

HOME HERBAL HINTS

Rebirth Of Herbology

There is a great resurgence of interest in herbal knowledge in North America today. Millions of people are now taking plant medicines and there is a significant change of attitude towards natural healing in all areas of the globe. No longer are herbs staying hidden in the native medicine man's pot or in the satchel of the wise woman or midwife. Herbs are available in all health food stores and are an important part of the armament of many natural health practitioners.

Some of the more dramatic, chronic health problems of the day can be more easily dealt with by use of natural substances. The immune system is one area weakened by many pharmaceuticals such as antibiotics. By contrast it is strengthened by herbs like Echinacea, Reishi, etc.

Human beings are living organisms designed to draw our nourishment from the plant kingdom. We can't draw our energy directly from the sun and the inorganic minerals like the plants do. Our bodies are in tune with the energies of plants. Because herbs are alive or have lived they contain vital energy in tune with our bodies' needs, many subtle elements of healing which man cannot synthesize.

In our modern society with advanced technology, we tend to blind ourselves to the time tested healing systems of other cultures. While you read this there are more people around the world using herbs as medicine than any other method! Botanical medicine is still major in Chinese and India's public medicine. They have a different idea of physiology from the west but their sciences have worked for millions of people for thousands of years. We can't deny statistics like that unless we want to be tremendously bigoted in our appreciation of thousands of dedicated healers through the centuries.

We tend to say "Old Wives Tales" as a form of contempt; but who knows how much is owed to 'Wise Women'? The king's herbalist, Robert Burton wrote in 1621, "Many an old wife or country woman doth more good with a few known and common garden herbs than our bombast physicians with all their prodigious, sumptuous, far fetched, rare, conjectural medicines!"

They discovered Digitalis, feverfew, motherwort, and brought many herbs to the west. Until recent generations, herbal recipes were included in any good cook-book. In the west, settlers supplemented their own knowledge with the abundant herbal wisdom of the Indians, who believed the healing herbs to be a gift from the Great Spirit.

The attitude that herbs were used only when people were unscientific and ignorant and now we have such wonderful drugs, vaccines and serums we don't need such primitive remedies, is not true to reality.

All drugs have side effects: some commonly considered "Harmless" list 30-40 possible different side effects, some very serious.

Our body is a living organism, not a machine, plants have complementary actions on the body while drugs have only chemical action, they have no life force and therefore cannot impart life force.

Herbs have virtually no side effects because their actions are in harmony with our body.

With few exceptions, Herbs are non-poisonous. Huge amounts of most herbs could be eaten with no adverse effects, while everyone knows of the terrible effects of overdose on even common drugs.

Herbs "Normalize" the body. A herb for high blood pressure will not cause low blood pressure if you take more of it, but a drug for high B/P can be fatal if too much is taken.

Herbs can usually be used along with drugs and can help counteract the side effects of drugs; there are of course some exceptions.

Drugs cause re-bound reactions. One of the common ones is seen with decongestant nose sprays; when they wear off the nose is more congested than ever. Herbs never do this because their action is in harmony with the body not in opposition to it.

One fact that is not commonly thought of is the complexity of herbs. We think that the drugs created in the laboratory are complex, but no laboratory could begin to produce the complexity of a simple herb! The smell of a rose, for example is made up of over 200 chemical compounds and the smell of a banana, over 350! Dandelion root contains practically every known vitamin and nutrient and a lot of other things as well.

You have heard lately that some herbs are being declared toxic. It pays to look at the real facts in these cases. Toxicity in medicines and herbs is measured by "Therapeutic Index" with the lower the number meaning the more poisonous the substance.

Digitoxin, a poisonous drug extracted from herbs rates 0.4. Comfrey rates 150 while common coffee rates 15-33! 5-10 times more toxic than comfrey, yet no one snatches coffee off the shelves.

Wormwood is so harmless that one would have to consume 3,000 cups of tea to be harmed, a total impossibility! (Especially if you have ever tasted wormwood) Yet the powers that be seek to stop its sale.

Methods used to test a substance must be considered in understanding the claims. They use concentrated extracts and

The Beginning Herbalist

feed them to animals at levels no sane person would ever employ. (I sometimes think that if they fail at this, they take a crate of the herb and drop it on a mouse and then say- "Oh yes! We have proved this herb is fatal to animals!")

So when you hear the outcry raised that such and such a herb is 'dangerous', don't take it too seriously.

Remember: *all* drugs are potentially dangerous! Very few herbs are in the least dangerous. Thousands die each year from penicillin reactions! If natural healers had any herb that did that, we'd all have been shot by now!

"Most people in the western world conceive of 'alternative healing' as a deviation from the norm. Modern western medicine, by contrast is viewed as the culmination of a long, steady march towards progress and truth. Through a collective relapse of memory, our culture seems to have forgotten that modern western medicine is a relatively recent phenomenon and that most of what is now called "alternative healing," has been practiced for thousands of years throughout the world. Ironically, the true "alternative" is modern western medicine which represents the greatest deviation in healing the world has ever known." (Western medicine's war against the natural world, Marti Kheel, Townsend Letter for Doctors, Jan. 1992)

It behooves us to become acquainted with the wonderful world of Herbs and natural laws of health.

A whole new world of taste and enjoyment awaits you in the great variety of herbal teas now available: Don't be shy, try some!

This book will provide a working knowledge of basic home herbal use adequate for the average person. If you wish to study to become a qualified herbalist there are excellent courses available.

Remember that the use of herbs is a *part* of a natural health program. The mere adding of a herb to an unhealthy lifestyle will no doubt help a little; but if one wants to be truly well, lifestyle changes must occur as well. Don't waste your time and money seeking a magic potion herb that will cure all your ills while you continue to disregard nature's health laws.

You will hear about such things, especially when you tell your friends you are learning about herbs; they will tell you this herb, or potion or that will cure it all and will likely want to sell it to you as well. Not every herb is good for every person. It is safer and easier on your pocket book if you begin by learning about the healing properties of common herbs, spices and foods readily available in your house and garden.

Read about herbs in herbal books but beware of magazines whose primary purpose is to sell you a product. Some of what they say is no doubt true, but they make it seem as if every herb you read about is the last word in health and you have to rush out and buy it and take it. If you took it all you'd have a bushel of pills and capsules with each meal! (and you'd be broke.)

It is good however for a beginner to try many of the simple herbal teas and enjoy their flavors and notice their effects. Some suggested herbs to try:

Peppermint; spearmint; catnip; chamomile; (helps upset tummies and relaxes nerves)

Ginger; anise; fennel; dill weed; (great for gas)

Alfalfa, clover-top tea; (Nutritious)

Lemon with hot water and honey, with pinch of ginger for colds.



Sage tea; for sore throats and mouthwash.

A little Cayenne; Ginger; or Mustard in a hot foot bath; great for congestion and headaches.

Ordinary tea and coffee are not healthful because of the caffeine. Instead, get some of the great variety of herbal

beverage teas and experiment with them to learn your own favorites. Buy a sampler-pack from some of the herb companies so you can try different ones without having to purchase a whole box of each.

When you get some you like, use them in place of tea or coffee. Your body will love you for it!

You can make a tea out of any dried herb on your kitchen shelf by steeping about 1 teaspoon of dried herb to a cup boiling water for 5-10 minutes then strain.

If it is a spice, use just a pinch in the boiling water. Experiment with the herbs you find on your kitchen shelf and notice the different properties of them and the effects. Most herbs commonly used as seasonings have beneficial effects on the digestion and that is why they came to be used in foods.

To use the herb for medicinal effects the tea is usually made double strength; 2 tsp. per 1 cup boiling water.

Remember, if you gather any herbs to dry for use, make sure they are not contaminated with sprays or pollution and make sure you are certain of their identity. If you are not positive, consult a good field guide or ask a botanist.

If you pick wild plants: make sure they are not endangered species and don't pick them all, leave enough there to replenish themselves. Always label & date your herbs; dried herbs look a lot alike.

Recommended Reading

Back To Eden: Jethro Kloss

SPICE RACK MAGIC

ALLSPICE: a pinch in a tea as a digestive aid and a warming drink for chills.

ANISE SEED: tea great for coughs, bronchitis, and asthma, eases colic and spasms, digestive aid.

BASIL: make tea and apply twice daily to skin for acne.

BAY LEAF: repels bugs. Bay oil great for arthritic joints.

CARAWAY: Digestive aid, relieves gas spasms and menstrual cramps.

CAYENNE: small amount in foot baths for diabetics, cold feet, and poor circulation, in hot baths to fight a cold or chill. 1-2 capsules taken daily for heart and artery disease.

CELERY SEED: effective diuretic, as a tea or blended in a drink to relieve swollen ankles and water retention.

CLOVES: Tea for diarrhea, mouthwash or oil of cloves for toothache.

CORIANDER: digestive aid, and fights infection.

CUMIN: aids digestion, relieves gas.

DILL WEED AND SEED: Tea for gas, colic, even OK for babies.

FENNEL SEED: For indigestion, good for liver, promotes milk for nursing moms.

FENUGREEK: Great as tea or eaten as sprouts to combat excess mucous problems

GINGER: use in tea for gas, indigestion, or with lemon for colds, make tea of powder or fresh juice and dip cloth in hot tea and use as a compress.

Blend raw ginger in hot water with a small raw potato, add flour to thicken and spread on cloth -use as poultice on painful joints or on abdomen to stimulate digestion.

Used as a tea or eaten as a piece of candied ginger, this is one of the best remedies for nausea. Hospital tests showed ginger to be more effective even for severe morning-sickness than medication. (and no danger to baby!)

MARJORAM: Digestive aid, relieves menstrual cramps.

MUSTARD SEED OR POWDER: use in foot baths for chills or headaches, hot compresses or plaster for pneumonia and chest congestion.

OREGANO: decongestant for colds and coughs, aids digestion.



PARSLEY: Breath freshener, helps kidneys and bladder, good for heart and high B/P, Vit. A source.

ROSEMARY: Tea for headache, rinse for hair, relaxing in baths, said to aid brain and memory.

SAGE: Make tea and use as gargle for sore throat and mouth problems. is antiseptic.

SAVORY: Digestive aid, good for kid's tummy aches.

THYME: Cough remedy, antiseptic, eases menstrual cramps.

TURMERIC: Good for digestion and liver.

PEPPERMINT: eases spasms, colic and gas pains, good for urinary retention, mouthwash, eases fevers.

FOOD HERBS:

GARLIC: good for heart, circulation, lowers cholesterol, antibiotic, helps prevent infections, valuable nerve tonic, expectorant for respiratory infections, stimulates digestive juices, stimulates growth of 'friendly bacteria' in colon, deadly to round and pin worms, powerful agent against tumor formation.

Earache: blend garlic in olive oil, strain and use 4-5 drops in ear.

Colds: at onset, place clove in each side of mouth, cold will disappear usually in less than a day. (so will your friends)

Worms: 10-30 drops of garlic syrup (juice mixed with honey)

Chest cold: mix juice with olive oil and rub on chest; blend and make poultice and apply to chest or throat.

LEMON: Hot lemon with pinch of ginger and honey for colds, sore throats, decongestant.

Take juice of 1/2-1 lemon in pint of warm distilled water daily on awaking for a tonic flush and cleansing for stomach and colon .

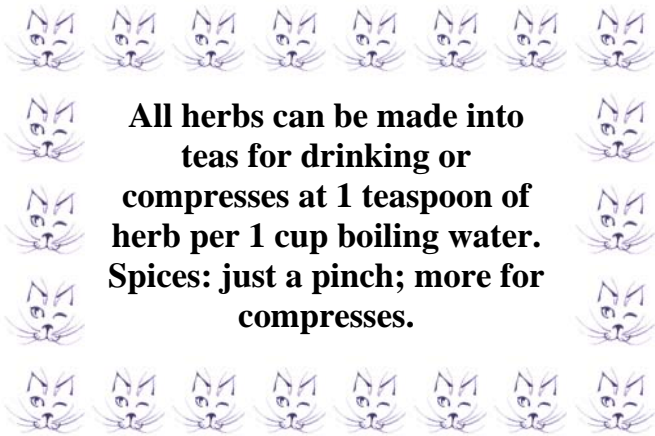
ONION: great energy food, rub a raw onion on loins to promote urination, massage with onion for sciatica, eating onions cleanses intestines of parasites and brightens and cleanses the skin.

Flu: High fevers: Chop several onions fine and spread on thin linen cloth and wrap around feet of patient- leave on overnight - this is highly diuretic and illness should pass in 3 days.

Apply as poultice to chest for pneumonia or cold.

CARROTS: The fresh raw juice of carrots is a perfect food. As a source of EASILY ABSORBED calcium it is an amazing healer and body building food for young and old alike.

SIMPLE HERBAL HOME REMEDIES



**All herbs can be made into
teas for drinking or
compresses at 1 teaspoon of
herb per 1 cup boiling water.
Spices: just a pinch; more for
compresses.**

To learn more about herbs, concentrate first on learning the many uses of the simple, more easily obtained herbs. If you feel you need more potent or costly herbs it is better to consult a well trained herbalist.

Always gather clean, unpolluted herbs, make sure of their identity, dry them carefully and store in jars or cans away from light. Label and date them; don't trust your memory.

Buying herbs: try to get organic ones to avoid possible pesticides.

Common Garden Herbs

DANDELION: Greens in tea or as vegetable; dried toasted root makes a healthful coffee substitute; good for liver, anti inflammatory.

A quart of the leaf tea in a bath is a good skin treatment for inflammation. Peppermint can be added. Dandelion is one of the most common but most effective and nutritious herbs available!

CATNIP: dried leaves in tea for digestion, relaxing nerves, antispasmodic.

HOPS: tea promotes relaxation and aids sleep.

CHICKWEED: use greens in salad and dried leaves as tea to promote weight loss.

RED CLOVER BLOSSOM: Pleasant tasting beverage tea, said to be a cancer preventative, blood purifier.

CHAMOMILE: digestive aid, relaxes nerves, pleasant taste- avoid if allergic to ragweed.

RASPBERRY LEAF: dried, as tea is a good female and pregnancy herb.

GOLDEN ROD: blossom and leaf; good diuretic and cold remedy.

ROSEHIP: in tea or jelly good vitamin C source, for colds, sore throats.

JUNIPER BERRIES: Urinary tract infections, promotes urination.

CORN SILK: Excellent mild diuretic made into a tea and drank 2-3 times daily.

EUCALYPTUS: A few drops of the oil in a vaporizer for colds or congestion, or a teaspoon of the oil or a tea made from the leaves, in a hot bath for flu & colds.

LEMON BALM: easy to grow; its leaves make a pleasant beverage and hot or iced tea. Excellent relaxing remedy for feverish or fretful children.

BORAGE: Known as a happy plant, the leaves make a tea that is an anti-depressant, also the tasty blue flowers can be used in salads.

VIOLET: The leaves and flowers of the common blue violet make a refreshing and relaxing tea that soothes the nerves.

Understanding Herbal Products:

Using and Storing Herbs

The Beginning herbology student finds themselves confronted by a confusing array of herbal products in bottles, large and small, boxes, jars, dry, capsules, tea bags and on and on. It is important to have an understanding of the various ways herbs are prepared.

DRIED HERBS

Dried herbs are basic; usually sold out of a large jar by the ounce. They may be chopped up: (Cut and Sifted or c&s) or they may be powdered: whole leaf or berry. For teas, the usual form is cut and sifted, for capsules, powdered herbs are used. Whole leaf or berry can be used in tea but usually has to be chopped or powdered before use. The advantage is that the larger the herb the less quickly it deteriorates in quality. Powdered herbs lose their potency rapidly unless stored with care. (See storage tips)

Capsuled herbs or formulas

Capsuled herbs and formulas are popular as they are a quick and convenient way to use herbs.

There is a great variance in quality in capsuled herbs. Bargain capsules are not always bargains. Check size of capsule, expiry date, and percentage of the main herb in a formula. Sometimes you pay the price of an expensive herb when most of what is in the capsule are lesser priced herbs. A 'compound' always has a main herb and some others to compliment it. This is OK if it is what you want, but if you want a pure herb make sure the label shows that.

Unfortunately, picking the highest price doesn't guarantee best quality, investigating various herb companies often is the only way to learn. It pays to ask the health or herb store owner which product he feels is giving the best quality for the best price.

Capsules are a useful way to take bitter, very potent, or unpleasant herbs like cayenne, goldenseal, wormwood, garlic, etc. But are not the best for absorption of milder herbs. With herbs like red clover, alfalfa, peppermint, you get very little active properties in a capsule.

Teas

This is a wide field; tea bags are handy and great for beverages. Bagged medicinal formulas tend to be quite mild. Loose tea medicinal formulas tend to be stronger in action and give you control to vary the amount of herbs you use in your tea. Then there is tea cubes; a herbal extract in glucose or lactose; these are beverage mostly as the active principle of the herb is minimal.

Some medicinal herbal teas come in glass ampoules which you break and pour the liquid into your hot water. These are excellent and are quite potent.

Syrups

Usually for cough or cold formulas; they are good, but should not contain sugar.



Liquid extracts

Medicinal or nutritious herbs in liquid extract; usually can be taken straight or mixed with warm water.

Tincture or fluid extract

Herbs extracted in alcohol and used by the drop. These are very concentrated herbal extracts. When buying you need to know the percentage of the active ingredients; some are mostly alcohol. It is best to drop them into boiling water and let sit for a few minutes so the alcohol will evaporate, leaving the herb.

Homeopathic herbs and tinctures

Homeopathy is another branch of natural healing the study of which is outside the scope of this course. Sufficient to know is that they are very dilute forms of herbs and not herbal extracts in the true sense.

Pills

Another way to take herbs; alternative to capsules. Common in Chinese herbal preparations.

Dried herbs and powders should be stored in jars with tight fitting lids, away from light. Dark bottles are good but clear is OK if they are not exposed to light. I use wide-mouth 2 liter sealers and keep them in their boxes setting the boxes on the side so I can easily access the jars. Protected from light, heat, air, and moisture, dried herbs can keep good for years.

If you go into a herb store that has pale looking herbs in clear bottles exposed to light; the potency will be poor.

Syrups, decoctions, liquids and oils are best refrigerated. Alcohol tinctures and extracts are stable indefinitely if not in bright light or heat.

To make teas, infusions and such, avoid using metal pots, especially aluminum!! Glass, ceramic, pottery or enamel are best.

Always label your herbs and products you make, and it is good to date them also. You might be sure you will remember, but months later many extracts, herbs or what-not might be unidentifiable.

Write down formulas you make or find in books carefully, again don't trust to memory that you will remember how to make it again.

When drying herbs that you grow or gather, do not bottle them until you are certain they are free of moisture, sometimes stems stay moist and when bottled will cause the herbs to mold. Musty or moldy smelling herbs must be discarded as unsafe. Again I stress, Labels! The withered up, dried herb is not so easy to recognize as when you picked it!

Making it Yourself

'Teas' (Infusion or Decoction)

This is perhaps the best known way of using herbs. More often though for a beverage rather than a medicine.

The cut and sifted form of herbs is best for teas as they can be strained easily.

Beverage dose is 1/4 oz. (1tsp.) herbs to 1 cup boiling water- Medicinal dose is 1 oz. dried or 1 1/2-2 oz. if fresh about 3-4 times stronger. Use distilled or filtered water if at all possible.

Infusion

This is for delicate flowers and leaves with volatile oils in them. Steep 1 oz. In 1 pint boiling water in a tightly covered container to retain the delicate oils. The herbs are not boiled at all only steeped for 10-20 minutes.

