

Common Herbs for Common Illnesses

By

William R. McGrath, B.A., N.D.

Lecturer in Herbal and Nutritional Therapy.

-----

Table Of Contents:

Introduction

History of Natural Therapies

- Ancient Folk Medicine
- Graeco-Roman Therapies
- Hebrew-Christian Therapies

Herbal Recipes for Common Illnesses

- Why are Herbs so Helpful
- Classification of Herbs
- Why Herbs in Combination
- Herbal Combinations and their Benefits

Single Herbs:

- Nutritional And Therapeutic Uses

Preparation Of Herbs For Use:

- Tinctures, Syrups, Oils and Ointments
- Tinctures, Oils And Their Benefits

The Common Sense Rules Of Herbology

=====

Introductory Notice

This book has been written because of the author's personal experience in being healed from asthma and arthritis through the use of herbs. Hopefully it will be helpful to those curious about various old-fashioned natural cures obtained from herbs and plants. This information is not presented with the intention of diagnosing or prescribing, but is intended to help one cooperate with his doctor in a mutual desire to build and maintain health. In the event one uses this information without his doctor's approval, he is prescribing for himself. This is his constitutional right, but no responsibility is assumed on the part of the author, publisher or distributors of this book. It is not the purpose of this book to replace the service of a physician. This book does not promote the sale of any patent medicines, endorse the sale or consumption of any medicinal or

nutritional preparations, nor guarantee the effectiveness of any recipe.

The purpose of this book is to edify and enlighten the general reader, not to sell medicines or advance any claim for infallibility. The various herb recipes mentioned in this book were gleaned from herb books, ancient and modern. The reporting of how they have been historically used as remedies and treatments does not constitute any unqualified endorsement or guarantee of cure. We doubt if the use of simple home remedies could or should ever be eliminated. Nor should home remedies ever make doctors and physicians obsolete. Herbs, like all good natural foods are preventive remedies containing essential vitamins, minerals, hormones and enzymes. If one made more use of them, one would need to impose less on the time of our busy doctors. The well-known American naturalist, Henry David Thoreau, wrote, "A man may esteem himself happy when that which is his food is also his medicine." In a day when the asphalt jungles of cities are spreading like a blight over our polluted planet, and it is popular to indiscriminately exterminate wild plants by herbicides, many city dwellers unknowingly loathe and despise all wild flora as "weeds". But herbs have been used since the beginning of recorded time for medicinal and nutritional purposes and modern scientific research has proven that plants contain many remarkable healing properties.

For those who wish to study the subject in great detail, numerous books are available for further reference. We invite readers to correspond with us on additional herbal home remedies or in the event errors are discovered in this text.

=====

## History Of Natural Therapies

### What is Disease?

Disease might be defined as any condition of the living body which prevents normal function. Some diseases are caused solely from the lack or oversupply of certain essential biochemicals produced by the body. Two such examples are insulin deficiency (diabetes) and cortin deficiency (Addison's disease). Other diseases result from the body's self intoxication due to improper elimination of its own wastes. Hippocrates, the Father of Medicine, was one of the first to point out that many diseases are a result of constipation. There are also diseases caused by germs and viruses which gain a foothold in the body when natural defenses are crippled by imbalance and disharmony. Finally, in our times, a new class of diseases has emerged known as iatrogenic (doctor-caused) diseases. These maladies are a result of medicinal malpractice and side-effects of harsh chemical drugs used as antidotes and antibiotics.

Realistically, the doctor does not cure the patient. Hippocrates

stated that the ideal doctor works as an artist to enable NATURE to cure the patient. "The physician is the servant of Nature." The Romans had a proverb for it: "Vis Medicatrix naturae curavit", or the healing power of nature cures! The writer Oliver Wendell Holmes, who was also an M.D., stated somewhat humorously, "Nature cures but the doctor collects the fee!" Because of the effects from drug shock, serum sickness, vacenosis, pain-killers, radiation, malformation of the unborn by experimental drugs (like thalidomide), overmedication, and surgery, the public is groping for a RETURN TO NATURAL THERAPIES.

Let us briefly survey the history of natural therapies from the dawn of history to the present and see if the way of nature is really practical.

### Ancient Folk Medicine

We are accustomed to thinking of ancient folk medicine as primitive superstition, yet we forget that it often had a very practical, empirical basis.

