

## February 26, 2021 Class Handouts: Flint, Coriander

### Flint

In the Stone Age, fragments of flint were widely used in spears, knives and other tools used for cutting, cooking, and hunting. This, however, was just one of the uses. Ancient tribes quickly noticed that when sharp pieces of flint struck steel, sparks ignited. This seemingly small discovery led them to lighting fire for the first time, which in turn improved their safety, diet, and productivity – staying up at night became possible, as well. Flint became so crucial that tribes began to travel in search of it, and traded other valuable items for it.

Flint is a type of Chalcedony, a cryptocrystalline sedimentary rock composed of Quartz, silicon dioxide. Grey/black to brown/beige/tan in colouration which can be displayed as bands and swirls. Chert is a form of this stone but is more brittle in nature and an example is this stone is know as Novaculite

Flint is said to be grounding and protective, and may aid in helping one develop their spirituality.

Flint is said to shield the wearer from negative and low-vibration energies. If you need to get rid of something in your life, whether it's a bad habit, irritation, or complicated issue, then flint could be one of your greatest allies.

With flint, it doesn't truly matter if you have just embarked on a spiritual path or have been on it for quite a while. This stone works for everyone who would like to improve their connection with the spiritual world.

Flint is also a fantastic companion for those who are hoping to manifest something positive in their lives.

### Coriander

#### 1. May help lower blood sugar

High blood sugar is a risk factor for type 2 diabetes (1Trusted Source).

Coriander seeds, extract, and oils may all help lower blood sugar. In fact, people who have low blood sugar or take diabetes medication should practice caution with coriander because it's so effective in lowering blood sugar.

Animal studies suggest that coriander seeds reduce blood sugar by promoting enzyme activity that helps remove sugar from the blood (2).

A study in rats with obesity and high blood sugar found that a single dose (9.1 mg per pound of body weight or 20 mg per kg) of coriander seed extract decreased blood sugar by 4 mmol/L in 6 hours, similar to the effects of the blood sugar medication glibenclamide (3Trusted Source).

A similar study found that the same dosage of coriander seed extract lowered blood sugar and increased insulin release in rats with diabetes, compared with control animals (4Trusted Source).

## **2. Rich in immune-boosting antioxidants**

Coriander offers several antioxidants, which prevent cellular damage caused by free radicals. Its antioxidants have been shown to fight inflammation in your body (5Trusted Source, 6Trusted Source, 7Trusted Source).

These compounds include terpinene, quercetin, and tocopherols, which may have anticancer, immune-boosting, and neuroprotective effects, according to test-tube and animal studies (8Trusted Source, 9Trusted Source, 10Trusted Source, 11Trusted Source).

One test-tube study found that the antioxidants in coriander seed extract lowered inflammation and slowed the growth of lung, prostate, breast, and colon cancer cells (12Trusted Source).

## **3. May benefit heart health**

Some animal and test-tube studies suggest that coriander may lower heart disease risk factors, such as high blood pressure and LDL (bad) cholesterol levels (13Trusted Source, 14Trusted Source).

Coriander extract appears to act as a diuretic, helping your body flush excess sodium and water. This may lower your blood pressure (13Trusted Source).

Some research indicates that coriander may help lower cholesterol as well. One study found that rats given coriander seeds experienced a significant decrease in LDL (bad) cholesterol and an increase in HDL (good) cholesterol (15Trusted Source).

What's more, many people find that eating pungent herbs and spices like coriander helps them reduce their sodium intake, which may improve heart health.

In populations that consume large amounts of coriander, among other spices, rates of heart disease tend to be lower — especially compared with people on the Western diet, which packs more salt and sugar (16Trusted Source).

## **4. May protect brain health**

Many brain ailments, including Parkinson's, Alzheimer's, and multiple sclerosis, are associated with inflammation (17Trusted Source, 18Trusted Source, 19Trusted Source).

Coriander's anti-inflammatory properties may safeguard against these diseases.