Sun Tea

Place the herbs in water (distilled) in a tightly covered glass jar and place in the sun for a few hours.

Decoction

This method is used for heavier herbs such as coarse leaves, stems, barks, and roots. Simmer 1 oz. herbs in about 5 cups water for about 1 hour or until the volume is down 1-2 cups. With coarser herbs that contain volatile oils, you should gently simmer them in a covered pot in less water.

If a formula contains both delicate and coarser herbs you can do each separately then combine them after straining, or add the delicate herbs just as the decoction is finished simmering.

Either decoctions or infusions can be made in large batches and kept refrigerated in a tightly closed bottle for later use. They should be rewarmed but not reboiled. They will keep only about a week.

Other uses for Infusions or Decoctions

Compress or fomentation

Make a strong herbal tea, soak a cloth or towel in it. Wring it out and apply it to the affected area as hot as can be tolerated. (don't burn the patient!) Cover with a dry cloth or towel and place a heating pad or hot water bottle on top to keep warm. Cover with plastic if it is to be left on overnight.

Use this for ailments like swellings, pains, colds and flus, and to stimulate circulation.

Ginger Compress

Stimulates circulation, relieves pain, restores warmth to cold joints, shrinks tumors and benefits internal organs.

Method- Grate 2 oz. fresh ginger into 1 pint of hot (not boiling) water. When the water turns yellow, it is ready to soak the towel. Have 2 towels and when the first cools, apply a hot one- keep this up until skin is nice and ruddy.

Other herbs good for fomentations or compresses are- Cayenne, cumin, mustard, anise. Powdered ginger can be



With a little care and know-how You can make at home almost anything sold in the herb store!

used but fresh is better.

Herbal Baths

For a herbal bath, make up 1-2 quarts strong tea and add to the tub of water then soak 20 minutes to 1/2 hour

Herbs to use: chamomile, comfrey, dandelion, mint, orange or lemon rind, lemon grass, kelp tea, elder, rose, lavender, For nerves and relaxing: Rosemary, valerian, chamomile, catnip.

Foot soaks

use tea of ginger, mustard, cayenne, or anise.

Great for chills colds, congestion and headaches.

Points to keep in mind when making herbal formulas

1. You are making a medicine with powerful herbs so use them with conscientiousness and respect.

2. Become familiar with each herb and its properties. You can do more by knowing a few herbs well, than many superficially.

3. Be sure of the identity of your herb especially if picking fresh.

4. Learn the uses and contraindications of each herb.

5. Be aware what herb part and form the herb should be used in.

6. Have all containers, strainers, filter cloths, and such scrupulously clean.

7. To sweeten herb teas use honey not sugar.

Capsules

Gelatin capsules come in two common sizes "0" and "00" the double 00 is twice as large as the 0.

It is best to use powdered herbs to put in capsules. Usually only very bitter or strong herbs and very potent herbs are used this way as milder herbs would require too many capsules to be an effective dose. The usual dose of capsuled herbs is 2 caps 2-3 times daily.

If you don't have powdered herbs you can grind them in a coffee grinder, or spice grinder.

To fill the capsules, blend the herbs to be used well, and place in a bowl. Separate the two parts of the capsule and push each into the herbs until full and firmly packed then carefully put the parts together again. With practice you will get fast at it.

Be sure to label bottles of capsules carefully as they all look alike .



Making it Yourself

LINIMENTS: Liniments are warming herbal extracts, usually made from alcohol, vinegar or oil, that are rubbed into the skin. Oils of aromatic herbs are generally used as they penetrate well into the muscles. They increase warmth and circulation to the area and promote relaxation, pain relief, and healing.

Uses: sore muscles, strains, arthritis, sprains, bruises, itchy skin, insect bites or frostbite.

Basic formula: place 4 oz. dried herbs or 8 oz. fresh, bruised herbs in a container and add 1 pint of oil, alcohol or vinegar. Allow to extract for 14 days, (less for powdered herbs.) in a warm place: Shake the container twice daily. When done strain, then strain again through cloth or coffee filter.

Essential oils can be added to a liniment to act as stimulants, carminatives, and aromatics. Use caution, some of them will cause blisters if much is used and others are not for internal use. Avoid rubbing them near the eyes. Some possible oils to use are bay, birch, cajeput, cinnamon, clove, camphor, cayenne, eucalyptus, ginger, peppermint, sage, rosemary, thyme, wintergreen, mustard, or turpentine.

Bases for liniments: Vinegar is a natural preservative that may be used directly or diluted to half and half with water.

Alcohol is also a natural preservative: if the preparation is to be used internally at all, use pure grain alcohol, available from liquor store. If to be used **only** externally you can use rubbing alcohol. (Label external only!)

Oils are used to make a preparation for massage. Olive, sesame or almond oils are good bases. To preserve the oil preparations add small amount benzoin extract or 400 IU Vitamin E per cup.

Herbs good for liniments include: cumin, oregano, chaparral, wormwood, cayenne, ginger, bay, sage, lobelia, bayberry, myrrh, marjoram, thyme, and comfrey root.

All purpose liniment: by Michael Tierra

Goldenseal - 1 part

Myrrh gum - 2 parts

Cayenne - 1/2 part

Mix herbs together in apple cider vinegar (3 1/2 oz. herbs per quart of vinegar) cover tightly.

Shake mixture each day for 7 days then strain.

Kung-fu Medicine: by Michael Tierra

Was used for injuries sustained in martial arts and is good for bruises, sprains and strains.

Angelica root - 6 parts (warming, relieves pain, dissolves clots)

Comfrey root - 6 parts (healing, soothing)



Cinnamon bark - 4 parts (warming stimulates circulation)

Valerian root - 4 parts (nervine, relieves pain)

Hyssop - 3 parts (helps break up blood congestion)

Safflower petals and calendula - 3 parts each (warming, soothing, healing)

Place 4 oz of herbs to 1 pint of alcohol. (if the herbs soak up too much alcohol add more until they are covered by at least 2 inches) Keep in warm place and shake twice daily for 2 weeks then strain and bottle for use.

Oils: Oils containing concentrated extracts of herbs are useful for massaging the whole body or specific areas needing treatment.

There are two main types of oils, soothing and healing, or warming and stimulating.

Here are some ways to make them:

For a general massage oil take almond, apricot kernel, olive, or sesame oil base and add a few drops of essential oils; such as lemon, mint, rose, orange, lavender or such.

For therapeutic use you can add a few drops of cinnamon, clove, wintergreen, peppermint, ginger, turpentine, or cajeput to name a few.

To extract herbs in oil, place herbs in jar and cover with oil. Leave in warm place. (the sun is good) for 14 days. (less if powdered herbs are used) Shake jar daily. Then strain out the herbs and bottle. Add 1/4 teaspoon benzoin per cup of oil to act as preservative.

A quick way to make herbal oil is to gently heat the oil and herbs in a pan for at least 1 hour, then strain and bottle the oil.

Or add alcohol extract (Tincture) of a herb to the oil and apply gentle heat to evaporate the alcohol.

As before use benzoin or Vit. E for preservative.

Another method is put 1 part herbs; 4 parts oil; and 16 parts water. Gently heat together until the water is evaporated, then strain and bottle.



SAMPLE FORMULAS

ARTHRITIC OIL

2 cups olive oil
1 T Camphor oil
1 T peppermint oil
1 T clove oil
1 tsp. Rosemary oil
1 tsp. eucalyptus oil
1 T fresh ginger juice
Mix and shake well.

COMFREY OIL

Use fresh root and leaves if possible, but dried can be used. Soak 1 cup fresh plant to 3 cups olive oil. or 1/3 cup dried root and leaves to 3 cups oil. Simmer gently for 2-3 hours. Let stand overnight and simmer again for 15 minutes, strain, add benzoin or Vit. E and bottle. This oil makes a great healing salve!

Soothing Oil

for mild chest and back rub, skin irritations, minor burns-
1 part Calendula flowers
1 Part Chamomile flowers
1 Part Elder flowers
1/2 part rose and/or lavender
Fill a jar and cover with almond oil
Leave in sunny place for several days; strain and add benzoin to preserve.

GINGER-SESAME OIL

Grate fresh ginger and express the juice through a cloth- mix with equal amount sesame oil.
This oil activates circulation and stimulates nerves. Use for aches, pains, headache, joint or spine pain.
Also 2-3 drops on cotton placed in ear canal for earache.
Dandruff treatment -apply to scalp and leave on overnight- shampoo out in morning.

Search through herbal books for other oil and salve recipes. Experiment and when you find ones you like, keep them in a note book for future reference.



Healing salve

for skin rashes, swellings, wounds and eruptions.

1 part Calendula flowers
1/2 part Plantain leaves
1/2 part Mugwort or wormwood
1/2 part comfrey leaves

Prepare in olive oil for several days then heat gently, strain and add chips of beeswax to make salve. Don't forget to add tincture of benzoin or Vit. E to oil.

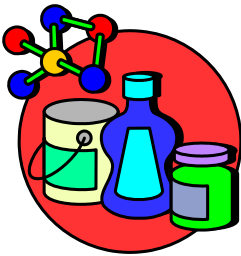
Chickweed salve

12 oz fresh chickweed
16 oz vegetable oil
2 oz beeswax

Melt oil and wax in pan, then combine ingredients and place in oven in a stone jar for 3 hours at low heat:
Strain through fine wire strainer while hot and pour into jars.

For treatment of itching and rashes, also good for sunburn.

To make an oil into salve: warm it and add chips of beeswax until desired thickness. Remember it is thicker when cold. Keeps well in jars, in a cool place.



Making it Yourself 2

TINCTURES AND ALCOHOL EXTRACTS

Tinctures and alcohol extracts are useful and popular ways to work with herbs.

Herbalists measure the amounts of the various herbs in the formula they are working with, combine them in a dropper bottle and the client will use the preparation by putting a few drops into a hot drink. It is convenient and many people prefer it.

If alcohol is a concern, putting the drops into a cup of boiling hot water and leaving it stand for a few minutes will remove most of the alcohol by evaporation leaving only the herbal essence.

Commercially sold extracts are fairly consistent in concentration and usually will indicate on the bottle how strong they are. Alcohol extracts require no special storage except to protect from light and will keep indefinitely.

This is a good way for a beginner to stock a selection of herbs without worrying about them deteriorating.

When you make your own extracts, they may vary in strength depending on the quality and freshness of the herbs you use.

Making tinctures

To make a tincture combine 4 oz of cut or powdered herbs with 1 pint grain alcohol. (buy it from the liquor store, you don't have to use vodka or such as they are more expensive, just ask for plain alcohol.) You may have to add more alcohol to the herbs if they soak it all up.

If the herbs are powdered they will be extracted in 3-4 days if chopped, up to 2 weeks. The extract can then be strained and the tincture bottled. A coffee filter will help to get the final powder out of your tincture.

Label and date all products!

Lobelia is one herb that can be extracted well in vinegar, but most do best in alcohol as it generally will extract all important ingredients from a herb.

Sample tincture formulas

Valerian tincture

A pain killer and nervine. Can be rubbed on baby's gums for teething, or a few drops to calm baby. Also good as an antispasmodic and relaxant for children and adults, who would use 1-2 tsp. in a hot drink.

Use 4 oz powdered valerian root to 1 pint alcohol or vinegar.

Antibiotic tincture

Use 1 part fresh garlic



1 part fresh nasturtium, whole plant
1/4 part Dried, powdered Echinacea root

Extract in alcohol or vinegar. use for colds, flu and infections.

I have used a mixture of 1 cup cheap port wine, 1 cup cider vinegar and 1/2 cup grain alcohol to extract tinctures. It is less expensive than pure grain alcohol and gives good results in most formulas.

Anti-Spasmodic tincture

For cramps, asthma attacks, angina, panic attacks

2 parts lobelia or 1 part lobelia seed
1 part valerian root
1/2 part skullcap
1/2 part ladies slipper root
1/4 part ginger powder
1/4 part cayenne
1/2 part myrrh
1/2 part black cohosh

Use 4 oz herb mixture to 1 pint alcohol mixture or plain alcohol.

Use 10 drops as needed or 3-4 times daily .

Anti-Cramp Tincture

1 part each: Cramp-bark
Squaw-vine
Tang-kwei (dong quoi)
ginger
Poria (fu-ling)
red raspberry leaf
Yarrow
Motherwort

Extract as above and use 10 drops 3-4 times daily for relief of menstrual cramps. Many ladies find it useful to start taking this formula a few days before period is due.



SYRUPS

BASIC SYRUP METHOD

Good for cough syrups and children's formulas.

To make a syrup, add about 2 oz. of herb to 1 quart of water and gently boil down to one pint. Strain and when still warm add 1-2 oz honey and/or glycerin. You can add a little Irish moss powder to thicken or gel a medicine but use only 1/2 -1 tsp. as a little thickens a lot.

Syrups will keep several months in a cool place in air-tight container.

Cough syrup herbs include: Wild cherry bark, licorice, thyme, anise seed, fennel seed, Irish moss, small amounts of lobelia (for spasmodic coughing)

Also used are angelica root, coltsfoot, horehound, elecampane root, lemon balm, rosehips, slippery elm, sage, yerba santé, and mullein.

1/2 to 1 tsp. of syrup usually is the dosage 4-6 times daily or as needed.

Children's calming syrup

40 gms lemon balm

30 gms hops

30 gms passion flower

Make up as syrup or as a tea and add honey.

Dosage 1/2-1 tsp. syrup as needed or 1-2 oz tea.

VALERIAN TINCTURE

One of the most useful herbal preparations to either buy or make is valerian tincture. It can be used to calm nervous people of any age and although it relaxes it in no way causes dizziness or confusion. It also has a good effect on palpitations and angina pains and is useful for insomnia due to being 'keyed up'.



Inhalation therapy

Essential oils such as eucalyptus, pine, peppermint, and camphor can be used in a vaporizer to help with children's or infant's colds.

Herbs can also be simmered in an open pan or potpourri cooker to produce medicated vapors to soothe and relieve stuffiness.

Eucalyptus is ideal also German chamomile, or lemon balm.

GARLIC SYRUP

Place 1 lb. of peeled, minced garlic cloves in a wide-mouthed two quart jar. Almost fill it with apple cider vinegar and distilled water 1/2 and 1/2.

Cover and leave in warm place 4 days shaking it twice daily. Add 1 cup vegetable glycerin and let stand another day. Strain, and with pressure, filter the mixture through muslin or cheese cloth. Add 1 cup honey and mix thoroughly. Store in a cool place.

Use 1 T. three times daily before meals; for coughs, colds, flues, heart weakness or blood pressure problems.

If you find it too strong, take with some warm water as a tea

Formulas can also be made by buying the alcohol extracts already made and combining them in the proper proportions for your formula.



Making it Yourself 3

POULTICE

Poultices are an old-fashioned but very effective form of treatment. They consist of a mashed up paste of some sort of herb or vegetable material, spread on a cloth and applied to an area of the body externally, usually hot. The herbs or vegetable matter can be mixed with hot water, apple cider vinegar, herbal teas, liniments or tinctures. Their purpose is to draw away toxins or foreign material and to stimulate healing and circulation.

Conditions that respond well to poultices are, venomous bites and stings, boils and eruptions, abscesses and blood poisoning, inflammation and pain.

Area to be covered is usually washed with 3% Hydrogen peroxide, a thin coating of olive oil applied to the skin and then the hot poultice placed over area and cloth or bandage used to hold it in place. A source of heat such as a hot water bottle or heating pad may be used on top to keep the poultice hot. It is usually best hot but don't burn the skin!

Poultices covered with plastic and flannel cloth can be pinned or taped in place and left on overnight. Note that some poultices can stain clothing so take precautions.

Don't reheat and reuse any poultice that has been used on any infected area.

Herbal extracts, strong teas, or tinctures can be added to a base of cornmeal, flour, slippery elm, or Irish moss powder to make a paste and used as a poultice.

OLDE TYME POULTICE RECIPES:

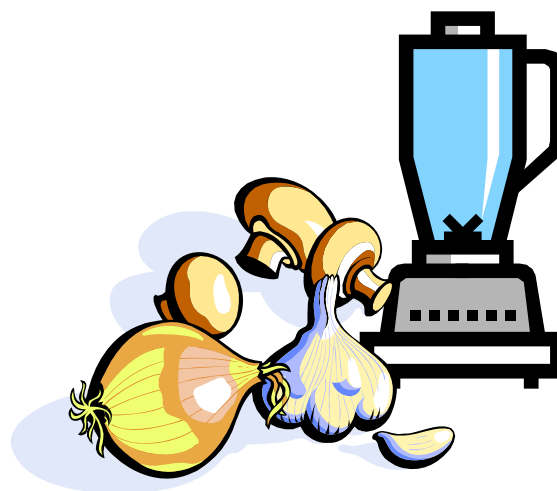
MUSTARD POULTICE: Mix 2-3 oz. boiling water with 2 1/2 oz. ground mustard. Separately mix 6-8 oz. boiling water with 2 1/2 oz. ground flax seed. Combine the two mixes for poultice. Use: Rubefacient, chest colds. Leave on 20 min. or less; watch closely to avoid blistering!

FLAX SEED POULTICE : 10 oz. boiling water to 4 1/2 oz. flax seed meal. Stir to poultice consistency. Use: emollient, drawing.

GENERAL HEALING POULTICE: 12 parts bayberry rt. bark powder, 6 parts ginger powder, 1 part each clove and cayenne powder. To this add 20 parts slippery elm powder. Mix dry, then make into paste with boiling water as required. Use: Stimulant, astringent, antiseptic.

SPICE POULTICE: Equal parts ginger, mustard, cinnamon, and allspice. Add warm vinegar to form poultice. Use: aromatic, soothing pain relief.

POTATO POULTICE: For Pink-eye inflammation. Fine shred raw potato. Apply cold to closed eye.



Hold in place with gauze patch and secure with cloth retainer. For hot burning eyes apply shredded cucumber cold.

POTATO POULTICE 2: shred 4 parts raw potato and 1 part fresh ginger root, add flour to make paste. Apply to abdomen. Wrap around with flannel and leave on overnight. Use: weak digestion, strengthening vitality.

FIG POULTICE: Split open black fig and soak in warm water. Use for, inflamed boils, abscesses, scar tissue, pain, gum and teeth abscesses

BREAD POULTICE: Heat bread crumbs with soy, rice or nut milk. Stir to thickness required. Add small amount olive oil to prevent skin from becoming wrinkled. Use: to draw out infections.

RASPBERRY LEAF POULTICE: Make a strong tea with the leaves. Add crumbled crackers and powdered slippery elm bark. Put in a touch of ginger and stir. Use: Rubefacient; Increases circulation.

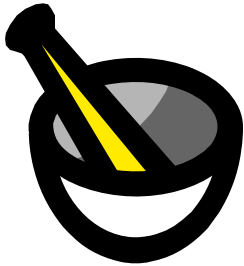
CARROT POULTICE: Shred four ounces of carrots, add one ounce corn meal. Add enough boiling water to make poultice texture. Use: inflammation and infections.

ONION POULTICE: As above but with onions. Use: inflammation and infections, also on chest for chest colds

CAYENNE POULTICE: Mix cayenne powder with slippery elm use warm water to form poultice. Use: warms and increases circulation, counterirritant.

