Rosalee de la Forêt:
Sara Chana, when you say that you're giving kids *Andrographis*, I am assuming you're hypnotizing them at the same time to get them to have bitters, but you're saying no—that you're getting-

Sara Chana Silverstein:
No.

Rosalee de la Forêt:
The King of Bitters into lots of children.

Sara Chana Silverstein:
I'm not struggling to have kids take herbs. I'm just not, thank God.

Rosalee de la Forêt:
I love your casual nature with this plant too. I think sometimes it gets held up as this may be such a potent medicinal that's not thought of as a more casual use, but I can just see you love this plant and you're reaching for it again and again.

Sara Chana Silverstein:
All the time.

Rosalee de la Forêt:
Yeah, well I'll admit I was a little bit of a skeptic, but I'm starting to come around and maybe this does work.

Welcome to the Herbs with Rosalee Podcast, a show exploring how herbs heal as medicine, as food, and through connecting with the living world around you.

Most of us would never think to hand a three-year old the most bitter herb on the shelf, but Sara Chana Silverstein does it all the time and kids in her practice actually take it. In this episode, we talk about *Andrographis*, the King of Bitters, and why Sara Chana reaches for it again and again for children stuck in a cycle of colds, coughs, and ear infections. She has decades of experience supporting families alongside the medical community, so she brings a really rare perspective on what herbs can do even for the youngest among us. By the end, you're going to have a fresh way of thinking about bitter herbs and kids, along with some delightfully simple tricks for making herbal medicine something children look forward to. If you enjoy this episode, please give it a thumbs up so more plant lovers can find us and be sure to stay tuned until the very end for your herbal tidbit.

Sara, I'm excited to have you here. I know this is going to be a lively conversation. Thank you so much.

Sara Chana Silverstein:
Thank you, Rosalee. I'm really a fan of yours and the work you're doing. We just spoke about a mutual friend. I've kind of been hidden behind-the-scenes being a fan, so I'm really excited to be here speaking with you. It's a real honor.

Rosalee de la Forêt:
Thank you. Well, my story of you is that I was at my friend, Mason's, house from HerbRally. He had a book sitting on his coffee table and I picked it up. It was a book for kids and it had kava in it. I thought, "This person is daring. I like the chutzpah of somebody putting kava in a book for kids," so I was like, she needs to be on the show. And you have, likewise, are going to choose a very bitter herb to put into cookies, so I like that. I like this from you, but-

Sara Chana Silverstein:
Yes.

Rosalee de la Forêt:
Yeah, you're like, "Yeah, that's me."

Sara Chana Silverstein:
I remember when I was—one of my teachers is David Winston. I was sitting in the class and he was going over kids for herbs. I'm raising my hand—you know those annoying people that are like, "Uh, uh, uh." He's like, "What?" I'm like, "You're not talking about Andrographis." He goes, "For kids?" I'm like, "Well, yeah. Why? Is it dangerous?" I was young and a new herbalist. He goes, "No, but we don't give bitters like that to herbs." I'm like, "I don't know. I have hundreds of kids that have taken Andrographis for chronic viral infections. I don't know. I haven't had many complaints." I'll definitely use herbs to mask it a bit, but I don't—I didn't know I wasn't supposed to be using that strong of a bitter with kids because it worked so well.

Rosalee de la Forêt:
Awesome! I love that spunk! I'm excited to talk about Andrographis. Before we get there, I want to know more about you. I know you have already mentioned you have lots of kids, not necessarily hundreds of your own, but you've got lots of kids. You have a long history in holistic health and herbs, so I'm excited just to hear more about you, Sara.

Sara Chana Silverstein:
Sure, thank you. I'm a mother of seven kids. They're all mine—two girls and five boys. As I told you before the show, I've been really busy trying to juggle a medical practice. I have a pediatric and women's clinic—keeping healthy food on the table and making sure they bathe and have clean clothes. I've been quite a bit overwhelmed. First, I became an International Board Certified Lactation Consultant. I did all of my medical training at hospitals in Midtown Manhattan. To date—this was actually a couple of years ago—I've helped over 45,000 babies breastfeed.

Rosalee de la Forêt:
Wow!

Sara Chana Silverstein:
So, when I had all these babies in my office—and I'd deal with babies that had birth injuries, open heart surgery, cleft palate, cleft lip. Then I had women that just had nipple pain, chronic breast infections. I just—I literally see clients back-to-back six days a week. My medical training was very intense. I was at Beth Israel Hospital, St. Vincent's Hospital. We're very, very clinically-trained. We were talking about antibiotics and steroids. Of course, they have their place in the world. People sometimes need antibiotics and sometimes need steroids. If you have a broken leg, I would say "Go to the hospital, get it set, and then come to me and we'll use some herbs, like boneknit to get it going." I was very frustrated because I always said—people have been giving birth and breastfeeding for thousands of years.

When I want to know something, I have to know it completely, so I went back to school and I did a five-year program in classical homeopathy where we learned anatomy and physiology and disease process and everything. And then I wasn't finished learning. I went back and did a three-year herbal apprentice program. These were hundreds of clinical hours and that was after I had done all my lactation training. And then I started sharing with parents like, "If your kid gets an ear infection, go to the doctor, diagnose it, but let's try herbs. If you get another urinary tract infection, let's try it."

My practice took off very organically because all of a sudden I started working with babies two, three days old, before and after surgery, and then their sisters or brothers that were two, and then the five-year old. I'd work with the husband even though I thought I was only going to work with women, and then the grandparents. I've been—I've had a practice for over 32 years and I've really helped thousands and thousands of kids not get tubes in their ears, not get their tonsils and adenoids out, all the way up to women that are having chronic miscarriages. I've really been very busy teaching, at least, my world about the blessings of botanical plant-based medicines.

