



# C H E S T N U T S

ONE FOR FOOD AND ONE FOR MEDICINE

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THE ARRIVAL OF AUTUMN BRINGS WITH  
IT A DELICIOUS TREAT AND A POTENT  
REMEDY-THEY ARE FROM THE SAME  
GENUS PLANT BUT VERY DIFFERENT



The one for food...

## Sweet Chestnuts - a gluten free food staple and healthy autumn snack

Sweet chestnuts are a versatile food staple in many kitchens. In particular for those that need or chose to eat gluten free. Particularly when they are in season, they make a healthy roasted snack. But also throughout the year, whether stored, store bought or in the form of ready made flour, these chestnuts are great for sweet and savory cooking.



For some, these chestnuts are the main ingredient of a home made vegetable milk that can be used instead of dairy milk or other vegetable or nut milks.

Sweet chestnuts are rich in dietary fiber, Vitamine B9 and Vitamine C. They also contain Vitamins B1, B2, B6, iron and potassium.





## HORSE CHESTNUT

Poisonous - If ingested, they may cause digestive issues such as nausea, vomiting, pain and irritation.

The hull of the horse chestnut has thick, short spikes that are wider apart.

The hull generally contains only one nut.



The leaves of the Horse Chestnut are rounder in shape and have no spikes along the edges.



## SWEET CHESTNUT



Sweet and edible.

The hull of the sweet chestnut has many long bristles or spines.

Each hull contains two or three nuts. These are smaller, triangularly shaped and are flatter than the conker of the Horse Chestnut.

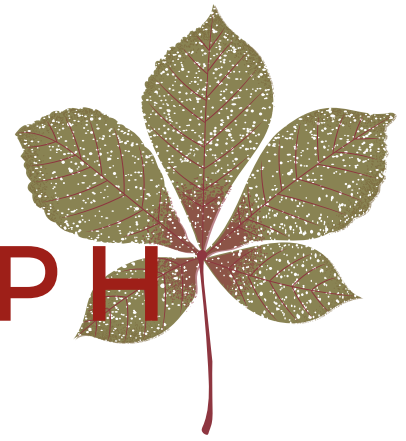


The leaves of the Sweet Chestnut are pointed and have spiked edges.



The one for medicine...

# HERBAL MONOGRAPH



## Horse Chestnut

**Horse chestnut has a well established herbal medicinal use.**

It is used for the treatment:  
Chronic venous insufficiency.

Characteristic symptoms are:  
swelling of the legs, varicose veins,  
a sensation of heaviness, tiredness,  
tension, discomfort, pain, itching,  
and cramping in the calves.

**There is a long-standing traditional herbal use of Horse chestnut.**

It is used to relieve of discomforts  
such as heaviness of the legs in  
lighter venous circulatory  
complaints.

It is also used to alleviate of  
symptoms associated with  
bruising, for example localized  
hematoma and edema.

