



Healing

Is An

Art...

A-Z HERB GUIDE

by Joi Tecumseh



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HEALING IS AN ART

“We will never become what we want by remaining who we were..” - Joi Tecumseh

Today, on the celebration of my 40th birthday, I release this book as a testament and roadmap to my healing journey—a journey defined by resilience, rediscovery, and transformation. Each page reflects the lessons I’ve learned, the paths I’ve walked, and the wisdom I’ve been privileged to receive.

To the artists, healers, and visionaries who have illuminated my way, I owe my deepest gratitude. You’ve shown me the profound strength of unity and the importance of honoring one’s own purpose. In your presence, I found clarity and the courage to understand myself on a deeper level. It’s your wisdom and love that flow through every word on these pages, and I hope to honor your legacy by sharing these insights and tools with others.

To my sweet daughter, my Melodie from Heaven, you are my guiding star and my greatest source of strength. Because of you, I found the courage to heal and take back control of my life, health, and purpose. You are woven into the fabric of this journey, the heartbeat of every lesson and insight. This work, at its very core, is a gift to you, as well as to every soul searching for hope and healing.

I pray this book takes you back to your roots, helping you honor the legacy of your ancestors and remember the power within you. Know that you have the ability to heal yourself and your life. Healing isn’t a destination or a release date—it is a continuous journey, a process that unfolds and evolves. It cannot be rushed, for healing is an art—one that requires study, reverence, and intention. It is a practice, a living, breathing expression of self-love and wisdom that must be revised, preplanned, and revisited as we grow.

May these pages inspire you to embrace each step of your own healing journey, to seek out your inner strength, and to live in harmony with the essence of who you are.

About The Author

Joi's journey "Joi" Tecumseh is the visionary founder of the Art House Village Foundation, an initiative dedicated to merging art, music, and holistic wellness to empower individuals and communities. With over two decades in the entertainment industry, Joi has made a profound impact as an entertainment mogul, media maven, and healer, bringing her expertise in creative expression and wellness to her community and beyond.


Joi's journey begins in 2009 when she began managing and nurturing the careers of over 100 creators, including artists, filmmakers, producers, radio hosts, and podcast personalities. Her mentorship helped build lasting careers, fueling the success of the Art House Village Foundation. Joi's pioneering efforts have enriched the lives of individual artists and created a movement centered on self-expression, financial literacy, and community healing.

In 2019, Joi expanded her vision with *The Art of Healing and Happiness* , which combined herbal healing, meditation, art and music therapy to support artist in their healing journeys. During this time, she also initiated Baltimore's first hip-hop summer camp, offering free classes in hip-hop history, poetry, and creative expression. Under Joi's mentorship, many artists have reclaimed their lives, launched their careers, and created brand identities.

Joi's transformative journey into healing gained momentum during the COVID-19 pandemic, when she crafted herbal wellness remedies and introduced her "Beast Mode Juices" to strengthen immunity and support her clients' well-being. Inspired by her hometown's resilience, these powerful juices sold over 1,000 bottles, enabling Joi to have funding and establish Baltimore's first Art House in October 2020. This creative haven became a sanctuary for artists, offering herbal tonics, detox treatments, and support for those struggling with addiction.

Joi's heritage as the fifth great-granddaughter of Chief Tecumseh the warrior and founder of Prophets Town; profoundly influences her approach to wellness and building community. Rooted in Indigenous wisdom, her programs honor traditional healing practices, integrating herbal medicine, meditation, and spiritual guidance. Her great uncle, Chief Kiutus Tecumseh, a lyrical tenor, radio host and community leader from the Wenatchee tribe, serves as a guiding force in her mission to unify and empower through holistic healing and using art and media to do it.

Today, Joi's work with the Art House Village Foundation has expanded to Spokane, where her foundation supports reentry programs through music therapy, trauma recovery, and holistic healing. By combining creative expression and wellness, she empowers individuals to reclaim their lives and dreams. Joi's mission is not just about healing—it's about cultivating resilience and honoring her family's legacy by offering people the tools to transform their lives.



BONUS CHAPTER - HEALING AFFIRMATIONS

5:00 AM, October 30, 2024 - Greenacres, WA

In uploading this book, I felt a special calling to include this bonus page on using affirmations with herbal healing and ancient medicine. When working with these practices, it's important to envision yourself as already healed, letting go of any dis-ease and embracing the purifying, restorative power of nature. These are practices I've explored, studied, and embraced over the years to support my own journey of self-healing. I'm not a doctor or health practitioner, but I have studied herbalism, earned certifications in herbal healing, and refined these techniques through personal experience. I encourage you to explore these rituals as part of your unique path. Experiment, discover what resonates, and allow these practices to become yours. Share this knowledge with friends, family, and loved ones. Print these pages, highlight it, and take notes—there's always more to learn, and the journey is deeply personal.

I will also add knowledge of self is the biggest peace and understanding -

In the spirit of healing and connection, here are some affirmations to speak while working with herbs, preparing your medicine, or performing healing rituals. Let them flow with love and creativity; they're for you to repeat, adapt, and make your own. Let's keep it light, joyful, and empowering as we dive in!

HEALING AFFIRMATIONS

- "I am in tune with the healing power of nature."
- "My body is open to receive wellness, and my spirit embraces harmony."
- "Every cell in my body is filled with light, peace, and strength."
- "I honor the wisdom of my ancestors, and I am connected to their healing energy."
- "My mind, body, and spirit are balanced and aligned."
- "I am grateful for the gifts of the earth that nourish and restore me."
- "I release what no longer serves me, making space for healing and love."
- "I trust my intuition as I nurture myself and my loved ones."
- "The path to healing is unique, and I am guided on my way."
- "I am worthy of health, joy, and the beauty that life brings."

