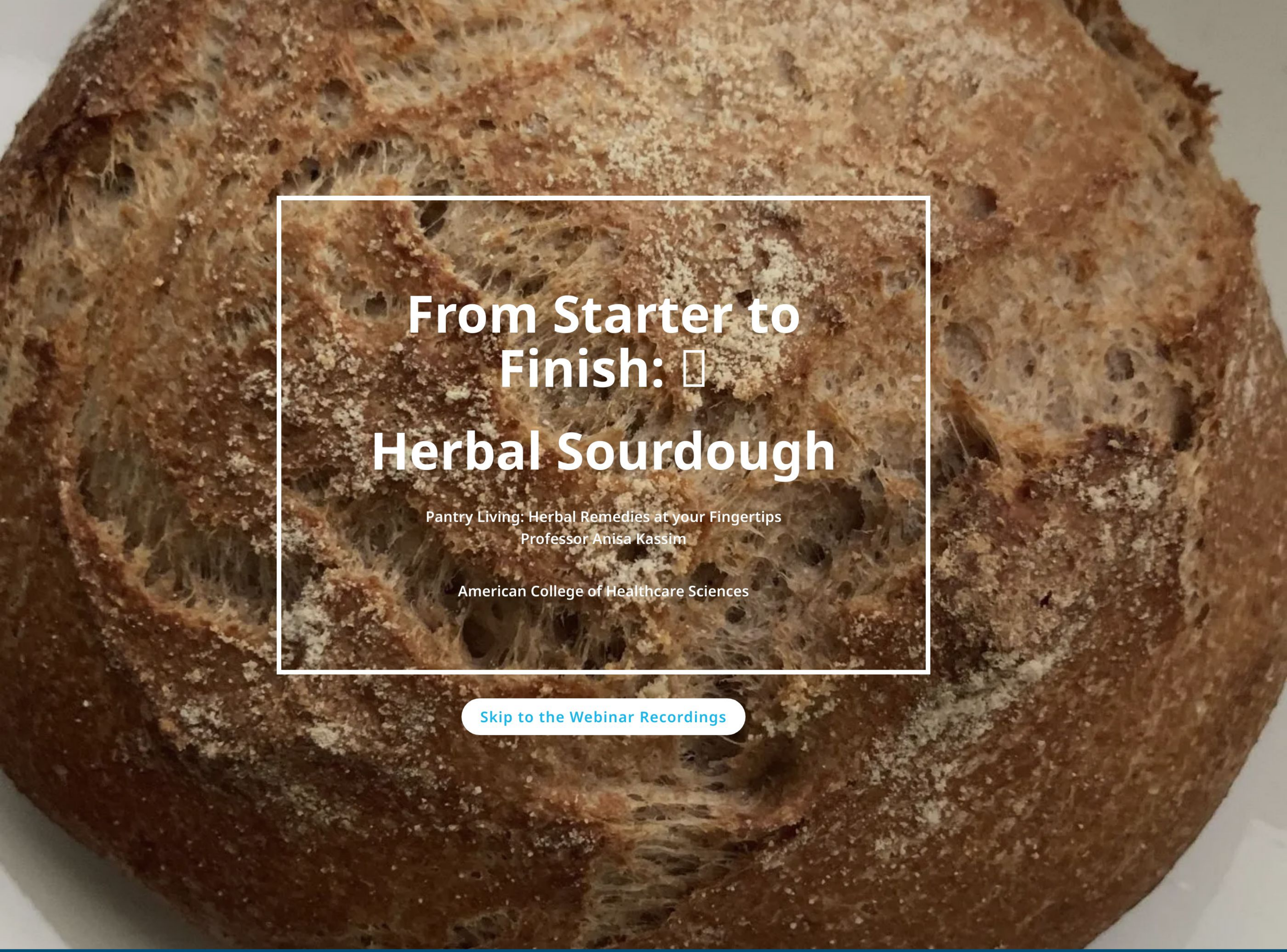


From Starter to Finish:

Herbal Sourdough

Pantry Living: Herbal Remedies at your Fingertips

Professor Anisa Kassim

American College of Healthcare Sciences

Skip to the Webinar Recordings

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Presenter Bio:

Anisa Kassim, BA, MPH, MTOM, CHES

Anisa Kassim is a licensed acupuncturist and public health educator. She has been working professionally in the field of health for the last 14 years. She started her career in the area of worksite wellness. After this she worked with the North Carolina Department of Public Health with school administrators on improving policies to encourage physical activity and nutrition in the school environment. For eight years, she worked with the Centers for Disease Control and Prevention in various capacities. In the area of global health, she worked with the Sustainable Management Development Program, which involved helping to build management training capacity for public health workers in developing countries. She also worked in the area of evaluation and training.