I think, at first, the doctors were very scared of me like, "Who is she? She's not an M.D." I remember, Rosalee, there was a breast surgeon in Midtown Manhattan. He's say this—to his

client, he'd say, "Okay, you have a breast abscess and I can do a surgical procedure. There's this woman in Brooklyn—don't ever say I sent you—but I think if you go follow what she says, we might be able to avoid a surgical incision." These people would call me up and say, "We don't really know who you are, but"—and I'd say, "Oh, come down. Let's fix it and I'll tell you a hysterical story about this."

It turned out that a woman had actually come to me with a really bad abscess. When you have a breast abscess, you have to pack it. You can't close it. The doctor had tried to close the wound. I actually sent her to my doctor friend in Manhattan because at that point, we were close. He took a culture of it. It was a Thursday. He went out of town for the weekend. He was very smart, never wanted to give antibiotics until it was antibiotic-specific. She had already been on an antibiotic or two before she even got to me. She comes in and I do drain the abscess, and I put her on an herbal regimen. She's on the herbs Friday, Saturday, Sunday. Monday he was still out of town. Tuesday he calls me back hysterical, "Sara Chana, she has MRSA. I need her at the hospital immediately!" I'm like, "I actually saw her yesterday, the wound is gorgeous. She's looking great. She's not having fevers anymore." "No way!" He said, "Send her to my office." She comes in. She looks great. She feels great. The wound is healing. He goes, "I can't take the responsibility. She's going to an Infectious Disease Specialist." She gets into a cab. She goes to infectious disease. He goes, "I don't know what you're taking, but I can't even offer an antibiotic. Stay on the protocol." The bottom line—this was way back when MRSA was just starting—she healed with herbs. She healed completely. She did not get an additional incision as opposed to the first one and she went on to breastfeed four other kids. So, there you go!

Rosalee de la Forêt:
Wow, that's amazing! It's not surprising but I am getting goose bumps. I love the story. There's so much potential with herbs and infections because these infections are not resistant to herbs because herbs are so complex as long as we're using them in a very smart way. I love that there was all these safety issues along the way—safety backups along the way, but you got to experience that in a way that the herbs got to really shine. That's so awesome.

Sara Chana Silverstein:
When I was learning about herbs—and you can comment on this maybe even more—they said herbs will morph to what's going on around them, to what infections are in the area, what pollutants are in the air. Your yarrow from 2024 could be slightly different than your yarrow from 2027. I see that with herbs. I see because I deal with a lot of kids. Yes, I'm in Brooklyn with that car honking.

I work with a lot of kids that have chronic strep throat. We know that we can take an antibiotic and sometimes it goes away, high five. You're great. But it seems with kids, that a lot of them once they get one streptococcal infection, they can take four or five rounds of antibiotics and they're still getting it. When we give that herbal combination for the child's symptoms, not just the one written in a book—we treat chronic strep all the time and these kids get better, and they—I always say with strep, Rosalee, that kids need to be able to be in a classroom where ten kids have strep. Their immune system needs to be able to breathe in the streptococcal bacteria, go through the lymphatic system, and push it out of the body because we're not getting rid of strep. When we're just treating the strep, the kids can get better on an antibiotic, but the second it's around again, they just breathe it in and get sick. Whereas, when we build the immune system along with treating the strep, that child has that ability to be in a classroom with strep, be exposed to it, and their body will get rid of it before it becomes an infection.

Rosalee de la Forêt:
That's so true about our bodies—our immune systems, especially, need to grow and adapt in order to actually be resilient. I was one of those kids, Sara. I had strep numerous times within the space of a year or two. I don't really remember. I was quite young. I remember them telling—I remember the conversation was that if I got it one more time, they were going to take out my tonsils. Do they take out tonsils? It was very common, when I was younger, to take out tonsils.

Sara Chana Silverstein:
They still take them out, Rosalee, all the time.

Rosalee de la Forêt:
Yeah, because I remember going to the thing and they walked me through the process of, "Here's the bed you'll be in." They talked about how I would get to eat ice cream. It was very much trying to make me comfortable with the process. It was like, "Next time you get strep"—because I was on antibiotics constantly. They said, "Next time you get strep, we're going to take out your tonsils," blah blah blah. I never did get them out, so I guess that didn't happen and I'm so grateful that I still have them. That was definitely the trajectory on—I wish I had had somebody helping me with the immune system building. Because I've often wondered what was the impact of that in my life. I'll never know what was it like taking antibiotics eight times in a row, like what-

Sara Chana Silverstein:
Your body will reboot, Rosalee, and here you're a great, smart lady-

Rosalee de la Forêt:
I survived.

Sara Chana Silverstein:
High functioning—you did it! But, yes, we'd rather—I always tell my clients that we want the antibiotic there when there is a true emergency. We don't want kids that have had so many in a year that they are antibiotic-resistant. Excuse me. We want it to work when we need it. When we have fluid in the ear, we know we can clear it with herbs. We just don't need antibiotics for that.

Rosalee de la Forêt:
Well, and—you—I can just tell that you've worked with this—these demographics of people in a way that herbalists don't often get to work with them because a lot of times, herbalists

aren't making—aren't dealing with breast abscesses in the way that you have, working within the medical community, working—oftentimes, herbalists don't work with children who are days old. It's kind of a thing that's often said six months and older. You've worked with these demographics with very serious things. That's an incredible experience that has informed you as an herbalist that most people don't get to see, so this is really cool.

