

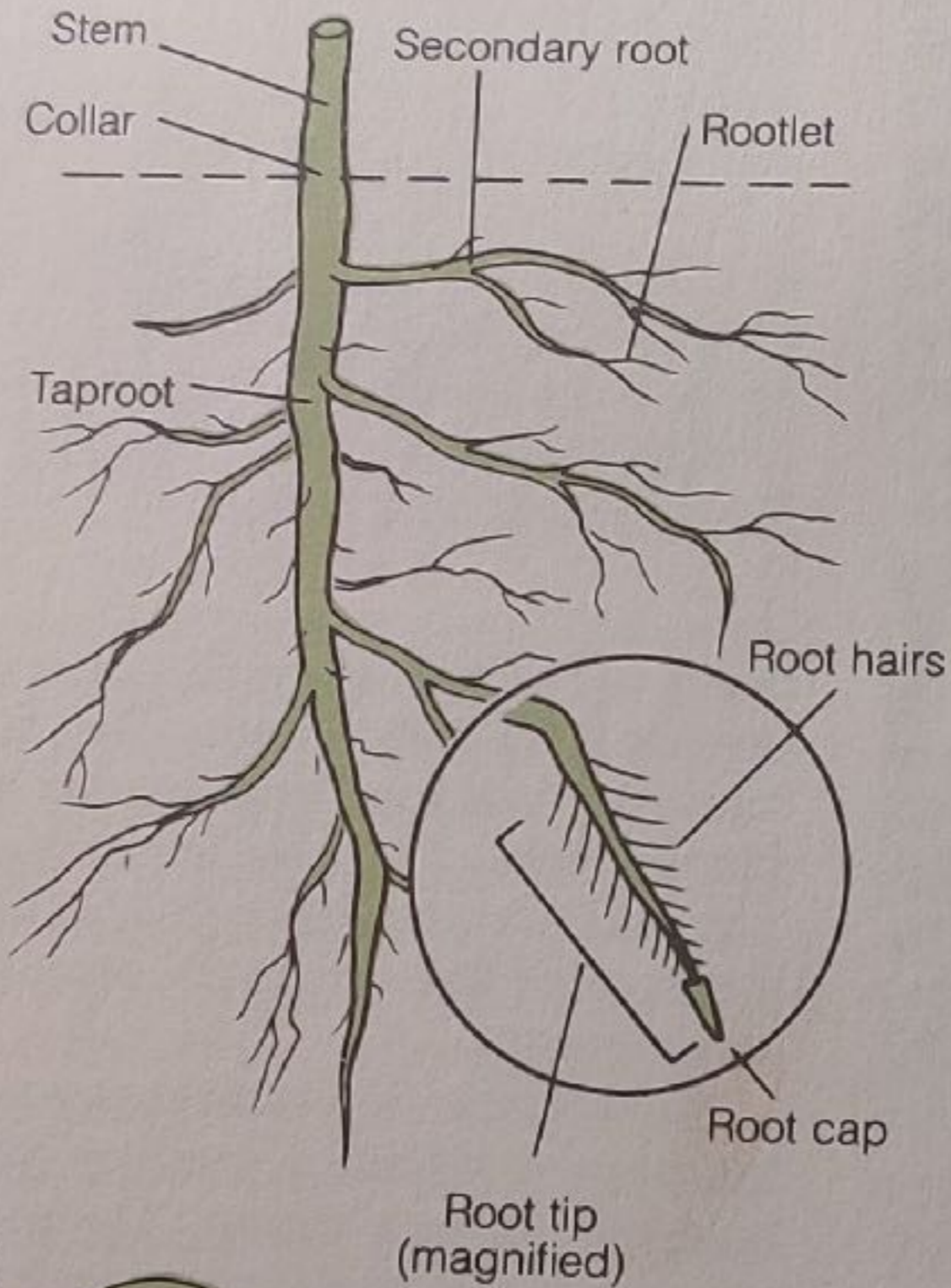


PREPARING ROOT MEDICINES

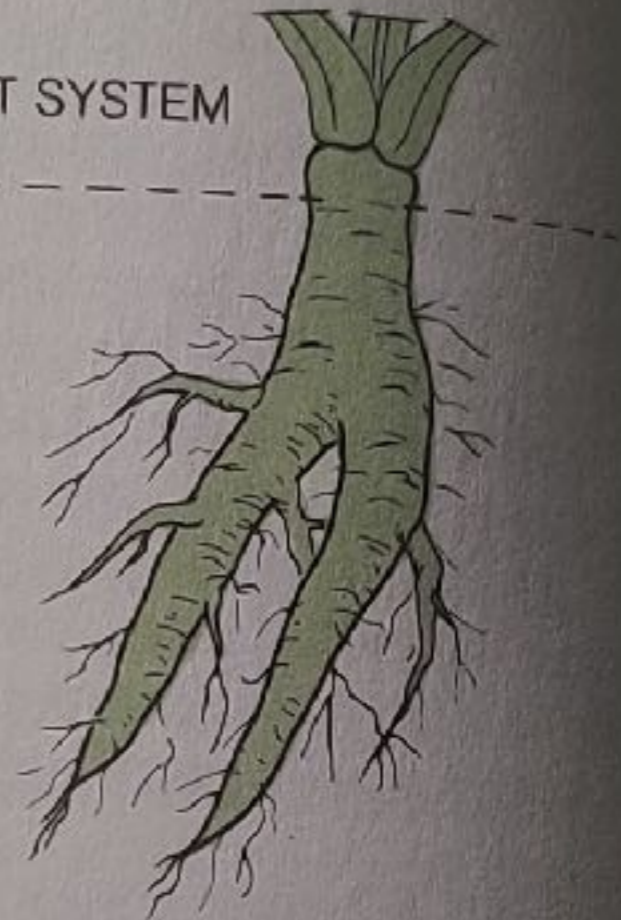