After working in the area of training and health education, she pursued a degree in the area of Traditional Chinese Medicine and is a licensed acupuncturist and herbalist. She currently owns a health institute in California that has various integrative modalities, including a tai chi, qi gong, and yoga therapy school. She has been teaching online for the last five years in the areas of public and integrative health. She utilizes her Eastern and Western background when working with patients and with her students in the online classroom.

Anisa's degrees include a BA in Health Psychology, her MPH from the University of North Carolina Chapel Hill and her Masters in Oriental Medicine from Emperors College. She is also a Certified Health Education Specialist and studied ayurvedic medicine in Kerala, India. Anisa enjoys the outdoors including hiking, swimming and traveling to new and unusual places. She is happy to be part of the ACHS faculty and part of the movement related to educating and empowering individuals to make better choices related to their health.





What is Herb Day?

- Herb Day is an international celebration of herbs and herbal products that are aimed at educating and sharing ideas about the many ways herbs bring joy and well-being into our daily lives. It’s a celebration of herbs used in food, beverages, medicine, beauty products, and crafts, along with the art of growing and gardening with herbs.
- Grassroots movement
- The Herb Day Coalition consists of the American Botanical Council, United Plant Savers, the American Herbal Products Association, the American Herbal Pharmacopoeia, and the American Herbalists Guild.

Inspiration for topics for Herb Month: Current world events, personal experience, and Community Support and Engagement



Sourdough Bread

Sourdough is the oldest way of making bread and uses naturally occurring wild yeast and lactic acid bacteria.

The essence of sourdough: Patience, passion, touch, five senses, connection, community.

Components of sourdough: Flour, Water, Salt, Fermented lactic acid bacteria, wild yeast.

Both a noun and a verb: The process of fermenting flour, water and salt to make bread, and the type of bread of you make.



What is your Starter?

It is alive!
Lactic acid bacteria produce organic acids the transform the taste, nutritional value and digestibility of bread.

Yeast produces CO2 that makes the bread light and airy.

Microbes work together to create enzymes that break down the flour which causes a fermentation of the various sugars created into CO2 that makes the dough rise and ethanol which gives the flavor of the bread

Among the enzymes produced (included amylase, maltase, invertase) physates break down the phytic acid and makes it more digestible.

Digestion and Nutrition

Bread can be traced to every culture and aspect of life: Naan, Roti, Pretzel, Challah, Pan de Muertos, Injera

Current store-bought bread: Fast-acting yeast and rolled milled flour (total time 1.5 hours).

Different reactions to wheat:

- IgE: Antibodies react to wheat including histamine response, wheat dependent
  asthma
- IgA/IgG: Celiacs disease (Triggered by gliadin: a protein made up of gluten)
- Non Celiac Gluten sensitivity: Headaches, joint/muscle pain, foggy mind)
- Studies show that sourdough is not gluten free but the residual gluten fermented
  flour is significantly low. If you are gluten intolerant, then keeping the dough in
  the fridge for 48 hours will significantly break down the gluten but your bread will
  be less springy





