

Nutrition – Nature’s Way

EdibleWildFood.com

Chaga is a powerful fungi that can help our health in so many ways. Make no mistake – this is a fungus – not a mushroom as so many websites call it. You can make tea from this, use the tea to make rice, quinoa or couscous and you can grind it into powder and add it as a condiment on your meals or in soups and stews!

Chaga is rich in polysaccharides (particularly β -glucan polysaccharides) as well as betulinic acid (which is incredible for our health). It is an excellent source of superoxide dismutase (SOD – a powerful antioxidant) and it has the highest antioxidant level known in the fungi world. Chaga is loaded with phyto--nutrients and it possesses powerful anti-cancer and anti-tumour properties. It has been extensively studied in Russia since the 1940’s.

There is no shortage of the health benefits this fungi provides us with. It can:

- stimulate and regulate the immune system;
- reduce inflammation;
- provide anti-aging effects and healthy skin;
- help with ulcers and gastritis; and
- it can support normal cholesterol levels and blood pressure.

For incredible in-depth information about chaga be sure to subscribe to Wild Edible of the Month. Although I am slightly behind with this, if you subscribe now not only will \$36 get you a subscription until the end of 2016 but you will receive back issues until I am caught up. That is an incredible deal and a wealth of information you won’t get anywhere else. This is a digital magazine in which you can save as a PDF file so you can print a copy or download the free App for offline viewing.

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Edible of the Month Chaga - *Inonotus obliquus*



CONTAINS:

Proteins
Lipids
Ash
Carbohydrates (lignin; beta-glucans)
Ergosterol (A steroid alcohol, it is converted to vitamin D2 when irradiated with ultraviolet light.)
Calcium
Chromium
Manganese
Potassium
Sodium
Zinc

Looking into 2016 With Healthy Eyes



Bilberry - *Vaccinium myrtillus*



Eyebright - *Euphrasia officinale*



When we think of health eyes are often neglected. Of course when a person is young the last thing they think of is how their eye health will be when they reach 40. We all know that eyes are important and taking care of them is critical no matter what your age.

First – try to get into a routine of exercising your eyes. I won't get into what exercises but I will recommend checking out this website. Our eyes need exercising too ESPECIALLY for those of us spending a lot of time on our computers and hand held devices. These conveniences are not eye-friendly. Add another exercise to your routine that is not on that website....lift up your eyelids as high as you can several times a day. If this muscle is not part of an exercise routine then you can end up with sagging eyelids to the point you can't lift them, vision is impaired and you will need surgery.

Here are some plants you can integrate into your diet to improve vision.

Dr. James Duke recommends ginkgo and bilberry to help improve vision. The anthocyanosides in bilberry help ensure good circulation in the small capillaries around the eyes and skin preserving the blood supply to the eyes. Ginkgo's action of supporting healthier circulation in the eyes makes this an herb of choice for natural treatment of peripheral vascular insufficiency and macular degeneration.

Eyebright is a popular choice for eyewashes. Though it has little validation in clinical trials, eyebright has a long history of proven effectiveness that dates back to the ancient Greeks.

Rue has been used throughout history to improve eyesight; Italians used the fresh leaf in salads and as a flavoring for grappa (grape liqueur). Rue contains rutin, a constituent that strengthens capillaries and improves blood flow.

Other plants that are great to use for eye health include green tea and of course carrots! Dehydrate some carrots and add them with some green tea, bilberry, ginkgo and eyebright to make an eye-nourishing tea!

Nutrition for Your Skin

Nutrition for the skin is just as important as nutrition for nurturing the inner cells of your body. Exfoliating (and guys – this is for you too by the way) rids your skin of dead skin cells and impurities leaving your skin radiant and feeling soft – especially when using wholesome ingredients.

Plain yogurt – Low fat or whole-milk yogurt contains lactic acid which softens the skin and hydrates. (This may help in reducing wrinkles.) Yogurt has anti-bacterial and anti-fungal qualities so it aids in cleansing the skin. **If you have dairy or alpha and beta hydroxyl-acid allergies do NOT use yogurt!** Yogurt has many healthy enzymes and adds natural oils to the skin. It can diminish pore size and can improve the overall skin texture giving a healthy glow to your skin.

Coffee – Coffee grounds, fresh or used, (preferably organic) can be added to yogurt to make an exfoliating scrub. Containing lots of antioxidants, coffee can help neutralize the effects of free radicals that damage the skin – this lessens the effects of premature aging.

Caffeine is a vasodilator meaning it will slightly constrict blood vessels in the skin providing a tighter and firmer appearance.

Wild Seeds – There are dozens of plants that produce a prolific quantities of seeds making collection easy. It is best to put wild seeds through a coffee grinder first so that they can work as an effective exfoliant.

Add a teaspoon of either coffee grounds or apricot shells to 2-4 tablespoons of plain yogurt, stir and start exfoliating. Be sure to store this in the fridge and write on the container you use, the expiration date of the yogurt.

Well, that's it for 2015. Thank-you for your support and I hope you continue with me on this wild edible journey!

HAPPY NEW YEAR EVERYONE!!



Yogurt & Wild Seed Exfoliant



Wild Seeds