Antedating our modern Western medicine by thousands of years, the oldest medical book in existence is called, "The Yellow Emperor's Classic of Internal Medicine" (translated and published by the University of California Press, 1966). Chinese scholars claim that this work was written by the emperor Huang-ti in 2697 B.C. There is no doubt it is the basis for Oriental medicine, and is still regarded as its greatest authority. The book is an extended treatise discussing anatomy, diagnosis, acupuncture, herbs, diet, climate, prevention and cure of diseases and the prolongation of life. Its basic philosophy is that health is harmony with nature and the right way of life is the way of nature. This is found by using the idea of balance, which is basic, and excess and extremes are abhorred.

Chinese therapies included breathing exercises, acupuncture, moxabustion, and many kinds of massage, with a strong emphasis on herbs and herbal combinations. The Chinese contributed to us such great herbs as ginseng, ephedra, fo-ti, dong quai, chaulmoogra, camphor and the opium poppy for the treatment (respectively) of stress, asthma, senility, menopause, leprosy, aches and extreme pain. Eight hundred million Chinese today thrive mostly on Oriental herbs and therapies inherited from their ancestors!

### Graeco-Roman Therapies

A school of empirical medicine grew up around the healing hot springs on the Greek island of Cos. There Hippocrates, the Father of Medicine, instructed student doctors how to treat diseases with 39 herbs, diet, fasting, medicinal baths, steam baths, sea baths, massage, exercises, and other such simple therapies. He objected to the use of strong drugs. "Leave your

drugs in the chemist's pot if you can cure the patient with food." "Your food shall be your medicine, and your medicine shall be your food." His favorite diet for sick people was a barley gruel and his favorite drink for those in pain was honey and vinegar. He insisted that disease comes primarily from disharmony with nature and that "our natures are the physicians of our diseases."

The Hippocratic school believed "man is his own disease." They believed in treating the whole man, using the concept of "a sound mind in a sound body." One of their great principles of natural health was "metriotes," follow moderation and temperance. They believed that it was the "healing power of nature that cures, the physician only assists the natural processes." They disliked resorting to surgery when herbs could accomplish the balancing of nature. Instead of accusing the sick of being sinners, they regarded sinners as sick, and sought physical, mental and spiritual healing for them. They shunned the use of deadly drugs and used surgery only as a last resort. They believed many diseases result from constipation and so they emphasized emetics, purges, and internal cleanliness.

The Romans followed these Greek traditions and emphasized even more the widespread use of herbs, massage, healing diets, etc. They used 150 herbs burned or steamed as incense in respiration therapy (inhalation therapy). Their most famous physician, Galen, used therapies which included sunshine, warmth, baths, diets, swimming, gymnastics, fasting, rest diversion,

anesthesia, and a materia medica of 540 herbs! Dioscorides, a Greek physician and naturalist, wrote an herbal encyclopedia which is still a classic, discussing the use of 600 plants, herbs, roots, and plant products. Pliny believed that for every disease, there had to be some plant to cure it. The physician's business was to find that plant. The Romans had the proverb, "The three best doctors are Dr. Quiet, Dr. Diet, and Dr. Happiness."

#### Hebrew-Christian Therapies

The Hebrews, with their rich background of leaders such as Abraham from Mesopotamia and Moses from Egypt, had a unique health status in the ancient world. Their regulations on sanitation, diet, fasting, prayer, rest and pure worship, were far above those of their neighbors. Herbs are mentioned numerous times in the Bible and even special diets and herbal recipes can be found. (For example, Daniel's avoidance of wine and flesh, Daniel 1:8, and Isaiah's prescription of a fig poultice for a king's boil or tumor, Isaiah 38:21). King Solomon is reported to have written an herb book, which was, unfortunately, destroyed in 70 A.D.

Sects of the Hebrew people grew up dedicated to the formation of healing communities. For example, Josephus, the historian,

speaks of the Essenes who withdrew to the deserts and devoted themselves to fasting, prayer, bathing, collecting herbal medicines, and the study of Scripture. Their very name, Essenes, may be derived from the Hebrew root, ssym, meaning "healers." Philo of Alexandria writes of a Hebrew sect called the "Therapeutea" (healers) who abstained from all but agriculture pursuits. They baked their own bread, used herbs, and drank pure spring water. In the Bible we find, "And the fruit thereof shall be for meat and the leaf thereof for medicine." (Ezekiel 47:12)

It may be noted that Luke, the beloved physician who had been trained in Greek medicine, wrote a part of the New Testament. Christians readily approved the natural therapies that were sensible, simple, godly and practical. They practiced laying on of hands, anointing with oil, prayer, fasting, and special diets. They shunned intemperance, immorality, gluttony, and the drunken excess and mind-dulling drugs of the pagans. Christians used the herbs and therapies of Hippocrates, Galen, Pliny, Dioscorides and others. They studied nature, sought moderation, and framed the great principle, "DOETH NOT EVEN NATURE ITSELF TEACH YOU?" (1 Cor. 11:14) They believed that nature, too, is one of God's books by which He reveals Himself. Nature's way is far superior to man-made artificiality.

