

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 Glycerrhiza 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 2nd 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 .