

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 a 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! <ginger@2-acres.com>*

FOOD SOURCE VITAMINS

If you have ...

Vitamin A deficiency:
bad breath, nightblindness, eyes sensitive to light, skin, sinus & respiratory trouble, brittle fingernails, impaired immune system, acne/rashes

Vitamin B deficiencies:

dark circles under eyes, sunlight breaks out skin...
B₁ (thiamine): muscle pain
B₂ (riboflavin): lips crack
B₃ (niacin): headache/fatigue
B₄ (choline/carnitine) anxiety
B₅ (pantothenate): tingling
B₆ (pyridoxine): PMS
B₇ (biotin): graying hair
B₈ (inositol): depression
B₉ (folate): anemia
B₁₂ (cobalamin): fatigue
B₁₇ (nitrosyl/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:

blood won't clot, easy bruising (often caused by aspirin use)

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

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

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

Bioflavonoid deficiency:
(of thousands of flavinoids)
anthocyanidins: brain fog
beta-carotene: night blindness
isoflavones: diabetes, vertigo
quercetin: 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)

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 slimy
- 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.