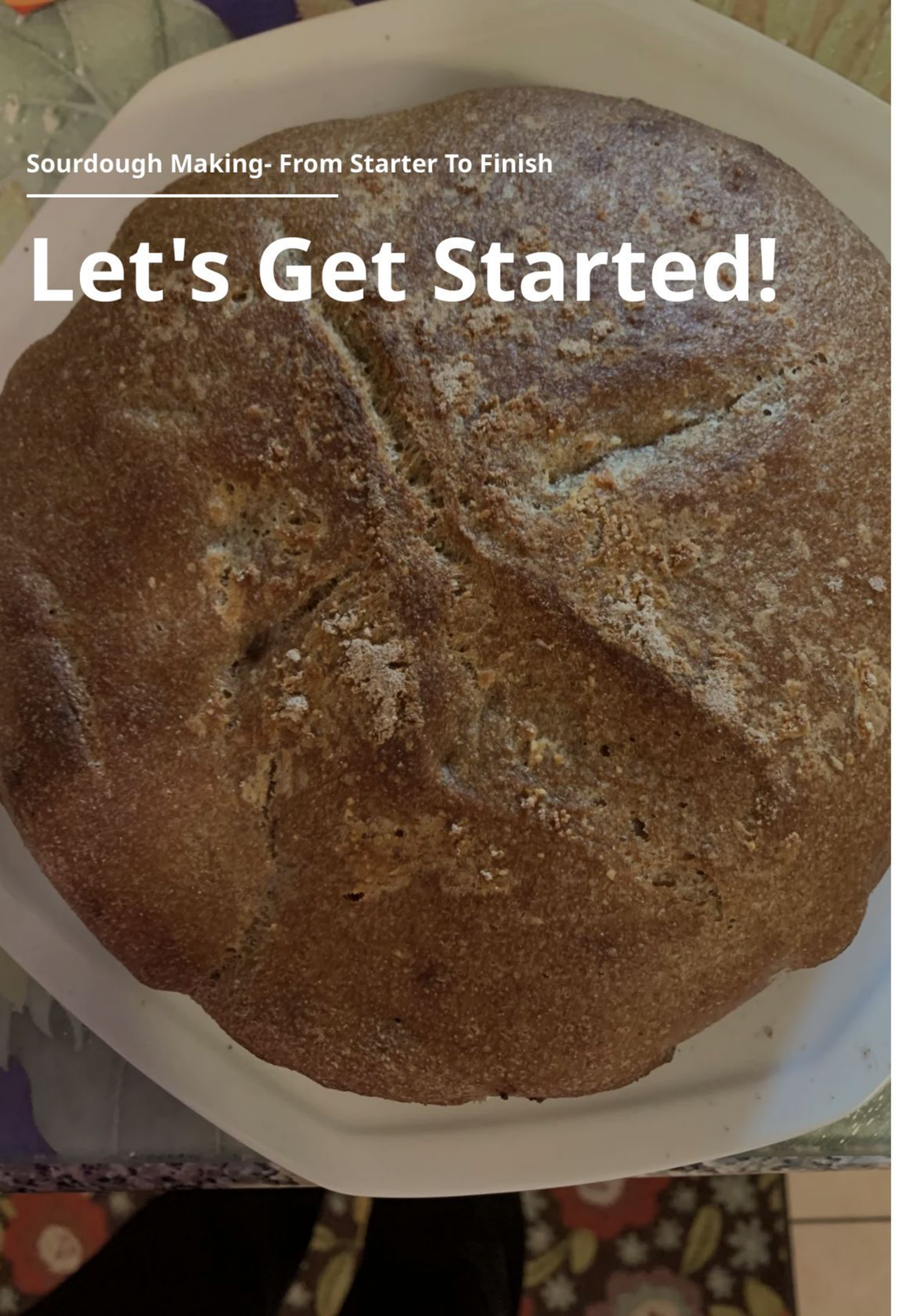
Fermentation creates a change in the flour causing an abundance of fiber, food and
nutrients making it a Pre-biotic

Prebiotics feed friendly bacteria and help proliferate on their own (feed them)

Probiotics are different and are live bacteria found in foods and supplements and are
beneficial bacteria

Good gut health is essential for:

- The good bacteria in your digestive tract help protect you from harmful bacteria and
  fungi.
- Send signals to your immune system and help regulate inflammation
- Some of your gut bacteria form Vitamin K and short-chain fatty acids. Short-chain fatty
  acids are the main nutrient source of the cells lining the colon. They promote a strong
  gut barrier that helps keep out harmful substances, viruses and bacteria. This also
  reduces inflammation, and may reduce the risk of cancer



Sourdough Making- From Starter To Finish

Let's Get Started!

Day 1

- Add 2 tablespoons flour (1 tablespoon is 30 grams)
- Add 2 tablespoons of filtered water (pour in jar)
- Mix well (with wooden spoon preferred)
- Put lid on (not tight) and store in a cabinet at room temperature

Day 2

- It won't look much different than the day before.
- Same recipe:
- Add 2 tablespoons of flour
- Add 2 tablespoons of water
- Mix with spoon (wooden preferred)
- Close lid (not tightly) and store in cabinet)
- If there are any dry bits, then add a tiny tiny bit of water