Let these affirmations become part of your journey, a way to center yourself as you explore the beauty of natural healing. Let's keep growing, discovering, and creating a life filled with vibrant energy and connection.

AN INTRODUCTION TO HERBS

In this comprehensive guide, I invite you on an enlightening journey to explore the healing powers of herbs—an odyssey that weaves together ancient wisdom, seasonal practices, and practical recipes for nurturing wellness. Inside these pages, you'll find step-by-step instructions, a variety of recipes, detox programs, and tonics, all designed to support mental clarity, cleanse parasites, aid in heavy metal detox, and more.

My mission here is more than just sharing information; it's about equipping you with a toolkit to live a life rich in health, creativity, and connection. This guide is especially crafted for creatives and individuals on the spectrum, offering approaches to herbal remedies that encourage focus, balance, and overall well-being. Each recipe and practice resonates with the goal of harmonizing mind and body, helping you unlock the full potential of your creative spirit.

As we embrace these herbal traditions, we deepen our understanding of how nature's gifts can be powerful catalysts for healing and self-discovery. Join me on this transformative journey, where ancient practices meet our modern needs, and discover how the wisdom of herbs can profoundly enrich your life and creative path.



CHAPTER I: HERBAL FOUNDATIONS

Welcome to the world of herbs, where nature's best-kept secrets are waiting to be discovered! Herbs are more than just decorative plants; they're powerful allies in promoting wellness. From enhancing your immune system to supporting cognitive function, these plant-based wonders have been cherished throughout history for their health benefits.

WHAT ARE HERBS?

At their essence, herbs are plants used for flavoring, healing, and health. They come in various forms, like fresh, dried, and powdered, and each has its unique benefits. Some familiar herbs include basil, mint, and rosemary, but there are also lesser-known ones like ashwagandha and holy basil, which are gaining popularity for their impressive wellness properties.

HOW DO HERBS WORK?

Herbs work by interacting with different systems in the body, offering support where needed. For instance, echinacea is well-known for its immune-boosting capabilities, making it a go-to during cold and flu season. On the other hand, herbs like ginkgo biloba are recognized for enhancing memory and focus, providing that extra mental edge.



HOW HERBS CAN SUPPORT YOUR HEALTH:



Immune Support: Herbs like elderberry and echinacea help fortify your defenses against illness.

Digestive Aid: Ginger and peppermint can soothe digestive discomfort and promote a healthy gut.

Cognitive Boost: Ginkgo biloba and rhodiola are great for enhancing mental clarity and focus.

ORIGINS AND TRADITIONAL USES

Each herb carries a unique story rooted in history. For example, ginger has been a staple in traditional Asian medicine for centuries, often used to treat nausea and digestive issues. Similarly, sage has been utilized in various cultures for its cleansing properties and health benefits.

As we explore each herb in this guide, we'll delve into its origins, traditional uses, and how it can fit into your modern wellness routine. Understanding where these herbs come from helps us appreciate their value and integrate them into our lives thoughtfully.

PREPARATION METHODS

Knowing how to prepare herbs is key to maximizing their benefits. Here are some simple methods to get you started:

Teas: A popular and easy way to enjoy herbs. Just steep a handful of fresh or dried herbs in hot water for about 10 minutes, strain, and enjoy.

Tinctures: For a concentrated dose, you can create tinctures by soaking herbs in alcohol or vinegar, which extracts their medicinal properties.

Infused Oils: To create your own infused oils, combine herbs with a carrier oil and let them sit for a few weeks. This is perfect for culinary uses or skin care.

Capsules: If you prefer a quick and convenient option, herbal capsules are readily available. Just be sure to choose high-quality products from trustworthy sources.

FINAL THOUGHTS

This chapter is just the starting point of your herbal journey. As we move forward, you'll learn about a variety of herbs and how they can contribute to your health and creativity. Remember, the more you know about these natural allies, the better equipped you'll be to take charge of your wellness.

Let's continue this journey together and discover how herbs can transform your life!

CHAPTER 2: A-Z HERBS FOR EVERYDAY WELLNESS

In this section, we're diving deep into a whole alphabet of herbs, each with its own story and health benefits. Let's explore how these herbs can support your wellness journey, boost your vitality, and enhance your overall well-being. Get ready to discover their uses, healing properties, and how to incorporate them into your daily routine!

A: ASHWAGANDHA

Historical Use: Rooted in Ayurveda, ashwagandha has been used for centuries to help combat stress and promote overall health.

Primary Benefits: Known as an adaptogen, it helps your body manage stress, anxiety, and fatigue. It can also enhance cognitive function and improve energy levels.

Preparation Techniques: You can mix ashwagandha powder into smoothies, oatmeal, or warm milk, or take it in capsule form for a quick boost.

B: BURDOCK ROOT

Historical Use: Traditionally used in Chinese medicine, burdock root has been recognized for its blood-purifying properties.

Primary Benefits: It acts as a natural detoxifier, supporting liver function and promoting clear skin. It's also high in antioxidants, which help fight inflammation.

Preparation Techniques: Burdock root can be enjoyed in teas, soups, or stir-fries. Simply simmer the sliced root to extract its benefits.

