

Disclaimer

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Welcome!!!
Just hang On :o)
Our meeting will start soon.



Doctrine of Signatures or Simpling

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Doctrine of Signatures: The belief that God marked plants with His "signature" which is a sign for their purpose.

Simpling: Growing, testing and/or using single herbs for medicine.



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At least 90% of the diseases we develop are from poor food choices.

•Dis-moi ce que tu manges, je te dirai ce que tu es

•Tell me what you eat, and I will tell you what you are



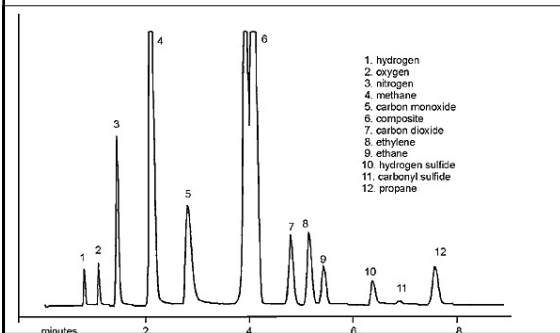
Macrocosm and microcosm

Macrocosm and microcosm - ancient observation of seeing the same patterns in all levels of the cosmos, from the largest scale (macrocosm or universe-level) all the way down to the smallest scale (microcosm or sub-sub-atomic or even metaphysical-level).

As it is above.... So it is below



Chromatography



There are over 14,000 photolytic chemical constituents in an Avocado... modern science has only studied and named 141 of them.



The Secret Language of Plants

By Stephen Harrod Buhner

•When attacked, many plants release smells that not only repel their attackers, but summon other insects that prey on the pests

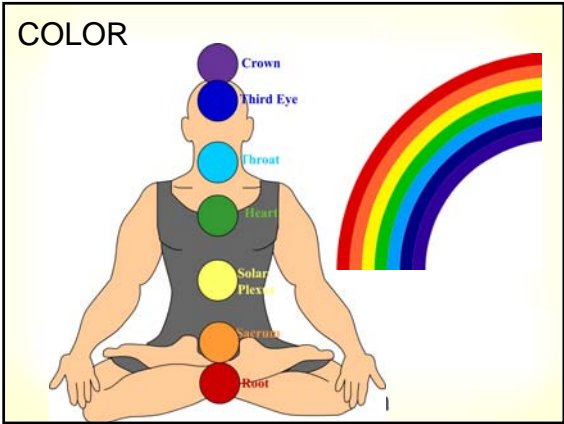
•Plants may even communicate with each other using scent signals



Doctrine of Signatures

- COLOR
- SHAPE
- SMELL
- TASTE
- HABITAT
- SEASON
- CHARACTERISTICS
- ADAPTATION





Color: Blue and Purple and Black			Pigmentation From: Anthocyanins
Fruits	Vegetables	Berries	Known Benefits: Powerful antioxidants, reduced risk of cancer, stroke and heart disease. Believed to help improve memory and nourish the pituitary and pineal gland
Figs Plums Prunes Grapes (purple) Raisins	Eggplant	Blackberries Black Currants Blackberries Black Raspberries Blueberries Elderberries Juneberries	

Color: Green			Pigmentation From: Chlorophyll & Lutein
Fruits	Vegetables	Berries	Known Benefits: Healthy eyes, reduce risk of birth defects and cancer Chlorophyll is a great blood builder
Apples (green) Grapes (green) Honeydew melon Kiwi Limes	Artichokes Arugula Asparagus Avacados Green beans Broccoli Brussels sprouts Cabbage (green) Peas Peppers (green) Spinach Watercress Zucchini		

Color: Orange and Yellow			Pigmentation From: Carotenoid
Fruits	Vegetables	Berries	Known Benefits:
Apples (yellow) Apricots Cantaloupe Grapefruit Lemons Mangoes Nectarines Oranges Papayas Peaches Pears Persimmons Pineapple Tangerines Watermelon (yellow)	Beets (yellow) Butternut squash Carrots Peppers (yellow) Potatoes (yellow) Pumpkin Rutabagas Squash (yellow) Corn Sweet potatoes (yellow) Tomatoes (yellow)	Cape Gooseberries	Healthy eyes, immune system, converted to Vitamin A which nourishes eyes and membranes

Color: Red			Pigmentation From: Lycopene and Anthocyanins
Fruits	Vegetables	Berries	Known Benefits:
Apples (red) Grapefruit (pink and red) Oranges (blood) Pears (red) Pomegranate Watermelon	Beets Cabbage (red) Lettuce (red leaf) Peppers (red) Potatoes (red) Radishes Rhubarb (red)	Cherries Cranberries Grapes (red) Raspberry (red) Strawberries Tomatoes	Reduce risk of cancer, especially prostate cancer. Antioxidant and heart health Herbs - Blood purifiers and/or builders

Color: White			Pigmentation From: Anthoxanthins
Fruits	Vegetables	Berries	Known Benefits:
Bananas Pears (brown) Dates Nectarines (white) Peaches (white)	Cauliflower Garlic (allicin) Ginger Mushrooms Onions Parsnips Potatoes (white) Turnips		Minerals

SHAPE



Contains omega oils which help balance hormones

It takes exactly 9 months for an avocado to go from blossom to ripened fruit.

