

# Beyond the Bottle: Botanicals as Partners in Life

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# Overview

- Botanicals in clinical practice
- Lifestyle preparations
  - 10 mini case studies
  - 10 unique herbal preparations
  - Specific recipes
- Additional resources

# Why beyond the bottle?

- Easier integration into life
- Creates sustainable practices
- Culturally relevant
- True family medicine
- Empowerment and self-care
- Cost effectiveness





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# What are herbal powders?

- Dried
- Ground (powder mill)
- Sifted
- Similar to capsules
- Some dried extracts



# Advantages of herbal powders

- Accessible
  - Affordable
  - Stable
  - No glassware, cooking needed
  - Easy to take
  - Alcohol free
- Used by many traditions
- Blendable
- Tactile and taste sensations



# Affordability of herbal powders

Preparation	Unit price	Per gram	Per month 5g/ day
Powder	\$14 / lb	?	?
Capsules	\$10 / bottle (.525g / cap)		
Tincture	\$9.25 / oz 1:2 fresh root		

# Affordability of herbal powders

Preparation	Unit price	Per gram	Per month 5g/ day
Powder	\$14 / lb	\$0.03	\$4.50
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# Affordability of herbal powders

Preparation	Unit price	Per gram	Per month 5g/ day
Powder	\$14 / lb	\$0.03	\$4.50
Capsules	\$10 / bottle (.525g / cap)	\$0.19	\$28.50
Tincture	\$9.25 / oz 1:2 fresh root	?	?

# Affordability of herbal powders

Preparation	Unit price	Per gram	Per month 5g/ day
Powder	\$14 / lb	\$0.03	\$4.50
Capsules	\$10 / bottle (.525g / cap)	\$0.19	\$28.50
Tincture	\$9.25 / oz 1:2 fresh root	\$0.61	\$91.50

# Disadvantages of herbal powder

- Shelf stability
- Limited materia medica
  - No leaves, flowers, delicate aromas
- Taste
- Bioavailability
- Powdering machines



# Some favorite powders:

Tonics		
<b>Ganoderma</b>	<i>Ganoderma lucidum</i>	fruiting body
<b>Ashwaganda</b>	<i>Withania somnifera</i>	root
<b>Hawthorne</b>	<i>Crataegus spp.</i>	fruit
The cheapies		
<b>Cinnamon</b>	<i>Cinnamomum cassia</i>	bark
<b>Ginger</b>	<i>Zingiber officinale</i>	rhizome
<b>Turmeric</b>	<i>Curcuma longa</i>	rhizome



Cases, plans,  
and  
preparations





# Clinical Case: Iron-deficient anemia

- 26yo female mother of 3
- Fatigue, lethargy, iron-deficient anemia, high stress
- Poor reaction to conventional iron supplements
- Breast-feeding youngest one (18 mo)
- Mild insomnia, irritability, and some anxiety
- Needs “me time”





# Blood Building Cordial

- 50g *Rehmannia glutinosa*
- 50g *Rumex crispus*
- 30g *Angelia sinensis*
- 20g *Cinnamon spp.*
- 100g cup chopped prunes
- 100g cup chopped raisins
- Combine all in a jar and add in 1 liter of brandy. Let sit for 2 weeks. Strain and add 250ml molasses and 250ml black cherry concentrate.
- Drink a cordial glass full (approx. 80ml) each evening.





# Tinctures as Cordials

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- Preserve summer flavors
  - Fruits – plum, peach, cherry, berries
  - Herbs – ginger, rosemary, thyme, mint
  - Spices – black pepper, cayenne, coriander
- Delicious and nutritious
- Medicinal tonics
- Can be very low alcohol
- Can be too high in sugar
- Recreational



# Clinical Case:

## Gout

- 61 yo woman newly diagnosed with gout
- Significant dietary changes already implemented
- Enjoyed a few glasses of wine as she relaxed in the evening
- Looking for an alcohol free alternative which is refreshing and medicinal





# Cherry Sparkle Shrub

- Frozen black cherries (or fresh), nettle leaves and burdock root (fresh or dried)
- Added to apple cider vinegar and let sit for 2-4 weeks
- Gently warm with honey, cool and bottle
- Use 1 tbsp in sparkling water each day, with fresh mint (opt)





# Shrubs

- Acidified tasty beverage
  - Often vinegar based
  - Early colonial American periods
  - Mixed with sparkling water
  - No alcohol
  - Fresh preservation
  - Low in sugars (or higher)
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- 1part fruit + 1 part vinegar + herbs for 4 weeks, then strained.
  - ½ part sugar or honey, gently warmed until blended.
  - Bottled and use added to sparkling or still water.