Day 3

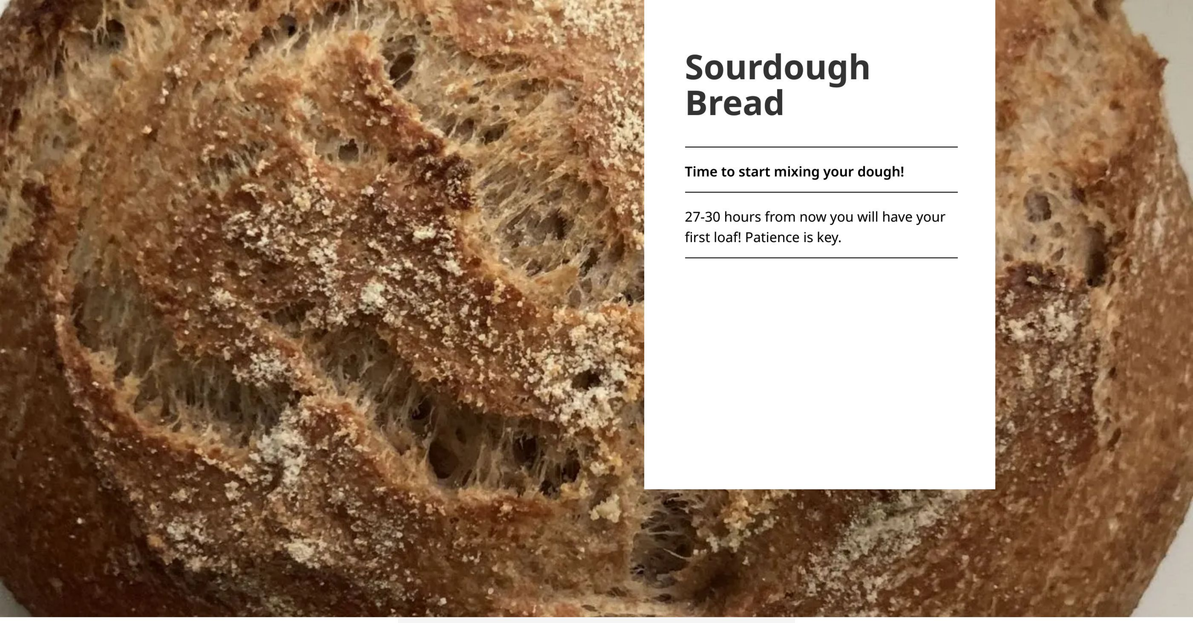
- Grab your jar and take the lid off
- Add 2 tablespoons of flour
- 1 tablespoon of water
- Moving into more of a 'paste'
- Stir it up (wooden spoon preferred)
- Close lid (not airtight) and put it into the cabinet

Day 4

- You might see some activity in your jar
- Add 6 tablespoons of flour
- Add warmer water – 3 tablespoons of filtered water
- Starting the yeast process
- Lid gently back on and back in the cupboard

Day 5

- Lots of bubbles: Add 1 cup of flour and ¾ cup of
  room temperature water and stir. Put it back in
  the cabinet
- If not active and few bubbles, go back to Day 3
  and add 2 tablespoons of water and 1 tablespoon of water for another 2-3 days
- If still not active after 7-8 days, add something
  acidic like Apple Cider vinegar or Orange Juice
- When we return next Thursday, we will mix dough!



Sourdough Bread

Time to start mixing your dough!

27-30 hours from now you will have your first loaf! Patience is key.

Materials needed

- Large Mixing bowl
- Your starter
- Salt
- Scale (measuring grams)
- Flour
- Pan to bake bread in
- Herbs!! Fresh, dried, from your garden, anything you would like to include in your bread

For more detailed overview of props/tools: https://www.maryparracupuncture.com/post/props-and-tools-list

Recipe for one loaf

(whole wheat flour)

- 400 grams water
- 75 grams starter
- 500 grams whole wheat flour
- 10-12 grams salt
- Herbs and any other additions (up to you)

*All purpose flour, start with about 50-100 grams less water

Sample bread recipe

- 400 grams water
- 75 grams starter
- 500 grams flour (Split with 350 grams Sonora wheat or any other wheat and 100 grams spelt, 50 grams rye)
- 10 grams salt
- Fold in: 85 grams cooked wild rice or red rice
- 45 grams almond slivers
- 1 ½ tsp chopped fresh herbs

Owens, S. (2015). Sourdough baking: recipes for rustic fermented breads, sweets, savories, and more. Boston: Roost Books.
– Part her recipe and part mine but hey - why not?

Step 1

Note: Bread making 101 with no fancy terminology ☺

- In a large mixing bowl, combine 400 grams of room temperature water, 75 grams starter and mix with wooden spoon or hand
- Add in 500 grams of flour
- Set aside with kitchen towel draped on top
- Let it sit for 30-60 minutes to let the three components get 'friendly' with each other

Step 2
ADD SALT AND HERBS
Add 10 -12 grams of salt and herbs.

