

Food Is Medicine

My Favorite Medicinal Foods

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An infusion of the flowers or hips is used to treat yeast infections, bladder infections, and kidney stones.

One ounce of dried rose hips contains:

- 200% RDA vitamin C
- 125% fiber
- 275% manganese
- 100% vitamin A

Extracts of rose hips have shown antimicrobial activity against both yeast and gram-positive bacteria (Yi et al. 2007)

Rose hips exhibit anti-inflammatory action, as well as anti-diabetic and anticancer effects (De la Iglesia et al. 2010)

Rosa woodsii

Wild Rose

uŋžínžintka hú



Achillea millefolium

western yarrow

t̥haópi p̥hežúta



Yarrow is traditionally used to heal spider bites and earaches, sore throat, and coughing, and it is incredibly effective for stopping bleeding. It is also used to stimulate sweating and urination.

An aqueous extract of the flowers of yarrow, applied topically, has shown significant wound healing activity. (Pirbalouti et al. 2010)

Achillea species may also be of potential sources of natural antioxidants for treatment or prevention of various cancers. (Konyalioglu et al. 2005)

Yarrow extract has been shown to reduce the size of chronic gastric ulcers by upwards of 65%, and it promotes significant regeneration of the gastric mucosa after ulcer induction denoting increased cell proliferation. (Cavalcanti et al. 2006)

Humulus lupulus

wild hops

waḥpé akíkašpapi



An infusion of hops treats fever and intestinal pains. Hops are used as a natural sedative for sleeplessness and anxiety.

Sikorski and Rusiecki (1938) reported that both humulone and lupulone had “strongly sedative effects.”

Bioassays have led to the isolation and characterization of 8PN (prenylflavonoid phytoestrogen) ... a major estrogenic substance in hops and one of the most potent known plant-derived estrogens. (Milligan et al. 1999)

Arctium minus

burdock
waḥpé thánka

A decoction of the roots is effective against throat infections, boils, rashes, eczema, acne, boils, and insect bites. It is also often used in salves.

Pharmacological studies indicated that burdock roots have hepatoprotective, anti-inflammatory, free radical scavenging and antiproliferative activities. (Predes et al. 2011)



Monarda fistulosa

beebalm

heřáka thápěžúta

An infusion of beebalm is used to treat abdominal pains, indigestion, fevers, sore throats, colds, and whooping cough. A poultice is used to prevent wounds from becoming infected. A decoction of the whole plant is used to bathe infected wounds and boils.

An aqueous extract of beebalm is very effective against *Staphylococcus aureus*. (Borchardt et al. 2008)

Beebalm also contains bioactive monoterpenes known to be antimicrobial. (Johnson et al. 1997)

It also contains thymoquinone, a bioactive compound that has smooth and cardiac muscle relaxant activity. (Ghayur et al. 2012)



Taraxacum officinale

dandelion

wahpe zi



“Amazing anti-tumor activity” (Pandey 2015)

Dandelion tea increases lymphocyte numbers significantly compared with controls (Modaresi 2012)



Dandelion extract has an anti-physical fatigue effect. It is shown to enhance the maximum swimming capacity of mice, and it delays the lowering of blood glucose, and prevents increases in lactate and triglyceride concentrations. (Zhang 2011)



Dandelion extract is effective against all sorts of bacterial pathogens *P. aeruginosa*, *E. coli*, *S. aureus*, *Bacillus subtilis* and *Micrococcus luteus*. (Sohail 2014)

Pedimelum esculentum

breadroot
thínpsila

The dried root is ground up and made into porridge, which is used to treat stomach ulcers and irritated bowels (IBD).

7% protein more than 50% carbohydrate, rich in vitamins and trace minerals, especially

In “Foods and Dietary Supplements in the Prevention and Treatment of Disease in Older Adults,” Watson (2015) found that *Pedimelum esculentum* had the potential to prevent diabetes, heart disease, and certain cancers.





Quercus marcocarpa útahu chán bur oak

Oak bark is boiled into an infusion to treat diarrhea. It is also used externally to treat poison ivy rash.

Acorns from many oak species contain significant levels of essential fatty acids and iodine. (Charef et al. 2008)

Sewar et al. (2015) found that an oak leaf extraction showed significant antibacterial activity against Gram-positive and Gram-negative bacteria and “immense antifungal activity” against *Aspergillus niger* and *A. flavus*. They also demonstrated significant free radical scavenging activity.

Extracts of tannin rich leaves of oak inhibited various microbial enzyme activities. (Makkar & Singh 1991)

Urtica dioica

stinging nettles

čchaníčaħpehu

An infusion is used for general health & wellness, and is especially good for children. It is also used to treat arthritis, rheumatism, and eczema, psoriasis, and even dandruff.

