

A Journey with ME

I was born and raised in The South Valley of Albuquerque, NM. My family lineage comes from Abo & Polvadera, NM. Both towns are historically connected through the tribes and language spoken in the area. Piro was spoken and considered poor version of an extinct Tanoan language. Piro is classified as a Tiwa language. Spanish/Mexican language came after.

My family still lives on the family land in Polvadera.

As children we were not taken to doctors. Our grandmothers made herbal medicine and practiced traditional rituals that have been traditionally handed down.

We were also taken to a Curandera who practiced Curanderismo regularly. Also, raising our own animals and vegetation.

When I began having children of my own; I continued the practices and furthered our knowledge as a family. It has kept us curious as a family and connected to our heritage and culture.

My maternal grandmother didn't finish 2nd grade and my paternal grandmother never attended school.

As PeOpLe We all have a connection to the practices of Herbal Medicine. It was once the way. While current medical practice serves a purpose. Our Health is in our OWN hands. There is no magic pill or magic herb.

It is taking control of our OWN HEALTH!

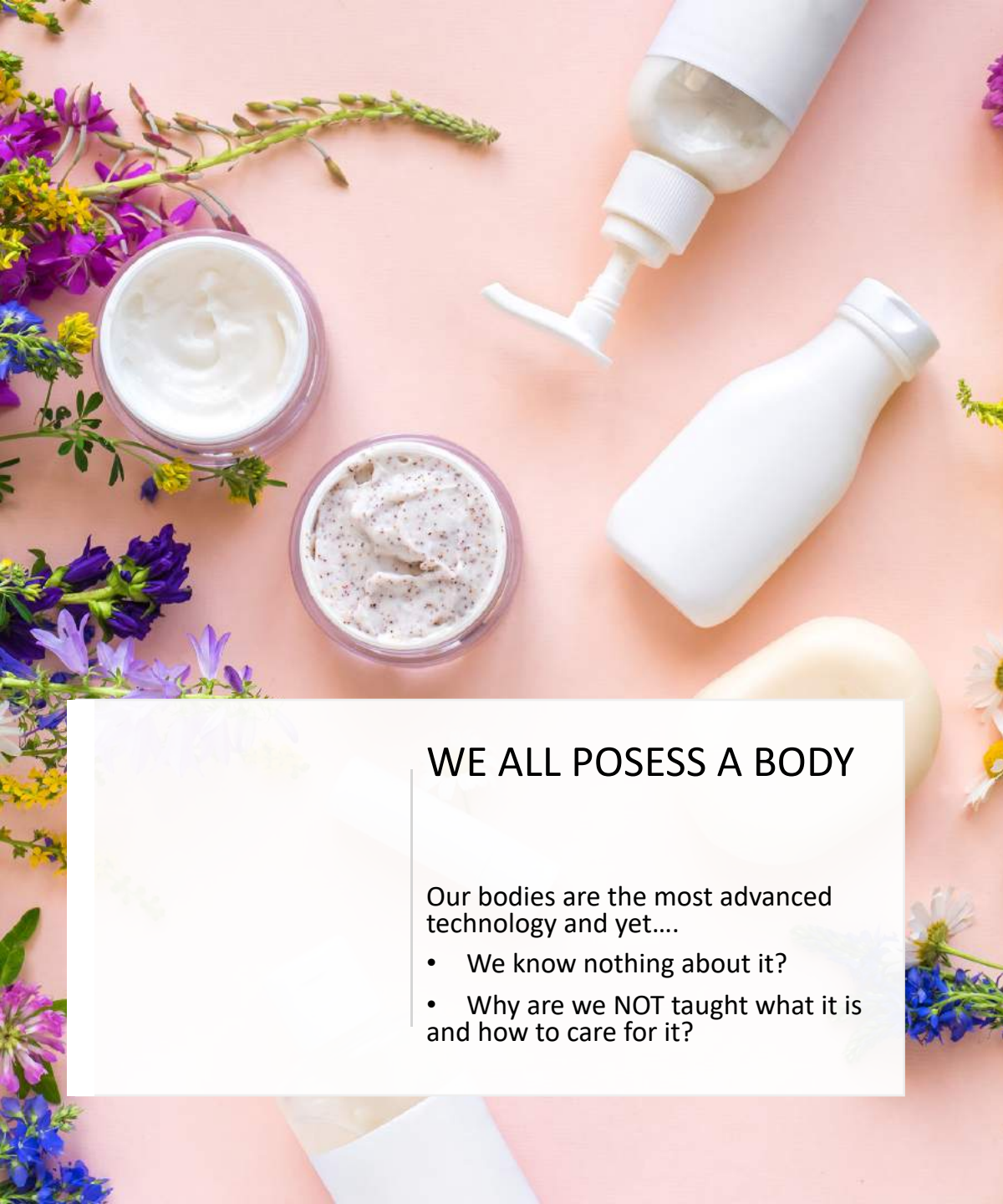
In January 1912 NM became the 47th State



Herbal Medicine & Natural Medicine

OUTLINE

- Human Body –Know it
- Food & Everyday Products
- Connection
- EcoSystem
- Herbal & Natural Remedies
- Spiritual & Ancestral Practices



WE ALL POSESS A BODY

Our bodies are the most advanced technology and yet....

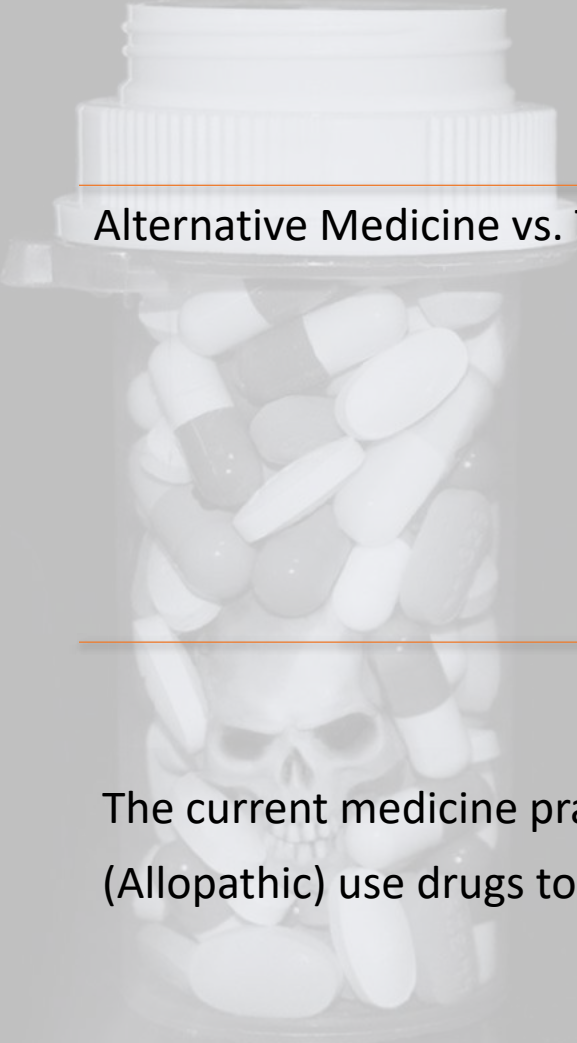
- We know nothing about it?
- Why are we NOT taught what it is and how to care for it?





Food





Alternative Medicine vs. Traditional/Original

DID YOU KNOW?

Every *19 minutes* in North America someone *dies* from an FDA approved drug.

The current medicine practiced is...

(Allopathic) use drugs to treat illnesses not to cure them.

Natural News

The WAR on NaTuRe

Why & How they got rid of those who practiced natural remedies.

One big problem with natural remedies was that it wasn't possible to patent them.

A disconnect of people from their food, medicine and understanding their connection as the ecosystem.

Current practice of medicine is not to make people healthy but paying customers. You don't make profit on those you make healthy.

Americans spent 576.9 Billion on medicine in 2021 and revenue for the worldwide pharmaceutical market in 2022 was 1.48 Trillion Dollars.

WHO stats

*We're at war with Nature. If we win we're lost.
Hubert Reeves*



**KILLS
CRABGRASS**



**KILLS WEEDS ·
WON'T HARM LAWNS***

3 UP TO
MONTH
CONTROL**

KILLS CRABGRASS · DANDELION · CLOVER · YELLOW NUTSEGE***
FAST ACTING FOR VISIBLE RESULTS IN HOURS

Keep Out Of Reach Of Children

CAUTION

Keep this and other lawn care products out of reach of children. See back panel for additional precautionary statements and EPI's.

