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Treasure Valley, ID



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Publisher:

Integrative Health Network LLC

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Welcome to our Wellness Directory

This wellness resource directory was created to connect you with amazing local practitioners and holistic services that can support you on your wellness journey.

Our goal is to spark curiosity and inspire you to explore the many healing modalities available right here in the Treasure Valley. As you learn about these different approaches, we encourage you to take an active role in your health — to ask questions, do your own research, and work in partnership with providers who empower you to take charge of your well-being.

Wellness begins with curiosity and we're so glad you're here to start exploring.

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Restorative Liver Tea



A gentle herbal blend to support liver detox, digestion, and overall vitality

Ingredients:

- *Dandelion root* – supports detox & bile flow
- *Milk thistle* – protects liver cells
- *Burdock root* – purifies blood
- *Ginger* – aids digestion & reduces inflammation
- *Lemon peel* – adds antioxidants & freshness

Instructions:

1. Combine 1 tsp each of the herbs (dried).
2. Steep in 2 cups hot water for 10–15 minutes.
3. Strain & enjoy warm.

Benefits:

- Promotes gentle detoxification
- Supports liver repair & function
- Eases digestion and bloating
- Boosts antioxidant protection

Herbal Allies for Mind Body Balance



Nature offers an incredible range of herbs that help nourish the nervous system, calm the mind, and enhance focus and resilience. Below are some of the most trusted botanicals traditionally used to promote balance, clarity, and vitality.

Ashwagandha (*Withania somnifera*)

A powerful adaptogen known for its ability to restore balance in the body and mind. Ashwagandha helps reduce stress, support adrenal health, improve sleep quality, and promote overall vitality. Commonly taken as a capsule, powder, or tincture.

Ginkgo Biloba (*Ginkgo biloba*)

Known for enhancing circulation to the brain, Ginkgo Biloba supports sharper focus, better memory, and mental endurance. It's widely used to support longevity and healthy aging. Available as capsules or tinctures.

Gotu Kola (*Centella asiatica*)

A traditional tonic for brain and nerve rejuvenation. Gotu Kola supports circulation, focus, and a calm, clear mind. It's also known for aiding meditation and promoting longevity. Often used as a tea or tincture.

Holy Basil (*Ocimum sanctum* / Tulsi)

A sacred adaptogenic herb revered in Ayurvedic tradition. Holy Basil helps the body adapt to stress, balance hormones, and boost mood while supporting respiratory and immune health. Delicious as a daily tea.

Lemon Balm (*Melissa officinalis*)

A fragrant herb cherished for its calming and uplifting effects. Lemon balm helps soothe stress, ease tension, and enhance mental clarity. It may also support memory and focus by protecting neurotransmitter activity in the brain. Enjoy it as a tea or tincture.

Lion's Mane Mushroom (*Hericium erinaceus*)

This remarkable mushroom supports nerve regeneration and cognitive function by stimulating the production of Nerve Growth Factor (NGF). Often used for brain fog, mood balance, and memory, it's most effective as a dual-extracted tincture or capsule.

Passionflower (*Passiflora incarnata*)

A gentle relaxant that helps quiet a restless mind. Passionflower is ideal for promoting better sleep and reducing anxiety without causing drowsiness. Commonly used as a tea or tincture in the evening.

Waterhyssop (*Bacopa monnieri*)

Also called Brahmi in Ayurvedic medicine, Bacopa supports cognitive performance, learning, and mental resilience. With continued use, it may improve recall and concentration. Best taken as a supplement or tincture.

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Inflammation Support Elixir



A golden elixir for joint comfort, mobility, and whole-body balance

This soothing, anti-inflammatory tonic is a powerful way to nourish your body from the inside out. Turmeric and ginger work together to calm inflammation, while black pepper enhances absorption of curcumin, turmeric's most active compound. Lemon and honey add brightness and gentle detox support, making this both delicious and healing.

Ingredients

- 2 cups filtered water
- 1½ tsp ground turmeric (or 1 tbsp fresh grated)
- ½ tsp grated fresh ginger
- Pinch of black pepper (enhances curcumin absorption)
- Juice of ½ lemon (optional)
- 1 tsp raw honey or maple syrup (to taste)

Directions

1. Warm it up: In a small saucepan, bring the water to a gentle simmer.
2. Add roots & spice: Stir in turmeric, ginger, and black pepper. Simmer for 5–7 minutes.
3. Finish: Remove from heat and strain into a mug. Add lemon juice and honey to taste.
4. Enjoy: Sip warm, once or twice daily.

Suggested Use

Drink 1 cup daily for general inflammation support, or 2 cups daily during flare-ups. Best enjoyed in the morning or between meals.

