

R_x

PLANT FOODS AS MEDICINE





HERB BENNET *Geum urbanum*

Family: *Rosaceae* (rose family)

Keywords: gut and fever tonic. The herb and root contain volatile oils (mainly eugenol as in cloves), tannins, bitters and resins. Wood avens is bitter, anti-inflammatory, anti-haemorrhagic (stops bleeding), gentle astringent and antiseptic, a combination that makes it particularly useful for 'leaky gut', inflammatory bowel disease, and diverticulitis. Old use as a tonic for fevers and a substitute for quinine. 1-2 tsp herb/root per cup of boiling water. Infuse 15 mins, 3-4 cups per day.



WHY
EAT
PLANTS
?



Pliny, of ancient Rome, advised Garlic for more than 60 different health problems. A valued medicament to the civilisations of China, Egypt, Chaldea and Greece.

A wide range of anti-infection activity reported. Hypolipidaemic.

Non-sedating antihistamine.

Anticoagulant – reduces blood platelet clumping, raises HDL.

Lowers total cholesterol after a fatty meal in normal subjects.

As a vasodilator tends to reduce blood pressure. Detoxifier.

Bartram, Thomas. Bartram's Encyclopedia of Herbal Medicine.



Aged garlic contributes to normal heart, liver and immune function.

Shown to lower total and LDL blood cholesterol, improve blood circulation, support healthy blood pressure levels, reduce platelet aggregation and adhesion to blood vessel walls.

Aged garlic also has antioxidant actions to enhance immune function, reducing the risk and duration of infections and protecting cells from oxidative damage by free radicals.

It also enhances the activity of liver enzymes to assist detoxification pathways.

<https://wholefoodsbox.co.uk/products/>
[accessed 10.7.25]





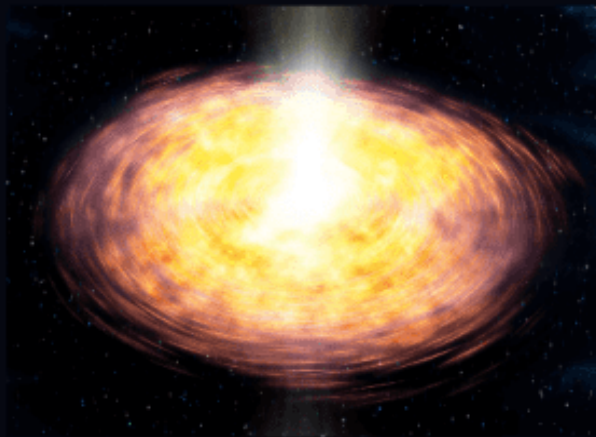
Dr Hindhede and the health of the Danish population



How Old Is the Earth?

4.54 billion years old $\pm$ 50 million years

The Earth-Moon system is a bit younger.



4.57 BYA

Solar system forms
Sun and
protoplanets



4.54 BYA

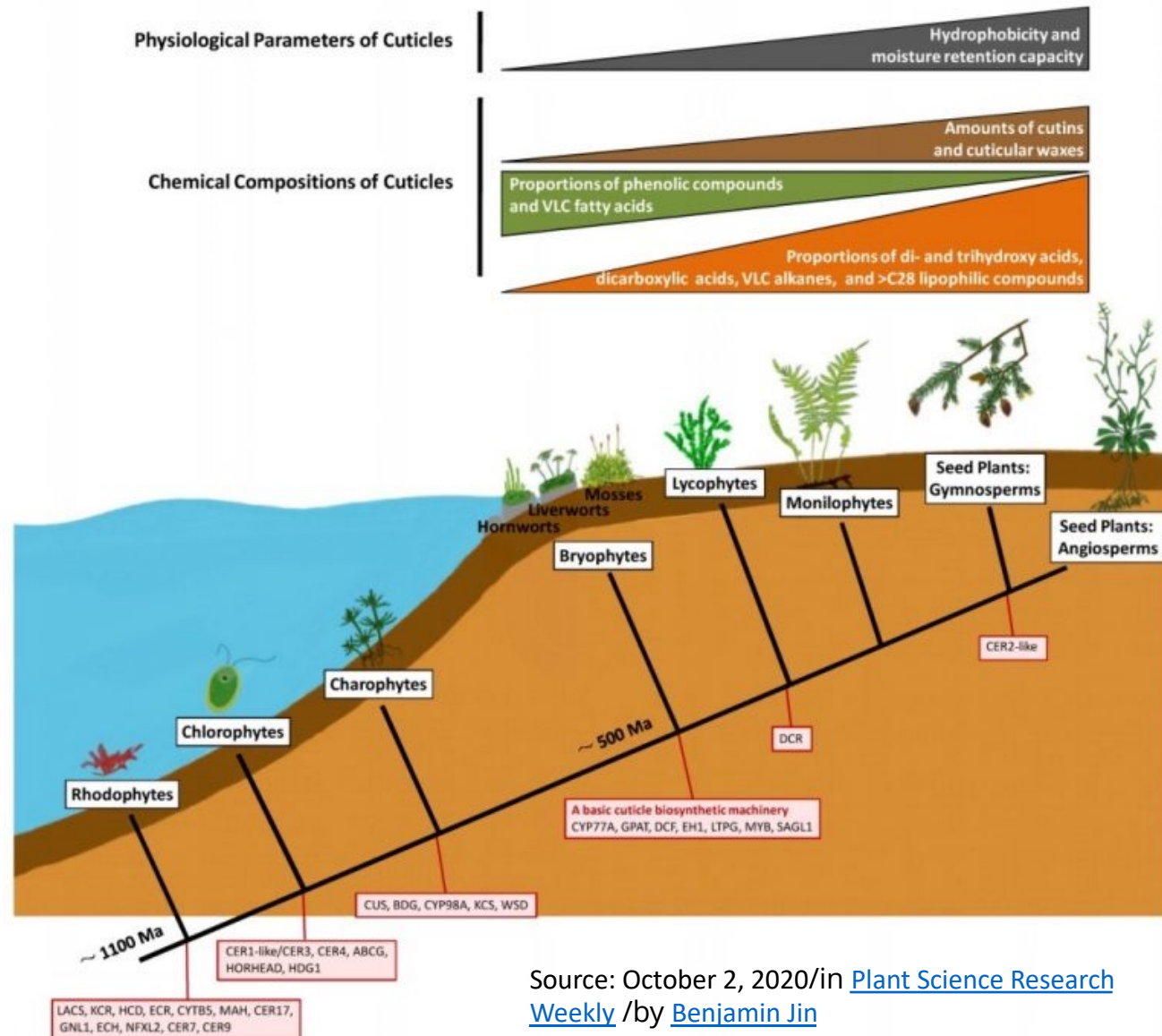
Earth is fully
formed
(more or less)

4.4 to 4.5 BYA

Theia collides with
early Earth,
forming the Earth
and Moon

- For the **first four billion years** of its existence, the Earth was only inhabited by **microbes**.
- **The first aquatic plants appeared on Earth around 700 million years ago**, in the form of single-cell or multi-cellular algae. They were the first organisms to use photosynthesis and release oxygen into the atmosphere.
- The **first land plants**, which appeared **500 million years ago**, had no flowers and therefore no seeds.
- **Flowering plants didn't arrive until around 300 million years later.** (200 million years ago)

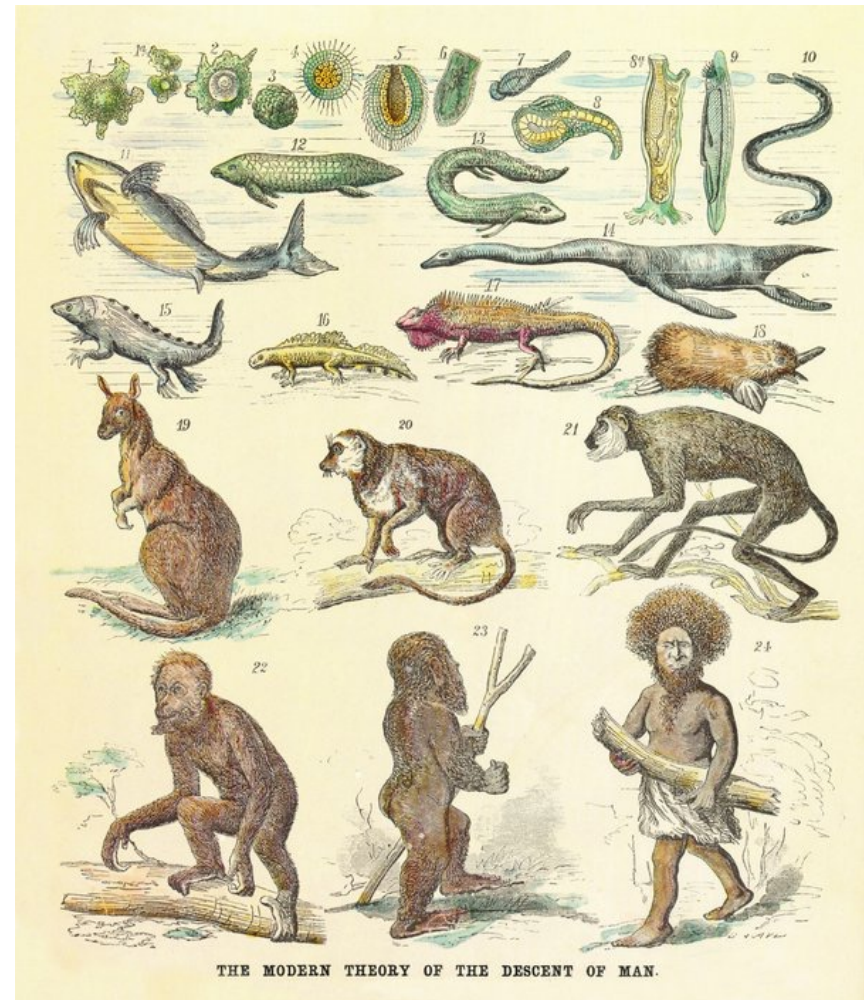
Cuticle biosynthesis in land plants is the process by which plants produce and deposit a waxy, waterproof layer (the cuticle) on their aerial surfaces. This process is crucial for preventing water loss, protecting against pathogens and UV radiation, and mediating interactions with the environment.

