles develops from my collar bone - through to my forehead, under my eyes, above my lip, under my lip and closing back at my collar bones. This is personal to me and is a big part of what keeps me well day to day.

F • Feeding
R • Realism
E • Empathy
E • Enrichment
D • Decision Making
O • Orchestrating Growth
M • Movement