



S'Mores with Benefits

Herbal Marshmallow Recipes for
Healthy Treats, Better Digestion, and Healing Remedies



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HERBAL MARSHMALLOW RECIPES FOR
HEALTHY TREATS, BETTER DIGESTION, AND
HEALING REMEDIES

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*To Sarah who inspired these confections with her sweet temperament,
botanical curiosity, and lofty dreams*

CHAPTER ONE

Marshmallows

Homemade marshmallows are an easy to make candy that is a fantastic vehicle for herbal goodness, especially when children are involved. While it might be difficult to get cayenne or garlic into a child, they readily accept the sweetness of marshmallows. These healthy



marshmallows are made with natural honey and grass fed beef gelatin for soothing and sweet candy with hidden herbal prevention.

They are the natural vehicle for herbal remedies for sore throat, stomach upset, nausea, coughs, and fever. Honey is a naturally soothing remedy while gelatin contains essential collagen to help heal and rebuild the body.

You can use any herb that you like in these marshmallows but aromatic herbs like lemon balm, peppermint, and ginger, as well as soothing demulcent herbs like marshmallow are natural choices.

Why make homemade marshmallows?

Marshmallows are candy. Commercial marshmallows are light and fluffy with sweetness that comes from genetically modified corn syrup, and a fluffy loftiness that comes from chemical additives.

Ingredients in Name Brand Marshmallows: Corn syrup, sugar, modified corn-starch, dextrose, water, contains less than 2% of gelatin, tetrasodium pyrophosphate (whipping aid), natural and artificial flavor, blue 1.

Commercial marshmallows contain 1% fat, 97% carbs, 2% protein at 23 calories per regular marshmallow. Pretty much zero nutritional benefits, and while they appear to be low in calories, most people don't eat a single marshmallow. One homemade s'mores, made with commercial marshmallows, graham crackers, and 2 pieces of milk chocolate contains 354 calories. Again most folks eat at least two s'mores at a sitting.



But s'mores are a necessity of the camping life, as much as hot chocolate with marshmallows are essential after playing in the snow. Wouldn't it be better to make them nourishing and as full of herbal comfort as they are full of fun and family memories?

Homemade marshmallows are better

When you make homemade marshmallows you control the ingredients. You can make these sweet confections healthy and infuse them with herbal benefits and flavor.

Homemade marshmallows have two main ingredients. Natural gelatin protein gives the structure to marshmallows just as its collagen gives structure to your skin. Raw honey offers the sweetness, along with some vital nutrients. Each recipe in this book uses natural herbs for flavor, and preventative health benefits, to increase the goodness in homemade marshmallows.



Gelatin

Choose grass fed, kosher gelatin with healthy collagen to heal the stomach and build healthy skin, nails, and hair.

Regular gelatin is made from the hooves of confinement-raised swine. Pigs exude their waste products via glands in their hooves. I highly recommend avoiding conventional gelatin and opting for pasture raised bovine gelatin that is certified Kosher. Kosher certification demands that the animal be slaughtered humanely with minimal trauma, as well.

Honey

Sweetened with honey, the marshmallows in this book are still rich with vitamins, minerals, and antioxidants found in raw, unpasteurized honey. While there is a loss of enzymes when honey is heated, the antioxidant, vitamin, and mineral content of the honey is only slightly decreased in the candy making process. The precise amount varies depending on the flowers that the bees foraged, with clover honey being the least changed with heating.



The herbs

The goodness and health supportive value of marshmallows increases with the addition of herbs and spices. Herbs and spices can be tailored to the needs of your family members. Lemon balm and lavender for anxiety or peppermint or ginger for digestive upsets, are just a few ways

that marshmallows can offer preventative support and be made even better.

Marshmallows loan themselves to herbal additions in so many ways.

- The liquid that the honey is cooked with can be herbal tea or an herbal decoction. Consider herbal teas like hibiscus, lavender, or lemon balm to calm jittery nerves or increase digestion. Then there's peppermint to decrease stomach upset and encourage healthy digestion.
- The liquid that the gelatin is softened in can be an herbal tea, an herbal decoction, or an herbal hydrosol
- The flavoring added during the whipping process can be an herbal tincture, an herbal hydrosol, homemade cordial, or even an edible organic essential oil (go easy and use drops instead of teaspoons).
- Additional powdered herbs can be added during the whipping process. Herbs such as ginger or cardamom to aid digestion, or relieve pain work well here.
- Additional powdered herbs can be sprinkled on tops and sides of the marshmallows to increase digestibility or add nutrition. Think of herbs such as rose hips for vitamin C, hawthorn berries or bilberries, for added antioxidants, or cinnamon to aid digestion.
- You could even use marshmallow herb in your healthy marshmallows for its soothing, anti-inflammatory qualities. (Use cold water to extract the mucilage and then use that marshmallow water to bloom the gelatin.)