Wellness Notes

- Turmeric's curcumin compounds help reduce inflammation, support joint comfort, and promote liver health.
- Ginger boosts circulation and digestion.
- Black pepper increases curcumin absorption by up to 2,000%.
- Lemon supports detoxification and vitamin C absorption.

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Arterial Cleanse Tonic



A warming, circulatory blend for heart and vessel support

This simple, time-honored recipe combines ingredients celebrated for their cardiovascular benefits. Garlic and ginger work synergistically to support healthy circulation, while cinnamon encourages balanced blood sugar and cholesterol levels. Lemon adds cleansing properties and vitamin C, and a touch of honey can round out the flavor with soothing sweetness.

Ingredients

- 2 cloves fresh garlic, peeled and lightly crushed
- 2 inches fresh ginger root, sliced
- 1 small cinnamon stick
- ½ lemon, cut into wedges (use organic if possible)
- 1 ½ cups filtered water
- Raw honey (optional, to taste)

Directions

1. Prep the ingredients: Lightly crush the garlic to release its natural oils and let it sit for about 10 minutes. Slice the ginger thinly.
2. Simmer: In a small saucepan, bring the water to a gentle boil. Add the ginger, garlic, and cinnamon stick. Lower the heat and simmer for 10–15 minutes.
3. Add lemon: Remove from heat and drop in the lemon wedges. Cover and steep for another 5 minutes.
4. Strain and sweeten: Strain into a mug and add a drizzle of raw honey if desired.
5. Sip slowly: Enjoy warm on an empty stomach.

Suggested Use

Drink one cup daily for 7 days, then as needed for circulation support and general heart health.

Wellness Notes

- Garlic and ginger are natural blood thinners, if you take medication for this or for blood pressure, consult your healthcare provider before starting.
- Lemon supports liver detoxification and vitamin C absorption, while cinnamon helps maintain balanced blood sugar levels.
- Best enjoyed in the morning or at least 30 minutes before meals.

*“You can't pour from an empty cup.
Take care of yourself first ”*
~Norm Kelly

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- ½ cup arrowroot powder or cornstarch
- 5 Tbsp coconut oil (softened or melted)
- 20 drops essential oil (grapefruit, tea tree, etc.)

Instructions

1. Mix baking soda + arrowroot powder.
2. Add coconut oil + essential oils, stir until smooth.
3. Pour into a clean airtight jar; store at room temp.
4. To use: scoop a pea-sized amount, apply underarms.

Homemade Fire Cider



A spicy herbal tonic for immunity, digestion & energy

Ingredients

- 3 cups raw apple cider vinegar
- 1 cup fresh horseradish, grated
- 1 cup fresh ginger, grated
- ¼ cup turmeric, grated (or 1 tbsp powder)
- 1 onion, chopped
- 10 garlic cloves, crushed
- 1 lemon + 1 orange, sliced
- 2–3 jalapeños (or ¼ tsp cayenne)
- 3 cinnamon sticks
- Fresh rosemary (3 sprigs) & thyme (6 sprigs)
- 1 tsp peppercorns
- ½ cup raw honey (after straining)

Instructions

1. Combine all ingredients (except honey) in a large jar.
2. Cover with apple cider vinegar. Seal tightly.
3. Store in a cool, dark place 3–4 weeks, shaking daily.
4. Strain solids, stir in honey to taste.
5. Store sealed up to 6 months.

Benefits

- Immune boost: ACV, garlic, horseradish, peppers
- Anti-inflammatory: turmeric, ginger, cinnamon
- Respiratory support: horseradish, hot peppers
- Digestive health: vinegar, herbs, honey

Why Take It?

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Honey Lemon Cough Syrup



A time-tested home remedy to soothe coughs and calm the throat

This comforting blend brings together ingredients known for their natural ability to support the respiratory system and ease irritation. Lemon helps cut through mucus while adding vitamin C, onions offer gentle expectorant properties, and peppermint adds cooling relief. When combined with raw honey (and optionally, a splash of brandy or blackberry extract), the result is a warming syrup that helps calm coughs and support recovery naturally.

Ingredients

- 1–2 medium onions, sliced
- 2–4 lemons, sliced
- 1 cup raw honey
- 1 tablespoon peppermint extract or 1 sprig fresh peppermint
- Optional: 1 cup blackberry brandy or 1 teaspoon blackberry extract (for extra soothing flavor)

Instructions

1. Layer the ingredients: In a glass jar, alternate layers of onion and lemon slices. Add the peppermint and pour honey over each layer until everything is covered.
2. Let it infuse: Seal the jar and leave it at room temperature for 12–24 hours. The ingredients will naturally release their juices into the honey.
3. Strain and store: Once infused, strain out the solids and pour the liquid into a clean glass bottle or jar. Store in the refrigerator for up to 2 months.

