

Herbalism

CONNECTING DEEPLY WITH
THE EARTH AND DISCOVERING
HOW TO HEAL OUR BODIES
WITH NATURE'S CURE.



BLACK WOMEN
FOR WELLNESS

Black Women for Wellness Presents

HERBALISM

Black Women for Wellness is pleased to introduce our community to **Jovanka Ciales**. She is a former entertainment executive turned Integrative Herbalist, Wellness expert; detox specialist, nutrition educator and author. She is the creator of the Wellness Smackdown™, an online wellness & learning community for healthy living, which was featured on the first season of ABC's "My Diet Is Better Than Yours".

Jovanka studied nutrition with best-selling author Dr. T. Colin Campbell at Cornell University and herbalism with Dr. Tieraona Low Dog. In her social media channels, she shows viewers easy natural cures, home remedies and how to use common herbs and spices to address various health complaints.

Now she joins our **Wellness Wednesday** team to bring you a healing session. In this guide, you will find her remedies and tips for your journey.

We express gratitude to Jovanka for her offering.



Immunity 101

By Jovanka Caires

Strengthening your immunity with alternative medicine takes a 3-step approach:

1 - Prevention

2 - Lessening of symptoms

3 - Strengthening the immunity

Prevention

1. pH balance
2. alkaline body using anti-inflammatory foods
3. Stress management techniques
4. Blood building - movement

Lessening symptoms and strengthening

Common Sense (yet lesser known) remedies

1. Salt water gargles
2. Baking soda nasal irrigation (1/4 tsp salt, 1/4 tsp baking soda, 8 ounces water) – needs a bulb syringe
3. Steamy showers
4. Cold/hot packs around nasal passages
5. Foods like red peppers, blueberries can help with aches/pains

Botanical Protocol

Immune System Kit:

- reishi/chaga mushrooms
- oil of oregano
- tea tree
- ginger
- eucalyptus
- astragalus

Botanical/Herbal

Respiratory System Kit:

- garlic
- elderberry
- plantain leaf
- echinacea
- thyme



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Remedy Blends

Recipes by Jovanka Caires

Fever Reducing Tea

Ingredients

- 2 tsp ginger root, grated
- 2 tsp dry basil
- 1 tsp of peppermint
- 1 tsp of dry yarrow leaves

*If you can't find yarrow, take elder flower or dry catnip

Directions

In 2 cups of hot water (not boiling), add all herbs and steep for 30-45 mins
Strain and drink small amounts of about ¼ cup of this infusion every 30 mins
Must be used within a 24 hour period

Immunity "Thieves," Infused Vinegar

Ingredients

- 16 oz organic apple cider vinegar
- 2 tsp of cloves
- 2 cinnamon sticks
- 2 teaspoons dried sage leaves
- 2 teaspoons dried rosemary leaves
- 1 teaspoon black peppercorn seed, crushed
- 1 teaspoon dried thyme leaves
- 1 bulb fresh raw garlic cloves, chopped

Directions

1. Fill a large jar with the herbs and then add the organic apple cider vinegar, making sure all herbs are fully covered in the liquid.
2. Stir with a wooden spoon and ensure the herbs are thoroughly saturated with the vinegar.
3. Seal the jar using plastic paper, then add the metal lid to prevent the vinegar from corroding the metal in the lid.
4. Let the mixture marinate for a minimum of 2 weeks (ideally 4 weeks) in a dark place, shaking the jar daily to ensure better extraction.
5. Once done, you can strain all the herbs and store in an amber or dark blue color glass jar and start using your vinegar in salads, in tea blends or topically.



Immunity Mushroom Broth

Recipe by Jovanka Ciare

Ingredients

- 12 cups (6 quarts) water
- 4 large reishi mushroom slices
- 1 cups dried shiitake mushrooms or 2 cups fresh shiitake mushrooms
- 1 cups dried maiitake mushrooms or 2 cups fresh maiitake mushrooms
- 3 slices astragalus root
- 1 red onion, roughly chopped
- 3 inches fresh ginger, roughly chopped
- 4 cloves garlic, roughly chopped
- 4 tbsp apple cider vinegar
- 3 tbsp red miso paste (white miso is also great)
- ½ cup packed fresh parsley
- 2 tbsp dulse flakes

Spices

- 1 tbsp dried oregano leaf
- 1 tbsp dried thyme
- 1 tbsp cumin seed
- 1 tbsp fennel seed
- 1 tbsp sea salt + more to taste
- 1 tbsp ground black pepper
- 1 tbsp turmeric powder

DIRECTIONS

1. Add 6 cups water (1.5 quarts) to an 8 quart stock pot and set over medium-high heat. Add your reishi mushroom slices, shiitake mushrooms and maiitake mushrooms and astragalus. Simmer the liquid until reduced by 1/3 -- the cook time here varies but it generally takes 35-45 minutes.
2. Add the onion, parsley, ginger, garlic, oregano, thyme, cumin, fennel, sea salt, black pepper and apple cider vinegar to the mushroom broth. Add the rest of the water - 6 cups water (1.5 quarts). Simmer covered for 30-60 mins. You want the liquid to reduce by at least 1/4 and the vegetables to be meltingly soft.
3. Turn the burner off and let cool for 10 minutes before straining off the cooked plant-material into another large pot. Compost or dispose of the used plant material.
4. Add the turmeric powder, dulse, to the broth. Once the broth is properly cooled to a palatable temperature, add the miso paste (this preserves vital nutrients and living bacteria in the miso).
5. Store in large mason jars up to 1 week. Broth can be frozen for 1 month.

Note: to reserve the shiitake / maiitake for eating strain off the mushrooms and remove the reishi slices from the cooked mushrooms.





Resources

Books

The China Study
by T.Collin Campbell

Diet for A New America
by John Robbins

Documentaries

Forks Over Knives

Herbalist

Jovanka Ciales
Jovankaciares.com
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Stores

Sprouts
Amazon
Mountainroseherbs.com
Nappily Naturals
(Leimert Park)
Local Ethnic stores





"You are an entire universe. You are your greatest health advocate."

Jovanka Ciales





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We support your wellness!



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