No refrigeration needed

Healthy, homemade, herbal marshmallows are an alternative to cookies, cakes, and squares for lunch boxes, school parties, and the snack jar. You can make a batch in about 30 to 45 minutes. Store marshmal-

lows in an airtight container at room temperature. Homemade marshmallows last for 2 to 3 weeks at room temperature.

They are a good make-ahead snack. Don't let the process intimidate you. It's very easy and almost fool-proof. Give healthy, homemade marshmallows a chance. Once you've tasted the real thing you won't be satisfied with store bought.

CHAPTER TWO

Vanilla Marshmallows



Before you dive into the other recipes in this book, familiarize yourself with the basic method for making homemade marshmallows. Once you have the technique down the rest is easy. But there is an art to judging when the right time to pour the syrup and the amount of beating that is essential to lofty, light marshmallow treats that you'll be proud to serve to family and guests.

Healthy homemade marshmallows are plush, chewy, and sweet. They are not starchy, tasteless, and cardboard-y like store bought marshmallows. They contain healthy amounts of collagen supporting gelatin (from grass-fed beef), as well as nutritious, mineral rich honey. While the honey is cooked so you lose the enzymes found in raw honey, there is still a healthy amount of vitamins and minerals left after candy making.

Homemade marshmallows are a [healthy after-school snack](#) or lunch box treat that doesn't require refrigeration. They are easy to take on car trips and can be eaten with the fingers. Herbs can be added to turn this recipe into a tasty and welcome herbal remedy, as I mentioned in the first chapter.

This is the basic recipe for herbal homemade marshmallows. Once you understand the formula you'll be able to be creative with your marshmallow recipes. Making homemade marshmallows is a skill that will make the other moms jealous.

Equipment you'll need:

- A stand mixer or a large mixing bowl and an electric beater
- A whisk attachment
- A candy thermometer
- A 1 ½ or 2 quart sauce pan
- A 9 x 9 inch square pan or an 8 x 10 inch square pan



Healthy homemade marshmallows

While you can use plain water with these marshmallows, the addition of herbal tea adds digestive support to this sweet treat. The lemon balm

and peppermint are calming while improving digestion and easing upset stomachs.

Yield: 36 marshmallows

Ingredients:

4 tablespoons of tapioca starch for dusting (divided)
1 cup of boiling water
1 tablespoon lemon balm, dried or 2 tablespoons fresh leaves
1 teaspoon [peppermint leaves](#), dried or 1 tablespoon fresh leaves
3 tablespoons [beef gelatin](#)
1 ½ cups of [honey](#)
¼ teaspoon Himalayan salt
1 teaspoon [vanilla extract](#)

Directions:

Grease a 9 x 9 pan. Line the pan with parchment paper in two directions. Lightly dust the parchment paper with 1 teaspoon of tapioca starch.

Make herbal tea using boiling water and herbs. Allow to steep for 15 minutes.

Add ½ cup of herbal tea and gelatin to the mixing bowl. Whisk to combine the gelatin with the tea. Set aside to let the gelatin bloom.

Add the remaining ½ cup of herbal tea and honey to a saucepan. Bring to a boil over medium heat. Continue boiling until the honey reaches 240°F on a candy thermometer. Remove from heat.

Trickle hot syrup into the softened gelatin mixture while beating the syrup-gelatin mixture on low, being careful not to splash yourself with hot syrup.

Turn the mixer on high and beat for 10 minutes until the mixture is glossy and has the consistency of marshmallow cream.



Turn off the mixer. Transfer the marshmallow cream to the prepared pan. Smooth the top. Dust with more tapioca starch.

Allow the pan to sit at room temperature to set for 4 hours or overnight.

Dust cutting board with tapioca starch. Flip the marshmallows onto the cutting board and cut with a greased chef's knife.

Store in an airtight container at room temperature. (Shelf life: 3 weeks)

Ready for the next step?

