



WINTER RESILIENCE SPEAKER SERIES

Begins November 7, 2020

REGISTER AT [SKYHOUSEHERBS.COM](https://skyhouseherbs.com)

SCHEDULE::

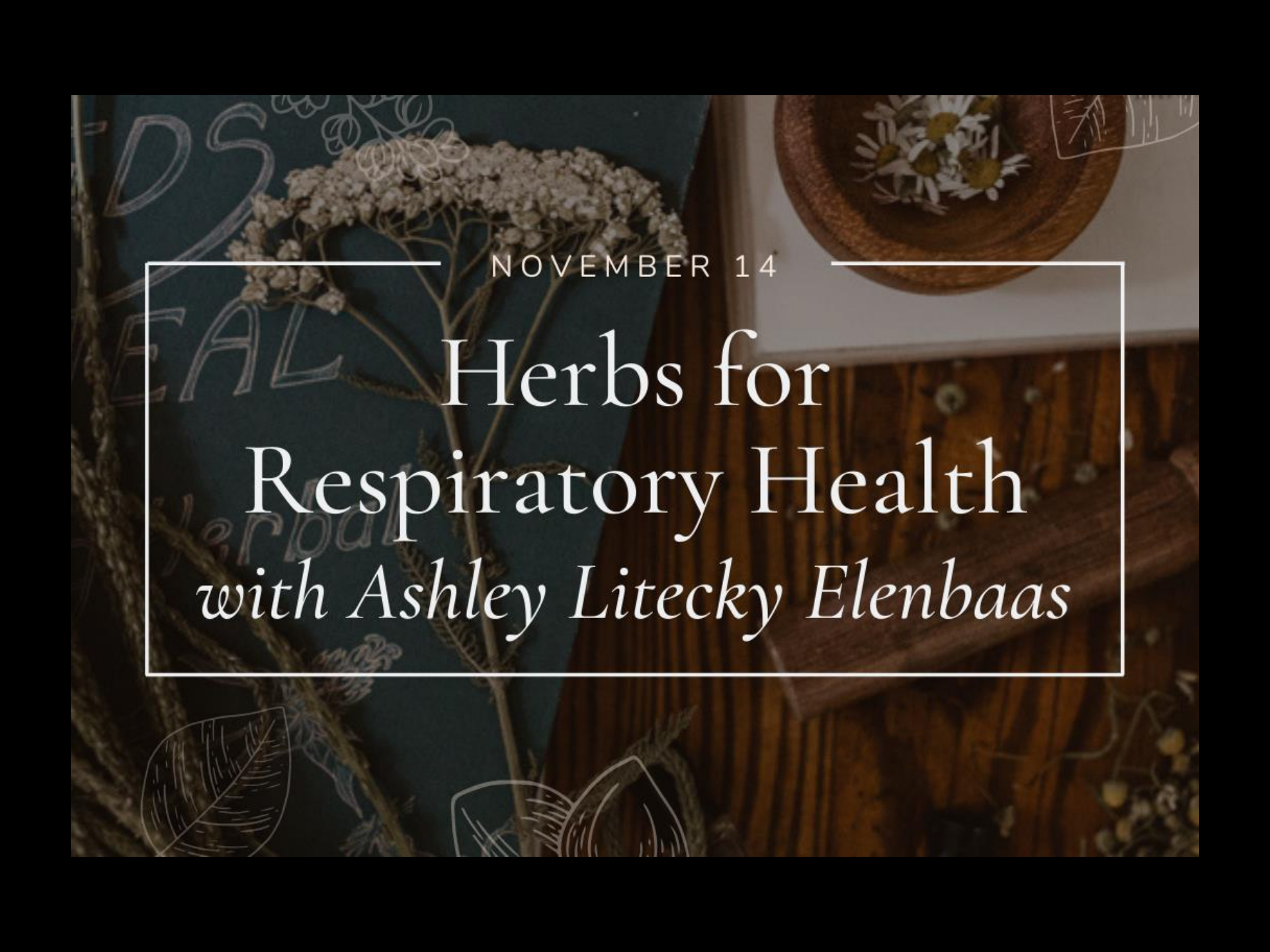
II/7 Herbs for Immunity with Richard
Mandelbaum RH(AHG)

II/14 Herbs for Respiratory Health with
Ashley Litecky Elenbaas RH(AHG)

II/21 Understanding Adaptogens with
Richard Mandelbaum, RH(AHG)

All talks are 11 am – 1 pm Eastern

REGISTER AT SKYHOUSEHERBS.COM



NOVEMBER 14

Herbs for
Respiratory Health
with Ashley Litecky Elenbaas

GOOD MORNING!