Herbs you can add are endless!
I have tried: Rosemary, Thyme, Sage
I have added pumpkin seeds, sunflower seeds, and raisins.
What I want to try is nettles, orange zest, cranberries...its endless!

Step 3
LET IT SIT OUTSIDE AND LET THE FLAVORS COME TOGETHER

This is where everything gets super friendly and hangs out!
Set on kitchen counter, covered. Every thirty minutes, fold a piece over to stretch and make it airy
If you can't do this, no worries. Your bread will still rise

Step 4
REFRIGERATE
Place dough, covered, in the refrigerator for 18-30 hours. 22-24 hours is usually what works for me,

Step 5
TAKE OUT FROM THE REFRIGERATOR AND MOLD
After 18-30 hours, take out from refrigerator. Have a bowl handy. Wet hands in bowl Mold and shape dough - @bread_culture has some nice videos of how to do this.

Step 6

Bake!

Bake covered: Bake in oven covered at 485 degrees (roughly) for 33-35 minutes

Uncover: Take out at 33-35 minutes, uncover and put back into cooktop for 10 minutes

Let cool: Let cool for 30 minutes before adding butter and eating – yum yum!

References:

Sourdough Class I took:
https://bread-culture.teachable.com/p/sourdough-bread-class

My current reading list
Kimbell, V., & Rothacker, N. (2017). The sourdough school: the groundbreaking guide to making gut-friendly bread. London: Kyle Books.
Owens, S. (2015). Sourdough baking: recipes for rustic fermented breads, sweets, savories, and more. Boston: Roost Books.
Information on Pre-Probiotics:
https://www.healthline.com/nutrition/probiotics-and-prebiotics#section2



The 2020 Herb of the Year is Blackberries and Raspberries!

Herb of the Year

Blackberry and Raspberry



- Botanical Names: Rubus spp. (including R. allegheniensis, R. armeniacus, R. idaeus, R. occidentalis, R. ursinus, and many others)
- Parts that can be used: Leaves, Berries, Roots
  Sour taste
- Properties: Cooling and drying
- Uses: Mouth sores, diabetes type 2, dysmenorrhea, preparation for labor

Chinese Medicine and Astringents

- High in tannins
- Astringent so tight and tone tissues – reduce excess discharges and hold moisture within the body
- TCM: Most commonly excess discharge of body fluids is caused when there is not enough energy in a certain organ or in the whole body. One of the functions of Qi is to hold things in place. Chronic or severe Qi deficiency will manifest in body fluids leakage and also prolapse.
- TCM: Deficient Yang: When the warming principle diminishes (due to long term sickness, old age, etc.) the organ becomes “cold” and lethargic and body fluids leakage starts. In Chinese medicine the Kidney governs the urinary system and the reproductive system. Thus Kidney Yang deficiency will manifest in excessive urination, loose stools, edema and clear vaginal discharge in women.
- TCM: Too many purgatives

Recipes

Brambleberry Shrub

- 1 cup blackberries or rasberries or a combo
- 1 cup apple cider vinegar
  ½ cup mild honey or to taste
- Crush berries lightly and pour vinegar over them
- Cover jar with lid (if metal, place parchment paper in between)
- Store for 1-2 weeks daily. In dark place
- Strain vinegar, add honey. Transfer to a clean jar/bottle
- Store in refrigerator for one year. Use 1 part of the mixture and 4 parts sparkling water and servie

Forêt Rosalee de la, & Han, E. (2020). Wild remedies: how to forage healing foods and craft your own herbal medicine. Carlsbad, CA: Hay House, Inc.

Raspberry Leaf Infusion

- ½ cup dried raspberry leaves
- ½ cup dried rose petals
- 1 tsp hibiscus
- 1 tsp dried mint
- 3 cups water
- Bring 3 cups of water to a boil. Pour water over the herbs, stir, cover and Infuse

Forêt Rosalee de la, & Han, E. (2020). Wild remedies: how to forage healing foods and craft your own herbal medicine. Carlsbad, CA: Hay House, Inc.



Herbal Recipes

Rosemary

"As for Rosmarine I lett it runne all over my garden walls, not onlie because my bees love it, but because it is the herb sacred to remberance, and therefore, to friendship." —Sir Thomas Moore

Latin Name: Rosmarinus officinalis

The leaves and flowers of rosemary contain an essential oil made up of borneol (an antiseptic), camphor, 1,8 cineole (also found in eucalyptus Eucalyptus globulus (Labill.) oil), linalol, terpenes, and borneol ester.