While healthy, homemade marshmallows are a wonderful first step, they can be even better with the addition of herbs. In the next few chapters I'll share a few of my favorite herbal marshmallow recipes.

CHAPTER THREE

Rose Marshmallows

These healthy marshmallows get their pink color from hibiscus tea. Rose is astringent and helps uplift the spirit and reduce anxiety. These are lovely served with tea on a dessert tray. Light and uncommon, they are also healthy and gluten-free.

Yield 25 1 ½ marshmallows

Ingredients:

2 tablespoons of tapioca starch for dusting (divided)

1 cup of water, boiling

1 tablespoon unsprayed rose petals, dried

1 tablespoon hibiscus flowers, dried

½ cup of rose hydrosol



3 tablespoons beef gelatin

1 ½ cups of honey

¼ teaspoon Himalayan salt

1 teaspoon vanilla extract

1 teaspoon rose water, culinary

Directions:

Grease a 9 x 9 pan. Line the pan with parchment paper in two directions. Lightly dust the parchment paper with 1 teaspoon of tapioca starch.

Pour boiling water over hibiscus in a tea pot. Steep the herbal tea for 10 minutes. Reserve ½ cup of hibiscus tea for this recipe. Use the rest for another recipe.

Add ½ cup of rose hydrosol and gelatin to the mixing bowl of your stand mixer. Let the gelatin soften and bloom for 10 minutes.

Meanwhile, add the hibiscus tea and honey to a 2 quart saucepan. Bring to a boil over medium heat. Continue boiling until the honey reaches 240°F on a candy thermometer. Don't leave the boiling honey unattended. If the honey boils up remove it from the heat and stir it until it stops bubbling up and then return it to the heat. The bubbling is the water from the tea evaporating from the honey mixture. Once the syrup reaches 225°F you can turn up the stove a little to speed the process. Once the syrup reaches 240°F, the soft ball stage, remove it from the heat.

Trickle the hot syrup into the softened gelatin mixture while beating the syrup-gelatin mixture on low, being careful not to splash yourself with hot syrup. Add the salt, vanilla extract, and rose water.

Turn the mixer on high and beat for 10 minutes until the mixture is glossy and has the consistency of thick marshmallow cream. When it's ready a line of marshmallow cream will remain on the surface of the marshmallow without sinking back in. A trickle of marshmallow

cream will fall very slowly off a spatula into the bowl, making a long ropey string of marshmallow. You don't want stiff peaks.

Turn off the mixer. Transfer the marshmallow cream to the prepared pan. Smooth the top. Dust with more tapioca starch.

Allow the pan to sit at room temperature to set for 4 hours or overnight.

Dust the cutting board with tapioca starch. Flip the marshmallows onto the cutting board and cut with a buttered and starch-floured very sharp chef's knife.

Remove the misshapen sides of the marshmallow block, so that the block has clean edges all around. Slice these removed sides into $\frac{1}{4}$ to $\frac{1}{2}$ inch mini-marshmallows.

Now cut the large block into 6 strips. Dust the cut edges with more starch as you work. Periodically clean and dust the knife with more tapioca starch. Slice with a straight cut. Don't saw the block back and forth. Cut each strip into 5 marshmallows, rolling each one in the tapioca starch to keep them from sticking together.

Place the marshmallows on a rack or a plate and let them air for 2 to 4 hours. This will seal the edges and keep them from sticking together.

Store in an airtight container at room temperature. Don't refrigerate or freeze these marshmallows. They are best stored at room temperature or above 50°F. (Shelf life: 2 weeks)

Serving Ideas:

Rose marshmallows make a strong statement at a bridal shower or a wedding dessert table. They are wonderful additions to potluck menus. For homemade s'mores pair them



with rose scented pizzelles.

Roses are cooling, astringent, and lift the mood. They are romantic and go well with romantic occasions like Valentine's Day, anniversary celebrations, weddings, and bridal showers. This recipe offers triple rose benefits, from rose petals, rose hydrosol, and rose water.

While you can make mini-rose marshmallows by cutting the off-cuts into smaller marshmallows, for a chic presentation, fill a piping bag with the marshmallow fluff and pipe a thick row of marshmallows, using a 1 ½ inch round icing tip, onto greased and starch-floured parchment paper. These marshmallows will be ready to cut in an hour. Line up the rows of piped marshmallows and slice through several ropes at once using a greased and starch-floured pizza wheel.

