



The World Foundation for Natural Science

The New World Franciscan Scientific Endeavour of The New World Church

Restoring and Healing the World through Responsibility and Commitment in accord with Natural and Divine Law!

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Household remedies for strengthening

Our ancestors knew much more about the forces that lie dormant in nature, and they used, for example, wild herbs or honey for various preparations such as soups or teas. We can use this knowledge even today to strengthen our body or to help it back on its feet at the first signs of an illness. Below we would like to present some proven recipes for soups, teas, cough syrups or even baths.

SOUPS

Soup no. 1 – vegetable broth with wild herbs:

2-3 pcs. washed carrots

1/2 medium-sized celery root

1 leek, do not peel

2-3 medium-sized beetroots, washed and peeled – the skins are also cooked with the beetroot

approx. 5 cm unpeeled ginger, sliced

1 medium-sized onion

1 large clove of garlic

1 sprig of rosemary, dried or fresh

2 tablespoons mugwort, dried or fresh

2 handfuls of wild herbs (nettle, bear's garlic, hogweed, goutweed, chickweed, ribwort, garlic rocket, meadow and burdock rue, lungwort, daisies)

2 tablespoons of cider vinegar

1 tablespoon of olive oil

1 tablespoon of rock salt

1/2 teaspoon of cumin

3 cloves

Put all ingredients together with about 3 litres of cold water in a large pot, bring to the boil and simmer for at least 3 hours.

Remove the red beets after about 1/2 hour, they can be further processed into soup or salad.

Strain the broth through a hair sieve after cooking and enjoy. Drink 2-3 cups of warm soup per day.

Pour broth that is not eaten immediately into glasses. Keeps in the refrigerator for about 4 days, freezing in portions is also possible.

Soup No. 2 – cinnamon soup (to drive away a cold):

Gently simmer 1 tablespoon cloves with a whole cinnamon stick in 1/4 litre water for 10-12 minutes.

Then add 2 dried figs and about 5 cm of fresh, unpeeled, finely chopped ginger root and simmer for another 10-12 minutes.

Pour into a bottle and store in the refrigerator. Can be kept in the refrigerator for about 3-4 days.

Pour 1 tablespoon of this soup in a cup of hot water and drink it in sips, 1 cup each in the morning and evening.

Soup no. 3 – Strengthening chicken soup:

3-4 litres of water

1 organic chicken (or chicken legs)

1 carrot

1 celery root

1 leek

½ Radish

1 parsley root or parsnip

1 onion, spiked with cloves

1 piece of ginger or horseradish

3 laurel leaves



1 bunch of parsley

Bring all the ingredients to the boil in a pot and then continue to simmer for 8 to 12 hours at very low heat, then strain. Drink 2 to 3 cups of warm soup per day.

Healthy snack for strengthening the immune system:

Spread 1/2 slice of organic bread with some raw milk butter and approx. 1/2 tsp organic forest honey and sprinkle 1 tsp dried or 2 tsp fresh wild

thyme or thyme over it and place 1/2 clove of garlic cut into thin slices on top.

TEAS

Tea blend 1:

2 heaped tablespoons fresh, unpeeled organic ginger root

1 tablespoon (heaped) dried lime blossoms

Pour 1/2 litre of hot water over it, cover and let it steep for at least 10 minutes.

Drink 2 x daily as hot as possible, can optionally be sweetened with lime blossom honey.

Tea blend 2:

1TL dried elderflower

1 tsp dried lime blossoms

1 tsp dried meadowsweet

Pour 1 l of hot water over it, cover and let it steep for at least 10 minutes, strain, pour into a thermos flask and drink it throughout the day.



Tea blend 3 – expectorant tea:

20 g ground anise seeds

40 g dried wild thyme

30 g dried primrose

10 g dried mullein

Mix these herbs and pour them into a tea tin or storage jar.

Pour 250 ml of hot water over 1 teaspoon of this mixture, cover and leave to steep for 10 minutes, then strain. Drink up to 4 cups throughout the day.

COUGH SYRUPS

Cough syrup no. 1 for adults:

Peel and roughly grate about 20 g horseradish root.

Put the grated root into a screw top jar and pour 150 g organic honey over it, put it in a warm place overnight.

The next day, strain the honey juice into a dark bottle and place in the refrigerator. It will keep in the refrigerator for about 1 week.

Take 1 teaspoon 3 times a day.

Cough syrup no. 2 for children:

Hollow out a black radish and fill it up with honey or rock candy.

Put the top on and leave to stand overnight. The liquid that forms (= the cough syrup) can be stored in the refrigerator for 2-3 days.

Take by the spoonful as required, it has a calming effect on the respiratory tract.

Cough syrup no. 3:

Chop one onion finely, pour honey over it, leave it overnight. Take the liquid that forms (= the cough syrup) as required.

Cough syrup no. 4:

Mix 1/2 cup of organic honey with 4 teaspoons of organic cider vinegar.

Take 1 teaspoon of this with each coughing attack or 6 teaspoons spread over the day, mix well beforehand.

Take 1 teaspoon before going to bed. The effect is expectorant, relaxant, calming and anti-

inflammatory.

BATHS

Strengthening immune bath:

Add approx. 10-12 drops of pure essential oils (rose, rosewood, benzoin, lavender) to 2-4 tablespoons of salt, milk, cream or honey (serves as emulsifier). Pour this mixture into the bath water and enjoy the bath for about 20 minutes.



If you do not have essential oils available, herbs with essential oils such as thyme, lavender, elderflower, chamomile, lime blossom, rose petals etc. can be used. Place the herbs in a cloth bag or in a tied tea/coffee filter, hang or lay them in the bathtub. Alternatively, pour 2 litres of boiling water over 10 g of herbs, cover and leave to stand for 10 minutes, strain and add the liquid to the bath water.



Pine bath:

The best time to collect spruce needles is in spring, when the tree produces its light green, fresh shoots. These so-called “may shoots” have a high content of essential oils, which are absorbed through both the skin and the lungs during a full bath. During the rest of the year, when fresh shoots are not available, young branches, cones and needles of the spruce can be used.

Boil 3 handfuls of fresh may shoots or chopped twigs and cones with 2 litres of water. Let it boil for 10 minutes. Cover and let stand for another 10 to 15 minutes. Strain and add to warm bath water.

The optimum bathing time is 15 to 20 minutes, after which you should rest covered for about an hour.

If you want a quick bath, you can also add essential spruce needle oil or another conifer scent to the bath water. Mix the oil with half a cup of cream, then add to the bath water.

“Antibiotics” vinegar:

750 ml organic apple vinegar

3 tablespoons finely chopped organic garlic (alternatively or additionally also wild garlic leaves and wild garlic root)

3 tablespoons finely chopped organic onion

3 tablespoons grated organic ginger (with peel)

2 tablespoons grated organic horseradish

2 tablespoons organic curcuma powder or grated root

2 tablespoons grated organic black radish

2 tablespoons freshly chopped nasturtium leaves and flowers (if available)

2 fresh, very hot chillies (leave out for children)

First mix the herbs in a bowl, pour into a large glass, add the vinegar, close the glass well, **leave to infuse for at least 2 weeks, shaking daily**, strain after infusion.

To strengthen the immune system and for prevention: Take 1-2 tablespoons per day – warning: spicy. To reduce the spiciness after ingestion: eat bread or oranges. Due to the vinegar this “antibiotic” can be kept very long.

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