BY OLATOKUNBOH OBASI

WHAT IS A **ROOT**?

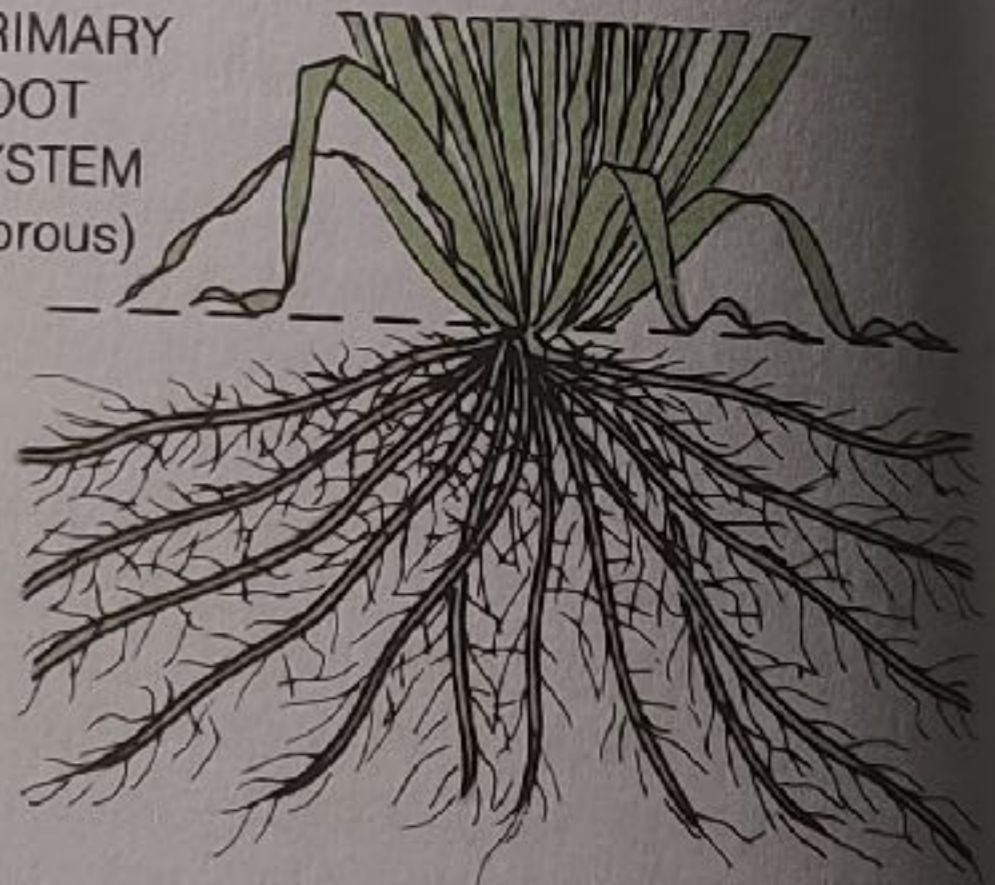
1. PRIMARY ROOT SYSTEM (taproot)