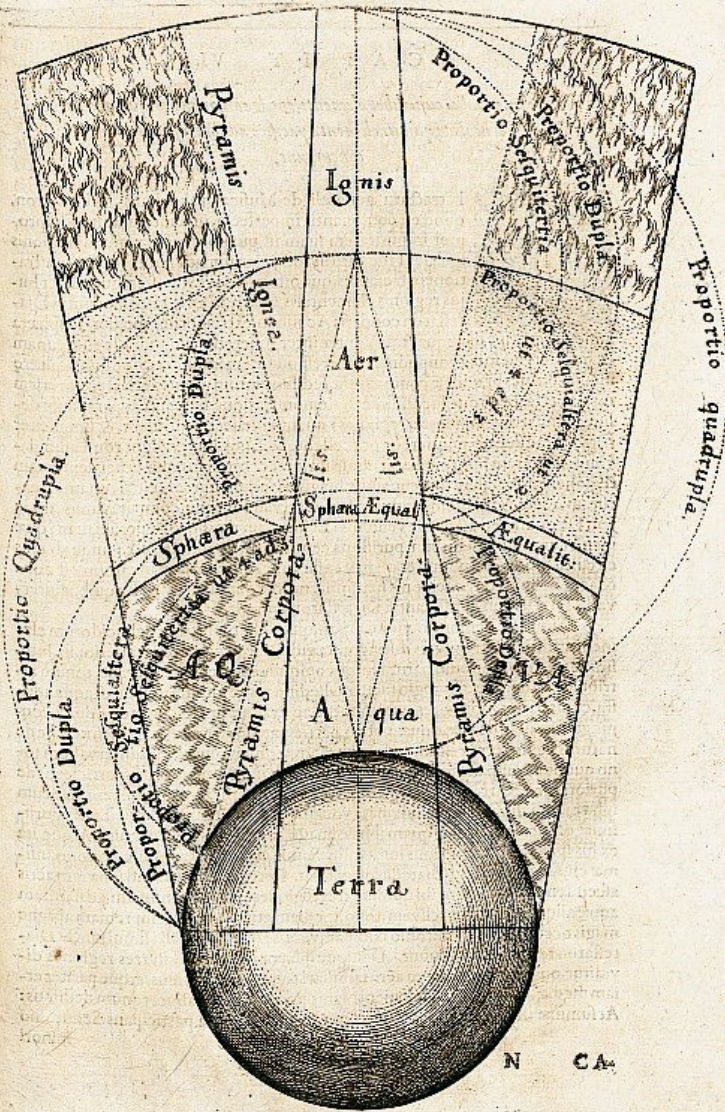


For comparison:

- **Animals*** arrived on Earth around 500 million years ago.
- **Hominids** arrived around 5-7 million years ago.
- **Homo sapiens** only arrived 350,000 years ago

*Animals can be defined as multicellular, eukaryotic organisms that, with few exceptions, feed on organic matter, breathe oxygen, reproduce sexually, have specialised sense organs and a nervous system.

