

Self-Reliance in Health Course

Lesson 3 – Food as Medicine

Now that the foundation has been laid and supportive walls placed, it is time for a roof. A roof protects everything inside your home. Food and herbs can protect, strengthen, and support the many systems in your body. When an imbalance occurs or an invader attacks, you can go to a specific food item or herb to help the body bring back balance. This lesson we will focus on food as our medicine and next lesson will be about herbs.

Each of us were created by a loving Heavenly Father, He likewise created everything these bodies would need for nourishment and protection.

"And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be meat, and the leaf thereof for medicine." Ezekiel 47:12

Food can be used medicinally when the body is out of balance or dealing with an invader, such as a virus or bacteria. Some foods can give added nourishment the body needs, while others contain antiviral/antibacterial properties to aid the immune system in destroying pathogens. Here are a few of my favorite foods for healing:

- **Garlic:** <http://www.anniesplacetolearn.com/blog/garlic-natures-antibiotic>
 - Herbal antibiotic – 4 cloves is equal to 1 dose
 - Aids the body in treating cough, cold, flu, sore throat, respiratory, fever, upset stomach, etc.
 - Immune booster and infection fighter; ear, throat, intestinal, yeast, etc.
 - Heart health: clears plaque from arteries, moves blood.
 - Antiseptic: kill 99% known bacteria, other 1% within the hour
 - Fungal infections

- **Onion:** <http://www.anniesplacetolearn.com/blog/plant-series-onions>
 - Contains the same healing properties as garlic due to the allium contained in them.
 - Boost the immune system.
 - Reduce cholesterol and protects heart health.
 - Protect the body against harmful bacteria and viruses.
 - Break up mucus in chest congestion.
 - Strengthen bones.

- People used to place an onion cut in half in the room of a sick person, it would turn black as it absorbed the germs and bacteria in the room and the person would heal much quicker. For this same reason it is not a good idea to eat an onion that has been sitting out for a while. Onions can also break up mucus in chest congestion.
- **Ginger:** <http://www.anniesplacetolearn.com/blog/healing-benefits-of-ginger>
 - Antiviral, antibacterial, antifungal
 - Gets circulation flowing through the body.
 - Activates brain function.
 - Boost immune system, use for all types of illness.
 - Use for viral and bacterial infections of all types, including staph, strep, and malaria.
 - Anti-inflammatory, use for pain relief due to inflammation.
 - Heart tonic
 - Digestive aid and intestinal infections.
 - Antispasmodic helps with cramping, aches and pains.
 - Helps remove toxins from the body.
- **Red Raspberry:** <http://www.anniesplacetolearn.com/blog/herb-series-red-raspberry-leaf>
 - This is one of my favorite plants because of how universal it is for all types of health concerns and healing, I include it in most of my herbal formulas.
 - The berry contributes to hearth health, guards against cancer and is very nourishing for the blood.
 - The leaf is where most of the power lies, they are full of nutrients which makes them perfect for going to any area of the body that needs extra strengthening. They also nourish the body while dealing with illness and help to strengthen it after.
 - A gargle can help with cankers, mouth sores and spongy gums.
 - High in iron for those dealing with anemia.
 - Female tonic helps with regulating menstrual cycles, balance hormones and ease cramps.
- **Lemon/Citrus:** <http://www.anniesplacetolearn.com/blog/healing-foods-lemon>
 - Antiviral, antibacterial, antifungal, antiseptic.
 - Anti-inflammatory
 - Good source of vitamin C, which helps the body fight off infection and disease.
 - Immune system builder.
 - Fights infection of all kinds.
 - Cleanses the body inside and out.

- Aids digestion, relieves cramps and muscle spasms.
- Kidney and bladder tonic can help fight infection and dissolve stones.
- Cold sores, cankers and mouth sores.

- **Bone Broth:** <http://www.anniesplacetolearn.com/blog/turkey-stock-for-colds-and-flu>
 - Packed with many nutrients and minerals your body is in need of during time of sickness, especially when your body only craves liquids.
 - Boosts immune system to aid body in fighting off illness.
 - Reduces inflammation, making it great for easing arthritis symptoms along with strengthening bones, ligaments, and tissue.
 - Soothes and heals intestinal lining supporting gut health.

- **Honey:** <http://www.anniesplacetolearn.com/blog/raw-honey-gods-amazing-healer>
 - Contains micro-organisms that can build the gut flora, while also being antibacterial and antiviral, killing off harmful bacteria and viruses.
 - Use to fight colds, flu, and respiratory infections of all kinds.
 - Soothes and heals sore throat.
 - Treat skin conditions, fungal infections, inflamed, raw tissue.
 - Boosts the immune system.
 - Antiseptic, drawing agent for poisons from insect bites and stings or infected wounds, and burns.
 - Effective internally against bacteria and parasites.
 - Do not heat honey above 100 degrees or all the healing properties will be destroyed, and you will just have sugar.

- **Wheat:** <http://www.anniesplacetolearn.com/blog/preparedness-wheat-grains>
 - Commonly recommended as a long-term food storage item, and for good measure. The Word of Wisdom mentions wheat at the “staff of life”, I believe that is so because of its versatility. You can grind wheat into flour and make bread, which can provide your body with a variety of nutrients. It can be soaked and cooked to make “wheat berries” that can be eaten as a hot cereal or with other foods.
 - If there is no fresh produce available, you can soak the wheat and create sprouts that will provide vitamins and minerals you would get from fresh fruits and vegetables.
 - Sprouted wheat can be used to make Rejuvelac, a cultured beverage that will populate your gut flora, strengthening the immune system and fight off bacteria and viruses.
 - You can also “sow” the wheat in soil and create wheat grass which can be juiced, dried, and powdered or in emergency conditions just eaten whole. Wheat grass is a food category all its own. It has a high content of

chlorophyll which supports the immune system and removes toxins from the blood and body tissues. It improves digestion and is high in vitamins and minerals. And the best part, even if you have a gluten intolerance you can consume wheatgrass.

- **Cucumber:** <http://www.anniesplacetolearn.com/blog/plant-series-cucumber>
 - Soothes all types of skin conditions when sliced and applied, including burns.
 - Eating daily can reduce inflammation, helping with joint conditions and pain.
 - Placing a slice over the eyes help with eye strain and inflammation.
 - Supports the kidneys, lungs, and bones.
 - Can replenish electrolytes that can be lost through vomiting, diarrhea, and sweating.
 - Eases upset stomach and overindulging.

Assignment

Make one of the projects below or a recipe using one or more of the foods listed above. Study out the benefits of one of your favorite whole foods using the resources below or others you are directed to and share with someone.

Projects

- Herbal oil <http://www.anniesplacetolearn.com/herbal-infused-oil.html>
- Lemon Refresher <http://www.anniesplacetolearn.com/blog/hot-lemon-refresher-an-electrolyte-drink-for-the-winter>
- Rejuvelac <http://www.anniesplacetolearn.com/blog/healing-foods-rejuvalec>
- Onion Remedy <http://www.anniesplacetolearn.com/blog/home-remedies-onions-to-the-rescue>

Resources for Further Learning:

- *The Encyclopedia of Healing Foods* by Michael Murray
- *DK Healing Foods*
- Draxe.com – search benefits of certain foods and recipes
- Cultures for Health <https://www.culturesforhealth.com/>
- Traditional Cooking School <https://traditionalcookingschool.com/>