

Hildegard

Summery „Hildegard Kitchen Secret“

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Hildegard spices and herbs to enjoy your meals

Each professional Kitchen Diet has to consider that food is medicine, produced in a digestive tract that is a ecosystem where food and gut work together in natural symbiosis.

The ecosystem of the gut become tuned to the current diet. This action is performed with the help of microorganism. The intestinal tract of human body has ten times as many microbial organisms than the rest of the body cells. A healthy nutrition can activate these microorganism and they are providing the body which medicinal remedies to keep us healthy and vital:

- The natural intestinal flora stimulate the immune system and production of neutrophils, macrophages, synthesis of immuno-globulins, interferons, interleukin-1 tumour necrosis factor.
- The natural intestinal flora metabolize our food and produce enzymes that metabolize protein into absorbable amino acids. These enzymes transport the vitamins, minerals and other nutrients through the intestinal wall into the blood stream, where they are effectively transported to the body cells for their function.
- The natural intestinal flora starts to synthesize all necessary vitamins, inclusive vitamin K, pantothenic acid, vitamin B1, B2, B3, B6, B12, folic acid, and vitamin D3
- The natural intestinal flora provides all mineral and trace minerals in our food bioavailable
- The natural intestinal flora produce natural antibiotics which protect from pathogens, e.g., hydrogen peroxide a powerful antiseptic anti-bacterial anti-viral and anti-fungal agent

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- The natural intestinal flora activate the synthesis of neurotransmitters like serotonin, dopamine, phenylalanin which are responsible to ensure mental health and prevent diseases like Parkinson's, dementia, Alzheimer, and BurnOut.

- The natural intestinal flora, specially lactobacteria produce lactic acid to protect the mucos membranes of the mouth, throat, nose, upper respiratory tract, vagina and genital area against the growth of pathogenic microbes, specially against candida.

However, under the following circumstances, the microflora can be destroyed and dangerous pathogenic bacteria appear which produce huge amounts of toxins to poison us:

- The typical American diet that is high in proteins, white flour products, sugar, and simple carbohydrates. Meat metabolized to amino acids, leading to acidosis, the intestines become inflamed, and therefore promote the growth of pathogenic bacteria, intestinal parasites and fungi.

- The acidosis disrupts the intestinal lining through inflammation leading to the leaky gut syndrome. This breaking off the intestinal mucosa has severe consequences for the immune system which becomes hyperactive and leads to autoimmune reactions. The microorganism can penetrate through the inflamed intestinal wall and activate the phagocytosis to attack the invading intestinal bacteria with the immune weapons. The blood stream transports these autoaggressive cells throughout the body in order to attack all inflamed body cells.

This autoimmune reaction is responsible for over 20 000 diseases, the so-called auto-aggression diseases like arteriosclerosis, cancer, diabetes, allergies, rheumatoid arthritis, neurodermitis, psoriasis, multiple sclerosis, Hashimoto's thyroiditis, asthma, fibromyalgia, colitis, Crohn's disease, etc.

- 3. All junk food, raw food, artificial sweeteners, chicken sterilized in chlorinated water, conventional grown legume and vegetables, fruits and grain loaded with environmental toxins, pesticides and insecticides, food enhancer are destroying the beneficial micro flora leading to the Herxheimer reaction, with painful gas formation and heart pain leading to heart attack.

- Eating conventional meat, dairy and poultry products can be as dangerous as taking

antibiotic prescriptions due to the amount of antibiotics present in these products.

- Medications of all types including contraception pills, pain killers and corticosteroids are extremely hazardous to the gut flora. Dental fluoride treatments and fluoride based toothpaste are damaging to the microbial balance. Chlorinated city water is particularly dangerous as it sterilizes our gut and repeated exposure destroys the progenic bacteria in the gut.

- Antibiotics are the most lethal thing for our microbial balance. After a round of antibiotics it will take at least four to eight weeks to reestablish the flora. This time period is enough time for parasites to establish themselves on the gut wall. These foods also promote the growth of parasitic worms in the gut environment.

- Contrary to CropLife International, a global federation representing the plant science industry belief, GMO soy and corn fed to pigs showed remarkably higher stomach inflammation than pigs who dined on conventional feed, according to a new study by a team of Australian scientists and U.S. researchers. Uteri that were 25 percent heavier than non-GM fed pigs, the study said.

(Journal of Organic Systems, 2013 January)

- stress causes a tremendous impact not only on peptic ulcers, but on the severity of colon inflammation just like colitis, M. Crohn and leaky gut syndrom.

The damaged intestinal flora and the inflammation of the mucous lining of the digestive tract can be effectively regenerated and repaired in three steps:

1. through the Hildegard nutrition based on spelt, vegetables and fruits

2. through probiotics and prebiotics.

Probiotics are the living bacteria similar to the human bacteria, that live in our intestinal tract, like lactobacteria, bifidus, enterococcus or E. Coli as bacteria in supplements.

Prebiotics are non-digestible food ingredients that stimulate the growth and activity of

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bacteria in the digestive system. Ideally spelt contains ca. 75 % soluble and non soluble carbohydrates. The soluble carbs are digested in the large bowel as a result of bacterial fermentation to form short chain fatty acids.

The main short chain fatty acids are Acetic acid, Propionic acid and Butyric acid.

The short chain fatty acids cause a low acidity of pH 5 contribute towards a healthy growth of the beneficial intestinal flora like Bifidus, a strong immune system and intact gut mucosal barrier.