Let's start with a deep breath

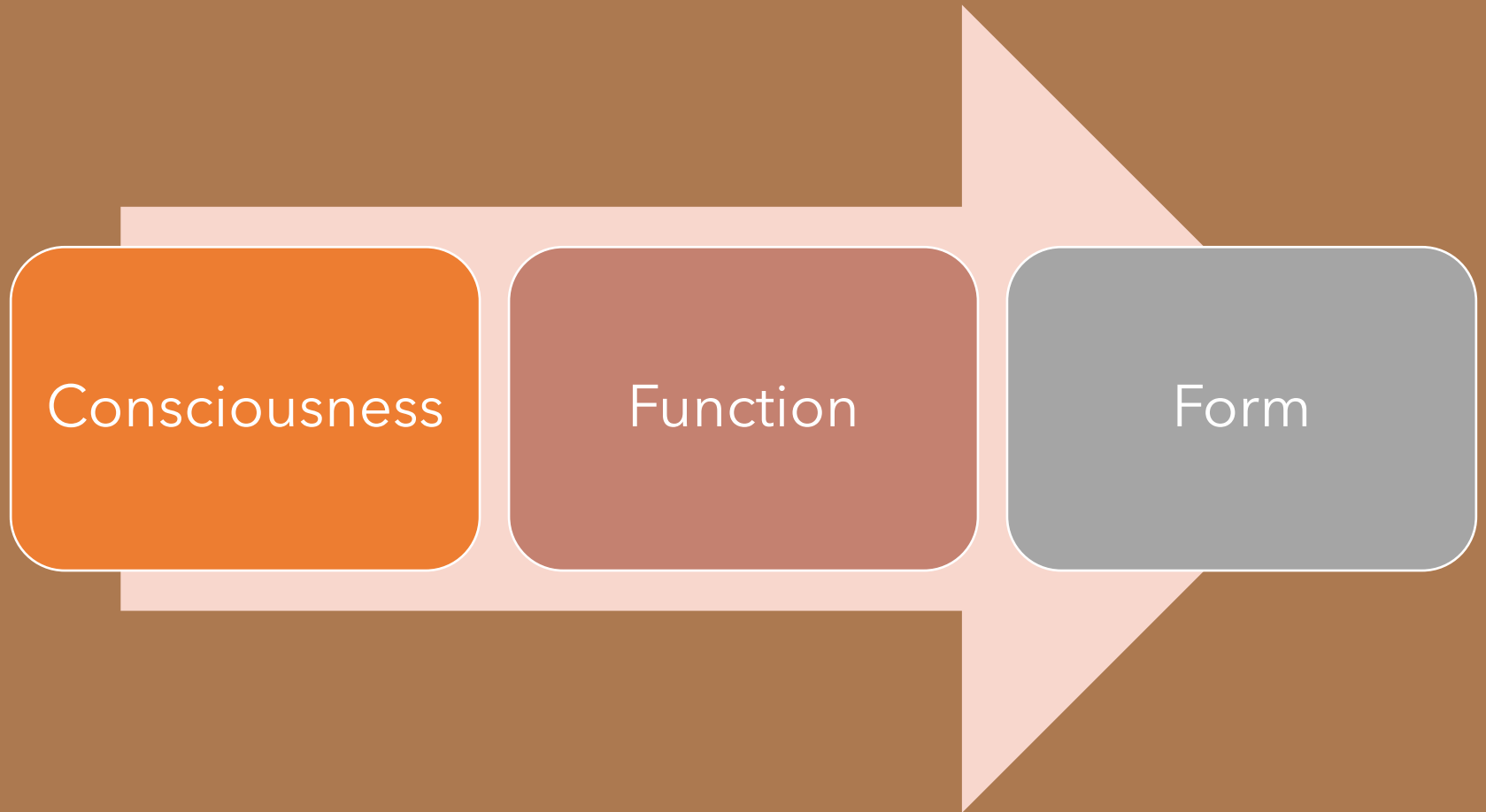


OUR PRECIOUS
CONNECTOR AND
PROTECTOR:
THE LUNGS

Max Karl Ernst Ludwig Planck, was a German theoretical physicist whose discovery of energy quanta won him the Nobel Prize in Physics in 1918

"I REGARD CONSCIOUSNESS
AS FUNDAMENTAL. I
REGARD MATTER AS
DERIVATIVE FROM
CONSCIOUSNESS. WE
CANNOT GET BEHIND
CONSCIOUSNESS."
~ MAX PLANK

CONSCIOUSNESS INTO FORM



FUNCTION PRECEDES FORM

- All life adapts to their environments
- The earliest evolutionary history of plants on land appears in the early Ordovician period, about 475 million years ago
- Oxygen breathing fish appeared some 360 million years ago
- Land living mammals appeared about 200 million years ago
- **Plants predate mammals by 275 million years and were the first form of life to use respiration.**