During the Dark Ages, much of the ancient wisdom was forgotten and filth, barbarism and superstition dominated Europe. Eventually there was a revival of Biblical sanitation and dedication, and a rediscovery of the ancient therapies. The Crusades brought back to Europe Arabic health therapies built upon Greek and Roman models. These therapies taught about alfalfa with its life-giving organic minerals and vitamins, about alcohol and its antiseptic properties, about many healing herbs, and unfortunately, about alchemy, which developed into the poisonous chemical concoctions so popular in allopathic medicine. The Renaissance brought a renewed hunger for the study of classical herbology and homeopathic therapies.

During the Reformation, Bible-believing Christian groups like the Hutterites developed healing communities at the sites of natural hot springs, and emphasized hydrotherapy. Here they instructed and practiced the treasured art of Herbology. Amish-Mennonite herbalists collected the old recipes of European folk medicine. Upon immigration to America, they added the herbal treasures gleaned from the American Indians. Great men like Samuel Thompson and Samuel Hahneman systematized and elaborated on the great herbal heritage of their forebears. Today there is definitely a return to nature's way!

=====

Herbal Recipes For Common Illnesses

Why are Herbs so Helpful?

One must realize that all physical energy comes from the solar energy packed into our foods. Dr. Bircher-Benner of Switzerland, in 1936, stated, "Absorption and organization of sunlight, the essence of life, takes place almost exclusively within plants. The organs of the plant are, therefore, a kind of biological accumulation of light. They are the basis of what we call food, whence animal and human bodies derive their substance and energy. Hence, sunlight is the driving force of the cells of our body." Our domesticated food crops, mass-produced and forced by chemical fertilizers, do not have the light energy that is found in herbs! Furthermore, there are some herbs like ginseng, garlic, and onions, which have been known to give off a soft, healing radiation of their own, called mitogenetic radiation. To fully utilize the LIGHT energy available, one must use herbs!

Consider also the breath of life. One may learn deep breathing techniques and develop his capacity for respiration, but miss the fact that there are herbs which help overcome blocks to good respiration. Many suffer from respiratory diseases such as asthma, emphysema, and mucous congestion of the lungs. The inhalation and ingestion of select herbs can greatly relieve this distress. The vitamin E contained in herb seed oils helps oxygenate blood and otherwise aid as a powerful help in respiratory therapy.

There are herbs, which when used in conjunction with hydrotherapy, dissolve in the bath water and help draw out the toxins and poisons that block pores. There are also herbs that one can ingest which will clean the kidneys and bladder, flush the liver and gall bladder, and act as diuretics and cholagogues.

In nutritional therapy, one might follow a careful and bountiful diet and never receive the full measure of nutrients needed from foods alone. Many rare trace minerals and vitamins are found only in herbs! Foods grown on our modern impoverished soils are often deficient, but herbs growing in the wild are tiny factories selecting and concentrating the rare minerals from the dust of the earth for man's benefit.

In circulation therapy, massage and physiotherapy can do great things for circulation. But again, herbs exist which are especially good for blood purification. They balance blood pressure, and help to cleanse veins and arteries of sludge-like material such as cholesterol that so often hinders good circulation.

In psychological therapy, there are herbs which help supply the vitamin B necessary to prevent nervous tension due to modern day stress. There are herbs that act safely as mild sedatives and nervines helping the hyper-active person to maintain stability. Is it any wonder that the Bible speaks of herbs from the tree of life for the healing of the nations?

## Classification of Herbs

Listed below are some of the terms commonly used to describe the various categories of herbs and their application.