The herb also contains tannin, resin, a bitter principle (carboxylic acid), and the minerals calcium, magnesium, phosphorus, iron, sodium, and potassium.

- Used for bad breath, baldness, bruises, circulation problem (hands and feet), colds, colic, cramps, dandruff, digestive upsets, eczema, falling hair, headaches, fever, sluggishness, low blood pressure, mouth ulcers, sores and wounds, poor memory, rheumatism, spasms, and sprains.
- Rosemary was held in high esteem in days gone by and most medieval kitchen gardens sported a healthy rosemary bush. It was believed that where rosemary flourished, the woman ruled. Consequently, it was also suspected that many rosemary bushes were secretly damaged by husbands threatened by such a public display of their lack of authority.
- Rosemary has many uses in the kitchen. Most meat will improve with the addition of rosemary and rosemary sauce is a pleasant change from mint sauce. It can also be added to vegetable dishes and is excellent with oven-roasted potatoes. Use sparingly as the flavor is quite strong. The dried flowers are pleasant added to potpourri.



Recipe: Rosemary Infusion

Dandruff, Baldness, Falling Hair Rinse

Rosemary Rosmarinus officinalis: 1 ounce Filtered water: 2 pints Borax: 2 teaspoons
Prepare as a standard infusion. Steep for 20 minutes. Strain, and then add borax. Use as a hair wash when cold. Borax is a preservative and water softener.

Petersen, D. (2018). HERB 201: Herbal Studies.Portland, OR: American College of Healthcare Sciences.

Recipe: Rosemary Potatoes

Ingredients:
2 pounds Red Bliss, Yukon Gold, or other thin-skinned potatoes (5 to 6 medium potatoes), scrubbed clean
1 tablespoon extra-virgin olive oil
1 tablespoon dried rosemary or 2 tablespoons minced fresh rosemary
2 teaspoons kosher salt

Preparation:
Preheat the oven to 425°F. Line a baking sheet with foil or a nonstick baking mat.
Halve the potatoes and chop them into bite-sized pieces, leaving the skins on. Transfer the potatoes to a large bowl and toss with the olive oil, rosemary, and salt. Make sure the potatoes are evenly coated with oil.
Spread the potatoes out on the baking sheet. Bake for 45 to 50 minutes until the potatoes are deeply golden, stirring every 15 minutes. Serve while still hot and crispy.

https://www.thekitchn.com/recipe-rosemary-roasted-potatoes-side-dish-recipes-from-the-kitchn-46732



Nettle

Botanical Names: *Urtica dioica*, U. urens and many others

Parts that can be used: Young leaves, roots, seeds

Properties: Astringent, diuretic, nutritive

Uses: Arthritis, Asthma, Building blood, Eczema, Fatigue, Food, Hypothyroid, Insulin resistance, Low lactation, Menstrual cramps, Seasonal allergies, Urinary tract infections, Weak hair-teeth-bones, Diuretic, Kidney stones, Compress for gout/sprains

How to use Nettles:

- Nourishing greens and can be consumed in large quantities like kale and spinach
- Needs to be cooked to eliminate stinging hairs
- Blanch prior to using in stir fries, pestos, etc
- Dried and powdered leaves can be used in smoothies, teas, tinctures



Nettle in Chinese Medicine (Xun Ma)

Category: Herbs that dispel wind and dampness

These herbs typically help treat what's called 'bi pain' (i.e. painful obstruction) in TCM. This roughly corresponds to arthritic and rheumatic conditions with pain, stiffness and numbness of the bones, joints and muscles. Open and dry the Lung, Liver, and Kidney meridians.

Stinging nettle leaves are plants that are Cold in nature. This means that stinging nettle leaves typically help people who have too much "heat" in their body. Balance between Yin and Yang is a key health concept in TCM. Those who have too much heat in their body are said to either have a Yang excess (because Yang is Hot in nature) or a Yin deficiency (Yin is Cold in Nature).

Depending on your condition stinging nettle leaves can help restore a harmonious balance between Yin and Yang.