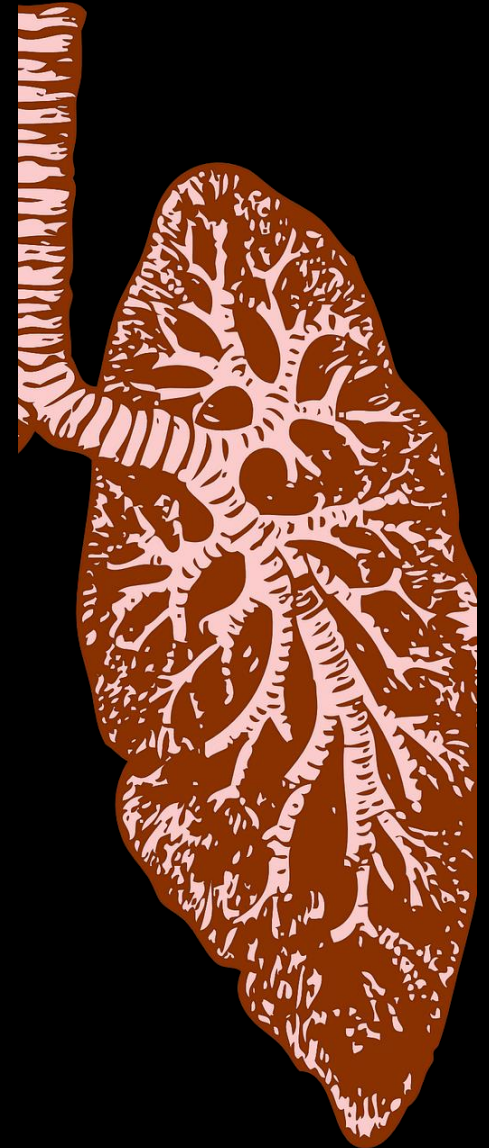


A SACRED RELATIONSHIP

Doctrine of Signatures

Ancient way of seeing the
"essence" of plants

Based on the shape, habitat,
color, and behavior of
plants



A SACRED RELATIONSHIP

Mullein

Verbascum Thapsus

Their forms reveal their
function

Fuzzy cilia-like hairs on the
leaves to protect them

Lungs have similar cilia that
act to protect the surface of
the lung mucosa



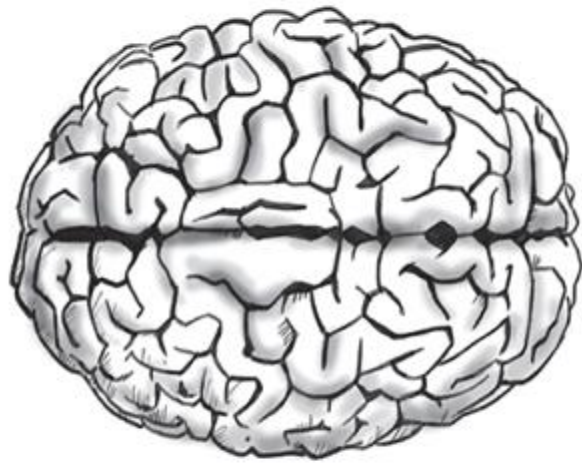


Lungwort - *Pulmonaria officinalis*



Diseased Lung

Lungwort is a cooling and moistening herb used for diseased consumptive lung diseases