GARLIC POULTICE: Make pulp of raw garlic, place on cloth and apply. May sting but is effective! Use: abscesses, fungus skin infections, eczema, dermatitis, boils, arthritic joints, neutralizes toxins.. Change every 8 hours.

A Plaster is like a poultice. an effective plaster for drawing out fever is made by squeezing the water from tofu and mashing it with pastry flour and 5% fresh, grated ginger root.



“Always study and teach the use of the simplest remedies; and the special blessing of the Lord may be expected to follow the use of these means which are within the reach of the common people.”E.G.White

CHARCOAL

Charcoal has an amazing absorptive ability (the ability to pull into itself toxins and poisons) The carbon hungrily unites with other substances. Poisons, gases, chemicals, toxins, bee stings; all can be absorbed by charcoal. Charcoal isn't really a herb but in a way it is. It is extremely effective and useful substance!

CHARCOAL POULTICE

Mix equal parts of powdered activated charcoal with ground flax meal. Add enough hot water to make a paste and spread on cloth and apply hot to affected area. Cover with wool or flannel, plastic and a hot water bottle.

Uses: Apply to bee stings or bites, infected areas and inflamed areas.

Can be applied to abdomen in the case of diarrhea or dysentery and over the liver or gallbladder in inflammatory states of these organs.

PRECAUTIONS

Charcoal stains clothing so be careful when working with it. It will tattoo skin if applied directly on a open wound so have layer of cloth or gauze under it. Be sure and get your activated charcoal from a health product supplier not charcoal briquettes as they contain chemicals.

INTERNAL USE OF CHARCOAL:

In case of stomach or intestinal distress or food poisoning take 5 charcoal tablets with glass of water. Chewing them speeds action. Capsules can be taken also. Take 2-3 times daily until well.

Charcoal can be mixed with olive oil and taken a tbs. 3-4 times daily.

For gas and chronic indigestion, mix powdered charcoal, 1 tbs. in 2 quarts water, let stand and drink the water off the top.

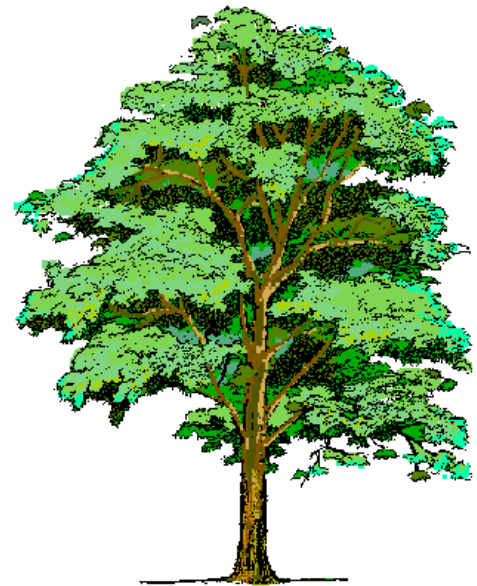
Skin ulcers can be cleansed with Hydrogen peroxide, then dressed with charcoal paste inside moist gauze. Cover with cloth and tape in place. (use non-allergic tape) Change dressing twice daily. This speeds healing in cases of slow healing sores and ulcers. Don't apply paste directly to sores or fresh wounds, because it can cause a tattooing effect on the skin, have layer of gauze

between.

Charcoal can be used on crush injuries and bruises, alone or when mixed with smartweed powder or pulp.

Charcoal can be placed in a piece of cloth and tied up as a bag, dipped in warm or cold water and placed over an inflamed eye, with the eye closed. It works like a charm!

Charcoal also deodorizes effectively in the case of odorous wounds or sores by absorbing toxins.



SOURCES OF MEDICAL CHARCOAL

You can usually get it in a health food store in capsules or tablets. (Aquarium charcoal is not for medicinal uses)

Or Write-

Uchee Pines

Rt. 1

Box 273

Seale AL.

USA -36875

Ph. 205-855-4764

BODY SYSTEMS

Let's take a quick look at the various body systems and foods and herbs that help them:

SKELETAL SYSTEM

All bones, cartilage, and joints. Support and protection of body, leverage, mineral storage, production of red blood cells.

FOODS: Sesame seeds, kale, millet, celery, barley, okra, almonds, collards, turnip greens. Black mission figs, soy milk, black cherry juice, green kale juice (raw), celery/parsley juice.

VITAMINS: C, D, A, B-complex, B2, B6, B12, E, F, folic acid, niacin, pantothenic acid, bioflavonoids.

MINERALS: Calcium, phosphorus.

HERBS: Comfrey, kale, poke root, juniper berries, elder-flower, oatstraw, Irish moss, horsetail, devil's claw.

LYMPHATIC SYSTEM:

Spleen, thymus, appendix, tonsils, lymph nodes, vessels, and fluid. Filtration of blood, production of white blood cells, protection against disease, return of protein to vascular system.

FOODS: Green leafy vegetables, watercress, celery, okra, apples. Potato peeling broth, celery juice, blue violet tea, parsley juice, carrot juice, apple juice.

VITAMINS: A, C, choline, B-complex, B1, B2, B6, biotin, pantothenic acid, folic acid.

MINERALS: Potassium, sodium.

HERBS: Blue violet tea (leaves), chaparral, burdock, Echinacea, blue flag, poke root, golden seal, cayenne, mullein, Black Walnut.

MUSCULAR SYSTEM:

All muscular tissue in the body. Facilitation of body movement, production of heat, maintenance of body posture.

FOODS: olives, rye, Lima beans, rice bran, bananas, sprouts, water cress, complimentary protein (grains, legumes etc.) apples Potato peeling broth, dried olive tea, nut milk drink with liquid chlorophyll.

VITAMINS: B, D, E, A, B complex, B12, C,

MINERALS: Iron, silicon. Calcium, potassium, magnesium, nitrogen, silicon.

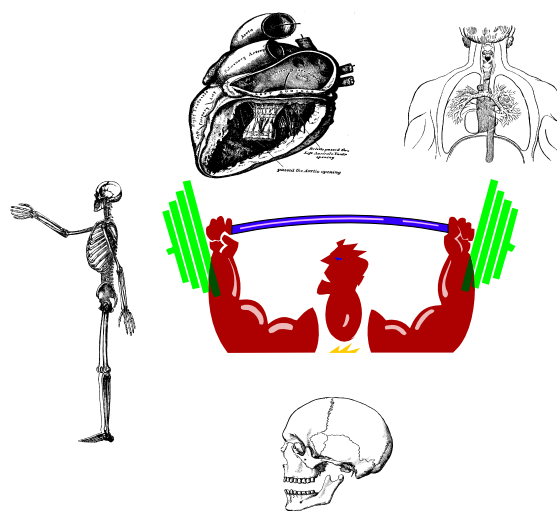
HERBS: Juniper berries, rosemary, tansy, black willow, horseradish, wild cabbage, kelp, dulse, watercress, horsetail, Black walnut.

ELIMINATIVE SYSTEM:

Large colon. Completion of nutrient absorption, manufacture of certain vitamins, formation and elimination of feces.

FOODS: Squash, flaxseed, green & yellow veggies, soy yogurt, alfalfa, acidophilus, bran, grapes, soy whey, berries, sprouts, yellow corn meal. Chlorophyll, carrot juice, celery juice, parsley juice, spinach juice, flaxseed tea, cherry juice.

VITAMINS: A, F, choline, B1, B2, B6, B12, C, E, inositol,



niacin, folic acid, pantothenic acid.

MINERALS: Magnesium, Potassium, sodium, sulphur, calcium, iron, phosphorus.

HERBS: Psyllium, (bulking) aloe vera, cascara sagrada, senna, barberry, golden seal.

RESPIRATORY SYSTEM:

Lungs, trachea, bronchi, bronchial tubes, alveoli.

Oxygenation, elimination of CO₂, regulation of the acid/base balance of the body.

FOODS: Garlic, onions, leeks, turnips, grapes, pineapple, honey (eucalyptus), green leafy vegetables. celery/carrots, papaya juice, watercress, green bean, rose-hip tea, soy/wheat

whey.

VITAMINS: A, C, D, B-complex, B1, B6, B12, E, F, choline, bioflavonoids, folic acid, niacin, pangamic acid, fluorine.

MINERALS: Calcium, iron, silicon, manganese, potassium, copper, iodine.

HERBS: Mullein, elder flowers, peppermint, yarrow, lobelia, comfrey, cayenne, sage, coltsfoot.

INTEGUMENTARY SYSTEM:

Skin, hair, nails, oil and sweat glands. Regulation of body temperature, elimination of waste, temperature, pressure and pain reception.

FOODS: Rye, avocados, sea vegetables, whey (soy/wheat), apples, cucumbers, millet, rice polishings, sprouts. Carrot/celery juice, lemon juice, cucumber/endive juice, pineapple juice.

VITAMINS: Pantothenic acid, PABA, D, A, B-complex, B2, B6, B12, B1, C, E, F, K, biotin, choline, Folic acid, niacin, bioflavonoids.

MINERALS: Silicon, calcium, fluoride, iron, phosphorus, potassium, sodium, sulphur, iodine, copper, manganese, zinc, magnesium.

BODY SYSTEMS CONTINUED

HERBS: Oatstraw, shavegrass, horse-tail, comfrey, aloe vera, burdock.

GLANDULAR SYSTEM:

Pineal gland, pituitary, thyroid, parathyroids, thymus, adrenals, pancreas, ovaries, and testes. Regulation of body activities, through transportation of hormones via the circulatory system.

FOODS: Sea vegetables, Swiss chard, turnip greens, wheat germ, lecithin, sesame seed butter, seeds and nuts. Pineapple juice, wheat germ /dulse drink, Black cherry concentrate, chlorophyll.

VITAMINS: B-complex, E, C, choline, inositol, folic acid, pantothenic acid.

MINERALS: Iodine, silicon, phosphorus, calcium, magnesium, sodium, potassium, sulphur, iron, manganese.

HERBS: Kelp, dulse, ginseng, dong-quai, licorice, echinacea, golden seal, dandelion.

DIGESTIVE SYSTEM:

Gastro-intestinal tract except colon, salivary glands, liver, gall bladder, pancreas. Mechanical and chemical breakdown of food for cellular use.

FOODS: Papaya, liquid chlorophyll, spinach, sun-dried olives, chard, celery, kale, beet greens, soy whey, shredded beets, watercress, soy yogurt, parsley juice, papaya juice, chlorophyll drink, carrot juice, potato peeling broth, soy/wheat whey drink.

VITAMINS: A, C, B-complex, B1, B2, B6, B12, D, E, F, K, folic acid, inositol, niacin, pantothenic acid.

MINERALS: Sodium, magnesium, potassium, iron, sulphur, copper, zinc, iodine, silicon.

HERBS: papaya, alfalfa, aloe vera, peppermint, slippery elm, burdock, comfrey, ginger, fennel, anise.

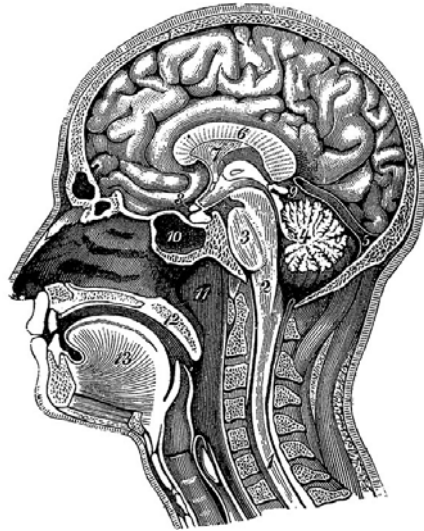
REPRODUCTIVE SYSTEM:

Testes, ovaries, sperm, ova, mammaries.

FOODS: Brewer's yeast, garlic, wheat germ, liquid chlorophyll, alfalfa sprouts, buckwheat, sun-dried olives, watercress. Blackberry juice, parsley juice, grape juice, hawthorn berry tea.

VITAMINS: B-complex, B6, niacin, B12, C, E, choline, folic acid,

MINERALS: Calcium, iron, silicon, magnesium, iodine,



phosphorus, potassium, zinc, manganese, nitrogen, sulphur.

HERBS: Hawthorn berries, cayenne, garlic, poke root, saffras, burdock, chaparral, echinacea, red clover, oatstraw.

NERVOUS SYSTEM:

Brain, spinal cord, nerves. Total body function. To receive and respond to the impress and instruction from our Creator.

FOODS: Kale, celery, rice polishings, brewer's and nutritional yeast. Celery/carrot juice, prune juice, black cherry juice, green juice, cucumber juice.

VITAMINS: B-complex, A, B1, B2, B6, B12, B13, C, D, E, F, folic acid, pantothenic acid.

MINERALS: Calcium, phosphorus, manganese, sulphur, iodine, magnesium, potassium, zinc, fluoride, silicon.

HERBS: Valerian, hops, skullcap, lobelia, lady's slipper.

CIRCULATORY SYSTEM:

Heart, blood vessels, blood. Distribution of O₂ and nutrients to cells, removal of CO₂ and wastes from cells, acid/base balance, temperature regulation, blood clots.

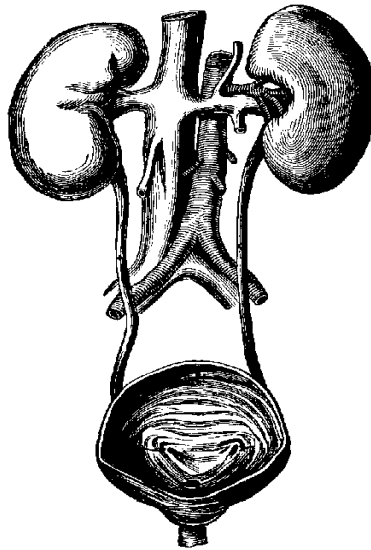
FOODS: sesame seeds, pumpkin seeds, nut butter, lecithin. Drink: 3/4 cup carrot juice; 1/4 cup soy milk; 1 tbslp. wheat germ oil; 1 tspn rice polishing.

Black cherry concentrate, chlorophyll, pineapple juice, wheat germ/dulse drink.

VITAMINS: B-complex, E, A, B2, B6, C, D, E,

MINERALS: Zinc, calcium, iodine, phosphorus, sodium, potassium, fluoride, silicon.

HERBS: Black cohosh, licorice, dong-quai, ginseng, blessed thistle, blue cohosh, uva ursi, raspberry, squaw vine, chickweed.



URINARY SYSTEM:

Kidneys, bladder, ureters, urethra. Elimination of liquid waste, regulation of chemical composition of the blood, body, fluids, and acid /base balance.

FOODS: Watermelon including the seeds, pomegranate, apples, asparagus, chlorophyll, parsley, green leafy vegetables. Celery juice, black currant juice, juniper berry tea, celery/parsley/asparagus juice, beet juice, grape juice.

VITAMINS: A, B-complex, B2, B6, C, D, E, choline, pantothenic acid,

MINERALS: Calcium, Potassium, manganese, silicon, iron, magnesium.

HERBS: Juniper berries, uva ursi, parsley, golden seal, slippery elm, elder flowers, dandelion.

Herbs by Body System—1

Now we will take a detailed look at some of the common, useful herbs for the various body systems.

SKELETAL SYSTEM HERBS:

Comfrey

Also known as: Knit bone, bruise wart.

Latin description: *Cymphytum officinale*.

Parts to use: Roots, leaves.

Chemical constituents: mucilage, allantoin, tannins, essential oils, gum, pyrrolizidine, alkaloids, betasitosterol, steroidal saponins, triterpenoids, Vit. B-12 phosphorus, potassium.

USES: Make a strong tea of the root and use as a fomentation for bruises, swellings, fractures, sprains. Also for boils. A poultice of the fresh leaves is excellent for swellings, bruises and sores, sore breasts and fresh wounds.

Tea of the leaves is good for anemia and lung problems. Comfrey makes a tremendous poultice because it has allantoin, which causes cell proliferation.* It helps cause rapid growth of the tissues, especially connective tissues, bone, cartilage. Some of those areas are hard to heal.

Comfrey has been called the vegetable DMSO. It absorbs and is easily transported through skin, tissues, and cell membranes. It tends to break down red blood cells, which is probably how it got its name as bruise wart. Comfrey leaf is good as a poultice to alleviate bruises and dissolve and disperse them rapidly.

Comfrey can also be used in poultices or compresses for varicose veins. It is tremendous in healing and drawing inflammation, infections, and infected matter out of burns. For internal use, we use it with caution though it is useful in treating bronchitis and other lower respiratory problems. Internally as an infusion it can be useful in loosening mucus in sinuses when they are impacted. It has been a traditional remedy in ulcers. It has a substance that depresses the secretion of prostaglandin which is related to inflammatory problems in the stomach or in the GI tract. There has been a caution with internal usage because research has correlated heavy internal use with liver cancer. Consequently we would place a caution with Comfrey regarding excessive internal consumption.

Dosage:

Capsules: 5-10 "0" capsules up to 3x daily.

Infusion: Drink 1 cup 3x daily.

*Caution: Avoid internal use with cancer patients or those with increased risk.

Oatstraw

USES:

As tea is a good source of organic minerals; usually combined with other nutritional herbs in a formula.



Irish moss

USES: an emulsifying and suspending agent in formulas, use also in skin and anti wrinkle creams. It is a demulcent, nutrient, and used for kidney and urine problems, and skin problems. It is high in minerals and trace elements. Used as an ingredient in bulk laxatives it adds greatly to the nutritive benefit.

Devil's claw

USES-

In treating over 200 arthritic pain patients, Dr. Schmidt prescribed Devil's claw tea- 3 teaspoons of powder were put in one liter of boiling water. Remove from heat, cover and leave overnight. The next day drink small portions throughout the day. He reported that pain was lessened and flexibility increased.

It is also quite effective in capsules for those who don't relish its bitter taste.

I have spoken to persons whose hands had stiffened so badly they could do little with them and after use of this remarkable herb for a short time returned to playing violin!

White willow

Also known as: Willow.

Latin description: *Salix alba*.

Parts to use: Bark.

Chemical constituents: Tannins, salicylic glycosides.

USES: As a tea for fever, aches, arthritis and rheumatism.

Use in compresses or washes externally for skin eruptions, deodorant wash for offensive body odor, or burns.

Due to the salicylic glycosides, white willow can be used effectively as an anti inflammatory/analgesic. Because it is balanced by tannins it does not cause stomach upset or gastric irritation like an aspirin would where the salicylic compounds have been isolated. Typical usage would be where anyone would want to use aspirin. It also works well as a gargle for sore throats. Drinking the decoction also will help to take the inflammation out of urinary tract infections.

Dosage Capsules: 4-5 "O" capsules as needed.
Decoction: 1 cup as needed.

ARTHRITIC RELIEF CAPSULES:

5 parts Devil's Claw root powder
1 part Burdock root powder
1 part Dandelion root powder
1 part sarsaparilla powder
Capsule in 00 caps and take 2 twice a day with warm alfalfa or red clover tea.

ORGANIC CALCIUM TEA:

1 part each; Horsetail, Oatstraw, Lobelia, Alfalfa leaf, comfrey leaf. Mix and use 1 teaspoon herbs to cup of boiling water. Drink 1-3 cups daily. Peppermint leaf can be added to formula for flavor.

LYMPHATIC SYSTEM HERBS:

Blue violet tea (leaves)

USES:

Tea can be taken internally and compresses or leaf poultices applied to swollen lymph glands. Also good for relaxation, healing, colds, coughs, sore throat. Combine with red clover and vervain for a tea for skin disorders and for general health. (see Nervous System)

Burdock Also known as: Cocklebur, beggar button, cockle button.

