



Principle 10 - Herbs Are Food and Food is Medicine

This principle that herbs are food and food is medicine is one of the most important things to master to regain your wellness. It is so important to long-term well-being!

What are herbs? Herbs are simply whole plants that have the exact right micronutrients for rebuilding a certain system in the body. By understanding which system(s) are damaged and by taking in the right micronutrients to repair that system your body has the ability to take care of itself. So back to herbs: herbs are simple food. I tell people that by taking the herbs dried they are eating a large salad but in dehydrated form. You can eat the fresh herbs in a salad and get the same benefits. Herbs are food!

And food is medicine. What you eat on a daily basis has the capacity or potential to rebuild your health or to damage it. Highly nutritious foods provide the core nutrition so that your body can take care of those rebuilding needs. For example if you have an opportunity to eat a very nutritious salad with all kinds of fresh, in-season plants, this is bringing in rebuilding materials for your body. As we know, some foods (building materials) are more nutritious and nourishing than others.

My wife and I believe and teach that your nutrient budget should be as carefully considered as your budget for purchasing anything. Just as you carefully consider the quality and value of items you purchase for your closet or home, you should look at the nutritional quality of your food and make a decision of what to eat based on nutritional quality and value. Items for your home or closet are usually purchased based on the need and not just on what catches your eye or on emotion or habit. The same is true of food. We benefit when we eat based on our body's needs, rather than emotional reasons, habits, or what catches our eye.

Perhaps the thing you now need to know is which plants are specific and are the right materials to rebuild which specific organ or system of your body. Knowing what plants are specific to rebuilding the various systems of the body is critical to rebuilding. This starts with the daily choices in the food you eat and is supplemented with a few herbs to rebuild weak systems.