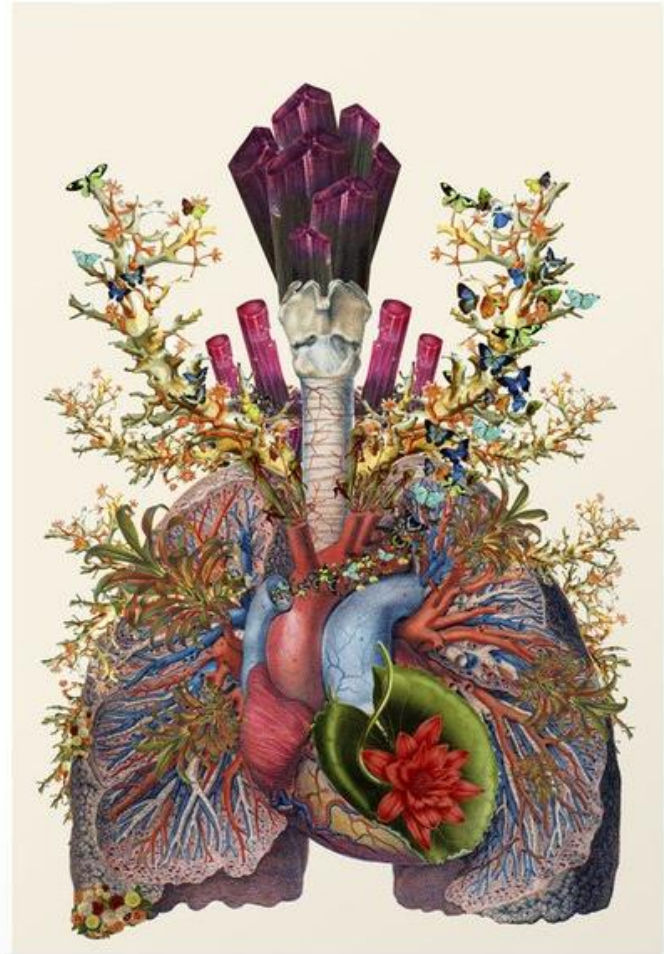


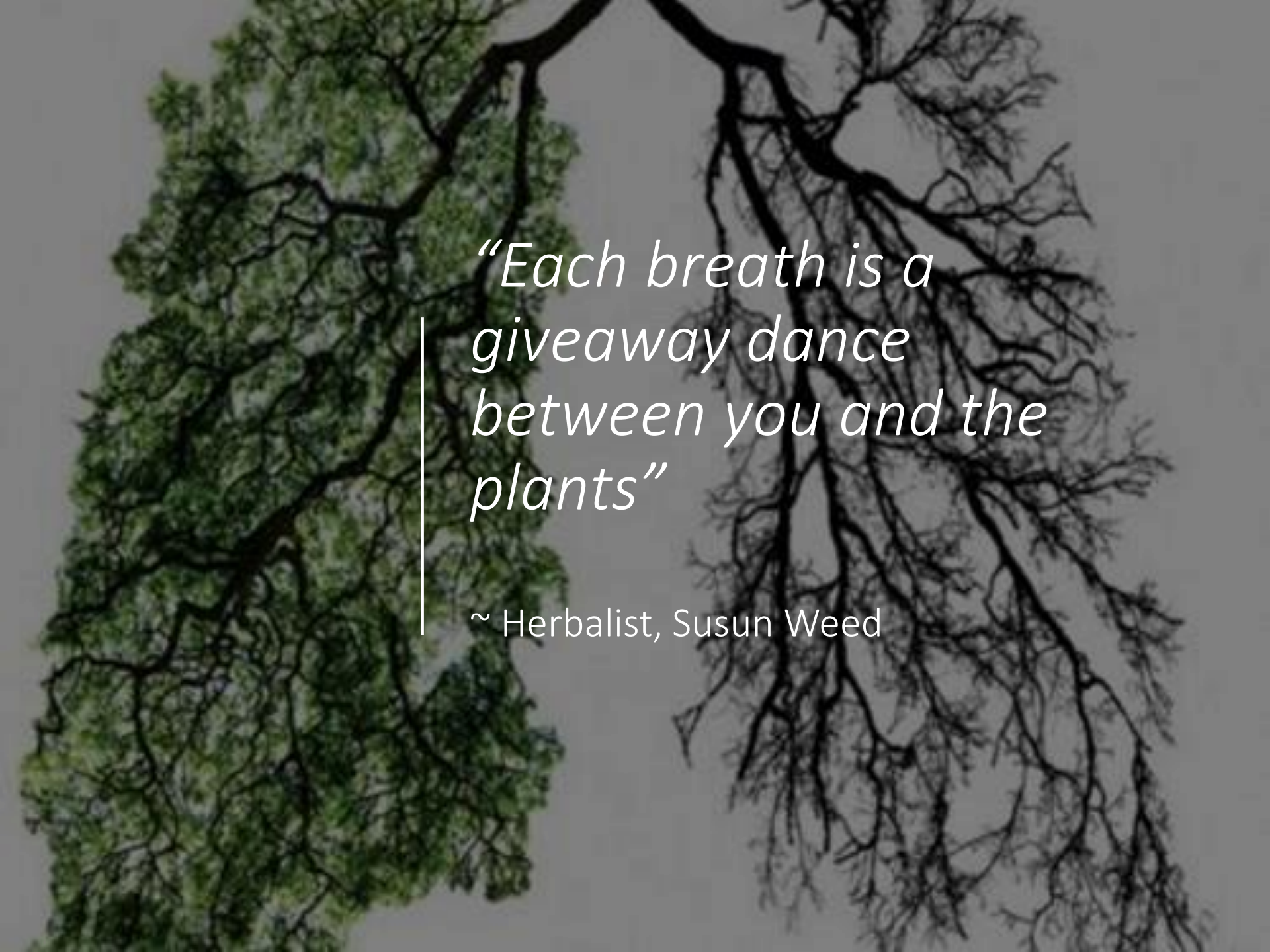
*fig a.
brain*



*fig b.
walnut*

THE INTERSECTION OF LUNGS AND PLANTS





*“Each breath is a
giveaway dance
between you and the
plants”*

~ Herbalist, Susun Weed



OUR PRECIOUS
CONNECTOR AND
PROTECTOR:
THE LUNGS

BOUNDARIES WITH THE EXTERNAL WORLD

The lung's energy and role—
as seen in Chinese
medicine—is that of making
a boundary between the
inner and outer world



HEALTHY BOUNDARIES + IMMUNITY

At the physical level, our boundary to the world begins with our skin—the largest organ on our body—which helps us breathe in and out through the pores.

Generally, outside pathogens most easily enter through the respiratory and digestive systems.

According to Chinese medicine, the body's defensive energy is directly dependent on the strength of the lung and colon



SIGNS OF
HEALTHY
LUNG
ENERGY

Strong physical energy

Strong immunity

Quick recovery from illness

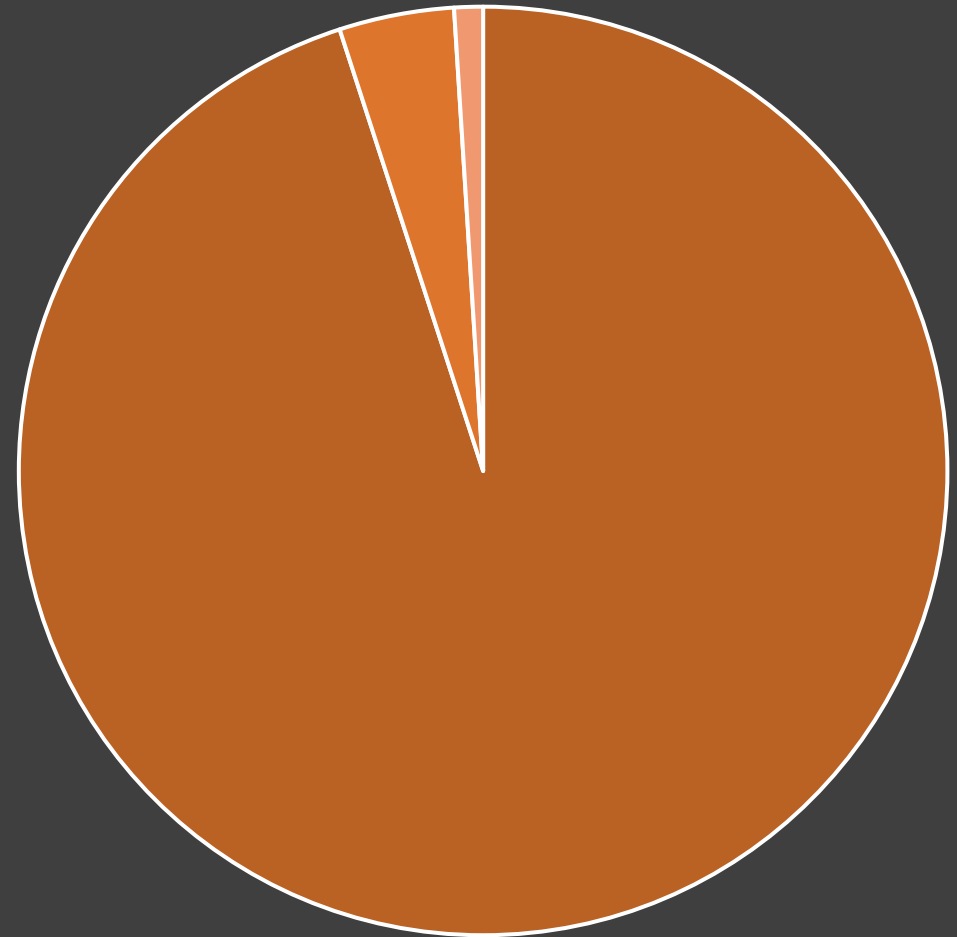
Hydrated skin

Bright complexion

Strong upright posture

Innate Immunity in the Lungs

Effective innate immunity is critical for humans to resist the myriad microbes and microbial products encountered in daily life.



■ Aveolar macrophages ■ Lymphocytes ■ Neutrophils ■

MICROBIOME: A LIVING ENVIRONMENT

"Investigation of the lung microbiome is an emerging field, and its findings are altering the way we think about respiratory disease. The lung—not selected as one of the initial HMP body sites—was originally believed to be sterile, based on bacterial culture studies that failed to show bacterial growth.

