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Slippery Elm

Slippery Elm bark comes from the inside portion of the bark (the cambium) of an elm tree that grows in the Eastern United States. It contains considerable mucilage, starch, sugars, tannins, and trace minerals. It is used as a demulcent (soothes inflamed or damaged tissues) and nutritive tonic. Internally, it is primarily used to soothe irritated or inflamed mucus membranes of the respiratory and gastrointestinal tracts—i.e., sore throats, bronchitis, pneumonia, ulcers, colitis, diarrhea, etc. It can be used as a food source and tonic during acute and recovery stages of healing and also as a poultice for cuts, abrasions and other skin conditions.

Recipe For Slippery Elm Gruel

Mix 1-1 ½ tsp. Powdered bark with ¼ cup cold water or juice to make a paste. Stirring steadily, pour 1 ½-2 cups boiling water or juice onto the paste and continue stirring for two minutes with a whip or spoon.

To this basic gruel, you can add molasses, raisins, lemon rind, cinnamon, cloves, nutmeg, or other spices. The basic gruel can also be used as a base for other grains in a hot cereal, with beaten eggs, sunflower seeds, almonds and as a smoothy with yogurt. Be Creative!

This recipe equals one dose!