

## WHAT YOU SHOULD KNOW ABOUT HERBS

The use of herbs dates back to Biblical times. Before modern medicine came into existence the physician used herbs in place of drugs. If every physician would take the time to study herbology he would be amazed at the spectacular results you can get with certain ailments by using herbs instead of drugs. Not to be misunderstood, let me state that drugs have their place and are necessary in certain conditions, but herbs can also be used to enhance the physician's practice.

Warning: It is best not to use herbs and prescription drugs together at the same time. Before modern drugs were developed, physicians used herbs. Today, we find many physicians who are practicing preventive medicine, better known as orthomolecular or holistic medicine, are now investigating the merits of herbs in addition to the use of vitamins, minerals, enzymes and amino acids.

Not only have herbs been used in the treatment of disease, but from ancient times have been used in cooking to add flavor to the food. All through the Bible you will find mention of herbs. In Exodus 12:8 we find that bitter herbs were eaten with the paschal lamb. Undoubtedly some of these herbs were endive, chicory, dandelion, and perhaps others of that type. It is also interesting to note in the Song of Solomon 4:14 several herbs are mentioned, one of them being aloe, now known as aloe vera, and today used widely for its healing properties.

Talking about preventive medicine, notice this statement: "The Lord has given simple herbs of the field that at times are beneficial, and if every (physician) understood how to use these herbs in case of sickness much suffering might be prevented."

In this chapter on herbs I have not listed every herb available. To do so, I would have to write an entire book by itself. I have listed only the major herbs, the most valuable. This chapter will be a great help to all who use it. The herbs listed in this chapter are in alphabetical form for easy reference.

**ALFALFA:** It is at the head of the list of the important herbs and was discovered by the Arabs, who called it the FATHER OF ALL FOODS. It is one of the finest of all herbs. It is known as a blood cleanser, especially when used with red clover and chaparral. The roots of this plant grow deeper into the ground than any other known herb. Thus, it absorbs many trace minerals, plus being rich in some of the major minerals. Dehydrated alfalfa grass powder is a flavorful ingredient in many foods, including breads, soups, stews, and many gravies. Read your label before you buy. "Low-temperature" means that it has not been dehydrated at more than 106°F. It is rich in chlorophyll and fiber material which is important. Research scientists have discovered that there are digestive enzymes in alfalfa which tend to neutralize certain forms of cancer.<sup>2</sup> It is not only wonderful for the nerves and arthritis, but is also a marvelous blood cleanser when followed by a healthy diet.

**ALOE VERA:** Of all the herbs that I know about this is the only one that I have found called "nature's miracle." "For centuries the aloe vera plant has been used by people all over the world to cure or alleviate a wide range of diseases. Two thousand years ago a Greek named Dioscorides recorded that aloe could be used for wounds, stomach disorders and pain,

constipation, headache, itching, loss of hair, mouth and gum diseases, kidney ailments, blistering, skin care, sunburn and blemishes."3 So well known was aloe vera centuries ago that "historians have written that Aristotle persuaded Alexander the Great to conquer the island Socotra, (East Africa) in order to have enough aloe to treat the wounds of his soldiers."4 There are many species of aloe, all of them known by the name "aloe" followed by another name, but the only true aloe is aloe vera.

"The healing properties of the aloe vera pulp are believed to be partly attributable to its 96 percent water content which provides available water to the injured tissue without sealing off the air."

"Researchers in Japan studying the high molecular weight of aloe extracts found that they contain enzymes. One enzyme is able to break down a substance which is formed in inflammation, while another material contains a lecithinlike substance which reacts with destructive enzymes."6 Aloe vera has been found to be effective in the treatment of arthritis, for aching joints and aching muscles. The beautiful part about aloe vera is that there are no side effects. Aloe vera has been used with dramatic results on skin injuries. Modern researchers all over the world are now doing experimental work with aloe vera and finding it very effective. Some of the countries are the Soviet Union, where most of the research work has been going on, and in addition the United States, Egypt, South Africa, Japan, and many other countries. In the June, 1981 issue of Bestways magazine there appeared an article, "Aloe Vera-Nature's Miracle Healer." Reprints of this article are available. Write PO. Box 2028, Carson City, Nevada 89701.

