

# Nutrition – Nature’s Way

## EdibleWildFood.com

Another calendar year is almost behind us and most of us I’m sure are sharing the same thoughts; 2014 went by so fast. I met a lot of incredible people and I’m grateful to all of you who have helped support me by sending kind words in emails, attended my walks, or have helped support my website costs by purchasing a subscription of [Wild Edible of the Month](#). I have lots on new projects on the horizon including a new publication on how to survive in the winter months on wild edibles. [Linda Runyon](#), one of the original go-to foragers in the U.S. has used my information on how to survive winter months with her followers and for me, that is a huge honour.

Yes, there is nutrition in the winter months and if you know what to look for you’ll be fine so long as you are not stuck in a city without transportation. If you are in a city then having a minimum 30 days of food and water stored is the best thing you can invested in. Far too many people take for granted that should there be a natural disaster a government agency will be there right away to help. Ask the survivors of Hurricanes Katrina and Sandy if they were taken care of; from what I understand many went hungry for days and no fresh water to drink. Remember, no matter where on this planet you live we are all one storm away from a possible disaster – be sure you are ready.

**I want to wish every one of you a very Happy 2015. I sincerely hope you all will experience great health and have many happy memories.**

Edible “Pic” of the Month  
[Burdock](#) (*Arctium lappa*)



- **Vitamins C, E, K, B3, B6, B5, and B9**
- **Calcium, magnesium, iron and much more.**
- **Omega-3, Omega-6.**

**Recent studies indicate that burdock root contains phenolic acids, quercetin and luteolin - all powerful antioxidants.**

## Easy-to-Make Facial and Body Cream



There are many recipes out there on how to make facial and body creams and many of them are very easy to make. I get asked a lot about what do I use and I tend to stick to a couple of favourites. Below is one base recipe I like because it's so simple. Before you start, get a metal can from your blue bin and thoroughly wash it. With pliers, bend a triangular lip on the top for easy pouring. You'll also need a popsicle stick for stirring and containers to pour your cream into.

- ½ cup shea butter
- ½ cup mango butter
- ½ teaspoon vitamin E (liquid)

Place the butters in the tin can and stand it in a pot that has about 2" of water in it. Bring to a boil and keep tin in water until the butters have melted. Remove from heat. Add vitamin E and stir with a popsicle stick. Choose the type of cream you want to make.

For mature skin:

- 10 drops frankincense essential oil (cell rejuvenation)
- 10 drops palmarosa essential oil (cell rejuvenation)
- 5 drops neroli essential oil (tones skin)

For oily skin:

- 10 drops tea tree essential oil
- 10 drops lavender essential oil
- 5 drops (choose one) lemon, ylang ylang, patchouli, peppermint, rosemary or bergamot essential oil

For dry skin:

- 10 drops rose (or rosewood) essential oil
- 10 drops clary sage essential oil
- 5 drops (choose one) geranium, lavender, myrrh or jasmine essential oil

For sensitive skin:

- 10 drops geranium essential oil
- 10 drops lavender essential oil
- 5 drops jasmine essential oil

Once your oils are added stir with the popsicle stick. Pour into containers and let sit until fully solidified (this will take several hours). Once solidified place lid on and store in a cool, dark location.



## LAST CHANCE

Wild Edible of the Month is a monthly publication that many people enjoy receiving. Comprehensive information about one edible a month in a digital magazine format (including recipes) comes to you for only \$3 a month (payable one year in advance). Print off a copy for yourself! This is the last chance to take advantage of the holiday special – buy one year's subscription and receive 4 **free** issues. [Order here](#) no later than midnight January, 4, 2015!

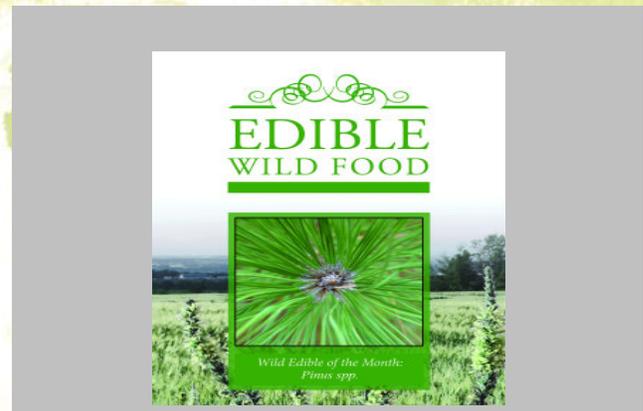
## Fresh Goodness all Winter Long

The International Sprout Grower's Association compiled an incredible document highlighting some of the most significant research surrounding the health benefits of eating sprouts. There is plenty of evidence indicating that eating sprouts can **improve cardiovascular health, prevent heart disease and stroke, improves bone mineral density, protects our DNA against free radicals, and potentially may help to treat diabetes, Parkinson's disease, and arthritis.**

Sprouts have the **highest concentration of phytonutrients per calorie of any food.** Phytonutrients play an active role in the amelioration of disease. **100 grams a day of sprouts may prevent cancer.** This is equivalent to about ½ cup of sprouts. Here is a link to the research from the [University of Ulster](#).

When fresh (local) produce is not available, especially in the winter months then every home should be sprouting. Seeds are certified organic, **inexpensive** and can be purchased online at [Mumm's Sprouting Seeds](#).

To help you get started, use either a wide mouth jar with the mouth covered with window screening or you can check out what Cathy Nesbit from Cathy's Crawly Composters is offering. (See add on this page or [click here.](#))



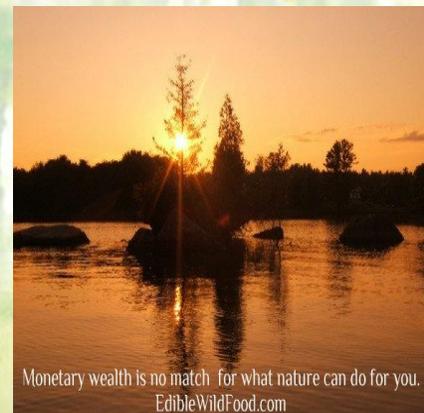
## [Wild Edible of the Month](#)

### Something to Sprout About!



Sprouts are so high in nutritional value that they are considered *Nature's Superfood.*

**Add Life to Your Life - Eat Sprouts.**  
Find out about this Super, Simple Sprouter.  
[www.cathyscomposters.com/sprouter](http://www.cathyscomposters.com/sprouter)  
**1-888-775-9495**



Monetary wealth is no match for what nature can do for you.  
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