

# Nutrition – Nature's Way

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Burdock has been used for centuries to treat countless ailments. Traditionally it has been used as a "blood purifier" to clear the bloodstream of toxins, as a diuretic (to help rid the body of excess water by increasing urine output), and it has been used as a topical remedy for skin problems such as eczema, psoriasis and acne. In Japan and some parts of Europe, burdock is regularly eaten as vegetable. Burdock contains inulin, a natural dietary fiber, and has also been used traditionally to improve digestion. (Leaves are edible as well but only the spring growth is recommended as they are VERY bitter. Burdock root makes a great [soup](#).)

Burdock root is a biennial plant, in the second year typically grows to well over one metre in height. It produces purple prickly seeds that become brown and are known as the dreaded "burr" (which inspired George de Mestral to invent Velcro in the late 1940's).

As tall as the plant can grow, the roots also are deep. The good news is that these roots can be harvested now. Be sure to take an appropriate shovel as a hand held trowel will not be of much use. However – do not harvest the root of the fully developed plant as you will not get maximum nutrition or health benefits from it. Burdock roots from the first year plant are the roots you want to harvest. At this time of year, all the energy, nutrition and health benefits have gone from the leaves into that root – waiting until spring so that it can develop the stem and seeds. Once collected, wash thoroughly, dry and once thoroughly dried, store in mason jars in a cool dark location.

### Weed of the Month Burdock



**Burdock (*Arctium lappa*) primarily consists of carbohydrates, tannins, volatile oils, plant sterols and fatty oils. Researchers haven't conclusively established which specific ingredients in burdock root are responsible for its amazing healing properties, but it appears to have anti-inflammatory and anti-bacterial effects. Recent studies indicate that burdock root contains phenolic acids, quercetin and luteolin - all powerful antioxidants.**

- Contains vitamins C, E, K, B3, B6, B5, B9, calcium, magnesium, iron and much more.
- Also contains Omega-3, Omega-6.



**Greater Celandine**  
*Chelidonium majus*



**Greater Celandine flower**



**Greater Celandine** is a common weed that is used more for medicinal purposes than as a food source. The leaves resemble the buttercup leaves so making sure you identify this plant with 100 percent certainty is important because buttercups are toxic. The one for sure method of identifying celandine is to break the stem – you will see an orange sap. This plant (often) survives even under the snow.

Although it grows in many countries around the world, in North America, celandine dates back to the late 1600's when it was used for treating warts; however, the plant has a longer history. Celandine was used as a medicinal herb in ancient times as well as a perfume for feet. The ancient Greeks, Pliny the Elder and Dioscorides considered celandine as an effective detoxifying agent. The Romans of later periods used Celandine to aid in cleansing the blood. French herbalist Maurice Mességué used celandine to help with liver problems.

According to research that appears in *Planta Med*, human studies of greater celandine extract were also shown to support bile production. Because of extra bile, the body can effectively and efficiently process foods and liquids while removing toxins. Bile helps break down fat.

Another amazing health benefit to using this plant is that it can prevent and treat cataracts. Always seek the advice of a qualified medical herbalist before using this recipe (or this plant) for any medicinal purpose.

#### Topical Treatment for Cataract Prevention/Treatment

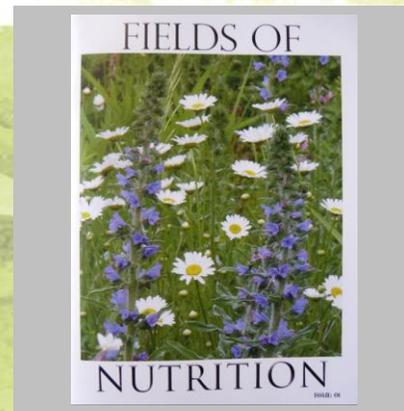
5-10 drops of greater celandine juice

4 oz distilled witch hazel

Take 10-20 drops of the above combination and mix with an equal amount of warm water; use as an eyebath.

## Fields of Nutrition

Fields of Nutrition is a hardcopy magazine. This publication contains 30 common plants that are found in many countries and not only are there photographs to help identify each plant; it contains each plant's health benefits and nutritional information. Fields of Nutrition is only \$10 (Canadian \$) plus postage. Get an early start to Christmas shopping – until December 10, **buy 2 for \$15!** In order to take advantage of this deal, when you fill in your details on the order form, you must write “deal” in the “additional info” box. [Click here to order!](#)



## 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 **inexpensive** and can be purchased online at [Mumm's Sprouting Seeds](#). If this goodness isn't enough, Mumm's seeds are organic.

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.](#))

### Something to Sprout About!

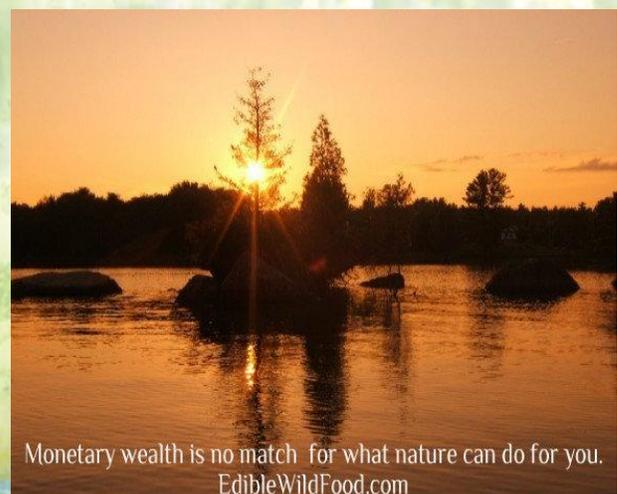


Sprouts are so high in nutritional value that they are considered *Nature's Superfood*.

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