Butyric acid appears to be the more important fatty acid in the colon and is known to have the following multiple beneficial effects:

- The natural intestinal flora, specially bifidobacter produces butyric acid to help with gene repair and apoptosis (cell death), both of these activities are protective against colon cancer.
- Butyric acid has anti-inflammatory and anti-oxidant properties and may contribute positively towards the integrity of the intestinal mucosa.
The human colon is continually exposed to toxic substances and butyric acid may play a protective role in mucosal barrier function and the prevention of disease that may be stimulated by potential toxins and carcinogens in the colon.
- Butyric acid repairs the intestinal defence barrier and stimulates the production of mucin. Mucin is essential for the synthesis of Mucus.
Mucus lines the lumen of the intestinal tract and provides lubrication and intestinal barrier defence against entry of harmful microbes and other material into the body.
- Butyric acid increases colonic circular muscle contractions and modulates colonic motility. Enhanced production of Butyric acid in the colon by nutritional manipulation may be useful in medical conditions associated with impaired intestinal motility, e.g. Irritable bowel syndrome.

Regenerate the intestinal flora with herbs and spices.

You can start to reverse these destructive conditions by simply choosing the Hildegard diet rich in spices and herbs to keep you healthy, full of joy, energy and vitality.

The herbs and spices are the heart of the Hildegard kitchen. They each have unique health

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benefits. Every time you flavor your meals with herbs and spices, you are adding not only taste, flavor, smell and gousto, but also minerals, antioxidants, hormones, and strong natural substances with healing properties without side effects.

Herbs and spices also make your diet easy to digest, help to transport the nutrients in the blood, which means they have a good bioavailability, and increase the blood supply and improve circulation in the body.

Today we know that particularly the roots of spices like galangal, fennel, pellitory, or even in the seeds of foenugreek contain precursors of the sex hormones like testosterone and progesterone, protecting the body against cancer early aging and burnout.

Start a new life with the Hildegard diet, full with herbs and spices, get the health benefits, no side effects and enjoy your meals.

Herbs and spices have a paramount importance for our health and the function of our digestive tract. Herbs and spices contain essential oils, which not only give pleasant, sweet aromatic fragrances, but have also anti-inflammatory, anti-bacterial, anti-fungal, anti-parasitic, carminative and anti-flatulent properties. They also regenerate the intestinal flora and the lining of the intestinal wall in case of leaky gut syndrome. Herbs and spices increase gut motility as well as improve digestion through increasing gastro-intestinal enzyme secretions. Thus, they help relieve indigestion and constipation problems.

PELLITORY

Anacyclus pyrethrum

against all epidemics and infections

Pellitory in the form of root powder or tablets

Pellitory, the Moroccan root powder from the Atlas mountains, almost totally unknown in the western kitchen, is the most important spice in the Hildegard kitchen and should be used daily to strengthen health and wellbeing.

Origin: Roman pellitory (*Radix Pyrethri romani*) comes from *Anacyclus Pyrethrum* DC., a

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composite, which is native to the Mediterranean area, in North Africa, Syria and the Caucasus.

Ingredients: The taste of the root is initially neutral, then sharp burning due to a pungent resin from which the alkaloid pyrethrin was isolated. In addition, the root contains essential oils and about 33 to 40 percent of the immune stimulating polysaccharide inulin.

Pellitory contain a number of other nutrients, including vitamins, minerals and precious compounds with medicinal properties: anacyline, a neurotransmitter that cleanses the brain, and the anti - epidemic pyrethrine which provide a complete protection against infectious diseases.

Indication: As a nerve tonic pellitory protects the brain from early dementia and improves brain capacity, memory and concentration, as well as intelligence. Pellitory has a very special adstringend taste which tikels the taste butts in your mouth, cleansing the mucos from all sorts of pathogens including herpes toxins.

Pellitory promotes an optimal intake of nutrients, vitamins, trace elements and minerals into the blood, a so-called quick bio-availability of the food supply.

Effectiveness: Due to its anti-microbial, ant-viral and anti-parasitic effectivity pellitory plays an important role for the cure and protection against infectious diseases and septic conditions of the blood. The Belgian doctor Dr. Louis van Hecken reports on the effectiveness of pellitory in the fight against malaria and AIDS in Zambia, Central Africa, where recently a pellitory research project was founded to scientifically examine successful cases treated by pellitory.

Hildegard describes 11 medicinal properties in Bertram:

1. "Pellitory has moderate and dry warmth and because of this good balance is of great purity and strong healing power for all diseases, which means: pellitory increases the blood circulation in the body.
2. "It is good for healthy people, because in case of infections it decreases decaying substances (such as viral toxins, bacteria, candida, and poisons) and builds good blood."
3. "It improves human intellect and inteligenz capacity (against dementia and Alzheimer)."

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4. "It regenerates the strength of a sick person whose health has deteriorated and who has lost weight (infections, cancer)."
5. "It provides for a good digestion and leaves nothing undigested," (good bio-availability and absorbability of nutrients for dyspepsia)
6. "Eaten daily, it reduces congestion in the head."
"
7. "Eaten daily, it cures pneumonia."
8. "Cleans and clears the eyes." (cataracts, eye weakness)
9. "Dry or cooked as a spice, it is beneficial and good for healthy and sick people."
10. "Pellitory, eaten daily, eliminates and prevents diseases."
11. "It increases moisture and saliva in the mouth, lets bad juices leave the body and health comes back."

Use: 1 - 3 times daily ½ tsp. sprinkle over each meal or cook for sauces, soups, spelt dishes, on bread.

In case of common cold, or any infections such as Lyme disease, malaria etc.: it helps to take each of 1 tsp. pellitory and galanga powder, cook 1 min. with one cup of organic wine and drink warm 1 to 3 times a day to eliminate the toxins from blood and brain.

Storage: As a spice powder.

Case study

A malaria sufferer writes: "My name is Boston and I was healthy until I was 27 years old. In the year 2000 I fell terribly sick with an infectious disease, fever spells, terrible pain, severe weight loss and general weakness, which lasted for 3 years. The doctors had given up on me. Then I met Dr. van Hecken who gave me pellitory. In very little time I responded to the pellitory, felt better and regained my health. Other patients were also helped with pellitory."

