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Herbal Kids WINTER Foundations

Land Acknowledgement

Sauk & Meskwaki
Ho-Chunk (Winnebago)
Očhéthi Šakówinj



CLASS OUTLINE

- + Whole Person Wellness
- + Food as Medicine
- + Safety & At First Sign
- + Energetics & Recipes



WHOLE PERSON WELLNESS

- +Social, Physical, Environmental & Emotional Health
- +Identifying personal & collective keys to wellness - health inequalities & implicit bias.
- +Access to seasonal food, movement, rest, sunshine, clean water and connection.
- +Whole Body Systems working together - Metabolism, Lymphatic, Digestive, Nervous system

FOOD & HERBAL SUPPORT

- + Seasonal and Fresh
- + Healthy Fats
- + Fermented Foods
- + Backyard Greens
- + Mushrooms
- + Nourishing Soup & Broth

Beets

Nutrient,
vitamin &
mineral dense

High in
antioxidants,
Rich in fiber

[Garlic Borscht](#)

[Beet Kvass](#)



FOOD & HERBAL SUPPORT

Alteratives - as food, tea, tincture

+ Burdock Root (*Articum lappa*)

Moistening, nourishing, bitter, rich in prebiotic inulin, liver alterative

+ Dandelion Root (*Taraxacum off.*)

Tonic for lower GI & liver/hepatic alterative, bitter

+ Nettle Leaf (*Urtica dioica*)

Mineral & vitamin rich, supports adrenal health, nutritive alterative



BONE BROTH

- + Supports bone marrow & GI system
- + Rich in protein, gelatin, trace minerals
- + Economical and versatile in the kitchen

Herbal Bone Broth Recipe

- + 1-2 lbs bones of pastured, healthy animals
- + 1/4 cup vinegar
- + 4 large carrots, 4 stalks celery, 2 onions, 6 or more cloves garlic
- + 1-2 cups fresh or dried mushrooms (Shiitake, Turkey Tail, Oyster, Button)
- + 1/2 cup Burdock root, 1 cup Nettle leaf, 1 cup Oatstraw, a few pieces of seaweed

//How To\\

- + Saute onions, garlic and veggies in fat of choice - add vinegar
- + Add the bones, rest of veggies, mushrooms, and herbs
- + Cover with water and bring to a simmer, skim any scum and bring back to a simmer, covered for 12-24 hours.
- + Last hour - add small amounts of aromatic herbs like Rosemary, Thyme and Parsley. Add salt to taste.
- + Strain broth. Drink, make into soup, gravy or freeze for later.



[Resources](#)

HERBAL VEGGIE BROTH

- + Minerals - Calcium, Mag, Silica, Potassium
- + Economical and versatile in the kitchen

Herbal Veggie Broth Recipe

- + 2 cups -ish total dry herbs such as Red Clover, Nettle, Raspberry Leaf, Oatstraw, Burdock Root
- + 1/4 cup vinegar
- + 4 large carrots, 4 stalks celery, 2 onions, 6 or more cloves garlic
- + 1-2 cups fresh or dried mushrooms (Shiitake, Turkey Tail, Oyster, Button)

//How To\\

- + Saute onions, garlic and veggies in fat of choice - add vinegar
- + Add the herbs & mushrooms
- + Cover with water and bring to a boil, simmer covered about an hour.
- + Last 10 mins. add small amounts aromatic herbs like Rosemary, Thyme and Parsley. Add salt to taste.
- + Strain broth. Drink, make into soup, gravy or freeze for later.



LOCAL IMMUNE SOUP

1 lb Mushrooms (Maitake, Shiitake, Oyster or combination)
1 cup fresh Burdock root, chopped
1 cup Daikon or Beauty Heart winter Radish, sliced thin
1 onion, diced
3 cloves Garlic, minced
3 TBSP fresh Ginger root, minced
8 cups or bone or veggie broth
1/4 cup Dulse or Kelp seaweed
Salt and Pepper to taste

Optional for Garnish:

Scallions

Lemon wedge

Toasted Sesame oil

Coconut Aminos or Tamari

Saute onions, garlic, mushrooms, ginger in lard, coconut oil or ghee until soft. Add burdock root, radish, seaweed and broth. Bring to a simmer for about 10 minutes. Add garnishes and a squeeze of lemon.