CHAPTER FOUR

Ginger Marshmallows

Ginger helps digestion and soothes upset stomach, sore throats, and coughs. My favorite way to eat these is on top of a steaming cup of turmeric golden milk. Serve these as a topping on fruit for desert. Carry a few on long car trips to help with travel sickness.

Yield: 36

Ingredients:

2 tablespoons of sweet cinnamon for dusting (divided)

1 cup boiling water

2 tablespoons fresh ginger, grated

3 tablespoons beef gelatin

1 ½ cups of honey

¼ teaspoon Himalayan salt

1 teaspoon vanilla extract



2 teaspoons ginger, powdered

Directions:

Grease a 9 x 9 pan. Line the pan with parchment paper in two directions. Lightly dust the parchment paper with 1 teaspoon of sweet cinnamon

Pour boiling water over grated ginger in a tea pot. Steep the ginger tea for 10 minutes. Reserve one cup of tea for this recipe.

Add ½ cup of ginger tea and gelatin to the mixing bowl of your stand mixer. Let the gelatin soften for 10 minutes. Whisk it to mix thoroughly and prevent the gelatin from clumping.

Meanwhile, add the remaining ½ cup of ginger tea and honey to a 2 quart saucepan. Bring to a boil over medium heat. Continue boiling until the honey reaches 240°F on a candy thermometer. Don't leave the boiling honey unattended. If the honey boils up remove it from the heat and stir it until it stops bubbling up and then return it to the heat. The bubbling is the water from the tea evaporating from the honey mixture. Once the syrup reaches 225°F you can turn up the stove a little. Once the syrup reaches 240°F, the soft ball stage, remove it from the heat.

Trickle the hot syrup into the softened gelatin mixture while beating the syrup-gelatin mixture on low, being careful not to splash yourself with hot syrup. Add salt, vanilla, and powdered ginger.

Turn the mixer on high and beat for 10 minutes until the mixture is glossy and has the consistency of marshmallow cream. When it's ready a line of marshmallow cream will remain on the surface of the marshmallow without sinking back in. A trickle of marshmallow cream will fall very slowly off a spatula into the bowl, making a long ropey string of marshmallow. You don't want stiff peaks.

Turn off the mixer. Transfer the marshmallow cream to the prepared pan. Smooth the top. Dust with more cinnamon.

Allow the pan to sit at room temperature to set for 4 hours.

Dust the cutting board with additional cinnamon. Flip the marshmallows onto the cutting board and cut with a greased pizza cutter or chef's knife into 6 marshmallow strips. Cut each strip into 6 marshmallows. Toss the cut marshmallows in additional cinnamon to help them dry out and keep them from sticking together.

Store in an airtight container at room temperature. (Shelf life: 3 weeks)



CHAPTER FIVE

Chocolate Mint Marshmallows

Chocolate mint marshmallows are refreshing, digestive, and calming. The mint in these comes from organic peppermint essential oil. You only need a few drops for cooling peppermint flavor.

Yield: 36 marshmallows

Ingredients:

4 tablespoon cocoa powder, divided

1 cup of boiled water

2 tablespoon chocolate mint tea, dried or ¼ cup fresh leaves

3 tablespoons beef gelatin

1 ½ cups of honey

¼ teaspoon Himalayan salt

1 teaspoon chocolate extract

10 drops of organic peppermint essential oil



Directions:

Grease a 9 x 9 pan. Line the pan with parchment paper in two directions. Lightly dust the parchment paper with 1 teaspoon of cocoa powder.

Add ½ cup of herbal tea and gelatin to the mixing bowl. Whisk to thoroughly blend the gelatin and insure there are no clumps.

Add the remaining ½ cup of herbal tea and honey to a saucepan. Bring to a boil over medium heat. Continue boiling until the honey reaches 240°F on a candy thermometer. Remove from heat.

Trickle hot syrup into the softened gelatin mixture while beating the syrup-gelatin mixture on low, being careful not to splash yourself with hot syrup. Add salt, chocolate extract, and peppermint essential oil to the mixer.

Turn the mixer on high and beat for 10 minutes until the mixture is glossy and has the consistency of marshmallow cream.

Turn off the mixer. Transfer the marshmallow cream to the prepared pan. Smooth the top. Dust with more cocoa powder.

Allow the pan to sit at room temperature to set for 4 hours.