**ANISE SEED:** It is well known to relieve flatulence or gas in the stomach and bowel, and is used as a stimulant for the vital organs of the body. It is also used for infants suffering from flatulence or colic; a decoction of anise seed added to the milk is the best way. For the nursing mother, it increases the milk flow and also stimulates the action of the stomach. It is best used as a tea.

**BLACK COHOSH:** It has a quieting effect on the nervous system, soothes pain and relieves fever. Due to its calming effect, it is a wonderful herb for women in the menopause. It is also used for ailments of the lungs, hysteria and dropsy. Directions: Make a tea of the granulated dried roots, a teaspoonful to a cup of boiling water. Drink cold, one cupful during the day, in large mouthfuls at a time.

**BLUE VERVAIN:** This herb is known for its value in opening the pores and allowing the toxic wastes of the body to be excreted. For this reason, it is recommended for lung congestion and fever. It is also known to help nervous disorders and insomnia. Some authorities claim that the reward for using this herb is great. It is also recommended for coughs and sore throats. Directions: Put two teaspoonfuls in a pint of boiling water and drink cold one or two tablespoonsful, six times a day.

**BONESET:** Allergies of the upper respiratory system, infected sinuses, nasal catarrh and colds yield quickly to the healing effect of this wonderful plant. When taken as a hot tea, it produces sweating. One authority has termed it a certain remedy in all cases of fever and influenza. It is also helpful in severe spells of coughing associated with emphysema and asthma.

Directions: Over one ounce of powdered boneset, pour one pint of boiling water and let it steep for ten minutes. Drink a half cup, four to six times a day.

**BUCHU:** This herb is used mostly in chronic and acute diseases of the genito-urinary mucus membrane which is associated with pyelitis, cystitis, urethritis, and prostatitis. It is recommended for gravel stones in the kidneys and bladder, and has been highly praised for its soothing and strengthening effect on the urinary system. It is also recommended for leucorrhea. This herb is very effective when combined with crushed pumpkin seeds. Directions: Put a teaspoonful of the crushed leaves into a cupful of boiling water and steep for half an hour. The dosage is a half cupful, four times a day.

**CATNIP:** This herb has also been termed catmint. All members of the cat family in the jungle eat this to keep themselves in a healthy condition. Claudia V. James makes this statement: "One old white cat came one spring so bedraggled and sick that I did not think it would live a day. It feasted in the catnip patch for a couple of weeks and became sleek and glossy. What is good for animals is good for man."<sup>7</sup> Catnip tea is excellent for quieting the nerves. It is also used for amenorrhea and dysmenorrhea, and is effective in nervous headaches. It is reported an enema of catnip will cause urination when it has stopped. Directions: Pour a pint of boiling water over one quarter cup of the crushed leaves. The dose is two tablespoonsful several times a day.

**CHAMOMILE:** It is an excellent herb which contains an amino acid called triptophan. People suffering from insomnia find that chamomile tea helps them to fall asleep without taking sedatives. The Journal of the American Medical Association 240:109 has warned that people who are allergic to ragweed pollen should not use this herb. The herb tea can also be used as a remedy for nervous conditions of women, especially during the menstrual cycle, as it helps to stimulate the menstrual flow. Direction: Pour one pint of boiling water over one quarter cup of the powdered herb. The dosage is a half cup once or twice a day.

**CHAPARRAL:** This herb is slightly bitter to taste, but is one of the finest for cleansing the bloodstream, especially when used in conjunction with alfalfa and red clover. At the University of Nevada and at the Utah University they have done research work on the treatment of cancer which resulted in some promising reports. Scientists found in this herb a substance called nordihydroguaiaretic acid (NDGA). This is known as an anti-cancer acid in the treatment of tumors and leukemia. To sum it up, this herb is excellent as a blood cleanser and purifier of the entire body.