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Galangal

Alpinia officinarum Hance

Galanga minor

Galangal in the form of root powder or tablett.

There are more than 100 plants belonging to the same botanical family that have been called galangal, but only the little galanga root Lesser galangal is medicinal effective. The great galangal, witch is used as a culinary spice in the Asian kitchen, is not medicinal ineffective.

Origin: In southern China, Indonesia and India

as galangal root

Indication: Galanga is a carminative stimulant, i specially useful in dyspepsia, preventing fermentation and removing flatulence.

The life saving properties and dependable heart effectiveness of Galangal is only described by Hildegard and ranks among the most sensational discoveries of Hildegard medicine.

Galangal as an universal spice from the root of a plant related to ginger. It improves the blood supply of the heart and the circulatory system, stimulates digestion, and helps against a lack of appetite and gas. Galangal should be your constant companion for reliable protection from

1. heart pain,
2. heart insufficiency
3. heart dizziness.

Over 30.000 people, who have been helped by Galangal in difficult situations, confirm that Galangal is the best remedy to protect them from

1. heart attacks,
2. strokes
3. sudden hearing loss.

Galangal, the unleashed elemental force from Asia, also protects effectively against circulatory collapse, travel sickness and extreme fatigue.

Galangal should dissolve as a pill on the tongue, this is called the "tongue-heart reflex." In this way it prevents a heart pain from developing into a heart attack. Galangal is also an

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excellent

treatment for strokes, gastrointestinal cramps (Roehmheld-syndrome), bad circulation,

Effectiveness: Galangal's anti-inflammatory properties also eliminate rheumatic and sciatic pains. Inside the intestine the essential oils prevent the growth of disease-causing pathogenic bacteria, candida and viruses.

Due to its spicy hot taste the spasmic Galangal opens cramped coronary vessels and provides, by virtue of the tongue-heart reflex, more oxygen to the heart and a better circulation of the heart muscle, so that heart pain stops immediately. This opening of the blood vessels causes an immediate sinking of high blood pressure caused by stress. Galanga is a thrombocyt inhibitor like aspirin, which means it prevents the danger of emboly and thrombosis whithout any hamful side effect.

Galangal is much spicier than paprika or cayenne pepper. Let it dissolve slowly in your mouth. Do not swallow the pills without dissolving or chewing them, for sensitive stomachs may react with a feeling of pressure or a pain. Bisides that, undesired side effects are unknown.

Indication: heartbreak , heart failure , angina pectoris attacks . For treatment and prevention of myocardial infarction, peptic cramps (roemheld syndrome) , menstrual cramps , headaches , circulatory disorders , exhaustion and debility. exhaustion, lack of appetite, bad digestion and for "manager syndrome."

Hildegard writes:

"Whoever is suffering from heart pain or is threatened by a cardiovascular weakness (fainting) should immediately eat a sufficient amount of Galangal and he will feel better."

Use: as a spice 1 – 3 times daily ½ tsp. in the meals, marinades , pumpkin and fruit salads , compotes and jams.

As supplement: Put 1-2 of galanga tablettts on the tongue, 5 minutes later drink a shot glass of parsley wine, if necessary repeat 5 minutes later.

As spasmolytic: Use galangal honey on bread or in spelt cereal. Especially tasty and effective is a mixture of galangal and flower blossom honey.

Prepare by mixing 1 Tbsp. of galangal with ½ cup of honey. More spicy and even more effective is 2-3 Tbsp. galangal in ½ cup of honey.

Careful, the dust may cause sneezing.

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Children should use the weaker and adults the stronger galangal honey.

As pain killer: Galangal wine: Boil 1 tsp. galangal root powder in 1 cup of organic wine for 1 minutes, dont strain and drink in sips while warm. This alleviates rheumatic and sciatic pains.

FENNEL

Fructus Foeniculi officinarum

The world's healthiest food. Helps to digest and against stomach pain

Fennel in the form of seeds powder, tea, vegetables

Origin: Fennel grows as a vegetable and also as a spice in many regions, and in Northern Europe, the United States, South America, Canada, Asia, Africa and Australia.

Ingredients: essential oils, anethol, fenchon

Indication: Fennel powder from the fennel seeds is a universal remedy which immediately helps by

halitosis, body odor, gas, heart burn, the digestion of fatty foods and after dietary mistakes. Fennel bulbs are one of the few 100% healthy types of vegetables which may even be eaten raw. Fennel cleans the intestines so that waste products may be expelled in a natural way.

Fennel tablets due to there high content on minerals are the anti-acid treatment of Hildegard medicine and alleviate gastrointestinal pains in gastritis or ulcers.

Effectiveness: People who eat fennel will have a good body odor, clear eyes and good breath. Fennel's essential oils are anti-spasmodic, decongestant and eliminate of irritating gas from the intestine. The same oils have antiseptic properties, prevent the growth of disease-causing bacteria and boost the immune system by its defense against viruses.

Hildegard writes:

"Even eaten raw fennel does not harm in any way. In whatever form one eats fennel, it makes us happy, gives us a good skin color and body odor and promotes good digestion.

Fennel seeds are particularly beneficial to health; they can be added to other remedies.

Whoever eats fennel or fennel seeds daily on an empty stomach (we prefer using only fennel tablets), will neutralize bad humours and pus, take away bad breath and brighten their eyes.....

Whoever eats fried fish or meat and experiences pain because of it, should quickly take fennel and they will feel better."

Use: Before meals chew 3-5 fennel tablets as needed. If you wake up at night with hunger pains, you may take 3-5 fennel tablets before going to bed and you will sleep through the night with no problems.

One liter of fennel tea daily is better than any chemical deoderant.

Fenugreek spice mixture

Trigonella foenum-graecum L.

Fenugreek in form of a powder mixture with cumin and white pepper

Fenugreek is derived from the Greek word Foenum-Graecum which means Greek Hay, Bird's foot, Greek clover.

