

Food as Medicine

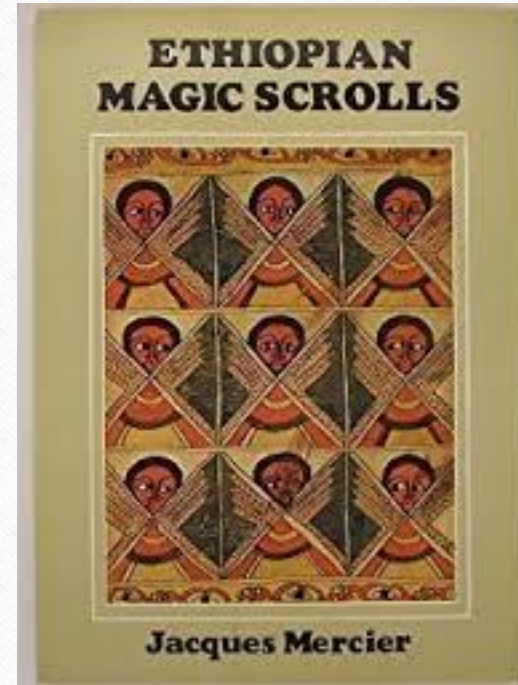
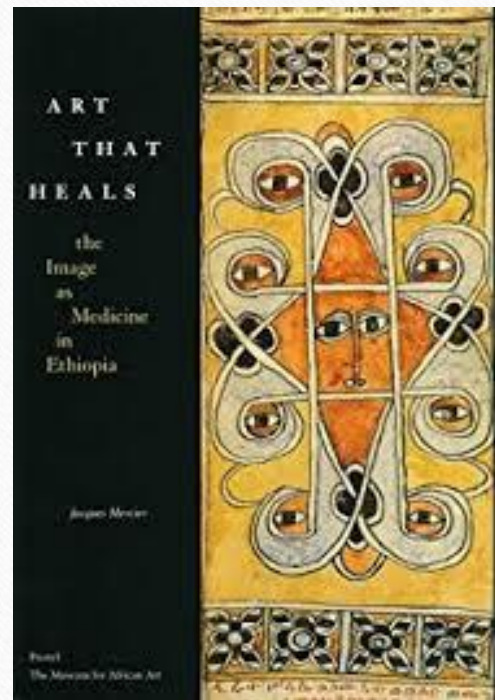
FOOD



Across Cultures & Generations



Art That Heals



Cayenne Pepper



- **Gargle** recipe to alleviate sore throat pain
- 1/4 cup of hot water
- 2 tbsp. of **cayenne pepper**.
- Stir the **cayenne pepper** into the water for 60 seconds
- **Gargle** with a mouthful of the mixture for 10 - 30 seconds

Medicinal Tea

To relieve coughing:

1 shot dark liquor

½ teaspoon honey

1 teaspoon lemon

6-8 ounces hot water

Add liquor, honey and lemon to hot water

Stir for 60 seconds

Drink while still warm



Ethnomedical Literature

- “The explosion of ethnomedical literature has been stimulated by an increased awareness of the forced displacement and acculturation of indigenous people and their consequences, as well as by the recognition of indigenous health concepts as a means of maintaining ethnic identities.

Krippner, Stanley. “Contemporary Threats to Ethnomedicine.” *World Congress of Ethnomedicine*. Munich Germany 12-15, October 2017.