**CHICKWEED:** Here is good news for people who are overweight due to the fact that they have terrific appetites, and cannot seem to stop eating. A cup of this tea will stop the strong desire for food. An ointment made with the powdered leaves and wax has been recommended for psoriasis, skin ulcers, sores, and broken varicose veins on the legs. It also has been used for cramped and shrunken sinews to make them pliable. Directions: Steep a heaping teaspoonful for half an hour in a cup of boiling water. Dosage: three or four cups a day between meals. Take warm upon retiring.

**CLOVER BLOSSOMS, RED:** Here is another marvelous herb of which people know little or nothing. It is one of the finest blood and body purifiers among the herbs. It is most effective when used with alfalfa and chaparral. The herb tea, when taken in combination with alfalfa, is

used for kidney and bladder infection. Some authorities even recommend it for syphilis and chronic rheumatism.

**DANDELION:** The leaves and the roots are both used from this plant but for different purposes. The leaves are used in salads and sandwiches. The green leaves contain 7000 units of vitamin A per ounce; lettuce has only 1200 units per ounce. Dandelion can be raised in the garden, spaced properly apart. In the fall of the year the roots can be dug up and dried. The root is one of the best herbs known for inducing the flow of bile from the liver. It stimulates liver function, has been helpful in cirrhosis of the liver when used over a period of time, and stimulates the pancreas and the spleen. It is reported to be beneficial for the female organs, and in the accumulation of fluid in body tissues or cavities. Directions: Into a cup of boiling water, put a heaping teaspoonful of the root, finely cut. Dosage: One or two cups a day.

**DEVIL'S CLAW:** This herb should be kept in every home. It is a good stimulant of the lymphatic system: In the form of a tea, it is most helpful for healing disorders of the kidney, liver, bladder, stomach, intestines, arteriosclerosis, as well as for arthritis. "Dr. (Sigmund) Schmidt pinpoints the healing method due to its constituents of harpagosid, harpagid and procumbin. These three components work to increase the activity of the liver which then detoxifies and washes out poisons such as in the area which is known to stimulate arthritis pain. Therefore, Devil's Claw, through these three components, acts as a catalyst - a stimulant that alerts the liver to accelerate its poison-cleansing functions and protect the body against the risk of arthritis. No other herb or medication is able to create this unique healing method.

"Treating over 200 arthritic-pained patients, Dr. Schmidt prescribed the use of Devil's Claw tea. Three teaspoons of the Devil's Claw powder were to be put in one liter (1 3/4 pints) of boiling water. Turn off flame. Let stand overnight. The next day, drink small portions of the tea at intervals. The doctor reports that arthritic pain was lessened and joints could move with more flexibility because of this program."<sup>9</sup>

**EYEBRIGHT:** This herb received its name centuries ago because of its effect in all cases of eye trouble including cataracts and glaucoma. It is reported to cleanse the eye, rebuild new tissue and regenerate the optic nerve. Over 300 years ago, the famous doctor Nicholas Culpepper said "if the herb eyebright was but as much used as it is neglected, it would half spoil the spectacle makers trade." You can buy it in powdered form or in capsules.

**FENUGREEK SEED:** The value of this herb, when used with golden seal root powder, is spectacular. Every physician should use this formula for patients suffering with hepatitis or cirrhosis of the liver; it is amazing how quickly the patient will respond.

**GINSENG:** The Koreans and Chinese have used this herb for centuries. However, it is now cultivated in the United States and Canada and it is just as effective if raised in North America as it would be if raised in Asia. Where it is raised has no bearing upon its effectiveness. It has been recommended for stiffness, back pains, lumbago, rheumatism and sciatica. It is reported that it helps headaches in the back and side of the head, and eyesight difficulties where there is double vision and problems in opening the eyelids. People who have grey spots before their eyes, perhaps accompanied by dizziness, would do well to try using ginseng. It is also reported to be effective on the pituitary and adrenal glands; very effective in allergies and ailments of

the bronchial tubes; and is considered one of the finest rejuvenators of all the herbs. It can be grown anywhere in the shade. Directions: There are two methods of making the drink from the dried ginseng root. (1) Take one-eighth ounce of the dried ginseng root, put in a double boiler and add three cups of water. Cook for two hours at low heat. You should not have more than a cup and a half of the liquid left after cooking the ginseng. You can double or triple this recipe so that you do not have to make it so often. (2) Put one quarter teaspoon of powdered ginseng in a cup of boiling water; let it steep for about ten to fifteen minutes, and drink while it is warm, but not hot. Dosage for both methods: one cup of tea at mealtime and between meals.