Origin: Fenugreek grows throughout the Mediterranean region, and in Northern Europe, the United States, South America, Canada, Western India, Asia, Africa and Australia.

Ingredients: 60 g white pepper, 20 g cumin, 10 g Greekhay seed powder

Effectiveness: Fenugreek is my favorite spice with the aroma and taste. Fenugreek spice mixture helps exhaustion . It is appetizing, soothes, but also stimulates the entire organism. Fenugreek strengthens the immune system, protects from weakness, and increases general well being. Very good during convalescence.

White pepper, piper album, is the aromatic white fruit of pepper, its aroma is superior to black pepper. This hot spice stimulates the circulation of the mucous membranes, and supports a good and complete digestion.

Indication: The combination of three popular oriental spices fenugreek, white pepper and cumin in a spice mixture is a universal remedy for the heart and circulation, it helps with heart weakness, heart insufficiency, shortness of breath and is suitable for the prevention of heart pain.

These spices are capable of improving the circulation of the heart muscle so perfectly, that they prevent cardiac muscle weakness. Cardiac muscle weakness is caused by self

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destruction of the heart muscle through stress-based free radicals. The destroyed muscle tissue is replaced by scarred connective tissue incapable of a muscle contraction and also unable to maintain a steady heart rhythm. The heart loses its muscular strength and those afflicted are short of breath at the slightest physical effort. In this situation the bioflavonoids in the spices remove stress radicals and protect the heart from self destruction and infection.

The combined spices stimulates the nervous system with their aroma and taste, releasing the digestive juices for an optimal digestion. Greekhay spice mixture strengthens the immune system, protects from weakness, stimulates the appetite and increases general well being.

A randomized controlled trial confirmed that fenugreek prevents insulin resistance and lowers blood sugar with type 2 Diabetes.

Fenugreek could even be used as a complementary therapy in treating Cancer patients who undergo chemotherapy due to the alkaloid trigonelline that has the potential to treat cervical and liver cancers.

Fenugreek seeds have like the Mexican yam roots the highest levels of progesterone-generating stimulating phytohormones. That is why the seeds are able to eliminate the estrogen dominance preventing cancer. Fenugreek seeds are helpful for eliminating many mental and neurological disorders, among others headaches, depression and burnout. Due to its progesterone-like properties, fenugreek seeds have been found to lessen the effect of hot flashes and mood fluctuations that are common symptoms of menopause and PMS. Fenugreek seed helps raise the body's levels of free testosterone to increase energy libido and physical performance. Other time-tested ingredients work, stamina, and metabolism to help burning more calories.

Hildegard writes:

"Take three parts white pepper and one part cumin and half of the cumin Fenugreek and turn it into a powder. Take this powder before you notice a heart failure or heart pain, chew the powder before and after eating on bread."

It is one of the best seasoning of Hildegard kitchen and fits hummus, eggs, meat and fish dishes , salad dressings and soups as well as cheese bread , cheese or savory spreads

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Use: as a spice 1 – 3 times daily ½ tsp. in the meals.
Sprinkle to taste on a piece of bread before and after meals.
If there is more heart pain, enjoy more "heart bread."

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Cumin

Fructus Cumini

Cumin seeds are a universal spice for food allergies

Cumin in the form of seeds powder

Origin: Cumin grows throughout the Mediterranean region, and in Northern Europe, the United States, South America, Canada, Western India, Asia, Africa and Australia.

Ingredients: essential oils

Indication: Cumin seeds are a universal spice which immediately helps in food allergy, intolerance of dairy products, lactose and cheese intolerance, alleviates asthma, emphysema, lung- and respiratory diseases.

An allergy is based almost always acquired as an infant by a hypersensitivity to milk protein . Any allergy is reinforced by Hildegard's four "kitchen poisons ": strawberries , peaches, plums and leeks . Furthermore, all the Solanaceae and pigment enhance any kind of allergies.

Effectiveness: the essential oils in cumin have anti-bacterial, strong anti-fungal, anti-parasitic, carminative and anti-flatulent properties to regenerate the intestinal flora. Cumin is a typical carminative against gas formation, bloating. In fact, cumin has also strong spasmolytic properties, cleansing the digestive tract, and removing gas during flatulence and meteorism

Hildegard writes:

"For a short of breath patient, cumin is good and useful to eat because the seed dissolves the slimy juice, by which a person is short of breathwhoever wants to eat

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cooked or hard cheese, take cumin for not coming to harm. .. Whoever wants to eat cheese , take this cumin so it does not harm him."

Use: as a spice 1 – 3 times daily ½ tsp. sprinkle over the food, i.g. on egg, poached egg or cheese.

Cumin should not be used by patients with a heart problem or during acute diseases of all kinds, because cumin can irritate the heart!

Cinnamon energy cookies

Cinnamon 20 g in form of a powder mixture with nutmeg 20 g and 5 g cloves.

Indication: The cookies are an ideal remedy for nerves, to increase efficiency and support mental abilities, concentration, vitality and strengthening of the sense organs. They provide for a good mood eliminating gloominess and sadness.

Hildegard writes:

"Take nutmeg and an equal weight of cinnamon and a minor amount of cloves. From this powder, with flour and a little water bake biscuits and eat them often.

This brings all the bitterness of the heart and your mind to rest and open your heart and (five) senses and makes your voice clear and purifies your senses and diminishes in you all harmful juices (noxii humores actually environmental toxins!) and makes your voice clear and purifies your senses and diminishes all harmful juices (from bacterial and viral toxins.) It gives your blood a good quality, and makes you powerful, vigorous and vital."

Cinnamon energy cookies

400 g spelt flour,
250 g butter,
150 g unrefined cane sugar,
2 eggs,
a dash of salt,
20 g ground cinnamon,
20 g round nutmeg,
5 g ground cloves,
200 g sweet almonds

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Dust a working surface with flour and distribute the butter in little pieces. Add all remaining ingredients, knead together quickly and chill for 30 minutes. Roll out the dough to a thickness of about 2 - 3 mm and cut out cookies. Place on a cookie sheet and bake at 180 °C for 20-25 minutes.

