

# The Well Being's Herbal Allies Workshop Series



**WINTER -  
A SEASON FOR STILLNESS AND REFLECTION**

**DECEMBER 7, 2019**

# Listen to the Soul... It Always Knows





# Grounding Herbal Scents

## Frankincense (*Boswellia sacra*)

Adaptogen - Anti-inflammatory

- spirituality, tension, skin, arthritis, blood sugar -



## Patchouli (*Pogostemon cablin*)

Mild Antidepressant - Anti-inflammatory

- headaches, tension, calming -

# Schisandra (Schisandra chinensis)

## Health Benefits of WU WEI ZI in Traditional Chinese Medicine

- adaptogen, sour astringent, anti-inflammatory, antioxidant, antibacterial, expectorant, immune tonic, nervine, sedative, strong vital stimulant, aphrodisiac, blood pressure regulator -



## 5 Elements

Sour (Wood)

Bitter (Fire)

Sweet (Earth)

Acrid (Metal)

Salty (Water)



## More about Schisandra

Schisandra has been used throughout the history of Chinese civilization as a tonic herb to be consumed daily throughout one's lifetime as an anti-aging herb and to promote longevity. It was first written about in 1<sup>st</sup> century BC in China's first herbal encyclopedia, Shen Nong's Materia Medica

Russians first classified it as an adaptogen in the Russian Pharmacopeia for its ability to assist the body's adaptive responses to stress of various kinds. Nanai (Siberian) hunters used the herb to improve stamina and the tough hunting conditions with long, cold days and nights, and scarce food and water. It became most well known in the early 1960's as an adaptogen as a result of the large number of pharmacological and clinical studies carried out by Russian scientists between 1940 and 1960's

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# Winter Health Helpers



## Mullein (*Verbascum densiflorum*)

antiseptic, astringent, demulcent, emollient, expectorant

- Tea for treating respiratory complaints including coughs, bronchitis, asthma and throat irritations
- Infusion of the fresh or dried flowers in olive oil is used to treat earaches, sores, wounds, boils

## Echinacea (*Echinacea purpurea*)

general tonic, immuno-modulator & immuno-stimulator, lymphatic, antimicrobial (antibacterial & antiviral), anti-inflammatory, anti-allergic, diaphoretic, anti-catarrhal, detoxifier, alterative, peripheral vasodilator, bitter, vulnerary

- Treatment for the common cold, coughs, bronchitis, upper respiratory infections, and some inflammatory conditions



# The Lymphatic System

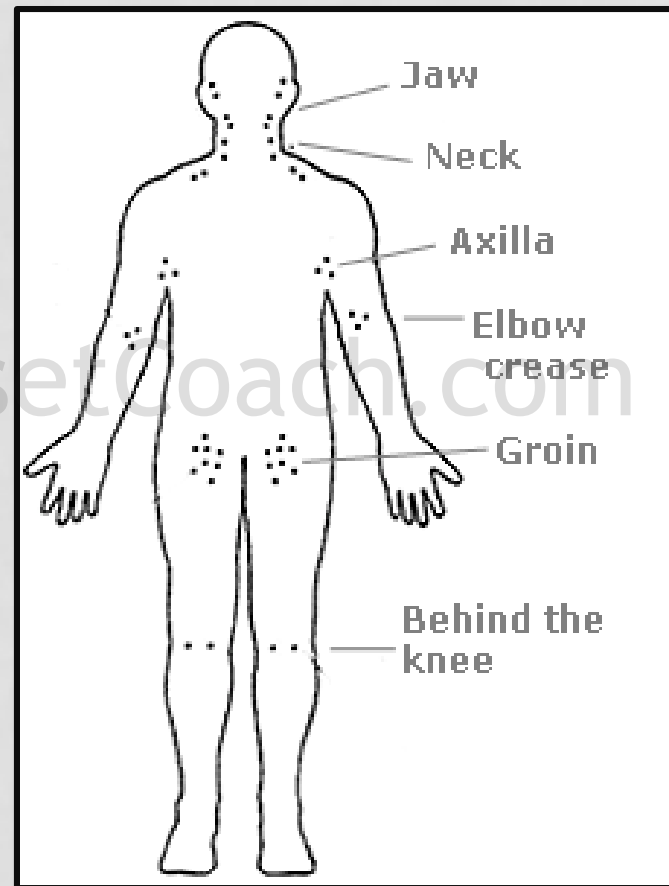
Unlike the circulatory system, the lymphatic system does not have a circulatory pump - It is important to get these toxins moving and eliminated from the body

## SIGNS OF A SLUGGISH SYSTEM

weight gain  
susceptibility to infection  
tiredness and fatigue  
dry or itchy skin  
cold hands and feet  
brain fog  
fluid retention  
mild skin rashes

## WHAT TO DO TO IMPROVE CIRCULATION

- Drink plenty of water - without adequate water lymph fluid cannot flow
- Eat more raw fruit on an empty stomach - the enzymes and acids in fruits are powerful lymph cleansers
  - Dry skin brushing before showering
- A gentle massage specifically aimed to aiding lymph drainage
  - Limit wearing tight clothing - many lymph nodes around armpits and pressure bra may limit drainage
  - Use supportive herbs!