However, new evidence suggests that the lung has a microbiome that varies in health and disease."

Pulmonary diseases, such as cystic fibrosis (CF) and COPD, may be associated with perturbations of the lung microbiome.

In a study of serial sputum samples from six patients with CF, the diversity of the lung microbiota was found to decrease significantly after episodic antibiotic treatment for exacerbation.

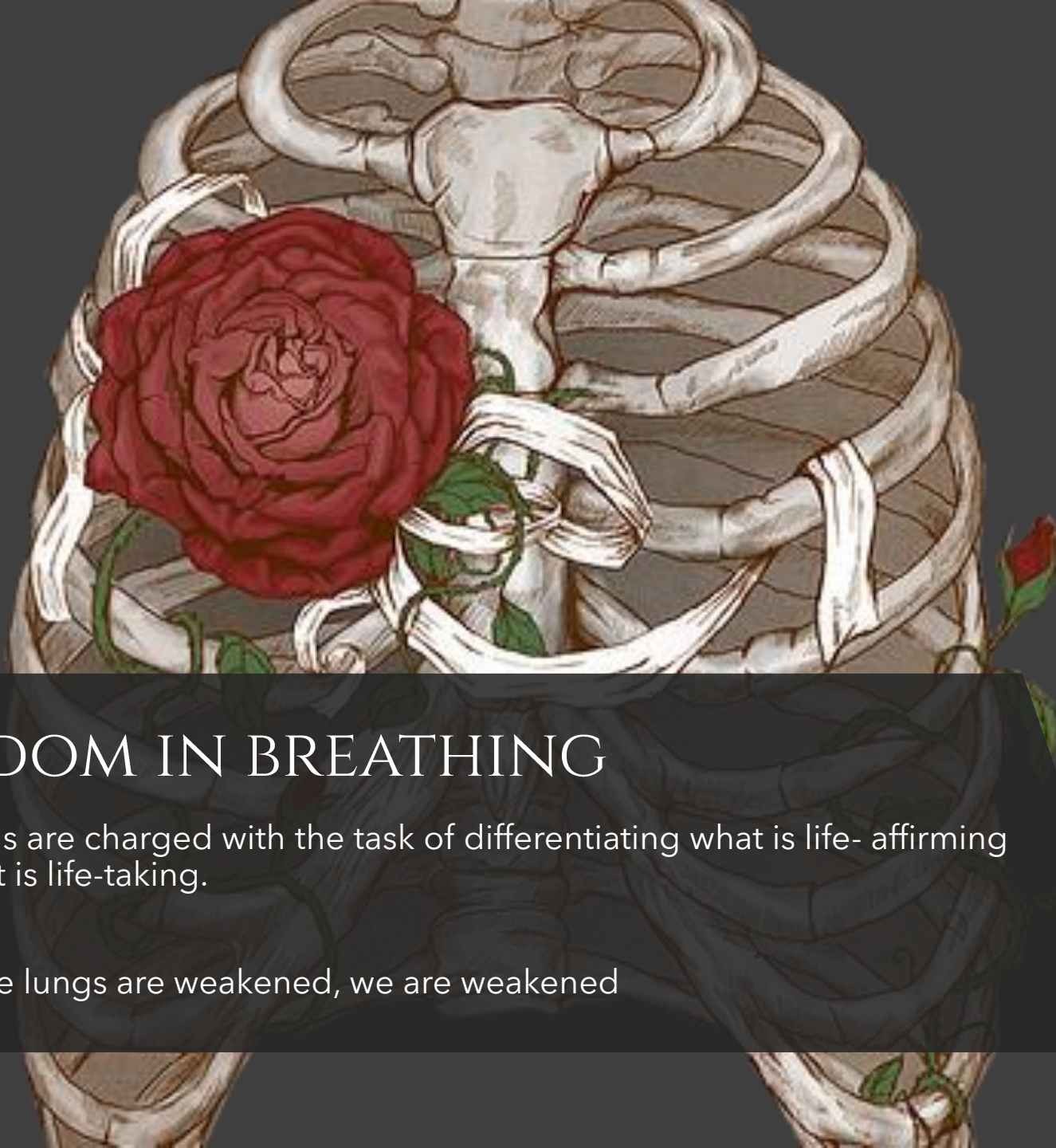
The microbiota then regained its original level of diversity during the convalescence stage when the patients were recovering from CF

Ann Am Thorac Soc. 2014 Aug; 11(Suppl 4): S227-S232.

doi: 10.1513/AnnalsATS.201402-052PL



Similar findings in those with HIV



WISDOM IN BREATHING

Our lungs are charged with the task of differentiating what is life-affirming and what is life-taking.

When the lungs are weakened, we are weakened

WHAT
WEAKENS
THE
LUNGS?

(LUNG
DEFICIENCY)

Wind combined with cold
or heat

Dryness

Excessive consumption of
cold and raw foods

Poor posture

Laziness/lack of exercise



EMOTION OF THE LUNGS: SADNESS/GRIEF

"Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift."

— **Mary Oliver**



HERBS FOR THE
LUNGS



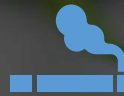
OPTIMAL ENVIRONMENT



30%- 50%
Humidity



Exercise



Avoid smoke



Eat foods
rich in
antioxidants



Grow more
plants!