Sara Chana Silverstein:
Well, that's one of the reasons, Rosalee, now that my seven kids are grown, what does "grown" mean? Is a 30-year old really grown? Another discussion. But now, I really feel like I want to be on podcasts like yours because I want to share with the world that herbs work on two-week olds if we need it. Certainly, three-month olds. Again, we even try to avoid herbs and antibiotics, but I have kids, Rosalee, that are in the hospital. They've had three urinary tract infections. They found out that their bladder is fine. They don't have—they don't have bladder reflux going up to the kidneys. The parents call me up and say, "Sara Chana, I just can't do another herb," and I'm not scared to give a little—little bitty baby herbs. I mean they are there and I will use them in smaller doses, obviously. I tend to use tinctures rather than teas, will dilute them, but Rosalee, it works. It works all the time. Thank God. When it doesn't, we go to Western medicine, but this success is really profound.

Rosalee de la Forêt:
Hey, there. Just a quick note: if you'd like to hear from me in a more personal way, I'd love to have you in my free text community. I send a couple of text every week, things like behind-the-scenes updates, herbal thoughts that I'm chewing on, and little sparks of joy I don't always share anywhere else. To join, just text the word ROOT to 1-509-383-8398, and if you ever want to break up, no hard feelings. Just text STOP to the same number and you'll be opted-out immediately. My goal is to make it so juicy and so fun that you look forward to getting my texts each week. Okay, now back to the show.

So, I'm excited to hear about Andrographis and kids, and just Andrographis, in general. This is such an incredible plant. I think it does tend to be a bit underutilized. I would love to just dive into wherever you'd like to start.

Sara Chana Silverstein:
I actually wanted to print. I don't usually read off of notes because my brain is just flooded, but there were so many interesting things. On PubMed—their information is a little this-and-that-way—there's roughly 1,000 to 1,025 indexed research on Andographis, which I thought was just amazing. Andographis is used in India where I just was—we'll talk about it—China, Thailand, Malaysia, Indonesia, the Philippines, Bangladesh, and other parts of Asia. In Ayurvedic medicine, which is the Indian form of herbal medicine—and in India, I was honored to be able to go and shadow at Ayurvedic hospitals, it was so fantastic—but there's 26 official Ayurvedic formulations that use Andrographis. It's so popular in Ayurvedic medicine to be used in their blends. And then I looked up in Korea. I was just like—you know how it is when you start to research things. In Korea, it's also added to their blends.

Andographis is usually used for cold, upper respiratory infections is where it's really famous. It's got a huge component of anti-inflammatory. There's some interesting studies on rheumatoid arthritis and different arthritic conditions. Andrographis can help reduce the inflammation. I find that it stimulates the immune system also. I tend to use it in blends with kids that have chronic drippy noses, chronic fluid in their ears. We've made sure that we've taken out most of the allergens to the best of our ability. They're just the kids—as opposed to strep which is a bacteria—they tend to just pick up viruses all the time. I find that when I add it into blends, and all—I even let them be on it all winter. I'm not really concerned about going on and off of it. I just find that it helps them fight the viruses and build the immune system at the same time.

Wow! It's called the King of Bitters. You know, it's very interesting with kids, Rosalee. I had one of my three-year old kids at my table once, and my husband gave her some herring. I was like, "Oh, my God!" First of all, no human being should eat herring—but that's another discussion—

but a three-year old? I remember my three-year old took the raw onions and the herring. I was like, “Oh, my gosh!” So, kids can be really picky eaters for sure. That’s a whole other discussion. I do talk about it in my book, *Moodtopia for Kids*, but a lot of them can eat these weird, obscure, strange things. In Japan, kids eat octopus—slimy, slimy slimy! You know what I’m saying? In Bhutan, everybody eats buckwheat, which can be dry and it’s not even so delicious in certain—they eat it all day long. So, I really haven’t had kids reject Andrographis when they need it.

Rosalee de la Forêt:
Sara Chana, when you say that you’re giving kids Andrographis, I am assuming you are hypnotizing them at the same time to get them to have bitters, but you’re saying no. That you’re getting-

Sara Chana Silverstein:
No.

Rosalee de la Forêt:
-the King of Bitters into lots of children.

Sara Chana Silverstein:
I will make an herbal mix. Now, I love teas. Don’t get me wrong. I love teas. I have a beautiful tea kettle here with this beautiful filter. We’ll talk about herbs that kids do in tea form. Especially, Americans tend not to be teetotalers—teetotalers. They don’t drink a lot of teas, so I tend to make a tincture mix where I will put in anywhere from four to eight herbs depending—because kids are complicated. Adults are complicated. So I’ll put something like cleavers for the lymphatic system. I’ll put a lemon balm glycerite because it’s delicious. I may add an elderberry glycerite—delicious. Then I’m going to put in my andrographis. Maybe I’m going to put a little red root in there depending on what’s going on. Maybe a little nettles if I find that the kids are not eating vegetables, which they go through phases. They have a mix like this.

So, what I suggest to parents is they go get a little shot glass. You can take your kids and get fun ones. They have them with cars. They have them with butterflies. Let your kid pick out their own shot glass. You put a little bit of grape juice, put in your tincture, 15 drops, 23 drops—depends on the weight of the child and their strength. I get these really cute little droppers and kids get to pick the color that they want. Depending on the age of the kid, I let them just pull it up like this and drink it themselves. They love it, even three-year olds. What we usually do is we'll use a grape juice. Once the child takes—again, we put very little grape juice because if you have a big cup, not going to happen. If you put it in a bottle, you never know how much the child is drinking. So, we'll do a couple drops with the grape juice and then they get straight grape juice as their reward. They have a blast picking up the yummy grape juice. You can use apple juice, not orange juice. I find the kids are very compliant. I have to tell you that I find it's harder for the parents to be compliant sometimes than the kids.

