

LIVING AND LOVIN HERBS PODCAST

Herbal Actions for Fire Cider

| Ingredient: | Herbal Action: | Systems Affected: |
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| Ginger | Aromatic Diaphoretic Stimulant Carminative Anti-Inflammatory Analegestic | Digestive Circulatory Structural |
| Horseradish | Bitter Expectorant Counterirritant | Respiratory Digestive |
| Onion | Minor Herb Class From Allium Family Nutritive | Antiseptic Hypotensive |
| Garlic | Aromatic Alterative Stimulant Diaphoretic Expectorant Antispasmodic Nevine Carminative Vulnaerary | Circulatory Immune Respiratory Digestive |
| Jalapeno Peppers | Aromatic Stimulant Astringent Diaphoretic Antispasmodic Circulatory Tonic Carminative Rubifacient | Circulatory Digestive High in Vitamin C High in Potassium |
| Lemons | Minor Herb: Rutaceae Family Nutritive High in Vitamin C High in Potassium | Circulatory General Tonic Flavor |
| Oranges | Minor Herb: Rutaceae Family Nutritive High in Vitamin C High in Potassium | Circulatory General Tonic Flavor |
| Rosemary | Carminative Antispasmodic Antidepressant Rebefacient Antimicrobial Emmenagogue | Circulatory Digestive |

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| Turmeric | Aromatic Anti-inflammatory Anti-arthritis Anticeptic | Digestive |
| Cayenne Powder | Aromatic Stimulant Astringent Diaphoretic Antispasmodic Circulatory Tonic Carminative Rubifacient | Circulatory Digestive |
| Honey (Raw Local) | Antimicrobial Antiseptic | Digestive Natural Sweetener (makes herbs more palatable) |
| Rosehips | Astringent Nutrient Source Antiseptic Antispasmodic | Immune Structural High in Vitamin C |
| Burdock Root | Mucilaginous Alternative Diuretic Diaphoretic (fresh only) Urinary Tonic Demulcent | Circulatory Urinary Digestive |
| Echinacea Root and Flower | Bitter Immune Stimulant Alternative Antimicrobial Vasodilator | Respiratory Digestive |
| Ghost Peppers | Aromatic Stimulant Astringent Diaphoretic Antispasmodic Circulatory Tonic Carminative Rubifacient | Circulatory Digestive |

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| Cinnamon Sticks | Antimicrobial Antioxidant Antiseptic Antispasmodic Antiviral Astringent Carminative Demulcent Mild Emmenagogue | Stimulant Relieves Cold and other virus conditions |
| Thyme | Aromatic Antimicrobial Carminative Stimulating Relaxing Diaphoretic Antispasmodic Expectorant Emmenagogue Vermifuge | Digestive Structural Circulatory |
| Turkey Tail Mushroom | Antimicrobial Antiviral | Immune |