

## Finally spring!

**The time of waiting is over. The spring sun lets the first springblossoms sprout.**

### How about a spring cure?

Especially after the winter, Christmas and the carnival season, a spring cure is advisable. The early bloomers provide important vitamins and other ingredients that detoxify the body and make the humors flow.



**Wild garlic**

One of the most important wild herbs in spring is certainly the wild garlic. The wild garlic is a true vitamin C donor and is used in many detoxification treatments. In addition to essential oil with sulfur compounds, it contains iron, magnesium and manganese. As soon as the first leaves sprout, you can collect them and prepare many great dishes. Most famous are wild garlic pesto, wild garlic potatoes or wild garlic strudel. But for a detoxification cure, it is advisable to apply a wild garlic tincture, as the time for collecting the leaves is very short. Many people think that the flowering time of wild garlic is over, but that's not true. So later, the buds can be collected and further processed into spread or put in vinegar. After flowering, the seeds can be collected and ground into wild garlic salt. The Wurzen can also be pickled. Defacto the whole plant can be used.

- **Wild garlic tincture**

Collect young, fresh leaves before flowering and chop them, then pour into a screw-top glass and top up with alcohol (40%). After three weeks, the mixture can be filtered and bottled in dark bottles, preferably dropper bottles.

As a cure, 10 - 20 drops can be taken three times a day. A wild garlic cure is also recommended by some physicians for heavy metal removal.

Other plants that help us to say goodbye to poison are the dandelion, the nettle, linden leaves, yaw, etc.



### **Dandelion**

Eat 3 leaves as soon as the leaves of the dandelion sprout every morning before breakfast. Chew these until no bitterness is felt, then swallow them. Dandelion stimulates especially the bile activity and helps the liver. You can also make tea from the leaves or dig up the roots, dry them and process them into dandelion coffee.

- **Dandelion Coffee**

The roots of the dandelion are cleaned, minced and dried. Then you can roast the dried roots as needed in a pan without oil and then grind. Now you can prepare coffee as usual. With cinnamon and cocoa, the coffee can be refined.



### **Nettle**

The stinging nettle purifies the blood and stimulates kidney activity. Stinging nettle is great for pesto or nettle quiche, etc. But watch out, too much of it can hurt the body and irritate the kidneys too much. Therefore, nettle tea should not be drunk for more than three weeks.

- **Nettle spread**

100 g nettles, 200 g cream cheese, 2 cloves of garlic, some lemon juice, salt and pepper

Mince the nettles, press the garlic, mix all ingredients, season to taste - done!



**Bishop's weed**

The Giersch has always been a popular spring plant, has antibacterial, anti-inflammatory, anti-inflammatory, diuretic and fortifying. He is a great wild vegetable / spice and can be used in the kitchen in many ways, as a spread, in soups, in strudels, etc.

- **Bishop's weed herb cream**

2 cloves of garlic

8 - 12 pieces of rusk

50 young leaves from the bishop's weed

10 stems of parsley

2 carrots

2 tablespoons white balsamic vinegar

125 ml sunflower oil

100 g curd cheese

lemon juice

Honey at will

Salt, pepper, Tabasco

Crumble the rusk, mince the garlic cloves, clean the yaw, carrots and other herbs and cut them into small pieces. Mix with the mixer, add 2 tablespoons of vinegar and oil. Season with salt, pepper, lemon juice and honey and then finish with the curd cheese and season again.



**Linden leaves**

Fresh tree leaves revitalize our body forces and provide important selenium. Linden leaves fit in every salad and are freshly picked buttery.

**Have fun detoxifying!**