C: CHAMOMILE

Historical Use: Chamomile has been cherished since ancient Egyptian times for its calming effects.

Primary Benefits: It helps soothe digestive issues and promotes sleep, making it a great herb for those experiencing anxiety or insomnia.

Preparation Techniques: Brew chamomile flowers in hot water for a comforting tea, or use it in bath soaks to unwind after a long day.

D: DANDELION

Historical Use: Often dismissed as a weed, dandelion has a rich history in herbal medicine, used for its health benefits for centuries.

Primary Benefits: Supports liver health and acts as a natural diuretic, helping to flush toxins from the body. The leaves are also high in vitamins A, C, and K.

Preparation Techniques: Use fresh dandelion greens in salads or make a detoxifying tea from the root by simmering it in water.

E: ECHINACEA

Historical Use: Native Americans used echinacea to treat various ailments, especially for its immune-boosting properties.

Primary Benefits: It's known for shortening the duration of colds and flu symptoms and supporting immune function.

Preparation Techniques: Echinacea can be consumed as a tea, tincture, or in capsule form, particularly during cold and flu season.

F: FENUGREEK

Historical Use: Fenugreek has been used in ancient Egyptian and Greek cultures for its health benefits and culinary uses.

Primary Benefits: It aids digestion, helps regulate blood sugar levels, and is often used to increase milk production in breastfeeding mothers.

Preparation Techniques: The seeds can be soaked overnight and added to dishes, or brewed into tea for a digestive boost.

G: GINGER

Historical Use: Ginger has been a staple in Asian medicine for thousands of years, known for its numerous health benefits.

Primary Benefits: It alleviates nausea, aids digestion, and has anti-inflammatory properties that can help relieve pain.

Preparation Techniques: Grate fresh ginger into teas, stir-fries, or smoothies. You can also chew on candied ginger for nausea relief.

H: HIBISCUS

Historical Use: This vibrant flower has been used in traditional medicine across Africa and Asia.

Primary Benefits: It's rich in antioxidants and supports heart health by lowering blood pressure and cholesterol levels.

Preparation Techniques: Brew hibiscus petals in hot water for a refreshing tea, or use it as a base for cold beverages.

I: IRISES (BLUE FLAG)

Historical Use: Blue flag has historical significance in Native American herbal practices.

Primary Benefits: Known for its ability to support liver detoxification and digestive health.

Preparation Techniques: Typically used in tinctures; it's best to consult an herbalist for guidance on safe use and preparation.

J: JASMINE

Historical Use: Jasmine has been used in traditional Chinese medicine for its soothing properties.

Primary Benefits: It promotes relaxation and enhances mood, making it a great herb for stress relief.

Preparation Techniques: Brew jasmine flowers for fragrant tea or use jasmine essential oil for aromatherapy.

K: KAVA

Historical Use: Kava has a long history in Pacific Island cultures, where it's used in ceremonies and social gatherings.

Primary Benefits: Known for its calming effects, kava helps reduce anxiety and promote relaxation without impairing cognitive function.

Preparation Techniques: Prepare kava as a tea from the root powder, ensuring to follow proper dosage guidelines.

L: LAVENDER

Historical Use: Lavender has been used for centuries in aromatherapy and traditional medicine for its calming properties.

Primary Benefits: It helps reduce anxiety, improve sleep quality, and can even ease headaches.

Preparation Techniques: Brew lavender flowers for tea or add essential oil to baths and lotions for a relaxing effect.

M: MINT

Historical Use: Mint has a long history in both culinary and medicinal traditions.

Primary Benefits: It aids digestion, freshens breath, and can soothe headaches.

Preparation Techniques: Use fresh mint leaves in teas, salads, or as a garnish for dishes.

N: NETTLE

Historical Use: Nettles have been used in folk medicine for their health benefits for centuries.

Primary Benefits: Rich in vitamins and minerals, nettles support joint health and act as a natural anti-inflammatory.

Preparation Techniques: Brew dried nettle leaves into tea or use fresh leaves in soups and stews.

O: OREGANO

Historical Use: Oregano has been used since ancient times for its flavor and health benefits.

Primary Benefits: It has antimicrobial properties, supports respiratory health, and is rich in antioxidants.

Preparation Techniques: Use fresh or dried oregano in cooking, or brew as tea for its health benefits.

P: PEPPERMINT

Historical Use: Peppermint has a rich history in traditional medicine, particularly for digestive issues.

Primary Benefits: It eases headaches, supports digestion, and can help relieve symptoms of irritable bowel syndrome (IBS).

Preparation Techniques: Brew peppermint leaves for tea or use peppermint essential oil for aromatherapy.

Q: QUASSIA

Historical Use: Quassia has been used in traditional medicine for digestive support.

Primary Benefits: It stimulates appetite and supports digestive health, making it useful for those recovering from illness.

Preparation Techniques: Brew as a tea or use in tinctures; consult an expert for safe usage.

R: ROSEMARY

Historical Use: Used by ancient Romans for memory enhancement and culinary flavoring.

Primary Benefits: Improves memory, boosts circulation, and has anti-inflammatory properties.

Preparation Techniques: Use fresh or dried rosemary in cooking or brew as tea for cognitive benefits.

S: SAGE

Historical Use: Sage has been used for centuries for its medicinal properties.

Primary Benefits: It supports digestive health, is rich in antioxidants, and can help with cognitive function.

Preparation Techniques: Brew dried leaves in hot water for tea or use in culinary dishes.