# Clinical Case:

## Diabetes (type II)

- 61 year old male
- Recently diagnosed with diabetes
- Reluctant to make dietary adjustments or take herbs
- Diet low in phytochemicals and high in processed foods and sweets
- Loves his nightly sweets ritual





# Synergy Chocolate Fudge

- Gently melt an 200g of high quality dark chocolate, at least 70% along with with 300g of virgin of coconut oil.
- Once melted, add in 35g of turmeric powder and 5g of ground black pepper.
- Pour into a shallow container (I prefer a glass container) and put in the freezer.



# Clinical Case: Dysbiosis

- 17yo female
- Gas, bloating, dysbiosis, loose stools.
- Began after several rounds of antibiotics for a skin infection.
- No prior digestive concerns, no change in diet.







# Comfy Compote

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- Selection of dried fruits (stone fruits: prunes, apricots, raisins, peaches work best)
  - Aromatic spice blend (cinnamon, ginger, cardamom, cloves, turmeric)
  - Dandelion root (*Taraxacum officinalis*)
  - Burdock root (*Arctium lappa*)
  - Quality probiotic supplement
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- Cook the dried fruits, spices, and dandelion root with water until soft but not mush. Cool and refrigerate or freeze in individual servings. Add a probiotic capsule before eating.
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- Add to oatmeal, yogurt, or by itself.

# Clinical Case: UTI's and kidney stones

- 38yo female
- History of intermittent UTI's 3-4x year
  - Usually resolved with herbs and cranberry
- Recent diagnosis of calcium kidney stones
- Family history of kidney stones
- Diet, lifestyle and hygiene discussed
- Likes to cook but doesn't like teas or tinctures





# Anti-lithic pesto

- Combine in a food processor:
  - Fresh parsley (*Petroselinium crispum*)
  - Fresh dill (*Anthenum graveolens*)
  - Fresh basil (*Ocimum spp*)
  - Fresh nettles (*Urtica dioica*) if available
  - Lesser amount of cilantro (*Coriandrum sativum*)
  - Fresh lemon zest and some juice
  - Pistachios, shelled
  - Olive oil
  - Sea salt
- Eat ~one tbsp / 3-4 x week. Freezes well.





# Medicinal Pestos

- Fresh herbs
- Wild gathered or store-bought
- Use generously
- Living medicine
- Spread, topping, in soups
- Various herbs:
  - Fresh bee balm (*Monarda spp*)
  - Fresh skullcap (*Scutellaria lateriflora*)
  - Fresh holy basil (*Ocimum sanctum*)
  - Fresh passiflora (*Passiflora incarnata*)
  - Fresh arugula
  - Garlic



# Clinical Case:

## Anxiety and Fatigue

- 34yo male
- Anxiety, stress, fatigue, anorexia, skips meals, insomnia
- Starting up a tech business and working frequent and odd hours
- Forgets to eat. Coffee in the morning and first meal is around 1pm
- Afternoon blood sugar crash and fatigue → caffeination → insomnia
- Wants something easy and healthy he can grab on the go with minimal preparation time



# Regenerating Oatmeal

- 1 cup rolled oats
  - 1 cup milk (or nut milk)
  - 1 cup yogurt
  - 1 tbsp chia seed
  - 1 tsp *Asparagus racemosa*
  - 1 tsp *Lepidium meyenii*
  - ½ tsp *Glycyrrhiza glabra*
  - ½ tsp *Panax quinquefolius*
  - ½ tsp *Cinnamomum cassia*
  - 2 tsp cocoa or cacao powder s(opt)
  - Maple syrup to taste
  - Dried blueberries to taste
- Blend everything together and refrigerate overnight. Make a week's worth (non-dairy milk) or a few days supply (dairy milk). Make a one week supply and place in individual mason jars for a meal on the go. Eat cold or at room temperature. Add fruit as desired.





# Nourishing Herb Balls

- Ground nuts (cashews, pistachios, almonds are nice)
  - Coconut oil (melted, small amount for binding)
  - Honey or maple syrup
  - Sea salt
  - Nut butters
  - Dried fruits or chocolate
  - Herb powders (in this case, those similar to the oatmeal can be added)
- Combine a selection of the above to make into a thick dough so you can roll balls. If you are calculating dosage, add in 1 or 2 weeks worth of powders and divide into balls for that many days so have your daily dose.