Note: Do not take this herb if you have a virus or cold as it will make it worse.

**GOLDEN SEAL ROOT:** This herb is used in powdered form and is considered one of the finest of the herbs. It is used for healing the mucous membranes of the digestive tract, which includes the stomach, and is very good for ulcers of the stomach. When combined with digestive enzymes, it is excellent for poor digestion. When taken with fenugreek seed tea it is healing to the liver and portal system. This combination is the best known for relief of hepatitis and cirrhosis of the liver.

Physicians have also used it for ulcers of the uterus and the vagina. It is used as an eye cleansing preparation when combined with eyebright. Golden seal is an antiseptic, eliminating bacteria and promoting healing.

**HAWTHORN BERRIES:** Here is an herb that should be used by the medical profession. It is an anti-spasmodic and sedative; strong cardiac tonic, effective in both high and low blood pressure; a vaso-dilator effective in the treatment of high blood pressure. It has been reported to be very effective in heart disease, heart valve defects, rapid and feeble heart action and for angina pectoris. It is said to be good for cleansing the arteries, thus helping to lower the blood pressure. It should be taken in small doses, because large doses may cause dizziness, and should be taken only under a doctor's supervision.

**HOPS FLOWERS:** A tea made from this herb is a sedative, used for the nervous system, neuralgia, and for insomnia. Hop tea will induce sleep. Hop poultices over the stomach have been known to relieve pain. Directions: Put a teaspoonful of this herb cut fine or powdered in a cup of boiling water. Let it steep until cool. Dosage: Drink one cupful at bedtime.

**HOREHOUND:** This herb, often used in cough drops, is well known for its virtues in relieving colds, coughs, bronchitis, asthma, hoarseness and other affections of the lungs (pulmonary diseases). It is said to contain a potent factor which destroys germs. The tea should be sweetened with honey. Directions: To one cup of boiling water, add a teaspoonful of the finely cut or powdered herb. When cool, drink one cupful during the day.

**HYSSOP:** In Psalms 51:7 we read the words of King David, "Purge me with hyssop, and I shall be clean; wash me and I shall be whiter than snow." How true these words really are. Hyssop is known as an excellent blood cleanser. It is also an excellent tonic for people with a weakened condition. It is known for its splendid effect on the mucous lining of the stomach and bowels. It is also excellent for colds and infections of the upper respiratory system. The tea can also be used as an eyewash when using an eye cup. Directions: Steep a heaping teaspoonful to a cup of boiling water for 20 minutes. Dosage: one to three cups per day.

**JUNIPER BERRIES:** A tea made from the berries has long been used as a diuretic and for diseases of the kidneys and urinary tract, which includes the bladder. For leucorrhoea it has been used as a douche. It is reported to help dropsy, an accumulation of fluids in the cavities or various parts of the body. It also helps the memory and function of the brain; as a result of its aid to the brain, the optic nerve is strengthened. In the Moscow News, p. 10, June 24, 1979 there appeared an article of the research work being done in the Soviet republic of Turkmenia. They made an ointment of juniper and were successful in curing deep eye lesions. They also made eye drops and administered them several times a day for glaucoma and cataracts. They had very good success with glaucoma; however, with cataracts the success was not as prominent.

**PEPPERMINT:** The effectiveness of this herb on the digestive organs is well known. It strengthens, refreshes, and aids in digestion and relieves flatulence or gas. It is a relaxant, thus aiding the nerves, and can be used for cramps. You can use it in place of an aspirin for a headache. Warning: When you make a tea with peppermint, you must use a timer or stand by and watch the clock to be sure that it does not exceed five minutes. If you steep mint in hot water more than five minutes, it becomes bitter. This bitterness is due to the fact that a toxic element is released after five minutes and therefore should not be used. If you forget to time it, do not drink it. Pour it out and make a new batch. Directions: To a cup of boiling water, put one teaspoonful of the leaves. Dosage: two cupfuls per day.

