

## Natural Pharmacy



What you can do  
to boost your immune system and your resilience

*I get loads of emails and questions from people who feel overwhelmed, insecure, confused and helpless regarding the Corona Virus scenario. When we are feeling like this, we aren't able to make beneficial decisions; we are "running around like headless chickens" as people often say. Another side effect is that our immune defense doesn't function as well when we are frightened. May this little booklet give you some tools to support your immune system, no matter if you use it as prevention or when you or one of your loved ones are already sick.*

*I asked a few wise women friends to share their tips, added some advice, knowledge, wisdom from my own family and learning path and compiled a by no means "complete" compilation of simple things everyone can do to strengthen the immune system. For some of you, these things might be "old news" and can be a good reminder, for others they might be new. Old life-sustaining knowledge seems to be lost or dormant in this time and space as well as the connection of people to their bodies and to their intuition. May this compilation help to awaken dormant knowledge and to rekindle body connection and intuition.*

*Take some deep breaths, find a calm relaxed state of mind (!) when you feel scared or overwhelmed, before you react and jump into action. There are plants everywhere in the world that help us to be well and maintain balance. Our ancestors knew this well - otherwise I wouldn't be sitting here writing, and you wouldn't be reading it ☺*

*Blessings from my heart to you all*

*Birgit*

*P.S.: When you harvest plants, please be mindful of how you do this. We humans tend to feel entitled to use whatever seems beneficial to us - without asking for permission or consent. Plants are living sentient beings. Connect with them, before you take leaves, bark or dig out root parts. Ask them, if they are ok for you to take parts of them. You can sing for them (plants love sound - they have their own songs, too, but not many people can hear it), meditate or pray with them, gently stroke their leaves or bark... Breathe with them... Find your own ways to connect, unless of course, you still know a specific ritual or form from your ancestors that you are happy to use. Take your time! You will feel if and when it is ok for you to gather some plant parts.*

## **Teas**

Use dried or fresh leaves or roots as indicated and pour hot (not boiling) water over them. Let them steep for a while before drinking. You can leave the leaves in the bottle/jug/pot to steep and simply add hot water to the brew as needed. In my family we sometimes leave the brew for weeks, and just add new leaves or roots whenever we feel that the brew isn't strong enough anymore (you can tell when it loses its particular taste).

If you just make 1 cup of tea, usually 1 teaspoon full of dried leaves/roots/berries or 2-3 fresh leaves/cut roots/berries are enough. Use more for larger quantities. Unless otherwise stated you cannot "overdose" - your tea could just become very strong...

### **Plantain/kopakopa**

Dried leaves (2 tsp/cup) or cut 2-3 fresh leaves (depending on the size of the leaves) into pieces, let soak in hot water. Drink up to 3 cups a day.



### **Sore Throat Tea – Kristina Jensen**

Thyme (active ingredient, thymol) and sage have excellent antiseptic, anti-fungal and anti-bacterial properties, making them a first choice for a soothing tea for sore and inflamed throats. Ginger is both anti-microbial and anti-inflammatory.



It is best to make this tea fresh every time, as it becomes bitter the longer the herbs are left to steep.

To each cup of boiling water, add either ½ tsp of dried sage and thyme or a couple of sprigs of each of the fresh herbs.

Add 1-2 slices of fresh root ginger and steep for 3-5 minutes.

Strain if you don't like floaty bits and add a sweetener like honey or stevia if you wish.

Note: Sage should not be used while pregnant or breast-feeding.

### **Kawakawa Tea – Kristina Jensen**



Kawakawa is a native shrub from Aotearoa/New Zealand with heart-shaped leaves and bamboo-like stalks that tends to grow on the fringes of the native forests in Aotearoa/New Zealand. Māori used this plant extensively for its many healing qualities, including this simple infusion for colds and flu:

To make a refreshing cup of kawakawa tea to help with congestion of the respiratory system, simply pick a handful of the fresh leaves and simmer gently for 10 minutes. Strain and add honey if desired. Sip slowly, savouring the radiant warm buzz that spreads throughout your chest. This is partly due to the volatile oils present in kawakawa, similar to that of cloves.

