

Module 4: Herbs, Superfoods & Supplements

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We are Multidimensional

Human consciousness is too complex to not have a model of healthcare that honors our multi-dimensionality. Ancient wisdom and modern quantum physics are merging. We are living in a time where cross-cultural secret knowledge and cutting edge science are standing together to create a truly holistic and multidimensional understanding of the universe and the human body.

In health and healing we can catalyze our life journey if we take a multi-dimensional approach. Most simply, we know that physical symptoms of disease actually begin in the more subtle layers of the body - the etheric, emotional, mental and spiritual. The alterations or disturbances in our subtle energy then filter down into the physical. By addressing different layers of our body, we can more effectively heal.

As we have been sharing in this course, truly holistic perspectives and remedies are necessary for long-term and sustainable healing, health and wellbeing. We know that all of our organ systems are involved in immunity and that the different systems of our body communicate and inform each other. We have learned that stress, resilience to stress, digestion, and diet can affect the overall functioning of our immune responses and the progression of disease. Taking a whole systems, terrain approach to our health, we can integrate a variety of different tools and practices to prevent disease, maintain vitality, and self-actualize.

When working on a specific health issue or life challenge we call on a multi-dimensional approach. Working with your physical health, energy body, emotional issues and trauma, mind-body health as well as our spiritual and sexual energies. We can catalyze our healing and personal growth process if we weave in various tools, modalities and practices that work on the different levels. Taking herbs and supplements - superpowering your diet - is one very potent way to support yourself and of your multi-dimensional, complex human self!

Herbs and plants work on many layers of the body and have been evolving with humans as our allies for hundreds of thousands of years. We are old friends and our bodies know exactly how to work with plants and plants know exactly how to work with our bodies. Getting to know a few plants each year, finding the remedies that work for you, and incorporating herbs and superfoods into your regular diet all year

long can greatly shape your physical resilience, mental emotional wellbeing as well as your spiritual power.

We have collected our favorite supplements and herbs to work with during the fall and winter months. This is not an exhaustive list but it offers a great beginning.

Here are some tips when working with herbs and plant allies:

- always give heart-felt gratitude to the plants
- make offerings to plants when you are in nature
- do not take everything all at once - alternate your herbs and supplements
- cycle through different herbs and formulas so your body does not build resistance to any one plant or formula
- use your intuition and body wisdom to guide you
- consult a healthcare provider knowledgeable about herbs for medical advice and conditions as related to herbs and formulas

Why get a one-to-one herbal consult with a health practitioner:

Getting a one-to-one herbal consult can support you to streamline your herbal supplements and offer you support in learning about herbal medicines and your own body. Getting a formula tailored to your personal constitution can streamline the healing benefits. It is powerful to work synergistically on our dispositions and our imbalances simultaneously.

It can be overwhelming and information overload to figure out where to begin, and having an ally on your team can afford you the confidence to begin herbally and supplementally supporting your overall self. It also allows for a relationship to be founded for when questions come up (and they do) as to why the body may have certain responses to certain supplements or herbs. You might even be able to affirm what you have noticed which allows you to more deeply trust your body and what it is telling you when connecting to our food and medicines.

****This article is not meant to be medical advice or prescriptions. This is meant for knowledge only. It is important to be under the care of an herbally trained healthcare provider when taking herbs and supplements, especially if you are on prescription medications and/or have medical conditions. Generally, herbs are safe and powerful - not to be afraid of, but most definitely to be respected for the healing they can bring, and speak with your herbalist if you have any questions on drug-herb interactions.****

The Medicine Cabinet

Supplements

Vitamins C, D, zinc, omega 3's, probiotics, digestive enzymes

***Research has found that the following dosages have been effective for maintaining health. These are not prescriptions or medical advice. It's best to get medical advice from your health practitioner directly.

Vitamin C

Research has found that the following dosages have been effective for maintaining health. It is a natural anti-histamine and anti-inflammatory. It neutralizes free radicals (harmful molecules that harm cell walls), and humans must receive vit C from outside diet and supplementation to get adequate amounts for health benefits.

Maintenance: 1g once per day for adults and 200mg + once per day for children

Onset of cold symptoms: 3-4g, once per day for adults at onset of common cold symptoms and for cold's duration and 2g once per day for children during a cold

((*Liposomal* Vitamin C & D3 are more absorbable by the body plus your liver does not have to work them through. Liposomal means that it directly crosses into the cells. Because it absorbs through the blood stream, the stomach acid doesn't destroy some of the D or C that you are taking so you get higher absorption and this protects the stomach acid from the vit C.))