Mantener Fuera Del Alcance De Los Niños

PRECAUCION

Mantenga este y otros productos de mantenimiento de césped fuera del alcance de los niños. Ver el panel posterior para obtener información adicional sobre precauciones y declaraciones de seguridad.

ACTIVE INGREDIENTS

GLYPHosate isopropylamine salt	22.0%
Sulfentrazone	2.0%
Triclopyr, trimethylamine salt	2.0%
3-phloracetone	2.0%
OTHER INGREDIENTS	72.0%
TOTAL	100.0%

THIS PRODUCT CONTAINS

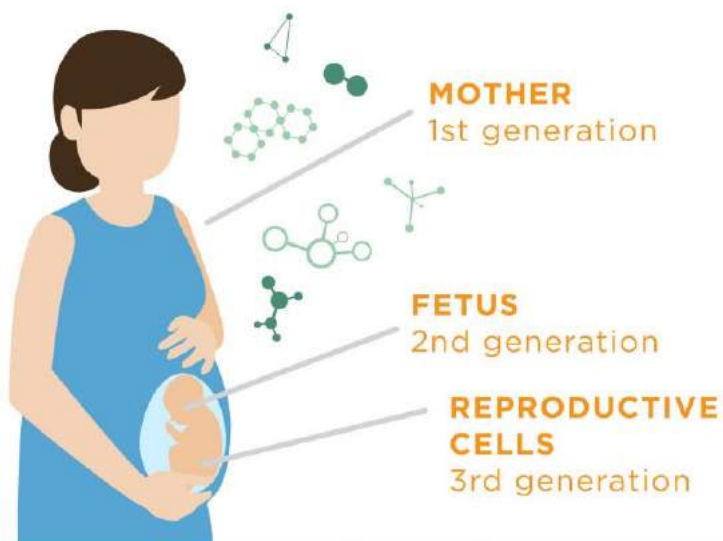
- 0.12% of 1-methyl-3-chloroacetophenone, active ingredient per gallon at 2.25%
- 0.25% of 1,1-dichloro-2,2-bis(4-chlorophenyl)ethane, active ingredient per gallon at 2.5%
- 0.25% of 3-(4-chlorophenyl)-2-propenoic acid, active ingredient per gallon at 2.5%
- 0.25% of 2,4-dichlorophenoxyacetic acid, active ingredient per gallon at 2.5%
- 0.12% of 1,1-dichloro-2,2-bis(4-chlorophenyl)ethane, active ingredient per gallon at 2.25%

NET CONTENTS / CONTENIDO NETO: 1.33 GALLONS (170 FL. OZ./L)

* When used as directed.
** See back panel for details.
*** See back panel for details.

A Fiber of Our Ancestors

WHAT DOES THAT MEAN?



TRANSGENERATIONAL EFFECT - A health effect in (great)grandchildren caused by toxic exposures to the (great)grandparent.

EPIGENETICS - The study of chemical markers that bind to DNA and change the way it functions. Epigenetic changes in the sperm or eggs can follow exposures to various stressors and be passed down to future generations.

Many Everyday Products are a threat to the Endocrine System.



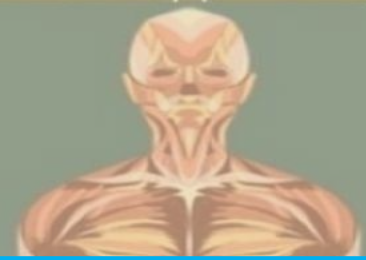
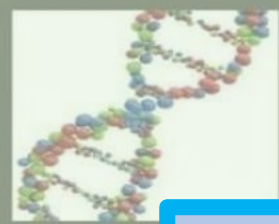
Endocrine System =
Complex Network of
Glands and Organs

HOW YOUR BODY REBUILDS ITSELF IN LESS THAN 365 DAYS

FACT: Your entire body totally rebuilds itself in less than 2 years, and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Every day is a new opportunity to build **a new body.**

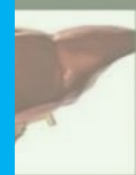
DNA:

Your DNA renews itself every 2 months.



BRAIN:

Your brain rebuilds itself in 1 year.



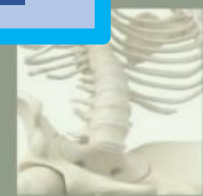
LIVER:

Your liver rebuilds itself in 6 weeks.



STOMACH:

The lining in your stomach rebuilds itself in 5 days.

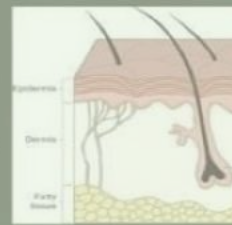


BONES:

Your body builds a whole new skeleton in 3 months.

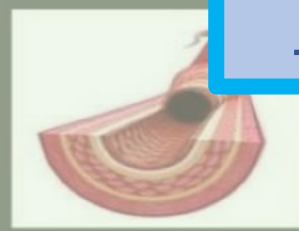
SKIN:

Your skin rebuilds itself in 1 month.



BLOOD:

Your blood renews itself in 4 months.



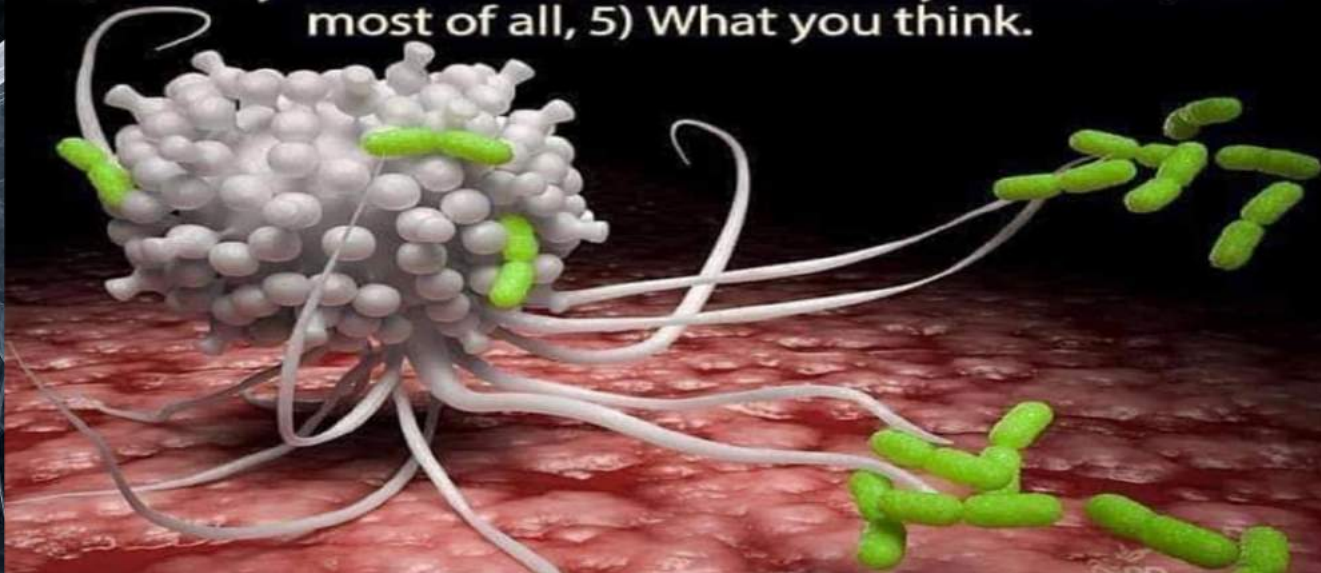
*Your body is younger than you!
No matter how old you are,
most of your body is less than 10
years old because our cells are
always recycling!!!*

You are what you eat

Every day of your life, your immune system destroys a cell that would have become cancer if it lived.

The 5 things that influence this process are:

- 1) What your skin absorbs;
- 2) What you ingest;
- 3) What you breathe;
- 4) How much you move;
- and most of all, 5) What you think.



