



Herbal remedies for the over 60s

**EASY STEP BY
STEP RECIPES**

From heart health to
healthy joints and
more



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About me

My name is Laura Carpenter and I am a herbal educator.

I love bringing 'lost herbal knowledge' back into the everyday.

I run courses at all levels, from the absolute beginners, right up to professional development for herbal practitioners.

You can find out more about me on my website. www.lauracarpenter.co.uk





Before we get started we need to take a moment to talk about safety

It is important to remember that just because herbal medicine is natural **does not mean that it is automatically safe.** Some people can have reactions to herbal medicines, and although this is rare it is important to bear in mind.

Are you taking any medication?

If you are taking any form of medication it is important to check that it is safe to take a particular herb with that medication before proceeding. Some herbs can directly interact with a drug and some can stop the drug working altogether.

Pregnancy

If you are pregnant or there is a chance you might be, you must only use herbal medicine with the supervision of a medical herbalist.

If you are unsure about a herbal medicine and how you might react to it, the safest thing to do is not take it and consult a medical herbalist for more information.

It is important to recognise when a condition is more serious, and to know your limits. If you become ill with something you'd normally go see the doctor about, it is important that you still go as normal.

Heart Health

Our heart health is obviously important for everyone but especially as we age.

It's essential to eat lots of brightly coloured fruits and vegetables to maximise the vitamins and anti-oxidants that are needed for a healthy circulatory system.

Herbs that fall into this category are **hawthorn**, the bright red berries are great at supporting our heart and circulation.

Lime flower is a support to the circulatory system and is also uplifting.

Rose is also a herb that's associated with the heart, in particular for those suffering with grief or heartache.

You can combine these into a lovely tea to be taken daily.



Heart Health Tea

3g of hawthorn
1g lime flower
1g of rose petals
1 cup of hot water

Either add the herbs to a tea strainer and leave in the cup of hot water for 10 minutes. Or add the herbs to the cup of hot water, cover and allow to sit for 10 minutes, strain using muslin or a fine tea strainer.

You can find out more about teas and infusions in this [video](#).



Muscles and Joints

As we age our muscles and joints can become more worn and even painful.

Ensuring healthy movement and exercise is key to maintaining good circulation and this can be key in managing aches and pains in the muscles and joints.

There are of course things that you can add to your diet to aid in good circulation and the repairing of any damage to muscles and joints.

- Brightly coloured fruits and vegetables.
- Oily fish
- Avocado
- Nuts and seeds

There are herbs that are useful too.

Hawthorn as already mentioned and also turmeric and ginger that are natural anti-inflammatories.

Hawthorn can be taken as a tea and turmeric and ginger can be added to your meals.

You can of course take them as capsules and or golden milk.

You can also add anti-inflammatory herbs to a balm and use this for aching muscles and joints.

Here are some of my favourite joint balms to try

- Bay and rosemary for warming muscles and joints.
- Cinnamon and chilli for pain relief. (Remember to wash your hands well!)



Memory and circulation

Something else than can change when we age is of course our memory and circulation.

Ginkgo is a herb that has long been associated with memory and also circulation, in particular the circulation of the brain.

Rosehip and rosemary are also herbs that are traditionally associated with circulation, this is likely due to their antioxidant properties, and they can be useful tonics.



Circulatory tonic tea

- 3g Ginkgo
- 1.5g Rosehips
- 0.5g Rosemary
- 1 cup of hot water

Either add the herbs to a tea infuser or add them to a jug of hot water and then strain with a sieve after 15 minutes.

Drink once a day.

You can find out more about herbal teas in my free eBook

Simple Herbal Teas.

Here are some of my favourite alternative blends to try:

- Green tea, ginger and rosehip
- Cinnamon, ginger and chilli

Eye Health

Our eyes are another area that can degenerate as we age.

Ensuring healthy circulation is key to eye health.

Some things that you can add to your diet to aid in eye health in particular are blue coloured fruits such as blueberries.

Ginkgo and turmeric are also helpful circulatory tonics that can be helpful in eye health.



Healthy blueberry compote

- 1 cup of blueberries
- 5 g of ginger
- 0.5 g of turmeric
- 5g of sugar or sugar substitute

Add the ingredients to a pan and gently bring to a simmer for 5 minutes.

Add to yoghurt, porridge or on the top of a cake!

Here are some of my favourite berry combos to try:

- Elderberry and blackberry vinegar.
- Blueberry and elderberry syrup or glycerite.