AT THE FIRST SIGN & SAFETY

- +Rest as much as possible
- +Bundle Up - Sweat/Hot Bath
- +Hydrate - Make tea
- +Avoid cold food, drinks, sugar
- +Kitchen spices, help digestion, warm circulation & antimicrobial
- +Drink broth, soup, simple
- +If cold - try Fire Cider, Spicy kitchen herbs
- +If hot - try Echinacea, Elderflower, Catnip

Red Flags

- +Illness in a child under 6 months
- +stiff neck
- +dehydration (common in kids)
- +forceful vomit
- +severe headache
- +visual pain
- +severe facial pain
- +difficulty breathing
- +persistent sore throat
- +pre-existing health conditions

ELDERBERRY (SAMBUCUS SPP.)

- +Flavonoid rich berry which disrupts virus replication
- +Blood Builder
- +Antioxidant that increases production of B-Cells/T-Cells/WBC
- +Avoid consuming raw berries. Compounds release hydrogen-cyanide as a defense mechanism, mostly in leaves and stems. *Use ripe berries in preparations.* Seeds have irritant resins, so strain seeds from syrups, tinctures.
- +Make syrup or tincture
- +Suggested Syrup Dosage for Adults : 1-2 TB syrup every hour awake at first sign.



Dosage Thoughts for Kids

Potency of herbs, age of child, preparation and why administering herbs
Clark's Rule: Child's weight divided by 150 lbs times the adult dose.

SYMPTOMS AND ENERGETICS

FEVERS & DIAPHORETICS

Fever response - can be supported with Diaphoretic herbs that direct circulation outward, ventilate the body and support perspiration. Monitor for dehydration.

Stimulating (increase peripheral stimulation)
Person may have cold extremities, demeanor lethargic, early in fever response, “turn the heat up”
Ginger, Thyme, Oregano, Fire Cider, spicy, pungent taste

Relaxing Diaphoretics (lessen resistance)
Person may have dry skin, restless, prolonged shivers, body aches, “open the windows”
Elderflower, Linden, Lemon Balm, Catnip, Blue Vervain, bitters, acrid taste

Both - Mint & Yarrow



COUGH & CONGESTION

Energetics

Dry Cough
(wheezy, tight,
non-productive)

Demulcent Herbs
Marshmallow
Violet leaf
Plantain leaf
Licorice
Mullein
Honey



Wet Cough
(lots of mucous,
stuck)

Aromatic Herbs
Garlic
Sage
Thyme
Rosemary
Elecampane
Warming Foods

Spasmodic (At night)
Wild Cherry (cool/moist)
Mullein (neutral/moist)
Cramp Bark (warm/dry)

HERBAL PREPARATIONS FOR WINTER WOES

Stears & Baths - aromatic herbs

Honey Pastilles - demulcent herb powder & honey

Oxymels - 1:3 herbs to vinegar/honey

Tea - make a bunch and store in a press pot

Tincture - useful for regular application

Chest Rub/ Infused Oils - Evergreens & aromatic herbs

**Electrolyte Replacement - 8oz. Water, 1/4 t. Baking soda, pinch salt
& 2 TB honey or maple syrup**



HERBAL COUGH SYRUP



- 1/2 cup Elderberry (*Sambucus spp.*)
- 1/4 cup White Pine (*Pinus strobus*)
- 1/4 cup Thyme (*Thymus vulgaris*)
- 1/8 cup Elecampane root (*Inula helenium*)
- 1/4 cup Rose hips (*Rosa spp.*)
- 1/8 cup Mint (*Mentha spp.*)

In a saucepan, add 1 quart of water, Elderberry, White Pine, Elecampane and Rose hips. Gently heat, with lid 1/2 on till reduced by about half. Add the mint & thyme and simmer for 15 minutes, cover and turn off heat. Strain herbs and add 1 cup honey and warm to mix. Careful not to simmer. Keep refrigerated for up to 3 months. Suggested dose 1 tsp. - 1 TB as needed.

RECIPE IS BEST SUITED FOR A DAMP COUGH WITH LOTS OF MUCOUS. HONEY IS NOT RECOMMENDED FOR CHILDREN UNDER 1 YEAR OF AGE.

QUESTIONS?

THANK YOU

CONTACT -

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