



IMMUNE JUMPSTART RAW GARLIC WITH FRESH LEMON AND WARM WATER

Drink in the morning, before breakfast. Microplane or grate fine one clove of good garlic and add to a small cup of warm water. Add one squeeze of fresh lemon- swirl it up and drink it fast. This will not only keep the vampires away, it will improve immunity response to unwanted bacteria, viruses, digestive parasites. To keep from breathing devils, chew some fennel seeds after. Don't knock it til you try it!

FOR THE LUNGS BROAD LEAF THYME

(also known as Jamaican or Spanish thyme or Cuban Oregano) Extremely easy to grow. If you know someone who has some, you can take a cutting above any node and stick it in a bit of soil. Within weeks you will have a strong happy plant. Rub the leaf between the fingers and inhale the strong aroma; rub the oil from the leaves on your lung points just below your scapula on your left and right side. These points will be tender if you are having any respiratory issues. If you don't have any broad leaf thyme, you can also use tiger balm on these points. Especially useful during the tightness of chest that accompanies coronavirus. You can also make a tea with fresh (or dried) thyme from your pantry. Use fresh boiling water, steep covered a little longer than you would a regular teabag and drink liberally.

FOR THE HEART HAWTHORN BERRY CORDIAL

Cordials were often the way people received medicine back in the day as alcohol is one of the best ways to infuse herbs. They also happen to be delicious. Hawthorn berries are excellent for heart vitality, increasing blood flow and circulation, steadying the heartbeat, strengthening the pulmonary muscles. Do your own research of course, but for all its power, hawthorn is a gentle herb and doesn't have adverse side effects. Fill a glass jar with one cup of hawthorn berries, dried or fresh. Add 1/4 cup raw honey. Fill the jar with a brandy or armagnac (doesn't have to be the fancy stuff), give it a stir and let infuse for a month in a dark cool place. Strain into a bottle and sip on as a night cap.

TONICS FOR THE TIMES

FOR THE SPIRIT NO NEED TO BURN A THING

Find a book you want to read. Soak your feet in warm water for at least 5 minutes. Drink a whole glass of room temperature water. Make a tea out of sage, with either fresh or dried leaves. Add honey if you'd like. Put on a record you love. Don't talk to anyone, watch anything, read anything for at least 10 minutes. Open the book. Read or don't read. (Apologies for the impossibility if you have little ones around when you try this)

FOR THE ANCESTORS LEMON GINGER TURMERIC TODDY

Best if everything is fresh, but make do with your pantry. Grate the tumeric and ginger, add raw honey and fresh lemon and a shot of something strong if you like. Acknowledge all the people who got you where you are, for better and worse.

FOR THE BELLY BITTERS AND BUBBLES

Make an infusion of fennel seed and fresh ginger by pouring boiling water over 1/4 cup each fennel seeds and sliced ginger in a quart mason jar. Let cool and then stick in the fridge for when in need (lasts for about ten days unless you add a titch of alcohol to prolong its life). Drink with seltzer and bitters for digestion. [You can make your own bitters if you have the time and a high proof alcohol with dandelion root, fennel seed and orange peel (or many other variations— artichoke and lemon, gentian and yellowdock, star anise, allspice & black pepper) but otherwise use your favorite from the store.]

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