- *Skin Largest Organ*
- *60% of what we put on our skin is absorbed*
- *Children absorb 50% more than adults*
- *26 Seconds to enter your bloodstream*

The Immune System

Immune System = Fight harmful substances and germs that enter the body (for instance through the skin or digestive system.)

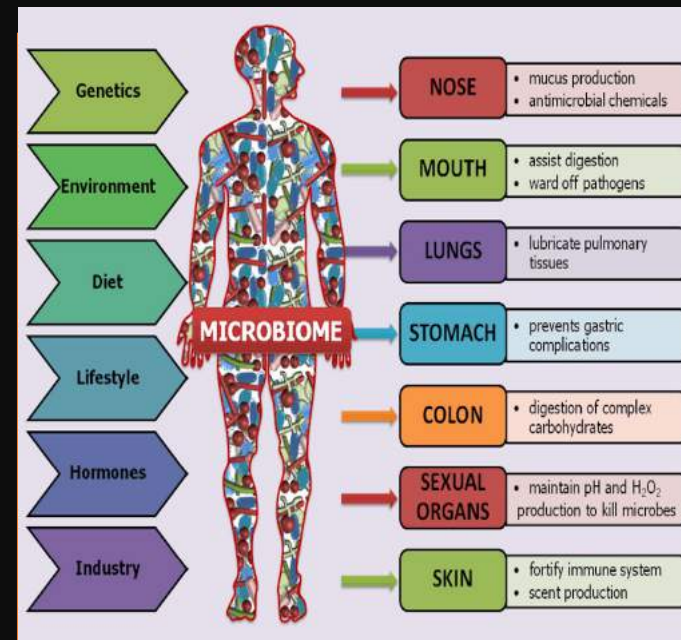
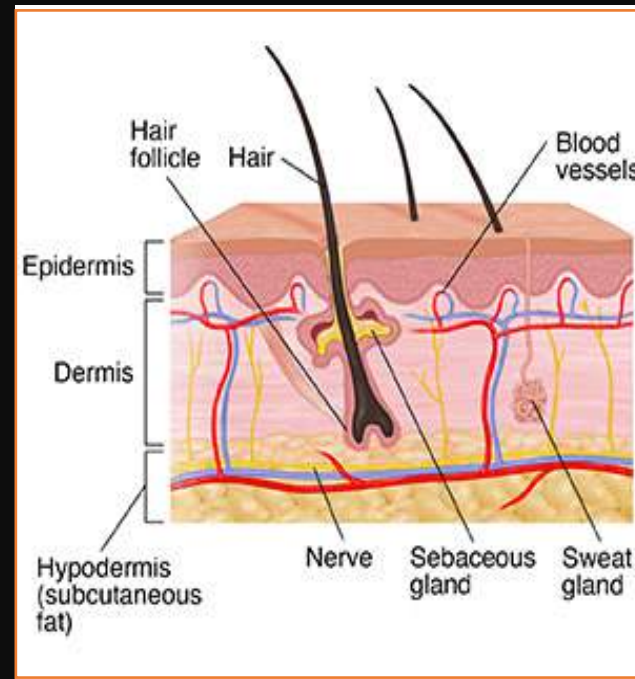
Immunity = state or quality of being resistant to a particular infectious disease or pathogen.

System = set of things working together as parts of a mechanism or an interconnecting network.

Disorder = Noun. A STATE OF CONFUSION

Verb. DISRUPT THE SYSTEMATIC FUNCTIONING OR NEAT ARRANGEMENT OF.

Auto = Self (Latin - Perfect)



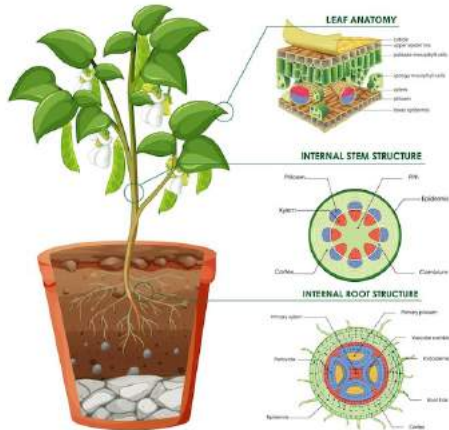
70% Auto Immune Disorders Environmental
90% cancers are Environmental

Microbiome = Environment/Ecosystem

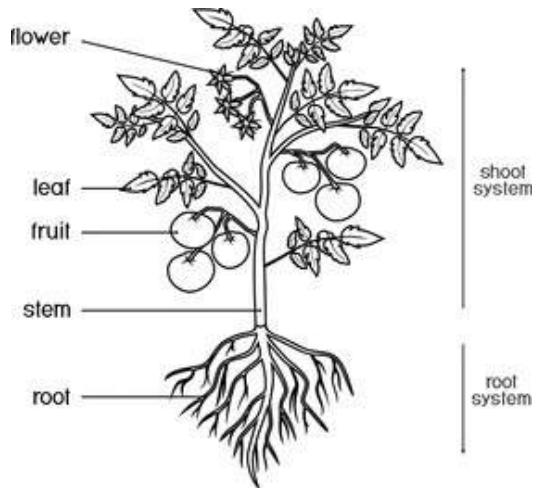
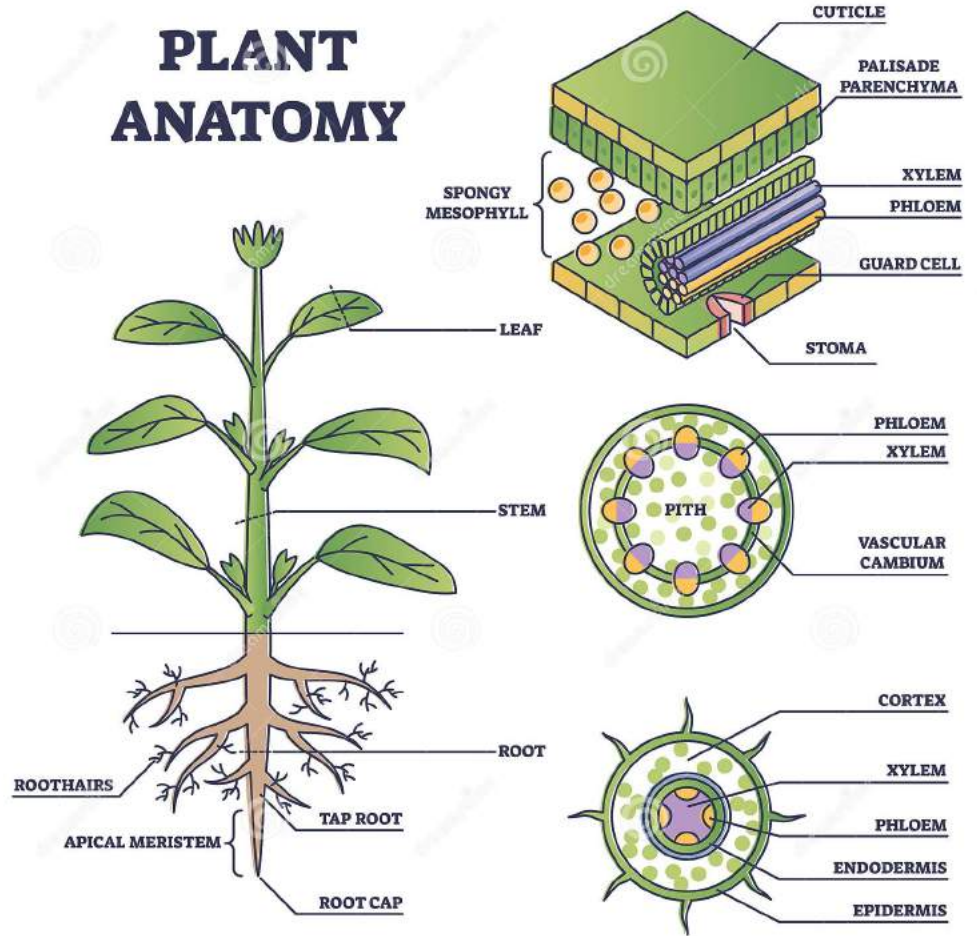