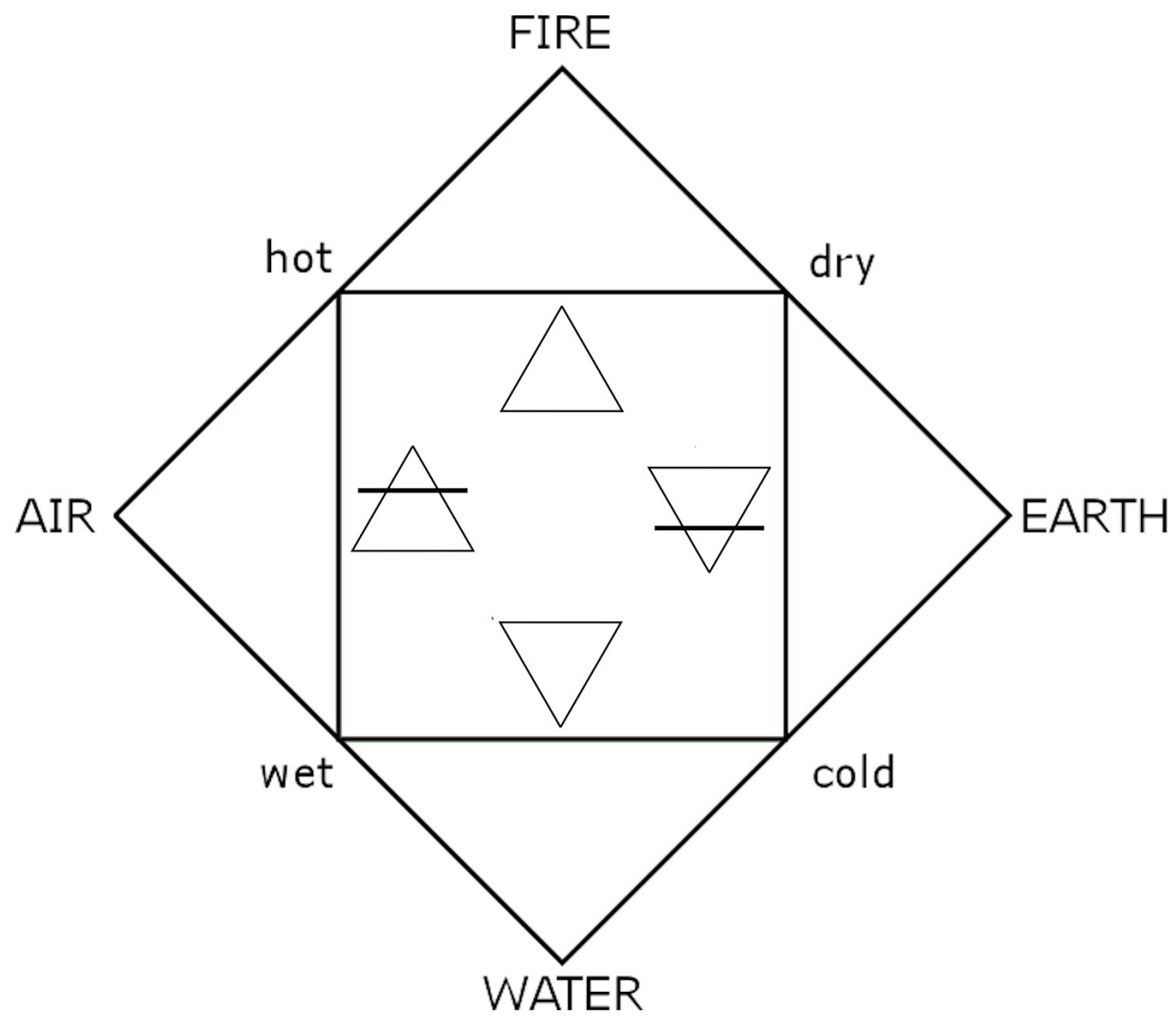




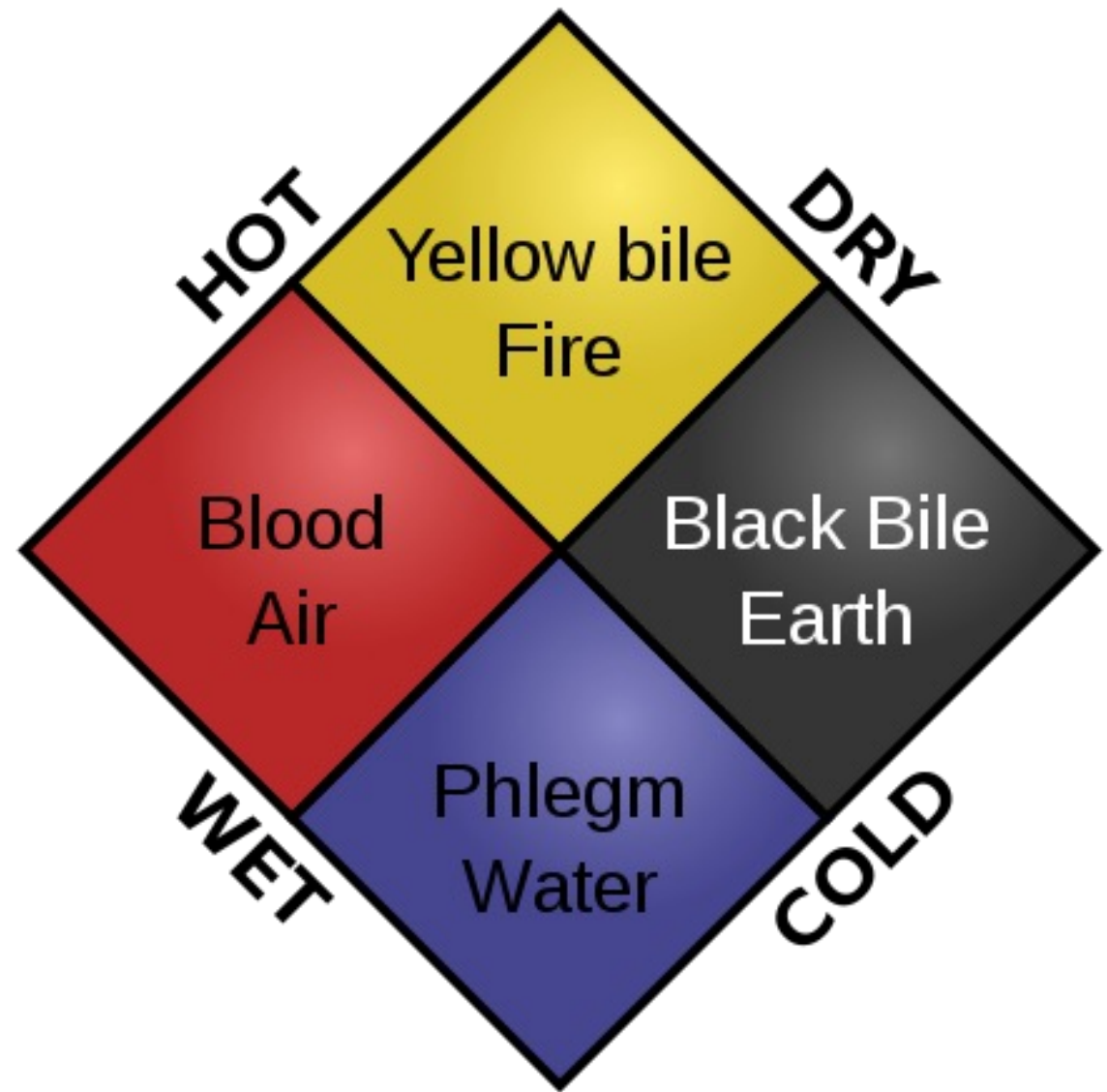
The Four Elements in Ascending Order

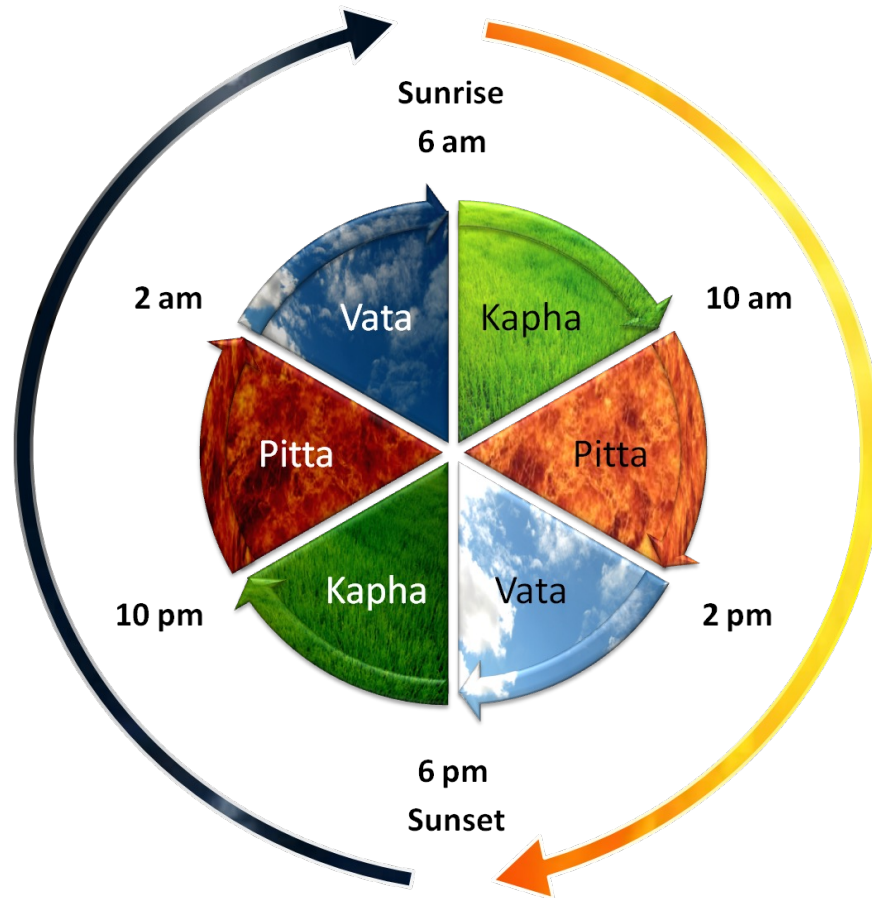
Greek philosophy supposed the Universe to comprise four **elements**: **Fire, Air, Earth, & Water**. The Four Elements are usually arranged as four corners, but can also be arranged in **ascending order**, from bottom to top, the **Earth** rising out of **Water**, **Air** over the Earth, and the **Sun (Fire)** overall. Chemical reactions occur as the reactants try to return to their proper place in the series. For example, the burning of a log of wood produces fire that ascends rapidly, smoke that arises in the air more slowly, the release of steam which returns to water, and ash which returns to earth.

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In ancient Greece, [Hippocrates](#) (c.460–370 BC) introduced a theory of four temperaments, which is the first written theory on links between personality and health known today, although his temperament theory took its origin in the even older Egyptian and Mesopotamian philosophy of “humorism” (Sudhoff, 1926). Hippocrates’ temperament theory suggests that four bodily fluids (called humors)—namely, black bile, yellow bile, phlegm, and blood—directly affect an individual’s personality, behavior, and health (Johansson & Lynøe, 2008). Based on Hippocrates’ theory, another ancient Greek physician, surgeon, and philosopher, Galen (c. AD 129–200), described the first typology of temperaments. This typology was based on the four humors and considered the balance and imbalance of temperament pairs. According to Galen, the imbalance of pairs resulted in one of the four temperament categories (or personality types): *sanguine* (being optimistic and social), *choleric* (being short-tempered and irritable), *melancholic* (being analytical and quiet), and *phlegmatic* (being relaxed and peaceful).





YIN-YANG SYMBOL

Yin and yang are present in all things - love, career, or life in general. Opposing forces must be balanced the right way in order to achieve harmony. The symbol represents completion and that duality is required to achieve equilibrium

YIN

Dark
Moon
Water
Cold
Softness
Femininity
Passiveness
Stillness

YANG

Light
Sun
Fire
Warm
Hardness
Masculinity
Activeness
Movement



Curved Line - Represents movement and the dynamic flow of energies

Dots of Opposing Colors - Symbolizes that neither is absolute, but contains some of its opposite within it

FLOWER DAY



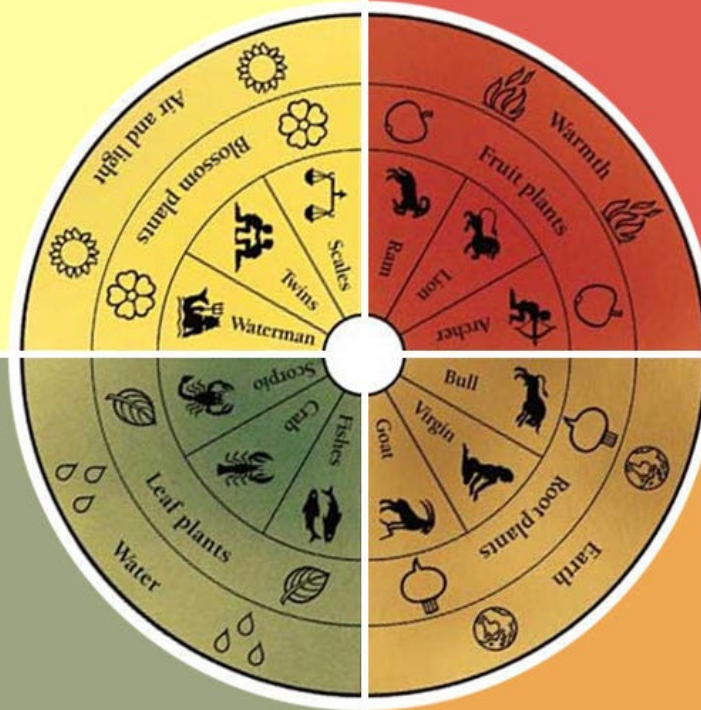
FRUIT DAY



LEAF DAY



ROOT DAY



An illustration of the cosmic forces that drive life on Earth, incorporating traditional herbal (Greek), farming, anthroposophic, druidic, and Chinese medicine principles.