Latin description: *Arctium lappa*.
Parts to use: Roots and seeds, sometimes leaves (mainly the roots).

USES: One of the best blood purifiers; root, herb or seeds are used but the root is more common. Used internally for diuretic and bladder pains, gout, asthma, jaundice. Externally for all manner of swellings, acne (internally and externally in compresses and washes) Fresh leaf poultice for burns. Blood purifier, tissue purifier. You use it in mild amounts and not in heavy dosages. It has somewhat of a laxative property, and is a mild diuretic. Burdock root and leaves can be used in internal and external preparations for skin disorders such as psoriasis and eczema. A decoction of the root is restorative to the liver and gallbladder functions and has a mild stimulating effect to the immune system. It has an antimicrobial action which makes it useful in treating skin disorders such as boils, acne, and other skin infections. You would use this primarily with an external plaster. Its antimicrobial property may also be useful internally. It is useful in cases of cysts in the urinary tract. One valuable use for the root especially is in decoctions for eliminating acids in alleviating the symptoms of both osteoarthritis and rheumatoid arthritis. The fresh leaves are quite bitter and can be useful in stimulating purification of the liver.

Bone spurs and related calcifications may be removed by drinking up to a quart of the decoction of burdock root daily for 2-3 weeks. Even better results are obtained if you also take 8-14 alfalfa tablets daily while drinking the decoction.

CAUTION: People who are suffering with hypoglycemia should use with care as burdock can lower blood sugar levels.
Dosage Capsules: 4 "O" capsules of root powder 4x daily max.

Decoction: Drink 3 cups twice daily.

Echinacea

USES: In capsules, decoction, or as extract, it has a blood purifying effect and seems to greatly improve the immune system and general health.

Golden seal

USES: Extremely valuable as a tonic for disordered and debilitated states of digestive and mucous tissues. It is helpful in chronic alcoholism and toxic states of the liver. This marvelous herb is nontoxic, non-irritating antiseptic that both heals and soothes the surface of the body and may be used as frequently as one wants.

GOLDEN SEAL COMPOUND CAPSULES

3 parts golden seal powder
1 part myrrh powder
1/2 part cayenne
Capsule and use for colds, flu, and chest infections.
Take two with hot drink 2-3 times daily as needed.

Black Walnut

USES: Bark and leaves are astringent and detergent and decoctions have been used as a douche for leucorrhoea, drank to dry up breast milk, as an anti-parricide, as a mouth wash for sore mouth and tonsillitis. Wal-

nut kernels are rich in essential oils and contain almost as much protein as a sirloin steak. Walnut oil is excellent for dandruff and dry hair.

MUSCULAR SYSTEM HERBS:

Kelp

USES: High in minerals and trace elements, specific for goiter and thyroid problems because of its iodine content, it is good for skin, hair, and nails. It can be used as a salt substitute or added to season soups and salads. It can be taken in capsule or tablet form. If a person tolerates salt poorly, it should be used in moderation.

Dulse

USES: Similar to kelp as a nutrient source.



Lavender

Latin description: *Lavendula Officinalis*.

Parts to use: Flowers; dry.

Chemical constituents: Volatile oils, linabol, Enalyl, terpinol, cineole, lavendulyl acetate pinene, limonene coumarins, flavonoids, and camphor.

USES: Topically used to allay pain on neuralgia and etc. by rubbing on skin. Can be added to massage oils as it will aid in relieving muscle spasms. Excellent as a topical oil to apply to wounds to promote healing. Will disinfect and cleanse thus preventing infection.

Dosage Not recommended for internal use unless directed by a professional natural practitioner.

Watercress

USES: High in Vitamin C and E, Has a better percentage of organic minerals than spinach, without the harmful oxalic acid. It nourishes the pituitary, stimulates digestion, and helps clear the skin of eruption and is eaten to dissolve kidney stones.

Wintergreen

USES: Leaves are astringent and can be used as a compress. Tea of the leaves can be used as aspirin, and the oil is used externally in liniments and rubs.

MUSCLE RELAXANT FORMULA

4 parts Kava Kava powder
2 parts Cramp bark powder
1 part ginger powder
1/2 part cayenne
1 part lobelia
1 part ladies slipper powder
1 part valerian root powder (if ladies slipper root not available use 2 parts valerian)
Capsule in 00 caps and take 2 caps 2-3 times daily with warm drink as needed.

ELIMINATIVE SYSTEM HERBS:

Psyllium

Latin Description: *plantago psyllium*.

Parts to use: *Plantago Psyllium* seeds.

Chemical constituents: higher mucilage, glycosides, monoterpenes, aucubine, enzymes, proteins, fatty acids.

The seeds of *Plantago Psyllium*, will add bulk to the stools and because of their semi abrasive action they are excellent in bowel cleanses of all types. Typical application involves grinding the seeds.

CAUTION: If using the psyllium seeds as either a laxative or a bulking agent for the stool it is very important that you not take them in a concentrated form but mix them in juice or water and drink copious amounts of fluid with it. In some cases, predominantly in geriatrics, there have been some reported problems with these seeds clumping and causing obstructions in the bowel.

Dosage Seed Powder: 1 rounded teaspoon mixed in 8 oz. of juice or water. Mix well before drinking.

USES: Used alone or in combination with slippery elm pow-

der and Irish moss powder as a moisturizing bulk laxative. Powder from either husk or whole seed is effective. Blend a tablespoon into a glass of juice and drink immediately. Follow with extra glass or two of water as this remedy works best with lots of fluids. If not enough fluids are supplied it can aggravate constipation instead of relieving it. Use once or twice daily on a regular basis.

Shepherds Purse

Also known as: Witch pouch, pick pocket.

Latin Description: *Capsella bursa-pastoris*.

Parts to use: Ariel.

Chemical Constituents: Acetylcholine, tyranine.

USES: Because it is an astringent it is used in case of chronic or profuse diarrhea. Shepherds purse is a very effective diuretic. It is cleansing to the urinary tract. It can be



made into a compress or poultice and used for hemorrhoids and external bleeding ulcers. The infusion may be snuffed to halt nose bleeds.

Dosage Capsules: 4 caps 2x daily.

Infusion: 1 cup 2x daily.

NUTRI-BULK FORMULA

4 parts Psyllium husk or seed powder
2 parts Irish moss powder
2 parts Slippery elm powder
2 parts Guar Gum powder
2 parts Alfalfa powder
2 parts Spirulina powder

Mix thoroughly and use 1 tablespoon blended in juice once or twice daily and follow with a full glass of water.

This formula is great for the elderly and also for weight loss programs as it provides not only bulk and lubrication for the Colon but a great nutritional boost badly needed by the 'tea and toast' crowd!

Cascara sagrada

USES: Small amounts can be taken as a tea, syrup, or capsule to regulate chronic constipation. It is not a habit forming laxative and causes no severe griping. It also is safe in pregnancy.



Senna

USES: This is a cathartic laxative that is commonly used but it is not the herb of choice for this purpose as it is irritating, habit forming, and causes griping and colicky pains. It should be used only when an absolute purgative is required and will empty the bowel. It is not recommended for long term use.

Rhubarb root

USES: Can be used for either constipation or diarrhea as it is both laxative and astringent. It is useful to remove stagnation and obstructions.

White Oak

Latin description: *Quercus alba*.

Parts to use: Inner bark.

Chemical constituents: Tannins, sodium sulphur, calcium, abundance of trace minerals, also Vit B-12, gallic acid.

USES: A decoction of the bark is an excellent astringent. It also is good in purging intestinal parasites. The tannins anesthetize them and they are passed out. It is a tremendous healing agent as a compress or wash for wounds. White oak decoction used as a compress will lessen the pain from most open wounds. It works even better if combined with comfrey leaf.

It helps to cleanse the puss out of wounds and prevents infection due to its astringent action. Gargling is great for sore throats. In cases of extreme constipation you may use a large glass of the decoction orally followed with a high enema of very warm decoction. It is very effective to use in bowel cleanses by increasing the parastolic action of the colon. It is an excellent cleanser and is better in my opinion than coffee for that application. The decoction can be used in case of diarrhea to stop chronic diarrhea. It is a good application for irritable bowel syndrome as it helps to cleanse the mucous out of the colon. Because of the astringent effect it will help to stop internal bleeding. It is good for bleeding ulcers. It works well as a compress for varicose veins. White oak bark decoction is also good in purging the liver and helps to expel gall stones. Use it as a wash for pyorrhea and other oral inflammations.

Dosage: Capsules: up to 8 "O" capsules as needed.

Decoction: up to 8 ounces at one time if needed, although that would only be for an extreme case of constipation. 1-2

ounces at a time may be used for bleeding ulcers.

'TNT' LAXATIVE FORMULA

2 parts Cascara
 1 part Rhubarb root powder
 1 part Buckthorn powder
 1 part ligusticum (Chinese herb)
 1/2 Part fennel seed powder
 1/2 part ginger powder
 1 part licorice powder

Capsule in 00 caps and take 1-3 daily as needed. Bulk laxative should be taken as well for optimal results for chronic problems. This can be used as a tea as well.

RESPIRATORY SYSTEM HERBS:

Eucalyptus

Also known as: Blue gum.

Latin description: *Eucalyptus globulus*.

Parts to use: Leaves.

Chemical constituents: Oil, cineole, pinenes, sesquiterpene alcohol, aromadendrene, cuminaldehyde.

USES: The oil is an antiseptic and can be used externally on the skin. The antiseptic oil is also very volatile and can be used in steam inhalations and will kill germs as it is absorbed into the lungs. It can also be used in very low dosages in cough syrups. It has a tremendous toxic effect on things like fleas or lice.

Dosage Generally not recommended for oral use, however, several drops may be used in cough syrups.

Elecampane

Also known as: Elfdoc, wild sunflower, yellow star wart.

Latin description: *Inula helenium*.

Parts to use: Root and rhizome.

Chemical constituents: Alantolactone, isoalantalactone, azulne, inulin, sterols, resins, mucilage.

USES: In the earlier history of the United States medical practitioners used Elecampane as a specific treatment for tuberculosis. It is an excellent expectorant. Elecampane works well for bronchitis, bronchial infections, and pulmonary infections. It can be used in conjunction with other herbs in treating



asthma. It can be used to expel intestinal parasites. Because it is quite bitter it can be quite beneficial as a liver tonic, causing the liver to produce an increased flow of bile. Externally it is good to apply on scabies and herpes lesions. Internally it also can regulate dysmenorrhea.

Dosage Capsules: up to 3 "O" capsules 3x daily

Decoction: 2 cups daily.

Wash: use externally for skin diseases.

Elder flowers

USES: The tea can be used to ease fever, a cooling wash for the eyes, and as a wash for dry skin.

Fenugreek

Also known as: Greek seed, bird foot.

Latin description: *Trigonelia foenum-graecum*.

Parts to use: Seeds.

USES: The seeds sprout easily and the fresh sprouts, blended with juice and taken daily, help to remove mucous. A tea of the seeds is helpful as an expectorant, in fevers and a gargle for sore throat. The seed can be powdered and a poultice made adding charcoal and hot water; it is very effective for ulcers and swellings.

The seed powder can be added to bulk laxative formulas to soothe, lubricate and heal troubled bowels. Fenugreek is a tremendous decongestant. It is good for clearing congested sinuses. Some people use it with hot flashes due to menopause. You will find that it is of great benefit in increasing lactation for nursing mothers. It is also used as a flavoring or spice. Because it does have a uterine stimulant it should not be used during pregnancy except with caution.

Dosage Capsules: up to 5 "O" capsules 3x daily. The herb is usually considered too bitter to be used in an infusion.

Yarrow

USES: A diaphoretic in flu and fever, a stimulant for menstruation, Tea helpful in bronchitis and flatulence, and a poultice for wounds and boils.

Coltsfoot

USES: One of the most useful cough remedies, usually combined with marshmallow and horehound and used as tea or syrup. The dried leaves have been smoked for chest problems. Leaves and flowers can be used as a poultice, the tea as a demulcent and expectorant, and for giddiness and headache.

Ephedra; Chinese Also known as: Brigham tea, ma huang. Latin description: *Ephedra sinica*.

Parts to use: Aerial, primarily the more tender stems.

Chemical constituents: Ephedrine, norephedrine, methyl ephedrine, pseudoephedrine tannins, saponin, flavone, essential oil.

Applications and uses: Ephedra contains an effective antihistamine. It has some useful properties as a decongestant. It is particularly useful in asthma and hay fever. It has been used

to treat high blood pressure in low doses. The volatile oils inhibit viruses and can be used when you feel that you are catching a cold or a flu bug in the early stages to knock it out before it becomes a full blown illness. It can be used in cases of whooping cough. Also in cases where you have an uncontrolled sweat and fever, it will help to decrease it.

CAUTION: Should not be taken by people who are on prescription antidepressants. It should also be avoided in cases of glaucoma, hyperthyroidism, coronary thrombosis, severe prostate enlargement, and in cases of severe hypertension. Also called Mormon tea and Brigham's tea it was widely used by the Mormons. It has a stimulating effect on the sympathetic nervous system similar to epinephrine. It causes relief from asthmatic spasm and acts as a decongestant.

Frequent use can cause nervousness and restlessness. It is not a herb recommended because it can have aggravating effect on high blood pressure, heart disease, diabetes, and hyperthyroid conditions. It should be used with care in any application. It is an ingredient of many of the herbal 'energy tonics' being sold today. Because its effect is much like caffeine, we recommend avoiding any 'energy or pep formula' that contains it.

Dosage Capsules: 2 "O" capsules 2x daily (possibly 3x daily).

Infusion: Drink 1/4 cup 3x daily.

Horehound

Latin Description: *Marrubium vulgare*.

Parts to use: Tops.

Chemical constituents: Marrubin, volatile oils, resins, tannins.

USE: Horehound is typically made into syrups and tinctures for colds, asthma, and cough. It is sometimes used in cough drops. It tends to work on soothing and deadening some of the itch that causes the cough. When taken internally it sometimes has a positive effect on reducing flatulence. Horehound is known to be a fairly good expectorant. Horehound can be used with relatively positive effect on lowering blood pressure as it helps to dilate blood vessels and increase peripheral circulation.

CAUTION: It is recommended to be cognizant of what your blood pressure is before starting to use this herb as it may tend to lower it.

Dosage Capsules: up to 6 "O" capsules daily.

Infusion: 1-2 cups daily.

Mullein

Also known as: Aaron's rod, Indian tobacco.

Latin description: *Verbascum thapsus*.

Parts to use: Leaves, flowers.

Chemical constituents: Saponins, mucilage, aucubin, choline, heseridin, volatile oil, flavonoids, PABA.

USES: The root has been used for asthma, they would burn the root and inhale the fumes. A tea of the leaves is more recommended and is used for asthma, bronchitis, all lung afflictions and hay fever. Fomentations of the tea can be ap-

plied to swellings or sores and to painful or swollen testes and scrotum. Flowers: can be infused in oil and that oil used in external ear infections. The infused oil makes an excellent topical antibiotic preparation for festered or infected cuts. You can use it on cuts, scrapes, bruises, and burns to prevent those conditions from becoming infected. The oil may also be used to allay pain in swollen or painful joints by allowing it to be rubbed into and absorbed through the skin. An infusion made of the flowers can be used as a mild sedative. Leaves: have an expectorant property, also a mucilagenic effect. You may use Mullein in either by itself or you can use in combinations for lower respiratory problems such as bronchitis, pneumonia, whooping cough, etc. It can be used alone or mixed with Lobelia to purify and purge the lymphatic system when there is long term glandular swelling.

Dosage Capsules: 4-8 "O" capsules 3x daily.
Infusion: 1 cup of tea 4x daily.
Oil: As needed.

Pleurisy Root

Also known as: Canada root, tuber root.
Latin description: *Asclepias tuberosa*.
Parts to use: Root.
Chemical constituents: Glycosides, volatile oil, resin.

USE: It's name implies that it is indicated for use in pleurisy. It is an expectorant and a diaphoretic. Pleurisy root may also be used for pneumonia. It is sometimes used in a decoction for gastric irritability. It can be used orally and also as a high enema since it is cleansing and also soothing to the irritation. Decoctions are also useful in asthma.

CAUTION: High doses can be emetic in nature.
Dosage Capsules: 4 "O" capsules 3x daily.
Decoction: 1 cup 3x daily.

Skunk Cabbage

Also known as: Meadow cabbage, pole cat weed.
Latin description: *Symplocarpus foetidus*.
Parts to use: Root.
Chemical constituents: Silica, iron, volatile oil, resin.

USE: In addition to it's unpleasant odor it has some sedative and antispasmodic properties. It is useful in herbal combinations for asthma and seizure disorders and has been traditionally used effectively against whooping cough. There is a possibility for it to be used also for either bronchitis or pleurisy
Dosage Capsules: 2 "O" capsules every 4 hours.
Decoction: Do not use the fresh root, it should be dried. 1/4 cup as needed.

COLD-FLU CAPS

1 part pleurisy root powder
1 part Golden rod
1/2 part ginger
1/4 part cayenne
Capsule in 00 caps and take 2 three times a day with hot drink for chest cold and congestion.

COLD AND FEVER TEA

Combine equal parts: Elder flowers, peppermint leaves, yarrow, and chopped rosehips. Using 1-2 teaspoons herb to 1 cup of boiling water, steep covered for 10 minutes, strain and drink fresh. Use 2-3 times daily or more often if fever is acute. For small children this tea can be applied in a compress or in a warm bath as well as drank with a bit of honey added.

INTEGUMENTARY SYSTEM HERBS:

Aloe vera

Internally it is healing, cooling, and laxative.
Latin description: Aloe vera also known as Aloe barbadensis.
Lesser known variety: Aloe ferox, source for cape aloe.

Parts to use: Leaves. Leaves yield juice, gel, and a dried leaf powder.
Chemical constituents: Gel: Acetylated mannon, steroidal substances, amino acids, saponins, enzymes. Outer leaf. anthraquinone glycosides.

USES: The gel obtained by filleting the leaves is an effective soothing remedy for scrapes and especially burns. When applying to burns, it can be made more effective by mixing with honey and vitamin E oil.

The gel also is soothing to the GI tract but care must be taken to avoid ingesting any of the outer leaf. Many commercial preparations are available. The dried powder of the outer leaf can be a laxative. The powder made from the aloe ferox (called Cape aloe) is used to promote proper function of a sluggish colon (short term).
Dosage: Gel: apply as needed.
Capsules: 2 capsules of outer leaf powder once or twice daily.
Not for long term use.

Arnica

Latin description: *Arnica montana*.
Parts to use: dried flowers.
Chemical constituents: thymol, amicin.
USES: Externally used in salves or oils as an antibacterial for treating scrapes, cuts and abrasions. Will also relieve painful joints when applied topically. It would be helpful to mix wintergreen oil or peppermint oil with it to help carry the arnica in deeper.
Dosage External use only unless directed by an experienced practitioner.

Plantain

Also known as: Snake weed, ribwort.
Latin Description: *Plantago major*
Parts to use: Leaves.
Chemical constituents: Plantago major leaves: mucilage, tannins, silica.
plantago psyllium: higher mucilage, glycosides, monoterpenes, aucubine, enzymes, proteins, fatty acids.

USES: The fresh leaves crushed and used as a poultice, have a great healing and drawing effect and are said to be able to extract splinters well.

