



Kitchen Healing

10 HEALING FOODS FOR EVERY DAY AILMENTS

WITH

Dr Wendy Leigh White



DRWENDYLEIGHWHITE.COM



Since my early years studying nutrition I've believed that food is nature's most powerful medicine. Yet, in our overbooked, fast-paced culture, so many of us have become disconnected to the important role food plays in our health, mood, pain management and overall vitality.

In fact, your kitchen holds the essential ingredients to soothe common pain and discomfort and enable healing of some of your most common ailments.

My passion is help you reconnect to the relationship between what you eat and how you feel. This eBook is just a taste of the practical knowledge and self-empowerment you can gain by understanding the natural healing power of food.

Enjoy this small peak into Kitchen Healing. If you like what you find here, stay in touch—there's so much more we can discover together.

Dr WendyLeigh White

Sore Throat

TUNE IN

You know the feeling. Your throat is dry and achy, or it scratches every time you swallow.

That soreness is a signal of irritated tissue, usually caused by allergies or a viral/bacterial infection that has found your throat a hospitable place to thrive.

Certain foods can change the conditions in your throat, making it less hospitable for that irritating invader. While these foods don't kill the infection, they can discourage growth and offer soothing relief.

HEALING FOODS

SALT

RAW APPLE CIDER VINEGAR

THYME

HONEY

ONION



Sore Throat

HEALING RECIPE

Throat Gargle

Throat gargles are great for soothing a sore throat caused by an infection. If you have that achy-sick feeling, or were recently exposed to someone who's sick, try this.

Instructions

1. Combine warm water with a teaspoon of one of the following (use what's in your kitchen): salt, raw apple cider vinegar, or thyme (fresh or dried).
2. Tip your head back, gargle in the back of your throat, and spit.



HEALING RECIPE

Onion Honey

Onion Honey is also great for soothing a sore throat caused by an illness, but it can also work well for sore throats caused by hay fever/allergies. Honey is a humectant—because it traps and keeps moisture where it is, it can be very soothing for an irritated throat. Onion contains antioxidants (quercetin, particularly), is a potent anti-inflammatory and reduces allergy symptoms.

Instructions

1. Place a thinly sliced whole, organic onion in a glass jar.
2. Add raw honey to cover the sliced onion.
3. Cover and let sit overnight.
4. Consume 1 teaspoon of onion honey every 2-4 hours, or as needed.

Dry, itchy, rashy skin

TUNE IN

Your skin feels parched, tight and itchy. You might even suffer from an irritated rash.

In this state your skin is vulnerable, and it's signaling that something is out of balance in your body. While you investigate the root cause, it's important to soothe and moisturize your skin to keep it protected and ease your suffering. Thankfully, one common kitchen pantry ingredient can help—oats.

HEALING FOODS

OATS



*Dry, itchy,
rashy skin*

HEALING RECIPE

Oatmeal Bath

Oats aren't just for eating! When combined with water, oats provide demulcent activity—they form a soothing film that can relieve minor pain and inflammation. That soothing layer helps trap moisture in your skin, providing temporary relief.

Instructions

1. To avoid clogging your drain, put 1 cup of dry oats in cheesecloth or a knee-high nylon sock. Place the "oatmeal sock" into a tepid or warm bath for 10-15 minutes. (Remember, hot water is more drying to your skin).
2. To avoid the risk of irritating your skin further, avoid adding additional things like bubble bath to the water.
3. You can add Epsom salts or just a drop or two of essential oils.
4. Bathe for about 15 min. Pat skin dry gently.
5. Optionally, you can then moisturize with olive or coconut oil to keep that moisture in.

Sinus Congestion

TUNE IN

Sinus congestion can be exhausting.

Your head feels a physical pressure that intensifies when you bend over or move about your day. Typically this pressure is caused by excess mucus production, inflammation and swelling—this is your body's way of trying to escort an irritant out of your body.

HEALING FOODS

ROSEMARY

LEMON



HEALING RECIPE

Rosemary and Lemon Hot Foot Bath

Why use a hydrotherapy foot soak for sinus pressure? When you soak your feet in hot water, it opens the blood vessels in your feet and draws your circulation from head to toes, helping drain that “fullness” in your head.

Rosemary is an antimicrobial herb. As you breathe in the steam and aromatic of the herb, it can help discourage the microbial growth causing your sinus congestion. Lastly, lemon is also working its magic. Lemon changes the pH and acidity of the foot bath, encouraging your feet to sweat out any systemic impurities, supporting further relief of your sinus pressure.

Instructions

1. Fill a bucket, dishpan or sink with hot water, enough to cover your ankles (keep water as hot as you can stand without the risk of burning yourself).
2. Add 1-2 teaspoons of rosemary (fresh or dried), and the juice of about half a lemon.
3. Soak your feet in the foot bath for at least 15 minutes, or until the water is no longer comfortably warm. Breathe in the steam and aroma of rosemary with long, deep belly breaths.

Indigestion

TUNE IN

Indigestion, in all its forms, is a sign of a sore gut.

Something has irritated your digestive tract (or gut) and your body hasn't been given the opportunity to heal. A great analogy is a cut on your finger. Regardless of how the cut got there, soothing it—say, with a salve and bandage—will encourage it to heal.

HEALING FOODS

OATS



Indigestion

HEALING RECIPE

Oat Broth

When combined with water, oats create a demulcent—an agent that forms a soothing slime layer that can relieve minor pain and inflammation. As the oat broth works its way through your GI tract, it works like a salve, soothing the irritation and protecting your tissue so your gut can heal.

Instructions

1. Combine 1 cup of oats and 2-4 cups of water, depending on the size of pot you have available.
2. Bring to a boil and simmer for 10-20 minutes or so to allow the water to extract what it needs from the oats.
3. Strain the outs from the broth, or scoop the broth off the top. Drink the broth as often as you need to feel soothed.

Splinters

TUNE IN

When a sliver of glass or a splinter of wood cuts into your skin, the irritation is almost immediate.

Your skin may become red, sore and inflamed as it tries to expel the foreign object. But before you grab your tweezers, try using this common kitchen staple—potato.

HEALING FOODS

POTATO



HEALING RECIPE

Potato Poultice

Potatoes have an astringent ability to draw moisture out of the area that its next to. This will tighten the ski and draw the splinter out with the moisture.

Instructions

1. Thinly slice a piece of raw potato, just bigger than the area of concern.
2. Place the potato against the splinter area and the skin around it. Hold in place with a sock or bandage.
3. Leave it on overnight.

Blisters

TUNE IN

Maybe you're breaking in a new pair of shoes or you just completed a long hike.

Whatever the culprit, that painful blister is a pocket of fluid that forms between layers of your skin, usually from damage caused to your skin by friction, rubbing, heat or cold. Rather than pop the blister, there's a safer way to drain the fluid—black tea.

HEALING FOODS

BLACK TEA

Blisters

HEALING RECIPE

Black Tea Poultice

The tannins in black tea have a strong astringent quality that can tighten tissue. When applied in a poultice, the tea draws moisture from the fluid-filled blister back into your own tissue. Use the poultice for blisters, boils or hemorrhoids.

Instructions

1. Warm a black tea bag in water.
2. Apply it to the area of blistering.
3. When it cools, remove and replace if needed.



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