The impulse changes at the two focal points
- fire and water - and it is driven by light.



- Light and darkness
- Fire and water
- Earth and air
- Yin and yang

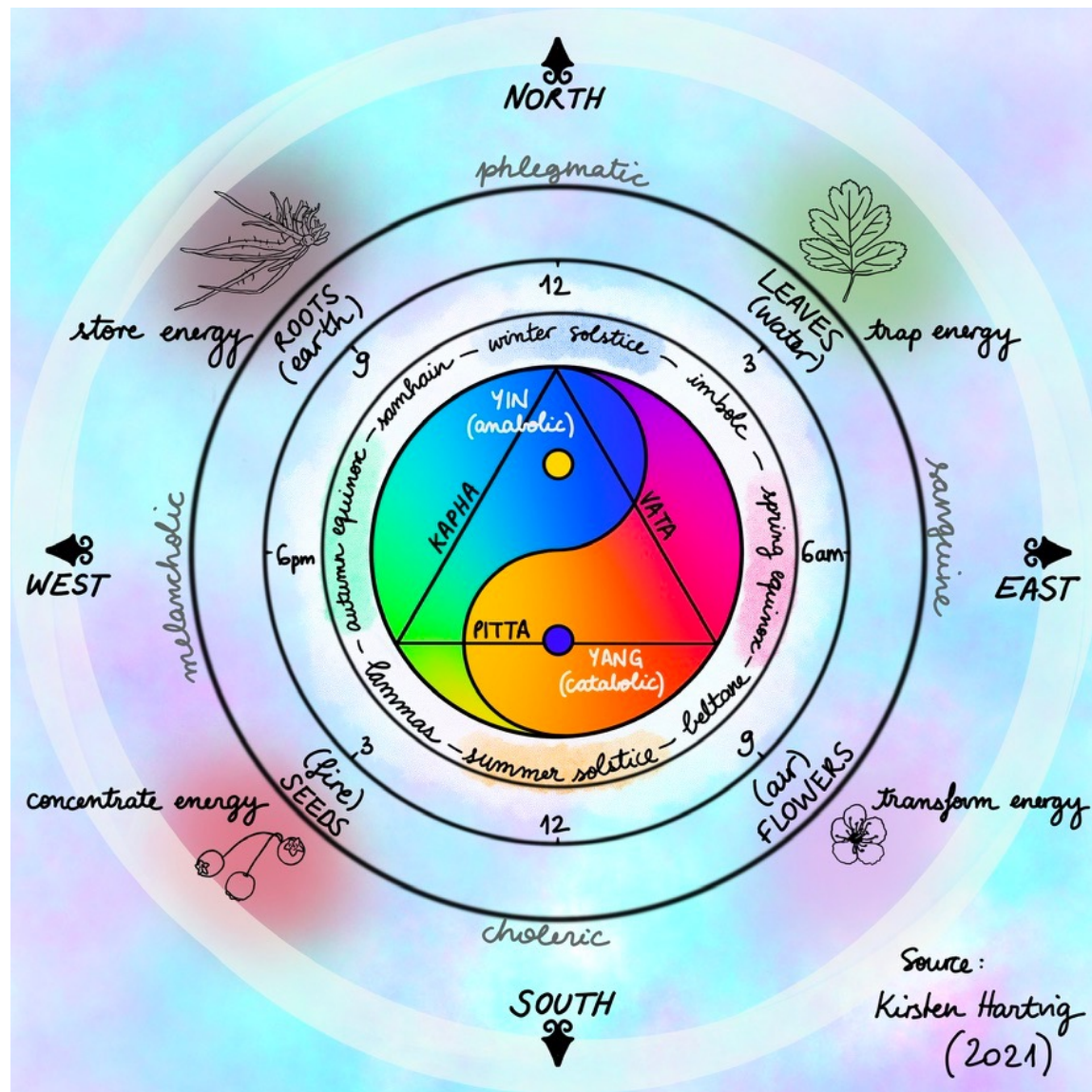


DIAGRAM BY
SABRINA GONÇALVES

Phlegmatic

Strengths

- ▷ Calm
- ▷ Reliable
- ▷ Diplomatic
- ▷ Content
- ▷ Accepting
- ▷ Rational

Weakness

- ▷ Shy
- ▷ Passive
- ▷ Indecisive
- ▷ Permissive
- ▷ Unambitious
- ▷ Apathetic

Sanguine

Strengths

- ▷ Sociable
- ▷ Out-going
- ▷ Optimistic
- ▷ Forgives
- ▷ Confident
- ▷ Fun-Loving

Weakness

- ▷ Impulsive
- ▷ Often Late
- ▷ Selfish
- ▷ Exaggerates
- ▷ Forgetful
- ▷ Shameless



Choleric

Strengths

- ▷ Ambitious
- ▷ Planner
- ▷ Efficient
- ▷ Leader
- ▷ Confident
- ▷ Motivator

Weakness

- ▷ Demanding
- ▷ Intolerant
- ▷ Too Busy
- ▷ Impatient
- ▷ Tense
- ▷ Inflexible

Melancholic

Strengths

- ▷ Thoughtful
- ▷ Considerate
- ▷ Organized
- ▷ Detailed
- ▷ Creative
- ▷ Self-Reliant

Weakness

- ▷ Moody
- ▷ Discontent
- ▷ Obsessive
- ▷ Perfectionist
- ▷ Pessimist
- ▷ Tunnel Vision

An illustration of the cosmic forces that drive life on Earth, incorporating traditional herbal (Greek), farming, anthroposophic, druidic, and Chinese medicine principles.

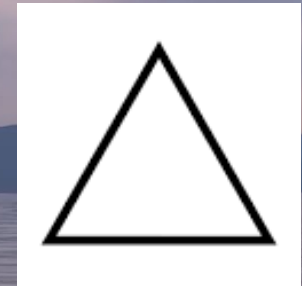
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- Light and darkness
- Fire and water
- Earth and air
- Yin and yang

The element of fire

- The energetic element
- Passion and action
- Dynamic
- Ambitious enthusiastic
- Courageous and impatient
- Independent, creative and determined
- Heart and solar plexus
- The sun
- The archangel Uriel
- Aggressive
- Touchy and thin-skinned
- Astrological signs:
aries, leo, sagittarius



Alchemical symbol for fire



THE CHOLERIC TEMPERAMENT

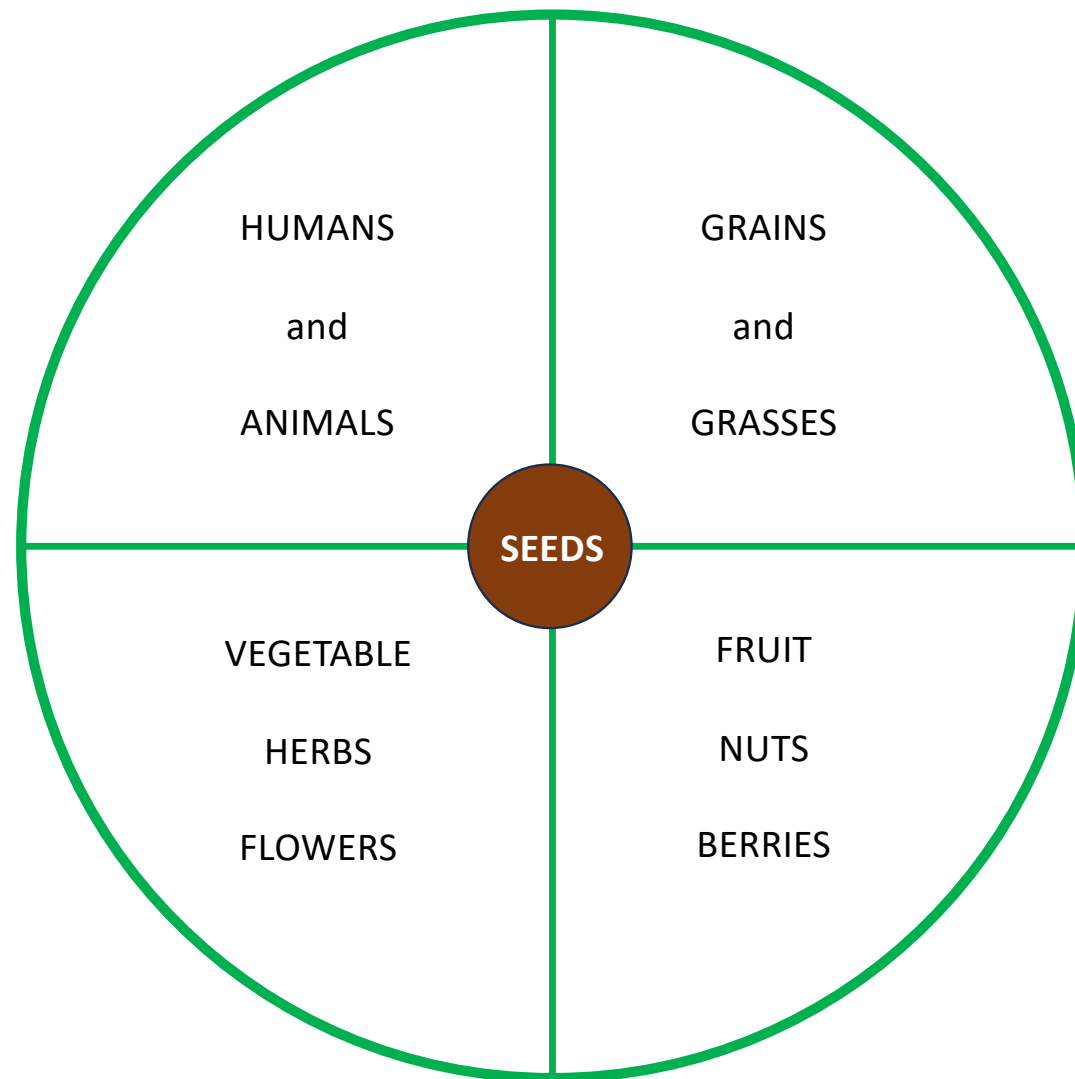
- Let us just do it as I want it
- Powerful
- Practical
- Successful
- Independent
- Determined
- Analytical
- Logical
- Decisive
- Competent
- Extrovert