Dust cutting board with additional cocoa powder. Flip the marshmallows onto the cutting board and cut with a chef's knife that has been dusted with cocoa powder.

Store in an airtight container at room temperature. (Shelf life: 3 weeks)

CHAPTER SIX

Elderberry Marshmallows

Soothing, anti-viral, and anti-inflammatory plus these marshmallows are easy to coax into a toddler or a sick child. These need to rest overnight before cutting so make them often during cold and flu season.

Yield 36 marshmallows

Ingredients:

2 tablespoons of powdered elderberries or rose hips for dusting (divided)

2 cups of boiling water

½ cup elderberries, dried

1 tablespoon sweet cinnamon

3 tablespoons beef gelatin

1 ½ cups of honey

¼ teaspoon Himalayan salt

1 teaspoon vanilla extract

Directions:

Grease a 9 x 9 pan. Line the pan with parchment paper in two directions. Lightly dust the parchment paper with 1 teaspoon of powdered elderberries or rose hips.

In a saucepan simmer elderberries in boiling water for 20 minutes. Turn off heat and allow the berries to cool to room temperature. Strain the elderberries from the liquid. Press to get as much juice as possible using a nut milk bag or a potato ricer. Return the elderberry decoction to a saucepan and simmer over low heat to reduce the liquid to one cup. Divide the elderberry decoction into two half cup portions.

Add ½ cup of elderberry decoction and gelatin to the mixing bowl of your stand mixer. Let the gelatin soften for 10 minutes.

Meanwhile, add the remaining ½ cup of elderberry decoction and honey to a 2 quart saucepan. Bring to a boil over medium heat. Continue boiling until the honey reaches 240°F on a candy thermometer. Don't leave the boiling honey unattended. If the honey boils up remove it from the heat and stir it until it stops bubbling up and then return it to the heat. The bubbling is the water from the tea evaporating from the honey mixture. Once the syrup reaches 225°F you can turn up the stove a little. Once the syrup reaches 240°F, the soft ball stage, remove it from the heat.

Trickle the hot syrup into the softened gelatin mixture while beating the syrup-gelatin mixture on low, being careful not to splash yourself with hot syrup. Stir the cinnamon and vanilla into the gelatin and syrup mixture.

Turn the mixer on high and beat for 10 minutes until the mixture is glossy and has the consistency of marshmallow cream.

How to tell if it's ready

When it's ready a line of marshmallow cream will remain on the surface of the marshmallow without sinking back in. A trickle of marshmallow cream will fall very slowly off a spatula into the bowl, making a long ropey string of marshmallow. You don't want stiff peaks.

Turn off the mixer. Transfer the marshmallow cream to the prepared pan. Smooth the top. Dust with more elderberry or rosehip powder.

Allow the pan to sit at room temperature to set for 4 hours.

Dust cutting board with elderberry or rosehip powder. Flip the marshmallows onto the cutting board and cut with a greased pizza cutter.

Store in an airtight container at room temperature. (Shelf life: 2 weeks)

Serve these Elderberry Marshmallows at the first sign of a cold. The gelatin and elderberries are soothing for the throat and cough. The cinnamon and the elderberries are antiviral and anti-inflammatory. Rosehip powder adds additional vitamin C. And this tastes fantastic.

CHAPTER SEVEN

Tonic Marshmallows

So far in this book we've looked at soothing and healing marshmallows. In this chapter we'll consider a few adaptogenic herbs that are tonic and strengthening to the body. Sweet tonics like schizandra berry, goji berry, Tulsi, morinda, and nettle leaf help to restore the strength. Pine bark, sarsaparilla, and sassafras are high in antioxidants and are also tonic to the body.

You can add tonic herbs to marshmallows by making a strong water infusion (tea) or decoction and using this herbal infusion as the liquid to soften the gelatin in as well as the liquid to boil the honey with. The herbal benefits reside in this liquid. For sweeter tasting tonic herbs like the berries, powdering the dried herb and using it as the coating to dip the moist marshmallows in, allows you to gain more herbal benefits. As Mary Poppins sang, "Just a spoon full of sugar helps the medicine go down, in a most delightful way."

Here's a basic recipe that you can adapt for use in your herbal kitchen.