REACHING THE LUNGS

Steam inhalation

Contact with mucus
membranes

Blood stream

ENERGETICS OF LUNG CONDITIONS

Heat/Excitation

Cold/Depression

Dry/Atrophy

Damp
Stagnation

Constriction

Relaxation

ASTRAGALUS

ASTRAGALUS

MEMBRANACEUS

- Root is used
- Deep immune modulator
- Antioxidant
- Anticarcinogenic
- Neuroprotective
- Adaptogen
- Traditional Chinese herb used as a chi tonic with a specific affinity to the lungs, liver, and kidneys.
- Astragalus is one of the most well-studied herbs, specifically for lung cancer and now is being used in COVID-19 preventative protocols





USING ASTRAGALUS

- Sweet and slightly warm
- Good for cold/depression and dry/atrophy tissue states
- Not to be used in active infections with high fever

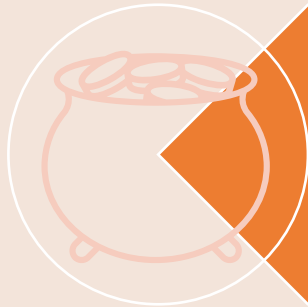
- Tonifying and stimulating, astragalus is often affectionately called the “young person’s ginseng.”

PROTECTING YOUR LUNG QI

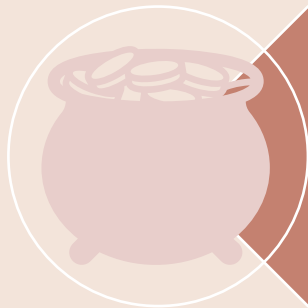
- Astragalus's antiviral action in combination with its immuno-supportive properties make it a top choice as a preventative ally for colds and upper respiratory infections, as well as viral conditions.
- Polysaccharides in astragalus
 - Intensify white blood cell activity
 - Stimulate pituitary adrenal-cortical activity
 - Restore depleted red blood cell formation in bone marrow
- Blends well with Reishi mushroom as a long-term tonic to support lung health



TAKING ASTRAGALUS



Decoction: 10-15 grams (about 3-4 root strips) in 4 cups water for about 30 min in water (add orange peel, cardamom, fennel, and ginger for flavor). Drink $\frac{1}{2}$ in am and $\frac{1}{2}$ in pm.



Soups: Add 3-6 cut root strips into any soup or crockpot recipe.



Tincture: Take 10 - 15 ml daily of a 1:5 extract



LUNG FORTIFYING FORMULA

Best for worn down, depleted,
and tired people
Energetically run cool and dry

Tincture

Astragalus	3 parts
Reishi	2 parts
Cordyceps	1 part
Elder Flowers	.5 part
Licorice	.25 parts

Dosage: 1 tsp 2-3x a day



LUNG FORTIFYING HERBS IN CAPSULES

Reishi

Cordyceps

Lions Mane

14-Mushroom Blend


Mixed case from Mushroom Harvest (no affiliation) is \$72



GARLIC

ALLIUM SATIVUM

- Garlic bulb
- Strongly antibiotic, garlic protects the lungs from deeper infection and can assist in managing conditions such as sinusitis.
- Multiple studies showing the concurrent use of garlic along with antibiotics increases effectiveness. (1)
- Breaks down biofilms of many infectious viruses and bacteria. (2)
- Breaks down into sulfur which is expelled through the lungs.

- 
- A photograph of garlic bulbs and a dried garlic flower. One bulb is cut open, showing the internal cloves. The background is a soft-focus green and white surface.
- (1) Reiter J, Levina N, van der Linden M, Gruhlke M, Martin C, Slusarenko AJ. Diallylthiosulfinate (Allicin), a Volatile Antimicrobial from Garlic (*Allium sativum*), Kills Human Lung Pathogenic Bacteria, Including MDR Strains, as a Vapor. *Molecules*. 2017;22(10):1711. Published 2017 Oct 12. doi:10.3390/molecules22101711
- (2) Girish VM, Liang H, Aguilan JT, Nosanchuk JD, Friedman JM, Nacharaju P. Anti-biofilm activity of garlic extract loaded nanoparticles. *Nanomedicine*. 2019;20:102009. doi:10.1016/j.nano.2019.04.012

USING GARLIC

ALLIUM SATIVUM

- Great for both cold/depression and hot/irritation tissue states with infection.
- Can be used prophylactically or with active infection.
- Use fresh garlic and “press” or “crush” it to catalyze allacin
- Add 2 bruised cloves to lung steams



USING GARLIC

ALLIUM SATIVUM



"LA Cold Cure" top a piece of toast with olive oil, 3 crushed cloves of garlic, honey, and add hot sauce/tobacco drops on top



"Fire Cider" - garlic, onion, horseradish, turmeric, jalapeno, cayenne, apple cider vinegar blended together. Take regularly (See recipe at end)





PINE

PINUS SPP.

- Most pines can be used interchangeably (except Pacific Yew)
- Eastern White Pine (*Pinus strobus*) most common with "five needles"
- Pine is high in antiseptic volatile oils
- Draws phlegm up and out of the lungs as an expectorant and decongestant
- Used externally to draw out toxins or objects embedded in the skin or lungs (Wood, 2009)

ALPHA PINENE

- α -Pinene is a **bronchodilator** in humans and is highly bioavailable with 60% human pulmonary uptake with rapid metabolism or redistribution.[10]
- α -Pinene is an anti-inflammatory via PGE1,[10] and seems to be a **broad-spectrum antibiotic**.[11]
- It exhibits activity as an acetylcholinesterase inhibitor, aiding memory.[10]
- Like borneol, verbenol and pinocarveol (-)- α -pinene is a positive modulator of GABA-A receptors. It acts at the benzodiazepine binding site.[12] This makes it act as a sedative.
- Go PINE FOREST BATHING!

<https://en.wikipedia.org/wiki/Alpha-Pinene>



USING PINE AS A LUNG MEDICINE

Excellent remedy for damp coughs, COPD, or cold/depressive lung tissue states.



Stove Top Steam - Add several branches to a large pot of water on your stove. Let simmer for several hours to humidify and add volatile oils to the air.



Pine Needle Tea - High in vitamin C. Add a handful of needles to a few cups of boiling water. Cover and steep for 15 min.



