

Thyme For Me/February

Aroma Therapies Spa/814-443-1217

Kathy's Blog

Tis The Season- for asthma, colds, flu, lung congestion and coughs. I just got over a bout with lung congestion & coughs all with natural products. I would like to share this recipe with you that's been handed down to me over many generations in my family. These are herbs that facilitate the excretion of mucous from the lungs.

RESPIRATORY FORMULA

3 parts	Ephedra
1 part	Mullein Leaf
1 part	Goldenseal Root
1 part	Coltsfoot
1 part	Marshmallow Root
1 part	Comfrey Leaf
1 part	Lobelia
1 part	Cayenne Pepper

Combine and grind to use in capsules. This herbal formula is specifically for promoting free breathing. It will dilate the bronchial tubes as well as cleanse the mucus from the bronchi, lungs and sinuses. It has been found useful for airborne allergies, sinus congestion and lung problems. Ephedra, the major ingredient has been a part of Chinese medicine for over 5,000 years. It has proved to be a great cleanser of respiratory mucous membranes.

While I'm giving out recipes, here is one I came across that will destroy intestinal worms and parasites.

2 parts	Wormwood
2 parts	Black Walnut Leaf
1 part	Senna
1 part	Ginger

Wild Orange-Rosemary Marmalade

4 lg. seedless oranges
2 lemons
4 tbs. organic raw honey
2 drops Wild Orange Essential Oil
2 drops Rosemary Essential Oil

Slice the orange and lemons in very thin half-moon slices; be sure to discard seeds but leave the skin on. Pour the sliced fruit and juice into a pot, add 8 cups of water, and bring the mixture to a boil, stirring frequently. Pour in honey and mix thoroughly. Simmer for 20 minutes stirring occasionally. Once the mixture begins to solidify and become thick, stir it more consistently to keep from burning. Cover and let stand overnight at room temperature. Stir in essential oils and store in a mason jar.

Dill Pasta Salad

- 1# farfalle pasta, cooked and strained**
- 1 cup cherry tomatoes**
- 1 cucumber, peeled and quartered**
- 1 cup fresh mozzarella cheese cubed**

Dressing

- 1/4 cup olive oil**
- 1/2 cup apple cider vinegar**
- 3 tbs. organic raw honey**
- 2-3 drops dill essential oil**
- 1 tsp. yellow mustard**
- 1/8 tsp. fresh dill, optional**
- salt and pepper to taste**

In a small bowl, whisk dressing ingredients together thoroughly. Pour over salad ingredients, toss, and chill for 1-2 hours.

