



Paradise Permaculture Institute Workshop

Healing with Spices

Use herbs and spices to make food into medicine!



“Let food be thy medicine and medicine be thy food.” Hippocrates

Tuesday February 19, 2019 • 6:30-8pm \$25

Directions for Livingston location sent upon registration

Register or learn more: www.paradisepermaculture.org

“The proper usage of a plant or herb implies a communion with it.”

—Drs. David Frawley and Vasant Lad in *The Yoga of Herbs*

About the instructor:

Kristine Backes offers consultations, workshops and mentoring rooted in nature-based healing traditions. She loves to show people how to listen to their own wisdom by moving in closer harmony with nature. Kristine is a registered yoga teacher, holds a master’s degree in organizational leadership, and has studied Ayurveda and other traditional healing methods for over a decade.

In our culture, we are trained that medicine is separate from food. But indigenous healing traditions knew better: food is medicine. In this class we will explore the integration of herbal medicine with the nourishment we take into our bodies every day.

In this workshop, we will take a look at common herbs and spices as well as a variety of foods and their specific healing properties. The herbs and spices we discuss will be those that are likely already in your spice cabinet, or are readily available either fresh or dried.

Come learn about the medicine cabinet in your kitchen!

Paradise Permaculture Institute • PO Box 1056 • Livingston, MT 59047

We demonstrate how to work with nature to co-create abundant foodscapes and sacred spaces.