Spelt energy cookies, "quenched" wine and a blue chalcedony necklace all help combat stress! Free yourself from the stress of everyday life with spelt energy cookies, perhaps light a candle and drink a "quenched" wine for relaxation. Bring 1 glass of wine to a vigorous boil, add 1/2 glass of water, "quenching" the wine. Enjoy warm in small sips. Removes emotional stress, rage, anger and sadness. Highly recommended as a reconciliation drink for quarrelers. Wear a chalcedony necklace. In the evening "quenched" wine is a reliable sleeping aid and together with 1-3 energy cookies helps you to distance yourself from the worries of the day.

Cinnamon

Cinnamomum ceylanicum and C.cassia

Cinnamon in the form of ground powder or sticks.

Cinnamon is best grated fresh in a mixer.

Grinding your cinnamon fresh, like grinding any spice fresh, is far superior to any ground cinnamon.

Origin: The best cinnamon - *Cinnamomum verum* - comes from Sri Lanka (Ceylon). Ceylon cinnamon is often considered to be the "true" cinnamon and has a more delicate sweet flavor.

Cinnamomum cassia also known as: Chinese cassia or Chinese cinnamon is very spicy and aromatic due to its high content of coumarin.

The sweet and spicy flavor of cinnamon has been used by many different cultures for its medicinal properties for thousands of years.

Ingredients: essential oils and coumarin.

Indication: Gegen Fehlsäfte, bei hormonellen Fehlsteuerungen, Stoffwechselstörungen (Harnsäuregicht), Diabetes, Malaria. Cinnamon's benefits include to support digestive

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function, relieves congestion, relieves pain and stiffness of muscles and joints, relieves menstrual discomfort, has blood-thinning compounds that stimulate circulation, contains anti-inflammatory compounds that may relieve arthritis, helps prevent urinary tract infections.

Cinnamon is a powerful anti-microbial agent that can kill E. coli and other pathogenic bacteria. Prevents diabetes, degeneration and early age.

Effectiveness: Cinnamon, nutmeg and clove are very well known for their antioxidant capabilities; actually some of *the most potent* antioxidants in the food supply. One of the greatest benefits of cinnamon relates to type 2 diabetes and age-related degeneration.

Cloves and cinnamon have in addition polyphenolic compounds. Their levels are higher than any other vegetables or fruits. The polyphenolic substances in cinnamon and nutmeg can inhibit fructose-mediated protein glycation.

The Protein glycation - Maillard reaction - is a process in which sugars react spontaneously with proteins to advanced glycation end products (AGEs). It has been clearly demonstrated that the accumulation of AGEs in body tissue is the leading cause of several age-related degeneration, atherosclerosis and diabetic complications such as retinopathy, nephropathy and neuropathy.

Prevention of protein glycation is an example of the antidiabetic potential for bioactive compounds like cinnamon and nutmeg.

The results of a study demonstrate that intake of a teaspoon of cinnamon a day significantly reduces blood sugar levels in people with type 2 diabetes. It also reduces triglyceride, LDL cholesterol, and total cholesterol levels among this group. The inclusion of cinnamon in the diet of people with type 2 diabetes will also reduce risk factors associated with diabetes and cardiovascular diseases.

Hildegard writes:

"The tree of the cinnamon bark is very warm and has strong forces. The heat is so intense that cinnamon blocks the faulty juices and mucilage.

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Who often eat it, reduces the faulty juice and promotes healing.

Therefore, when a person with gout or paralysis is exhausted, or who has the three daily or four day fever (malaria!) should take a steel vessel and pour good wine into i.

Add cinnamon leaves and the cinnamon sticks groundet when they are still juice, and let it cook on fire. He should drink it warm and daily, and he will be cured."

Use: A great way of taking it is in cake, cookies, yoghurt, muesli, Moroccan dishes, or desserts. Sprinkle cinnamon with a little nutmeg over slices of orange or with mango as a dessert.

Caution regarding therapeutic doses:

Cinnamon in high doses may have an estrogenic effect. Pregnant and lactating women should avoid cinnamon in high doses.

In daily Habermus to milk and pastries, jam and cake. In small pinches to lamb and poultry. Ideal as apple, apple spice during fasting. In winter, mulled wine. Everything gets through cinnamon that "certain something".

Dosage: between 1 to 2 level teaspoon (2 - 4 g) of powder a day by adults. 6 g daily was no more effective than the 1g which effectively reduced blood glucose and blood lipid levels for the sustained period during the testing.. Very high doses may be toxic.

Capsules of cinnamon powder are the simplest to take.

Tea: Cinnamon can be added in tea.

Nutmeg

Myristica fragrance

As a universal nerve agent against gloom and melancholy

Nutmeg in the form of freshly ground.

Grinding your nutmeg fresh, like grinding any spice fresh, is far superior to any ground nutmeg that you can buy.

Origin: The nutmegtree grows in the tropics, in Indonesia, as an evergreen tree to the Banda Island in the Moluccas in Indonesia, in the Carribean, especially Grenada and South Africa.

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Ingredients: Nutmeg contains essential oils mostly camphene and myristin which is a toxin if consumed in excessive amounts like more than 1 nutmeg a day.

Indication: Great therapeutic effects including clearing up skin problems, relieving muscle spasm, reducing heartburn, increasing appetite, Nausea and vomiting, Lowering blood pressure, Male infertility and impotence, aphrodisiac, anxiety, Joint pain and gout, Improving concentration, Increasing circulation, Lowering cholesterol

One nut or less can cause side effects such as nausea, hallucinations, swelling and shock. Large amounts can be very toxic.

Excessively amounts can cause headaches and even delirium.

