

# CATE'S WINTER REMEDIES

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If you have snot- look back on what you've been eating. Why do you have snot?

IF YOUR KIDS HAVE SNOT...

ELIMINATE ALL SNACKS!

## Turmeric: your best yellow friend.

This is the  
cheapest herb/spice  
to make the biggest  
impact on your  
health.  
Period.

**TURMERIC KILLS STUFF AND STRENGTHENS YOU SIMULTANEOUSLY...LIKE A SAVVY SUPERHERO.**

Turmeric is one of the those plants that the more it is tested for how it affects diseases the more it is found to prevent and even cure disease. (like IBS, polyps, heart disease, alzheimer's, rheumatoid arthritis, and more).

### HOW I TAKE TURMERIC

In the winter I simply drink turmeric tea after meals. In India, almost every dish has turmeric, and if you eat Indian dishes 3x a day you can feel your blood become purified. I'm not exaggerating. But my guess is that you're not going to make all of your food yellow to save your own life. So, you can either add another supplement to the shelf (expensive, and harder to absorb), or you can use my two suggestions to the right to work more of your yellow friend through your blood, and out your skin. (Turmeric is considered a top herb for ANY skin issue.)

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### Nutrients in Turmeric, Powder

2.00 tsp (4.52 grams)

% Daily Value

	0	5	10	15	20	25	30	35	40	45	50
manganese	<div></div>										
iron	<div></div>										
vitamin B6 (pyridoxine)	<div></div>										
dietary fiber	<div></div>										
potassium	<div></div>										
Calories (16)	<div></div>										

### Getting Turmeric into your Kids:

mix 1/2 c. turmeric & 1/2 c. **raw** honey into a paste. Store in glass jar. Bribe kids with 1/2 tsp. of "yellow candy" before other "treats".

### for Adults: Drink turmeric tea.

Put 1/2 tsp. turmeric into teacup. fill. Stir in cinnamon and/or licorice root powder to taste.

If you're coming down with something take 3x day after meals.

Most of us aren't used to bitter taste. This is a simple way to ensure you get bitter. In terms of longevity, "bitter is better" (Dr. Vasant Lad).

**I know you know** that garlic is antibiotic, antimicrobial, antibacterial, etc. Basically, it kills the bad guys, dualistically speaking. In the winter with more living foods, I just put it in raw into a jar with olive oil, and use the oil in dressings, marinades, or in my kid's ears once a week just to prevent Vata (cold wind energy) from entering her cervical lymph through her ears! . If anyone is showing signs of being invaded, I cook with the soaked cloves in megadoses.

Garlic is also a tamasic sedative that aids sleep.... which you should stock up on in the winter cycle. If you're depressed and oversleep in winter.... beware or just be aware.



Garlic in Olive Oil

## Next Foods List

This is hot off the fridge. This came to me this week, as part of my **Getting Things Done** streamlining effort. Create a basic list for what you intuitively know your body (and anyone you choose food for) needs next. This solves the problem of trying to remember when you're too hungry or emotionally agitated to remember correctly, and might make the most common mistake that leads to imbalance (known in sanskrit as prajna paradha, a mistake of the intellect). While the list looks like 3 different menus, we interweave them so everyone's needs are met over time, without preparing 3 separate meals!

for example:

WEEK	INDY (AGE 2.11)	WINSTON (HE FILLS IN HIS OWN)	CATE
1/1	buckwheat/millet waffles	fresh grapefruit juice	raw tomato kale soup
	turmeric honey before raw chocolate cookie	gen mai cha (green tea)	turmeric tea
	broth - alphabet carrot soup		marinated fennel
	gheed-up brown basmati rice with pea		sauerkraut
			spicy! chia porridge

## I Use Spice as Preventative Medicine.

Spices are our main delivery mechanisms for nutrients into tissues. Our culture relates to spice like food choices. I like this.... I don't like that. Not too objective to the actual properties and potentialities of the plant as a complete cosmic being with a vibration worth investigating... and ingesting.



View from my kitchen table. -15' @ night. brrrr.



Cate's Kale Orange Smoothie

## What's happening with a Cold

A common cold can result from an imbalance from any dosha. A kapha cold comes from eating too heavily and not moving enough. The excess of kapha's cool, moist characteristics creates a stuffy or runny nose and lots of sneezing and goop. A vata cold has low immunity, run-down exhaustion and postnasal drip, and the chills. A pitta cold has a lovely infection with yellow-green mucus. Discover the origins of your cold leads you to be able to treat with the opposites.

- **Kapha colds:** dry yourself out with clove, ginger, & cinnamon tea 5 x a day and broth. movement is good.
- **Vata colds:** hot, oily baths, licorice tea and oily soups & the herbal jam chavanprash
- **Pitta colds:** take anti-infectious herbs (I prefer neem or goldenseal), and relax.