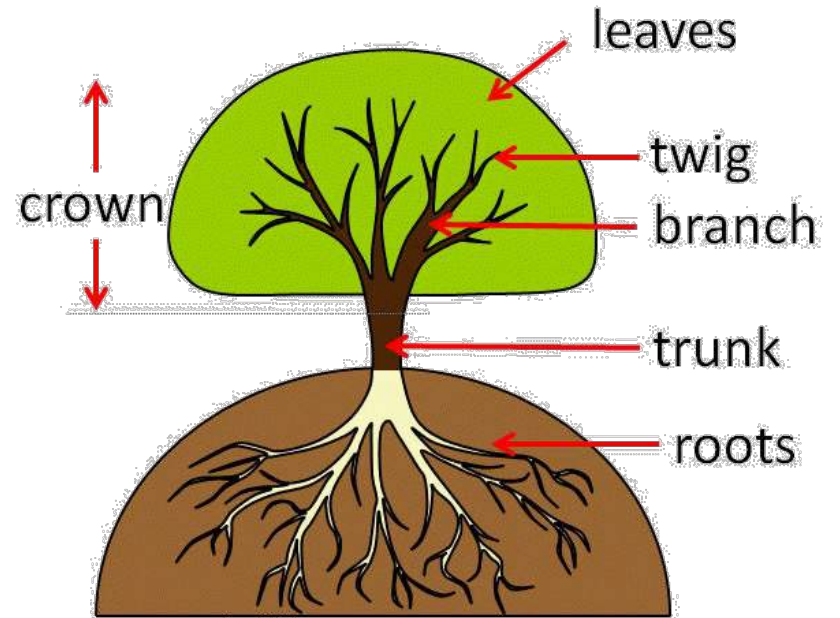
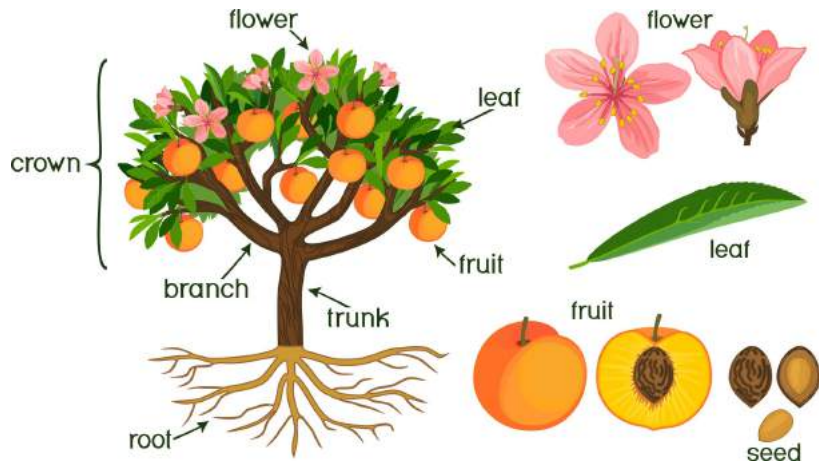
Plant and Tree Anatomy

PLANT TISSUE SYSTEMS



PLANT ANATOMY





You ARE Connected to everything! Attached to Nothing

We need to make our children aware as we have been taught that we belong to this EaRtH!

This is what sickness is that we as humans have forgotten that we belong.

We hear people saying all the time that “Humans are the virus , the parasite.”

Actually, NO! Humans are a fundamental part of this ecosystem.

The People have forgot we ARE THE ecosystem.


We think we are above it and that we can dominate it, we can extract from it and that we are different from it! But WE ARE NOT!

The FACT is WE ARE IT and we need to come back to that FACT.

We need to heal from the lie that we are not connected. Right now we are disconnected because we have been told we are separate. We are in fact NOT.

-John Trudell

WE ARE THE TIERRA



Learning the difference between connection and attachment

Connection gives you power and is from the heart.

Attachment is life draining and of the mind.



How we treat our environment is how we treat ourselves

Become a Tree or a Plant! Even a Seed.

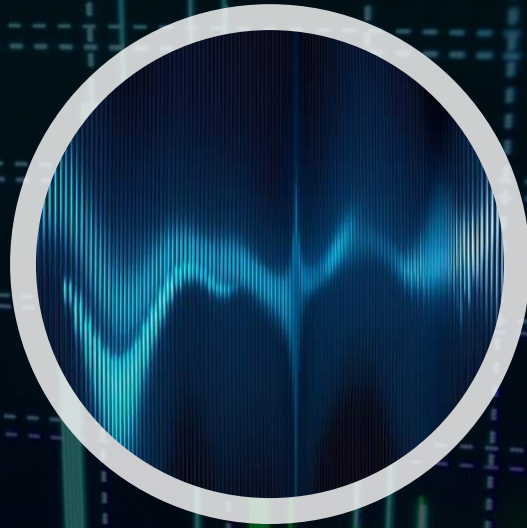
-
- **Roots of a tree/plant**
 - Network
 - Communicate
 - Heal
 - Reproduce

Energy is a form of Vibration & Frequency

The EaRtH has Veins

ENERGY





Vibration & Frequency

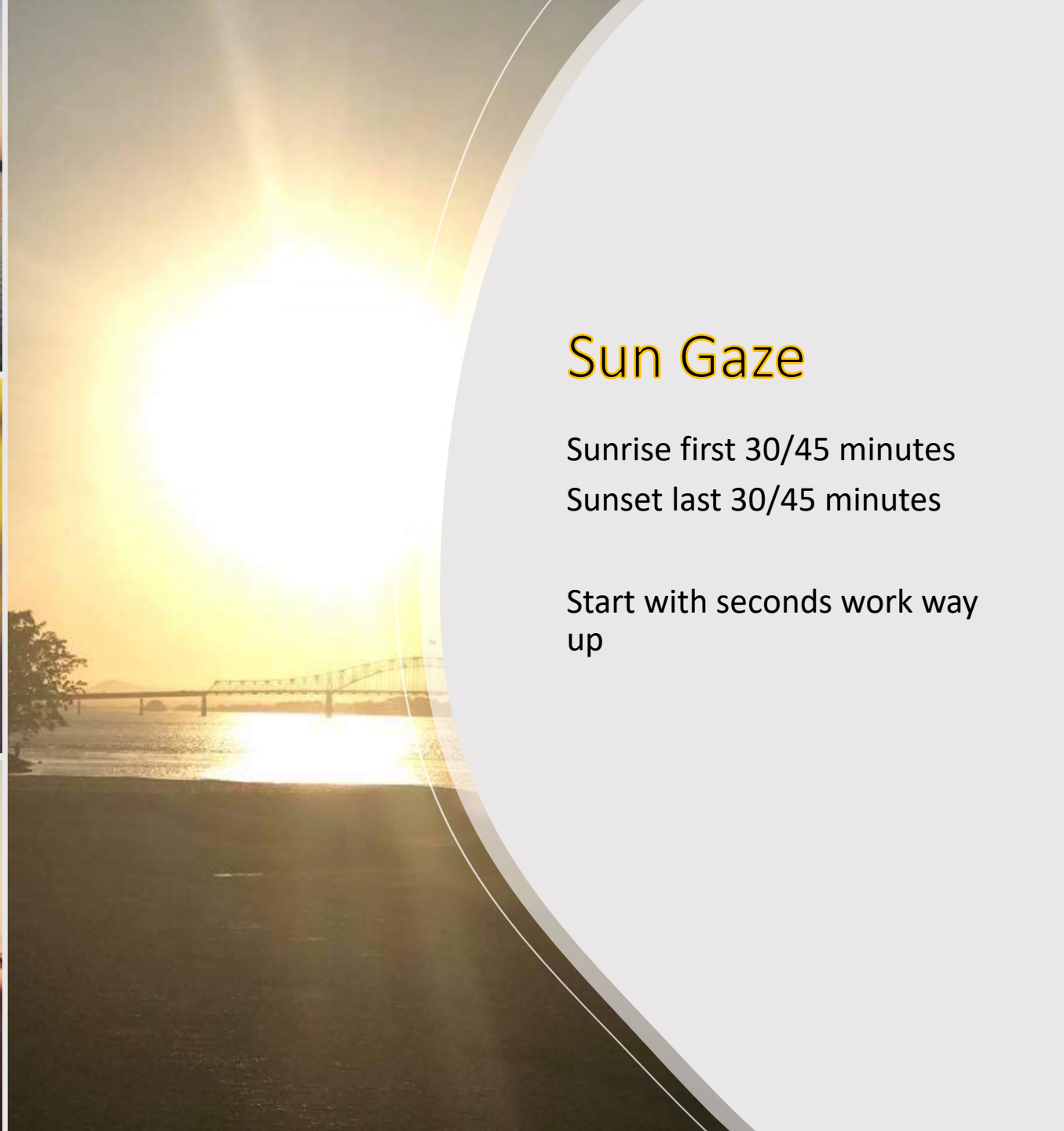
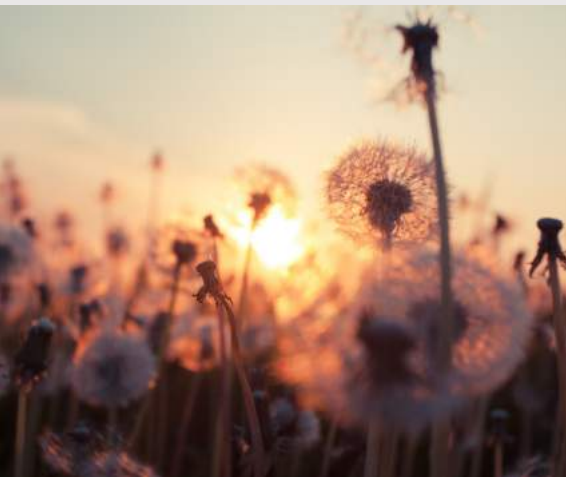