T: TURMERIC

Historical Use: A cornerstone of Ayurvedic medicine, turmeric has a rich history in traditional healing.

Primary Benefits: Known for its potent anti-inflammatory and antioxidant properties, it supports joint health and boosts overall wellness.

Preparation Techniques: Use fresh or powdered turmeric in cooking, or make a soothing golden milk by mixing with warm milk and spices.

U: UVA URSI (BEARBERRY)

Historical Use: Used in Native American herbal medicine for urinary health.

Primary Benefits: Supports urinary tract health and has antiseptic properties.

Preparation Techniques: Brew leaves as tea, but consult a healthcare provider for proper usage.

V: VALERIAN ROOT

Historical Use: Valerian has been used since ancient Greece as a natural sedative.

Primary Benefits: Promotes restful sleep, reduces anxiety, and can help with insomnia.

Preparation Techniques: Take as a tea or in capsule form before bedtime for a restful night.

W: WORMWOOD

Historical Use: Known for its historical use in digestive support and as an antiparasitic.

Primary Benefits: Aids digestion and has antimicrobial properties.

Preparation Techniques: Brew as tea; consult an herbalist for dosage and usage guidelines.

X: XYLOPIA (AFRICAN PEPPER)

Historical Use: Used in traditional African medicine for its health benefits.

Primary Benefits: Antimicrobial, it promotes digestive health and can help with respiratory issues.

Preparation Techniques: Use seeds in cooking or brew as tea.



Y: YELLOW DOCK

Historical Use: A staple in folk medicine for its digestive benefits.

Primary Benefits: Supports liver health and improves digestion.

Preparation Techniques: Brew roots as tea or take in tincture form for digestive support.

Z: ZINGIBER (GINGER)

Historical Use: Ginger has been revered in cultures worldwide for its healing properties.

Primary Benefits: Eases nausea, supports digestion, and offers anti-inflammatory benefits.

Preparation Techniques: Grate into teas, stir-fries, or smoothies, or enjoy candied ginger for an easy remedy.

WRAPPING IT UP

This A-Z guide is just the beginning of your journey into the powerful world of herbal healing. Each herb featured here offers its own unique array of benefits, from supporting immunity and energy levels to aiding mental clarity, relaxation, and even spiritual grounding. As you experiment with different preparations—whether teas, tinctures, salves, or capsules—you'll discover what resonates best with your body and spirit.

Incorporating these natural allies into your daily routine can be a gentle yet transformative way to enhance your health and well-being. The beauty of herbal healing lies in its flexibility and personalization; it's about finding what works uniquely for you. Listen to your body's needs, trust your intuition, and allow the herbs to guide you toward balance and vitality. For those ready to dive deeper, there are many excellent resources available that explore the rich medicinal properties and historical applications of each herb. Consider expanding your knowledge with specialized books, courses, or connecting with a qualified herbalist who can provide personalized guidance.

Embrace this opportunity to further explore the natural, holistic paths that promote wellness and self-care, allowing you to cultivate a lifestyle grounded in the healing power of the earth.

CHAPTER 3:

DETOX PROTOCOLS

Detoxing your body is like giving yourself a fresh start, and it's especially important for those on the autism spectrum and other creative individuals. Our bodies are exposed to a lot of toxins every day—everything from heavy metals in the environment to pesky parasites that can invade our systems. Understanding the impact of these toxins on our health can be crucial, especially when it comes to supporting brain function and overall wellness.

WHY DETOXING FROM PARASITES MATTERS

Parasites can affect our health in subtle yet significant ways. They can steal nutrients from our bodies, disrupt digestion, and even impact our mental clarity and emotional well-being. For those on the autism spectrum, addressing these hidden burdens may help alleviate some symptoms associated with sensory overload or mood swings. Creative individuals, too, may find that clearing out parasites can lead to clearer thinking and enhanced creativity. A well-functioning gut is directly linked to brain health, often referred to as the "gut-brain connection." When parasites are in the mix, they can disrupt this connection, leading to various health issues.

HERBAL ALLIES FOR A PARASITE CLEANSE

Herbs like black walnut hull, wormwood, and clove are powerful allies in this detox process. Black walnut hull is traditionally used for its anti-parasitic properties, while wormwood is known to help expel unwanted organisms. Clove has a reputation for enhancing gut health and fighting off parasites.

RECIPE: ANTI-PARASITE TONIC

Ingredients:

- 1 tablespoon black walnut hull extract
- 1 teaspoon dried wormwood
- 1 teaspoon clove powder
- 1-inch piece of fresh ginger, grated
- 2 cloves of garlic, minced

INSTRUCTIONS:

1. Combine all ingredients in warm water.
2. Drink daily for seven days.
3. Pair this tonic with a diet low in sugar and processed foods to enhance its effects.

BEST TIMES FOR A PARASITE CLEANSE

The best time to embark on a parasite cleanse is during the changing of the seasons, especially in spring and fall. During these times, our bodies are naturally more inclined to detox, and you can align your cleanse with the seasonal cycles.

HEAVY METAL DETOX PROTOCOL

UNDERSTANDING HEAVY METAL TOXICITY

Heavy metals like lead, mercury, and aluminum can build up in our bodies over time, primarily through our environment, diet, and even vaccinations. These toxins can severely impact cognitive function, leading to issues such as memory problems, mood swings, and even developmental delays in children. For individuals on the autism spectrum, heavy metal detoxing can potentially improve symptoms and enhance quality of life. Moreover, a clean body can unleash creativity and emotional stability in artists and creatives.