**PUMPKIN SEEDS:** Reported successful in enlarged prostate conditions, relieving restricted urination due to the enlarged prostate gland. Suggestion: two heaping tablespoons of pumpkin seeds eaten at every meal with two zinc tablets of 30 mg. It is also used in the treatment for intestinal worms, especially tapeworms; a large quantity should be eaten at night. In the morning, follow with a large dose of castor oil.

**RED RASPBERRY LEAVES:** This is an excellent herb for female problems. It is very helpful in relieving after birth pains and increasing the mother's milk flow. It is reported to decrease excessive menstrual flow without stopping it, also preventing miscarriage. An outstanding Canadian herbalist, Claudia V. James, makes this statement: "I know of several cases where this was proved beyond doubt. A woman had four miscarriages and despaired of ever bearing a child. Several doctors told her that she could never become a mother. On advice given by close members of my family she took to drinking raspberry leaf tea every morning during pregnancy. She gave birth to a lovely baby girl, and in eighteen months she had another. The labor in both cases was practically painless." 9 Directions: To one cup of boiling water add one teaspoonful of finely cut or powdered leaves. Dosage: One to two cupfuls daily.

**ROSEMARY LEAVES:** It activates the brain and helps to increase the memory. This herbal tea should not be taken in large doses. "An herbalist has warned that excessive amounts consumed can be dangerous." 1 ° Directions: To one cup of boiling water, put one teaspoonful of the finely cut leaves or powder. Let it steep until cold. Dosage: one cupful for the entire day. Drink a mouthful at a time so that it will last until evening.

**SLIPPERY ELM BARK:** The bark is powdered and contains mucilage cells and starch. It has been used with golden seal powder for inflamed and ulcerated stomachs, and is known to be

very healing in inflamed conditions of mucous membranes which line the digestive tract. It is a mild and harmless laxative for children, producing no griping pain of the bowels as most laxatives do. It can be used in cereal by adding a tablespoonful to your regular cereal. As a poultice, it is excellent for skin ailments, wounds, burns, ulcers, boils, and sunburn. To make the poultice, mix the powder with a little water to make a thick paste, then apply as a poultice.

**UVA URSI:** Very useful, considered a specific in Bright's Disease and all kidney, bladder and urinary problems, this herb is a diuretic, astringent and tonic, necessary in treatment of those ailments. It also is excellent for excessive menstruation, for spleen, liver, pancreas and when there are mucus discharges from the bladder. It is recommended for female problems. Directions: Steep a heaping teaspoonful in a pint of boiling water for 30 minutes. Dosage: Drink a half cupful every four hours.

**WHEATGRASS:** This herb, like alfalfa, is excellent due to its high content of chlorophyll, enzymes, vitamins and minerals. Few people get adequate chlorophyll in their diet, because they eat a lot of cooked food. Chlorophyll is one of the greatest natural factors for cleansing the bloodstream and the entire body.

When purchasing wheatgrass or alfalfa be sure that the label reads "Low Temperature Dried." The conventional method of dehydrating wheatgrass and alfalfa is so hot that it destroys the enzymes and much of the water-soluble vitamins. Enzymes are destroyed at 130°F When you buy wheatgrass or alfalfa, you want to be sure that it is a live product, which means that the enzymes and water-soluble vitamins are still in the product. Wheatgrass powder is delicious. You can sprinkle it freely on salads or chew it dry and drink it down with a little water. It can be used to enhance flavor in breads, soups, stews, and gravies, mixed with juices, or made into a delicious tea.

1 E.G. White as quoted in *The Christian Experience*, p. 191.

2 John Heinerman, *Science of Herbal Medicine*, p. 47.

3 *Bestways*, June, 1981, p. 26.

4; 5; 6 *Ibid*.

7 Claudia V. James, *Herbs and the Fountain of Youth*, p. 34.

8 Heinerman, *op. cit.*, p. 54.

9 Carson Wade, "The Devil's Claw", *The American Chiropractor*, Jan-Feb 1980.

10 James, *op. cit.*, p. 68.

11 John Lust, *The Herb Book* p. 387.