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Horsetail

Looks like hair
Has leaves which look like joints and bones

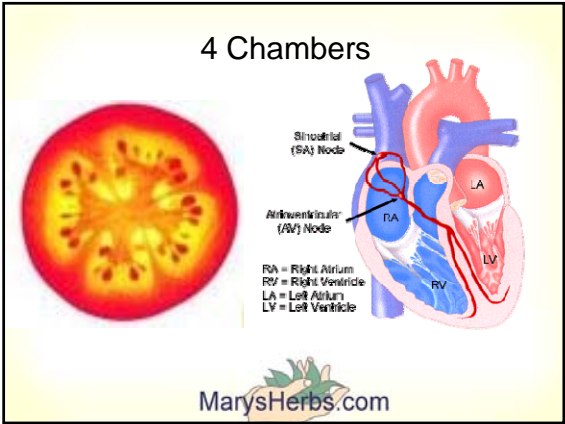


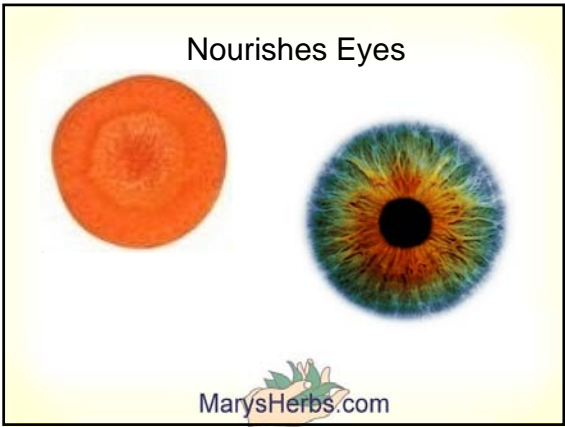
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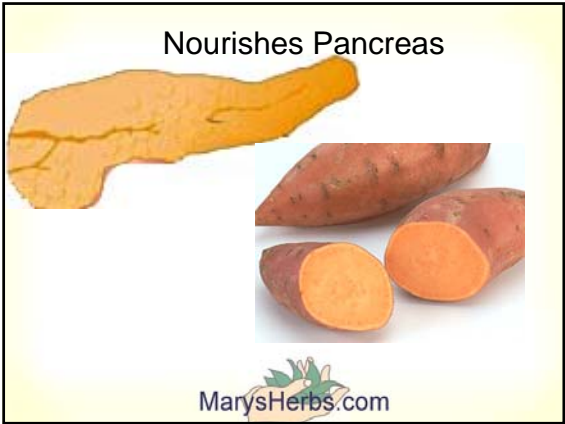
Omega oils help develop over 3 dozen neurotransmitters



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Resemble
Testes in
number and
shape

Peanuts contain L-Arginine, the
main component of Viagra

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Nourishes
Ovaries

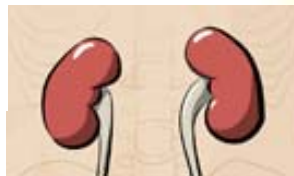
Helps balance
Hormones



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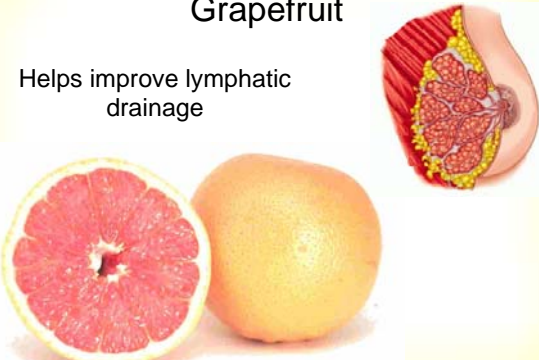
Helps heal and
maintain Kidney
health



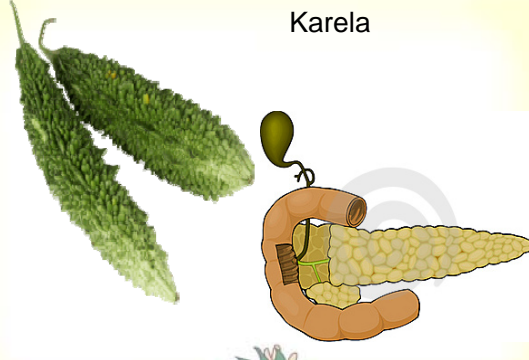
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Grapefruit

Helps improve lymphatic drainage



Karela



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TASTE **Sweet**



Chromium MarysHerbs.com

Bitter

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Stimulates Liver

SEASON Christmas Rose

Bloom in winter.... Good for people in the winter of their life.

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Scientific tests show this plant is effective for Arteriosclerosis

Warm season crops, restores water and thins blood

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Helps body tolerate heat



Ginseng

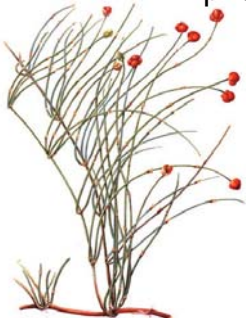
Develops potency
only after 7 years

Longevity

larysHerbs.com

CHARACTERISTICS

Ephedra



Grows in
dry climates
at higher
altitudes
where
oxygen is
less
available

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Fig fruits hang in pairs.



Known to increase quantity
and mobility of male sperm

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Comfrey

Helps
bind



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QUESTIONS?

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