Tierra/Gaia (Earth) Grounding

- Always barefoot
- Mood Changer (Energy Exchange)
- Stress
- Healing Properties

Matter = Atoms (Protons, Neutrons and Electrons.)



Sun Gaze

Sunrise first 30/45 minutes

Sunset last 30/45 minutes

Start with seconds work way
up



GLOSSARY

ANALGESIC: A substance that relieves pain.

ANESTHETIC: A substance that deadens sensation.

ANTISEPTIC: A substance that destroys and retards growth of microorganisms.

ASTRINGENT: A substance that contracts tissue and reduces secretions.

BITTER: A substance that stimulates the stomach in order to increase appetite and promote digestion.

CALMATIVE: A substance that is mildly tranquilizing.

CARMINATIVE: A substance that stimulates peristalsis, a muscular contraction of the intestines, and expels gas. Laxative like.

CATARRH: An inflammation of the mucous membranes.

COMPRESS: A cloth soaked in an infusion or decoction that is rung out and placed directly on any part of the body.

DECOCTION: An extraction of the desired ingredients from roots, wood, bark, seeds or flowers done by slow boiling the herb for 20 minutes or longer.

DEMULCENT: A substance with mucilaginous properties that is soothing to the mucous membranes.

DIAPHORETIC: A substance that eliminates wastes and toxins through the skin by promoting perspiration.

DISINFECTANT: A substance that destroys infectious microorganisms.

DIURETIC: A substance that increases the flow of the urine, thus reducing water retention.

EMETIC: A substance that induces vomiting.

EMOLLIENT: A substance that is soothing to the skin due to its mucilaginous properties.

EXPECTORANT: A substance that stimulates discharge of mucous from the respiratory passages.

FOMENTATION: A washcloth immersed in an infusion or decoction that is left fairly wet and placed directly on any part of the body.

HEMOSTATIC: A substance that slows or stops bleeding, internal or external.

HERBAL BATH REMEDY: An infusion or decoction added to bath water.

INFUSION: The remaining tea left after any part of a plant is steeped in boiled water.

NERVINE: A substance that is a mild calmative.

POULTICE: A teabag used externally that contains a mixture of bruised or pulverized herbs that is applied directly to any part of the body.

TINCTURE: An herbal extract made by soaking herbs in a mixture of 50% alcohol for two weeks or more.

TONIC: A preventative drink for any disease or illness.

VERMIFUGE: A substance that expels intestinal parasites.

WASH: A liquid that is either in infusion or decoction that is used to wash any area of the body.

- Antimutagenic – able to decrease or even remove the mutagenic effects of potentially harmful chemicals.

Reducing the rate of mutation.

- Antifungal – destroy fungi or inhibiting their growth.
- Antibacterial - destroy fungi or inhibiting their growth or their ability to reproduce.
- Antimicrobial – substance that kills microorganisms such as bacteria or mold. Stops them from growing and causing disease.
- Antispasmodic – suppresses muscle spasms or convulsions. Relieves cramps in stomach, intestines and bladder.
- Astringent – causing the contraction of skin cells and other body tissues.
- Anticholinergics – Turning off the fight and flight reaction.

Anticholinergics block and inhibit the activity of the neurotransmitter acetylcholine (ACh) at both central and peripheral nervous system. Acetylcholine is our neurotransmitter.

- Anti-inflammatory – drug or substance that reduces inflammation in the body.
- Free Radicals – Aging Process.

Osha

Bear Medicine

(Porters Lovage/*Ligusticum Porteri*)

Most popular herb in NM and grows in the Rocky Mountains and Northern Mexico

Used by our family generationally for any problem.

Osha Root is most potent part of the plant.

Chew root raw for sore throats gingivitis and gum irritation.

Tea of boiled root loosens phlegm and combats viral colds and flu.

Cough syrup, tincture and tea.

Penitentes of NM made an ointment made that would heal all wounds to the skin.

Must wait 4 years for plant to mature before you can harvest the root

Sacred for its powers as a talisman

(mainly tied around the ankle or pinned to clothing)

Wards off rattlesnakes, evil spirits and witchcraft curses.



UT

KS

Farminington

CO P

OK

Texas

Arizona

New Mexico

Great Plains

Four Corners

Zuni Mts.

Gallup

Black Range

Truth or Consequences

Silver City

Deming

Las Cruces

White Sands NM

Carlsbad Caverns Nat. Park

Rio Grande

Texas

MEXICO

Colorado

Wheeler Peak

Taos

Santa Fe

Albuquerque

Rio Grande

San Andres Mts.

Ruidoso

Alamogordo

Carlsbad

Carlsbad Caverns Nat. Park

Clayton

Canadian River

Las Vegas

Tucumcari

Clovis

Pecos River

Roswell

Hobbs



100 mi

100 km

NEW MEXICO

LOW / HILLS / MOUNTAINS

Lamparas de dios

Lamps of the Lord

(Yucca)

Food, Medicine, Soap and Cord

Every part of the yucca plants is useful. Young stalks, flowers and fruit are edible.

Fruit from Yuccas that do produce fruit can be eaten when nice and plump then cooked.

Reduces swelling, good for arthritis, migraines, high blood pressure, diabetes, cholesterol, blood clots, stress and repairs your cells. Dandruff, skin moisturizer. Poultice to stop bleedings.

All yucca flowers are edible raw or cooked.

Soap – Leaves and outer part of root can be ground for soap.

Inside of root can be eaten like a potato and should be well cooked.

Cord to wrap smudge, weave baskets, blankets, crafts, sandals, etc.

Medicine – 1 Tbsp. Root (non-flowering) fine chopped, simmer in 2 cups water for 20 minutes or cut them up and place in alcohol for 1 month. Store in the dark when making a tincture. Then strain with cheese cloth for both methods.

Lamparas de dios

Lamps of the Lord

(Yucca) cont....

Braiding yucca fibers and hanging above the door to cleanse and protect home from spirits and energies.

Rub a slice of root all over your body one time a day for 7 days to remove hex, curse. After the 7 days burn the root and bury the ash away from your home to complete the process.

1927 became NM state flower



Goat Head

Puncture Vine

Terror of the Earth

Tribulus Terrestris

Natural Steroid

Antiaging

Antifungal

Reduces Blood Sugar Levels

Blood Pressure

Heart complications

Reduces stroke/Cholesterol levels

Testosterone booster

Improves ovarian function

Improves sperm production

Antibiotic

Antitumor

Liver cancer

Relieve Symptoms of Menopause

Gall stones

Bladder stones

Kidney stones and function

Eczema

Lungs

Liver

Jaundice

Alopecia

Harvest plant when the fruit is ripe. Pull entire plant with the root. You can powder, tincture, etc. with the whole plant or you can separate fruit.

Goat Head cont....

Puncture Vine

Terror of the Earth

Tribulus Terrestris

Eczema

Grind herb when flowering can add a little moisture and apply to skin.