According to Culpeper:

"... They are naturally quick-witted, bold, no way shame-fac'd, furious, hasty, quarrelsome, fraudulent, eloquent, courageous, stout-hearted Creature, not given to sleep much, but much given to jesting, mocking, and lying."

THE BIODYNAMIC CIRCLE OF LIFE AND FARM DYNAMICS

by Peter Brinch





WHY
EAT
FRUIT
BERRIES
NUTS
AND
SEEDS?



SEEDS:

- In plants, the fire is found in the seeds – think about how much energy there is in a single seed: enough to create a whole new plant – just add water!
- The seed is the plant's embryo, surrounded by a protective membrane and a food reserve of starch. The plant's energy reserve.
- Fruit and berries contain seeds.
- Nuts are seeds with a hard shell.

NUTS, SEEDS, FRUIT AND BERRIES

Common characteristics

- High protein content
- Filled with oils, antioxidants, and vitamins
- Contain omega-acids
- No cholesterol
- contain beneficial phyto-chemicals
- Good energy
- Cholesterol-lowering
- Varied
- Satisfy energy and nutrient need



Nuts are healthy but nutrient dense.

They are high in good fats, low in saturated fats, free from cholesterol.

High in fibre

Rich in vitamins, minerals, and antioxidants.

Nuts have turned out to be a good addition to weight-loss diets, enhancing weight loss and suppressing hunger.



Beans and pulses are packed with protein, fibre, and essential macro and micro nutrients.

They can

- help manage blood sugar levels
- promote the health of heart and circulation

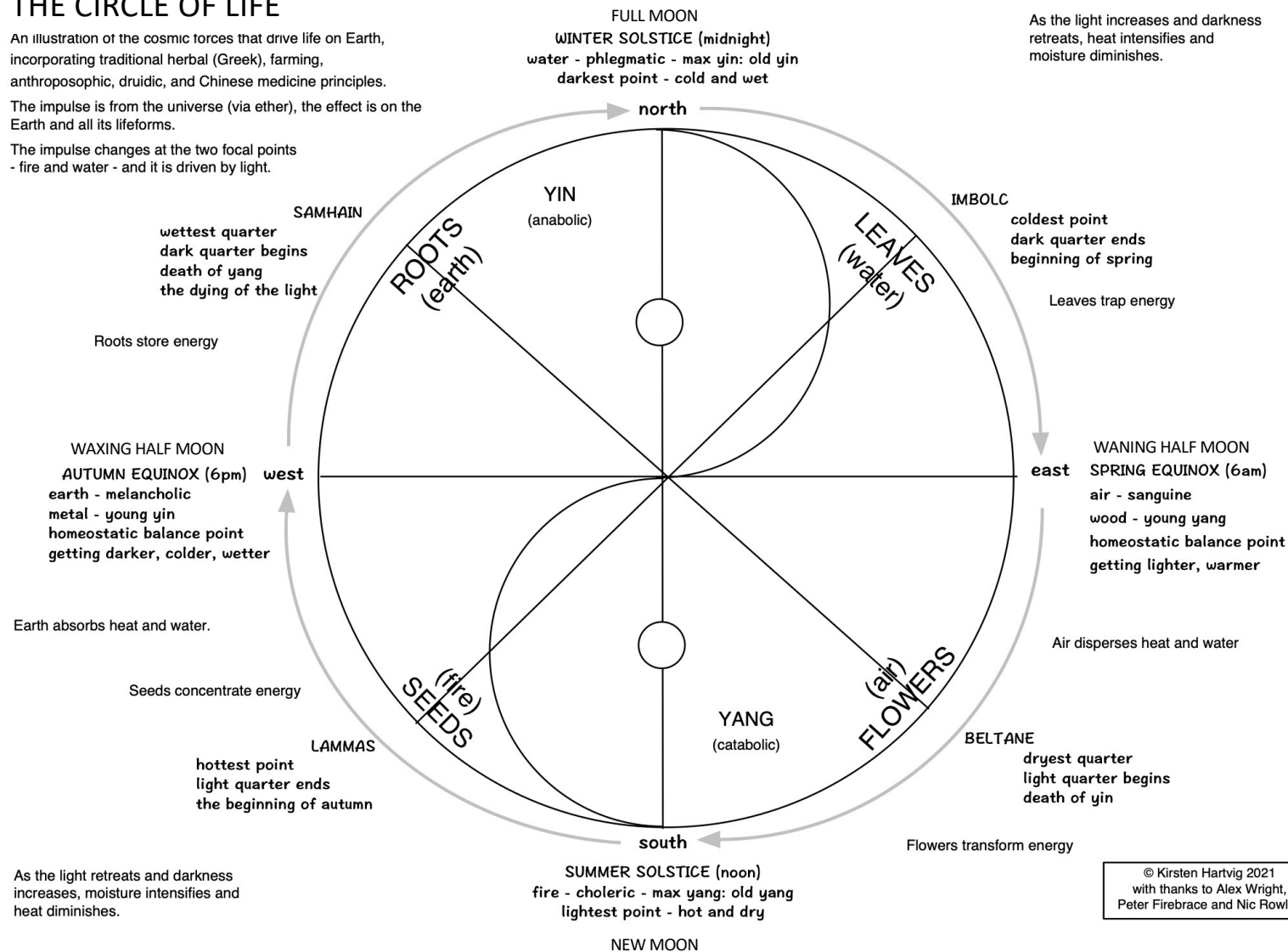


THE CIRCLE OF LIFE

An illustration of the cosmic forces that drive life on Earth, incorporating traditional herbal (Greek), farming, anthroposophic, druidic, and Chinese medicine principles.

The impulse is from the universe (via ether), the effect is on the Earth and all its lifeforms.

The impulse changes at the two focal points - fire and water - and it is driven by light.



COSMIC FORCES

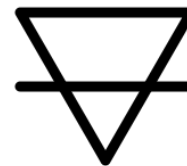
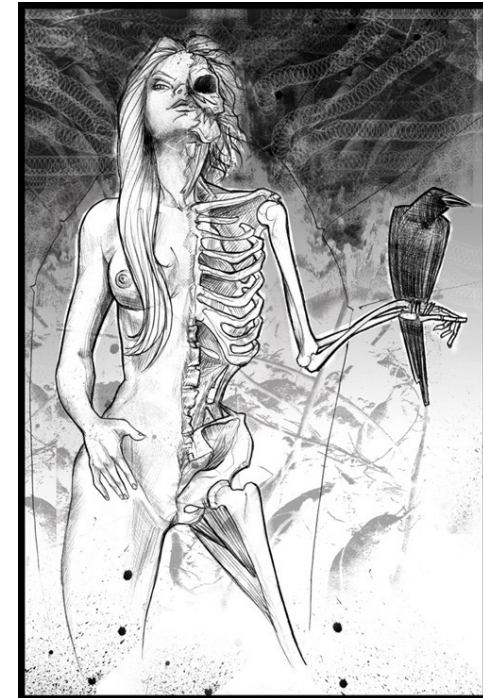
- Light and darkness
- Fire and water
- Earth and air
- Yin and yang

The Earth Element:

- Weight, gravity, the heaviest element
- Matter
- Life and death
- Passivity, inner work
- House, plough, the wheel, the bull, the bird
- Gaia
- Goddesses: Demeter, Persephone, Ceres, Horae, Proserpina, Hades (Pluto), Hel
- Greek medicine: black gall, the feminine aspect
- Indian tradition: Prithvi is hindu earth and mother goddess, the essence of the earth element.
Prithvi Mata is “Mother Earth” contrasting Dyaus Pita “Father Heaven”
- The earth element is also connected to Buddha and Mercury, representing communication, trade, business, mathematics and other practical matters.