Decoction of the leaves can be used as a wash or compress for scabs, itches, shingles, sores, and bruises. Mashed fresh leaves applied as a poultice give relief from piles. The tea is used for diarrhea, coughs, colds, bronchitis, and mild diuretic. The leaves can be crushed and applied externally for the pain of stings and insect bites.

Internally we use them as a diuretic. Because of the high silica content they are beneficial for poor quality hair or finger and toe nails. Internally for weakened lungs, to help strengthen them. It also has some antibiotic affect.

We like to mix it with a raw potato in a juicer and use it in place of antibiotics. Plantain leaf has a tremendous benefit in relieving sinus congestion. Its use would be indicated in sinus infections and sinus headaches.

Horsetail

Latin description: *Equisetum arvense*.

Parts to use: Upper stems.

Chemical constituents: Equisitine, fatty acids, aconitic acid, traces of nicotine.

USES: It contains silica and as such is a promoter of strong nails and healthy skin, fractured bones heal faster when horsetail is taken. Decoction applied externally will stop bleeding and aid healing. Can be used as a mouthwash for mouth infections.

It can be beneficial in an individual whose blood is too thin. Also if you have excessive postpartum bleeding or an abnormal menses, horsetail is indicated for use. It is high in silica so it is good in compounds for skin conditions. Some of the old herbalists use it to lower fevers. Horsetail has a diuretic effect and can also be used in the application of cleansing the lymphatic system.

Horsetail can also be used in an herbal compound of tincture for people who are quitting the smoking habit and have withdrawal symptoms.

You would not want to use this long term on internal applications. Because of its high silica content, people who are having problems with their hair being brittle and excessively dry and also for finger nails and toenails being easily cracked and broken can benefit from internal use of horsetail.

Dosage Capsules: 3 "O" capsules 4x daily.

Infusion: Maximum of 2 cups daily.

Chickweed

Latin description: *Stellaria Media*.

Parts to use: Aerial.

Chemical constituents: saponins, mucilage, choline, copper, phosphorus, PABA, biotin, traces of several vitamins.

USES: Used in external applications for skin diseases such as dermatitis, eczema, and psoriasis.

We also use it in treating skin diseases by including it in various oils and in tinctures externally. Internally we use this in treating bronchial problems such as coughs, bronchitis.

Chickweed is effective in reducing the mucous in the lungs and acts as an expectorant to bring the mucous up. It has been used in past times in rheumatism and works on that particular condition as an anti-inflammatory.

Dosage Capsules: 4 "O" capsules 3x daily.

Infusion: Drink 1 cup 3x daily. It is difficult to overdose on this since many people use this as a salad vegetable.

Sarsaparilla

Latin description: *Smilax omata* or *smilax officinalis*.

Parts to use: Root.

Chemical constituents: Glycosides, steroids, steroidal saponins, essential oil, parillin resin, sarsaponin, sitosterol.

USES: Sarsaparilla cleanses and purifies the blood. It is indicated for cleansing the blood in situations of skin diseases and will clear up skin disorders such as acne, psoriasis, and possibly eczema. Because of the steroidal components it can reduce the pain of arthritis. It is also a diaphoretic and makes it excellent in causing sweats. A carminative for reducing intestinal gas. Sarsaparilla is used in regulating hormone balance.

Dosage Capsules: 4 "O" capsules 3x daily.

Decoction: 1/2 cup 3x daily.

White Birch

Also known as: Paper birch.

Latin description: *Betula alba*.

Parts to use: Leaves, inner bark and light twigs.

Chemical constituents: Volatile oils, saponins, flavonoids, hyperosid, resins, tannins, sesquiterpenes, betuloventic acid.

USES: Infusions of the twigs and bark are good for fevers and act as refrigerant. It can be used as a skin wash in skin disorders. Infusions of the leaves are used to promote the growth of hair in early baldness. It is cleansing for dandruff. It is very cleansing in cases of urinary tract infection and inflammation. The greatest known use is in dissolving kidney stones and urinary gravel. To dissolve kidney stones, use an infusional decoction of the leaves and twigs. Better results are obtained by the addition of gravel root, hydrangea, and parsley leaf.

Dosage Capsules: 3 "O" capsules 3x daily.

Decoction: bark & twigs - 1 cup as needed.

Infusion: Leaves - 3 cups daily.

Witch Hazel

Also known as: Spotted alder, snapping hazelnut, winter-bloom.

Latin description: *Hamamelis virginiana*.

Parts to use: Bark and sometimes leaves.

Chemical constituents: Gallotanins, proanthocyanidins, saponins, choline, resins, flavonoids, volatile oil.

USES: Astringent, therefore it is helpful in stopping excessive bleeding. It makes a good wash for oral sores or infections.

Also a decoction is excellent in cleansing infected eyes especially with conjunctivitis. Because of its chemical constituents of proanthocyanidins there is potential as a free radical scavenger and possibly would be indicated for use with some forms of arthritis as an anti-inflammatory and may be used internally or externally.

Dosage Capsules: Bark: 3-4 "O" capsules 2-3x daily.

Decoction: Bark: 1-2 cups daily.

Infusion: Leaves: 1/2 cup 3x daily.

Sorrell Grass

Also known as: Sour grass, incorrectly called sheep sorrell.

Latin description: *Oxalis acetosella*.

Parts to use: Leaves.

Chemical constituents: Potassium, oxalate, oxalic acid, mucilage.

USES: In culinary usage it may be used to replace vinegar. Its primary use and most important is as an escharotic. Natural practitioners use the leaves in removing skin cancers and small external tumors. It may be used internally as an anti-cancer agent, with caution, possibly using licorice as a buffer. Follow up with parsley to expel any of the acids after internal use.

Dosage Capsules: 4 caps 2x daily.

Infusion: 1 cup 2x daily, not used internally very often.

Red clover

USES: As a tea it has mild blood-cleansing properties and is slightly sedative and relaxing. It is a rich source of nutrients especially phosphorous and calcium.

Alfalfa

USES: Called the 'king of foods' it is first mentioned in the book of plants written by the First Emperor of China in 2939 BC. It is high in nutrients, digestive enzymes and minerals and trace elements. The plant sends down rootlets to amazing depths in the soil and pulls up nutrients. The fresh sprouts are very nutritious and the green herb can be used freely in teas. The seeds should not be eaten plain though, but sprouted and the hulls washed away. It is beneficial in programs for nutrition, addiction, weight loss or gain, nervousness, water retention and aids healing.

GLANDULAR SYSTEM HERBS:

Bladderwrack

Also known as: Kelp.

Latin description: *Fucus vesiculosus*.

Parts to use: Entire plant.

Chemical constituents: Mucilage, mannitol, alginic acid, iodine, potassium and a wide spectrum of trace minerals.

USES: Has been used to combat obesity. I suspect the benefits in dealing with obesity results from its iodines that support the thyroid gland therefore increasing metabolic function and lowering the bodies ability to store fats. Has also been used in conditions of rheumatism and arthritis. It can be applied externally in compresses or possibly plasters to use on the local inflammation or swelling that is associated with arthritis.

Dosage Best used in powder. Capsules: 6 "O" capsules daily.

Kelp Addressed elsewhere

Dulse Addressed elsewhere

Licorice

Latin description: *Glycyrrhiza glabra*.

Parts to use: Root.

Chemical constituents: Flavonoids, Iso flavonoids, sterols,

coumarins, anines, Glycyrrhizin.

USES: The most ancient and wide spread medicinal herb, it was found in King Tut's tomb and was used as a cure-all in Egypt and ancient China. It naturally sweeter than sugar-cane. It is a general tonic, cough remedy, mild laxative, and is a stimulant for the adrenal gland as well as a herbal source of estrogen. It also purges excess fluids from the lungs.

Licorice contains natural sterols which can act with steroidal properties. This makes it valuable in cases of arthritis and rheumatism. Helps to buffer when blending herbs with opposing properties.

Licorice can be valuable in alleviating the severity of allergic reactions when taken orally.

Dosage: Capsules: 4 caps 4x daily.

Decoction: 1 cup 4x daily.

Latin description: *Glycyrrhiza glabra*.

Parts to use: Root.

Chemical constituents: Flavonoids, Iso flavonoids, sterols, coumarins, anines, Glycyrrhizin.

Dosage Capsules: 4 caps 4x daily.

Decoction: 1 cup 4x daily.

DIGESTIVE SYSTEM HERBS:

Papaya

USES: Contains an enzyme, papain, that aids digestion of protein, The leaves are also used as a tea.

Peppermint

Also known as: Mint.

Latin description: *Mentha piperita*.

Parts to use: Aerial and tender stems.

Chemical constituents: Menthol, menthone, menthylacetate, menthofuran, tanic acid, terpenes, limonene, pulegone, cineole, bisabolene, isomenthol, neomenthol, phytol, tocopherol, carotenoid, betane, choline.

USES: as a tea for indigestion and gas, is also antibacterial, can be used as a mouthwash and the oil as ingredient in lineaments and a drop or two in water to relieve nausea and vomiting, and urinary retention. It is an antispasmodic and so relieves cramping and colic. If one finds peppermint tea does not relieve his stomach upset, he should try ginger tea.

Peppermint contains a mild antispasmodic therefore it is good for stomach cramps or colic, and is good for dispelling intestinal gas. It is a digestive tonic, it increases the appetite, and increases the flow of bile. Peppermint has been shown to be effective in healing ulcers. The oil is antibacterial and can be used externally. It is also anti parasitic and can be used internally with caution. The oil can be used externally also in relieving pain and can be included in massage oils and liniments. Peppermint oil will greatly increase the flow of blood or circulation in the skin where it is applied. The oil can be used to bring circulation to the extremities as in diabetic condition.

CAUTION: With peppermints, possible interference with iron absorption may occur. Oils should not be used on infants. It is not advised to use the oil in steam inhalations.

Dosage Capsules: 3 "O" capsules 4x daily.

Infusion: 1 cup 3-4x daily.

Slippery elm

Also known as: Red elm, moose elm, Indian elm, sweet elm.

Latin description: *Ulmus fulva*

Parts to use: Inner bark.

Chemical constituents: Mucilage, phosphorus, polysaccharides, tannins, starch.

USES: Diuretic, nutritive, demulcent, and emollient. Is an excellent nutritive food for children and convalescents. Can be used as an ingredient in herbal bulk laxatives and is healing and soothing to troubled bowels. Externally it is a fine poultice for ulcers, wounds, boils, and skin diseases.: Slippery Elm is quite soothing in cases of internal inflammation, especially in the gastrointestinal tract. It is indicated in diarrhea and is very useful for ulcers and ulcerative colitis as it not only coats but heals. Slippery elm can also be used as a substitute for eggs in the culinary field for its binding ability. Many herbalists use the powdered bark as a binder in making pills and herbal preparations. It is an excellent material to use in poultices as it is very soothing but it is drawing also.

Dosage Capsules: 4-8 "O" capsules 3-4x daily.

Decoction: 1 cup 3-4x daily.

Irish Moss

Also known as: Carrageen.

Latin description: *Chondrus crispus*.

Parts to use: Fronds or basically the entire plant.

Chemical constituents: polysaccharides, carrageenan, tannins, sulphur, iodine, bromine, iron, amino acids, sodium.

USE: It is used sometimes in dietary uses as a gel or a thickening agent. In medical uses it forms a gel or viscous solution internally which coats the gastro-intestinal tract which makes it an excellent applications for ulcers. It also seems to inhibit the release or formation of stomach acids which is also somewhat healing for gastric or duodenal ulcers. Irish moss can sometimes be added to the regimen when you are trying to purge gastrointestinal parasites as it, like Slippery Elm, makes the tract very slippery and causes the parasites to pass very easily.

Dosage: Capsules: up to 16 "O" capsules daily. It is not recommended for long term use as it can decrease the stomach acid and interfere with digestion.

Infusion: It can be simmered with water into a gel and take up to 1 tablespoon in between meals. Irish moss can also be used to gel things when making lotions or creams.

Ginger

USES: Good for respiratory system, excellent for digestion and upset stomach, relieves headaches and aches and pains, dispels cold and chills, relieved congestion, and stuffy noses when used with cayenne. Can be used as a tea, compress, bath, wash, or poultice. Hot ginger baths induce sweating and aid cleansing. Finish with cold water rub-down and rest.

Fennel

USES: Chew a few seeds or take as a tea to promote digestion and relieve gas. Effective and safe as a tea for diuretic action, used also as a tea or cooked in barley water as a stimulant for mother's milk.

Anise

USES: Carminative. The oil or tea is used to aid digestion and relieve gas and flatulence, a few seeds dropped in a glass of hot milk helps insomnia.

Peach

Latin description: *Amygdalus persica*.

Parts to use: Leaves and inner bark. The leaf is the most common.

USES: Peach leaves taken as an infusion or tincture combat nausea better than any other plant. Large doses may cause diarrhea. It must be used with care as it is also a sedative. It can also be used singularly for a sedative. It also has a sedative effect on intestinal parasites so that they are anesthetized and are passed out of the body.

Dosage Capsules: 1-2 caps 3-4x daily.

Infusion: 1/4-1/2 cup 3-4x daily.

TUMMY TEA FORMULA

1 part each of: Peppermint, dillweed, fennel seed, lemon grass (or lemon balm) Pinellia (Chinese herb) and 1/2 part ginger and sweet-flag root.

Combine and use as a tea as needed for stomach distress.

STOMACH CALMING AND DIGESTIVE FORMULA

Combine equal parts:

Peppermint, papaya leaf, chamomile, fennel seed, and 1/2 part ginger powder.

Use as a tea for stomach distress.

SIMPLE CHILDREN'S STOMACH AND FEVER TEA

1 part lemon balm

1 part peppermint

1 part dill weed

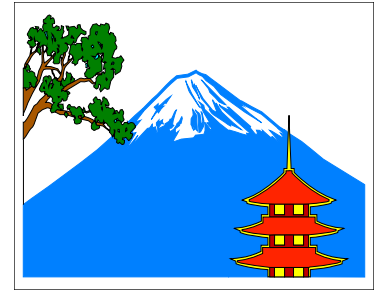
1 part fennel seed

Combine and use 1 teaspoon for 1 cup boiling water; steep 10 minutes, covered; strain and sweeten a little with honey, give from 1 tablespoon to 1/4 cup at a time depending on size of the child, every hour until relief is obtained.

For fever, a strained, tepid tea can be diluted 1/2 with water and used in bulb syringe as an enema; this will relieve fever while not interfering with the body cleansing process.



HERBS BY BODY SYSTEM: PART 2



REPRODUCTIVE SYSTEM HERBS: MALE

Saw palmetto

USES: The berries are used as an expectorant, tonic, diuretic, and sedative for chronic Bronchitis. It also seems to have a beneficial effect on the genitals and is helpful in prostate disease conditions.

Ginseng

USES: This is one of the best known of the oriental herbs and is used as a general tonic to the whole system. Traditionally, however, ginseng was primarily used by men, especially the red variety, while women used Dong Kwae. It is known as an aphrodisiac. It promotes longevity and is beneficial for almost any condition.

Persons with conditions of high blood pressure and high-strung aggressive personalities are better to use the Canadian or American variety of ginseng as it is more cooling than the red.

Ginseng should never be taken while a person has an active infection, cold, or flu as it seems to increase the power of the disease.

Ginseng root has a top that can be broken off: it is where the leaves were attached, and it is said by Chinese masters to be an antidote for the root itself, so they break it off and keep it and if the person comes down with a cold or such after taking ginseng, they make a tea of this top and take it to neutralize the ginseng's effect. So unless you wish to neutralize the roots effect, break off these little tops before decocting your root. The best way to use ginseng is to buy a root and then decoct it in a special ginseng cooker available in any China town or oriental store. If you can't acquire one of these, use a slow cooker, with a pottery pot, and leave it on low over night, covered, with your root broken up and steeping in about 1 quart of distilled water. In the morning, bottle the mixture, leaving the root in it, and take about 1/4 cup of the decoction per day added to hot water.

You will find that most western herbal authorities declare ginseng to be a cure all for everyone with no possible side effects: The Chinese herbal masters, however do not agree with this: "Ginseng will cure some and can kill some" is what they say and so I feel caution should be the rule in believing much of the claims of western herbalists about ginseng. If in doubt, use the white American or Canadian variety as it is better tolerated.

Sarsaparilla

USES: The roots are used in steroid chemistry as they yield sarsapogenin, which is related to progesterone and is used in its synthesis. It also contains plant-versions of the hormone testosterone and helps glandular balance. Sarsaparilla, with saffras, and wintergreen were once used to make root-beer but now it is synthetically flavored. The original root-beer recipe is a good tonic and blood purifier and anti-syphilitic. It is also good for skin problems, rheumatism, and gout.

Kelp

Kelp, being a good source of zinc, is a good male system herb. Prostate health and male sexual well being requires a good supply of zinc.

PROSTATE TEA:

1 part each of Catnip, comfrey leaf, plantain leaf, and spearmint leaf: Combine and steep 1 Tbsn. of herb to quart of boiling, distilled water
Drink entire quart during day. Repeat for 3 weeks. Will clear up prostatitis. A simple and safe remedy.

REPRODUCTIVE SYSTEM HERBS: FEMALE:

Chaste Tree Berry

Also known as: Chaste berry, monks pepper.

Latin description: *Vitex agnus castus*.

Parts to use: fruit or berry.

Chemical constituents: Volatile oils, castine, flavonoids, glycosides.

USES: Primarily used in dealing with disorders of the female reproductive organs. It is of great benefit in dealing with both PMS and menopause. It aids in regulating the estrogen balance in the body. It is quite useful in dissolving fibroid tumors. Chaste tree berries are also good for reestablishing the normal cycle of ovulation and menstruation if it has been disrupted by contraceptives or such. It increases the production of Luteinizing hormone, and the secretion of Prolactin. This of course would be corollary with the stimulation of lactation. It is very beneficial in instances where menstruation is either too frequent, prolonged, or when the flow is heavier than normal.

Dosage Not recommended for decoctions.

Capsules: 2 '0' capsules 3x daily for most disorders.

More may be used for helping with lactation.

Tincture: 9 drops 3x daily.

Red raspberry leaf

Latin description: *Rubus idaeus*.

Parts to use: Leaves.

Chemical constituents: Citric acid, silicon, fragarine, tannins.

USES: Has been used for hundreds of years by women throughout their pregnancy to ease the pains of labor, prevent miscarriage and to increase milk supply. For the tea, 1 oz. of the leaves is steeped in twenty oz. of boiling water, covered, then strain. At least two cups should be taken daily. This tea can also be used as a mouthwash and gargle and to wash ulcers or wounds.

Raspberry leaf is a refrigerant and is used to cool excessive fevers. It may diminish menstrual bleeding. It tones the uterus during pregnancy. It also is beneficial in stimulating lactation. The leaf internally acts as an astringent and does help to allay the symptoms of diarrhea. The infusion has been used at times as a mouth wash or an oral wash or gargle to relieve and heal sores in the mouth and oral tissues. It should not be taken in large quantities such as more than one quart of tea daily for long periods such as more than two weeks. If taken in large quantities for extended periods of time it blocks iron absorption which could cause anemia.
 Dosage Capsules: 3 caps 3-4x daily.
 Infusion: 1 cup 3x daily.



Blessed Thistle

Also known as: Holy thistle, benedicten thistle, St. Benedict thistle, blessed cardus.
 Latin description: *Cardus benedictus*.
 Parts to use: Root, aerial parts and the seeds.
 Chemical constituents: Mucilage, essential oil, cincin, tannin.