HERBAL ALLIES FOR HEAVY METAL DETOX

Herbs such as cilantro, chlorella, and spirulina are known for their detoxifying properties. Cilantro has the ability to bind with heavy metals, aiding in their removal from the body. Chlorella and spirulina, both types of algae, offer significant support in detoxification and provide a plethora of nutrients.

RECIPE: HEAVY METAL GREEN JUICE

Ingredients:

- 1 cup fresh cilantro
- 2 stalks of celery
- 1 teaspoon spirulina powder
- Juice of 1 lime

INSTRUCTIONS:

1. Blend all ingredients until smooth.
2. Drink daily for a refreshing and detoxifying boost.

HOW THIS HELPS WITH GUT-BRAIN CONNECTION

By supporting the body in removing heavy metals, you're not just cleaning up the gut; you're also enhancing communication between the gut and brain. This can lead to improved mood, focus, and overall mental clarity.



THE ROLE OF PETS IN PARASITE HEALTH

Let's not forget our furry friends! Pets can also harbor parasites, which can then transfer to humans. Regular parasite screenings and treatments for your pets can help prevent the spread of these unwelcome guests into your home. Ensuring both you and your pets are free from parasites creates a healthier environment for everyone.

WRAPPING IT UP

Incorporating detox protocols into your wellness routine is a powerful way to support your health. Whether you're dealing with parasites or heavy metals, these herbal solutions can help pave the way for a clearer mind and a healthier body. Remember, it's all about maintaining that vital gut-brain connection and finding balance in your life.

For those on the autism spectrum, addressing these detox needs can lead to tangible improvements in daily functioning and overall well-being. So, consider these herbs as a part of your holistic health toolkit, and get ready to feel refreshed and renewed!

CHAPTER 4 :

SEASONAL HERB GUIDE

Aligning your herbal practices with the seasons can take your wellness game to the next level. Each season comes with its own vibe, and tapping into the specific herbs that flourish during these times can help you work with your body's natural rhythms. Let's dive into what each season has to offer and how you can use these herbs to enhance your health.

SPRING: RENEWAL AND DETOX

Spring is all about rebirth and renewal. As nature shakes off the winter chill, it's the perfect time to detoxify your body and prepare for the warmer months. This season, embrace herbs that help cleanse and rejuvenate.

Dandelion: Known for its detoxifying properties, dandelion is great for supporting liver health and promoting digestion. You can use its leaves in salads or brew them into a tea.

Nettles: These little green powerhouses are packed with nutrients and help reduce inflammation. They also act as a natural antihistamine, which can be super beneficial as allergies start to kick in.

Seasonal Tip: Incorporate dandelion and nettles into your diet by making a fresh herbal pesto or adding them to smoothies. Spring is the ideal time for a good cleanse, so consider a detox plan using these herbs to reset your system.

SUMMER: COOLING AND SOOTHING

As temperatures rise, your body craves cooling and soothing remedies. Summer herbs help combat heat and inflammation, keeping you refreshed and hydrated.

Mint: This classic summer herb not only adds a refreshing flavor to drinks and dishes but also aids in digestion and cooling the body down. Mint tea is a great way to enjoy its benefits.

Lemon Balm: Known for its calming properties, lemon balm can help reduce stress and promote restful sleep. It's perfect for those long summer nights.

Seasonal Tip: Create a cooling herbal infusion by steeping fresh mint and lemon balm in cold water. This drink is perfect for hot days and can help keep your energy levels steady.



AUTUMN: STRENGTHENING IMMUNITY

As the days get shorter and the weather cools down, it's time to focus on boosting your immune system. Autumn herbs are rich in antioxidants and can help prepare your body for the winter ahead.

Elderberry: This powerhouse berry is well-known for its immune-boosting properties. It can help fend off colds and flu, making it a staple for your autumn wellness routine.

Turmeric: A vibrant yellow spice, turmeric is loaded with anti-inflammatory properties and is great for overall health. It's versatile, so you can use it in soups, teas, or even smoothies.

Seasonal Tip: Make a cozy elderberry syrup to keep on hand for those chilly days. Adding turmeric to your favorite fall dishes, like pumpkin soup, not only enhances flavor but also gives your immune system a solid boost.

WINTER: WARMTH AND DIGESTION

Winter is all about staying warm and cozy. As we bundle up, incorporating herbs that provide warmth and support digestion can be especially helpful.

Ginger: A well-known digestive aid, ginger warms the body and helps soothe nausea and digestive discomfort. It's perfect for hot teas or added to soups.

Cinnamon: This aromatic spice isn't just for holiday treats; it has powerful antioxidant properties and can help regulate blood sugar levels. Sprinkle it on oatmeal or mix it into your morning coffee.

Seasonal Tip: Brew a warming ginger and cinnamon tea to sip on during cold winter nights. This comforting drink not only tastes great but also supports digestion and overall wellness.





BRINGING IT ALL TOGETHER

By connecting with the natural cycles of the seasons and using these herbs mindfully, you can enhance your well-being throughout the year. Each season has unique offerings that cater to your body's needs, from detoxification in spring to immune support in autumn. This holistic approach allows you to harness the power of nature to promote health, vitality, and creativity in your life.

Remember, the key to effective herbal use lies in understanding your body's signals and adapting your practices accordingly.

So, as you journey through the seasons, let these herbs be your companions in wellness!