Mother Earth and Hel



Alchemical symbol for earth

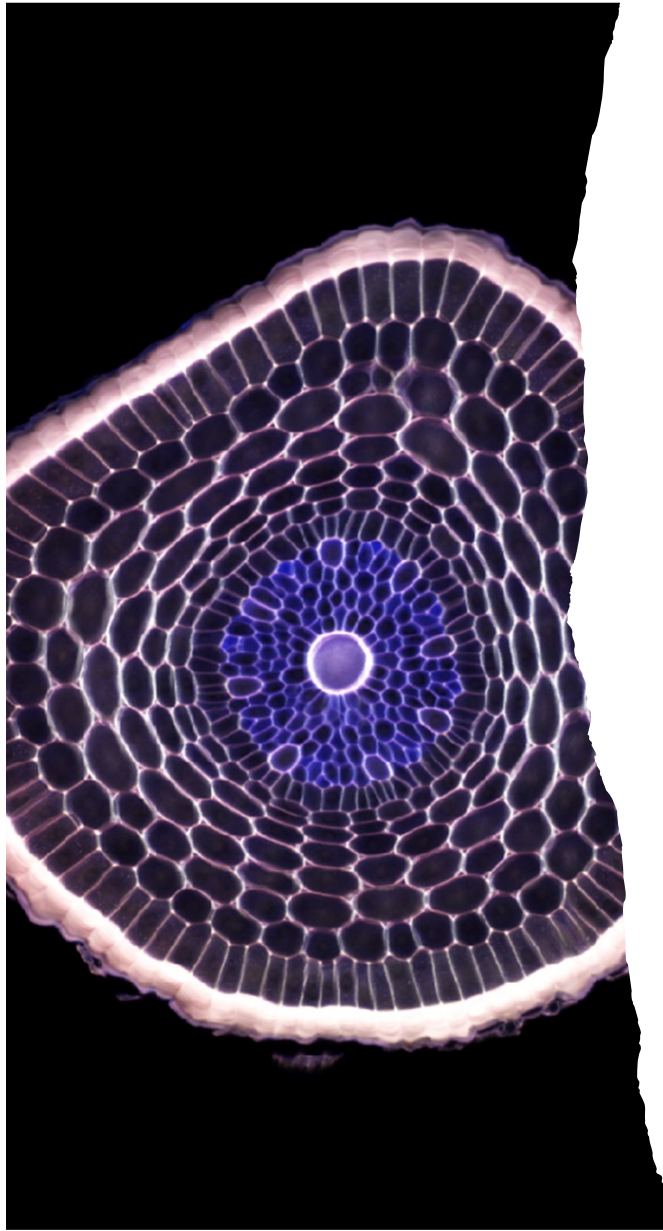
- The analytic personality
- The thinker
- The artist
- The scientist
- Quiet and clever
- Gets energy from thinking
- Melancholics like detail!
- Perfectionists who love order
- Deep thinkers, analysing and feeling things deeply.
- Don't like to show their strong inner feelings.
- Loyal
- Patient
- Introvert, and not wild about being in the limelight.
- Self-reliant and self-motivated
- Reserved with a tendency to get anxious and moody
- Melancholy is defined as “melancholic, pessimistic, depressed, sad, low.

The melancholic temperament



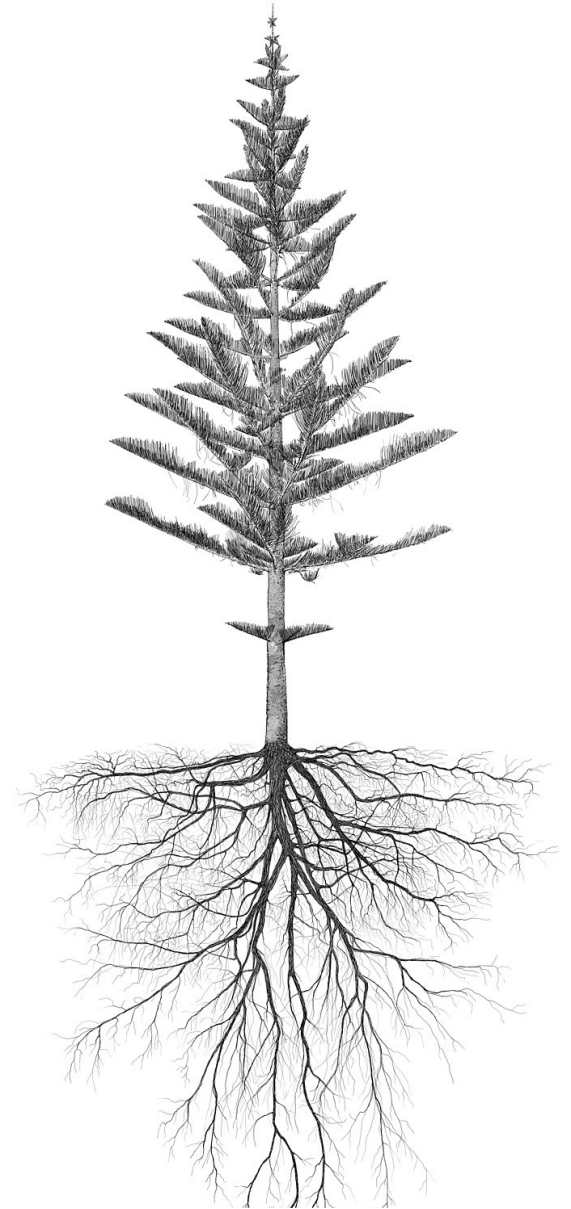
A close-up photograph of a person's hand holding several fresh root vegetables. The hand is positioned on the left side of the frame, with fingers wrapped around a piece of ginger, two small radishes, and a bunch of green onions. The ginger is a light brown color with a textured, knobby surface. The radishes are small, round, and have a light pinkish-white skin with some dark spots. The green onions are long, thin, and have a vibrant green color. The background is dark and out of focus, showing more greenery. The text "Why eat roots?" is overlaid in the center of the image in a white, sans-serif font.

Why eat roots?



What are roots for?

- An anchor
- Absorb minerals, nutrients and water from the earth
- Transport carbohydrates and other nutrients
- Store energy as starch (complex carbohydrates).



Roots and tubers

Common character traits:

- High nutrient content
- High content of essential micronutrients
- Low in calories
- Filled with fibre and antioxidants
- Low in fat
- No cholesterol
- High in complex carbohydrates
- Rich in potassium, iron, folic acid, vitamin A, B and C
- Contain beneficial phytochemicals
- Good energy
- Keep all winter