Vitamin D3

Vitamin D supports reduction in nervous tension, mood swings, and is helpful for thyroid function, aging, bone density loss and more...daily supplementation offer the best immune support and healthy inflammation balance.

1000-5000 IU 1x/day for maintenance

Fall/Winter: 5000 up to 20,000 IU per day

Omega 3 Fatty Acids

Taking between 200-800 mg of EPA and DHA each daily for those with marked inflammation, like allergies, arthritis, auto-immunity and digestive complaints. Can use Cod Liver oil, Salmon Oil or Algae Omega-3 supplements recommended (vs. plain fish oil)

The three main omega's are ALA, EPA and DHA. ALA can be found in plants and where some micro-algae's contain some EPA, most of our EPA and DHA comes from animal sources in our diets. Eating seafood, mainly fish, is the best source, along with grass fed animal meats and products. Vegans and vegetarians are often very low in EPA and DHA and should supplement with Algae omega-3 supplement at least. Some other plant sources of Omega-3's include, flax, borage oil, chia seeds, brussel sprouts, walnuts and hemp seeds.

****Important notes from authors:****

There becomes an issue with supplementing omega-3's. The most common way is fish oil supplements, and where they provide a large amount of Omega-3's the issue is sustainability and environmental impact the industry is having on the oceans. The fish that are most commonly used for fish oil supplements are from a specific bio-layer in the ocean. These fish (anchovies and sardines i.e.) are the main food sources for bigger fish and sea life. When we over harvest these layers we start to see a detriment of the larger fish populations in the ocean. Ideally, we would eat these fish vs immediately processing them into fish oil supplements and fish meal products for animal feed. If we ate these fish we would harvest a significantly less amount than is being harvested now for the fish oil industry.

Some fish oil supplements are using a different source, the bigger fish to make omega-3 fatty acid supplements, like Cod LR oil and Salmon fish oil. These are the organs from fish being fished for consumption, and have a much better sustainability profile for the oceans. Even at this, we (as a human race) need to be mindful of ALL fishing practices and animals harvested from our oceans to protect the longevity of life in the sea. **When we talk about wellness, and radical immunity, it includes being in alignment with nature.** Being mindful and intentional in our life practices will help shape our wellness and improve our immunity..

The best way to get Omega-3's is through diet. Eating plenty of vegetables and moderate amounts of fish, seafood and grass fed meats is the best (fish being the very best).

One issue is, many of us have very high levels of inflammation and from this we are unable to receive nutrition through the digestion process, making the absorption of omega's hard from our diet. For those with marked inflammation we suggest to start with a fairly sourced Omega-3 supplement, like Cod LR oil, Salmon oil or Algae omega-3 supplement. Then begin to incorporate practices of eating that include grass fed meats and animal products and sustainably fished seafood. It

takes a little extra time to investigate the sources of our food, but in the end it is worth it when we are supporting the best practices possible. **Sardines in the can are delicious!**

Zinc

Required for growth of immune cells and it is a structural and functional component of proteins and enzymes critical for normal immune function. Zinc also helps to protect immune cells from oxidative stress...(those free radicals again).

75-100mg of elemental zinc as zinc acetate or zinc gluconate lozenges, once per day within 24 hours of cold or respiratory symptoms. Zinc has been found to reduce the duration of symptoms of upper respiratory infections by 40% and reduce symptoms including muscle soreness, cough, voice hoarseness, nasal congestion, nasal discharge, scratchy throat, sneezing and sore throat.

Probiotics

Prevention of Influenza: 10 billion CFU of Bifidobacterium animalis subs.lactis & Lactobacillus acidophilus 2x/day for 6 months

Probiotics are important for gut health, vaginal health, and immune health. 60-70% of our immunity derives from our intestines, so it is beneficial to think of the health of the beneficial bacterium that are living in our digestive tract. Antibiotic use can negatively disturb the balance of bacterium in the digestive tract, and care must be taken when using antibiotics, making sure they are absolutely necessary, and when they are supplementing with beneficial probiotics to re-establish healthy gut flora.

Eating probiotic rich foods is very important as well. These foods include: yogurt(with no added sugar), sauerkraut, kimchi, pickles, kombucha, water kefir, milk kefir, tempeh and miso to name a few. It is also best to culture these foods in our own kitchens, as the canning, and pasteurization of store bought foods destroys most of the beneficial probiotics.

Digestive Enzymes

Digestion support healthy digestion by supporting a more complete breakdown of the nutrients and adding digestive fire to the system. They also reduce inflammation when taken away from food by breaking down (digesting) inflammatory molecules left in the digestive tract.