Xun Ma (Nettle)

Chinese Medicine
Nettles can be included in spring detox or cleanse formulas
Perfect in formulas to support pregnancy, childbirth, and breastfeeding for these reasons
Also for excess bleeding, such as in postpartum care, or remove mineral build-up, like that of kidney stones
Taste is Bitter and Pungent.
Five Element Theory: Bitter ingredients like stinging nettle leaves tend to have a cleansing action on the body by clearing heat, drying dampness and promoting elimination via urination or bowel movements.
Pungent ingredients tend to promote the circulations of qi and body fluids. That's why for instance someone tends to sweat a lot when they eat spicy/pungent food
Ayurvedic Medicine
Nettles can help move stagnant or stuck Kapha energy, helping to bring the doshas back into balance
They can be used to help clear obstructive Vata conditions, particularly those of a damp or clogged nature akin to excess or stuck Kapha energy and those of stuck and heavy ama
Nettles are considered cooling and pungent with an astringent taste. They're best aligned with Pitta energy, helping to gently cool and clear overheated conditions



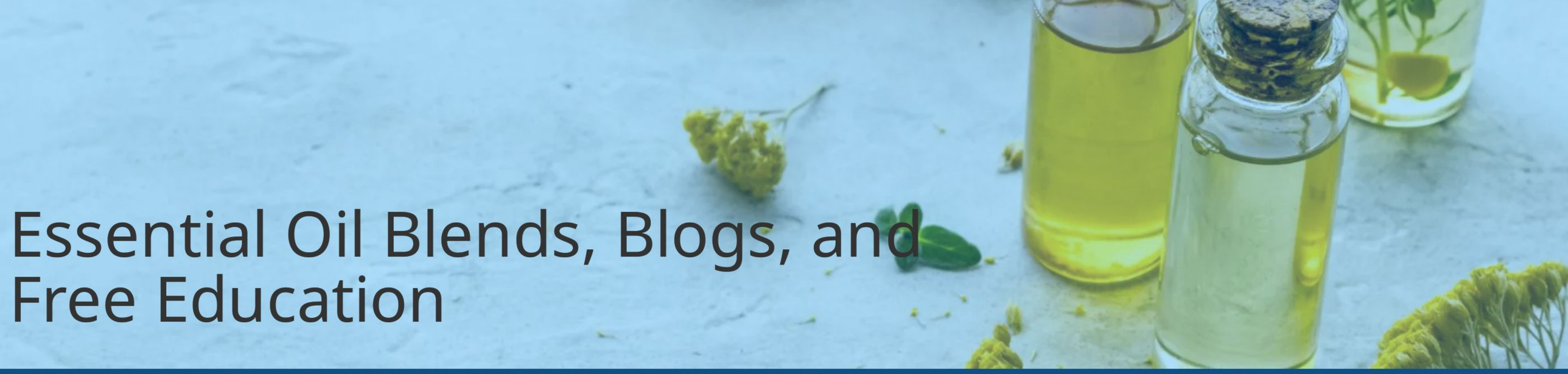


Recipe: Support Healthy Blood

Watercress Nasturtium officinale (fresh): 2 ounces
Dandelion Taraxacum officinale root and leaves: 1 ounce
Nettle Urtica dioica leaves: 1 ounce
Fennel Foeniculum vulgare seeds: ½ ounce
Elder Sambucus canadensis flowers: ½ ounce
Pour two pints of boiling water over the herbs and steep for 30 minutes. Drink two cups a day for three weeks.

Nettles are perfect for times when you want to nourish the blood and drain or move fluids that have started to pool or stagnate

Petersen, D. (2018). HERB 201: Herbal Studies.Portland, OR: American College of Healthcare Sciences.



Essential Oil Blends, Blogs, and Free Education

Watch the video recording of "From Starter to Finish" Part I

Watch Part 1

Watch the video recording of "From Starter to Finish" Part II

Watch Part 2

Essential DIY Aromatherapy

Supplies for DIY Hand Sanitizer and Wipe

By now, we all have our handwashing technique down and are practiced at the physical distancing dance. We have all mastered the method of using disinfecting wipes for every touched surface and hand sanitizer even though handwashing is best.

But what can we do when our stash of disinfecting wipes and hand cleanser /sanitizer is running low, and the supermarket shelves are empty? Or, if you are like me, a recycle reuse junkie and are fretting at filling up the landfill with all those packaged wipes, get started on DIY, disinfecting wipes, and hand sanitizer. It is so easy that even the kids can get involved, under your supervision, of course.