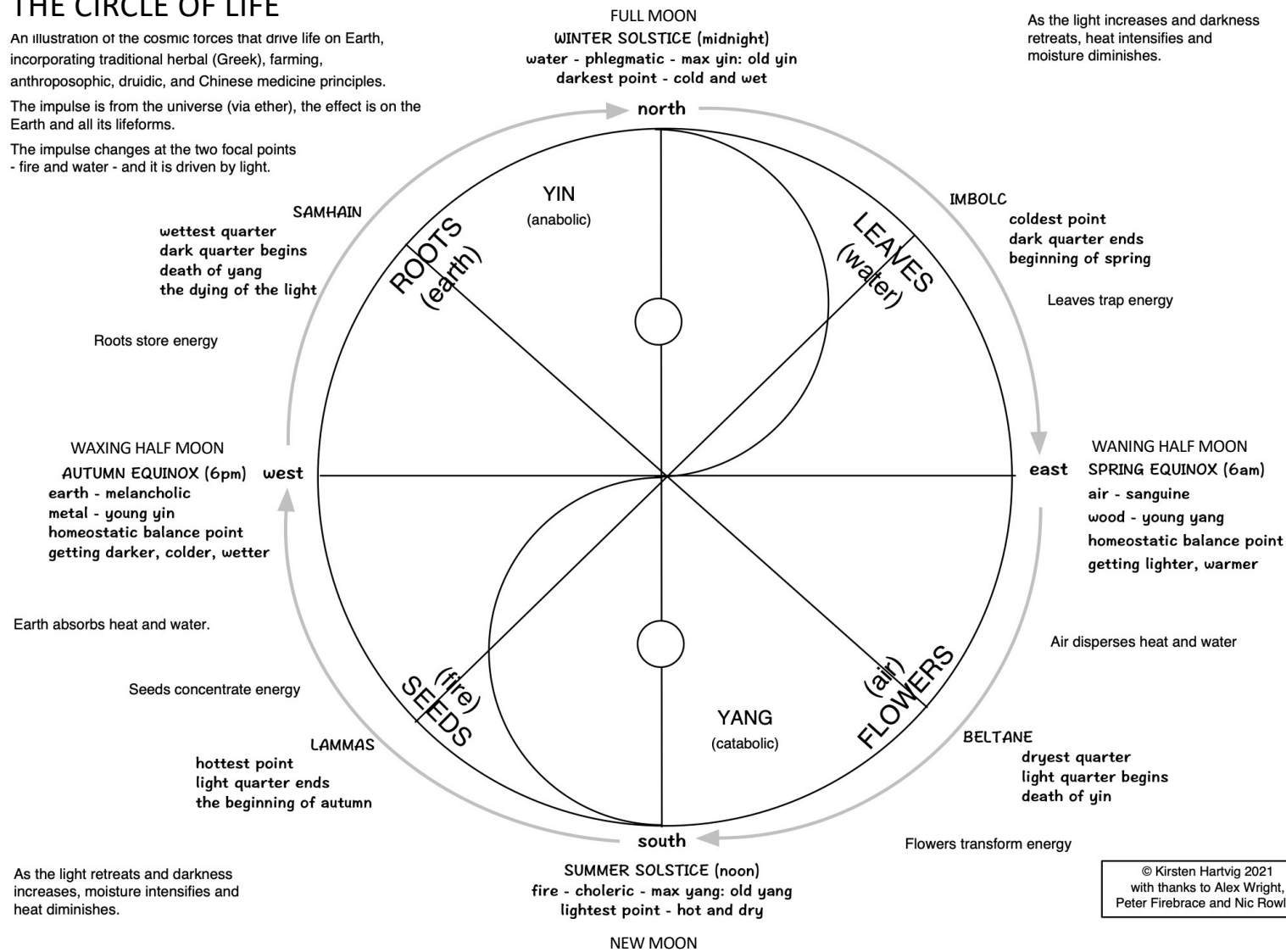


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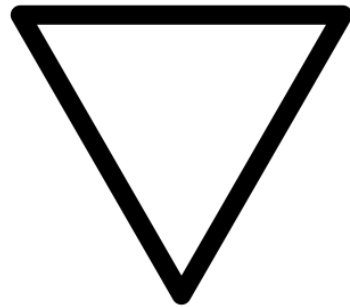


COSMIC FORCES

- Light and darkness
- Fire and water
- Earth and air
- Yin and yang

The element of water:

- The subtle element
- Emotion and intuition
- Flow
- Femininity
- creativity
- Flows and changes
- Colour: black
- Phlegm
- Cold and wet
- The moon
- Archangel Gabriel
- Purity and cleansing
- Healing
- Dreams
- Mysticism
- Calming
- Astrological signs: cancer, scorio and pisces



Alchemical symbol for water

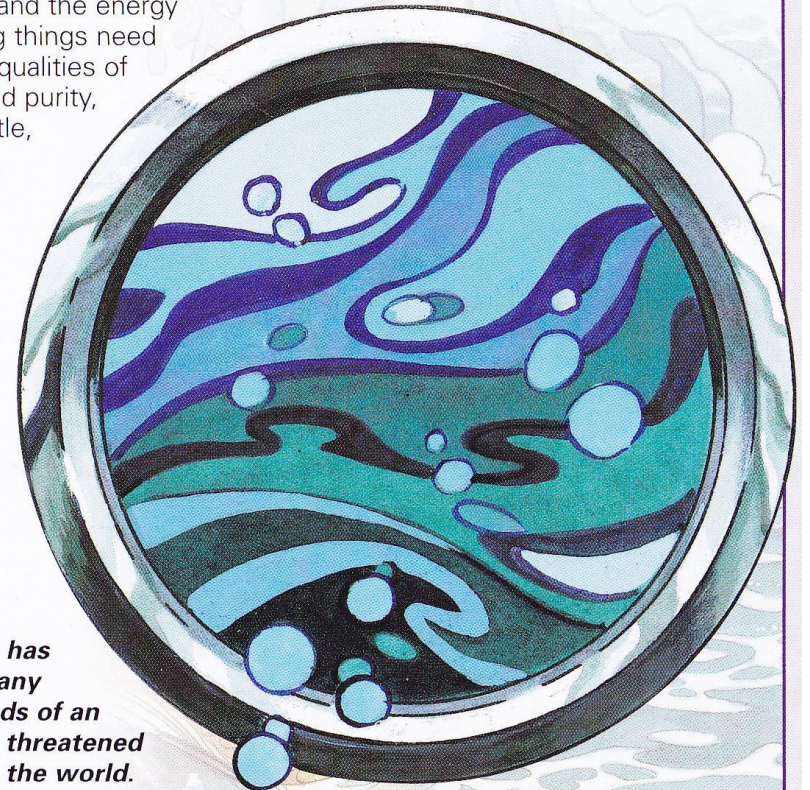
WATER: THE SUBTLE ELEMENT

Of the four traditional elements, water is the one most closely associated with the feminine principles, and the energy of creation – all living things need water. It possesses qualities of passive reception and purity, but it also has a subtle, pervasive force that influences every aspect of life.

WATERY DEPTHS

The mysterious, enigmatic depths of water and its soft, mutable nature have calming and healing capabilities, as well as deep personal and emotional findings.

Water is a subtle element, but it also has immense power. Many cultures have legends of an ancient deluge that threatened to destroy all life in the world.



- 
- Modest
 - Comfortable
 - Intuitive
 - Imaginative
 - Loving
 - Trusting
 - Thoughtful
 - Compassionate
 - Good natured
 - Goes with the flow
 - Dependable
 - Polite
 - Can lack self confidence
 - Passive
 - Peace and quiet
 - Diplomatic
 - Good team player
 - Faithful

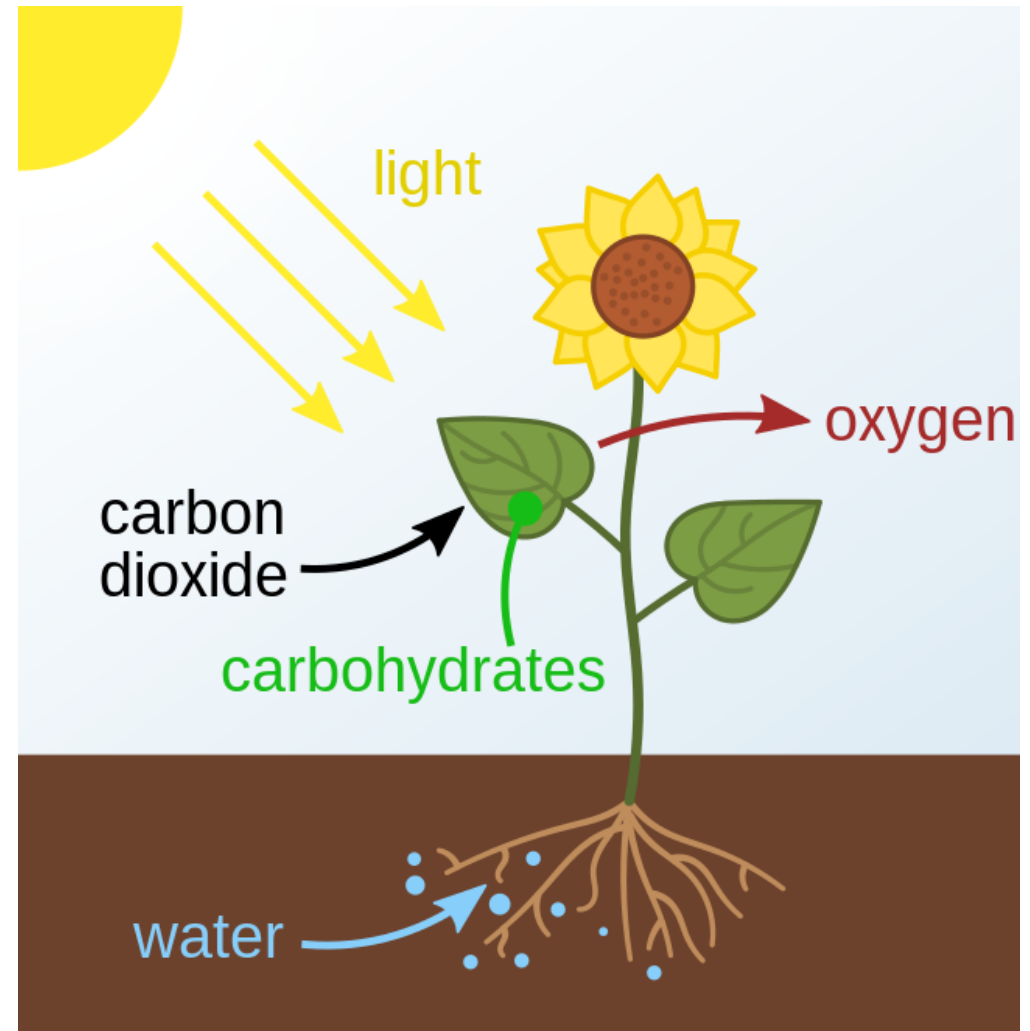
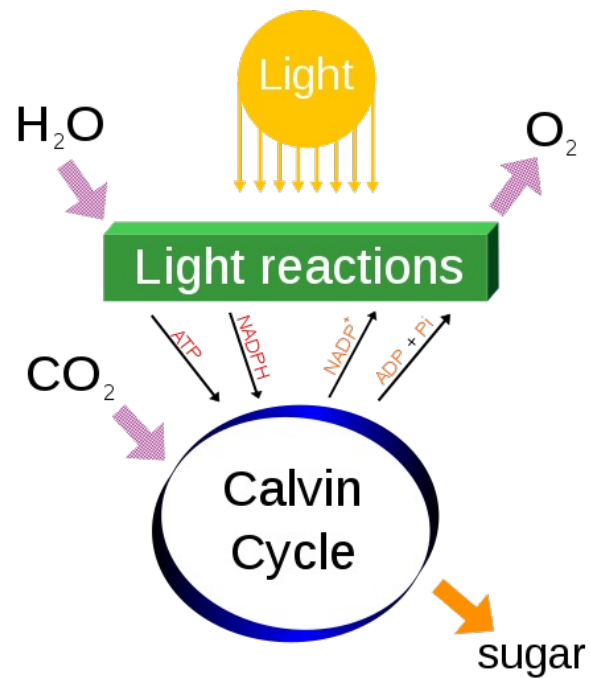
**The phlegmatic
temperament**

