

Natural Roots Wellness

Presents

The Elixir Kitchen

In the Elixir Kitchen, come explore what healing agents are right in your backyard! In this 6 part series, each session will focus on a different healing theme, herb and recipe to uncover the power of food as medicine and herbal healing.

Grounding Principles

Food is Medicine
Power in Plants

✦ Getting back to our roots:

Expect to be captivated by the healing power of plants combined with the wonderful flavor profiles and delicious recipes coming from The Elixir Kitchen.

Session 1: The Soul Of Food as Medicine

In this session, we will reflect on the soul and progression of food and plant medicine. We will explore the ancient knowledge of the healing ingredients, herbs and spices that we commonly use to build flavors.



Session 2: Your Backyard & Beyond: Foraging & Plant ID (mindfulness)

In this session, we will go no further than right in our own backyards and neighborhoods to see what wild herbs can be used for food and medicine. We will learn about foraging, what it is and the history of this ancient way of sourcing food and medicine.



Session 3: What is an Apothecary? Your Natural Medicine Cabinet

In this session, we will learn what the heck an apothecary is and how to create your own natural medicine cabinet. Eva & Lachelle will review their top 10 favorite plants, their uses and ideas for how to prepare and store them.



Session 4: Tonics & Tinctures

In this session, they will discover what tonics, tinctures and fire ciders are and focus on the herb, rosemary and its many attributes and benefits. Learn about Eva and Lachelle's journeys to plant healing and conclude the session with a bonus conversation about natural yoni care and womb health.



Session 5: "Get that Glow" Hair, Skin and Nails

Come get that glow in the Elixir Kitchen with Master Herbalist Eva and Executive Chef Lachelle, as they share natural ways to keep your hair, skin and nails popping! They will give their suggestions for an all-natural beauty regimen that is easy and affordable.



Session 6: Immune Hacking

In this session, we will hack into our immune systems and explore the different herbs and foods that can have an amazing impact on boosting your immune system and overall health. Join us as Master Herbalist, Eva talks us through her favorite immune boosting herbs and shares ways to support our immune systems.

