

Grief And Herbal Supports

by
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The clinic

- From a harm reduction, trauma informed lens
- Rooted in Grief work.



Getting to the Root Cause of Chronic Conditions

Oxidative Stress is when Free Radicals outnumber Antioxidants.

- Stress
- Fight or Flight
- Insulin resistance
- High BP Kidney/Liver Stress

\wedge Stress = \wedge Free Radicals
 $= \wedge$ inflammation



Berries

Benefits:

- Anthocyanin
- Oxidative Stress
- Strawberry Vit. C
- Raspberry Fiber
- Blueberry Vit K
- Antioxidant

Vulnerable
Grief

Fruit as needed.

Leaf:

1-2 tsp in 1 cup boiled
water.

Steep 15 mins
3 times a day



Dandelion Root

The very thing we see as weeds, are actually our helpers

Rich in inulin
Prebiotic fiber supports healthy gut microbiome.

Dried roasted root excellent coffee substitute.

1 Tsp ground or finely chopped in 1 cup boiled water steep 15-20 minutes.



Milky Oats

Benefits:

- Nervous System
- Nourishing
- Mineral Rich
- ^ Energy

Mucilage-coating
Long Term Tonic
Cooling

Milky Oat Tops and or
Stalk Straw

1-2 tsp in 1 cup boiled
water.
Steep 15-20 mins
3 times a day long term.



Wild Chamomile

Benefits:

- Stress
- Oxidative Stress
- Sedative - Sleep
- Anti-Inflammatory
- Carminative
- Cooling

Flowers used in a Tea

1-2 tsp in 1 cup boiled water.

Steep 15 mins
As needed



Sweet Basil/Holy Basil

- Cognitive function
- Memory
- ADHD
- Focus For Studying
- Mental Fog
- Depression
- Warming/ Drying
- Stress Anxiety

1-2 Tsp in cup
Steep 15 minutes.



Wild Rose

Benefits

- Mental Clarity
- Uplifting
- Calming
- Mood Altering
- Protecting

Rosehips

- Astringent
- Immunity
- Vitamin C
- Self Love
- Weepy

2 Tsp Petals in 1 cup
boiled water. Steep 15 min

Hips: 3-4 Tbsp decoction



VIOLET

Leaf and Flower are used

- Cooling and Moistening
- Anti-Inflammatory
- Respiratory conditions
- Heart emotional
- Grief and Loss
- Supportive Softening.
- Lymphatic

1-2 Tsp of Flower, leaf

1 cup of under boiled water

Steep 5 - 15 min. Or Overnight
Infusion in cold water.



Thank you

@Giwaabamin: IG TT