# Clinical Case: Menopausal Transition

- 57yo female
- Classic menopausal symptoms: hot flushes, night sweats, vaginal dryness, dry mouth, insomnia, poor-concentration
- Looking for gentle and consistent support
- Overall in excellent health
- Excellent diet





# Balancing Hummus

- Add to a 500g tub of hummus, or make your own:
  - 14g Angelica (*Angelica sinensis*)
  - 12g Shatavari (*Asparagus racemosus*)
  - 6g American ginseng (*Panax quinquefolius*)
  - 6g Burdock (*Arctium lappa*)
  - 4g Fenugreek (*Trigonella foenum-graecum*)
  - 4g Turmeric (*Curcuma longa*)
  - Garlic to taste
- Mix together well. Eat ~ 2oz / day, this recipe will make a 2 week supply. Eat on veggies or as a spread.



# Anti-Inflammatory Hummus

- 1 – 8oz tub of hummus
- (or make your own)
- 1 clove of garlic freshly crushed
- 1 tbsp turmeric powder
- 1 tsp ginger powder
- 1 tsp black pepper
- Blend together all ingredients and use as you would any other hummus. Excellent with veggies as a dip.





# Immune Health Hummus

- 1 – 8oz tub of hummus
- (or make your own)
- 3 cloves of garlic freshly crushed
- 1 tbsp turmeric powder
- 1 tsp ginger powder
- 1 tsp lemon peel
- 1 tsp schisandra powder
- 1 tsp *Panax* ginseng powder
- ¼ tsp cayenne (or more)
- Blend together and use as a dip or on bread or veggies.





# Clinical Case: Cognitive decline

- 69 year old male
- Considerable cognitive decline noted
- No specific medical diagnosis
- Doesn't like "taking medicine"
- Would like to do something with his husband together if possible





# Cognitive Spice Blend

- 1 part rosemary
- 1 part thyme
- 1 part parsley
- 1 part ginkgo
- 1 part gotu kola
- ½ part dried garlic
- ½ part turmeric powder
- ¼ part lemon peel powder
- ¼ part black pepper
- ¼ part quality salt





# Spice Blends

- Use in any foods
  - Sweet or savory
- All are anti-oxidant and beneficial
- Many are available packaged
  - Add medicinals to packaged
- Use at breakfast, lunch, dinner as condiments
- Use to flavor “cultural” dishes
- All spices are good spices



# Clinical Case:

## Gets sick often

- 31 yo woman teacher
- Gets sick 5-7 times / winter
- “catches everything”
- Otherwise no health concerns
- Want to prevent getting sick during the winter months



# Medicine Miso

- Combine:
- 1-8oz container of miso
- 6 cloves of garlic pressed
- 1 tbsp grated fresh ginger
- 1 tbsp. grated fresh turmeric
- Echinacea powder
- Fresh grated burdock
- Fresh chili to taste (or dried)
- Use as an instant soup or a base for other preparations





# Curried Onion Power Soup

- Follow “oven French onion soup” recipe using 16 onions
- Once the soup is complete, add in:
  - 2 bulbs of garlic, chopped or pressed
  - 2 tbsp fresh grated ginger
  - 2 tbsp quality curry powder
  - Fresh chili pepper to taste
  - Fresh lemongrass if available
- Cook for another 30 minutes. Serve as soup or over rice.







# Bone Broth Plus

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- Make bone broth as usual (2 quarts) Chicken or beef, etc.
- For the final 2 hours of cooking add:
  - 1 lb shiitake or maitake mushrooms, sliced
  - 2 tbsp *Astragalus membranaceus*
  - 2 tbsp burdock (*Arctium lappa*)
  - 1 tbsp *Schisandra Chinensis*
  - 1 tbsp fresh ginger (*Zingiber officinalis*)
  - 1 tbsp turmeric (*Curcuma longa*)
- Strain out herbs and use as broth for soup or cooking or add rice. Freezes well.



# Clinical Case: Busy working mother

- Loves plants and herbs
- Tired at the end of the day and wants to play
- Wants to do something fun with her kids
- Has a garden





# Summertime Elderberry Basil Martini

- 2 tsp elderberry (*Sambucus nigra*) juice concentrate
  - Sprigs of fresh basil (*Ocimum spp*)
  - Springs of fresh mint (*Mentha spp*)
  - Fresh limes
  - Vodka or Chachaca (optional)
  - Sparkling water
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- Muddle herbs and lime with the elderberry concentrate.
  - Combine the above and serve on ice.







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