CHAPTER 5: JUICE & SMOOTHIE RECIPES FOR CREATIVITY

In this chapter, we dive into a collection of delicious juice and smoothie recipes that are not only flavorful but also packed with nutrients to energize your mind and activate your creativity. Inspired by Joi's "Beast Mode Juices," these recipes blend elements from Seattle and Baltimore, offering you a taste of urban flair while supporting your overall wellness.

ENERGIZING GREEN SMOOTHIE

Ingredients:

- 1 cup fresh spinach
- 1 ripe banana
- 1 tablespoon chia seeds
- 1 cup almond milk (or any milk of your choice)
- A dash of cinnamon (for flavor and its anti-inflammatory properties)

Preparation: Blend all ingredients until smooth. This energizing green smoothie is rich in antioxidants and healthy fats, helping to boost your energy levels and improve mental clarity. Spinach is particularly known for its high levels of vitamins K and A, while chia seeds provide essential omega-3 fatty acids that support brain function.

COGNITIVE BOOSTING BERRY JUICE

Ingredients:

- 1 cup blueberries (fresh or frozen)
- 1 cup green tea (cooled)
- 1 tablespoon honey (optional for sweetness)
- Juice of 1 lemon

Preparation: Blend the ingredients until well combined and serve over ice. This berry juice is not only refreshing but also loaded with antioxidants that help improve memory and cognitive performance. Blueberries are known for their role in supporting brain health, making this juice a great option for those looking to enhance their mental acuity.



7-DAY SMOOTHIE CHALLENGE FOR CREATIVITY

To take your creativity up a notch, we've crafted a 7-day smoothie challenge. Each recipe is designed to nourish your body and mind, helping you get out of a creative slump and tap into your inner genius.

BRAIN BOOSTING BLUEBERRY BLISS

Ingredients:

- 1 cup blueberries
- 1 banana
- 1 tablespoon chia seeds
- 1 cup almond milk
- A dash of cinnamon

Instructions: Blend until smooth. This smoothie is rich in antioxidants, perfect for enhancing brain function and memory.

GREEN GODDESS ENERGY

Ingredients:

- 1 cup spinach
- 1/2 avocado
- 1/2 green apple
- 1 tablespoon hemp seeds
- 1 cup coconut water

Instructions: Blend until creamy. The combination of healthy fats and hydration provides sustained energy and supports mental clarity.

MINDFUL MINT REFRESH

Ingredients:

- 1/2 cup fresh mint leaves
- 1 cup cucumber
- 1/2 lemon
- 1 tablespoon honey
- 1 cup water or coconut water

Instructions: Blend until smooth. Mint is invigorating and can help enhance mental clarity, making this a refreshing option.

TROPICAL TURMERIC DREAM

Ingredients:

- 1 cup pineapple
- 1 banana
- 1 teaspoon turmeric powder
- 1/2 teaspoon black pepper
- 1 cup coconut milk

Instructions: Blend until smooth. Turmeric is known for its anti-inflammatory properties, which can support brain health.



CHOCOLATE CHIA CREATIVITY

Ingredients:

- 1 tablespoon cacao powder
- 1 banana
- 1 tablespoon chia seeds
- 1 cup almond milk
- 1 tablespoon almond butter

Instructions: Blend until creamy. Cacao can boost mood and cognitive function, providing a delicious way to lift your spirits.

ENERGIZING CITRUS TWIST

Ingredients:

- 1 orange
- 1/2 grapefruit
- 1/2 banana
- 1 tablespoon flaxseeds
- 1 cup water or coconut water

Instructions: Blend until smooth. Citrus fruits are packed with vitamin C, which can help improve mood and cognitive function.

THIRD EYE ACTIVATION SMOOTHIE

Ingredients:

- 1/2 cup blackberries
- 1/2 cup blueberries
- 1 tablespoon spirulina powder
- 1 tablespoon almond butter
- 1 cup oat milk

Instructions: Blend until smooth. This smoothie combines nutrient-rich berries with spirulina, supporting overall brain function and potentially activating the third eye.



BENEFITS OF THE INGREDIENTS

1. Berries (Blueberries, Blackberries): Loaded with antioxidants that promote brain health and improve memory.
2. Leafy Greens (Spinach, Avocado): High in vitamins and minerals, these greens support brain function and reduce fatigue.
3. Turmeric: Contains curcumin, known for its anti-inflammatory and cognitive-enhancing properties.
4. Mint: Provides an invigorating scent that can enhance mental clarity and focus.
5. Cacao: Rich in flavonoids, cacao improves blood flow to the brain, boosting mood and creativity.

TIPS FOR USE

Daily Ritual: Incorporate these smoothies into your morning routine or as an afternoon pick-me-up to help inspire creativity.

Mindfulness: As you enjoy your smoothie, take a moment to reflect or meditate, allowing the nourishing ingredients to enhance your creativity.

Seasonal Adjustments: Feel free to swap out ingredients based on seasonal availability for the freshest flavors and nutrients.

These juice and smoothie recipes not only deliver a delicious burst of flavor but also serve as powerful tools to fuel your creativity and elevate your wellness journey. By making them part of your daily routine, you can create a consistent practice that enhances your cognitive function and helps you connect with your creative side. Enjoy the journey, and let each sip take you closer to your artistic potential!

CHAPTER 6: INDIGENOUS ROOTS & CULTURAL SIGNIFICANCE OF HERBS

In our journey toward healing and wellness, it's essential to pay homage to the Indigenous lands of America. These lands, rich in history and sacred knowledge, offer us a deep connection to the Earth and its natural remedies. Incorporating herbs into our lives is more than just a health practice; it's a spiritual journey that allows us to honor ancient traditions while forging a path to personal and communal well-being.