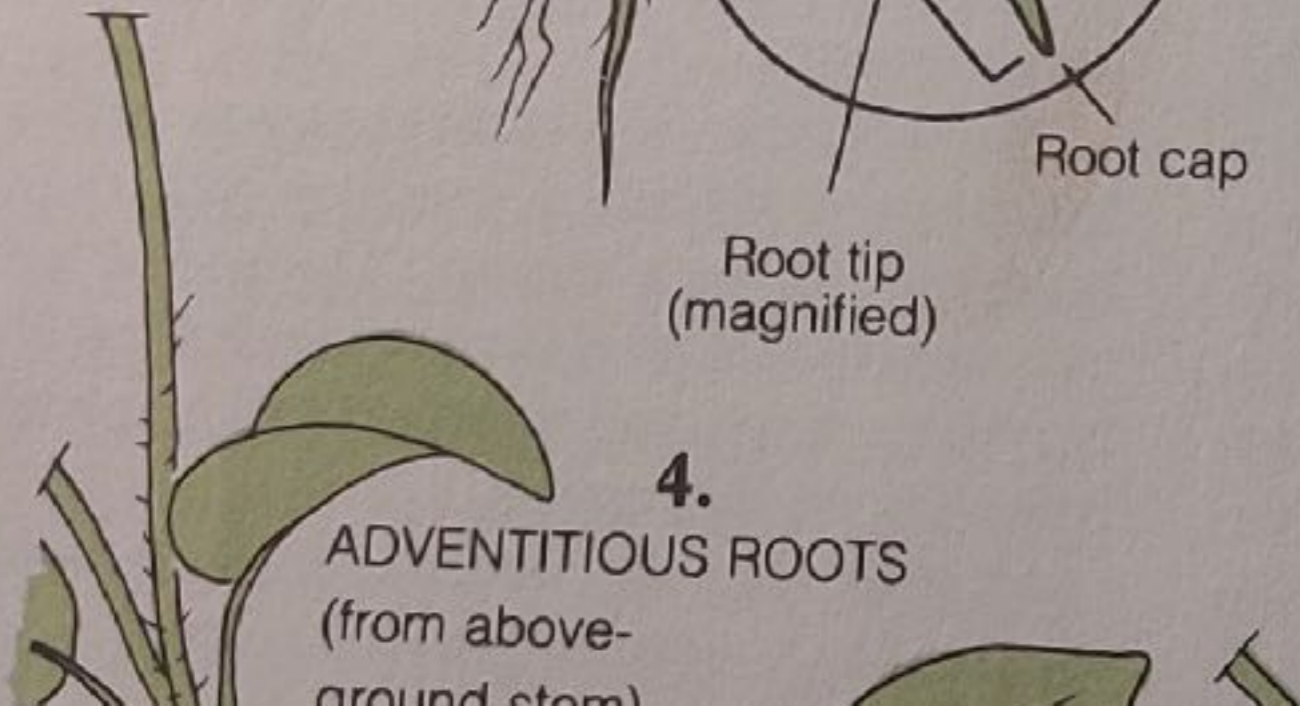
2. PRIMARY ROOT SYSTEM (food storage)



3. PRIMARY ROOT SYSTEM (fibrous)



4. ADVENTITIOUS ROOTS (from above-ground stem)



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- **FOODS**- yams, onions, ginger, beets, carrots, radishes, daikon
 - **MEDICINES**- burdock, dandelion, astragalus, dong quai, goldenseal
 - **AMULETS**- Issingan (African Locust Bean- *Parkia biglobosa*), High John the Conqueror (Morning Glory-*Ipomoea jalapa*)
 - **WAY TO SELF**- ancestry, past stories, formed individuals to present
-