Note: In other parts of the world, use your local healing plants such as sage, mullein, plantain, elecampane, oregano, thyme, licorice root, coltsfoot, Astragalus.



Astragalus



Coltsfoot



Mullein



Oregano



Echinacea



Elecampane

**Other anti-viral immune boosting tea blends**

olive leaf, elderberry, elderflower, licorice root, ginger root, Echinacea – Emma Heke

sage, nettle, kawakawa – Linda Thompson

cedar, juniper or pine – Robin Youngblood



seabuckthorn leaves & berries



manuka/kanuka/tea tree leaves or whole stalks



## Tinctures & Tonics

### How to make tinctures

Tinctures are herbal preparations that use a solvent like alcohol, vinegar, or glycerin to extract a greater spectrum of the whole plant and preserve the medicinal properties much longer than an infusion or a decoction. Alcohol is especially efficient as it extracts a wide range of plant properties and allows for easy absorption of healing compounds into the bloodstream.

In order to make a tincture you need:

Wide-mouthed canning jars with tight-fitting lids

Dried or fresh plant parts (leaves, roots)

Vodka, whiskey or brandy with a high proof (60 proof for dried herbs; 80 proof for fresh herbs)

Cheesecloth or muslin

Make sure the dried or fresh plant parts are clean.

Chop fresh plant parts and/or grind dried plant parts to increase the surface area for the maceration. Place the plant parts into a clean, dry jar with a wide mouth.

Pour high proof alcohol (vodka or brandy) over the plant parts until they are completely covered. Dried plants may absorb the liquid, so check and add alcohol as needed.

Cover tightly with a lid and place the jar in a dark cupboard and allow to soak or macerate for 2-6 weeks depending on how strong you want the brew and what part of the plants you are using (e.g. roots take longer than leaves).

During this time period, give the jar a shake every 2-3 days. Keep an eye on the alcohol level to ensure all plant parts are still covered.

Once macerating is complete, strain the mixture through the cheesecloth into a clean bowl, and with clean hands, gather the cloth up and squeeze strongly, so that every bit of liquid is drained from the plants.

Store in the dark, out of direct sunlight. An alcohol-based tincture will last many years.

Dosage: Using a standard-sized dropper bottle, adult dosages are typically 30 to 60 drops in a little water, taken three times a day.

Here are some ideas for making antiviral tinctures:

elderberry, Echinacea and Astragalus tincture

ginger, honey, onion, garlic, mullein, sage, thyme tincture

Cats Claw tincture – Hiwaiterangi Whetu



I have a couple of drops in my coffee each morning.

Osha (bear root) and licorice root tincture, with lemon, ginger and honey – Robin Youngblood



Osha

Cloves, elderberry and cinnamon tincture – can also be made as a “brew” (heat up elderberry juice with cloves and cinnamon powder, let simmer for about 20 minutes, drink hot or cold, add sweetener ad lib)



### **Corona Virus antidote: Kristina & Paul's Super Master Tonic**

**– Kristina Jensen & Paul Candlish**

When Kristina isn't on board her sailing boat “Antidote” with her husband Paul she roams the land and collects plants and other food items to prepare the most delicious food as well as remedies for family and friends.

I make these kinds of brews anyway, but this is especially for Corona Virus:

4 tbsp dried thyme

3 tbsp dried sage

1 licorice root stick pared with a knife into small shavings

1 cup frozen elderberries or blackcurrants

1 tbsp dried Echinacea root (or 1 tsp Echinacea tincture, but don't add it until the plants have finished steeping)

700ml vodka, brandy or whiskey

Steep the plant material in the alcohol for 2 weeks. Strain using a fine cloth, handkerchief or muslin, and store in a jar or bottle.

Adult dose is 1 tbsp a day, children 1 tsp a day.

Can be taken with fruit juice, herbal tea or water.

### **Thyme Master Tonic (non-alcoholic) – Kristina Jensen**

(makes 1 litre)

I dry my own thyme for this recipe, hanging the sprigs in a net bag for a month in a warm dry place and then use it for the tincture. It seems to be way stronger than using the fresh plant.

