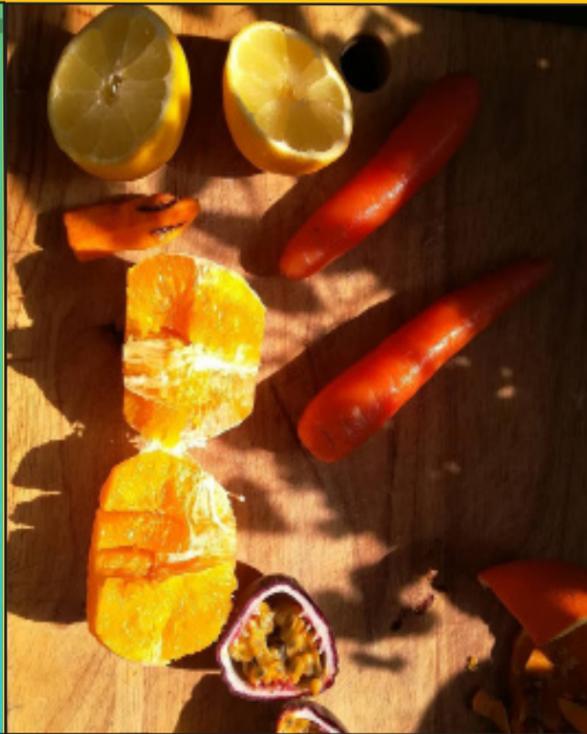


REMEDIES FOR RESISTANCE

Day 1 of gov imposed social isolation lockdown is actually day 13 in self mandated quarantine for me. I have 1 day to go according to medical advice, but now must do another 3 weeks. Though I will be moving from quarantine to social distancing in the house. As a person with chronic illness with numerous ongoing symptoms isolation is familiar for me, though the threat of this current situation and its impact is definitely intense.



First aid lung mix

Echinacea	60
Elderberry	60
Eucalyptus	60
Flowerhound	45
Liquorice	45
Thyme	30
	<u>300</u>

8ml, 3 times while symptoms last



Solidarity to:

- ~ all those in isolation who are struggling to manage their health and wellbeing
- ~ those who cannot isolate as they have to work (inc sex workers) and cannot WFH
- ~ homeless people
- ~ womxn and children, LGBTQI+ people who are unsafe in their homes
- ~ migrants and refugees who are away from home and loved ones and uncertain about their citizenship status.

Do we know how to care for ourselves and each other? What is collective care? How do we practice collective care within our communities? Do we have medical knowledge? Do we have our own remedies? Have these passed along through family, kinship or through networks? How do we know or find about them? Who do we share them with and how?

In this time of Covid having access to wellbeing is crucial. How do we access this? We might rely on people we know, strangers, essential workers, doctors and NHS, the government, family members, friends, local mutual aid projects, or even ourselves.

We would like to gather remedies and their stories that we can share with each other in a self-published maga/zine

Do you have a remedy with a story, a tale, a recipe, a memory? If so send to Human Libraries:

humanlibraries@gmail.com Phone/text/whatsapp: 07751240427

REMEDIES

I thought I'd share a few herbal immune boosting remedies for the current virus epidemic. This is good if you do or don't have symptoms, though if u have Covid19 virus do follow your doctor's instructions. These can't harm you though.

Wash hands before preparing!

GINGER and TURMERIC tea

Chopped ginger + tumeric root/powder
Fresh lime or lemons or both
Thyme (fresh or dried)
Manuka/raw honey
Black pepper
Optional: lemon balm+ fresh mint

Brew for 7mins, u can get three brews from the mix. Drink daily as much as possible

FIRE CIDER Tonic

apple cider vinegar, turmeric, onion, ginger, garlic, horseradish, chilli, black pepper corns (optional: rosemary +thyme). Use organic where possible.

Slice everything into the jar, pour over apple cider vinegar until it's covered and seal with a clean lid (and bit parchment paper or clean cloth under the lid). Store in a dark place ideally for 4 weeks+ and then drain, keeping all pickle spicy liquid that has drawn all the nutrients from the ingredients. In an emergency you can start drinking the pickled liquid from 1+ weeks.

Recommend making a big batch as it takes time to make. Drink a shot daily or as needed.

Not for the faint hearted~ firey but effective!

IMMUNE JUICE SHOT

Orange
Carrot
Turmeric
Ginger
Garlic * Some people can't handle raw garlic and if so just omit it.
Lemon /lime
Optional: passion fruit juice *I just scoop passion fruit pulp and add it to the juice at the end.
Pink or black salt
Black pepper * Black pepper enhances turmeric so dont forget it.
Some people can't handle raw garlic and if so just omit it.

Juice this up every morning or during the day for a quick immune boost!

High in vit C, anti viral and anti inflammatory

It's good to have: turmeric, ginger, limes, lemon, chilli, garlic, onions, fresh herbs and coconut oil well stocked at this time

#antiviral #immuneboosting #vitc #vitamins #ginger #turmeric

As a child , when I was sick with a cold or fever my mother would give me hot tea made from a paste of turmeric, lemons, ginger and honey. She would add hot water to it and made me drink it. I used to hate it as a kid, because the taste was bitter and I didn't understand it as medicine. I remember I would pull a face and try run and hide or pretend I wasnt sick afterall or not as sick as I was. I can't recall if it worked or not. However, as an adult I swear by it and have become accustomed to the taste. These remedies, which mostly contain turmeric as a main and essential ingredient, have kept my immune system boosted and kept me free of colds and viruses, especially over the winter and colder months. I like that I know what i'm putting into my body, that these ingredients grow from the ground and the earth and our elements, the sun and rain. Some can even be grown at home, in pots, gardens, balconies or windowsills. Most ingredients are available from local shops but also via global trade. Many ingredients have made their way across the world through the history of British Empire and their colonial trade and we have come to know them as familiar, though some may still be unfamiliar to many, but are imported and in demand due to extensive migration into the UK. We are priviledged to have so many ingredients and people and their knowledges from around the world and should respect migrants, not just consume the culture they bring but also value their lives. My family migrated here from Kenya in the early 80's with South Asian heritage. I like knowing that although my mother isn't around anymore, that she passed this recipe onto me and I will do the same in a sharing economy, sharing it with loved ones and community. I want family and friends to be well and I also want our communities to survive, but also thrive. This means care for us all. RAJU RAGE