

The Doctrine of Signatures

The doctrine of signatures implies that the shape, colour, texture and climate the plant grows in, gives the observer clues to the plants healing abilities.

This ye olde concept dates back to 1500s when Alchemist Theophrastus Bombastus von Hohenheim documented that plants naturally grow in places where they are most needed.

For example Stinging Nettle is abundant in Europe and here it grows next to Chickweed, which heals itchy, scratchy skin. If you apply this same signature to whole foods (foods provided just the way nature intended) you come up with some interesting correlations. Why else would the summer fruits such as watermelon have such a high-water content? To keep us hydrated of course!

Now lets have a bit of fun:

Which part of the body does this carrot look like?



And can you see a little walnut brain here?



What about figs?



Do they look a tiny bit like a part of the male anatomy?



Let us look into these plant signatures in more detail:

Do you remember your mother telling you to eat carrots so that you could see in the dark? Well carrots contain beta-carotene, which converts to vitamin A in the human body. Vitamin A is a really important component of the tiny vascular structures in the eye!

Those 2 little figs, hanging like sacs, contain many wiggly seeds that promote sperm motility and endurance.

Walnuts are super brain food! They are so full of brain empowering omega 3s that you would be silly not to eat a handful a day!

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Other likely signatures include the similarity of celery to bones. Celery is made of potassium, silica, and other minerals for promoting bone structure and strength.



Oh and don't forget to keep up your antioxidants with some fresh pomegranate.

The colour and shape of the seeds look just like red blood cells and the plant chemicals stop our cells from being damaged and as well as cleansing the blood.



But my favourite by far would have to be the avocado.

Half an avocado resembles the womb/cervix. The fats in avocados balance female hormones and they contain the exact balance of omega 3, 6 and 9 to breast milk.

Amazingly it takes exactly 9 months to grow an avocado from blossom to ripened fruit!

Whilst the doctrine of signatures is not considered reason enough to choose medicine from the garden today, it is a wonderfully romantic look at Mother natures intent to help us survive and is a fun way to link fresh fruit and vegetables with our health.