700 ml organic apple cider vinegar

1 cup of dried thyme

6 garlic cloves, peeled and chopped into chunks

2 hot chilli peppers, the hottest you can find (wear gloves when handling), sliced

10-15 generous slices of root ginger, grated

2 tbsp turmeric powder or 3 slices of turmeric root, grated

Mix all the ingredients except the vinegar together in an Agee-sized jar (1 litre).

Pour in the apple cider vinegar.

Close well and shake.

Keep the jar in a cool dry place for about 2 weeks.

Invert the jar every day, or even better, several times a day.

After 2 weeks strain the liquid through a thin cloth, squeezing well so the mixture can release its juices.

Keep the tonic in the fridge.

Dosage: Be careful when you open the jar, the tonic is strong and hot on the sinuses!

Gargle a tablespoon a day for a few seconds and swallow.

Dilute, if you have to, but straight is best.

A tablespoon every day is enough to strengthen the immune system and fight colds.

Extra tip: Have a slice of orange, lemon or lime on hand after you consume the tonic. This helps to reduce the burning sensation and heat.

### **Turmeric Tonic (non-alcoholic) – Courtenay Stickels**

juice of 2 lemons

5 liters filtered water

100g grated ginger

30g turmeric powder or 50g fresh turmeric roots

2 sticks cinnamon

1/2 tsp thyme

400-500g honey\*

Boil up and drink!

If I'm really sick or about to be, I add a couple of cloves of fresh garlic.

\*If you are vegan, add date juice instead of honey (= soak good quality dates in a little bit of water until soft, then puree with a stick mixer and add to the tonic).

## **Cough Syrup – Kristina Jensen**

Surprisingly pleasant-tasting, this syrup made from onion, garlic, ginger and honey makes a wonderfully effective cough syrup. Here is why: Onions contain a compound that helps to reduce bronchial constriction plus they are mucolytic, helping to reduce the thickness of mucus, which then allows it to be coughed out more easily. All four ingredients are naturally anti-viral, anti-microbial and anti-bacterial.

Honey is a demulcent, meaning that it helps to relax the coughing reflex. If you are vegan, you can use seabuckthorn syrup (see recipe below) or date juice as a sweetener (soak good quality dates in a little bit of water until soft, then puree with a stick mixer or just add the liquid). Fresh ginger is a natural decongestant and it can help the body to sweat out toxins.

¾ – 1 cup of runny honey

2-3 onions

3-6 garlic cloves, depending on taste (some people find the taste of raw garlic overpowering to the point where it makes them vomit, so experiment to find the level that is right for you)

1 piece of fresh root ginger (about 4cm long)

1 sterilized glass Agee-type jar

Slice the onions finely, chop or crush the garlic and grate the ginger into a bowl and mix together.

Alternate 2cm layers of this mix in the jar with a big dollop of honey in between. Pour any remaining honey over and set in a warm place (hot water cupboard or by the fire) overnight.

Next day, strain off the liquid into a sterilized jar or bottle and refrigerate.

Adult dose is 1 tablespoon every hour; children one teaspoon every 1-2 hours.

Keep for a week, and if not all used up, throw the remainder out and make a new batch.

## **Food & other tips**

We are what we eat – our food has a direct impact on our immunity and our resilience. In general, eat unprocessed food = avoid packaged, canned, plastic-wrapped food and instead choose fresh fruit and vegetables, bulk legumes and grains, nuts and seeds – preferably organic or spray free. If you have access to a market or even have your own garden, that is ideal. Meat, fish and dairy consumption on a regular basis decreases the resistance of our body, and promotes inflammation in the body.

There are many reasons why a vegan diet is the most suitable diet for humans. I won't go into details here, but recommend that you watch the film "The Gamechangers" (Netflix) to get an overview on why a vegan diet is great for your overall wellbeing (and for the planet). You can, of course, also do your own research.