Although I will tell you one story. I had a kid with chronic strep throat. He would literally take an antibiotic—now, we're jumping away from andrographis for a minute, we're jumping into—it was not great. He was missing school. He was already a little older, like seven, so I gave him an herb mix. This is—I was kind of young and dumb, just starting, and I wouldn't put in yummy lemon balm glycerite and elderberry. I was like, "This kid can handle it. He was a tough guy." I made a disgusting herbal tincture—disgusting. Literally—and this is child abuse. You can call the authorities. The mother would lay him down on the bed. She would hold him down and the father would drop it in his mouth. He would try to spit it out. They called me up and they said, "Sara Chana, is this abuse?" I'm like, "Let's give it to him for a couple of weeks and let's see how he does."

Anyways, they gave it to him for six or eight weeks. They called me up and they said, "It's too abusive. He just cries and screams." I'm like, "Okay." He was good for the next month. He comes in the house, Rosalee, and says to his mother in the kitchen, "You know those gross herbs?" She's like, "Yeah." He goes, "I need them right now. My throat is hurting again. I don't want to be in that place again." He never complained again. Now, as I matured as a woman and an herbalist, now I sweeten it up. But kids, Rosalee, will ask for it, especially those kids

with the chronic—back to andrographis—drippy noses. You know the ones that they just have green nose snots down their—that's kind of their look, you know what I mean? They don't feel good either, Rosalee.

Rosalee de la Forêt:
Yeah.

Sara Chana Silverstein:
They are snoring. They have fluid in their ears, it's hard to hear. Even if the herbs are a little bitter, after a while, they—the kids start to feel better, Rosalee. Three-year olds, four-year olds. They literally don't mind at all. Some of my kids, even by five or six, are reminding their moms, "Can I have my herbs?" The moms call me, they go, "Sara Chana, this is ridiculous because how can my kid"—remember, Rosalee, kids don't want to feel bad. They want to run. They want to jump. They want to go down slides. They want to be active.

Rosalee de la Forêt:
Yeah. That's—yeah, they get it. Right? That's what you're saying: they get it. The herbs work. They get it. I'm still just stuck on the brilliance of—I've heard so many tips and tricks to get kids to take things, but they get to pick out their own special glass. Then I can see becomes their own—I can see just bringing that out just for the herbs, and then those droppers you showed are super cute. It's not even that they're drinking it in a normal way. They get to take it in a cool way, which I'm sure is probably a really cool sensory experience, and just a new novel way to enjoy—just to experience things. All of that is so brilliant. And then the part about kids getting it and just being like, "I don't want to get sick," that makes sense. It just makes sense.

Sara Chana Silverstein:
If they have a sibling, Rosalee, I will give—let the child pick out a color for their sibling, and then I'll just give an elderberry glycerite or lemon balm glycerite for the mom in a separate

bottle so that the child can do it with their sibling. So, it really becomes fun and interactive. Again, I'm not struggling to have kids take herbs. I'm just not, thank God.

Rosalee de la Forêt:
Well, I'll admit I was a little bit of a skeptic but I'm starting to come around that maybe this does work. I love the glycerite tip too. It's kind of funny because I actually put glycerites in my tinctures to make them better, so I'm not opposed to doing that for myself. I love that that's your technique as well, so-

Sara Chana Silverstein:
Yeah.

Rosalee de la Forêt:
Yeah.

Sara Chana Silverstein:
I like it. I like it very much and it really works well. I mean, I also teach moms how to make ice pops and ice cubes for kids that are not feeling well. I wouldn't put andrographis in that, but I would do a lemon balm and a linden and an elderberry. We'd make wonderful ice pops so if a kid comes home even with that stuffy nose, and the mom is so busy she can't even get to the tincture. She can, at least, hand it to her child. Even in the winter, kids will eat ice pops and we have those in the freezer all the time. Ice cubes for the summer. You can make different ice cubes. They use lemongrass in India all the time. It really helps hydrate kids. They'll give them lemon grass tea in their water bottles. We're not so used to that, but you can take some lemongrass ice cubes and make a delicious ice cube and put it in kids' water jugs, and then as the ice melts, they get the herb and it's got a yummy taste.

I do try to teach parents. We could always make herbal honeys for kids that are over a year old, but it depends on the parent. If you have a parent that's just cooking to survive and she or the partner is just like they're not into it, I'm not going to sit down and say, "Oh, my God. Let's

take a double boiler and let's make a honey." In my book, *Moodtopia for Kids*, which I'm going to pick up. It's so exciting, la la la. I do have recipes so if someone is really into it, I have so many different ways to put herbs into kids and adults, but again, I try to keep it simple—really simple because what I tell my clients is, "I don't want you to just get excited to do it for a week. Your kid might need it for three months."

If we're dealing with chronic fluid in the ears, clinical studies show that it can take up to nine months for the body to reabsorb that fluid. So sometimes when I'm working with kids with chronic fluid, they'll call me back and say, "The kid has been on the herbs for eight weeks and there is still fluid." I'm like, "Has it turned into an ear infection?" They're like, "No." I'm like, "Keep going." Three months, "Sara Chana, the doctor says there's still fluid." "Yeah, but your kid used to get ear infections. Let it go, keep the kid on the herbs, it's going to clear," and sometimes it's not even until nine months where they get that clear. If the fluid is not turning into an infection, it means the herbs are working. It means that the body might be fighting it a little bit. Maybe the kid is eating a couple of foods that are not so good for them. Of course, why not? You're a kid, have fun, but stick with it. I really, Rosalee, want kids and adults—when I work with parents and adults—to be able to be compliant for a longer period of time. I'm sure you'll agree.