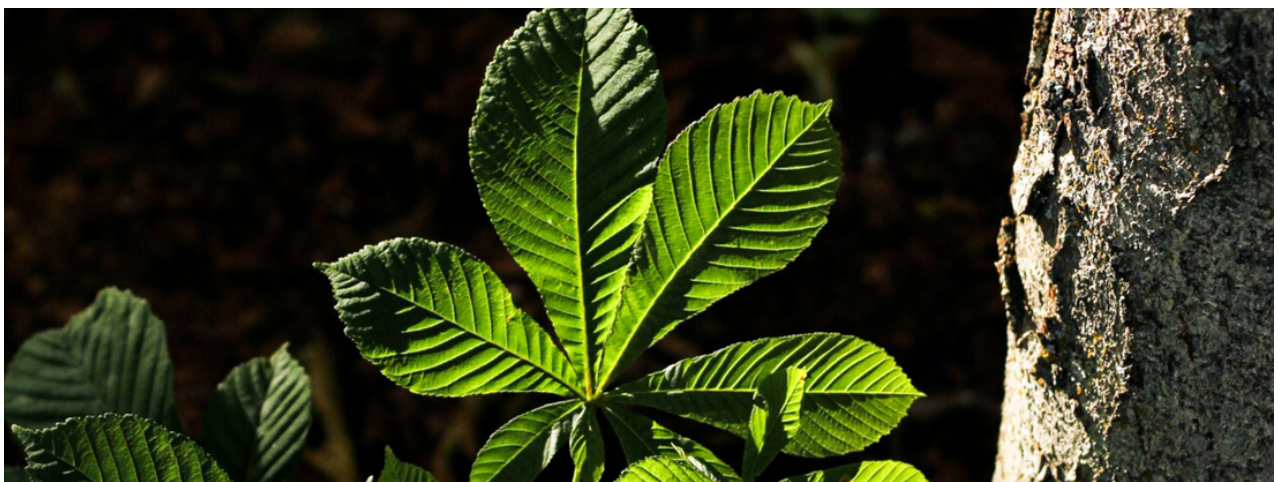
### Established Therapeutic Use

### Long Traditional Use

**Reference:** European Union herbal monograph on *Aesculus hippocastanum* L., semen  
EMA/HMPC/638242/2018

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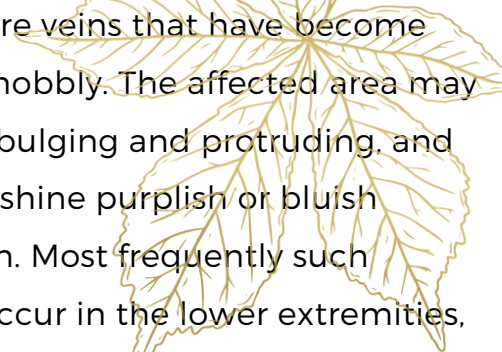
For a medical diagnosis, treatment, or dosage information a licensed medical professional should be consulted. Treatments should only be undertaken under direct guidance and care of a professionally trained Health Care Professional specialized in the services described.







# Varicose Veins



Varicose veins are veins that have become enlarged and knobby. The affected area may show the veins bulging and protruding, and their color may shine purplish or bluish through the skin. Most frequently such varicose veins occur in the lower extremities, the legs and feet. Whilst for most people varicose veins are only a cosmetic concern; others are troubled by heaviness, aches and pains in the affected limb and swollen ankles. There may be a burning, throbbing and itching at the location of the varicose vein. The characteristic aching is worse after longer episodes of sitting or standing and may result in muscle cramping and swelling.

More serious issues occur when varicose veins bleed or become inflamed. The area becomes even more painful and the locality may become warm to the touch. Ulcers may form on the skin near the affected vein. In such cases the varicose vein needs medical attention.

Varicose veins are commonly a sign of an underlying circulatory issue. In order to improve circulation and reduce the incidence of varicose veins preventative measures may help. These include exercising, stretching, decreasing excess weight, avoiding high heels, raising the legs, and wearing support stockings. These means are also able to alleviate acute symptoms.







**...for complaints of  
varicose veins...**


## HOMEMADE HORSE CHESTNUT TINCTURE...

**Home-made horse chestnut tincture is a recipe of old effective in relieving of complaints associated with varicose veins.**

It is quick to make and as it is currently the season of the horse chestnut, the nuts can be found plentifully across the country side.

When the fruit drops from the trees and the prickly shells break open, it is easy to collect the chestnuts. For the production of the tincture about 15 chestnuts will suffice. These need to be chopped into little pieces, and filled into a glass jar.

The jar should then be filled with Vodka, or another clear 40% to 45% alcohol, to cover the chopped chestnuts evenly; 200ml to 250ml may be sufficient. Closed with a firmly fitting lid, the tincture must be left to infuse for two to three weeks in a warm place. It is recommended to shake the solution every other day. After the infusion time, the liquid can be strained into a dark bottle or jar. It keeps fresh for about one year. The affected area of the varicose vein(s) should be dabbed with some cotton wool that has been lightly soaked with the tincture, as and when needed.



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