

My mother suffers from Arthritis. I am a true believer that you can cure almost any ailments with food and herbs. Our ancestors did it. I'm all for going back to our roots of healing without prescription drugs. As a matter of fact- it has been a mission of mine to explore and discover ways to heal through natural and organic ways. Join me on this adventure as I share tips and recipes for specific health concerns or issues.

- Sue

CILANTRO:

When eaten, cilantro/coriander behaves more like a medicine than a food. Coriander has been used for centuries as a digestive stimulant, as well as a mild laxative. Coriander strengthens the intestinal muscles and invigorates metabolism while nourishing and toning the nervous system. This special herb also helps fight inflammation and promotes immunity.

Cilantro leaves are one of the top sources of potassium... and have natural pain reducing properties.

CILANTRO PESTO

Toast 1/4 pine nuts in a 350 degree oven for 3 minutes.

Wash 2 1/2 cups of cilantro and rough chop. (Wash 3 times to ensure no dirt on leaves)

Smash 4 cloves garlic.

Place half of the cilantro leaves in blender jar with 1 cup oil, 4 cloves of garlic and blend.

Add the remaining cilantro leaves, pine nuts and additional oil (1 1/2c) while the blades are moving.

Add 1/3 juice of fresh lime, salt and pepper to taste.

I prefer to use a blended oil: 1 part extra virgin olive and 3 parts sunflower or corn oil.

Shelf life: 3-4 days. Keep in refrigerator.

BASIL TEA

(for those that would rather use another option for joint & arthritis pain)

Bring enough water to boil for your desired quantity.

Pour water into mug.

Add 1/4c of packed basil leaves or about 12 leaves.

Let steep for 30 minutes.

Drink and Enjoy.