



LUNATICRAFTS

HOW NATURE HEALS US

MISSION NUTRITION



SOME HERBS & SPICES

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Chamomile: Widely known for its calming properties, chamomile may improve your sleep quality. Try to drink one cup of tea in the evening before going to bed. Furthermore, it might help with digestive problems and to control blood sugar level. Also, it contains a lot of antioxidants; therefore, a cup of chamomile tea all year round can help to keep you going.

Cardamom: Cardamom is already used in traditional medicine for centuries, cardamom has many different medicinal properties and can either be used as seeds, oils and extracts. Why not giving it a try to use it in a chai latte? Or try to make some cardamom sugar – release the seeds, pestle them with a tsp of sugar, grind until mixed and use it to flavour drinks or baked goods. Or even try to mix some in any baked goods, like bread, muffins or cakes.

Acerola: One of the berries which have got an immense Vitamin C compound. If you feel a cold rising up, get some Acerola juice, drink it with some water and feel how it boosts your immune function. Add some dried berries in your porridge to support the prevention of cold in the first place.



CHIA

Did you know that Chia seeds are related to the mint? Anyway, these small black seeds contain a massive amount of nutrition. For their small size, they hold an extreme amount of fibre, protein, omega-3-acids and various micronutrients. This makes them an excellent superfood for all athletes. Try to have a glass of water, where you leave chia seeds in it for 5 minutes, after a run or bike ride.

DANDELION

I recently made some dandelion flower jam and need to admit that it tastes stunning! Of course, the jam does not really contain any superfood benefits anymore, but anyway it is delicious. You can use dandelion flowers, leaves and also the root and all of them provide different health benefits. Wash some of the leaves gently and add it to salads or into your smoothie to help fight inflammation, control blood sugar and promote a healthy liver.

TULSI

Also known as Holy Basil, this herb is often used in Ayurveda. It is said that it has a warming effect on the body and balances the three Doshas. Tulsi has certain antimicrobial qualities that help against coughs, colds and flu. This apoptogenic herb can also reduce swelling and blood pressure and can relieve anxiety if taken regularly. But please always do your own research and talk to your GP about taking medicinal herbs in higher quantity.

FENNEL SEEDS

In Tibet, fennel seeds are chewed, especially after eating to stimulate digestion and prevent bloating. And not without reason - fennel seeds help with all possible bowel problems, are rich in Vitamin C, support the regularity of menstrual disorders and can regulate blood sugar levels.

PEPPERMINT

A cooling herb, which is usually taken to help with sore throat or cold. But peppermint can also help to relieve headaches, reduce mental stress, promotes sleep and treats stomach upsets. So, literally, sip a cup of peppermint tea if you need a time-out from the world.