Enzymes with HCL (hydrochloric acid), and lipase, amylase, and protease for digestive support. Take 2 caps with meals, 2-3 meals per day (HCL Pro-Zyme or Enzamix Pro by Apex Energetics) or (Digestzymes by Designs for Health)

Enzymes **without** HCL, taken away from meals to reduce inflammation in the body, or with food to support digestion.. Take 2 caps 1-2 times per day **AWAY** from food for inflammation support or with food to help with digestion (Critical Digestion by Enzyme Science) or (Digestxym by US Enzymes)

Digestive enzymes can not only support us in the digestion of our foods, they can also reduce inflammation in the gut when we take them away from foods. If you are suffering from allergies, skin issues, auto-immune, low immunity or overall swelling, try enzymes away from food.

If you suffer from any acid reflux, chances are you are not producing enough stomach acid (HCL) and may benefit from taking a digestive enzyme with HCL with meals. HCL is what helps the sphincter at the bottom of the esophagus and the top of the stomach stay shut, and when we have acid reflux this sphincter is not staying taught. Ant-acids are the wrong approach in most cases to treat acid reflux.

When to take digestive enzymes:

- if you get gas(belching or flatulence) often and after eating
- bloating or pain after eating
- undigested food in stool
- a sense of feeling unwell after eating certain foods.

Vitamin C, E, and A + omega 3 fatty acids

A study found that a **low dietary intake** of fruit, vitamin C + E and omega 3 fatty acids is associated with lower lung function and increased susceptibility to respiratory infections.

Also, Vitamin A maintains epithelial tissue found in the lungs and supports mucus production (a healthy physiological function of the lungs is to produce a small amount of mucous that helps to carry out unwanted pathogens and particles you have breathed in, by swallowing that mucus or coughing it up and out).

Yellow and red vegetables are high in beta carotene (provitamin that helps make Vitamin A) and Vitamin C.

These are the color correspondences to the organs:

Green - liver

Red - heart

Yellow - spleen/pancreas

White- lungs

Black/dark - kidneys

The yellow and red, where as fire feeds earth and earth feeds metal, it would make sense that yellow and red foods support the metal/lungs!

Herbs + formulas to have on hand for the Fall + Winter

Elderberry Syrup

I take elderberry syrup the minute I start to feel run down or the slightest inkling that I might be getting sick. And I take large amounts of it. Sometimes a quarter cup + hot water, a couple times per day. If it's just elderberry and no added herbs, I think of it as "superfood juice". And of course, I take elderberry when I'm sick with a cold or respiratory infection. Always have a bottle or two in your medicine cabinet. If you're not sure how much would be okay for you, check in with your body. Or take as directed. It works by supporting cellular defense...strengthening the integrity of the cells.

Recipe: <https://blog.mountainroseherbs.com/elderberry-syrup-recipe>

Gan mao ling

This is a superpowered anti-viral formula you can find on fullscript, at the local co-op, or at your acupuncturist's office. This is a super popular chinese herbal formula for the common cold. Use as directed and start taking if you feel you are catching a cold. Symptoms of sore throat, sinus congestion, muscle aching, headache or slight fever are pronounced.

*Of course, it's always better to get in (well, these days with COVID, it's about making a telehealth/zoom appointment) to see your acupuncturist/herbalist for a specific herbal formula based on your specific cold/flu/URI symptoms.

Fire Cider

A typical base of fire cider is unpasteurized apple cider vinegar, garlic, onion, ginger, horseradish, and hot peppers, with the addition of added herbs and spices for an extra kick. As a folk remedy, the ingredients can change year to year based on what's been harvested. This is both a sour and pungent remedy - great for the lungs. Don't use fire cider if you have night sweats, heat in the palms/feet, malar flush, dry symptoms like thirst. Or use a very small amount, sparingly.

Dilute your fire cider in hot water (and add honey!), broths, soups, stews, salad dressings, etc.

Unpasteurized and raw apple cider vinegar is a powerhouse fermented liquid containing beneficial probiotics, trace vitamins, minerals, and enzymes awesome for your digestive health.

Making it yourself is the best!! But if you can't, check out local co-ops, herb shops, or health stores.

Homemade Herbal Decoction:

Oregon grape root, osha, echinacea, ginger, dandelion root, licorice root

-you can make an herbal decoction OR

-get a custom made tincture at your local herb shop (Bellingham @ Living Earth Herbs) or (Boise @ Vervain Collective)

This is a formula I make at home in the fall and winter time. I use this when I feel run down or when I'm noticing I might be getting sick. You can buy these in bulk at your local herb shop.

