




Feel Good Friday: Good Gut Health Special Edition

1 message

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To: 

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Ginger

Zingiber Officinalis

Heating, stimulating and drying, Ginger is ideal for healing digestive disease and soothing the respiratory system when support is needed for colds and allergies. Ginger is a keystone of many teas, tinctures and recipes created to restore [Agni](#), our digestive fire



*Did you know Don began studying the art and science of herbs with
Dr. John Christopher in 1969?
Get to know Don!*





****Exclusive for newsletter subscribers! Thank you for being part of our community!****

Full-Length Webinar with Don Ollsin, Herbal Elder Herbs for Gut Health

Take a virtual class with Don in this pre-recorded webinar

You will learn:

- Herbs that promote gut health
- How Propolis "Heals and Seals"
- Creating a Tea Ritual
- The digestive needs of the three Ayurvedic constitutions
- Adding powdered herbs to your food

Learn more about Don's insights, philosophies and classes [here](#).

Follow Don and connect with like minds [here](#).

Herb of the Week

Ginger

Zingiber Officinalis

Ginger presents itself as a healer in many ways. It is widely available and can be found in your local grocery store in the produce section. Affordable, easy to use and accessible to most people, ginger is a powerful herbal ally.

Herbalist mentee Anna P. shares her exciting research on ginger below.

Ginger – oh the many applications!

Fresh vs Dry:

Dry is hotter and drier, better expectorant and helps increase [digestive fire](#) and reduce kapha.

Fresh is tastier and more diaphoretic, better for coughs, colds, vomiting and imbalanced vata.

Chew some fresh root to activate salivary secretions and ward off sore throats. (I like to travel with a little root to chew!).

Combine in formulas as a dispersant and activating element. Improves circulation.

A decoction of the root can be used as:

-a mouthwash

-gargle for sore throats

-a hot drink to increase perspiration to break fevers, to increase peripheral circulation, relieve pain and headaches, increase digestion, relieve nausea, morning/motion sickness
-a soothing drink with honey for respiratory imbalances and colds

Welcome Ginger into your healing practice!

*Also use in baths, foot soaks, compress for **fibrosis and muscle sprains/spasms**.*

*Apply fresh grated root, or dried powder in a castor oil pack, or poultice, for **cramping and congestion**, especially of the pelvis (be cautious with sensitive skin!).*

*Specific for congestion in the reproductive system, helps **remove blockages**.*

In Ayurveda, ginger juice is added to ginger powder (~4:1) and mixed into a thick paste, rolled into pea-sized pills and taken up to a few times a day.

Take with honey to relieve Kapha, with rock candy to relieve Pitta and with salt to relieve Vatta.

Ginger Flower Essence

“for anger, irritability, hate, frustration, futility - relationships that are too intense especially useful for single parents. Swinging from love to hate, hate to love”

Use in magic for aphrodisiac properties and inducing passion.

Kloss Jethro (1975) Back to Eden (5th ed) Santa Barbara CA Woodbridge Press

Tierra Michael (1998) The Way of Herbs (4th ed) New York NY Pocket Books

Hoffman David (1983) The Holistic Herbal (3rd ed) Somerset England Findhorn Press

Lad V Harvey Frawley D (1986) The Yoga of Herbs Santa Fe NM Lotus Press C G

Cochrane A (1995) The Encyclopedia of Flower Remedies Hammersmith London Thorton

Rose J (2000) Herbal Body Book Berkeley California North Atlantic Books

Gladstar R (1993) Herbal Healing for Women New York NY Fireside

Cunningham S (1993) Magical Herbalism The Secret Craft of the Wise St Paul MN Llewellyn

Read about Anna's amazing herbal healing journey with mentor Don Ollsin [here](#).

Interested in learning about herbs, Ayurveda and much more with a mentor? [Click here](#).



Don's Probiotic Coconut Milk Yogurt Starter

In this video, Don shows us how to create coconut milk using Dr. Ohhira's probiotic formula

This probiotic formula is grown on fruits, vegetables and fungi, meaning it works on most of the food we consume. None of us live on milk which is what most probiotics are grown on.

It is also vegan friendly and ideal for those allergic to cow's milk

Instructions

In a bowl, add contents of two probiotic capsules to one can of coconut milk and mix well. Place bowl, covered with a paper towel or cheesecloth, on top of the refrigerator. Allow to sit for three or four days. When ready stir it, cover and refrigerate. A soon as it is cool you can eat it. Yummy

This is now your starter. When you need more coconut yogurt add two to three tablespoons to one can of coconut milk and repeat the above procedure. I like to start my next batch fairly soon so I do not run out

Don considers probiotic coconut milk yogurt one of if not the most powerful probiotics available. It is also a wonderful alternative for those who do not take dairy.

Learn more about how Dr. Ohhira's formula is made in this [video](#).

Online Herbal Course accepting registrations now.

Register early and receive a reference list to books, videos and websites that go with the modules.

Also get access to our *Learning How to Learn* module when you register [here](#).

"My experience has been one of self discovery and a deepening of my sense of place in the network of life. I found myself, through the process of the work, reconsidering the central questions that guide my life. Who am I?

What is my purpose?

What are my gifts?

How can I nurture my gifts?

What do I need to do in order to nurture my gifts?

How do I share my gifts?

The holistic perspective of The Herbal Healing Journey is fertile soil and like plants we all require different conditions that are unique to us to grow and thrive. I learned to see the beauty in my personal process, to trust and surrender to my natural talents and inclinations while leaning into the edge where my challenges live."

Brooke D.

- Graduate of the Herbal Healing Journey Spring 2017
- Current Member of Don Ollin's Mentorship Collective
- Herbal Healing Journey Student Teacher

Study ahead! Learn about Herbs, Ayurveda, Dreambody and Shamanism *in Don*

Ollin's book [Pathways to Healing](#).

Coming Soon!

Grassroots Herbalism Community for student, graduate and mentee, hosted on a private dedicated server. We will let you know as soon as it is ready. We are working on it.

Here you will be able to participate with Don, herbal mentees and other herbal students, advanced or beginner



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