Pine Needle Vinegar - Great way to extract the vitamins, minerals, volatile oils.





THYME

THYMUS VULGARIS

- Thyme leaf and flowering tops
- Helpful for dry, unproductive coughs as an expectorant (COVID)
- Anti-tussive, antispasmodic
- Antiviral, antibacterial, antifungal
- Anti-inflammatory, antioxidant
- A warming and stimulating herb good for depressed and constricted tissue states

.

THYME AND BRONCHITIS

- Bronchitis
 - Patients with chronic bronchitis treated with thyme in combination with primrose root found 58% of participants using the herbs were symptom free at the end of the 7 - 9 day study.
 - Acute bronchitis in kids using a combination of ivy with and thyme as a syrup saw coughing fits reduce by 81.3% by day 10.

From: Braun and Cohen (2015), Herbs & natural supplements : an evidence-based guide, 4th edition





THYME

THYMUS VULGARIS



Hot Tea - Add 1 tsp of dried leaves to 1.5 cup hot water. Cover and steep for 5-10 minutes. Strain and drink every few hours.



Steam - Add to a stovetop steam or add to a bowl with other aromatic herbs and cover with a towel (mini-sweatlodge)



For kids - make an onion and thyme syrup (see recipe).

A still life composition featuring a wooden mortar and pestle with white flowers, a white ceramic bowl with dried herbs, and a piece of textured fabric on a wooden surface.

SPECIFIC CONDITIONS

SMOKE INHALATION

- Primary concerns to prolonged smoke is pulmonary irritation.
- This irritation can result in injury to the tissues and bronchial spasms
- Irritation triggers inflammation as an immune response which can cause seemingly unrelated symptoms
- Joint pain, skin disorders and autoimmune conditions (among other issues) can flare up during exposure to smoke because of the immune response.

SMOKE INHALATION RECOVERY

- Stay hydrated
- Eat high antioxidant foods (berries, leafy greens, and veggies)
- Supplements - L-Arginine, Vitamin E as well as Vitamin C
- Homeopathics (esp helpful for kids)
 - **Arsenicum**: For smoke exposure with anxiety.
 - **Euphrasia**: For simple smoke exposure with irritation to eyes and possibly nose and no other symptoms
 - **Kali bichromicum**: For more serious smoke exposure with irritated sinuses and/or lungs
 - **Silica**: To help the body eject inhaled particles

HERBS FOR SMOKE INHALATION

Moistening Lung Demulcents

- Mullein, Marshmallow, Lungwort, and Elm

Respiratory Relaxants

- Lobelia, Mulberry Leaves, Peach Leaves

Respiratory Stimulants

- Elecampane, Osha, Garlic

Immune Tonics with Lung Affinities

- Reishi, Astragalus, American Spikenard

MOLD EXPOSURE

Support Immunity

- Echinacea, Astragalus, Reishi

Anti-fungal Herbs

- Propolis, Bee Balm (*Monarda fistulosa*), Oregano

Liver Support

- Milk Thistle, Turmeric, Bitters Blends

DIFFICULTY BREATHING/TENSION

Support Immunity

- Echinacea, Astragalus, Reishi

Nervine Relaxants

- Skullcap, Passionflower, Chamomile

Lung Antispasmodics

- Lobelia, Agrimony

Demulcents (to soothe irritation from dryness)

- Marshmallow, Lungwort, Plantain



PURCHASING YOUR HERBS

Best site for pre-formulated lung tincture blends and single plant tinctures

<https://www.herbalist-chemist.com/>

Favorite places for loose herbs for teas

<https://oshalafarm.com/>

<https://mountainroseherbs.com/>

Favorite place to buy mushroom powders and capsules

<https://www.mushroomharvest.com/>

A close-up photograph of a person's hands holding a bunch of fresh green herbs, likely basil, over a wooden surface. The background is dark and out of focus, showing some red flowers. The word "RECIPES" is overlaid in white, serif font in the center of the image.

RECIPES

FIRE CIDER

INGREDIENTS

- ½ cup peeled and shredded/diced ginger root
- ½ cup peeled and shredded/diced horseradish root
- ½ cup peeled and diced turmeric OR ¼ cup additional ginger and ¼ cup additional horseradish
- ½ cup white onion, chopped
- ¼ cup minced or crushed garlic cloves
- 2 organic jalapeno peppers, chopped
- Zest and juice from 2 organic lemons
- Raw apple cider vinegar
- Raw, organic honey to taste

Chop or blend and let steep for 1 week. Strain (or not!) and use throughout the winter. Good for 6 months in the fridge.





ONION + THYME SYRUP

- Red or white onions are best
- Breaks up congestion especially in the lungs
- Directions:
 - Chop ½ red onion into small pieces
 - Add a layer of onions into a glass jar + 1 tsp thyme leaves
 - Add a layer of sugar over top
 - Continue to layer until all onions are covered
 - Seal the cap and let sit.
 - In 4 - 6 hours the sugar will start to “melt” and create the onion and thyme syrup.

Use a dropper to administer to small children (1/2 dropperful) several times a day.

1 tsp for 2-3 year olds.

Adults can take a tablespoon several times a day.

PINE NEEDLE COUGH SYRUP

- **2 cups fresh green pine needles (older needles have more vit c!)**
- **filtered or spring water**
- **1/4-1/2 cup honey, to taste**

Instructions:

- Place your pine needles in a small pot whole (stripped off the branches or twigs, of course) or roughly chop them to expose more surface area.
- Cover the needles with water. This should end up being 2-3 cups of water.
- Bring to a boil and then simmer on low heat covered, until the liquid reduces by about half.
- Strain your liquid from the needles through a tea strainer, cheesecloth, or (my favorite) an old-fashioned potato ricer.
- Add around 1/4 - 1/2 cup honey to the resulting liquid while it's still warm and stir this in until it's dissolved.