## **Modified Garlic Soup Recipe – inspired by John Summerly**

Serves 4

26 garlic cloves (unpeeled)

2 tablespoons olive oil

2 tablespoons organic butter (grass-fed) or, if vegan, organic coconut oil

1/2 teaspoon cayenne powder

1/2 cup fresh ginger

thyme

2 1/4 cups sliced onions

1 1/2 teaspoons chopped fresh thyme

26 garlic cloves, peeled

1/2 cup coconut milk

3 1/2 cups organic vegetable broth

4 lemon wedges

Preheat oven to 350F. Place 26 garlic cloves in a small glass baking dish. Add 2 tablespoons olive oil and sprinkle with sea salt and toss to coat. Cover baking dish tightly with foil and bake until garlic is golden brown and tender, about 45 minutes. Let cool down. Squeeze garlic between fingertips to release cloves. Transfer cloves to a small bowl.

Melt butter in a heavy large saucepan over medium-high heat. Add onions, thyme, ginger and cayenne powder and cook until onions are translucent, about 6 minutes. Add roasted garlic and 26 raw garlic cloves and cook 3 minutes. Add vegetable broth; cover and simmer until garlic is very tender, about 20 minutes. Working in batches, puree soup in blender until smooth. Return soup to saucepan; add coconut milk and bring to simmer. Season with sea salt and pepper for flavour.

Squeeze juice of 1 lemon wedge into each bowl and serve.

Can be prepared a day ahead. Cover and refrigerate. Rewarm over medium heat, stirring occasionally.

### Natural soap substitutes

To avoid killing bacteria that are actually beneficial for our health and weakening our immune system with chemical hand sanitizers and commercial soaps, here are some simple ideas how to make your own. There is also a wide range of good organic soaps on the market – you can order them online 😊



*Soapwort* is the English name for a plant that I got to know as “Seifenkraut”. In the Middle Ages, soapwort was used to relieve chest pain and as an herbal remedy for syphilis and tinnitus.

In order to make a natural soap, boil the dried and crushed leaves for half an hour in water. The saponins in the plant create a foamy, soapy solution that is a gentle and effective cleaner that has anti-fungal and anti-viral properties.

Note: Soapwort can cause irritation to the eyes and skin, so it should be used with caution. The plant should not be used by pregnant and breastfeeding women and babies.

*Yucca* is one of the soap plants used by the Native Americans. To make soap easily, you can cut a leaf and strip it into fibers until you have a handful of very thin strands. Add water and agitate between your hands until soap forms.



*Soaproot* was also used by the Native Americans both as medicine and as a food source. To make soap, you will need to grate the large taproot with a sharp knife. Add water and rub between the hands. The taproot produces a frothy lather that has excellent cleansing properties.



Note: If you plan to use Soaproot, make sure you just use small taproots and leave the rest, so that you don't kill the plant!

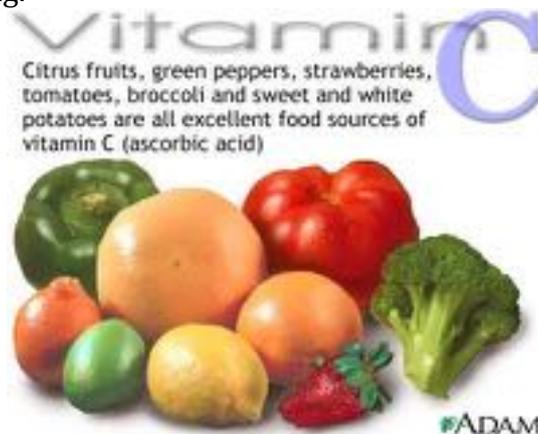
### **Hand Sanitizer – Robin Lim**

Proper hand-washing with soap and water is the best protection. But here my natural Hand Sanitizer recipe:

You need pump bottles and some smaller spray bottles to dispense the hand sanitizer. It is a nice project that you can do with your children and grandchildren, especially if school is closed. Mix 2 parts ethyl alcohol (vodka or in Bali Arak works, the higher the proof the better) with 1 part pure Aloe Vera gel, 6-10 tablespoons Colloidal silver (optional, but anti-infective) and plenty of drops of pure organic essential oil (e.g. lavender with lemon is lovely or tea tree, or a blend of oils once used by grave robbers during the time of the plague, to protect them from disease: a combination of clove, lemon, orange, cinnamon, eucalyptus and rosemary).