THE ENERGY OF **ROOTS**



A close-up, slightly blurred photograph of a dense field of green grasses and weeds. The plants are vibrant green and appear to be growing in a field. The text "ROOTS OF ROOTS" is overlaid in the center in a bold, white, sans-serif font. The background shows a mix of different grass species, some with long, thin blades and others with broader leaves. The overall scene is a natural, outdoor setting.

ROOTS OF ROOTS

“...we continue to preserve and share our ancient knowledge to heal humanity and all life on Mother Earth. Remember that our ancestors speak to and through us.”

-Michele E. Lee



WORKING THE ROOTS

OVER 400 YEARS OF TRADITIONAL AFRICAN-AMERICAN HEALING

EXERCISE: **ROOTS** OF **ROOTS**

DIGGING...LINEAGES, CONNECTIONS, FOUNDATIONS



- Where does your medicine come from?
 - How was/is it being cultivated?
 - What connection does it have to the Earth Mother?
 - What personal connection do you have with this medicine?
 - How does this medicine make you feel?
-

**MEDICINE:
HERBAL & SPIRITUAL**





HOW TO PREPARE **ROOTS**?



Decoction
Cold Infusion
Cooking
Tinctures (Fresh/Dried)
Raw
Ferments
On Person
Dyes

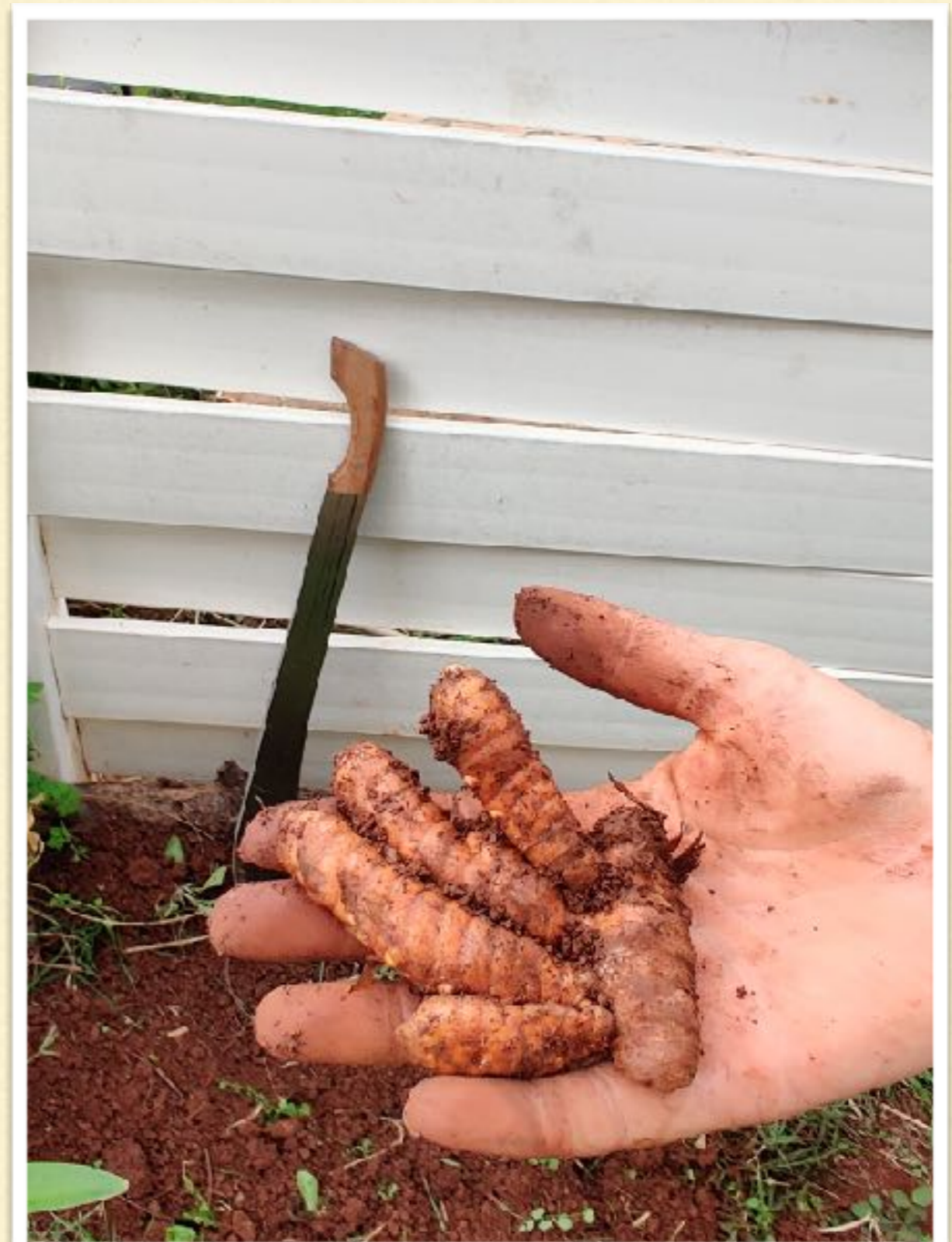
**FIVE OF MY FAVORITE ROOTS
TO PREPARE**