How to Use

Take 1 tablespoon every 3–4 hours as needed to help ease coughing, throat irritation, or congestion.

Wellness Tips

- Use raw local honey for extra antibacterial support and seasonal allergy relief.
- For a kid-friendly version, skip the brandy and add a touch of elderberry or ginger instead.
- If symptoms persist beyond a week, consult your health-care provider.



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Herbal Acid Reflux Reliever



- 1 carrot, chopped
- 1 inch fresh ginger
- 1 cup aloe vera juice
- ½ tsp cinnamon
- ¼ tsp turmeric

Instructions:

1. Blend carrot + ginger with aloe juice.
2. Add cinnamon + turmeric, blend until smooth.
3. Strain if desired (or keep pulp for fiber).

Dosage:

Drink ~½ cup 30 min before meals or when reflux symptoms appear. Do not exceed 1 cup/day.

Benefits:

- Carrot & aloe soothe digestion
- Ginger aids gut motility
- Cinnamon & turmeric calm inflammation

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Calm Mind Tea Blend



A gentle, floral infusion to quiet the mind and restore inner peace

This soothing tea blend brings together two of nature's most calming herbs—lavender and lemon balm. Together, they create a delicate harmony that helps release tension, ease restlessness, and invite a sense of balance. The gentle floral aroma promotes relaxation while calming both the body and mind, making it the perfect evening ritual for unwinding after a busy day.

Ingredients

- 1 teaspoon dried lavender buds (*Lavandula angustifolia*)
- 1 teaspoon dried lemon balm leaves (*Melissa officinalis*)
- 1 cup hot water
- Honey or lemon (optional, for taste)

Instructions

1. Heat the water: Bring 1 cup of water to a gentle boil, then let it cool slightly for best flavor and preservation of the herbs' properties.
2. Add the herbs: Place lavender and lemon balm in a tea-pot, mug, or infuser.
3. Pour and steep: Pour the hot water over the herbs. Cover and let steep for 5–7 minutes, allowing the calming oils and therapeutic compounds to infuse.
4. Strain and serve: Strain into your favorite cup. Add honey or a squeeze of lemon if desired.
5. Sip slowly: Take a deep breath, exhale, and enjoy the stillness as you sip.

Suggested Use

Enjoy one cup in the evening or whenever you need to pause and reset. Regular use may support relaxation, stress relief, and deeper sleep.

Wellness Notes

- If you have allergies to mint-family plants (*Lamiaceae*), use caution.
- Lavender and lemon balm may gently enhance the effects of sedatives or relaxants—consult your healthcare provider if you're taking medication.
- For a floral twist, add a pinch of chamomile or passion-flower.



We would love your input!

What would you like to see in our upcoming newsletters and future Wellness Directories?

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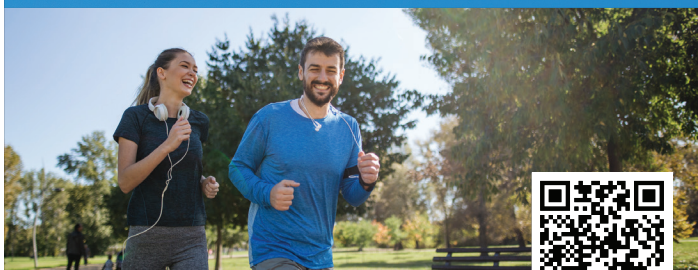
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This simple cleanse recipe is designed to gently support your body's natural detox process and encourage a healthy internal environment.

Ingredients

- 1 ripe papaya
- 1–2 tablespoons raw honey
- Small bowl and spoon

Instructions

1. **Scoop the Seeds:** Slice the papaya in half lengthwise and scoop out the seeds with a spoon.
2. **Clean and Dry:** Rinse the seeds under cool water to remove any fruit residue. Spread them on a towel and let them air dry for one to two days.
3. **Mix it Up:** Once dry, place the seeds in a small bowl and mix with raw honey. You can lightly crush the seeds before mixing for a smoother texture.
4. **Store:** Keep refrigerated in a sealed glass jar for up to one week.

How to Use

Take 1 teaspoon to 1 tablespoon daily in the morning before food, depending on your tolerance. Follow with a glass of water. Use for up to one week, then pause for several days before repeating if desired.

Wellness Tips

- Papaya seeds have a spicy, pepper-like flavor and are rich in digestive enzymes such as papain.
- Always listen to your body — start small, especially if you're new to papaya seeds.
- Avoid added sugars during this cleanse, as sugar can disrupt gut balance.
- If you're pregnant, nursing, or taking medication, consult your healthcare provider before use.

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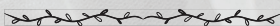
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