### **Immune Boost basics – Seija Brogi**

Eat garlic cubes, Vitamin C powder (ascorbic acid) and a plethora of elderberry honey! But I think the best is de-stressing.



### **Seaweed**

Good quality seaweed will boost your immune system and prevent infection. If you live close to the ocean, you can harvest your own. Be aware of water pollution (e.g. near towns or cities or river mouths); seaweed filters the water, which means it often carries pollutants!

If you buy seaweed, make sure you know where it came from and how it was processed.

## **Aloe Vera**

Aloe Vera is another generous and versatile plant that can be used both preventative and when you already got sick to ease the path to recovery. I use the fresh inner flesh of the leaf, scooping the gel-like fluid out with a teaspoon. I either add it to a smoothie or tinctures – feel free to be creative and experiment with it. I have met Aloe in many places around the world and when living near Munich (Germany) I grew it on my balcony.



You can buy Aloe Vera (in liquid or gel form) – make sure it is pure with no additives, especially if you take it internally = adding it to tinctures, smoothies, etc. I recommend to source it directly from the plant when- and wherever possible.

## **Nasturtium**

Kapuzinerkresse (German for Nasturtium) was and is another one of the go-to remedies in my family to keep winter flus away. It grows abundantly in many parts of the world and has beautiful flowers that can be eaten, too. As a remedy it is best eaten freshly: you can add it to salads or green pesto (delicious and immune boosting together with parsley, dandelion and wild garlic). It is a natural antibiotic and a very powerful healer.



## **Horseradish**

Horseradish is another natural antibiotic that can be used very efficiently to fight off flus and colds. It often grows wild and if not, it can be easily established in any garden or pot. Only take part of the roots and don't rip out the whole plant, please. You can grate the roots, add salt and spices as you like and eat it fresh. You can also let it ferment or juice it (very strong – only consume it tablespoon-wise!).



### **Cabbage and Sauerkraut**

My mum used to swear by the healing properties of cabbage poultices and Sauerkraut. White cabbage was a staple during the long winter months to keep us healthy. My mum used a large crock to prepare the Kraut. I often use jam jars or large gherkin jars. Here is a plain, simple recipe that is fast and easy:

Grate the cabbage into a bowl, add some good quality salt, mix with your hands for about 5-10 minutes until the cabbage is wet and soft. Fill the cabbage-salt mix tightly into the glass jars (wash them with hot water before use). Compress the cabbage until you cannot fit more in. Add some saltwater and close the lid loosely. Leave the jars out of direct sunlight. The cabbage will ferment in a couple of days – you can test it every now and then. Some like it very mild, others strong. Once fermented, it can be stored in the fridge for a couple of weeks or even months. The salt content preserves it.

Tip: You can add chilies, horseradish, garlic, grated carrots, cucumbers and/or ginger to the mix. Experiment with different ingredients and find your favourite mix.

### **Propolis – Hiwaiterangi Whetu**



I rub propolis on the soles of my feet before I go to bed.

You can buy propolis online or from beekeepers. As with everything else: make sure you know that it is pure and of good quality.

### **Steam Inhalation – Kristina Jensen**

Common garden herbs make up the ingredients for this simple method of relieving congested sinuses and strengthening the respiratory system.

In a large heat-proof bowl, add generous handfuls of fresh rosemary, sage and/or thyme.

Pour hot water over the herbs, place your face above the bowl with a towel over your head and inhale the vapours being released from the herbs.

Be careful: Hot vapours can burn, so start higher up above the bowl and move your face down once you are comfortable with the heat.

### **Salt & Vinegar Gargle – Kristina Jensen**

Salt is very soothing to a swollen throat and apple cider vinegar helps to correct the pH balance in the mucous membranes.

Simply mix ¼ tsp of salt and 1 tbsp of cider vinegar together in a cup of warm to hot water and gargle.

