

HERBAL ALLIES FOR HEALING

Support for Mind,
Body, & Spirit in
Challenging
Times



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HEALING WITH HERBS

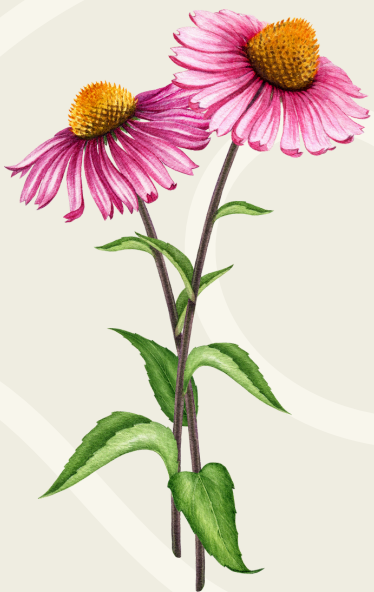
Our Allies in Nature

When our bodies & spirits are tested, nature provides for us with gentle allies in the form of herbs.

Herbs have been trusted for centuries to support healing, resilience, & comfort during times of crisis. Whether you're navigating natural destructions, recovering from illness, experiencing deep emotional grief, or simply moving through periods of intense stress, these plant allies can help restore balance and strength.

Other Times of Crisis Where Herbs Can Help

1. Natural Disasters: Wildfires, hurricanes, floods, or earthquakes that disrupt daily life & bring emotional & physical strain.
2. Global Health Crises: Pandemics or outbreaks that impact immunity, stress levels, & respiratory health.
3. Personal Grief or Loss: Losing a loved one, navigating heartbreak, or processing major life transitions.
4. Periods of Environmental Pollution: Long-term exposure to smog, allergens, or poor air quality.
5. Chronic Stress or Burnout: When emotional resilience & nervous system support are essential.



HERBS FOR LUNG HEALTH

How They Help:

Herbs for the lungs can reduce inflammation, loosen mucus, & protect against airborne irritants like smoke & pollution.

Top Picks:

Mullein (*Verbascum thapsus*)

Origin: Native to Europe, Asia, & North Africa.

Benefits: Soothes irritated lungs & helps clear mucus.

Use: Brew 1 tsp dried leaves in 8 oz hot water for 10 minutes. Can also be used in a steam.

Thyme (*Thymus vulgaris*)

Origin: Mediterranean region, Balkan countries & The Caucasus

Benefits: Antimicrobial, clears congestion, & eases breathing.

Use: Add fresh sprigs to soups, or make a tea with 1 tsp dried herb.

Nettle (*Urtica dioica*)

Origin: Europe, Asia, North America.

Benefits: Reduces inflammation & soothes irritation.

Use: Brew dried leaves as tea or add fresh leaves to meals (after cooking).



HERBS FOR NERVOUS SYSTEM SUPPORT

How They Help:

These herbs promote relaxation, calm stress, & support the body in times of emotional or physical strain.

Top Picks:

Lemon Balm (*Melissa officinalis*)

Origin: Europe & Central Asia.

Benefits: Calms the mind & reduces anxiety.

Use: Brew 1 tsp dried herb in tea or use as an infused oil for massage.

Ashwagandha (*Withania somnifera*)

Origin: India & North Africa.

Benefits: Reduces stress & boosts resilience.

Use: Add powdered root to smoothies or brew in warm milk.

Chamomile (*Matricaria chamomilla*)

Origin: Europe & Western Asia.

Benefits: Promotes relaxation & eases an overactive mind.

Use: Drink as tea or add to a soothing warm bath.



HERBS FOR SINUS SUPPORT

How They Help:

These herbs reduce inflammation & clear congestion caused by smoke or allergens.

Top Picks:

Peppermint (*Mentha × piperita*)

Origin: Europe & Middle East.

Benefits: Opens sinuses & eases congestion.

Use: Use as tea or inhale steam from fresh/dried leaves.



Eucalyptus (*Eucalyptus globulus*)

Origin: Australia.

Benefits: Clears airways & has antimicrobial properties.

Use: Add oil or fresh leaves to steam or use dried leaves in tea.



Ginger (*Zingiber officinale*)

Origin: Southeast Asia.

Benefits: Reduces inflammation & sinus pain.

Use: Drink as tea, add fresh cut ginger to drinking water or add to meals.



HERBS FOR GRIEF & EMOTIONAL HEALING



How They Help:

These herbs nurture the heart, uplift the spirit, & provide comfort during emotional challenges.

Top Picks:

Rose (*Rosa* spp.)

Origin: Asia, Europe, & North America.

Benefits: Soothes the heart & offers gentle emotional support.

Use: Drink as tea or add petals to a bath.



Hawthorn (*Crataegus* spp.)

Origin: Europe, Asia, & North America.

Benefits: Supports the heart physically & emotionally.

Use: Brew berries or leaves as tea.



Lavender (*Lavandula angustifolia*)

Origin: Mediterranean, Middle East & India

Benefits: Relaxes & uplifts the spirit.

Use: Drink as tea, use essential oil for aromatherapy, or add to baths.



BREATHE, CALM, & HEAL

Incorporating Herbs Into Daily Life

1. **Teas & Infusions:** Simple & effective. Steep herbs in hot water for 5–15 minutes (roots may need longer simmering).
2. **Steam Inhalation:** Add herbs like eucalyptus or peppermint to hot water, cover your head with a towel, & breathe deeply.
3. **Baths:** Add herbs like rose, chamomile, or lavender to a muslin bag & steep in your bath.
4. **Cooking:** Incorporate culinary herbs (e.g., thyme, ginger, lavender or horseradish) into meals.

In times of crisis, it's easy to feel overwhelmed & disconnected, but nature gently reminds us that support is always available. **Herbs are more than remedies—they are companions. They offer their quiet strength to help us breathe easier, find calm, & heal from within.** If you explore these herbal allies, I hope you feel nurtured, grounded, & held by the wisdom they carry. Remember, even small rituals of self-care—like sipping tea or inhaling the soothing scent of lavender—can be incredibly powerful acts of resilience.

You are not alone, & together, we can navigate these wild & challenging times with grace & support from the natural world.

Heartfelt Incantation to Infuse Intention & Healing Energy

“WITH THE WARMTH OF
THIS BREW, MAY I BE HELD.
BY THE STRENGTH OF
THESE HERBS, MAY I BE
HEALED.

WITH EACH SIP, MAY PEACE
FIND MY MIND,
MAY MY LUNGS BREATHE
FREELY, & MY HEART
UNWIND.

EARTH’S LOVING WISDOM
FLOWS, FROM LEAF TO ME,
GRANTING SOLACE,
STRENGTH, & SERENITY.”

This can be spoken softly or in the mind as the tea
brews, (can also be activated as you soak in a bath, or
steam, or while cooking) setting a nurturing intention
for the act of working with the herbs.

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