USE: Primarily used for relactation. It can be used to increase the flow of a mother's milk that is already in full lactation. Less common usage is as a mild diuretic and may be used to induce sweating if that is desired. It may also be used to help regenerate the liver. It is also useful in situations where you have inflammation in the lungs such as bronchitis and pleurisy. Some claim that Blessed Thistle is an appetite stimulant.

CAUTION: If taken in large dosages you have danger of it being an emetic and a possible cause of diarrhea.
 Dosage Capsules: 4 "O" capsules 4x daily.
 Infusion: (aerial parts) No more than 1/2 cup every two hours.
 Decoction: (Root and seeds) No more than 1/2 cup every two hours.

False unicorn root

USES: This herb is so effective in promoting female fertility that it is said one should not take it who does not wish to become pregnant. It is a natural antiseptic, and helps evacuation of intestinal worms, creates a healthful, pure environment in the body. It is good for treating menstrual problems and preventing miscarriage, and morning sickness. and for any feeling of heaviness or dragging in lower abdomen.

Motherwort

Also known as: Roman Motherwort, Lions Tail.
 Latin description: *Leonurus cardiaca*.
 Parts to use:
 Chemical constituents: glycosides, volatile oil, tannins, stachychine, leonurinine.

USES: Motherwort can be useful in reducing high blood pressure. It is also useful in rapid and irregular heart beat also heart palpitations. Its primary use is for dealing with irregular menstruation. I have found it to be of great benefit in dealing with the emotional instability of menopause. Motherwort is also an effective uterine stimulator. It can be used in conjunction with other similar herbs for inducing labor, which should only be done under the supervision of an experienced practitioner. Motherwort is quite useful in reducing post partum bleeding or hemorrhaging. It causes the uterus to clamp down and thus stops the bleeding. It is equally as effective as Ergotamine in causing uterine contractions.

CAUTION: DO not use during pregnancy.
 Dosage Capsules: Take 4-6 "O" capsules 4x daily.
 Infusion: Drink 3 cups daily.

Squaw vine

USES: It is especially helpful as it strengthens the uterus for safe, and effective childbirth. It regulates the menstrual cycle and acts as a natural sedative for the nerves.

Dong kwae

USES: This is traditionally the woman's ginseng. It is spelled in several ways, Tang Quay, Tang Kwe, Dong Quay: but it is the plant *Angelica Sinensis*. It is the finest herb for strengthening women, increasing fertility and promoting health in the menstrual cycle. It treats and prevents anemia in women most effectively. The regular use of this herb is recommended to any women in their child bearing years. It also prevents 'blood stagnation' a condition that causes severe cramping and dark clotted menstrual flow.

Cramp Bark

Also known as: High bush cranberry, Snowball Bush, Guelder Rose.
 Latin description: *Viburnum opulus*.
 Parts to use: Bark.
 Chemical constituents: Valeric acid, salicosides, tannin.
 USES: The bark and berries of the herb are considered one of the best female regulators in nature. Recommended to prevent nervous diseases of pregnancy, after-pains, and cramps, and recognized as a uterine sedative. Internally: it is used as a muscle relaxant. It is of great benefit in easing excessive cramping associated with menstruation. It can be used during pregnancy with caution to prevent miscarriage. It is also used with supervision for heart palpitation or irregular heart rates.

CAUTION: Do not eat the berries!
 Dosage Capsules: 4-9 "O" capsules 3x daily.
 Decoction: 1 cup 3x daily.

Black Cohosh

Also known as: Snake root and squaw root.

Latin description: Cimicifuga racemosa.

Parts to use: Dried root and rhizome.

Chemical constituents: Triterpene-glycosides, resin, salicylates, oleic acid, palmation acid, phosphorus, isoferulic acid, ranunculin, tannin, traces of estrogenic substances.

Applications and uses: Primary use is as an antispasmodic. Black cohosh is a tremendous remedy in dealing with both whooping cough and asthma. Used quite effectively for menstrual cramps and also the spasmodic action and muscle tension in rheumatoid arthritis. It has salicylates which are anti-inflammatory and makes this doubly helpful in dealing with arthritis and also in respiratory disorders. It is also a mild sedative and will work well with other antispasmodics and



nervines in decreasing pain.

Dosage Capsules: No more than 3 "O" capsules per hour.

Typical dosage would be 1-3 capsules 3x daily Decoction: Drink 1 cup 3x daily max.

Blue Cohosh

Also known as: Blue ginseng, squaw root, papoose root.

Latin description: Caulophyllum thalictroides.

Parts to Use: Root and rhizome.

Chemical constituents: Alkaloids, coulosaponin, inositol, iron, magnesium, leontin, nethylcystine, phosphoric acid, phosphorus, potassium, silicon.

USES: Primarily used for dysmenorrhea. Since it is an antispasmodic it helps with unusual menstrual cramps. Also used in stomach cramps in low dosages. It can be used with anti-inflammatories in arthritis compounds because it relieves muscle spasm activities that pull on the joints and makes the inflammation worse

It has been historically used for some time both in natural human medicine and also in veterinary medicine to drink as a tea or make an infusion a few weeks before giving birth. It helps to make the birthing process easier, however, it should be used in this instance with extreme caution. Blue Cohosh should only be used during pregnancy in the last two to three weeks of the pregnancy. It can be beneficial in providing an easier and faster labor but should be administered by an experienced herbal practitioner.

CAUTION: Normally not used during pregnancy, in cases of



heart disease, or in cases of high blood pressure.

Dosage Capsules: 4 "O" 11 capsules 3-4x daily max. May be unsafe for some. Would highly recommend starting with a lower dose.

Decoction: Take 2 ounces 3-4x daily.

Wild Yam

Also known as: Wild Mexican yam.

Latin description: Dioscorea villosa.

Parts to use: Root and rhizome.

Chemical constituents: Steroidal saponins, tannins, phyto-sterols, dioscorea, starch.

USES: Wild yam has gained wide acceptance as a hormone balancer due to its dioscorea content. Dioscorea is the precursor for the body to make DHEA. It is indicated in use for irregular menstruation. It eases the symptoms of PMS and menopause. It has some antispasmodic properties and is beneficial in dealing with restless leg syndrome, neuralgias, charley horses, etc. It also helps to increase circulation. The anti-inflammatory side of it makes it desirable in dealing with arthritis. It is a mild digestive tonic. It has recently been proven to be beneficial in helping to scavenge arterial plaque in cases of arteriosclerosis. It helps to prevent miscarriage. Wild yam can help overcome infertility.

NOTE: Yams (dioscorea) and sweet potatoes (ipomoea batatas) are NOT in the same botanical family. The tubers sold in grocery stores as yams are not yams at all, they are sweet potatoes! Wild yam is not related at all to the sweet potato family.

Dosage Capsules: 4 caps 3x daily.

Decoction: 1 cup 3x daily.

PREGNANCY TEA:

1 part squaw vine

1 part nettles

1 part fennel seed,

1 part Blessed thistle

2 parts Raspberry leaf

Steep as per directions under raspberry leaf: take two-three cups daily throughout pregnancy.

FEMALE AILMENT FORMULA:

2 parts red raspberry leaf

1/2 part black cohosh

1/2 part blue cohosh

1 part vervain

1 part Blessed thistle

1 part squaw vine

1 part motherwort

Steep as above and use for female ailments, in preparation for pregnancy and during early pregnancy: switching to above formula by mid term.

ANTI-CRAMP TINCTURE OR TEA:

2 parts crampbark

1 part squaw vine

1 part tang kwae

1/2 part ginger

1 part motherwort

1 part red raspberry

1 part motherwort

1 part Poria

Extract in grain alcohol as a tincture or steep as a tea. It is well to start taking it a few days before period is due and throughout the period.

NERVOUS SYSTEM HERBS:

Violet

Also known as: Blue violet, sweet violet.

Latin description: *Viola odorata*.

Parts to use: Leaves, flowers, roots.

Chemical constituents: Methyl salicylates, alkaloids, volatile oil, flavonoids, saponins.

USES: The leaves have long been used as a cancer treatment for natural practitioners. They have some positive effects for fighting cancerous tumors. The leaves are also somewhat of a refrigerant and can be used in cooling fevers and profuse sweating. The root is an emetic in large doses. The flowers have a slight sedative. You can make a tea of violet flowers for either nervous tension or insomnia.

Dosage Capsules: Leaf only: 3 "O" capsules 3x daily.

Decoction: Root : Typically 1-2 cups will cause vomiting and is used as an emetic

Infusion: Leaves: 1/2 cup 2-3x daily. It is best to start low and work up to your level as sometimes the tea from leaves can cause nausea in higher doses. Flowers: up to 1 cup as needed as a sedative.

Feverfew

Latin description: *Tanacetum parthenium*.

Parts to use: Dried flowers, leaves, and more tender stems.

Chemical constituents: Borneol, camphor, arthenolide, pyrethrins, santamarin, terpene, volatile oil, tannins.

USES: For migraine headaches, rheumatoid and osteo arthritis. It has an excellent anti inflammatory mechanism different than most anti inflammatories and it works well toward relieving the inflammation and pain from arthritis. It can also be used in conjunction with asthma as it prevents spasms in the smaller blood vessels.

CAUTION: Some people notice an increase in oral ulcers with regular use though it is unlikely.

Dosage Capsules: up to 3 "O" capsules 3x daily, however, that is a rather elevated dosage and should be used for only a short time at that dosage. It would be better to drop down to 1 capsule 3x daily after one week of using.

Infusion: 1 cup 2x daily.



Valerian

Also known as: All-heal, setwall.

Latin description: *Valeriana officinalis*.

Parts to use: Root.

Chemical constituents: acidic acid, butyric acid, isovalerianic acid, limonene, camphene, chatinine, choline, fvalerine, valeric acid, alkaloids, valtrate, didovaltrate, valerosidatum, volatile oils, sesquiterpene, pinene, fomiic acid, tannins, resins.

USES: As a tea or capsuled, this is one of the most effective herbs for nervous states, bringing relaxation without causing drowsiness. One can take up to two 00 caps of this herb 3 times daily over a long period of time with no harmful effects. It is used widely in Europe and Russia as an adjunct to heart and blood pressure treatment. 2 capsules of this herb, taken at night is of great benefit to insomniacs and much better to use to relieve stressed out minds than alcohol as it is not harmful to body or mind.

Valerian root is a very useful nervine. It can be used for headaches, muscle pain, nervous tension, insomnia, convulsions, muscle cramps, muscle spasms. Some practitioners find it good in controlling palpitations of the heart. It has long been used to lower blood pressure due to hypertension and can improve circulation. It is effective in relieving menstrual cramps and can also help to relieve spastic bowel syndrome.

CAUTION: Avoid large doses and long term usage. It is possible to become dependant upon it.

Dosage Capsules: 2 "O" capsules 3x daily.

Decoction: Take no more than 3 ounces 3x daily. This is not a starting dosage but should be started at a lower dosage and work up to this.

Vervain

Also known as: Blue vervain.

Latin description: *Verbena officinalis*.

Parts to use: Aerial.

Chemical constituents: Glycosides, tannins, verbenalian, verbenin, alkaloid, volatile oils.

USES: It is effective in treating migraines and other headaches of nervous types. Vervain because of its bitter properties has a purging or purifying effect on both the liver or gallbladder. The glycosides will help to bring on delayed menses. It does have a mild diaphoretic. It can help to ease labor by encouraging contractions. Vervain has a mild antihistamine effect and is good for colds and sinus disorders.

CAUTION: Avoid use during pregnancy as it has a uterine stimulator.

Dosage Capsules: 3-4 "O" capsules 3x daily.

Infusion: up to 1 cup 3x daily



Hops

Latin description: *Humulus lupulus*.

Parts to use: Flowers from the female plant (Strobiles).

USES: The dried strobiles (flowers) are used in the making of beer and ale and can be used as a tea to ease restlessness, insomnia and DTs, and reduce fever and pain and aid digestion. In the past the dried flowers were made into a pillow to aid sleep. The tea is probably more effective but you can try both if you wish.

Hops has designations as one of the plants which we call a nervine herb. Its use is for pain, stress, insomnia. A cup of hops tea can be effective in counteracting nervous tension, stomach cramps, also very useful in extreme menstrual cramps. Hops contain antispasmodic and nervines and also because of its estrogenic substances it can help to regulate the menstrual cycle. Since you usually take it as an infusion, it enters the blood stream very rapidly and can give you symptomatic relief very quickly. It can be used either internally as a drink for insomnia, or as in ancient times the people would take the flowers and put them inside of a specific pillow that they would use during periods of insomnia and the evaporation of the volatile oils from the crushing of the plant would have an effect through the olfactory glands and eventually cause sleep due to the sedative effect. It can be a very effective herb in dealing with a spastic colon and disorders such as colitis. I like to use it in preparations when I am dealing with menopause.

CAUTION: In case of mental disease such as depression.

Dosage Capsules: 4-6 capsules 3 times daily.

Infusion: 1-2 cups 3 times daily.

Lobelia

Also known as: Indian tobacco.

Latin description: *Lobelia inflata*.

Parts to use: Aerial.

Chemical constituents: Lobeline, isolobinine, lobelanidine, lobinaline, glycosides, volatile oil, chehdonic acid, selenium, sulphur.

USES: This is a valuable antispasmodic herb but should not be used in large doses. It is valuable as an anti asthmatic and anti-anginal tincture: it also is helpful for persons kicking the tobacco addiction. It is best used in a formula such as the antispasmodic tincture given earlier in this course.

Lobelia falls into the category of nervines It is a powerful antispasmodic. It is quite useful in treating asthma and epilepsy. We use it as a potentiator in many other herbal compounds. Lobelia can be included in compounds when helping smokers to kick the habit as it contains substances that help to quell "the urge". Externally it makes an excel lent infusion for use in compresses on muscle sprains, bruises, etc. It was used by old time herbalists for treating epilepsy and lockjaw associated with tetanus. It is also good in lowering long term fevers associated with diseases such as meningitis, pneumonia, and internal infections.

CAUTION: We are very careful in using Lobelia in large doses as it is an emetic. If taken in too large of or too frequent of a dose the antispasmodic properties could cause the voluntary muscles of the heart and respiration to cease to function which could end in death.

Dosage Capsules: 1-2 "O" capsules max. per dosage and per occasion.

Infusion: Take no more than 1 tablespoon at one time.

Sip as needed. It is not to be taken on a regular bases.

Catnip

Also known as: Cat Mint.

Latin description: *Nepeta cataria*.

Parts to use: Aerial.

Chemical constituents: Acidic acid, butyric acid, choline, sitral, inositol, thymol, volatile oils, tannins, PABA, phosphorus, sodium, sulphur, valeric acid.

USES: This plant, well known to cats and their people, is a great relaxant and anti-spasmodic. It is good for upset stomach and can be used for infant colic. As a tea is useful for restlessness and insomnia, to ease pain and cramping, and is especially a good herb for infants and small children. A tea of this herb can be used in a bath for a small child or infant to ease fever and aid to relax, it can also be used in an enema for colicky bowel. Drink a warm infusion of this herb at the first sign of a cold and often it will prevent it. It can be used in pregnancy as a relaxant and is said to prevent miscarriages.

Catnip works well as a antispasmodic in case of diarrhea and cramping. It works as a mild sedative to help in insomnia. It may be used to calm an upset stomach, and is a tremendous tool in dealing with colic. If you are going to be doing a high enema and you do not want the spastic action in the colon you may use some of the catnip in the enema as a tea and it will prevent this. It helps to stimulate sweating, so it is excellent in dealing with colds and flus. It has been reported to stimulate the appetite and aid in digestion.

Dosage Capsules: A maximum of 3 "O" capsules 4x daily.

Infusions: Drink 1 cup 3x daily.

Feverfew

USES: This herb has come to renown lately as an anti-migraine remedy. It was used as a remedy for hysteria in the mid 1800s and as a sitz-bath for ladies. It can be used as a tincture or drank as a tea.

Gota kola

Also known as: Indian penny wart.

Latin description: *Hydrocotyle asiatica*.

Parts to use: Aerial.

Chemical constituents: Heteroside, asiaticoside, catechol, epicatechol, glycosides, resins, tannins, volatile oils, traces of theobromine.

USES: This plant in common use in India, is said to aid the memory and brain function, preserving them and preventing senility while promoting longevity. It is used fresh in salads where it grows and can be used effectively as a tea. Called 'food for the brain' it is good to rebuild energy reserves fol-

lowing a nervous breakdown. One warning here though is that this herb has a caffeine-like effect and should not be overused. It has typically been used for Tuberculosis and leprosy, because it is a blood tonic and blood purifier. We know that the life is in the blood. It is an excellent remedy against mental disorders such as depression. Gotu kola can be used to combat high blood pressure and congestive heart failure. In low doses it is effective with insomnia. Gotu kola can be used as a mild diuretic. It helps regulate both liver and heart function, but should be used in fairly low doses and not used over very long terms. When combined with feverfew it is an excellent remedy for migraines. Also in combination with ginkgo it is excellent in increasing alertness & memory capacity.

Dosage Capsules: 1-3 "O" capsules 2x daily. Large or long term doses are not recommended and should be used with caution.

Infusion: 1/2 cup 2x daily.

Ginkgo

Also known as: Maiden hair tree.

Latin description: *Ginkgo biloba*.

Parts to use: Leaves and seeds, though the use of the seeds is uncommon.

Chemical constituents: Leaves: ginkgolides, heterosids, bioflavones, sitosterol, lactones, anthocyanin. Seeds: bioflavones, fatty acids.

USES: Is said to promote circulation to the brain and aid in the fight against senility and Alzheimer's disease when used in the early stages. The leaves are used as a tincture or made into tea: the Chinese herbalists use the nut which is slightly toxic and should be used with caution.

Primarily to increase brain function. It increases peripheral circulation. It increases the capacity of the blood to carry oxygen. It also increases blood flow to the peripheral areas such as the brain and the extremities. Indicated in usage with memory loss, Alzhiemers disease. It can be quite useful with irregular heart beat or arrhythmia.

Externally the leaves can be used in poultices or compresses for hemorrhoids or varicose veins. I find it particularly useful in reducing arterial plaque. It is a relatively safe herb and advanced usage is not considered dangerous, although higher or therapeutic dosages should be reached gradually and discontinued gradually as well. The seeds have an anti-bacterial and anti fungal action and are typically used externally but can also be used internally. With the seeds we are much more cautious for internal use and would probably not use more than 3 seeds per day and would not use it long term.

Dosage Capsules: 3 "O" capsules 2-3x daily.

Infusion: 1 cup 2x daily.

Scullcap

Latin description: *Scutellaria literifoha*.

Parts to use: Aerial.

Chemical constituents: Tamins, volatile oil, flavonoid glycosides.

USES: It is a nervine and has a tonic effect on the nervous system. Scullcap can help in controlling epilepsy. Scullcap is

indicated with head aches of any type. It may also be used in insomnia, nervousness and depression. This herb can improve circulation, so could help with migraine headaches.

CAUTION: Do not take large doses and avoid long term use.

Do not use for people who have a history of erratic heart rate.

Dosage Capsules: 2 "O" capsules 3x daily.

Infusion: 1/2 : 1 cup 2-3x daily.

ANTI TENSION FORMULA:

2 parts Valerian root

1 part hops

1 part spearmint

1 part lemon-balm

1 part passion flower

1 part catnip

Combine and steep as a tea: Use as often as needed or as a relaxing good-night tea.