## Generalities for Colds

- Hot water therapy
- Take turmeric ! 1 tsp. every 2 hours for 3-7 days
- Eat more broth-based soups, or kitchari

- Use citrus for fruits
- Avoid heavy dense dead foods, sweets, dairy (unless it's warm & spiced milk), and wheat (that isn't fermented - refer to *Nourishing Traditions* by Sally Fallon)

## Daily check in:

Where are you & everyone else at today in terms of:

- Sleep, stress, elimination, hydration, agni, ama, ojas?
- Take a moment and assess where you are. What should you cook for yourself & your family today?
- What decisions will you make today regarding: food, exercise, bedtime, meditation/reflection

## Spices for Daily Use

**ginger** - builds agni, breaks up ama  
**turmeric** - heals mucus membranes  
**black pepper** - builds agni, expectorant  
**honey**  
**cinnamon** - increases circulation & expectoration  
**garlic** - (not daily, but....) antibiotic

For my winter smoothies lately I have all ingredients at room temperature:

- 3 stalks kale
- 2 tangerines
- 1 tbsp. maca
- 2 tsp. spirulina
- pinch of stevia
- 1 tbsp. flax seeds or pecans
- 1 tsp. rose hip powder (vitamin C!)
- whatever else looks good.
- 1 inch shredded ginger for heat!
- warm water



Spice	Healing properties	Specific Usage	Precautions
Turmeric K- VP+ sattvic	Natural antibiotic, strengthens digestion, improves intestinal flora, purifies, warms, stimulates the blood. Energy of divine mother & grants prosperity. Cleanses chakras. Corrects metabolic excesses & deficiencies. Aids digestion of protein	Base of curry powders Some recommend dry roasting turmeric before consuming to enhance liver function.	Acute high Pitta (hepatitis, jaundice, pregnancy) Raw can damage liver
Nutmeg VK- P + tamasic	Increases absorption of the small intestine Calms the mind, excessive use dulls the mind	Ginger & cardamom With takra (yogurt & water) stops diarrhea, and increases assimilation	Constipation, pregnancy
Coriander PVK= sattvic	"The cradle of spices" Increases digestion & absorption w/out creating heat Cilantro clears skin rashes (blend with H2O as a juice) Decongests urinary tract	Used with cumin & fennel to promote assimilation of food and other herbs	Extreme nerve tissue deficiency
Cinnamon VK- P+ sattvic	Strengthens & harmonizes flow of circulation (vyana vayu) Diaphoretic & expectorant – for colds & flus Pain reliever for muscle tension, toothache Strengthens the heart, warms kidneys	Basis for the Three Aromatics – cardamom & bay leaves – to strengthen absorption of medicines	High doses aggravate pitta
Cardamom KV- P+ sattvic	One of the best & safest digestive stimulants Awakens spleen, enkindles agni, removes K from stomach & lungs Stimulates mind, Gives clarity & joy Added to milk – neutralizes mucus forming Detoxifies caffeine in coffee Sattvic quality s opens and soothes flow of prana	For children combines well w/ fennel. Add to sweet desserts.	Ulcers, high pitta

Spice	Healing properties	Specific Usage	Precautions
Ginger VK- P+  Sattvic	"The universal medicine" vishwabhesaj Best and most sattvic of spices Fresh – diaphoretic, for colds, cough, vomiting Dried – for digestive, respiratory, arthritis, heart tonic Relieves gas, cramps, menstrual cramps due to cold	Dry ginger is more hot and dry than fresh	Inflamed skin, fever, bleeding, ulcers
Black Pepper VK- P+ Rajasic	One of most powerful digestive stimulants Burns ama, cleanses alimentary canal	With honey – powerful expectorant, mucus cleanser, drying up secretions	Inflamed digestive organs, high pitta
Basil VK- P+ (in excess)  sattvic	Quality = pure Sattva – one of the most holy plants Opens heart and mind, bestowing energy of love & devotion Clears & strengthens aura, & immune system Effective diaphoretic, febrifuge Removes excess kapha from lungs and nasal passages Increases prana and promotes sensory acuity Removes vata from colon Improves absorption, strengthens nerve tissue, increasing memory	Taken with honey to improve memory, promoting clarity of mind Fresh juice used externally for fungal infections	High pitta
Fennel Seeds VPK+  sattvic	One of best herbs for digestion, strengthening agni, w/out aggravating pitta Stops cramping, dispels flatulence Calms nerves, promotes mental alertness Stops the griping of purgatives Promotes menstruation Promotes milk flow for nursing mothers	Take roasted after meals Combines with cumin, & coriander as 3 cooling spices For urinary tonic, combine with coriander	Possibly high blood pressure
Garlic VK- P+  Tamasic	Powerful rejuvenative herb Rasayana for vata, bone and nerve tissue Powerful detoxifier Cleanses ama & Kapha from blood and lymphatics	Soak 2 cloves of garlic in ½ cup of olive oil. Lubricate ears with garlic oil to prevent dryness and infection. Use a garlic tampon with yeast infections. Roast & add to soups when coming down with something.	Increases dullness of mind, increases groundedness – Not for strict yoga practitioners
Parsley VK- P+	Rich in minerals, vitamins, iron. Warming diuretic. Promotes menstruation. Relieves PMS bloating. Dispels kidney & gall stones.	Take 2 tsp. fresh juice daily to strengthen kidneys & uterus	Acute inflammation of kidneys or female repro. organs