Tea

You can Drink 2-4 ounces 2-3 times a day

Tincture

We tincture 30 drops twice a day

You can do 20-30 drops 2-3 times a day

Harvest plant when the fruit is ripe. Pull entire plant with the root.

You can powder, tincture, etc. with the whole plant
or you can separate fruit.

Used as a ceremonial medicine by Southwestern Indigenous peoples.
Navajos in the Chaco Canyon, New Mexico, El Palacio

Manzanilla

Matricaria Chamomilla

German Chamomile



Matricaria means WOMB

Another popular and much used herb in New Mexico

Calming
Insomnia
Mild laxative
Mild astringent
Menstrual cramps
Stomach pain
Colic in babies
Fever
Antimutagenic
Diaper rash
Skin rash
Anti-inflammatory
Antimicrobial
Antispasmodic
Slow or prevent
osteoporosis
Lowers cholesterol

Used in beers mostly craft beers

Boiled flowers added to a bath for hemorrhoids or afterbirth pain.

Used in hair rinses and shampoos for blonde or light hair.

Drink before bed to help sleep

Good for teething babies

Harvest when petals are drooping backward

Dandelion



First Food for the Bees

Fixes ground and then disappears on own

Can eat this from root to petal

Teas, Tinctures, Jelly and salads. So many uses.

Digestion, stimulate appetite, improves immunity, detoxifies

Vitamin A, C, K, Potassium & so much more.

Connects us in spiritual practice

Made wishes as kids

Harvest flowers when they are visible. As well as seeds. The roots can be harvested from Spring to Fall. Never over harvest. We need them to grow.



Yerba de Negrita

Sore Eye Poppy

(Scarlet Globemallow/Sphaeralcea)

Known in NM for hair shampoo
texture, shine and body
stimulates hair follicles
unclogs pores and conditions the scalp.

Grind up like yucca but use the plant.

Drink flowers, leaves and stems as a tea

Entire plant good to eat when young.
When the plant is mature the stems very
hard and woody.

Good for all issues in our digestive tract and
sore throat.

Used to help in childbirth and bathing the mom
and baby with the tea after for cleansing and
protection.

Indigenous cultures and tribes used by chewing the base of the plant (taproot) and place as a bandage in a cavity or wound. Applied to snake bites.

Medicine men chew before sucking a venom wound.

Good for breastfeeding/milk production

Eye treatments

Sore Throat

Toothaches

Make cheese with dried berries and animal parts such as cow stomach/rabbit or brain.

Berries are good for constipation boil or eat.

We crush the dried berries to a powder and place in nostril with a stick. Good for allergies, sneezing, congestion.

Can use plant leaves to tan hides

Used in closed practices and spiritual recipes

We harvest fruit when it is sun dried.

Trompillo

Satansbos – Satan's bush

Silverleaf Night Shade

Solanum Elaeagnifolium



What I Learned was this is was used as a building block to synthesize birth control hormones.

Some tribes won't discuss specific medicinal properties of this plant. The White Mountain Apache were one.

It's classified as harmful to humans
(THIS SHOCKED ME)

Mostaza

Asa/al-shalwa

London Rocket

Tumble Mustard/Hedge Mustard

Sisymbrium irio

seeds, young leaves and flowers are edible

(Antifungal/Antibacterial/Antimicrobial)

Fevers

Clean cut

Coughs

Chest Congestion

Phlegm from airways

Asthma

Painful joints/Relief rheumatism

Detox liver and spleen

Reduction of swelling

Tobacco Substitute

Antibiotic

Antidepressant

Harvest the flower, leaves while young to eat and the seeds sun dried. Can harvest mature leaves for tinctures and cough syrups.

Lechuga salvaje

(Prickly Lettuce)

Lactuca Serriola

Similar medicinal properties at dandelion &
Sow Thistle



Stems, leaves and flowers are Edible

Pain Killer/Opiate - I resin and tincture

Put Latex (Milk) on skin to kill germs

Insomnia

Anxiety

Stress Relief

Tension relief in musculoskeletal system
calms the nervous system

Water Retention/Swelling

Whooping Cough

PMS

Sunburn

Sex Disorders

Abortifacient

Harvest this plant when
the sun is out and before
it begins to flower. Only
taking about the first 12-
14 inches.

Used for spiritual dreaming by the Hopi and practiced by other cultures today to walk in
consciousness. Cleansing in the spiritual and physical.



Similar medicinal properties as dandelion

Stems, leaves and flowers are Edible

Dry root for coffee replacement

Leaves can curdle milk

Milk of plant can be used for warts

Mouthwash/Fresh Breath

Speed up childbirth

Hemorrhage during childbirth

Treat skin and eye problems

Delay menstrual cycle

Gum of plant has been used to cure
opium habit

Root can be used as Abortifacient

Calms nerves

Used for courage and to break curses

Lechuguilla

(Sow Thistle)

Sonchus oleraceus

Harvest when
young to eat.
Stems are good to
eat as well. You
can sautee.
Can let mature for
medicines.

Cota

Navajo Tea

Indian Tea

Hopi Tea

Yabanah

Hohoise

Green Thread

Thelesperma Gracile

Tea made from flower

Steep or Boil

Vermifuge (Expels intestinal worms)

Joint pain

Diuretic

Calms stomach when upset

Blood purifier

Nervous system stimulant

Mouthwash for tooth pain

Urinary tract infections

Harvest when the flower is open.
Only cutting the stem about 3
inches from the ground. This will
ensure the flower regrows for
more harvesting in the future.

Hopi and Diné traditional rituals prior to harvesting



Echinacea

Purple Coneflower

Antibiotic

Earaches

Acne

diaper rash

Healing properties as a tea boosts your immune system and this is the best blood purifier. Using as a tea when signs of a cold. Can make into a tincture as well

2g herbs with 8 oz. water or 5 ml tincture 3-5 times per day.

For chronic infections ½ tsp a day.

Don't use for more than 8 weeks.

Ritualistic – Protections, Purifications, Healings and many others.

Grow in house for prosperity, prevent hardship.

Carry for inner strength

Harvest this plant when it is older and the roots are strong. At least 3 years but the longer the better. Dig in late fall when the plant is done flowering.

Root and flower can be used for medicine.

A bouquet of red roses in a light-colored paper wrap. The roses are densely packed and fill most of the frame. The text is overlaid on the bouquet.

Rosa de Castilla

Rosa spp

Rose Petals

Tea for diarrhea

Rose water for your skin & eye wash

Can make clay from the buds and petals for jewelry that smells good.

Cutting ties, dreaming

Different colors for different things

White – Purify

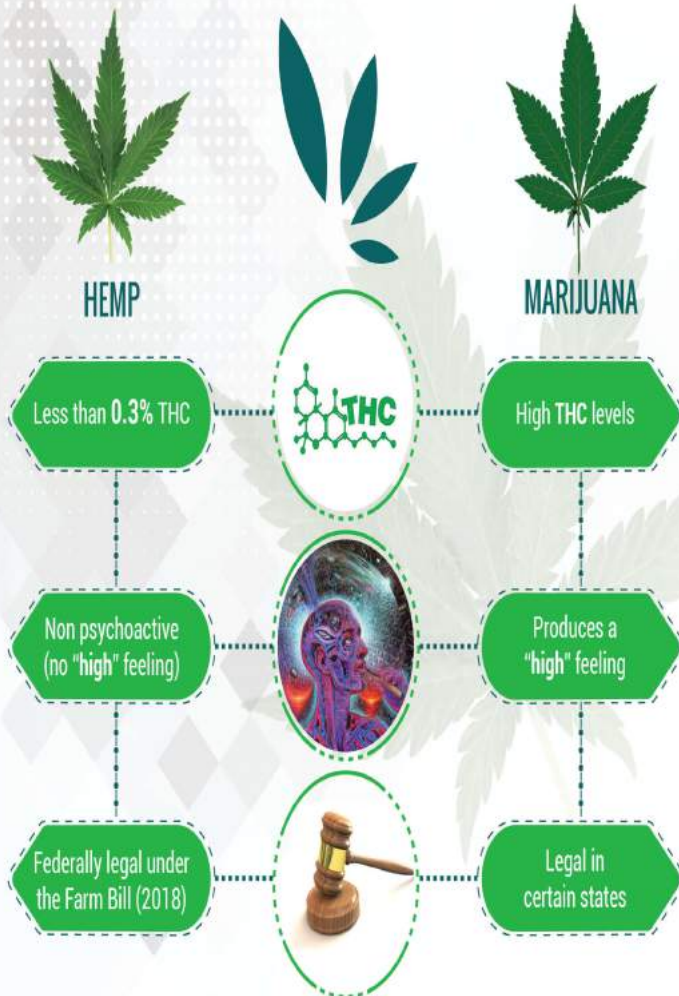
Yellow – Wisdom

Red – Sacrifice

Pink – Gratitude

Lavender – Wonder/Change

HEMP VS MARIJUANA



HEMP

Taller and have skinnier leaves

Used for industrial purposes, such as textiles and paper

Legal to grow in many countries, including the United States

Low THC content (less than 0.3%) and high CBD content

Potential health benefits, including reducing inflammation and anxiety



MARIJUANA

Plants are shorter and have broader leaves

Primarily used for recreational or medicinal purposes

Illegal in many countries, including the United States

High THC content (5-20%) and low CBD content

Psychoactive effects and can cause altered perception



VS

The MANY USES of Hemp

Hemp is the strongest natural fibre in the world, known to have over 50,000 different uses!



