





Mom's School Year Toolkit

The start of a new school year brings excitement and nerves for kids and parents alike. Challenges like trying to fit in, keeping up with learning, and staying happy and healthy while also being super busy are very real. But here's the good news: herbs can be game-changers.

You can purchase products at herbal companies like Herbalists & Alchemists, HerbPharm, Gaia, and Herbs of Light. They offer tinctures that are potent and effective. I also recommend using immune blends or cold and flu blends for the upcoming cold months.

Start giving your child an herbal immune mixture two weeks before school and continue through the first month. They can take it in the morning and evening during healthy times or more often when sickness seems imminent.

Moms can also benefit from these herbs during stressful times.



Four herbs that support kids' and moms' immune systems

SKULLCAP

A natural relaxant, Skullcap swiftly addresses nervous tension and anxiety, making it a go-to for immediate relief during stressful situations.



LEMON BALM

A dual-purpose herb, Lemon Balm not only soothes the mind, promoting relaxation, but also acts as an anti-viral, making it a first line of defense against early cold symptoms.



CHAMOMILE

Chamomile is a calming herb from the Asteraceae family, often used in teas for its anti-inflammatory, antioxidant, and sedative effects.





ECHINACEA

A powerhouse in combating colds and flu, Echinacea works by reducing both the severity and duration of symptoms. It's worth noting, however, that individuals with blood-type O might not experience the same benefits.

Four Yummy Recipes for Kids and Moms

CHAMOMILE AND LEMON BALM JUICE GUMMIES



Chamomile and lemon balm are wonderful allies for children. These herbs are very soothing for delicate tummies and excitable nervous systems and have been researched for their safety in kids.

Your child will admire the chamomile flowers for their miniature daisy-like displays and the fragrance from the lemon balm is very citrusy and refreshing.





INGREDIENTS

- 3 tablespoons of Perfect Bovine Gelatin This brand is grass-fed and certified as “Glyphosate Residue Free” OR Agar-Agar powder
- 1 cup of herbal infusion (made from 1 tablespoon of organic chamomile and 1 tablespoon of organic lemon balm in 1 and 1/4 cups of water)
- 1/2 cup of orange juice (or other juice of choice †)
- 3 tablespoons of honey
- 2 silicon BPA-free gummy mold trays

INSTRUCTIONS

1. Combine the strained infused tea with the other liquids (juice and honey) and add to a jug.
2. Sprinkle the gelatin or agar on top of the liquid to “bloom” for 10 minutes.
3. Add the mixture to a saucepan and heat gently until the gelling agent dissolves completely (do not boil)
4. Pour back into the jug.
5. Place the cleaned and dried gummy molds on a baking tray (to facilitate placement in the freezer).
6. Pour the warm liquid into the gummy molds. This recipe makes about 70 large gummies.



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7. Freeze for 4 hours to allow them to solidify.
8. Remove from the freezer and test if they are solid by removing a gummy.
9. If okay, proceed with the gummies and eat as-is. If you want to harden them, you can remove them all and place them in the fridge (uncovered) on a rack for a couple of days.
10. Add to a glass jar and refrigerate in a spot away from children's unsupervised access.



BASIC HERBAL SYRUP RECIPE

Use this recipe to make your own herbal syrup choosing the herbs that suit you best!



INGREDIENTS

- ½ cup to 1 cup of dried herbs
- 1 quart of cool water
- 1 to 2 cups of honey or sugar
- Brandy or tinctures, optional



INSTRUCTIONS



- Syrup making begins with a decoction! Combine the hard or coarse herbs such as berries, roots, or bark with the water in a pot. Any leaves or flowers will be added later in the process so set those aside for now.
- Bring to a simmer and partially cover the pot with a lid. Let simmer until the liquid inside is reduced by half.
- Place the lid on the pan covering it fully and let the leaves and flowers steep for at least 20 minutes and up to a couple of hours.
- Strain out the herbs – you have now created a strong decoction for your syrup base!
- Return the liquid to the pan and add your honey or sugar. If using honey, very gently heat until the honey just dissolves being careful not to boil the syrup. This helps to preserve the beneficial, naturally occurring enzymes in the honey.
- If using sugar, you have the option of bringing the syrup up to a gentle boil and simmering for up to an additional 30 minutes to thicken the syrup further. Or you can simply reheat the syrup enough to easily dissolve the sugar.
- Remove the syrup from the heat and add any brandy or tinctures you wish to include using up to $\frac{1}{4}$ cup of brandy or tincture total for each cup of syrup you have.
- Finish up by placing your syrup in clean, sterile bottles. Add a label including the ingredients and the date you created your syrup.
- Store in the refrigerator for up to 3 months. If you used higher quantities of honey/sugar or included alcohol your syrup may last even longer!



HERBAL PILLS

Making herb pills is easy for anyone who's ever played with modeling dough. Make them any size you like, noting appropriate dosing details for the herbs used. Store them in the fridge so they stay soft, and make them with any spice you like.

Do you like chocolate? Roll your herbal pills in cocoa powder. You don't have to step completely out of your comfort zones to live naturally.

INSTRUCTIONS



1. Start with a blend of finely powdered herbs.
2. Add a dollop of raw honey and enough water until the mix resembles bread dough.
3. Split your dough into two or three pieces and roll them into a thin rope.
4. Cut the rope into small segments.
5. Roll each segment into pea-sized balls or smaller.
6. Coat each ball in a powder of your choice (cinnamon or cocoa) and refrigerate in a glass jar until needed.



INSTRUCTIONS

1. Make a very strong decoction, using 1 ounce of herb per 16 ounces of water. Warm over low heat and bring to a simmer. Then cover partially and reduce the liquid down to half its original volume.
2. When it's down to about a cup of liquid, strain out herbs and add 8 ounces of honey.
3. Warm the mixture over low heat until well combined. Stir constantly, and don't heat above 110 degrees! (Optional: Add 1 part tincture to 3 parts syrup for an herbal boost and longer shelf life.)
4. Let cool completely before bottling. Then pour the syrup into bottles and label.
5. Store in the refrigerator up to six months.





HERBAL GUMMIES

INGREDIENTS

- 1/2 c water
- 2.5 Tbs gelatin powder or agar agar
- 1/2 c fruit juice + optional zest-lemon or orange
- 2 Tbs tincture of your herb of choice
- 1/2 to 1 c elderberry syrup



1. To make the gummies, add the gelatin powder or agar-agar and water to a saucepan over low/medium heat and stir until entirely dissolved. Turn the heat off and little by little add the fruit juice to the saucepan to temper the gelatin.

2. Proceed by adding the tincture and elderberry syrup to the mixture. It is suggested to strain the liquid through a sieve at this point.

3. Pour into a flat-bottomed dish, ice cube tray, or candy mold and place in the fridge until cool and gelled. When completely set up, remove the contents from the dish and cut them into pieces, if necessary. Keep in the fridge if they won't be consumed within the week. This Recipe makes about 15-20 gummies.

Disclaimer:

The information provided here is for informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional before making any changes to your health or medication regimen. Individual results may vary.