Rosalee de la Forêt:
Yeah. Maybe you went over this, Sara Chana, but—so for andrographis in kids, specifically, let's say you're seeing a kid in front of you, what makes you think andrographis? What are the symptoms that you're seeing in front of you? I get that you're formulating, but where does andrographis come in specifically?

Sara Chana Silverstein:
Chronic—chronic coughs.

Rosalee de la Forêt:
Chronic coughs, okay.

Sara Chana Silverstein:
Those kids that every time they get a stuffy nose, they get a chronic cough. The nose that's really either dripping clear or green or yellow. Possibly, a kid that's snoring with nothing coming out of their nose. Sometimes when we give andrographis, by the way, they always have that stuffy nose, they blow, nothing comes out, and all of a sudden when they're on a good herbal mix for a while, that nose is dripping. The parents are calling up, "I think he's getting sicker." I'm like, "No, no, no. It's all coming out of his body. He's learning how to get rid of it." So, that would be the case.

We do get some kids post-strep that get joint pain. They get knee pain. Of course, we've sent them to the doctor, we've checked everything. But because andrographis has that anti-inflammatory component to it, we'll also add that into the mix for them. Chronic ear infections because they're usually viral in nature, they can be allergic in nature. If I'm dealing with a kid with chronic ear infections—and Rosalee, some of these kids come, they've already been on two rounds of tubes. It's not even that the tubes have been a miracle, they're still getting them. Kids can get ear infections even with the tubes, so that's when I will give them andrographis. Chronic cough, chronic bronchitis, bronchiolitis, which we get a lot of kids—the weather changes and they're just coughing all the time. They're disturbing the class. They're disturbing their sibling in the room. Of course, I would do other herbs with it also, but andrographis would be one of my base herbs.

Rosalee de la Forêt:
Wow. You just listed so many of the most common things that kids go through in terms of respiratory infections. Alright, so multipurpose there. Again, I love that you're using the King of Bitters with kids. You shared a recipe with us as well, which is a Power Cookies Kids Love recipe. Do you want to go over that a little bit of how you work with this? Everybody is going to get—if you want, you can get a copy of this recipe. Just go to herbswithrosaleepodcast.com to download it. Check out the show notes so you can get the recipe itself. I'm just curious how do you work with this recipe? Again, kids will use it?

Sara Chana Silverstein:
Yeah, yeah. You can start with a little bit of andrographis powder and then add more because it will make the cookies a little green, but hey, green is so cool. It's a great color. We love it! Here's some andrographis powder. As I had over here, I tend to use andrographis in tincture form. I go through just tons of these 32-ounce bottles all the time. Is this is even 32? Yeah, yeah, all the time. Huge in my office. Big letters so I see it because I'm grabbing. I have hundreds of herbs. This powder is really great, easy to use.

What I love about this cookie recipe is they freeze well. You can bring them on hikes. You can bring them on airplanes, and it's really healthy. It's one cup nuts. If your kid has nut allergy, you got to go to another recipe. You can use almonds. Almonds are my favorite. You can use walnuts. You could use pistachios. It's one cup almonds. It's one cup oats. So, we've got the protein of the almonds. We've got oats which are high in the B Vitamins. Calm down even the "savage beast," you know the kids are a little wild—we've got that in there. You can use a cup of either rice flour or spelt flour. If your family is okay with wheat, you can use wheat. It's got 1/2 cup of maple syrup which has calcium in it. I love maple syrup for kids. Most kids can't really break down dairy proteins. They really struggle getting calcium because they're not eating all those great green vegetables that we want, so we got the maple syrup in there, a half a cup. I use light olive oil, mix it together, and then you can begin with 1/2 teaspoon or a teaspoon of the andrographis. Kids will get used to it. You mix it well. You make the little balls in your hands. Wet your hands, put them on a cookie sheet, make a cute little thumbprint. You can bake them anywhere from 15 minutes to 35. Fifteen to twenty will be a softer cookie; thirty-five will be a more crunchy cookie. Kids that are teething, kids that are even getting in those molars, we like that crunch. It feels good on their body. Remember we always want kids —in my office, we don't feed salads until kids have six or eight teeth so they can build all the muscles around their jaw and their neck, so I like it a little crunchy. And they're delicious. You could always, in the thumbprint, put a couple of chocolate chips if you want, a couple of cranberries, a half of date.

Again, they freeze fantastically. A caregiver can make these once a month. Double the recipe, stick them in the freezer. I bring them all the time when I'm hiking when my kids were little, and now, my grandkids. Even though it's not filled with so many chemicals, I'm always shocked kids love it! They share it with their kids—their friends at school. It's a fantastic, all-around recipe. It gives them energy. It gives them that protein. And we sneak in different powdered herbs. Why not? I love it!

Rosalee de la Forêt:
I love the simplicity of the recipe. I could tell that I would love it. I love that too, it's almost like training a bitter palate too, which is as important.

Sara Chana Silverstein:
Very important. In many cultures around the world which you know, people would eat bitters first. We deal with so much reflux in this world. We have these antacids. These antacids—the philosophy of herbalists is your stomach acid—excuse me—is just not working properly, so we either do some bitters under the tongue or we could eat some bitter foods or we could take a bitter andrographis tincture. If you're an adult, you could put just a little bit in your own shot glass. You can get your own, dilute it a little bit, swish it in your mouth then swallow it. What will happen is it will stimulate the stomach acid to start forming, to start releasing in the stomach so when you go to eat your food, your food is going into a cauldron of stomach acid. What happens with a lot of adult—jumping to adults—is that their stomach acid is not functioning. They've got this stomach filled with all this food, then 20 minutes later, the stomach is like, "Okay, I'm a little confused," but sure, they start kicking out all this stomach acid. People, adults start getting reflux—babies also—it hurts their throat, so I would like to start with those—those bitters.