### **Seabuckthorn juice**

Seabuckthorn is an old and highly efficient cure-all that has been used in my family alongside Elderberry and Blackcurrant juice to assist the immune system to fight fevers, flus & colds.

Here a simple recipe to make your own Seabuckthorn juice:

1 kg Seabuckthorn berries

500 ml water

100g sugar (I use pureed dates as a sweetener – see above)

Wash the berries and put them in a pot with water and sugar/date juice. Bring to the boil so that the berries macerate. Let the mix simmer for a short period of time – if you leave it too long, the vitamins will be lost! Strain the berry-water mix through a sieve or a cheesecloth into a clean bowl. Make sure that all the liquid is in the bowl. Fill the juice in glass bottles that have been washed in hot water and seal immediately.

You can store the juice in the fridge for a couple of days.

If you need to store the juice longer, you can freeze it.

Tip: Sambucol (Black Elderberry), Elderberry, Seabuckthorn and Blackcurrent syrup/juice can be bought in Health stores if you don't want to make your own. They are all very powerful immune boosters and can be used by anybody.

### **Smudging**

In my book *Power Tools for Power Kids* I describe various ways to cleanse spaces and to relieve the respiratory system through smudging. Dried sage leaves have strong healing properties and can eliminate bacteria in the air of confined spaces. Smudging also clears energy by removing positive ions and replaces them with negative ions.

### **Beeswax candles**

Beeswax candles clean the air and have healing properties. You can read more about it and learn how to make Bees Wax Candles in my book *Power Tools for Power Kids*.

### **Breathing, meditation, visualization & co**

A stressed nervous system affects the functioning of our immune system. Anything that helps you to become calm and content is therefore good for your immunity. We all know how worries, fear, anger, resentment, etc drain our energy. When we do things that uplift our spirits, we feel more energetic and are more resilient.

Long before Bruce Lipton wrote his bestseller *The Biology of Belief* and Carl Simonton had “miracle results” in cancer treatments through focusing on interactions between the mind and the body proving how beliefs, attitudes, lifestyle choices, spiritual and psychological perspectives impact our physiology and immune function, and how they can dramatically affect health, the course of disease, and our overall well-being, our ancestors knew about breathing and contemplative methods to still the mind and thus our nervous system. I won't go into detail here, there is plenty of information “out there”. Have a look around and choose something that appeals to you.

Find things that are fun, relaxing and lift your mood. These can be simple things like lying on your back in the warm grass watching the clouds, dancing, singing, playing games with others, having a hot bath or a massage, going for a swim in the ocean or in a river,... Meditation and contemplation practices can take many forms!

### **Healing meditation**

Marianne Williamson - <https://youtu.be/VPACQatSP-8>

### **Laughter is the best medicine – Erin Young**

My immune tip is laughter. Laughing 10mins a day, unprovoked and simply for the joy, whether real or fake, stimulates the body in many ways. Supporting immune function is said to be one of them.

I have a short YouTube video talking about this: <https://youtu.be/TIZtMV1IG10>

### **Barefoot walks**

Walking barefoot, preferably on natural ground, enables you to connect directly with the earth magnetic field and has a recalibrating effect on your body-mind-soul system.

### **Forest walks**

The Japanese have an old tradition called “Forest Bathing” (*shinrin-yoku*), which is simply spending time amongst trees. I come from a forest people in the Black Forest area and trees played and still play an important part in my life and are essential for my wellbeing. Some recent studies found that “forest bathing” lowers heart rate and blood pressure, reduces stress hormone production, and boosts the immune system. But who needs studies – most people can draw from their own experience and can attest the beneficial impact trees have on us humans.

### **Bathe in natural water sources**

Swimming or being close to a natural water source (river, lake, ocean) has a balancing effect. If you can, spend some time near a waterfall. The vehemence of the falling water creates negative ions and a fine mist. The negative ions neutralize free radicals and slow down degenerative processes in the body. After relaxing 30 minutes near a waterfall you will feel like coming out of a fountain of youth. Other results have been measured: sinking stress levels, increased immune defense, beneficial impact on breathing and blood pressure.