Dosage - 1 tsp for regular use, 1 tablespoon every 2-3 hours for a bad cough



COUGH RELAX FACIAL STEAM

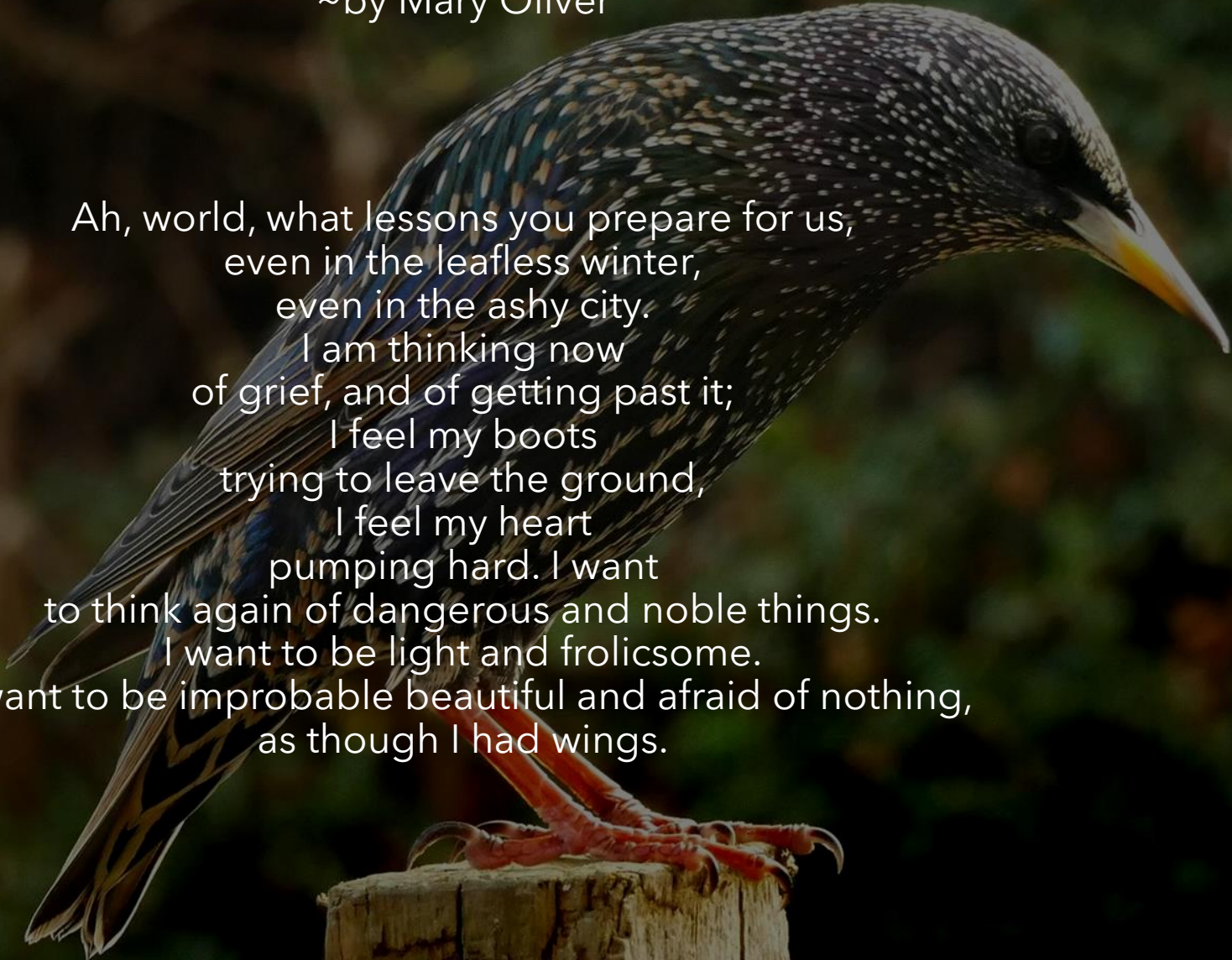
- **2 quarts hot water**
- **2 cloves garlic**
- **1 - 2 tsp of dried leaves of any of the following: Thyme, Oregano, Sage, Eucalyptus, Peppermint, and/or Basil**
- **Optional: 2 drops eucalyptus or tea tree EO**
- **Large towel or small blanket**

Instructions:

- Bring water to a boil. Turn off heat and let sit for 5 min or so.
- Add herbs to large wide bowl. Place it at a table where you can comfortably sit.
- Pour water over the herbs and test steam temperature for level of comfort.
- Place towel over your head to create a mini-sweatlodge.
- Sit and breathe in the steam for 10 minutes

Option for kids: Place herbs in a muslin cloth bag or old stocking and put under a steaming shower stream. Close all doors and windows and steam up the bathroom.

From Starlings in Winter
~by Mary Oliver

A close-up photograph of a starling perched on a weathered wooden post. The bird is shown in profile, facing right. Its feathers are a mix of dark grey and blue, with numerous small white spots. The bird's beak is a pale yellowish-brown, and its feet are a reddish-pink color. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

Ah, world, what lessons you prepare for us,
even in the leafless winter,
even in the ashy city.
I am thinking now
of grief, and of getting past it;
I feel my boots
trying to leave the ground,
I feel my heart
pumping hard. I want
to think again of dangerous and noble things.
I want to be light and frolicsome.
I want to be improbable beautiful and afraid of nothing,
as though I had wings.



QUESTIONS?

THANK YOU!

- Email me at info@skyhouseherbs.com
- Year One Herbal Apprenticeship starts January 2021
- Visit www.skyhouseherbs.com for more events
- Subscribe to my YouTube channel @ skyhouseherbs to get free herbal content year round!

Have a great day!