1 part Oregon grape root

½ part Osha

1 part echinacea

½ part ginger root (fresh grated)

1 part dandelion root

½ licorice root

Cover with water, bring to a light boil then turn down to a simmer for 20 minutes. Strain and then you can add more water to just cover herbs by a ½ inch and do it again (simmer for 20).

Oregon Grape Root

I always buy a pound of this root at the beginning of the fall season. To me it's one of the "panacea" plants of the Pacific Northwest. It's generally used for immunity support, digestive health and liver detox. It's anti-microbial and great for blood sugar balance as well skin issues when related to detox pathways.

Osha

Osha has long been used by Native American and Hispanic cultures. It is used to treat colds, sore throats, bronchitis, influenza, pneumonia and other respiratory infections and ailments. It is known for its lung supporting and lung cleansing

abilities. Osha is a seriously threatened plant in many areas due to over harvesting as it has so far defied cultivation outside its natural habitat. Please use respectfully and minimally. Take it when you really need it.

Echinacea

Echinacea has been found to reduce days with symptoms by 26%. A boon for the immune system, it increases white blood cells, monocytes, neutrophils and natural killer cells!

Studies have found the following dosages and correspondences:

Preventative: 800mg 3x/day for 4 months

Acute: 4000mg once per day at onset of a cold

Ginger

Ginger is one of the most important herbs used in both Chinese and Ayurvedic herbalism, used to boost digestive fire, warm the digestive function and disperse cold. It enhances health digestion, increases inflammatory regulation and support circulation. It's also used in treating lung conditions especially marked by cold phlegm and weak digestion. It's pungent and warming nature disperses phlegm and supports microcirculation in the lungs.

It's best to just make fresh ginger tea and cook with ginger regularly. I often make a drink with dried powdered ginger, honey and lemon with hot water. Check out *A Spoonful of Ginger* by Nina Simonds for recipes.

Dandelion Root

Dandelion root is a root you need to have around all year round. She is the queen of detox and will clear out really deep toxicity when taken over the long-term. The liver always needs support these days and dandelion root can be added to all your herbal formulas or kept around in tea bag form. Dandelion is a "bitter" and stimulates and improves digestion, moves blood and lymph, supports detox through the urogenital pathways and relieves chronic skin issues and systemic inflammation!

Tonics & Adaptogens - Preventative

In herbalism, a tonic is described as something that is overall strengthening and is meant to be used over the long-term, taken on a regular basis. This is how we superpower our diet! It supports our vitality so we don't get sick as often and it can catalyze us into higher vibrations of health!

Tonic herbal formulas are safe and nourishing and include adaptogen herbs like ginseng, schizandra, ashwagandha, and astragalus. Tonics also include medicinal mushrooms like reishi, chaga, and turkey tail. To balance any herbal blend, it is good to add in ginger and/or licorice to alchemize the whole formula.

Adaptogens help us deal with the negative effects of stress — such as increased inflammation, depleted energy levels, damaged blood vessels and various types of hormonal imbalances.

Ashwagandha

This powerful plant supports healthy neurological functioning and cardiovascular health. Ashwagandha has well established immunopotentiating activity and is a powerful adaptogenic herb. (It focuses on the adrenals and nervous system, which contributes to balanced hormonal functioning, calm nerves and easeful navigating of stresses and transitions. It has an affinity for the reproductive organs, is known as a brain tonic and supports our hormonal and nervous systems for optimal vigor and vitality. It is also very calming and soothing, promoting relaxation without drowsiness, and stabilizing mood. Studies have shown that ashwagandha inhibits the growth of breast, lung, colon, and central nervous system cancers.

Astragalus

A famous Qi and Blood Tonic and Adaptogen, it bolsters metabolic, respiratory and eliminative functions. It is famous as an “energizer”, especially for the muscles, legs and arms. Astragalus is a boon to the protective Qi (Wei Qi) that circulates just under the skin and in the muscle. This surface energy controls the opening and closing of pores and is our first line of defense against the offensive environmental forces such as heat, cold, dampness and wind (also including pathogens!) It is specific for boils when accompanied by qi deficiency and enhances the skin's function to eliminate toxins.

Ginseng(s)

Ginseng is the ultimate Qi tonic herb. It supports our adaptability, our general vitality, our strength and sexual functions, as well as being a very powerful tonic for our immune system. There are a few different kinds of ginseng, each with their own unique qualities and functions.

