

## **A Few Recipes for Treating Inflammatory Bowel Diseases**

### **Blackberry Root Cordial**

Blackberry Brandy or Blackberry wine 1L. Blackberry root 200gm. Macerate & shake in a large jar for 1 month. Filter and return to original bottle with additional label. Take 1t spoon to 1Tbl spoon 3X a day before meals.

### **Herbal Anti-inflammatory to get off Cortisone (Prednisone)**

Strong decoction of combined Glycyrrhiza glabra + Dioscorea villosa + Bupleurum falcatum. (10 gm each in 500mL of water) Drink between meals each day 1/3 one jar. Also the combined tinctures 5-10mL TID between meals in water.

### **Cold Water Extract of Althea officinalis radix**

Take a 1L mason jar and put in 1 Tbl spoon of marshmallow root. (Fresh or dried) Cover with cool spring or reverse osmosis water. Close lid and shake for a minute. Leave jar on counter overnight. In morning, filter liquid through sieve into 2<sup>nd</sup> jar. Sip at water throughout the day. Finish 1 jar per day and make fresh each night.

### **A pleasant tea for drinking throughout the day.**

Combine into a tea tin equal amounts of Mentha piperita + Flipendula ulmaria + Matricaria recutita. 1t spoon per cup and drink ad lib.

### **Triphala the Indian universal remedy for the bowels**

Emblica officinalis, Terminalia belerica, and Terminalis chebula are fruits from the Indian subcontinent used in Ayurvedic medicine. They are dried and powdered to be used for a myriad of conditions. 1t spoon in water at bedtime is the beginning dose for all forms of bowel management. Can be purchased in health food stores or SE Asian makets.

### **A smoothie for treating mild diahrrhoea**

Take 500mL of Kefir or yoghurt and scoop into blender. Add 1 or 2 green bananas. Add 1Tbl spoon of cinnamon powder + 1 Tbl spoon of carob powder. Blend until it is homogenous. Eat 100 to 200 mL every ½ hour until diahrrhoea stops.

### **Simple Kichri recipe is easy to digest**

Put one stick of cinnamon + 4 cloves + 4 cardamoms + 1Tbs of oil in pan and heat. When you can smell the herbs add ½ cup rice and ¼ lentils and heat for a minute. Add 3 cups of water careful not to splash hot oil and reduce heat to medium. As soon as it boils add 1 tsp turmeric stir and reduce heat to simmer. 30 to 45 minutes it should be Cooked down to not totally dry.

### **Turmeric powder balls. 1t spoon of turmeric mixed with water. Drink down .**