THE SPIRITUAL SIGNIFICANCE OF HERBS

Herbs have played a crucial role in various Indigenous cultures, serving as tools for spiritual connection, healing, and community bonding. Each herb carries its unique energy and properties, and by understanding their significance, we can utilize them in a way that respects their origins and honors the wisdom of those who came before us.

Sage: Often used in cleansing rituals, sage is revered for its ability to purify spaces, people, and energies. The act of burning sage, or smudging, is a practice that many Indigenous cultures use to remove negativity and invite positive energies. When we burn sage, we are not just performing a ritual; we connect with the Earth and its spirit, acknowledging the history of the land we inhabit and recognizing our place within it.

Palo Santo: This sacred wood is known for its powerful healing properties. Often used in spiritual practices, Palo Santo can help to clear negative energy and promote feelings of tranquility. The smoke from this wood is said to have cleansing properties, making it a popular choice for rituals aimed at healing both the mind and body.

Sweetgrass: This herb is considered a gift from the Creator in many Indigenous cultures. It is braided and used in ceremonies to symbolize unity and the interconnectedness of all life. The sweet aroma of sweetgrass invites positive spirits into a space and serves as a reminder of the importance of balance and harmony in our lives.

Cedar: Often referred to as the "tree of life," cedar is used in various Indigenous healing practices. The smoke from burning cedar is believed to carry prayers to the Creator, and its wood is used in the creation of many ceremonial items. Cedar is also associated with protection and purification, making it a valuable herb for spiritual and physical healing.

Hops: While commonly known for their role in brewing beer, hops are also used for their calming properties. This herb can help alleviate anxiety and promote relaxation, making it a valuable addition to rituals focused on mental health and emotional well-being. Hops can be consumed in teas or used in tinctures to harness their soothing effects.

SHROOMS AND HEALING HERBS

Mushrooms, particularly psilocybin mushrooms, have gained recognition for their potential therapeutic effects. Research suggests that these fungi can promote mental clarity, reduce anxiety, and enhance creativity. When used responsibly and in the right context, they can be powerful tools for spiritual exploration and healing.

AYAHUASCA: A JOURNEY INTO THE SELF

Ayahuasca, a traditional brew from the Amazon, combines the *Banisteriopsis caapi* vine with *Psychotria viridis* leaves to create a profound psychoactive experience. This plant medicine has been used for centuries in ceremonies aimed at healing emotional trauma and fostering spiritual connections. Participants often describe their journeys as deeply transformative, providing insights into their lives and helping to confront suppressed emotions.

The connection between gut health and mental wellness is increasingly recognized, and ayahuasca may influence gut microbiome diversity, potentially enhancing mental health outcomes. This brew emphasizes the importance of approaching such experiences with respect for their cultural origins and understanding the traditions that surround them.

HEALING THROUGH RITUALS

Herbal rituals not only help heal the body but also nurture the spirit, making them especially beneficial for our children. Engaging in these practices allows younger generations to connect with nature, learn about herbal medicine, and foster a deep appreciation for the world around them. Incorporating these rituals into our lives creates a holistic approach to healing that honors both the physical and spiritual aspects of our existence.

THE IMPORTANCE OF FORAGING AND GIFTING HERBS

Going out to forage for herbs is a beautiful way to connect with the land and deepen our understanding of nature. Each region boasts unique plants that have adapted to local conditions, offering various healing properties. Learning to identify and gather these herbs helps us appreciate the wisdom embedded in our environment.

Gift-giving with herbs also plays a significant role in many cultures. Sharing herbal remedies, seeds, or knowledge about plants fosters community and strengthens bonds among individuals. It is essential to approach these practices with gratitude, honoring the earth and its gifts.

HERBS FOR HEALING TRAUMA AND BREAKING GENERATIONAL CURSES

Herbs can play a significant role in addressing trauma and breaking generational curses, offering comfort and grounding during the healing process. Here are several herbs known for their relaxing and therapeutic properties:

Ashwagandha: Often used as an adaptogen, it helps the body cope with stress and anxiety, providing a sense of balance. This herb supports resilience and mental clarity, making it valuable for those working to heal from trauma.

Chamomile: Widely recognized for its calming properties, chamomile tea can promote relaxation and improve sleep quality. Its soothing effects make it an excellent choice for those dealing with stress or anxiety.

Lavender: This herb is renowned for its ability to reduce anxiety and improve mood. Lavender essential oil is often used in aromatherapy to promote relaxation and create a sense of calm.

Valerian Root: Often used as a natural remedy for insomnia and anxiety, valerian root helps promote restful sleep and can ease nervous tension. This herb can be particularly beneficial for those looking to break the cycle of stress and anxiety that may have affected previous generations.

Cannabis: Known for its psychoactive and therapeutic properties, cannabis can help alleviate anxiety, reduce chronic pain, and promote relaxation. With various strains offering different effects, individuals can find specific varieties that aid in emotional healing and trauma resolution.

DMT (Dimethyltryptamine): Found in several plants, including those used to make ayahuasca, DMT can facilitate deep introspection and spiritual experiences that aid in trauma healing. This compound can help users confront and process buried emotions, making it a powerful ally in breaking generational cycles of trauma.