A sign of caution: energy depletion does not necessarily mean you need ginseng. You might have other underlying “patterns”, so it is important to use discretion with this herb. The three major types of ginseng all have their own properties and one might be good for you and the other two might not be the best thing for your system and pattern. Generally, if you are pretty healthy and are wanting to supplement, ginseng is safe and supportive. If you have underlying health issues or diagnoses, it is best to get support from a Chinese herbalist. And again, it is best to

take ginseng in an herbal formula - when herbs are in formulas it is much more balancing for the body (so, for example, if American ginseng is too cooling for your current constitution, then taking it in an herbal formula with other herbs that are warming, will neutralize a possible negative effect if just taking the herb on its own). Check out this article by Ron Teegarden creator of Dragon Herbs for all the details on this supreme “king of herbs!”

<https://www.dragonherbs.com/ginseng-asian-american-eleuthero>

Schizandra Berry - Wu wei zi

Schizandra is called the quintessence of tonic herbs because it is the only herb in the world that nurtures all 5 Elemental Energies, enters all 12 major organs, is Yin and Yang balanced, and superpowered adaptogen. It has an affinity to the Lung and Liver and is dominated by the sour flavor, which helps detoxify the liver and eliminate the toxins from the body without side effects. Schizandra also is well known around the world as a brain and memory tonic.

Herbal formulas:

Rose + Schizandra Elixir from Anima Mundi Herbals

Golden Air - Lung Tonic Formula from Dragon Herbs

<https://www.dragonherbs.com/golden-air.html>

American Ginseng, Rhodiola, Schizandra, Astragalus and other qi/lung tonic herbs for an all around strengthening and adaptogenic formula for the qi, yin, lungs and wei qi (defensive immune qi layer).

Blood Tonic & “Women’s Ginseng”

Angelica Sinensis - Dang gui

Best taken within a formula with other herbs. Though it is NOT Ginseng, it is one of the most famous and widely used herbs in the world, especially favored by women for its blood tonic and circulation enhancing actions, and for its traditional capacity to help regulate menstrual, menopausal and post-menopausal women’s functions. It is considered to be an ultimate “balancing” or “regulating” herb.

Herbal formula:

Eight Treasures by Health Concerns (Fullscript) - this formula is great for most women’s bodies. It’s balanced, moving and strengthening for the blood and

reproductive organs and hormone balancing.

Medicinal mushrooms

Chaga, Cordyceps, Reishi, Turkey Tail, Lion's Mane, Shiitake, Maitake

Chaga

Reduces tumor growth & prevents proliferation of cancer

Modulates immune system

Fights damaging effects of oxidative stress

Boosts cognitive function

High in antioxidants

Anti-inflammatory

Cordyceps

Panacea "heal all"

Used for fatigue, exhaustion & improves energy, endurance

Liver protectant

Improves kidney function

Alleviates respiratory illnesses

Supports libido

Taken to relieve stress and strengthen the body

Reishi

Reishi mushrooms can help restore hormonal balance, bring the body back to homeostasis and regulate activity of the immune system, including fighting tumors and cancerous cells. Research shows that reishi can normalize and regulate various cellular functions and systems in the body including the endocrine (hormonal), immune, cardiovascular, central nervous and digestive systems! In Chinese medicine it is known as a "shen" tonic, or spirit tonic and an herb of longevity.

Reishi can support healing::

inflammation

fatigue (including chronic fatigue syndrome)

frequent infections (urinary tract, bronchitis, respiratory infections, etc.)

liver disease

food allergies and asthma

digestive problems, stomach ulcers and leaky gut syndrome

tumor growth and cancer

skin disorders
autoimmune disorders
diabetes
viruses, including the flu, HIV/AIDS or hepatitis
heart disease, hypertension, high blood pressure and high cholesterol
sleep disorders and insomnia
anxiety and depression

Full Disclosure: We offer an easy way to order all your herbs and supplements in one place with a 10% discount. However, WE ARE TRULY NOT ATTACHED TO YOU ORDERING FROM HERE (Fullscript). We just want you to have the option (plus it feels like a good win-win to us.) If you already have your herb/supplement sources or want to support local businesses, we totally support that ;-)

Resources:

Cadie's patients/clients:

Fullscript via online Apothecary:

<https://heartoftheforestacupuncture.com/herbal-apothecary/>

Wonderland Herbs - great tea formulas!

Living Earth Herbs- They can make you customized herbal tinctures!

Dragonherbs.com

Animamundiherbals.com

Wearerasa.com

Callie's patients/clients:

Fullscript: <https://www.radiantearthacupuncture.com/shop/>

Vervain Collective

