#### Did you ever eat ...

Acorns? boil in shells several times, dump water, open, eat Cattail shoots? peel the outer layers, boil & eat inner part Chickweed? eat raw or steamed, good for kidneys Dandelion? eat raw or steamed leaves, roots used as "coffee" Goldenrod? flowers or seeds can be added to soups Grape leaves? cook foods in them or eat new leaves raw Henbit? young, tender stems, leaves & flowers are edible Kudzu? use only the last 4" of new growth, steam or boil Lamb's quarter? add raw to a salad or steam lightly Plantain? brought from England as a vegetable, now a weed Sassafras leaves? eat raw or dry to use as a seasoning Sow thistle leaves? steamed they taste better than dandelions Sow thistle roots? brush with oil, cover in foil, roast in oven Wild violets? eat raw when picked or put in a salad

# Did you ever make bread flour from ...

Acorns? boil, dry & pulverize
Curly dock seeds? adds protein to soups or breads
Grass seeds? grind them up (what do you think wheat is?)
Kudzu roots? now used in treating alcohol addiction
Inner tree bark? most can be dried, ground, and used for flour
Maple tree seeds? separate the seed from the "chaff" & roast
Maple tree inner bark? dry and grind into flour
Pine nuts (pinon) or pine bark? very nutritious, resinous
(Remember, you can make 'bread' from any kind of flour.)

# Did you ever dry ...

Berry bush leaves? use new leaves, makes a tasty tea
Cayenne peppers? sew together & hang in refrigerator to dry
(Cayenne is an antibiotic that can be used in soups
or can be applied as a powder topically to stop bleeding)
Clover leaves or blossoms? make the famous anti-cancer tea
Lamb's quarter root? can be used as a soap for wet hands
Oak bark? boil 2 hours to produce soapy tannin solution
Pine needles? chop, add to boiling water, steep, strain
Peppergrass seeds? they make a tasty addition to soups
Sassafras leaves or roots? the taste has a "kick" to it.
Spinach or Tomatos? dry, crush to a powder. add to soups
Wild rose "hips?" (the knot left after bloom) - vitamin C

# **Drying Food - in different climates**

- 1) In a cool, dry climate: dry leaves, roots or flowers by hanging them upside down (nutrients flow from the stems) but not the kitchen or bath (too much humidity there) and away from direct sunlight (or they'll lose their dark colors). Remove when brittle & crush.
- 2) In a wet, humid climate: dry leaves, roots or flowers in an 200° oven or over a small fire (don't cook--just warm them) for a few hours until brittle. Cool and store in a jar or can. It helps to add a packet of sugar or salt to absorb moisture. Separate leaves & dry them in the refrigerator.
- 3) The shelf life of most herbs is less than 3 months--that includes store-bought herbs (often imported from China).

#### **Food Tips:**

- 1) Eat only when you feel hungry (otherwise you will throw your metabolism off and not fully digest your food).
- 2) For better digestion, eat slowly and chew thoroughly
- 3) When your system is "backed up" (with undigested food) you may "get the munchies" in an effort to unclog & eliminate. Instead, drink lots of water.
- 4) Listen to your body. Does it want salt? Eat a pinch of sea salt instead of a bag of chips. Want sugar? Eat some fruit.
- 5) To lose weight, don't combine fruits & vegetables or meats & starches (meat & potatos aren't digested well together).
- 6) Don't microwave food, it kills all the living nutrients.
- 7) No thick salad dressing—it inhibits vitamin absorption.
- 8) Eat meat first (it takes longer to digest), then veggies later.
- 9) Calcium supplements can end up in your eyes (cataracts), bones (arthritis), arteries (arteriorsclerosis), pineal gland (calcification) or kidneys (stones). Eat greens instead.
- 10) Use mineral salts (*Himalayan Pink or Celtic Sea Salt*) -they convert to hydrochloric acid, helping good digestion.