A close-up photograph of a dense field of small, vibrant green leaves, likely a type of ground cover or salad green. The leaves are covered in numerous small, clear water droplets, suggesting they have been recently watered or are dew-covered. The lighting is bright, creating a high-contrast scene with deep shadows and bright highlights on the foliage. Overlaid on the center of the image is the text "Why eat leaves?" in a clean, white, sans-serif font.

Why eat leaves?

Carbohydrates and photosynthesis

- Leaves synthesise carbohydrates from carbondioxide and water and sunlight





Shoots and leaves, botanical structure and function

- Photosynthesis transforms light (radiation) into chemical energy (glucose) and oxygen with the aid of chlorophyll in the green leaf, water from the soil, and carbon-dioxide from the air.
- **Chlorophyll is the base of all life on earth.**
- Leaves are responsible for evaporation in the plant.

GREEN LEAVES

Common features:

- High in protein
- High content of nutrients
- Low in calories
- Packed with fibre and antioxidants
- Low in fat
- No cholesterol
- High content of chlorophyll, vitamins, and minerals
- Contain beneficial phytochemicals
- Good energy
- Protect eyesight
- Strengthen memory
- Protect the heart and circulation
- Inhibit cancer
- Help all body functions
- Detox

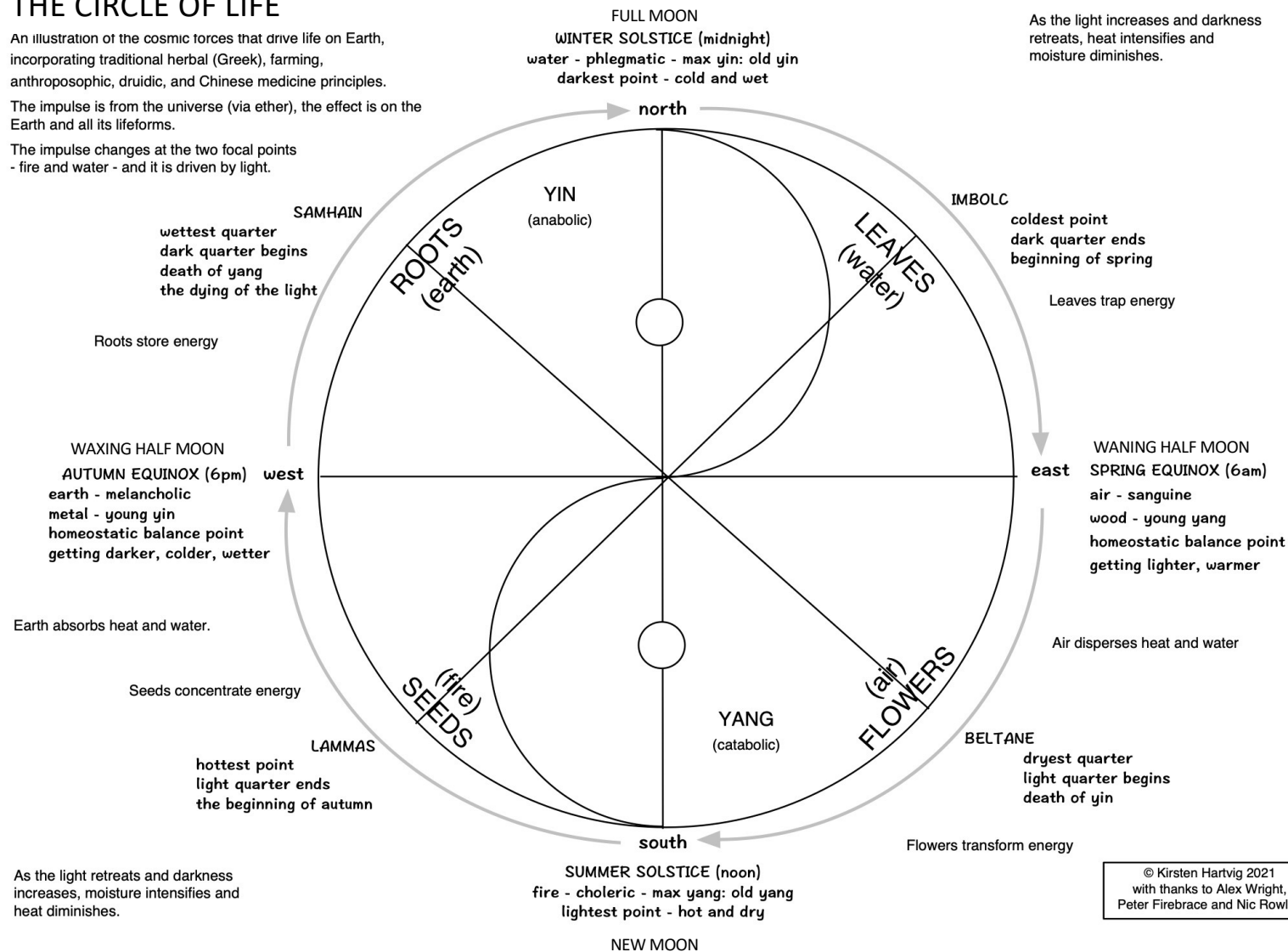


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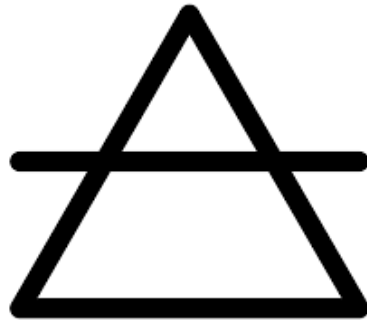
- Light and darkness
- Fire and water
- Earth and air
- Yin and yang



Why eat
flowers?

The element of air:

- Occupies a space between fire and water
- New life
- Communication
- Power of the mind
- Knowledge
- Mental activity
- Colour: blue
- Blood
- Warm and cold, hot and dry
- Masculine
- Archangel Gabriel
- Seers and priests
- Decisions
- Relationships
- Networking
- Planets: Mercury and Jupiter
- Astrological signs: gemini, libra and aquarius



Alchemical symbol for air



- Playful
- Curious
- Optimistic
- Thoughtful
- Open gestures
- Loves attention
- Loves people
- Makes friends easily
- Likes to tell stories
- Thrives on activity
- Good sellers
- Gets bored easily
- Can't say no
- Talks too much
- Lacks focus
- Loses track of time
- Charm
- Laughter
- Affection
- Enthusiastic
- Active
- Social



The sanguine temperament

The point of flowers

- Reproduction
- Seed and fruit development
- Seed dispersal
- The language of flowers
- Volatile oils
- Rituals
- Giving





EDIBLE FLOWERS

Common features:

- Contain beneficial volatile oils
- Low in calories
- Packed with fibre and antioxidants
- Low in fat
- No cholesterol
- High in specific healing active constituents
- Good energy
- High in antioxidants
- Inhibit cancer
- Support the immune system

The purpose of the Healing Garden is to create a peaceful inspirational forum for learning, healing and conservation, promoting health and wellbeing for all living beings based on biodynamic practice and naturopathic principles.

We value all lifeforms, and we cherish their companionship.

We know that internal and external biodiversity is the key to harmony, and that being part of nature is the most important part of any healing process.



Thank you!

- Kirsten Hartvig
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West Sussex RH19 4SJ
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- thehealinggarden.uk