SIMPLE RELAXING TEA:

Combine Catnip, Lemon balm, Spearmint, and Chamomile and steep as a tea: great to relax and aids digestion.

Evening Primrose

Also known as: Primrose.

Latin description: *Oenothera lanarkiana*.

Parts to use: Oil, gotten from both the plant and seeds.

Chemical constituents: Gama-linolenic acid (also known as GLA), linoleic acid.

USES: Primrose aids in restoring livers that have been damaged by alcohol or other chemical exposures. It has been proven to be valuable in multiple sclerosis in preventing demyelination. It is effective in treating rheumatoid arthritis because of the GLA. GLA is also found in Flaxseed. One would be careful to make certain that the oil extraction process is a cold extraction otherwise the GLA will have been changed to another chemical form which would be carcinogenic. Evening Primrose has clinical studies associated showing significant alleviation of ADD (Attention Deficit Disorder). It is very effective in dealing with PMS.

CAUTION: It is not recommended for use in conditions of epilepsy. It is possible to cause skin sensitivities but not very likely.

Dosage The oil can be taken in drops and is typically sold commercially in gelatin caps that contain animal products, and we don't recommend using the gelatin caps. You can prick a hole in the gelatin cap and squirt the oil out of it and take the oil this way. Commercially prepared oils vary in potency; take as directed on the bottle or you can make your own oil and take possibly 20-35 drops of the oil per day. If purchased in International Units take up to 2600 IU daily.

Chamomile

Also known as: Ground apple, Roman chamomile.

Latin description: *Anthemis nobilis*.

Parts to use: Aerial.

USES: Chamomile has a very mild nervine and aids in dealing with insomnia. It is an old remedy for headaches. It has been used in the treatment of rheumatism and arthritis, as it does have a bit of an anti-inflammatory affect. Chamomile is used as an anti-emetic. It is used as an eye wash in conjunctivitis. It can be used in preparations in treating bronchial catarrh such as bronchitis, asthma, and hay fever. Chamomile tea was used in earlier times for whooping cough because of its ability to clear out matter in the lungs but also because of its antispasmodic action. There is also an anti-fungal property in chamomile which makes it a good wash externally and also internally in dealing with thrush. You can also make an essential oil and use it topically for thrush. It has an antibacterial agent in it that works quite well in treating staph infections.
Dosage Capsules: Up to 8 capsules 3x daily max.
Infusion: Drink 1 cup 3x daily.

CIRCULATORY SYSTEM HERBS:

Butchers Broom

Also known as: Broom. Latin description: *Ruscus aculeatus*.
Parts to use: Seeds and seed top.
chemical constituents: Hydroxytyramine, alkaloids, ruscogenins.

USES: Butchers broom has a mild anti-inflammatory action. Primarily used in situations where we have reduced circulation especially in the extremities. It is quite useful in most instances in lowering high blood pressure. In rare instances it can do the reverse, so start out with a low dosage. It works quite well to increase circulation where you have occluded arteries or thrombosis. Caution, don't use for thrombosis unless directed by a physician or other qualified natural practitioner. It is a useful remedy in cases of phlebitis. Because of its ability to increase circulation it is an excellent remedy for preventing the destructive side effects of diabetes on the circulatory system.

Dosage Capsules: Up to 3 "O" capsules 2x daily. It is recommended to start with 1 capsule two times daily and increase until the desired affect is achieved without over dosing.

Hawthorn

Also known as: White thorn, may blossom.
Latin description: *Crataegus oxyacantha*.
Parts to use: Flowers and berries.

USES: The berries were used by the Indians as a cardi tonic and for rheumatism. It is effective for relieving insomnia. A poultice of the leaves will draw out thorns and splinters. Regular use strengthens the heart muscle and is helpful against congestive heart failure. It is good to take it regularly to prevent heart disease. It is high in Vit. C and B complex as well as bioflavonoids that have ability to get rid of free radicals and protect cells from damage. The leaves and flowers can also be used and some herbalists combine all three in formulas of hawthorn. The berries are a tremendous answer to high blood pressure, used beautifully to dilate coronary and peripheral arteries. The berries can be used in compounds where you are dealing with rapid heart

beat. The compounds in the berries help the heart to have both a stronger and a more effective contractions as to pump more blood for the effort. Hawthorn can be utilized in conditions of low blood pressure as well. It is excellent in respect to angina and arrhythmia. The flowers are useful in dealing with persons who have very weak hearts relative to post heart attack or old age. There are some indications that it may lower cholesterol. In some situations they are useful in dealing with abdominal pain and diarrhea. You may also use the decoction of the berries in cases of insomnia.
Dosage Capsules: 1-4 "O" capsules 3x daily Most individuals can do quite well with 1 capsule 3x daily. The elevated dose should be done with caution.
Decoction: Berries: 1/2 cup 3x daily.

Cayenne

Also known as: Bird pepper.
Latin description: *Capsicum frutescens*.
Parts to use: Pods.

USES: It is unequalled for warding off disease and equalizing circulation. It increases heart action without raising blood pressure. It is useful as an internal disinfectant. Although it has a hot feeling, it does not damage tissue as some other hot herbs can do. It is the purest and best stimulant and also acts as a catalyst enhancing effectiveness of other herbs. It can stop hemorrhage internally or externally. Amazingly it heals stomach and intestinal ulcers. It is a good emergency remedy: if someone is having a heart attack or other heart symptoms, while you are rushing him to hospital, put a few drops of tincture of cayenne under his tongue, or mix some cayenne with a bit of water and put the paste under his tongue: if the patient is semi-conscious, don't put in enough to choke him but you can still put some under the tongue: For angina, the tincture in a bit of warm water usually does the trick or a bit of the powdered herb in water. The cayenne from herbal suppliers is many times hotter than that on your grocery shelf, but in a pinch, any cayenne is better than none.

People with damaged or weak hearts have found great help in taking cayenne capsules regularly: start with 1 and work up to 3-4 a day. Cayenne is useful in lowering blood pressure. It should only be taken short term. It is an excellent gargle for sore throat and oral ulcers. It allays the pain as well as purifying and cleansing. It is antibacterial. Cayenne is a tremendous remedy for stopping bleeding both internally and externally. It is indicated in use for arthritis internally and externally. If you do not have access to medical attention and some one is having a heart attack, several capsules orally may be quite beneficial towards keeping the heart beating and regulating the beat. Cayenne will also stay off and avert the heart attack temporarily.

It can be used internally and externally for pleurisy. It is also a systemic stimulant. It is not a neurological stimulant or a nervous system stimulant like many of the other stimulants that we know of like caffeine, etc. Used on a short term basis it can be good for increasing vitality overall. Cayenne should be understood to be a natural medicine and not a long term food product. Many people use it as a dietary mainstay as far as a seasoning or a flavoring and that should probably not be done. There is controversy surrounding cay-

enne as part of the diet. Although it does appear that cayenne can be an irritant to the digestive system, that seems to only be where it is cooked and not taken simply as a dried and ground product.

Nettle

Also known as: Stinging nettles, roman nettles.

Latin description: *Urtica dioica*.

Parts to use: Aerial.

Chemical constituents: Folic acid, histamine, acetylcholine, chlorine, chlorophyll, iodine, tannins, a very broad spectrum of trace minerals,

USES Stinging nettles is used as a blood tonic and cleanser. They are excellent in dealing with rheumatism and gout as they increases the excretion of the uric acid in the urine. Because of the wide range and generous proportions of trace minerals they would be excellent to include in the diet where ever re-mineralization would be necessary.

Of course nettles would be indicated for degenerative or osteo arthritis. The infusion is excellent in cleansing the urinary system in cases of urinary infections or cystitis. Because of the acetylcholine and serotonin it would be indicated to use for insomnia, chronic depression, and a post recuperative for head or brain injuries. Nettles may be beneficial to use for schizophrenia.

Nettles can be used to counteract anemia due to the blending ratio of the vitamin C and iron they contain. An infusion can be used externally for rinses for the scalp and hair to increase the vitality and life of both. It is indicated in cases of scalp conditions such as dandruff. It is also a good wash for eczema.

Nettles may also be used for a poultice, plaster or compress directly on painful joints due to arthritis. Nettles will increase the flow of breast milk in lactating mothers. They may be used effectively in diabetes to lower blood sugar levels. They can be made into an astringent for bleeding. The infusion may be injected vaginally to stop excess bleeding in menstruation. If used with Mullein, Comfrey, or lobelia an infusion is good to eradicate excess phlegm from the lungs. Some herbalists recommend either the infusion or the fresh juice to the scalp for baldness.

Dosage Capsules: 3-8 "O" capsules 3x daily.

Infusion: 2-3 ounces as needed up to 4x daily.

Alfalfa

USES: Alfalfa tea is a great addition to any heart care program as the nutrition of this herb aids the circulation and the cleansing and mild diuretic action is also beneficial.

Parsley

USES: Should be used in much larger amounts than is commonly practiced: salads of fresh parsley are amazingly healthful: it has a mild diuretic action and works to combat arteriosclerosis: it is high in Vit. A, C, iron and other trace minerals including iodine. It can be eaten or drank in a tea.

Garlic

USES: This time-honored friend has been given much attention lately as it has been shown that it actually helps clear plaque and lower cholesterol in the blood. (As do all the

herbs in this section) It is good mixed with parsley as it does neutralize some of the characteristic garlic odor.

American Cranesbill

Also Known as: Wild geranium & spotted cranesbill.

Latin description: *Geranium maculatum*.

Parts to use: Rhizome.

USES: Cranesbill powder is fantastic for stopping internal hemorrhaging and also external bleeding. Some find it useful to make a gargle for sore throats and other oral sores. May also be used in cases of diarrhea although it wouldn't be my first choice.

Dosage Decoction: 1/2 cup per application until bleeding stops. More effective when combined with cayenne.

URINARY SYSTEM HERBS:

Couch Grass

Also known as: Witch grass, dog grass, Twitch grass, quick grass, and most commonly quack grass.

Latin description: *Adropyron retens*.

Parts to use: Rhizome.

USE: The volatile oil in it makes it useful as a broad spectrum antibiotic. It is quite useful in treating urinary tract infections. Some herbalists have had good success in treating both urinary stones and also the inflammation of the prostate gland using couch grass.

Dosage Decoction: 1-3 cups daily.

Juniper berries

Latin Description: *Juniperus communism*

Parts to use: Dried berries.

USES: This is an excellent urinary system disinfectant. Taken freely as a tea with lots of additional water it will clear up a case of cystitis in a matter of hours. Am. Indians used the tea for fevers. It shouldn't be used continually over long periods but is excellent for short term use. They are powerful as a diuretic. They stimulate the pancreas. The berries in a decoction is excellent in cleansing the urinary tract. Juniper is quite useful in urinary infections and cystitis. Because of its potent diuretic effect it is very useful in purging various acid crystals from the system and makes it quite beneficial in cases of gout, rheumatism, and arthritis. A decoction makes an excellent antiseptic wash and may be used in instances of vaginal infections, either bacterial or yeast infections. In ancient times the decoctions were used as an antiseptic spray.

CAUTION: Do not use Juniper berries in long term applications. Do not use the larger dosages except in very short term use. Do not use on individuals that have weakened kidneys.

Dosage Capsules: 1-2 "O" capsules 4 times daily.

Decoction: Drink 1 cup 2x daily.

CLEAVERS

Also known as: Goose grass, sticky grass.

Latin description: *Galium aparine*.

Parts to use: Aerial.

USES: Is useful in cleansing the lymphatic system. Can be useful in some instances to lower blood pressure, which may be due to the fact that it is an excellent diuretic. It is reliable in cleansing the urinary tract and an excellent item to use in preparations to treat urinary infections.

Also useful in helping to lower the body temperature in fevers.

Externally it can be used both to treat dandruff and some naturalists have discovered that they can make a natural body deodorant from the infusion.

Dosage Capsules: 3 "O" capsules 3x daily.

Infusion: 1 cup 3x daily.

Usage should be restricted to short term, no longer than four or five days for internal use.

Goldenrod

Latin description: *Solidago virgaurea*.

Parts to use: Aerial.

USES: Goldenrod is useful in clearing gravel from the urinary tract and is also effective in cleansing the urinary tract in the case of urinary tract infections. It helps to eliminate toxins in the kidneys and tissues. Therefore it may also be useful in an infusion for arthritis. You may find Goldenrod very useful in clearing mucous in upper airways, therefore it is indicated in both lower and upper respiratory infections. It has been proven useful in bronchitis, pneumonia, pleurisy, etc. Typically Goldenrod is not a stand alone herb, but may be combined with Mullien or other herbs that are useful in those parts of the body.

Dosage Capsules: up to 3 "O" capsules 2-3 times daily.

Infusion: up to 3 cups daily

Marshmallow Root

Latin description: *Althea officinalis*.

Parts to use: Root, infrequently leaves.

Chemical constituents: Mucilage which is much higher in the root than the leaves, asparagin, tannin.

USES: Marshmallow contains a mild expectorant and is used in treating coughs in herbal cough compounds. We use it in the urinary tract any time that we have a urinary tract inflammation or infection. We use it because of its mucilage content to help in moving urinary gravel or stones. It can also be used with Irish Moss or Slippery Elm in conjunction with other herbs for healing of ulcers stomach or GI tract.

Dosage Capsules: 4 "O" capsules 3x daily or more. It is one of the few things that you can use freely.

Decoction: 1 cup 3x daily.

Uva ursi

USES: also known as bearberry, the leaves are an excellent diuretic and urinary antiseptic. It is beneficial as a tea for bronchitis and can be used as a douche. It helps dissolve and flush kidney stones and helps control bedwetting. It should not be taken in very large doses and is usually combined with

other diuretic herbs in a formula but a mild tea can be safely used by all except in pregnancy.

Buchu

USES: It has a healing effect on all chronic complaints of the urinary tract. It absorbs excess uric acid, reducing 'scalding urine' and bladder irritation, and is helpful in gout. It relieves water retention and a tea drunk warm, is helpful in enlargement of the prostate.

Parsley

Latin description: *Petroselinum crispum*

Parts to use: Leaves, roots, and seeds.

Chemical constituents: Iodine, Vitamin C, A, iron, manganese, calcium, and phosphorus, chlorophyll.

USES: Parsley is a powerful urinary cleanser. Sometimes when combined with other herbs such as yarrow it is excellent in treating urinary infections. It is good for the entire urinary tract. Parsley aids in uric acid elimination and would be indicated in conditions of rheumatoid arthritis, gout, etc. It is good for thyroid malfunction. It helps to eliminate intestinal gas. It is a digestive tonic. It sweetens the breath and is a recommended remedy for anemia. The root is good specifically in dealing with liver disorders especially jaundice. The seeds are recommended for amenorrhea or dysmenorrhea and regulating menstrual cycles. Parsley has a tremendous amount of chlorophyll. Cancerous cells find great difficulty in multiplying in the presence of parsley. It can be eaten freely however, it does block vitamin B-12 absorption. It is a beneficial uterine muscle toner and could be used postpartum to get back in shape.

CAUTION: It should not be used in therapeutic doses during pregnancy.

Dosage Capsules: 4 "O" capsules 4x daily.

Infusion: 4-6 ounces up to 4x daily.

Gravel root

Also known as: Queen of the meadow, gravel weed, and joe-pye weed.

Latin description: *Eupatorium purpureum*.

Parts to use: Roots and rhizome.

USES: Is helpful in dissolving urinary gravel as well as mineral deposits in joints and for rheumatism. It is good in chronic urinary complaints and for gout as it will dissolve uric acid deposits in joints. It is usually used in a formula with a demulcent like marshmallow root, to ease the passage of loosened stones.

A decoction of the root is drunk for a variety of complaints. Included are pelvic inflammations, prostate inflammations, urinary infections, kidney stones. It has a diuretic effect which causes purging of uric acid which of course would give excellent consideration in gout, rheumatism, arthritis. Also it is used to relieve severe menstrual and pain.

Dosage Capsules: 4 "O" capsules 3x daily.

Decoction: 1-2 cups daily.

Corn silk

USES: The silk of the corn, either steeped into tea fresh or dried for later use is an mild but effective diuretic and demulcent and also helps in cases of bedwetting in both elderly and young.

Hydrangea

Latin Description: *Hydrangea arborescens*.

Parts to use: Root.

USE: Hydrangea is used when dealing with prostate inflammation and moving and dissolving urinary stones. It can also facilitate the prevention of urinary stones and it has a mild diuretic effect.

Dosage Capsules: up to 9 "O" capsules daily. Typical dosage would be short term for 4-6 days. For preventative measures use 1-2 caps daily for long term use.

Decoction: 3 cups daily.

WATER WONDER DIURETIC TEA

2 parts corn silk

2 parts buchu

1 part marshmallow root

1 part gravel root

1 part Uva ursi

Combine and make into tea: use 2-3 cups daily as needed .

KIDNEY-BLADDER FORMULA

1 part parsley

1 part juniper berries: crushed

1 part Uva ursi

1 part marshmallow root

1 part gravel root.

Combine and steep as a tea: use 3-4 cups daily for acute cystitis or urinary tract infection. Use for shorter periods, for long term, chronic conditions the above formula can be used. Drink extra water, preferably warm, distilled water, to get a flushing action in urinary tract infections.

LIVER, GALL BLADDER HERBS:

Milk thistle seed

Latin description: *Carduus marianus*.

Parts to use: Seeds.

Chemical constituents: Silymarin, it acts not only as a flavonoid but as an antioxidant.

USES: This is one of the finest liver cleansing herbs: it is high in bioflavonoids and has a healing, rejuvenating effect on the liver: It should be included in every alcohol treatment program and in all chronic disease regimes.

It has a powerful regenerative effect on damaged liver cells.: Primarily used in correcting liver conditions. It is an excellent herb in dealing with hepatitis or the recovery. Milk thistle has tremendous regenerating potential relative to the liver. It is helpful in regenerating and stimulating production of new liver cells because of damage either from environmental causes, alcoholism, or chemical exposure.

Milk thistle also helps to purify the liver. In many cases, but not all, where food allergies and also environmental allergies

are present, this herb would be indicated because in many cases the symptoms in allergies are due to the damage or reduced function of the liver.

Dosage Capsules: A short term therapeutic dose would be 4 "O" capsules 4x daily. A long term maintenance dose would be 1 "O" capsules 4x daily. That should eventually be reduced to 2 capsules daily after 2 months.

Decoction: Short term: would be 4 cups per day.

Long term: would be 1 cup daily.

Dandelion

Also known as: Lions teeth.

Latin description: *Taraxacum officinale*.

Parts to use: Flowers, leaves, and roots.

Chemical constituents: Root: bitter glycosides, carotenoids, terpenoids, insulin, pectin, choline, phenolic acid, potassium.

Leaves: lutein, biolaxantlin, carotenoids, potassium, iron, Vit A content in these leaves is even higher than in carrots.

USES: People would do their livers a double favor, if they stopped spraying toxic chemicals to kill dandelions and started digging them up and drying the roots and using them for tea. It is one of the most nutritious plants known being packed with minerals, trace elements and other healing and cleansing properties. It is a must in any liver treatment program and a great nutritional asset for weight-loss and chronic disease programs.

The leaves and flowers, and buds are all nutritious and can be eaten or made into tea. The leaves are a liver tonic and since they are bitter they may also be a digestive tonic They are also quite effective as a diuretic, hence its French slang term; Pee-in-the-bed. The root is also a tremendous liver tonic. We use it extensively in purging and cleansing the liver. It strengthens the flow of the bile. It also has a mild diuretic effect.

