



Allspice



"*Pimenta dioica*"

Therapeutic Actions

Antiviral, anti-inflammatory, and antioxidant

Medicinal Uses

Use for colds, dysmenorrhea (menstrual cramps) and dyspepsia (upset stomach), diabetes and to relieve indigestion. It is known to promote circulation so it will relieve pain from muscle cramps and strains. Also, it is used for headache, to combat stress and depression and to overcome fatigue because of its comforting scent.

Magickal Uses

Allspice is used in money, luck, and healing, obtaining treasure. Provides added determination and energy to any spells and charms.

Considerations

When applied directly to the skin, allspice can cause allergic skin reactions in sensitive people.

Different Types of Herbal Remedies

Electuaries

An electuary is a form of herbal medicine consisting of a powdered herb or other ingredient mixed with something sweet such as honey to make it more palatable.

(Confection or Conserve) Other base options for electuaries include figs, dates and jams and butters.

Electuaries make an excellent opportunity to include essential oils to be taken internally. Essential oils should be triturated in sugar for even distribution.

You can add any baking item that doesn't require it to be cooked.

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Electuary Recipes

Restorative Electuary.

2 parts Ashwagandha

1/2 parts Nettle

1 part Tulsi (Holy Basil)

2 parts Slippery Elm

Prebiotic Electuary.

1 part Rose

1 part Dandelion

1 part Marshmallow

1/2 part Licorice

Grind up the herbs into powder form and mix in to something sweet like honey, jelly or any butters. My favorite to use is hazelnut spread & cocoa. Add 1 Tbs of herb & Mix until a cookie dough like consistency, roll into little balls and refrigerate for 10 mins.