# Lymph Moving Herbs



## Cleavers (*Galium aparine*)

- diuretic, anti-inflammatory -

- Enhances the function of the lymphatic system
- Improves ability to flush out toxins, decrease congestion, reduce swelling
  - Acts to mobilize white blood cells, stimulate lymphatic drainage, decrease inflammation of the lymph nodes, support lymphatic circulation
- Externally, is often used to alleviate inflammatory skin concerns such as psoriasis and eczema



## Calendula (*Verbascum densiflorum*)

- antiseptic, astringent, demulcent, emollient, expectorant -

- Stimulates lymphatic drainage; used for stagnant lymph conditions such as swollen glands, breast cysts, pelvic cysts, intestinal bloating
- Acts to mobilize white blood cells, decrease inflammation of the lymph nodes, and generally support lymphatic circulation
- Tea for treatment respiratory complaints including coughs, bronchitis, asthma, throat irritations
- Infusion of dried flowers in olive oil used to treat earaches, sores, wounds



## HERBS

Cleavers  
Calendula  
Mullein

## DIRECTIONS

Pour 1 cup of boiling water  
over 1 teaspoon herbal tea.  
Steep for 10-15 minutes.  
Drink a cup as needed.

# Lymph ActiviTEA





# Winter Skin



## Calendula (*Verbascum densiflorum*)

- anti-fungal, anti-inflammatory, anti-bacterial -

rashes, stings, wounds, burns, sunburns, abrasions, swellings, eczema, acne, insect bites, scrapes, bruises, chicken pox, cold sores, cracked nipples from nursing, yeast infections, cervical dysplasia, postpartum perineal tears

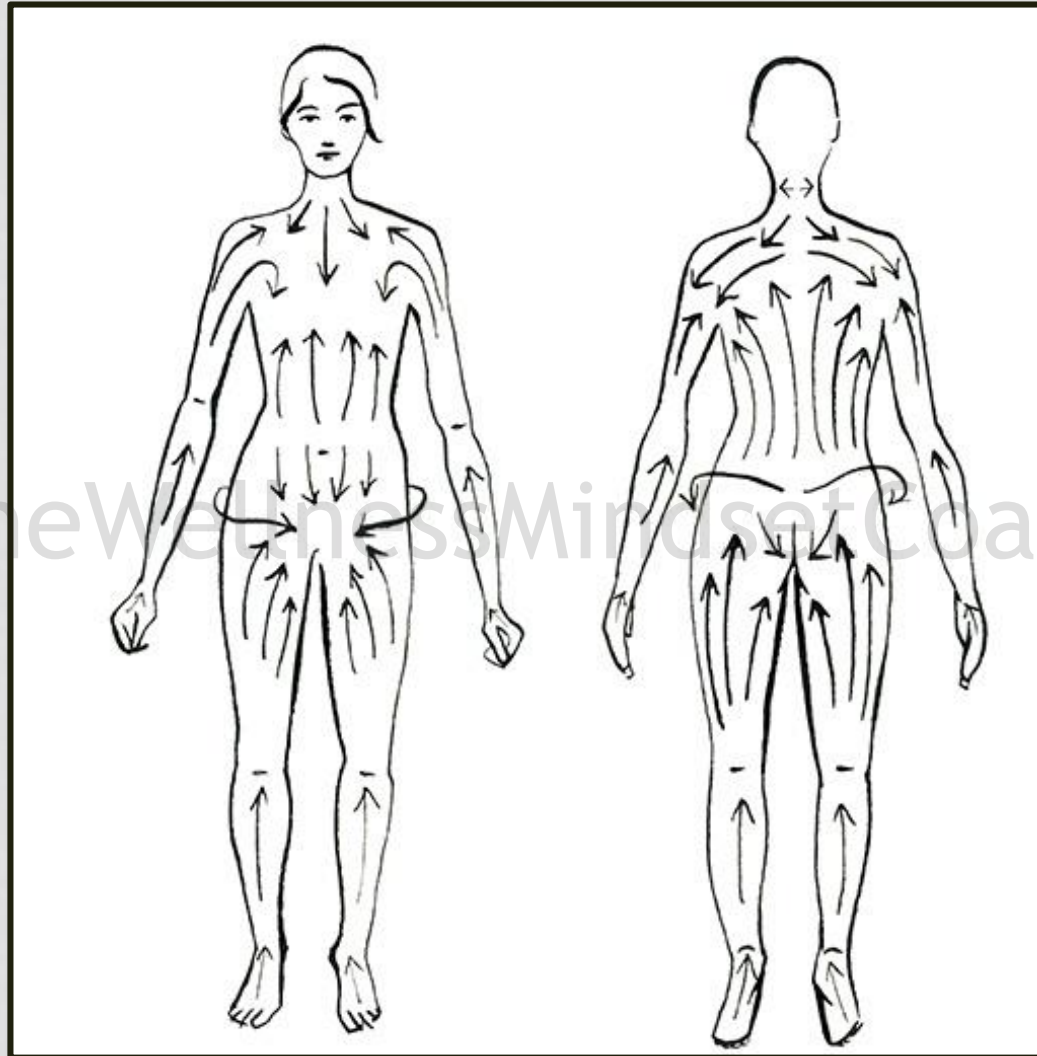


# What is Dry Brushing?





# How To Do It



# Drink Lymph ActiviTEA Daily - It's So Easy!



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