- INDUSTRIAL PRODUCTS**
- Oil paints
 - Varnishes
 - Printing inks
 - Fuel
 - Solvents
 - Coatings

- FOODS**
- Hemp Seed Hearts
 - Hemp Seed Oil
 - Hemp Protein Powder
 - EFA Food Supplements

- TEXTILES**
- Clothing
 - Diapers
 - Handbags
 - Denim
 - Shoes
 - Fine fabrics

- PAPER**
- Printing
 - Newsprint
 - Cardboard
 - Packaging

- INDUSTRIAL TEXTILES**
- Rope
 - Canvas
 - Tarps
 - Carpeting
 - Netting
 - Caulking
 - Moulded parts

Stalk

- BUILDING MATERIALS**
- Fibreboard
 - Insulation
 - Acrylics
 - Fibreglass substitute

- BODY CARE**
- Soaps
 - Shampoos
 - Lotions
 - Balms
 - Cosmetics

Leaves

- Very absorbant and good for animal bedding
- Mulch and compost

Roots

- Organic compost and nutrients
- Remedy for conditions such as arthritis or joint pain, fibromyalgia, and eczema.

THE BENEFITS OF CULTIVATING HEMP

Hemp can yield 3-8 dry tons of fibre per acre. That's four times what an average forest can yield. Hemp cultivation requires no chemicals, pesticides or herbicides.

- easily digestible
- provides energy
- balances hormones
- high source of protein
- boosts immune system
- lubricates joints
- Improves skin, eyes and hair
- contains omega 3, 6, 7, 9 SDA and GLA fatty acids
- rich source of phytonutrients (disease-protective elements)
- contains all 20 amino acids

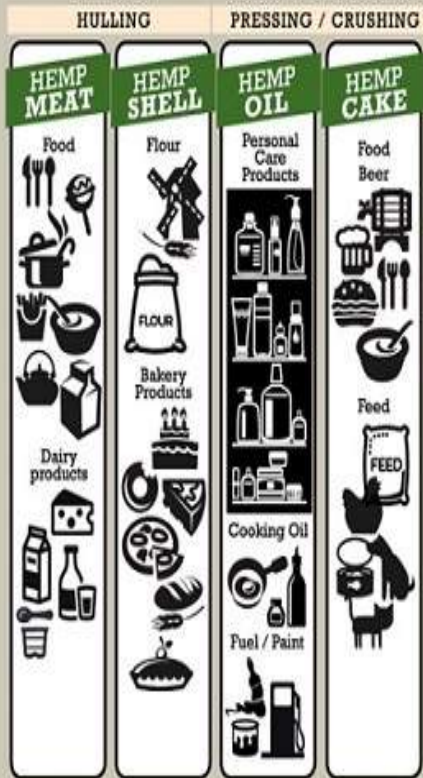


THE VERY USEFUL INDUSTRIAL HEMP

Hemp cultivation requires no chemicals, pesticides or herbicides.

with over **50,000** different uses...

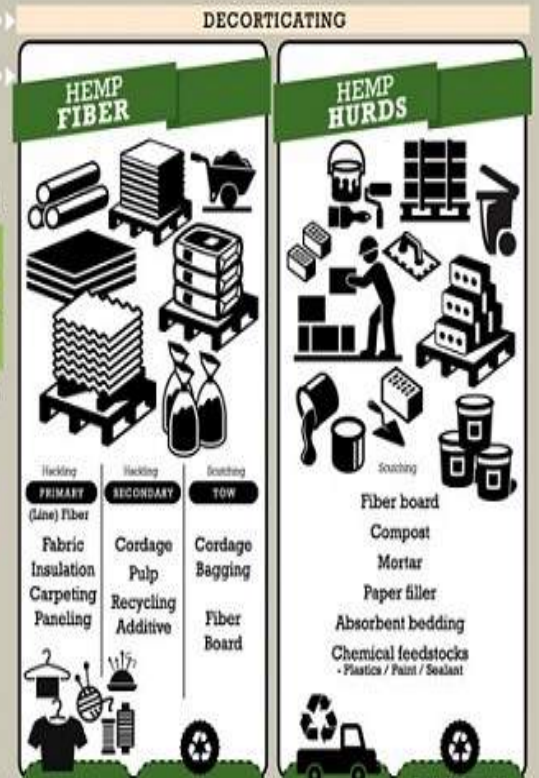
HEMP SEEDS



Hemp seeds contains nutritious, **Polyunsaturated Fatty Acids (PUFAs) 80%** the highest amount found within the plant kingdom. Highly nutritious of humans and animals.

Harvest

HEMP STALKS



HEMP is a RESOURCE

20 vs **4**
years for trees to mature for hemp

Hemp can yield 3-8 dry tons of fiber per acre, **FOUR** times what an average forest can yield.



Paper, fertilizers, soil nutrients and animal bedding can be made from leftover waste when processing hemp.

This means all parts of the plant are being used, or put back into the earth.

Anything made out of cotton, timber or petroleum can be made out of hemp

Hemp fiber is the **strongest natural fiber** in the world

Hemp hurds can be cleanly **Converted into Gasoline!**

PYROLYSIS
Hemp Biomass can also make Ethanol, Methanol & Methane Gas

HEMP can cure the ground and fix the natural minerals.

Marijuana/Cannibas

- THC which is the primary psychoactive (Tetrahydrocannabinol – Delta-9-tetrahydrocannabinol)
- Humans share more than 40% of our genome with cannabis plants.
 - DNA and cannabinoids are related through the human Endocannabinoid System (ECS) which is a complex system of receptors locate in our central nervous system, immune system and our skin as well as many other places.

ECS is responsible for maintaining and creating homeostasis for our body.

Which is a balance of our bodies system needed to survive and function correctly.

There is much more to the studies on this topic.

Harvest is late fall. Plant is pulled from root, leaves clipped and then plant hung. Every part of the plant is useful

Tincture vs. Extract

Tincture

Ratio dependent on whether using roots, herbs, plant material.
As well as fresh or dry.

Made with Alcohol
Commonly used
Brandy
Vodka

Usually take 1-2 droppers full a day
30-60 drops
Depending on what you are working with

Extract

Extracts 1:1 ratio
Made with Vinegar, Distilled water, glycerin

Usually made with no alcohol or distilled water/alcohol

Can be more potent than a tincture depending on the herb/root
More time consuming in my opinion

All tinctures are extracts, but not all extracts are tinctures.

Tincture with Root, Bark & Berries

Fresh Roots

2:1 Ratio

2 cups Alcohol

1 cup chopped fresh roots

Dried Roots

5:1 ratio

5 cups Alcohol

1-2 inches above

Roots double in size

Root/Bark/Berries

Fine chopped exposing surface area

Fill jar 1/4 to 1/3 with root/bark/berries

Fill jar to the very top with alcohol covering plants

Berries also double in size

4-6 weeks filled with Alcohol shake occasionally or daily depending on what you are working with. Keep in the Dark

Tincture with Fresh Leaves & Flowers

Chop/Grind herb to release juice and exposing surface area

Fill jar $\frac{2}{3}$ to $\frac{3}{4}$ with herb

Fill jar to the very top with alcohol covering plants

Tincture with Dried Leaves & Flowers

Herbs should be chopped prior to drying

Fill jar $\frac{1}{2}$ to $\frac{3}{4}$ with herb

Fill jar to the very top with alcohol covering plants

4-6 weeks filled with Alcohol shake occasionally or daily depending on what you are working with. Keep in the Dark

Time for Tincture Extraction

All Tinctures need to be secure with a metal lid.