Effectiveness: In addition to their anti-inflammatory, anticoagulant, digestive and antimicrobial action nutmeg has psychoactive and psychoactive properties, which can result in overdose and abuse to slight alterations of consciousness to hallucinations. In even greater amounts of the drug acts abortion.

Hildegard writes:

Nutmeg has large caloric effects and a fine attunement in their power. When a person eats nutmeg, it opens his heart and brushes his senses and brings him something brilliant. "

Application: for blood purification, detoxification, with fatigue, lethargy, lack of concentration, lack of talent, self-consciousness;

In addition to their anti-inflammatory, anticoagulant, digestive and antimicrobial action, nutmeg has psychoactive and psychoactive properties, which can result in overdose and abuse to slight alterations of consciousness to hallucinations. In even greater amounts of the drug acts abortion.

Because of these risks, the nutmeg is not recommended by the BfArM for therapeutic purposes. On the other hand there are no concerns (Federal Gazette of 18 September 1986) against the use as a seasoning.

Use: Many dishes received only by a touch of grated nutmeg their proper whistle: meat and vegetable dishes, cheese casserole, pumpkin soup, fruit salad and pies.

It is best grated fresh in a nutmeg grater.

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Nutmeg is a warm and aromatic seasoning and spice obtained from a large seed off the nutmeg tree. It is finely ground when used as spice.. Nutmeg is a baking spice used to flavor breads, cakes and cookies as well as soups and stews.

The bright red mace is a warm and spicy powder made from the dried and ground outer covering off the nutmeg. It is a baking spice to flavor breads, cakes and cookies. Sprinkle on eggnog, add to meat loaf, spinach and creamed chicken. It is perfect even in pasta sauce.

Mace is often preferred in light dishes for the bright orange, saffron – like color, and nutmeg is used for flavouring many dishes, usually in ground or grated form,

Nutmeg can produce drowsiness so it should be taken when you have a chance to relax or sleep.

Clove

Caryophyllus aromaticus

Cloves are a universal nerve remedy against depression, melancholy and gloom. The primary benefit is that cloves tend to diminish pain. Cloves have a potent, sweet and spicy, aromatic flavor that makes a great complement to many foods. They have been consumed in some areas, such as Asia, for more than 2,000 years.

Origin: The spices actually are the "flower buds" from evergreen rain-forest tree native in Indonesia as an evergreen tree to the Banda Island in the Moluccas, Madagascar, Pakistan, Zanzibar.

Botanically, clove-spice belongs to the family of *Myrtaceae*, the scientifically named is *Syzygium aromaticum*.

Ingredients: The spice contains essential oils mainly eugenol and vanillin, which gives pleasant, sweet aromatic fragrances to the clove-bud. Eugenol has local anesthetic and antiseptic properties, useful in dental care. The spice also contains salicylate as a painkiller, tannins, minerals like potassium, selenium and magnesium. Potassium is an important electrolyte of cell and body fluids that helps control heart rate and blood pressure.

Further, the spice buds contain the vitamins A, K, B1, B6 and C.

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Effectiveness: The active principles in the clove have anti-inflammatory, anti-bacterial, anti-septic, local anesthetic, anti-inflammatory, rubefacient (warming and soothing), carminative and anti-flatulent properties.

Clove increases gut motility as well as improve the digestion through increasing gastrointestinal enzyme secretions. Thus, helps relieve indigestion and constipation problems.

Indication: As a universal nerve remedy against depression, melancholy and gloom; may encourage creativity and mental focus, for blood purification, detoxification, in lack of concentration. Among the clove's most well-known healing properties is its ability to relieve tooth and gum pain, but it has many benefits beyond that. These include: Relief from respiratory ailments such as asthma and bronchitis. Relief from muscle pains from injuries or arthritis and rheumatism. Eliminates intestinal parasites, fungi and bacteria. Cloves kill pain in case of real gout by eliminating uric acid. Clove prevents atherosclerosis, kidney sclerosis, renal dropsy, and lowers arteriosclerotic hypertension.

Hildegard writes:

"Humans are eliminating their metabolic end products, final slags and residues through sweating in the skin, causing gout.

Eat cloves in this condition, because they prevent the gout from growing and makes that it does not develop further.

Who suffers from ear ringing, buzzing or tinnitus

in the head so that his head is humming, almost like a deaf, should often eat cloves, and the humming will be weaker.

Sometimes the intestinal tract is swell, because of dropsy. When the dropsy begins to grow, eat often (daily) cloves, and the cause of the disease will be cured.

Because the healing effect of clove goes into the intestines, reduces their swelling of the dropsy, and repairs the lining of the intestinal wall."

Use: In order to keep the fragrance and flavor intact, clove is generally fresh ground just before preparing dishes and added at the last moment in the cooking recipes. This is because prolonged cooking results in evaporation of its essential oils.

Along with other spices like galangal, pellitory and fenugreek, cloves can be used with spelt dishes, cookies, with vegetables, in marinating chicken, fish, and meat, soups, barbecue sauces, pumpkin soup and fruit salad.

Hildegard

In case of gout or dropsy chew daily 3 to 4 cloves.

Mother of Thyme
Thymus serpyllum

Mother of thyme, wild thyme is a universal skin remedy against neurodermatitis, rashes, and skin ulcers.

Origin: Mother of thyme grows on mountain meadows, on sunny meadows and along roadsides throughout Europe, North America and Australia.

Ingredients: Mother of thyme contains essential oils, tannins, bitters which gives pleasant, sweet aromatic fragrances and a strong spicy taste.

Effectiveness: The spicy essential oils in mother of thyme are stimulating the blood circulation of the skin and the mucous membranes, and support a good and complete digestion. All skin problems are always associated with the problems of the digestive tract.

Indication: Mother of thyme is a universal skin remedy against neurodermatitis, rashes, acne, Psoriasis, and skin ulcers.