Tonic Marshmallow Recipe

Yield: 36 marshmallows

Ingredients:

2 tablespoons of powdered sweet tasting herbs for dusting (divided)



1 cup of boiled water

1 tablespoon tonic herb, dried
or 2 tablespoons fresh tonic
herb

1 teaspoon flavorful herb
leaves, dried or 1 tablespoon
fresh leaves

3 tablespoons beef gelatin

1 ¼ cups of honey

¼ teaspoon Himalayan salt

1 teaspoon vanilla extract

Directions:

Grease a 9 x 9 pan. Line the pan with parchment paper in two directions. Lightly dust the parchment paper with 1 teaspoon of powdered herbs like cinnamon, rose hip, or goji berry.

Add ½ cup of herbal tea and gelatin to the mixing bowl.

Add the remaining ½ cup of herbal tea and honey to a saucepan. Bring to a boil over medium heat. Continue boiling until the honey reaches 240°F on a candy thermometer. Remove from heat.

Trickle hot syrup into the softened gelatin mixture while beating the syrup-gelatin mixture on low, being careful not to splash yourself with hot syrup.

Turn the mixer on high and beat for 10 minutes until the mixture is glossy and has the consistency of marshmallow cream.

Turn off the mixer. Transfer the marshmallow cream to the prepared pan. Smooth the top. Dust with more tapioca starch.

Allow the pan to sit at room temperature to set for 4 hours.

Dust cutting board with powdered herbs. Flip the marshmallows onto the cutting board and cut with a greased pizza cutter.

Store in an airtight container at room temperature. (Shelf life: 2 weeks)

CHAPTER EIGHT

The Herbs



This is a brief description of the medicinal benefits of the herbs that are prime candidates for including in herbal marshmallows. Know that this just scratches the surface of the amazing attributes of these herbal allies.

- Chamomile – Carminative, nervine, antispasmodic, bitter, anti-inflammatory, vulnerary, antimicrobial, antidepressant, anxiolytic.
- Chocolate – Diuretic, stimulant, aphrodisiac, antidepressant, nutritive.

- Cinnamon – Carminative, hypoglycemic, antispasmodic, analgesic, aromatic, digestive, anti-fungal, anti-microbial, anti-viral, diaphoretic, emmenagogue, hemostatic, hypotensive, sedative, stimulates and then depresses the nervous system.
- Elderberry – Immunostimulant, diaphoretic, antidiarrheal, antispasmodic, diuretic, laxative, antirheumatic, anti-viral.
- Ginger – Stimulant, carminative, antispasmodic, rubefacient, diaphoretic, emmenagogue, anti-inflammatory, hypotensive, hypoglycemic, cholagogue, antimicrobial, antioxidant, digestive.
- Hawthorn – Antispasmodic, cardiogenic, astringent, diuretic, hypotensive, antioxidant.
- Hibiscus – Hypotensive, anti-oxidant, cardiogenic, carminative, digestive, hypoglycemic, anti-inflammatory, tonic.
- Lavender – Carminative, nervine, antispasmodic, anxiolytic, antidepressant, rubefacient, emmenagogue, hypotensive, relieves headaches.
- Lemon Balm – Carminative, nervine, antispasmodic, antidepressant, diaphoretic, antimicrobial, hepatic, anxiolytic, tonic, antiviral, hypotensive.
- Mint – Carminative, anti-inflammatory, antispasmodic, aromatic, diaphoretic, anti-emetic, nervine, antimicrobial, analgesic.
- Rose – Astringent, vulnerary, nutritive, immunomodulator, anti-inflammatory, antibacterial, antioxidant, antitussive, hypoglycemic, antispasmodic, hypnotic, anxiolytic, anti-depressant, tonic.
- Tulsi or Holy Basil – Adaptogen, nervine, carminative, hypoglycemic, antibacterial, antidepressant, emmenagogue, expectorant, radio-protective, tonic, stimulant, antifungal, antiviral, immunomodulator, antioxidant, neuro-protector, anti-tumor, antispasmodic, decongestant.



ABOUT THE AUTHOR

Chris empowers women through her writing and at JoybileeFarm.com to reclaim their intuition and inner strength in nourishing and healing their families, deeply rooted in their homes, with joyful, intentional, self-reliance.

Chris is the author of the *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015) and *Homegrown Healing, from Seed to Apothecary* (2016), and “*The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More*” (2017)

Chris lives with her husband Robin in the mountains of British Columbia on a 140 acre ranch where they raise lamb and medicinal herbs. They have 3 adult children and 3 granddaughters.