One rat study found that coriander extract protected against nerve-cell damage following drug-induced seizures, likely due to its antioxidant properties (20Trusted Source).

A mouse study noted that coriander leaves improved memory, suggesting that the plant may have applications for Alzheimer's disease (21Trusted Source). Coriander may also help manage anxiety.

Animal studies demonstrate that coriander extract is nearly as effective as Diazepam, a common anxiety medication, at reducing symptoms of this condition (22Trusted Source).

## **5. May promote digestion and gut health**

Oil extracted from coriander seeds may accelerate and promote healthy digestion (23).

One 8-week study in 32 people with irritable bowel syndrome (IBS) found that 30 drops of a coriander-containing herbal medication taken thrice daily significantly decreased abdominal pain, bloating, and discomfort, compared with a placebo group (24Trusted Source).

Coriander extract is used as an appetite stimulant in traditional Iranian medicine. One rat study noted that it increased appetite, compared with control rats given water or nothing (25Trusted Source).

## **6. May fight infections**

Coriander contains antimicrobial compounds that may help fight certain infections and foodborne illnesses.

Dodecenal, a compound in coriander, may fight bacteria like Salmonella, which can cause life-threatening food poisoning and affect 1.2 million people annually in the United States (26Trusted Source, 27Trusted Source).

Additionally, one test-tube study revealed that coriander seeds are among several Indian spices that can fight the bacteria responsible for urinary tract infections (UTIs) (28Trusted Source).

Other studies suggest that coriander oil should be used in antibacterial formulations due to its ability to fight foodborne illnesses and hospital-acquired infections (29Trusted Source, 30Trusted Source).

## **7. May protect your skin**

Coriander may have several skin benefits, including for mild rashes like dermatitis.

In one study, its extract failed to treat diaper rash in infants on its own but could be used alongside other soothing compounds as an alternative treatment (31Trusted Source, 32Trusted Source).

Other studies note that the antioxidants in coriander extract may help prevent cellular damage that can lead to accelerated skin aging, as well as skin damage from ultraviolet B radiation (33Trusted Source, 34Trusted Source).

Furthermore, many people utilize coriander leaf juice for skin conditions like acne, pigmentation, oiliness, or dryness. Nonetheless, research on these uses is lacking.

## **8. Easy to add to your diet**

All parts of the *Coriandrum sativum* plant are edible, but its seeds and leaves taste very different. While coriander seeds have an earthy flavor, the leaves are pungent and citrus-like — though some people find that they taste like soap.

Whole seeds can be added to baked goods, pickled vegetables, rubs, roasted vegetables, and cooked lentil dishes. Warming them releases their aroma, following which they can be ground for use in pastes and doughs.

Meanwhile, coriander leaves — also called cilantro — are best to garnish soup or use in cold pasta salads, lentils, fresh tomato salsa, or Thai noodle dishes. You can also purée them with garlic, peanuts, coconut milk, and lemon juice to make a paste for burritos, salsa, or marinades.

# Affirmations for an Emergency

I don't have to be perfect to be loved.

I am a beautiful work in progress.

I am flawed and perfectly inclined.

I am in control of how I react, show up and give love.

I will focus on doing my part in the best way I know how to.

I am working through my mess.

I am sorting out my life, I am finding my peace.

I am deserving of emotionally clean spaces.

I will live a life that is filled with love,

Curiosity and compassion for myself and others.

My mind is open, my heart is resilient,

and I am forever evolving into my best self.

I am abundantly blessed,

I have a purpose.

I can unfold, I am grateful.

I can change,

I was not born to stay the same.

Growth is a part of my process and

I am learning to lean on and trust every step of the way.

I am confident in my work.

I have the ability to create meaningful offerings.

I will leave a legacy of courage, resilience, and abundance behind.

I am worthy of the love that I pour into others.

I will do better at filling myself up with adoration, time and respect.

I can prepare for the joy and heal from hurt at the same time.

I am learning to honor the pain and my glory.