Hildegard writes:

“When a person has diseased skin, like rough skin, should take mother of thyme and eat it daily cooked with meat or vegetables often, and the skin of his body will be healed and purified from the inside out.”

Use: 1 teaspoon daily and cook in red beets, meat, particularly mutton, vegetable stews, liver dumplings or in grilled salads.

Psyllium

Psyllii semen

Plantain seed is a universal remedy repairing the lining of the intestinal wall in case of leaky gut syndrom, and helps relieve indigestion and constipation problems.

Hildegard

Origin: Plantain seed, Flea seed are harvested from plantain native in the mediterranean, or Psylla seed in India, Iran and Irak.

Ingredients: Plantain seed are providing, fibrous material valuable mucilages and cellulose

Indication:

Effectiveness:

Plantain seed contains all necessary fibers for a good digestion. With these valuable fibrous materials your intestine stays healthy and efficient. The mild fleeseed slime protects your intestinal lining from inflammation, injuries and cleans out disease-causing toxins.

Fleeseeds with their slime properties cause bigger and better bowel movements, absorb acid from the gall bladder and lower high cholesterol levels. In this way fleeseeds remove black bile and toxins which are often responsible for depression and sadness. They provide for a rapid passage of foodstuffs in the intestines and a fast excretion of carcinogenics with every bowel movement.

1. Bifidobacter: Nondigestible carbohydrates found in fruits, fructooligosaccharides, help promote bifidobacter, a beneficial bacteria that produces butyrate, which protects the lining of the colon. Fiber intake promotes the butyrate formation, and subsequent risk of colon cancer (adenomas).

Hildegard writes

„Plantain seed bring joy into a troubled heart and make us happy. They help the nervous system to good health and strengthen the nerves.

They procure cheerful spirits by virtue of a good digestion and fortify the health of the mind with their harmonizing effect."

Use: Adults: Sprinkle 3 x 1 tea spoon over the food and drink during the meal a quart fluid.

Children: Sprinkle 3 x 1 tea spoon over the food and drink during the meal a half a quart fluid.

Psyllium Wine repairs the leaky gut:

3 Table spoons Psyllium

Hildegard

1 L organic wine

boil 3 Min. Separate immediately the slimy seeds and drink 3 times a day before meals.

Flea seeds should not be taken for stomach-ache, nausea or vomiting or for constipation lasting more than 2 weeks.

Pelargonie spice mixture

Protect yourself from colds and their consequences with nature's own infection defense remedy: pelargonie spice mixture. These healing plants strengthen the body's immune system, when it is fighting viruses and bacteria and rid the body of the congestion often found in colds.

Hildegard recommends for flu and heart pain:

"If your heart hurts, eat this powder with a little salt on bread and you will feel better, because this is the best powder for the health of the heart!"

... for colds and runny nose:

"Inhale the powder into your nose and the cold will loosen up more easily and quickly disappear."

For preventing a cold or during a cold with runny nose, smell the powder and lick a dash of it from the hand. Do this several times a day up to 4 weeks.

... for coughs:

"Whoever has a cold or a tightness of the chest, bake a pancake from a little water, spelt flour and this powder and bake it golden brown in a little butter. Eaten often, before and after meals, both cough and the tightness of the chest will loosen up."

Stir 1/2 cup spelt flour, 1/2 cup of water and 5 dashes of pelargonium powder into a batter and fry pancakes in a little butter.

... for flu headaches:

"Whoever has a headache should eat this powder with salt on bread or lick it from the hand and they will feel better."

1-3 dashes of pelargonium powder on spelt bread together with a sprinkle of salt helps

Hildegard

immediately.

... for intestinal catarrh, overeating, gas, stomach cramps (Roemheld syndrome)

"Whoever has a stomach or belly ache during a flu epidemic or has too much gas, should eat this powder with salt on spelt bread right away or lick it from the hand and they will feel better."

Lick 1/4 – 1/2 tsp. from the hand or sprinkle on food.

Ingredients:

Pelargonium, pellitory, nutmeg

Keep away from children. Do not take if there are any allergies to any of the ingredients. Side effects are not known.

Meum Pear Honey

Meum pear honey is the most important universal remedy for the intestinal tract which removes disease-causing substances in the intestines and prevents disease.

Origin: Meum grows in the mountain districts of the Bavaria Woods, Western Europe, Spain Sierra Nevada, Balkan and Scotland.

Ingredients: Meum contains essential oils, tannins, bitters which gives pleasant, sweet aromatic fragrances and a strong spicy taste. It rids the intestines of candida, pathogenic bacteria and toxins from the intestines that are responsible for triggering severe autoimmune sicknesses.

Indication: Cleansing and purification of the digestive tract,

The idea to rehabilitate first the micro intestinal flora, to repair the lining of the inflamed intestinal wall in case of leaky gut syndrome is the breakthrough of healing the unhealable autoimmune sicknesses of today like arteriosclerosis, cancer, diabetes, rheumatoid arthritis and the 20 000 more diseases!

Therefore, the cure with Meum pear honey is awarded as the "Hildegard gold" and crowned with the first place in any therapy with the title "more precious than gold and more effective than gold."

Hildegard

The cure with Meum pear honey has been tested and proven successful in cooperation with a microbiological-biochemical institute in Germany.

The rehabilitation of the intestinal flora in over 30.000 patients up to now is 80 - 90 percent.

Recipe:

Ingredients

35 grams Meum spice,
28 grams Galangal root,
22 grams licorice root,
15 grams savory
8 tbsp. skimmed honey

Recipe

12 cooked pears (throw out the cooking water!)

Add 1 cooked quince for flavor, if you like. Mix 8 tbsp. skimmed honey (see below) and 100 gr. Meum powder to a smooth consistency, bottle in sterile jars, freeze and use in small portions.

Always keep opened jar in the refrigerator.