Plastic can be melted with alcohol.

If you plan on having tincture sit for more than the 4-6 weeks you should put a piece of parchment paper or paper sandwich bag between jar and lid before securing.

If you are tincturing 6 months or more leave no air space between the liquid and lid.

Tincture can rot if not enough alcohol. The paper with too much air causes this.

The paper is to protect the lid from breaking down.

Put your tincture in a dark and dry place. Be sure to shake the jar several times a week while checking your levels of alcohol. Add alcohol if levels are down. Alcohol does evaporate.

This very important and must be done while you are processing your tincture.

Herbs must always be totally submerged so be sure to keep up on alcohol levels.

Regular tincture times range from 4-6 weeks.

You can make a tincture in 24-48 hours depending on herb/root. This is a percolation method.

Bottling Tinctures

Get a damp cheesecloth or a toalla (flour sack tea towel) Over a funnel and place into a jar. Pour tincture into funnel and let it drip. When this is done you will squeeze and twist until you can't.

I use regular jars we save with individual droppers. You can opt to get the cobalt, amber or black bottles with attached dropper.

You can also grind herbs or blend and strain the rest of the liquid.

Always keep your tinctures in a cool and dark place and they will last for many years.

Be sure to label your tincture with dates and names for sure. You can add as much detail as you'd like or feel you need.

If you don't label you won't use.

Alcohol to Use

40%-50% alcohol by volume (80/90 proof vodka)

Most common for tinctures

Good for extracting water-soluble properties

67.5%-70% alcohol by volume (half 80 proof vodka & half 190 proof grain alcohol)

Good for volatile aromatic properties

Draws out more plant juices when alcohol percentage is higher

85%-95% alcohol by volume (190 proof grain alcohol)

Dissolving Gums and Resins

Resins

50/100 leaves, flower or root. Depending on what you are using. Grind material or blend. Add a little water at a time if material to dry to grind or blend. Pour material into pan you will be working with (cast iron, copper or whatever you have. Nothing coated.) You will then cover material with just enough water to cover the plant material you are working with.

Put pan to simmer and stir occasionally until it thickens. When it reaches desired level. Then you will strain with cheesecloth/tea towel and squeeze all excess liquid.

You will then put the pan with liquid extraction on low heat. You need to stir occasionally on this as well. This process takes 3-4 hours depending on material and amount making. You need all liquid/water to evaporate until it becomes a resin. Resin is very sticky. You can also dehydrate if you'd like after the pan method.

You can make tincture from your resin as well.

Distilled water for resins some alcohol depending on what you are working with. Ratios can vary.

Resin



Spiritual Practices



Indian Religious Freedom Act passed



August 11, 1978 IRFA passed (Indian Religious Freedom Act)
Allowed traditional ceremonies in homes, prisons and public areas.

Meaning

Curandero/Curandera – Male/Female Practice
Curanderismo

Curanderismo practices – Spiritual practices or traditional folk practices and beliefs that address health and healing in the Hispanic Community.

Linking illness with evil spirits.
Traditional Native Healer

Curar – Cure

Limpia - Cleansing

Reiki – Is a energy healing and is a Japanese practice. Reiki healers use the palm of their hands for healing a known universal healing. Much like the Limpia massage.

We don't use the word "sick!"

We HEAL! I am Healing!

White Sage (Is a closed practice)

The ceremony is a sacred ritual for cleansing and purification for the physical and spiritual bodies.

Smudging is for cleansing energy fields. Everything has an auric field and it can capture negative energy. If we don't clean the energy it can cause illness. This keeps us free from disease which originates in the spiritual body. This happens both consciously and unconsciously when we are not in balance.

We smudge rooms, crystals, tools, people, ourselves.

We use a feather fan to help move the smoke along. This is to create an electromagnetic field. This aligns chakras and lots of other benefits.

Smudging is good for depression.

There is a ceremonial gathering of sage that happens.

Other herbs are used with the ceremonies depending on your people.

Sweetgrass is used during smudging at times. It is also known as Seneca Grass or Vanilla Grass.

It can purify like sage but much lighter. Usually is burnt after a smudge to encourage positive vibrations to enter.

Also, used in sweat lodges. Can use to tie smudge.

Moon Water

Put water out on a moon phase of your choosing. We make water on new and full moon.

Put moon water in a clean glass clear jar. Best water is natural water from rain, river, well. Can use spring or distilled.

You can put crystals to charge as well or when need crystals charged you can sprinkle moon water on them. You should try and charge crystals in moon water for an hour.

Always charge crystals in sun and moon. Also, know which crystals you can drink.

Some crystals safe in water are amethyst, rose quartz & clear quartz.

Put jar out when it is dark outside where the moon will hit the jar.

We use Palo Santo, White Sage as well as other herbs. White candles are usually used but other colors as well. These two are determined on what your intentions are.

Do not make moon water on an eclipse. The energy is different and it is not moon water.

Take moon water inside before sunrises.

You can drink water for energy, healing, cleanse your house, use in a Limpia, get rid of bad energy, connection, emotion balancing, make a beverage. Great for manifestation.

Always label your moon water with phase and date. We also add name of moon. Like Pink Moon.

Limpia

Ritual bath should be during a full moon. But can be done three consecutive nights (day before, day of and day after full moon – day or night); or any time during the waning phase of Grandmother moon.

You MUST shower prior to be sure the body is cleansed. Herbs and candles are used depending on your indigenous culture.

This rids our bodies of physical, mental and emotional issues as well as spiritual. Even outside attacks.

This is a time to reflect and heal.

Since it is a healing ceremony you should not drink alcohol or use any type of drugs including prescription. This is for three days prior to the ceremony, the day of and three days after the Limpia/Cleansing/Bath.

Take time to reflect as much as needed. This is a time to release yourself and others who have harmed you. Lots of self reflection, accountability and releasing yourself and others. At least do 20 minutes in bath minimum.



Limpia

When done with the bath DO NOT Rinse and be sure to air dry.

Be sure to be mindful of what you listen to or watch. We listen to frequency and do spiritual stretching. A nice walk-in nature can be nice.

Avoid negative people and talk. Including self talk.
Protect your energy.

Plenty of water, Eat good food, homemade preferably.
We do lots of fruit.

When done ALWAYS offer all or some of the herbal water back to our Mother. Mother Earth.

Another type of Limpia

Empacho (intestinal blockage)- a cleansing massage with pulling of the skin is how we rid this. We use oils.

The Lymphatic massage is similar.

These should be practiced with someone who is a practitioner.

Huevo de Limpia/Egg Cleanse

These are done prior to a Bath Limpia. Usually, prior to a New Moon. This ensures you use the right herbs, candles, etc.

This is also another way to clear negative energy. The egg takes the negative energy.

We get a clear glass of water half full for this, usually white candle.

We then get the egg and roll over the body from crown to toe. You concentrate on the negative energy going into the egg.

We do say what we need. This we don't share.

Break the egg into the water. Let the egg sit for at least 5 minutes.

Then we read the egg. Depending on the reading is how we determine herbs and such. The readings can vary.

At the end we will always add salt and black pepper as well as any herbs needed.

The egg is flushed or buried away from home.

- We also do an egg cleansing to rid fever from the body



It is recommended that you consult your healthcare practitioner before using herbal products, especially if you are on medications, pregnant, or nursing .



How to heal through a plant and saliva

We were taught to grow plants for individuals as well as root our plants with saliva.

We root our plants with spit and even germinate our seeds this way. Our bodies and plants are connected. The plant can read our body through the saliva. What this means is the plant diagnosis us and will then grow making sure to clear deficiencies in our bodies and will then grow with the nutrients/minerals our body is lacking and the healing we need.

We are an intelligent connection.

Old Town Herbal
Oldtownherbal.com

Mountain Rose Herbs
Mountainroseherbs.com

Schmerbals Herbals
Schmerbals.com