By incorporating these herbs into our lives, we can create a supportive environment for healing. They serve not just as remedies but as allies in our journey to break free from the burdens of the past and foster resilience in future generations.

CONCLUSION

By reconnecting with Indigenous roots and the cultural significance of herbs, we create pathways to healing that are deeply respectful of the past while empowering the present and future. Herbs are not just remedies; they are sacred allies in our journey toward wellness, inviting us to explore their potential in nurturing our bodies, minds, and spirits. Let us honor these traditions, embracing the gifts of nature and the wisdom of those who came before us, as we cultivate a deeper understanding of ourselves and the world around us.

CONCLUSION: EMBRACING THE POWER OF HERBAL HEALING

As we reach the end of this guide, I want to take a moment to express my heartfelt gratitude to you for downloading this free resource. Your willingness to explore the art of herbal healing is not just a personal journey; it's a testament to the wisdom and strength found in nature's embrace.

Herbal healing is an invitation to connect deeply with our surroundings and with ourselves. Each herb we explore holds the potential to heal, nurture, and inspire. By incorporating these practices into your life, you are not only embracing your own path to wellness but also honoring the traditions that have supported communities for generations.

This guide is a reflection of my passion and dedication to healing, and it is my art—the art of healing. Every step you take on this journey can empower you to break generational cycles of trauma, foster emotional resilience, and cultivate a deeper connection with nature. Remember, the path of healing is as unique as each individual, and your exploration of herbal remedies is a significant contribution to this collective experience.

Thank you for being a part of this journey with me. I encourage you to continue your research, engage with your community, and share your discoveries. Together, we can nurture a deeper understanding of ourselves and the world around us.

With love and gratitude,

Joi Tecumseh

HERBAL GLOSSARY AND APPENDIX

This glossary serves as a comprehensive reference for key terms and concepts in herbalism, providing essential knowledge for your healing journey:

Adaptogen:** Herbs that help the body manage stress and promote overall balance. Examples include ashwagandha and rhodiola.

Aromatherapy:** The therapeutic practice of using essential oils from plants to promote emotional and physical well-being.

Botanical:** Refers to any plant or plant-derived product, often discussed in the context of herbal remedies.

Capsule:** A form of herbal medicine where powdered herbs are enclosed in a digestible gelatin or plant-based shell.

Chronic:** Describes a health condition that persists over an extended period, often requiring ongoing management rather than immediate cures.

Decoction:** A method of extracting active ingredients from hard plant materials, such as roots and bark, by boiling them in water.

Diuretic:** A substance that increases urine production, aiding in the elimination of excess fluids and toxins from the body.

Ethnobotany:** The study of how different cultures use plants for medicinal purposes and their relationships with plant life.

Extraction:** The process of obtaining active constituents from herbs using various solvents, creating concentrated forms like tinctures or extracts.

Fermentation:** A metabolic process that converts sugars into acids, gases, or alcohol, enhancing the medicinal properties of certain herbs.

Holistic Healing:** An approach to health that considers the whole person—body, mind, and spirit—rather than just focusing on individual symptoms.

Infusion:** A technique for extracting beneficial properties from herbs by steeping them in hot water, commonly applied to leaves and flowers.

Maceration:** The process of soaking herbs in a liquid to soften them and release their active ingredients, often used for tincture preparation.

Nutraceutical:** A food product that offers health benefits, including medicinal properties, often derived from whole foods or herbs.

Phytotherapy:** The use of plants or plant extracts for therapeutic purposes, emphasizing their potential in treating various health conditions.

Preparations^{**}: The various forms in which herbs can be utilized, including teas, tinctures, capsules, poultices, and oils.

Smudging^{**}: A ritual practice that involves burning herbs (such as sage, cedar, or sweetgrass) to cleanse spaces and individuals of negative energies.

Tincture^{**}: A concentrated herbal extract made by soaking herbs in alcohol or vinegar for therapeutic use.

Traditional Medicine^{**}: Healing practices rooted in cultural traditions and historical knowledge, often using herbs and natural remedies.

Topical Application^{**}: The use of herbal preparations applied directly to the skin for localized treatment, such as salves or ointments.

Wildcrafting^{**}: The practice of foraging for wild plants and herbs to gather fresh, organic ingredients for herbal medicine.

Zodiac Herbology^{**}: The study of how specific herbs correspond to astrological signs, suggesting enhanced benefits for individuals based on their zodiac.

ADDITIONAL RESOURCES

To deepen your understanding of herbal healing, explore the following resources:

BOOKS:

Queen Afua: Her works, such as **Heal Thyself** and **Sacred Woman**, offer insights into holistic health and herbal remedies.

Dr. Sebi: His teachings focus on natural healing and the benefits of a plant-based diet. Look for his dietary guidelines for holistic wellness.

Indigenous Herbalism: Texts like **The Medicinal Herb Grower's Bible** by Jeff Cox and **The Earthwise Herbal** by Matthew Wood provide valuable insights into traditional uses of herbs within Indigenous cultures.

WEBSITES:

Herbal Safety^{**}: The American Herbalists Guild and the National Center for Complementary and Integrative Health (NCCIH) provide guidelines for safe herbal practices.

Indigenous Knowledge^{**}: The Native American Herbalism Association shares information about traditional herbal practices and wisdom.

INDIGENOUS HERBAL PRACTITIONERS:

Consider connecting with local herbalists or practitioners who specialize in Indigenous herbal traditions for workshops or personal guidance. Engaging with these experts can enhance your understanding and application of herbal healing.



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