If you have a child that's having digestive issues, you can give them their herbal mix with the andrographis as you're making dinner on an empty stomach with a little bit of grape juice or apple juice. Their stomach acid can start, which we actually want more stomach acid, not less. And then when that child starts to eat, it also helps them— I'm so glad you brought it up—with

kids with chronic stomach aches, Rosalee. We add those bitters like andrographis and these kids stop complaining about stomach aches.

Rosalee de la Forêt:
I love your casual nature with this plant too. I think sometimes it gets held up as this may be such a potent medicinal that's not thought of as a more casual use, but I can just see you love this plant and you're reaching for it again and again.

Sara Chana Silverstein:
All the time. Again, when I took my training, I learned with David Winston and Dr. Mary Bove, and all these— Robin Rose Bennett —and all these great herbalists, all the books that I read cover to cover to cover to cover to cover—I don't know, it just sounded so logical to me. It sounded fantastic. It sounded like a great antiviral and I just started using it, Rosalee. Thank God. I mean I always tell my clients someone could get hives from strawberries. I've never had a problem with it. I really—I really haven't. I think it has more uses than people think.

Rosalee de la Forêt:
It makes me think of Henriette Kress, an herbalist out of Finland. She has a famous saying that she says that "Herbs don't read books," so in this case, andrographis didn't read that it wasn't supposed to be used for kids.

Sara Chana Silverstein:
It's so funny, Rosalee, talking about that. I love motherwort, which is not our topic, but if you give me two minutes—I love motherwort.

Rosalee de la Forêt:
Go for it. Go for it.

Sara Chana Silverstein:
It works so well for women and teenage girls that are grumpy and moody and pre—their cycle and during their cycle and after their cycle, and women pre-menopause, postmenopause—whenever—grumpy, when you feel that black cloud is descending, you're like, "No, not me!" and then you're wrapped up in it.

I had this husband in my office once. He was sitting on my couch. Oh, my gosh, Rosalee, he could have been my best friend. He was just complaining about everything. He was so grumpy and I'm going through my herbs. They have the little—now, they have the little dating apps where you just kind of swipe. So now when I'm with clients, I'm like, "Okay, not valerian, not kava." I'm sitting there listening to the story but swiping. The only herb that kept on coming up was motherwort. I was like, "This man needs motherwort!" I was so guilty. I made his mix and I put motherwort in it. I was hiding. I was like, "You can't give a man motherwort." I was devastated, but he needed it.

I get a call about two weeks later from his wife going, "Oh, my gosh, Sara Chana, he's better! He doesn't complain as much!" Then I called my teacher. I'm trying to think of who it was. I was like, "Should I give back all my credentials?" She's like, "Why?" I'm like, "I gave motherwort to a man." She's like, "And I'm sure it worked beautifully well. Who said it can't be for men?" Rosalee, I was so relieved. I was like, "Oh, my gosh. I'm such a rule breaker." I'm so glad this wasn't one of the rules I was breaking. So, there you go: motherwort is great for men. Not written in the literature, but as you said, herbs don't read the books. Wonderful! Men, when they go through their male menopause, give them motherwort. Teenage boys—grumpy teenage boys. They got some acne on their back. They got some acne on their skin. There are hormones—they are trying to do their thing and they are grumpy. Oh, my gosh. You can give them a little chasteberry even though they are a guy, and give them some motherwort, they're just going to feel better.

Rosalee de la Forêt:
Yeah, yeah, the herbs never—never get to hear that they are for any sort of gender. They're just—they're just here for it.

Sara Chana Silverstein:
Yep.

Rosalee de la Forêt:
Hey, friends. It's Rosalee. If you've been nourished by this podcast, if it has helped you feel more connected to the plants or more grounded in your own herbal path, then I'd love to invite you to join the Herbs with Rosalee Podcast Circle. This special membership helps make the podcast possible. It supports everything we do behind the scenes, and it gives you a chance to go even deeper with the content that you love. Inside the circle, you'll get exclusive herbal resources, live classes each season with some of my favorite herbal teachers, and a private space to connect with fellow plant lovers. It's where the heart of our herbal community continues to grow. To learn more and join us, visit HerbalPodcastCircle.com. Your support means the world and it helps this podcast continue to bloom.

This has been wonderful, Sara Chana. I'm wondering now, you've talked about at least one book. I'd love to hear about your books. I'd love to hear about your herbal offerings in the world.

Sara Chana Silverstein:
Sure. I'm an author of two books. My first book is *Moodtopia*. This is more focused in on women. What I love about this book is I always joke that there are women that really have fallen apart and they're on psychotropic meds, and if it helps them, fantastic. And then there's the rest of us where we can have a good day and a challenging day. People can go through relationships, the breakup, jobs that they lose, they may have to relocate. In my first book, *Moodtopia*, I talk about herbs that help women stay stable during times of chaos. It's like that best friend holding your hand. I really go through the herbs one by one. I tend to like to

combine herbs like a jazz band, a symbiotic relationship. I really want to empower women and men to know the herbs as individual herbs, so I go herb-by-herb.

When I was on my first book tour speaking at a lot of women and parenting groups, everybody came over to me, Rosalee, and was like, "Can I give this to my kids? Can I give this to my kids?" We're talking about lemon balm and linden and all these herbs, so then I sat down. You know how hard it is to write a book—oh, my gosh, hours in the library, research. I wrote my second book, *Moodtopia for Kids*. In this, we talk about herbs, essential oils, homeopathy, the importance of oxytocin. As an herbalist, that's my real main focus and I'm really excited to let people know that there are herbs out there.