TURMERIC CURCUMA LONGA

Connection: culinary, energy booster, grows well, harvest in the “winter”, resilient, wounds, purifies subtle energies, skin care (facial masks)

Medicine: antioxidant, antimicrobial, alterative, hepatoprotective, digestive aid

Preparation: Infusion, decoction w/milk, powder w/other synergistic herbs, **TOPICALLY** w/honey for bruises and itch, powder as styptic for cuts and wounds



ANAMU/CONGO ROOT PETIVERIA ALLIACEA

Connection: cleaning infections,
womb healing (douche), strong
medicine in roots,

Medicine: antitumors, toxins,
analgesic, malaria, anti inflammatory

Preparation: Infusion, low dose



NYAME/WHITE YAM DIOSCOREA ROTUNDATA

Connection: ancestral food source, festive, comforting, feels healthy, sustainable can grow to 6 feet, six hundred pounds!!!

Medicine: anti arthritis, antispasmodic, diuretic, tonic, prevention of miscarriage, IBS, stress, inflammation, menopause, PMS (high phytoestrogens), detox of heavy metals

Preparation: Culinary, peel, add to soups, stews, grate and fry, nutty flavor add spices to compliment



COCOYAM/YAUTIA/DASHEEN
XANTHOSOMA SAGITTIFOLIUM

Connection: sweet buttery flavor, eat when busy but need nourishment, comforting, mineral rich, energy and upliftment, grounding.

Medicine: low fat, vitamin b1, b2, vitamin c, iron rich

Preparation: Culinary, creamy, very starchy and earthy, can bake, boil, fry goes well with beans and strong flavored foods.



MAGUEY/CENTURY PLANT AGAVE AMERICANA

Connection: Taino medicine, blood purifier, clears toxins and deep diseases/disorders.

*** Voodoo/Hoodoo conjuring spells for lust and gain, spiritual clearing

Medicine: anti-arthritic, antiinflammatory, depurative

Preparation: Dried Root Tincture 1:5 50% alcohol, daily use 1/4 tsp in warm water, 3 times daily (Michael Moore), Cold water infusion; drink 2-4 oz daily



A close-up photograph of several green grass blades growing out of a bed of dark brown mulch. The blades are vibrant green and have a slightly blurred appearance, suggesting a shallow depth of field. The mulch is composed of small, dark brown particles, possibly wood chips or bark. The overall scene is a natural, outdoor setting.

**PREPARING FOR THE NEXT
GENERATIONS: DEVELOPING ROOTS**





Teaching principles (renewing, unlearning, reforming)

Connect with the roots of the land

Networking: tree planting

Ecological communication

Stewards of land vs. owners

Planting foundations

Harvesting only what is needed

Develop spiritual practice, be empowered



PREPARING ROOT MEDICINES

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