Nettles exhibit significant antioxidant activity through high phenol and flavonoid contents, and noted their significant anti-inflammatory, anti-tumor, and antiviral effects, as well as their ability to modulate the immune system (Pourmorad et al. 2006)

In a study of men with benign prostatic hyperplasia, nettles relieved the symptoms better than placebo, probably due to the compounds such as phytosterols, lignans and polysaccharides (Ghorbanibirgani et al. 2013)

Cooked nettles supply:

- 90%–100% RDA of vitamin A
- calcium, iron, and protein and
- recommends fresh or processed nettles as a high-protein, low-calorie source of essential nutrients, minerals, and vitamins particularly in vegetarian, diabetic, or other specialized diets.





Prunus virginiana

chokecherries

čhaṇphá

Consuming the smashed pits of certain *Prunus* species protects the liver from hepatic fibrosis caused by dimethylnitrosamine , which is a biproduct of cooking food and is a suspected carcinogen. (Abdel-Rahmen 2011)

Chokecherries treat a range of ailments ranging from sleep disorders, arthritis, muscle damage, and they have also demonstrated improved cognitive function in Alzheimer's mouse models. (Schumacher et al. 2013)

Crataegus succulenta

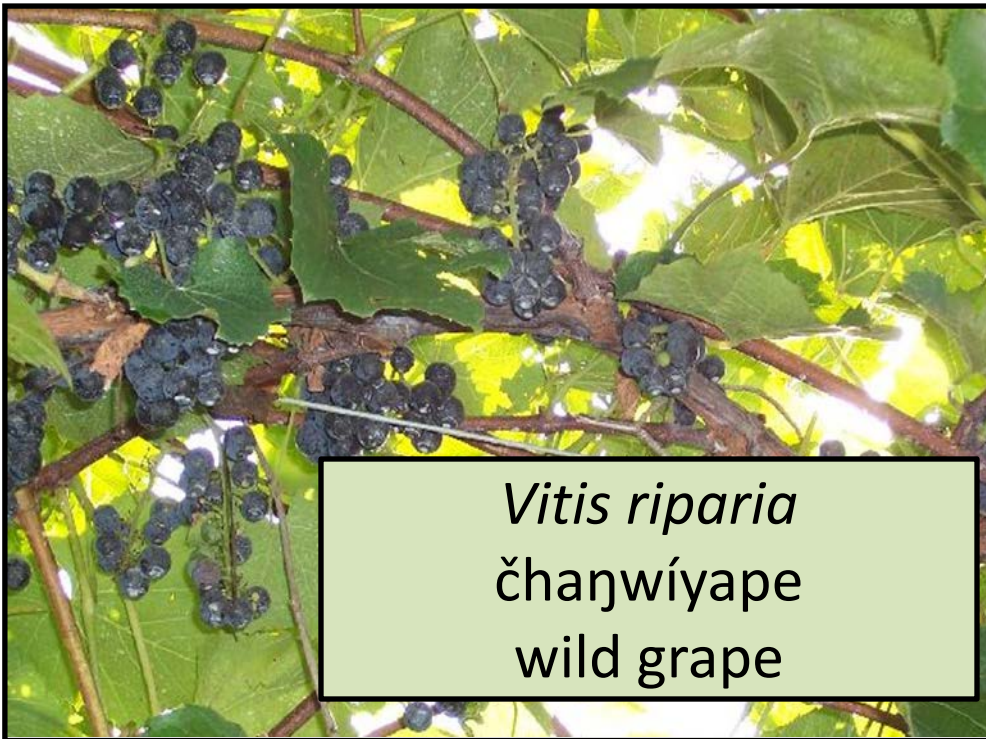
hawthorn

mathó thaspán

Hawthorn extracts exert a wide range of cardiovascular pharmacological properties:

- antioxidant activity
 - positive inotropic effects
 - anti-inflammatory effects
 - anticardiac remodeling effects
 - antiplatelet aggregation
 - vasodilating effects
 - endothelial protective effects
 - reduction of smooth muscle cell migration and proliferation
 - protective effect against ischemia/reperfusion injury
 - antiarrhythmic effects
 - lipid-lowering effects
 - decrease of arterial blood pressure effects
- (Tassell 2010, Wang 2010)





Vitis riparia
čhaŋwíyape
wild grape



maštínčaphuté
buffaloberry
Shepherdia argentea



Ribes aureum
wičháginaška hú
currants



Amelanchier alnifolia
wípazutkħaŋ
juneberries

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Questions?