#### Water Tips:

- 1) To filter drinking water, boil it and add peppermint leaves, lemon pulp or grapefruit peel & seeds (to absorb bacteria)
- 2) Eat some charcoal or burnt food (toast?) before or after drinking bad water (charcoal absorbs 300 known toxins).
- 3) In warm weather, standing water can be purified with plants that have lots of dangling roots, but it takes time.
- 4) Use very little water in cooking foods and don't dump it (unless you are draining the bitter taste from acorns or old, tough leaves) because the vitamins are in that water.

# Eating weeds is better than buying vitamins:

- 1) Hard pills don't break down easily (try soaking them in vinegar and find out). Nurses call them "bedpan bullets."
- 2) If they aren't made totally from a whole food, they are synthetic and, under a microscope, are dead, not alive, like whole food. Most 'vitamin' pills are drugs--not foods.
- 3) If they are made totally from a whole food, they have a short shelf life. Dried food loses potency in heat & light (vitamins are not shipped in refrigerated compartments).

# Eating weeds is better than buying herbs:

- 1) If the herb wasn't grown in the U.S.A. (most aren't), it was probably sprayed with ethylene oxide (a known cancer-causing agent) for hepatitis and was rendered impotent in the process. And, herbs are affected by heat.
- 2) Labels are deceptive and virtually unregulated. If it says 100% pure..., that means that whatever *(often tiny)* amount of that herb is in the bottle is 100% pure, but the other 98% in the bottle may be sawdust *(or worse)*.

# Eating weeds is better than buying produce:

- 1) Produce may be misted with sulfites (triggering asthma).
- 2) Foods grown in the eastern U.S. have few trace minerals.
- 3) Produce may be irradiated to preserve shelf life--but it kills the live enzymes necessary for complete digestion.

# Using Food as Medicine



# written by grandma ginger

This information is condensed from over 100 of the most innovative alternative medical newsletters, books & periodicals. It is offered simply as a resource for those who are looking for possible root causes of health issues. I originally titled it:

"No One Should Starve Where Weeds Grow"

since many edible weeds are included.

I have NO medical training or credentials,
I'm just a healthy old lady who wants to
help others be healthy and has found that
the best medicines are often the food,
beverages & supplements we ingest.
Available at http://2-acres.com/Ginger
If you find mistakes, please let me know.
Thank you! <qinger@2-acres.com>

#### FOOD SOURCE VITAMINS

# If you have ... Vitamin A deficiency:

bad breath, nightblindness, eves sensitive to light, skin, sinus & respiratory trouble, brittle fingernails, impaired immune system, acne/rashes

#### Vitamin B deficiencies:

dark circles under eves. sunlight breaks out skin... **B**<sub>1</sub> (thiamine): muscle pain **B**<sub>2</sub> (riboflavin): lips crack **B**<sub>3</sub> (*niacin*): headache/fatigue **B**<sub>4</sub> (choline/carnitine) anxiety **B**<sub>5</sub> (pantothenate): tingling **B**<sub>6</sub> (pyridoxine): PMS **B**<sub>7</sub> (biotin): graying hair  $\mathbf{B_8}$  (inositol): depression **B**<sub>9</sub> (folate): anemia  $\mathbf{B}_{12}$  (cobalamin): fatigue B<sub>17</sub> (nitriloside/laetrile): cancer

#### Vitamin C deficiency:

bleeding gums, colds, slow healing, nosebleed, bruising, sinusitis, allergies, aging prematurely, constipation

#### Vitamin D deficiency:

poor teeth, brittle bones, slow growth, 'growing' pains, frequent sickness, hair loss

# Vitamin E deficiency:

hot flashes, muscle weakness, infertility, varicose veins

#### Vitamin K deficiency:

(often caused by aspirin use)

Vitamin O --- is not really a vitamin. It's just hydrogen peroxide  $(H_2O_2)$ .