### **Sleep**

We live in a time and space when many people are deeply sleep-deprived and exhausted. This has many reasons, and I won't go into details here. However, this seems to be an obvious advice: if you feel tired, stressed, down, rest and sleep! If you have problems to sleep, this is an indication for an overwhelmed nervous system! Drink a cup of calming herbal tea (e.g. chamomile, lavender, fennel), take a hot bath, have a massage, lie on the bare ground, take a walk in the forest – do anything that helps you to relax and to unwind. Sleep is essential for our resilience and wellbeing. Don't underestimate this.

## Acknowledgments & contributors list

I am blessed to have grown up in an environment where natural remedies and herbal medicine was common knowledge. As a child I did not always appreciate the strange looking and more often than not unpleasant tasting brews and concoctions that my mum and aunties would prepare to uphold the wellbeing of the family. However, I learnt to cherish their value – and over the years met many indigenous healers, friends and wise humans who all shared a deep knowledge about the amazing remedial properties of plants.

A few friends have shared their tips and recipes in this little booklet – you will find their names below. I am hugely grateful that they have given their valuable knowledge freely and made time to answer my spontaneous request.

Many more added to the knowledge I carry today and I also want to acknowledge the plants themselves who keep sharing their information so readily. May we all remember and benefit from each other's wisdom and life experience.

**Seija Brogi** lives a life of service dedicated to her family and the wider community. She always has an open door and heart and shares her many talents willingly with everyone who needs support. She owns The Wee Wellbeing Studio that offers a variety of health and therapy options.

**Emma Heke** is the owner/operator of Heke Homemade Herbals and sells a wide range of exquisite natural herbal teas. She grows most of her herbs in her garden in sunny Nelson/Whakatapu in New Zealand and knows A LOT about the medicinal properties of plants. Check her out here: <https://hekehomemadeherbals.co.nz/>

**Kristina Jensen**, wise woman, writer, artist, boatswoman – wearing so many hats with grace and expertise and finesse and I won't even try to fit her into boxes of words. She is my go-to person in many ways, especially when it comes to gardening, herbal remedies, preserving, health food. She shares her abundant knowledge and wisdom freely, and I am sure you will benefit hugely from the many precious tips and recipes in here from her. Kristina also writes for lifestyle and health food magazines – keep an eye out for her and you might be able to collect more awesome recipes!

**Robin Lim** is a midwife and founder of Yayasan Bumi Sehat health clinics in Bali where she offers free prenatal care, birthing services and medical aid to anyone in need. She is an incredibly resourceful women who has learned to cope in the most adverse circumstances. Read more about Robin and her wonderful work here: <http://iburobin.com/>

**Courtenay Stickels**, an amazingly talented and knowledgeable woman, health food cook, sound healer, and so much more.  
<https://courtenaystickels.bandcamp.com/>

**John Summerly**, [www.preventdisease.com](http://www.preventdisease.com), is a nutritionist, herbologist, and homeopathic practitioner. He is a leader in the natural health community and consults athletes, executives and most of all parents of children on the benefits of complementary therapies for health and prevention.

**Hiwaiterangi Whetu**, indigenous healer and intuitive wisdom carrier, you will find more about her on her website: [www.soulfoundation.co.nz](http://www.soulfoundation.co.nz)

**Erin Young** is a multitalented passionate young woman who is into all sorts of life-supportive activities. Please read more about her story on her website: [www.erinyoung.net/who-is-erin.html](http://www.erinyoung.net/who-is-erin.html).

**Robin Youngblood** has been an ambassador for “Grandmothers Circle the Earth” since 2009, establishing Grandmothers circles in several countries. She also shares indigenous wisdom, values and ceremonies to help Mother Earth. You can find out more about Robin and her work here: <https://churchoftheearth.org/>

Thank you to you all – named and unnamed!

Please feel free to share this widely so that many can benefit – as nature shares her gifts.



Mistle Toe – one of my plant guides – another powerful healer with a long tradition within human culture

**Birgit Baader – Dreamspace Publishing – [birgitbaader@gmail.com](mailto:birgitbaader@gmail.com)  
[www.birgitbaader.com](http://www.birgitbaader.com)**