One of the things I'm very concerned about, Rosalee, and that's why I speak for a lot of doctors' groups and at medical schools is every other kid has ADHD and they might, but when you put a child on a medicine for ADHD, Rosalee, they lose their appetite during the school week. This is the time—I say this all the time—boys and girls are growing. They're building their bones. They're building their muscles. They're building their tissues—connective tissue. This is not the time to be nutrient-deficient. Then parents take the kids off of it by Saturday and they start to get their appetite back, but I've studied with pharmacists, Rosalee, that will tell you the withdrawal symptoms are like going off street drugs. Then Sunday they get their appetite back. Monday they're back on the herb—back on the drug.

My hope, Rosalee, when I wrote this book is that hopefully, parents and caregivers and principals and teachers will begin to know that before we go straight to the pharmaceuticals, there are options. That's really why I wrote *Moodtopia for Kids* so parents can be empowered to explore what else is out there, which most people aren't exposed to, Rosalee. They just don't even know it's an option. When people—when I speak at women's groups, they're like, "I didn't even know there was an herb that can help with ADHD." Andrographis is not that herb, but there are herbs that do help with that, for sure.

Rosalee de la Forêt:
You have a lot of contributing authors in that book – Rosemary Gladstar and David Winston, and others. Those are just the two that come off my mind.

Sara Chana Silverstein:
K.P. Khalsa-

Rosalee de la Forêt:
My mentor.

Sara Chana Silverstein:
And so many great—because at that point, these were all people that I had met in the past. I hadn't met you yet. You're my next person to quote, for sure. Because I didn't want to feel like I'm the complete expert. I'm always growing. I'm always learning. I'm in the process myself as an herbalist, so I thought it was really important for parents and caregivers to hear other herbalists' input. And I just wanted them to be exposed to different outlooks, which I thought was going to really be very helpful.

Rosalee de la Forêt:
Yeah, and like I said, it's been a while since I've had a chance to look at the book, but I remember kava kava being in there. You recommended it more for teenagers. I remember just thinking, oh! I kind of think I'm going to mostly know what's in a book these days when I look at it. It's rare something super surprises me and that really did. I was like, "That's cool!" Just because I could tell you weren't playing by the rules. You were coming from experience. You weren't just kind of regurgitating information. There's some of your own spunk in there. We can take this out if I'm incorrect, but I want to say that hugs were a part of the medicine. Was that part of the oxytocin part? I remember liking that.

Sara Chana Silverstein:
Yes.

Rosalee de la Forêt:
Okay, good. I did remember.

Sara Chana Silverstein:
And I wanted to just say before we jumped away from kava that parents and caregivers are working with kids from a very different generation with social media—very different generation. These kids are, "I'm not getting enough likes. I'm not getting enough playbacks. I'm not as beautiful as the other person. I'm not as handsome." Kids are really freaking out, Rosalee. This is a time where kava, in small doses, can really—mixed with passionflower—stop that brain from cycling and cycling. Those kids, their shoulders are up to their ears. They're a nervous wreck. They're going to get wrinkles before their time, so let's chill them out a little bit. Let their shoulders go down. Let's give them a little kava, mix it with some lemon balm and passionflower, and take the edge off of it.

And then I do have—so what is it? Love Potion #9. You know that song? I don't know if you can remember it. We have Love Potion #O for oxytocin. You know, it used to be that teachers would give a kid a hug or give a kid a high five, and now, it can't happen in schools. It can't happen in schools, so the parents and caregivers really have to make sure that the kids are getting that oxytocin fix. They really need that. That's the feel-good-hormone. That happens when someone compliments you. That's something I've been taking on to—really, when I like something, compliment. That's complimenting your kids, that's giving them a hug. That's like why not give them a foot bath? Get a little bucket of water, let them put their feet in there, chill out after a hard day at school, and give them a five-minute foot massage. They're going to feel better. They're going to get that oxytocin rush. I thought that was very important to remind kids—remind parents that kids, even 18-year olds, even 23-year olds—they need that hug from a loved one. Really important.

Rosalee de la Forêt:
I feel like I even need that. I definitely—I was just hanging out for the past week with girl friends and I had moments where I was like, I just need a little love hug right now. We all do,

yeah. Well, the book looks great. It was fun to see your take on things that just seemed inspired and interesting. Like I said, it was fun to see all the contributing authors too, so congrats on publishing a second book. You had mentioned—I wrote my first book and I was like I will never do that again, and then did write a second book. It is so much work, so thank you for all of that that you put into it.

Sara Chana Silverstein:
So much work, Rosalee. I think people don't know. I'd love to share that on my website, Rosalee, if you don't mind me saying, I have a lot of free handouts. Because we've talked about andrographis, I've talked about these other herbs, you can go on my website for free, under Free Handouts at SaraChana.com. S-A-R-A—hard name—S-A-R-A-C-H-A-N-A dot com. I have things on winter colds and flus, ear infections, women's emotional health. You can print it and put it on your desktop or put it on your refrigerator, carry it in your bag, so people—even experienced herbalists—just to re-remind them of the herbs because when I listen to replays of your talks and other people's, I'm always like, "Oh, my gosh! I haven't used that herb in a while," so I have that available.

On Instagram, I try my best. I live in Brooklyn. You can hear the sirens and the horns. I go around and when I see a plant—an edible plant blooming, I do try to photograph it and show people that right around their house, there's edible plants and medicinal plants. That's on Instagram, sarachanas.

Rosalee de la Forêt:
We will get those links in the show notes. Thanks for sharing that. Thanks for all those valuable resources too. We'll make that easy for folks to find it because those—like you said, it's important to have these. Thank you for that as well.

I have one last question for you before we go and that question is, "How has working with herbs changed the way you see the world?"