#### ... then eat Foods rich in Vitamin A:

watercress, chickory, sweet potatos/yams, dandelion roots/ leaves, nettle tea, parsley, kudzu root, spinach, apricots, butternut squash, red clover

#### Foods rich in B Vitamins:

blackstrap molasses, liver brewer's yeast (oral or topical) sunflower seeds, red clover okra, almonds, white clover peanuts, chestnuts, fish sprouts, greens, beef heart royal jelly, whole grains, celery wheatgerm, strawberries egg yolk, sesame seeds, lettuce cantaloupe, oranges, nuts beets, citrus fruits, liver avocado, grains, walnuts, \*apricot seeds, apple seeds

#### **Foods rich in Vitamin C:**

fruits, berries, violet leaves, berries, plantain leaves, kale, pigweed (lamb's quarters), watercress, henbit, peppers

#### Foods rich in Vitamin D:

cod liver oil, sardines, salmon, tuna, also-get some sunshine! (without glasses or sunscreen)

# Foods rich in Vitamin E:

olive oil, red clover, peanuts wheat germ, avocados, eggs

#### **Foods rich in Vitamin K:**

blood won't clot, easy bruising oats, tumeric,\*\* celery, rye, alfalfa, greens, lamb's quarter

> Rather than drinking peroxide, vigorously shake water before drinking—to oxygenate it.

Note: Food labeled ORGANIC means it hasn't been sprayed with poisons OR irradiated to kill enzymes OR genetically engineered.

\*Apricot & apple seeds also contain cyanide—which destroys the coating around tumors, allowing the body to recognize & destroy them. Apple pectin (skin & pulp) is the antidote for cyanide poisoning. So, NEVER eat JUST the seeds, eat WHOLE APPLES!

\*\*Tumeric, coriander seeds and the inner peel of grapefruit chelates (binds to & removes) heavy metals (mercury, aluminum...) in the body.

These are just my opinions & suggestions—NOT medical advice!

# Grandma Ginger

# FOOD SOURCE MINERALS (17 of 60+)

#### If you have ... **Boron deficiency:**

arthritis, PMS, backache Calcium deficiency: brittle bones, bad teeth, nail biting, leg cramps, osteoporosis, high blood

pressure, muscle twitches Chromium deficiency: thirst, craving for sweets

Copper deficiency: anurism osteo-arthritis, thinning hair

Germanium deficiency: high cholesterol, tumors

**Iodine deficiency:** nails losing 'moons' at base. breast tenderness, chilling

Iron deficiency: paleness, clumsiness, restless legs, flat nails, itchiness

Magnesium deficiency: nausea, anxiety, PMS, cramps, kidney stones, high blood pressure

Manganese deficiency: dizziness, slow nail growth, black hair turning red. scaly skin, schizophrenia

Molybdenum deficiency: sulfite intolerance, rapid heart, poor teeth & eyes

Phosphorus deficiency: fatigue, inattentiveness, seizures, twitching, pain

Potassium deficiency: thirst, insomnia, low blood pressure, diarrhea, swollen abdomen, muscle weakness,

Selenium deficiency: asthma, age spots, cancers

Silica deficiency:

brittle nails, thinning hair **Sodium deficiency:** 

cramps, poor digestion

Vanadium deficiency: low blood sugar, diabetes

Zinc deficiency: white spots under nails, acne, colds, dull hair, allergies

#### ... then eat Foods rich in Boron:

figs, vegetables, nuts, cabbage **Foods rich in Calcium:** 

dandelions, peppermint, figs currants, pecans, garlic, rape, coriander, elderberries, beans, salmon, watercress, rhubarb

**Foods rich in Chromium:** thyme, black pepper, spinach

Foods rich in Copper: sunflower seeds, dandelions

Foods rich in Germanium: shitake mushroom, garlic, aloe

#### **Foods rich in Iodine:**

kelp, rutabaga, cranberries, beets, blackberries, seafood

#### Foods rich in Iron:

sorrel, spinach, grapes/raisins, mulberries, elderberries

# Foods rich in Magnesium

honey, almonds, pecans, oats bananas, greens, asparagus, dark chocolate, beans

#### **Foods rich in Manganese:** outer layer (bran) of grains.

beets, nuts, fruits, greens, milk, organ meats, coconut

# Foods rich in Molvbdenum:

honey, soybeans, celery, wheat & rye seeds, lentils

#### Foods rich in Phosphorus: cashews, oats, squash, beans, walnuts, carrots, chickory

Foods rich in Potassium: crabapples, black walnuts, potato skins, bamboo, chicory, garlic, ramp bulbs, bananas