Dosage Capsules: Leaves: 5 "O" capsules 3x daily.

Capsules: Root: 4 "O" capsules 3x daily.

Decoction: Root: 1 cup 3x daily.

Infusion: Leaves: 1 cup 4x daily.

Turmeric

USES: It regulates the menses, aids digestion, dissolves gallstones, and decongests the liver. Helpful as a condiment and also in herbal formulas. It promotes healing.

Lemon

USES: One of the best and most simple cleansing programs consists in squeezing the fresh juice of a lemon into a pint of warm, distilled water and drinking it first thing on arising: it will aid in arthritis, liver problems, bowel problems, and kidney problems!

Yellow Dock

Also known as: Dock.

Latin description: *Rumex crispus*.

Parts to use: Root.

USES: Use as an astringent, laxative, liver tonic, blood purifier, and digestive tonic.

Dosage Capsules: 4 caps 3-4x daily.

Decoction: 1 cup 3x daily.

IMMUNE SYSTEM HERBS & HERBAL ANTIBIOTICS

Astragalus

Also known as: Huang qi and milk-vetch.

Latin description: *Astragalus membranaceus*.

Parts to use: Root.

USES: Builds and strengthens the immune system. Works well to strengthen the digestive system. Will also defeat long term fatigue as it supports normal adrenal function. Can be useful in ending a debilitating sweat during illness. Strangely enough it may produce a sweat in situations as it is desired. Some practitioners find *Astragalus* a useful aid in healing chronic ulcers. May also have a mild diuretic effect.

Dosage Capsules: 6 "O" capsules daily.

Decoction: 1 root slice every other day in 1 pint water, may be used long term.

Barberry

Also known as: Berberi, wood sour, pepperidge bush.

Latin description: *Berberis vulgaris*.

Parts to use: Bark, root bark, and berries.

USES: Externally used in preparations to kill bacteria. Internally used as a laxative. Will slow rapid heart rate and respiration. Best used as a liver cleanser. Helpful in conditions of enlarged spleen.

Dosage Capsules: 2-4 "O" capsules 3x daily max.

Decoction: 1 cup 3x daily before meals.

Cat's Claw

Also known as: *Una de gato*.

Latin Description: *Uncaria tomentosa*.

Parts to use: Inner bark.

USES: Anti-inflammatory, antiviral. Blocks fluid retention, stimulates immune system. Is an anti-angiogenic herb. Used in Crohn's disease.

Dosage Capsules: 3 caps 3x daily.

Decoction: 3 cups daily.

Chaparral

Also known as: Creosote bush.

Latin description: *Larrea divaricata*.

Parts to use: Leaves.

USES: Chaparral is a free radical scavenger and a cancer fighter. When mixed with Goldenseal, Chaparral helps to draw toxic chemicals and even street drugs out of the cells and suspends them in the blood. These make both a good cellular and tissue cleanse. You must start slowly as rapid detoxification can be detrimental. It helps to improve liver function. It is a good blood purifier. It has an antiviral, antibacterial, anti-parasitic action. It is very cleansing to the urinary system. If you are a person who has had a lot of chemo-

therapy or other type of drug therapies it may cause nausea or other types of side effects as it releases those substances from the tissues into the blood stream.

CAUTION: Long term usage may cause liver complication. Infusion can stain teeth.

Dosage Capsules: 3-6 "O" capsules 3x daily.

Infusion: 1 cup 3x daily.

Echinacea

Also known as: Snake root, Missouri snake root, black sarsaparilla, purple cone flower.

Latin description: *Echinacea angustifolia* or *echinacea purpurea*. There are several varieties. Preference would be given to the *Echinacea Angustifolia* because it is more potent and more powerful in its effects.

Parts to use: Dried root and rhizome.

USES: *Echinacea* is a very powerful immune system stimulator. It stimulates production of white blood cells for fighting infection. The polysaccharides have strong antiviral properties. It is an effective natural antibiotic.

The external use would be as a poultice for boils, bites, abscesses, and other infections. It is useful where you have swollen lymph nodes or glands. The main use for this herb though, would be to boost the immune system and for fighting infections.

For purulent or external infection, such as an abscess or ulcer, wash it with a decoction of the root. It would be very purifying and cleansing as a topical antibiotic application.

Dosage Capsules: 2-8 "O" capsules 3x daily.

Decoction: Drink 1 cup 4x daily.

Alcohol tinctures of *Echinacea* are not recommended because they destroy the polysaccharides that stimulate the immune system so you would not get the immune response from this as you would from the decoction or the infusion.

Garlic

Latin description: *Allium sativum*.

Parts to use: Bulb.

USES: Antibiotic. It is a mild expectorant. It is useful in counteracting high blood pressure. In larger dosages it can be useful as an anti-coagulant. Garlic is a recognized remedy against both high cholesterol and arterial plaque. It also is effective in reducing high blood sugar in diabetes. Internally the use of garlic is effective in reducing the incidence of stroke. Garlic can be used against diarrhea, TB, diphtheria, typhoid, hepatitis and other types of infectious diseases. The anti fungal component in garlic is very effective against candida by ingesting supplemental forms. The anti fungal properties are also quite useful in expelling intestinal parasites, also cleaning up athlete's foot. Externally it can be used in liquid form on acne and it works very well as a purgative on external sores and infections. It can be used in an oil form or liquid form as an excellent remedy for ear aches and infection, placing it directly in the ear canal. There is much research that indicates that garlic is quite positive in increasing the immune system response. Research has also shown that it actually works actively against cancer. Cold aged extracts are proven

to be significantly more effective than other types of garlic.

Dosage Capsules: 2 or more "O" capsules of the powder may be taken daily on a long term bases. If you are taking a therapeutic dose for short term you may take 8- 10 capsules daily.
Oil: 4-5 drops as for an ear problem, into the ear canal.

Red Clover

Latin description: *Trifolium pratense*.
Part to use: Dried flowers.

USES: Red clover is of great benefit in stimulating and supporting the immune system. It is an excellent blood purifier, especially when mixed with grape juice. It has a very mild sedative effect, and is a mild expectorant. It is good for bronchial inflammation. Clover has demonstrable anticancer properties.

Dosage Capsules: 4-6 "O" capsules 4x daily.
Infusion: Drink freely.

Goldenseal

Also known as: Yellow root, Indian turmeric.
Latin description: *Hydrastis canadensis*.
Parts to use: Root and rhizome.

USES: Goldenseal is a tremendous remedy against inflammations in the mucous membranes. Goldenseal is valuable in dealing with conditions in the mouth such as infections and inflammations of the gums and other oral tissues. You will find it useful in dealing with ulcers elsewhere in the gastrointestinal tract. It has an antiyeast and antifungal effects and is excellent as a douche in dealing with thrush or yeast infections vaginally. Make it into a tea and use as a compress on eyes, or drops of infusion to be placed directly into the eye. Also may be used as a poultice on skin eruptions and infections. Some people use it as a remedy for morning sickness, but because of the berberine, which is a uterine stimulator, it is not indicated during pregnancy.

Goldenseal also is indicated to use with ring worm and other skin eruptions and infections. It very strongly stimulates the liver into producing elevated quantities of bile so is a good liver purgative. It has a very effective antibacterial, antiviral and anti-fungal properties and can be used as antibiotic both internally and externally.

Tinctures and other preparations may be used in dealing with fungi under fingernails, toe nails, and also on the skin itself. Goldenseal is quite useful in dealing with cases of food poisoning as it destroys both the microorganism that has gotten into the gastrointestinal tract and also whatever toxins that they are releasing into the system.

It has a mild anti inflammatory effect. Is also used as a digestive tonic. Because of its uterine contracting possibilities it would be indicated in use where there is excessive uterine bleeding, perhaps postpartum. Short term use is indicated in diabetes because of its potentiating of insulin. It potentiates the use of insulin. Goldenseal is also indicated for use in prostate inflammation.

CAUTION: Do not use during pregnancy. Do not use for more than 10 days consecutively without giving several weeks off of it in between, as there is a property that tends to build

up in the liver and causes the liver to become toxic over long term use.

Dosage Capsules: up to 4 "O" capsules 4x daily for only 10 days and then off for 2 weeks.

Infusion: 1 cup up to 4x daily for one week.

Yarrow

Also known as: Millefoil, nosebleed, thousandleaf.
Latin description: *Achillea Millefolium*.
Parts to use: Aerial, especially the flowering heads.

USES: Yarrow is an excellent flu remedy. A hot infusion will produce a nice therapeutic sweat and will help to expel the toxic chemicals out through the sweat or perspiration. It will eventually in long term use cool the body. The infusion is helpful to treat rheumatism and rheumatoid arthritis. It has anti inflammatory salicylic acid and cyanidin. Compresses of the infusion may be applied to stop bleeding and to heal wounds. Yarrow is very beneficial and useful to regulate heart beat and also to slow tachycardia. It can be used with equal parts of catnip to quell influenza if done in early stages. It does help to some extent to dilate peripheral arteries and vessels and may in short term possibly help to lower blood pressure. In a compress externally it has terrific antiseptic properties. The infusion is an excellent vaginal douche or enema to purify and stop hemorrhaging. It will also help to alleviate pain in the bowel when used as an enema.

CAUTION: Possible photo sensitivity from internal use but very unlikely.

Dosage Capsules: 6-8 "O" capsules 3x daily.
Infusion: 1 cup 3x daily.

Hyssop

Latin Description: *Hyssopus officinalis*.
Parts to use: Aerial, and primarily when it is in bloom.
Chemical constituents: pinocampnone, pinocampnone, carnone, terpinene, glycosides, tannins, flavonoids, inoslic acid, oleonic acid, marrubiin, resins.

USES: Hyssop is an excellent expectorant. It is beneficial in treating lower respiratory conditions such as bronchitis and pneumonia. Hyssop is an herb that we call diaphoretic which means that it causes a sweat. You can make an infusion and use it in external applications for cleansing wounds and for disinfecting the sick room since it is a good antiseptic. Internally, hyssop may be good for treating cold sores and canker sores combined with grape juice as a preventative and also shortening the duration of the condition.

Dosage: Capsules: 2 "O" capsules 4x daily for short term. For long term or preventative in dealing with herpes simplex viruses take up to 2 capsules daily. We typically want to use small dosages of hyssop and not to do it for long term uses unless absolutely necessary.

Infusion: 1-1 1/2 cups per daily.

Pau D'Arco

Also known as: Taheebo.
Latin description: *Tabebuia heptaphylla*. Parts to use: Inner bark.

USES: Pau D'Arco has antibacterial, antifungal, and antiviral properties. It is beneficial in candida albicans. Antifungal tinctures are good for infections in nail beds. It is useful in thrush as a decoction. It is very useful as a douche in vaginal yeast infections. It is widely used in South America as a cancer remedy due to its antiviral and anticancer action.

CAUTION: Avoid use where weakened kidneys are involved. Avoid long term use.

Dosage Capsules: 4-6 "O" capsules 2x daily.

Decoction: Drink 2 cups daily.

Oregon Grape

Also known as: Rocky mountain grape, mountain grape, holly leaf, California barberry.

Latin description: Berberis aquifolium or mahonia aquifolium

Parts to use: Rhizome and root.

USES: A highly effective blood and tissue cleanser. Because of its bitter properties it can be used to stimulate the liver and gallbladder function. Oregon grape stimulates the production of bile, consequently it is an excellent digestive tonic. Use would be indicated wherever one would notice skin eruptions and skin impurities, typically with any type of skin disorder. If dealing with a life threatening disease such as cancer or other conditions it would be the best purifier for the blood, tissues, and body to allow the immune system to function properly. Also indicated use for rheumatism if you don't have other herbs as it is not the very first choice. It can also be used in conditions of hypothyroidism to stimulate the thyroid. As we see Goldenseal become extinct, Oregon grape may become a substitute. Use 3 parts Oregon grape, and 1 part Echinacea Angustifolia instead of Goldenseal.

CAUTION: Since it does contain Berberine, which is a uterine stimulator, it should be avoided during pregnancy unless taken under the advice of a qualified practitioner. It could cause a spontaneous abortion.

Dosage Capsules: 4 "O" capsules 3x daily.

Decoction: 3 ounces 3x daily.

Poke Root:

Also known as: Pigeon berry, poke.

Latin description: Phytolacca americans.

Parts to use: Root.

Chemical constituents: Triterpenoid saponins, phytolaccine, phytolaccic acid, tannins, resins.

USES: Poke is cleansing to the lymphatic system. It is also a powerful bowel cleanser and tissue cleanser. Poultices may be used for a wide variety of infections and inflammatory processes. Some of the substances that it contains have been highly beneficial in dealing with AIDS and other retro viruses. Typically, those who treat these kinds of things are using the fresh leaves, the more tender part of the leaves in the earlier part of the year. The chemical constituents of the poke plant are said to be 1,000 times more beneficial against AIDS than AZT. It is also used by many natural practitioners

in treating cancer. It is indicated in use for swollen breasts from mastitis used as a poultice and also is beneficial in treating fibroids.

CAUTION: Do not eat the berries. In using the fresh leaves you **MUST** know what you are doing. If you get the wrong maturity of leaf you can have a toxic or even a fatal effect.

Dosage Capsules: up to 2 "O" capsules 3x daily.

Decoction: 1/2 cup 3x daily. Use with caution. There is no dosage given for the fresh plant as you must know what you are doing with this part personally.

Myrrh

Latin description: Commithora molmol.

Parts to use: Gum /resin.

USES: Myrrh is a beneficial herb to include in mouthwashes and gargles. It is an antiseptic, anti fungal and it stimulates your immune, and circulatory systems. Because of its antiseptic, anti fungal, and astringent properties it is a beneficial topical cleanser for cleaning out sores and abscesses. Myrrh is also good for preventing infections in scrapes and burns.

Myrrh is used for washing wounds and for external or topical skin diseases. I have found it good when mixed with Goldenseal and salt and snuffing it up the nostrils to clear out sinus infections. Myrrh may be used internally for candida albicans and externally for athletes foot. It is excellent for cleansing the mouth of oral ulcers, trench mouth, thrush, pyorrhea, etc. It can also be used internally for purifying mucous in the intestines. Internally myrrh is a mild expectorant.

CAUTION: Avoid long term use.

Dosage Capsules: 1-5 "O" capsules 3x daily.

Infusion: Drink 1/2 cup 3x daily

St. John's Wort

Latin description: Hypericum perforatum.

Parts to use: Aerial.

Chemical constituents: Hypericin, flavonoids, tannin, volatile oil, pigment, resin.

USES: Recent research has revealed that hypericin is very effective in controlling retro-viruses such as AIDS and chronic fatigue. It has long been established as an effective remedy for neuralgia. Many natural practitioners prescribe St. John's wort for the condition of sciatica. The infused oil is excellent for a topical application for injuries and wounds due to its antibacterial action, also for its sedative properties. It is not only soothing but is quite healing and protects against infection. St. John's wort is an effective antidepressant and is used to level mood swings and calm nervousness. It has been used by some to allay the pain with menstrual cramps. It is a mild diuretic.

Dosage Capsules: 3-4 "O" capsules 3-4x daily.

Infusion: 1-2 ounces at a time throughout the day.

For a therapeutic dose you may take up to 2-3 cups but **NOT** for long term, for a few days only! unless you are dealing with a condition such as AIDS where it would take advanced dos-

ages for an extended length of time and should only be done under the supervision of an experienced practitioner.

SPECIAL SENSES

Eye Bright

Latin Description: Euphrasia officinalis.

Parts to use: Aerial.

USES: Use eye bright to make an excellent eye wash. It can be applied externally as a compress or a wash to irritated or infected eyes. Eye bright can be combined with Goldenseal, Fennel, and or Red Sumac berries for Pink Eye or Conjunctivitis. It can be taken internally for weak eyes. It has been reported to be effective in early stages of cataracts. Eye bright is also an astringent and can be used as such in an external wash. It effects the liver and blood and can be used to detoxify both. An infusion is effective in dealing with nasal congestion that comes with hay fever and colds or may also be used as a mouth wash for irritations of the mucous membranes.

Dosage Capsules: 4 "O" capsules up to 4x daily.

Infusion: 1 cup 4x daily.

NUTRITIOUS RECIPES & TIPS

"GREEN TEA" or "ORGANIC MINERAL WATER"

Combine equal amounts of the following cut and sifted herbs: (preferably organic)

Alfalfa, gota kolu, comfrey leaf, peppermint or spearmint, nettles, red clover, and oatstraw.

Mix well and steep 1 heaping tablespoon of these herbs in 1 pint of distilled water, in covered glass bottle, overnight in refrigerator. Strain and drink freely throughout the day. Mix with 1/2 hot distilled water so not to use icy cold drink. This makes a drink rich in organic nutrients that your body can use, instead of the inorganic ones in mineral water, which it can't.

ROOT TEA:

Combine equal parts of the following herbs:

Sarsaparilla, sassafras, burdock root, dandelion root, chicory root, and wintergreen leaf.

Add a small amount of licorice. (optional)

Mix well and decoct 1 cup herbs in 2 quarts distilled water, overnight in a crockpot on low setting. (covered of course) In the morning strain and keep in refrigerator. Use 1/4 cup of this base and fill cup with hot distilled water for a pleasant and very healthful beverage.

For body cleansing programs drink 3 cups a day.

FLAVINO ELIXIR:

This is a formula especially high in bioflavonoids and is useful for chronic conditions, memory or brain problems, alcohol or addiction recovery, heart, liver or circulatory problems.

Combine the following herbs:

2 parts Gingko leaf

2 parts chopped hawthorn berries

2 parts milk thistle seed

1 part hawthorn leaves and flowers (optional but good if available)

1 part Gotu kola

1/2 part licorice root

Mix thoroughly and decoct the same as root tea. Use 1/4 cup decoction to 1 cup hot water. Use 1-2 cups daily. For serious problems use 3 cups daily.

All these formulas are for long term use to rebuild damaged health or maintain good health.

SUPER-BLENDED-BREAKFAST:

This is a handy, super nutrition start for your day. You select some raw fruit, for example; 2-3 apples, 1-2 oranges, 1 ripe banana. Peel the oranges and remove seeds if they are present. Peel banana, wash apples and quarter and core them: blend in your blender.

Add 1 tablespoon whole flax seed, and one of sesame and/or sunflowers seeds, all raw. Add 1 teaspoon spirulina powder, and/or barley green, green magma, green kamut or other green super food powder. Add 1 tablespoon of the 'Nutri-bulk' herbal recipe in this course. Add two cups water, hot or cold (depending how you like your breakfast)

Whiz at high speed on your blender for 5 minutes; pour into tall glasses and drink. It will be thick like a smoothie, and delicious! It will send you and your family into the day with super nutrition, live food nutrition that your body can absorb easily, instead of heavy, stodgy food or refined cereals that take more energy out of the body then they put in! The great thing is it takes only minutes. Then rinse your machine a couple seconds under the tap and head off to work.

The variations you can do on this drink keep it from becoming boring. Frozen or fresh fruits of any kind can be used. It is best not to use any sugar, the raw fruits are sweet enough; frozen berries, sometimes can use a touch of honey, a few raisins or a date or two.

The herbal bulk, green powder, and raw seeds are the backbone of this super breakfast.

Want it creamy? add a tablespoon raw rolled oats. (You can do this in sauces and soups also; it makes them taste creamy!) Once you get onto this super-breakfast, you'll love it.