Skimmed honey

Place one glass of honey into a pot of water. Bring to a boil and stir honey with a fork, until no more foam (rests of wax, pollen) remains. Sieve out the remaining foam and discard.

Use:

Take Meum pear honey daily, by itself or spread on bread, for at least 4 weeks, dependent on age and weight, following these guide-lines:

1 Tbsp. before breakfast,
2 Tbsp. after lunch,
3 Tbsp. before going to bed.

Repeat if necessary

Savory

Satureja hortensis

Hildegard

Summer savory is a characteristic ingredient of herbes de Provence most often used as a culinary herb, but it also has marked medicinal benefits, especially upon the whole digestive system.

Origin: It is native to North America, southeastern Europe, the Middle East, Atlantic Canada, and Central Asia.

Effectiveness: The essential oil consists of over forty different components, including some of public health significance. The constituents of summer savory essential oil were most inhibitory to bacterial growth.

Ingredients: Summer savory contains essential oils, tannins, bitters which gives pleasant, sweet aromatic fragrances and a strong pungent taste.

Indication: The essential oils are antiseptic, aromatic, carminative, digestive, expectorant and stomachic.

The Antioxidative activity of sage and borage DAE was lower than that of AcO obtained from the same herb, whereas the AA of savory DAE was higher than that of savory the plant is used externally to relieve arthritic joints.

Taken internally, it is said to be a sovereign remedy for colic and a cure for flatulence, whilst it is also used to treat nausea, diarrhoea, bronchial congestion, sore throat and menstrual disorders. It should not be prescribed for pregnant women.

Hildegard

Satureja hortensis L. (summer savory) is an annual herb belonging to the family Lamiaceae. It is used as a condiment and as a plant in traditional folk medicine to treat infectious diseases and disorders.

Hildegard writes

“Savory is good for the healthy and the sick. The bitter ingredients cure internally. Who has a weak heart and a sick stomach, should eat savory raw and it is strengthened. Who is moody and melancholic, should eat savory raw and he becomes happy. It heals the eyes and makes them clear.”

Use: Sprinkle 3 x 1 tea spoon over the food and drink during the meal a quart fluid. widely used with vegetables broth, beans, as a seasoning for grilled mutton, and barbecues, as well as in stews and sauces or in spelt burger.

Ginger root

***Zingiber officinale* Roscoe**

Ginger is one of the greatest immune booster world wide

Ginger root in the form of powder

Origin: cultivated in all tropic countries, China, Indonesia, Jamaica and Australia

Ingredients: essential oils, like zingiberen, campher

Effectiveness: anti- bacteriell, ant- viral, anti-fungucid, spasmolytic, immunstimulant, antioxidants caused by gingerol, curcumin and zingerone, Indication:

1. bolster your body's immune system to combat the common cold, and flu
2. reducing the feeling of nausea,
3. reducing the effect of morning sickness in pregnant women.
4. Helps reduce muscle discomfort reduced pain of up to 25% in their muscles.
5. reduces muscle pain and inflammation.
6. helps cancer patients who are undergoing chemotherapy. This treatment is known to cause nausea and sickness, and ginger is extremely effective in making these patients feel more comfortable.
6. The high levels of antioxidants (gingerol, curcumin and zingerone) in ginger have been found to be an effective natural treatment in the fight against Alzheimer's disease.

By consuming ginger the antioxidants have been shown to inhibit and even reverse the deposition of plaques in the brain which are associated with Alzheimer's.

In addition it has been proven that consuming ginger extracts can actually improve memory, attention and cognitive function in middle-aged women.

Fight infections

Gingerol is a bioactive compound, and the main component in its infection-fighting abilities, helps to stop the growth of bacteria to fight away a number of illnesses and infections including yeast infections, gum inflammation and even the likes of gingivitis.

Effectiveness: The root or stem known as the rhizome is packed with phenolic compounds that helps improve your digestive system, when consumed regularly

Aids the fight against cancer

ginger really is a wonder food when it comes to the fight against cancer.

2 g of ginger extract each day can reduce the amount of molecules in the colon that signal inflammation. There have also been studies that show how ginger can help reduce the chances of developing ovarian cancer, pancreatic cancer and breast cancer.

Lower blood cholesterol

Studies have shown that ginger can reduce the amount of cholesterol in the blood by activating an enzyme by increasing your body's use of cholesterol and therefore lowering it. It may also help blood from clotting and prevent heart attacks or strokes.

9. Reduce menstrual cramp pains

Pain relief is one of the original uses of ginger in medicine, and menstrual pain can be significantly reduced using ginger in its raw or powder form.

Studies have shown that even just 1 gram of ginger powder consumed each day, during the first three days of the menstruation period, can significantly reduce the pain that comes with it due to its anti-inflammatory and inhibitory properties.

In fact, the effect that ginger has is just as strong as many over-the-counter drugs, including ibuprofen.

10. Reduce indigestion pain

Ginger is known to stimulate digestive juices and the flow of enzymes to aid digestion of food. Its anti-inflammatory properties and presence of antioxidants provide relief from pain

Hildegard

and ensure that large meal does not keep repeating on you! Between one and two grams of ginger can help aid digestion and avoid discomfort and cramps.

Hildegard writes:

„If someone is getting thin and almost dies, take this powder in soup or on bread, and it gets better.

Once he gets better, he eats no longer ginger, so he does not have to suffer. "

"Ginger harms a healthy and obese person, because it makes him unfocused, forgetful, and sexy addicted.

Only Hildegard warns against the sole use in healthy individuals.

Use: as a spice 1 – 3 times daily ½ tsp. sprinkle over the food, or in fruit salad

Hildegard herb garden

Herbs grow in the garden, on the balcony or in a pot on the windowsill. They have the best flavor when they are used fresh cut before daybreak. During the hot midday their content of essential oils is the lowest. In the waning moon should not harvest herbs, not for storage, because then missing their healing powers.