As an added plus, essential oils are a perfect combo with homemade hand sanitizer, disinfecting wipes. Though there is no essential oil or a blend of oils that are active against the Sars-Cov-2 virus there is some limited, in vitro, and in vivo, research that shows essential oil activity against other viruses. Just like bacteria, all viruses are not alike (some have an outer envelope, and some do not and will not react the same way on surfaces or in the body). [1]

Read the Blog

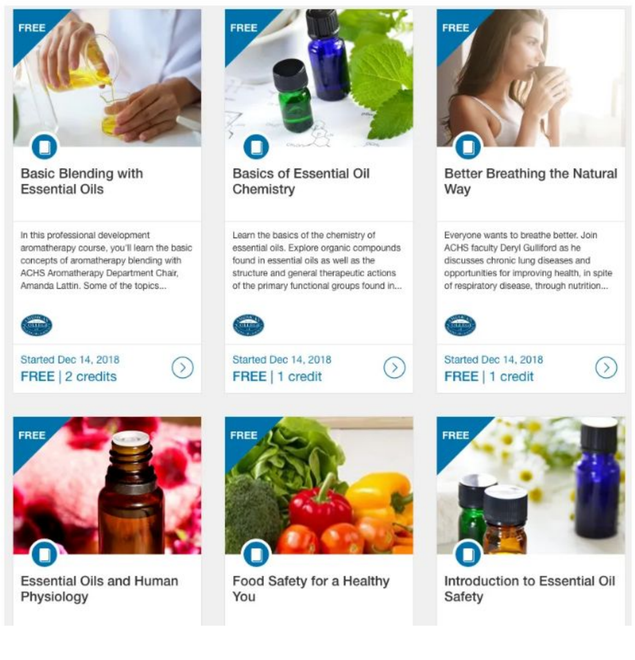
Immune Support

Essential Oils for immunity

Certified organic and pesticide-free essential oils may support an already healthy lymphatic and immune system when administered as a part of a wider holistic immunity support approach. We have curated a collection of our favorite healthy immune system support oils along with our favorite diffusers for you to use and enjoy as part of your daily wellness support. To use inhale via a diffuser. Inhaling oils is the fastest way for them to enter the bloodstream. Choose a single oil from the collection or a blend of the oils (any combo will work as long as it smells good to you) and shake well. Use 3-5 drops in the diffuser and enjoy. Note: When diffusing, don't exceed 30-minute intervals and diffuse in well-ventilated areas.

See The Collection Now

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Calm is Contagious

Essential Oils for staying calm in a crisis

During this crazy time, when everything feels out of our control, it feels good to tackle the things you can control such as your stress level. Our new Calm is Contagious Blend will help take the edge off and give you that tranquil vibe that is eluding us all right now. Diffuse it or add to a nasal inhaler and inhale deeply, or try combining Calm is Contagious Blend with your favorite carrier oil (I added some of mine to the collection) for a luxurious moisturizing rub after a bath. If you prefer you can even add this carrier oil blend to your bath and enjoy a de-stress soak. Another effective way to use it is to add it to argan oil which is great for hair health and give yourself a deep scalp massage and leave on overnight. De-stress and healthy hair!

Now breathe and enjoy .....

Note: When diffusing, don't exceed 30-minute intervals and diffuse in well-ventilated areas.

Calm is Contagious Blend

Lavender Lavandula angustifolia oil: 20 drops
Ylang ylang Cananga odorata var. genuina essential oil: 15 drops
Marjoram Origanum majorana essential oil: 10 drops
Neroli Citrus aurantium var. amara essential oil: 2 drops

You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.

Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.

See The Collection Now

Essential Oils for Immune Support

Cedarwood Atlas Essential Oil Organic
Black Pepper Essential Oil Organic
Basil ct. Linalool Essential Oil Organic
Chamomile, Roman Essential Oil Organic
Cistus Essential Oil Organic
Clove Bud Essential Oil Organic
Oregano Essential Oil Organic
Elemi Essential Oil Wildcrafted
Lemon Essential Oil Organic
Frankincense ct. α-pinene Essential Oil Organic
Pine Essential Oil Organic
Cajuput Aromatherapy Essential Oil Organic
Eucalyptus globulus Essential Oil Organic
Lavender Essential Oil Organic
Tea Tree Australia Essential Oil Organic
Tea Tree New Zealand ct. Triketones Essential Oil
Niaouli Essential Oil Organic
Vetiver Essential Oil
Cinnamon Essential Oil Organic
Ginger Essential Oil Organic
Rosemary ct. 1,8-cineole Essential Oil Organic
Carrot Seed Aromatherapy Essential Oil
Three Thieves Essential Oil Blend Organic