# **Foods rich in Selenium:**

Brazil nuts, garlic, radishes **Foods rich in Silica:** 

cucumber skin, horsetail herb **Foods rich in Sodium:** 

#### melons, celery, greens, beets Foods rich in Vanadium:

Oats, cabbage, parsley, dill

# Foods rich in Zinc:

pumpkin & sunflower seeds. berries, ginger, cashews

#### If you buy supplements—research brands like you would if you were buying a car! They are NOT all the same! Many are worthless! And buy produce locally—so it isn't irradiated and can be digested!

# OTHER FOOD SOURCE NUTRIENTS

# If you have ... Amino Acid deficiency:

hair loss, obesity, allergies, fatigue, weakness, insomnia

#### **Bioflavinoid deficiency:**

(of thousands of flavinoids) anthocyanidins: brain fog beta-carotine: night blindness isoflavones: diabetes, vertigo quercitin: hot flashes, cancer resveratrol: tumors, aging rutin: eye veins burst

# **Digestive Enzyme** deficiency:

protease/papain/bromelain/ breaks down proteins to avoid flatulence (gas) & bloating amylase breaks down carbs that can cause food allergies lactase breaks down dairy

#### **Essential Fatty Acids** (EFA) deficiency:

arthritis, joint pain, hair loss, nervousness (good fats protect the nerves). dermatitis, dry skin & hair, wrinkles, mental depression, low intelligence

#### **Protein deficiency:**

nervousness, weakness, brittle fingernails & hair, slow growth, pale gums, insomnia, neuro-muscular disorders, sugar cravings, constipation

#### **Starch deficiency:**

dizzy, no energy, emaciated (also is a **symptom** of parasites or worms)

#### ... then eat **Foods rich in Amino Acids** eggs, meats, pumpkin, lentils, watercress, raw cider vinegar

# Foods rich in Flavinoids:

also called phyto-nutrients muscadine grapes, blackberries carrots, vams, citrus inner peel kale, broccoli, chickpeas, kudzu onions, garlic, apples, peppers blueberries, grapes, cherries wild violets, rue, buckwheat

#### **Foods rich in Digestive Enzymes:**

raw papaya, mango, pineapple (cooking & irradiation kills the digestive enzymes in food) sprouted seeds & beans, raw honey, raw veggies fresh **un**pasteurized dairy

#### **Foods rich in Essential** Fatty Acids (EFA):

pumpkin seeds, coconut oil (put on popcorn!). flaxseeds, olives & olive oil, avocados, raw nuts, (including acorns), berries, black walnuts, salmon, peanuts

#### **Foods rich in Protein:**

meat, eggs, peanut butter, wild rice, beans, sunflower seeds. garlic, alfalfa, mugwort, kudzu, pawpaw, black walnuts, beechnuts, hummus (chickpeas)

#### **Foods rich in Starches:**

potatos, rice, breads, pastas (for worm treatment: eat lots of raw pumpkin seeds)

# Good Eating habits:

Eat legumes (beans, peas) with whole grains (breads, rice) because they are "incomplete proteins" alone. Eat your biggest meal in the morning or afternoon, not night. Eat nuts with water (they need lots of water to digest fully). Eat only about a handful of food at a time.

# WARNING--Avoid wild plants or weeds that:

- 1) are slimey 2) might have been chemically sprayed 3) are near a busy road or factory (plants absorb lead)
  - 4) have a colored sap or cause a skin rash
- 5) smell like bitter almonds or peaches when crushed
- 6) are mushrooms-even if you think they're not poisonous.