Sara Chana Silverstein:
It's very interesting because I was a plant person always. I think we're kind of born that way. I remember when I went to university, I was driving ten hours and I had all my plants in the car. They said you can't take it over state lines so I had blankets over my plants. You know what I mean. I would travel with my plants instead of a dog or a cat. I don't know what to tell you.

I remember I was in Oxford, England. I was studying. I was on a program through Yale University. We were studying Shakespeare and Chekhov. I had, as a kid, terrible allergies—always getting allergy shots. Anyway, to make a very long story short, I went into a health food store because I had forgotten antihistamines. They gave me an herb, and oh my gosh, my head was clear. My nose wasn't sneezing. I was new to Oxford ecosystem. Instead of studying Chekhov and Shakespeare, I was in the Oxford library learning about botanical plant-based medicine. So, it totally shifted my trajectory.

I really love—now I'm travelling the world quite a bit that my kids are older. I've just been in Bhutan and in India, and I go to these medical clinics and these herbal clinics around the world, and in Japan, and I see what they do. I smell what they're doing and it's wonderful. Bringing herbal plant-based medicine has really given me this energy and this passion. You know, learning never stops so I just have to keep on learning and keep on exploring.

Rosalee de la Forêt:
That's beautiful. I love this thought of young Sara Chana walking into the store and then your life just suddenly being redirected. Although I think about those things like what would have happened if you hadn't walked in? What would've happened if you went to just a regular drug store and got your antihistamines? But I'm thinking just with your—just incredible enthusiasm and inspiration, they would have found you another way. It would have been, "We missed her that time, but we'll get her that time." The herbs would have found you eventually.

Sara Chana Silverstein:
Probably.

Rosalee de la Forêt:
They find us all, right?

Sara Chana Silverstein:
Right, probably. And I remember because I do—TV is not as popular anymore, but I do TV segments. I used to for NBC, CBS, and Fox News, teaching people how to integrate herbal medicine into—into their lives safely. I remember I've showed up in high heels, my makeup done, my hair done. The woman looked at me, the producer. She's like, "Where are your robes and beads and"—I was like, "Oh, yeah. You can be a hippie and love herbs. You can also be a CEO of a company and an ND and love herbs." She goes, "Oh, I didn't know that." It was very interesting, Rosalee, because I was like, the hippies know about herbs . They know about it. How are we going to get the people that don't know about herbs? That was kind of my goal for many years, was educating non-herby people on how they can bring herbs into their life, and it was really fun. [crosstalk]

Rosalee de la Forêt:
I can imagine. Your enthusiasm is infectious, so how could anybody turn you down?

Sara Chana Silverstein:
Thank you. It was amazing. The producers, the newscasters, the political people, they were like after I would do a segment with that 3.5 minutes, they would come over. "Oh, my God. I have a little arthritis. I've got some gout." I was bombarded, Rosalee, with these very sophisticated, well-educated, non-hippie people wanting herbs so I know the desire is out there.

Rosalee de la Forêt:
Yeah, yeah. Well, thank you for all you're doing to spread the word, for all of the help you've been giving. These tens of thousands of people who often don't get an opportunity to work with herbs because they're more in the medical system, so thank you. Thanks for sharing your knowledge with us. This has been so lovely. Thanks for being here.

Sara Chana Silverstein:
Thank you, Rosalee, and thank you for writing your books because they do impact so many people. Thank you for your podcast and your wonderful emails. I'm a big fan and I enjoy following you.

Rosalee de la Forêt:
Thank you. It's such a pleasure I get to hang out with people like you.

Thanks so much for listening. You can download your illustrated recipe card from today's episode. Just head over to herbswithrosaleepodcast.com or check out the show notes for a link. If you're not already subscribed, I'd love to have you as part of this herbal community so I can deliver even more herbal goodies your way.

This podcast is made possible in part by our awesome students. This week's Student Spotlight is on Elinore Matlock in Texas.

Elinore has been a wonderfully engaged member of Rooted Medicine Circle, participating in live classes and meetups, sharing photos and stories, and offering thoughtful module reviews. In one reflection, she beautifully described how she's come to recognize her connection with plants—not just appreciating what they give us in food, medicine, and pleasure, but also considering what we can give back through awareness, appreciation, interdependence, and respect. She reminds us that plants continually teach us about ourselves and the world around us, and that we must learn to practice real reciprocity in return. So beautiful. We also loved her cucumber hydrosol experiment, comparing preparations made with and without the peels and generously sharing her results with fellow students. Elinore's curiosity and willingness to share make our community richer for everyone!

To honor her contributions, Mountain Rose Herbs is sending Elinore a $50 gift certificate to stock up on their incredible selection of organically and sustainably sourced herbal supplies. Thank you, Mountain Rose Herbs, for supporting our amazing students!

And if you'd like to deepen your herbal studies, come check out what we have to offer at HerbsWithRosalee.com.

Okay, you've made it to the very end of the show, which means you get your very own gold star and this herbal tidbit.

Sara Chana talked about reaching for andrographis again and again for kids with drippy noses, congestion and colds, especially when they seem to linger all winter, so I was delighted to find a study that looked at exactly that. So, here is what they did. Researchers followed about 130 children between the ages of 4 and 11 who had come down with common colds. One group received standard treatment, one group received standard treatment plus an Echinacea preparation, and the third received standard treatment plus a formula built around a standardized andrographis extract. Well, Andrographis Group came out ahead. Their symptoms were less severe. They recovered faster and they needed less of their standard medication. The biggest differences really showed up in two things that any parent would notice right away. It was how much their noses were running and how congested they were. No side effects were reported. It's a lovely reminder that the King of Bitters has a place in caring for even the littlest among us.

As always, thanks for joining me. I'll see you next time.