**Alteratives:** Herbs that gradually restore the healthy bodily functions.

**Anodynes:** Herbs used to ease pain.

**Anthelmintics:** Herbs used to expel or destroy intestinal worms.

**Antiscorbutics:** Herbs used to treat scurvy.

**Antiseptics:** Herbs that destroy or inhibit bacteria.

**Antispasmodics:** Herbs that are used to prevent or allay spasms or cramps.

**Aperients:** Mild laxatives.

**Aphrodisiacs:** Substances used to increase sexual power or excitement.

**Aromatics:** Herbs which emit a fragrant smell and produce a pungent taste. Used chiefly to make other medicines more palatable.

**Astringents:** Herbs causing contraction of tissues.

**Cardiacs:** Herbs which affect the heart.

**Carminative:** Herbs which expel gas from the stomach, intestines, or bowels.

**Cathartics:** Those herbs which aid evacuation of the bowels.

**Cholagogues:** Herbs which promote the flow of bile.

**Demulcents:** Herbs used to relieve internal inflammations, provide a protective coating and allay irritation of the membranes.

**Deobstruents:** Remedies which overcome obstruction; aperients.

**Diaphoretics:** Herbs that induce perspiration.

**Diuretics:** Herbs that increase the flow of urine.

**Emetics:** Remedies that induce vomiting.

**Emmenagogues:** Remedies that stimulate menstrual flow.

**Emollients:** Substances used to soften and protect tissues.

Expectorants: Herbs that loosen or induce expulsion of phlegm from the mucous membranes of the nasal and bronchial passages.

Febrifuges: Herbs that reduce fever.

Galactagogues: Herbs that promote secretion of milk from the nursing breast.

Laxatives: Mild purgatives.

Mucilaginous: A substance with a soothing quality for inflamed parts.

Nervines: Agents which act on the nervous system to temporarily relax nervous tension or excitement.

Nutrients Or Nutritives: Substances that provide nourishment.

Pectorals: Agents which relieve infections of the chest and lung.

Purgatives: Herbs that cause copious bowel evacuation. Purgatives, more drastic than laxatives or aperients, are generally combined with other herbs to modify their action. They are usually recommended for adults only.

Rubefacients: Substances used externally to cause redness by increasing blood supply to the skin surface when applied by rubbing.

Stimulants: Remedies that increase or quicken various motor actions of the system.

Stomachics: Substances which give strength and tone to the abdominal area. Also used to stimulate the appetite and aid digestion.

Styptics: Substances which contract the tissues or blood vessels; astringents, tending to check bleeding.

Sudorifics: Herbs which produce sweating.

Tonics: Remedies which increase systemic tone through nutritional stimulation.

Vermifuges: Herbs that expel or destroy worms.

Why Herbs in Combination?

The most effective way to administer certain herbs is in a combination. This can be done most easily by combining dried ingredients in capsule or tablet form or by boiling ingredients together in water to form a tea. Tablets or capsules tend to be

more effective because greater quantities of the whole herb are actually consumed. Valuable properties of herbs are often lost if the bulk of the herb is not allowed to mix freely with the body's digestive enzymes. When one drinks a tea, he is only getting from the herb those vitamins and minerals that are water soluble.

It will be noted that many of the following herb lists include cayenne. The reason for this is not to suggest that it is a panacea (though it does have remarkable qualities) but to point out that it is a vehicle which makes other herbs act as catalyts to promote and speed up chemical reactions.

When taking herbs for the first time, do not consume large quantities; the digestive system usually reacts with diarrhea and/or vomiting to rid itself of excesses. Remember too, that herbs work best when the system is free from drugs, coffee, white sugar, white flour, chocolate, aspirin, etc. As a final word of caution, remember that even the most beneficial substances can be harmful if used in excess. Exercise moderation in all things!

#### Herbal Combinations and Their Benefits

For ease of reference, some common human ailments are alphabetically listed below. Listed with each ailment are the herbs generally used in its treatment. The following combinations include herbal foods that help supply nutritional deficiencies related to each ailment. It should again be stressed that this is merely educational and is not intended as prescribing. By all means consult a physician if herbal "first aid" does not help.

ACNE: Because the American diet consists of more and more refined and processed foods, the pimply skin eruptions known as acne are becoming common place. Along with elimination of white flour, white sugar, and other refined foods from the diet, the following herbs are indicated: DANDELION ROOT, CHAPARRAL, SASSAFRAS BARK, BURDOCK ROOT, ECHINACEA, CAYENNE, LICORICE ROOT, KELP and YELLOW DOCK ROOT.

ALLERGIES: Many allergies are due either to a hyper-acid condition of the body, creating an abnormal sensitivity, or focal infection. To balance the acidity: ALFALFA. To help immunize: BEE POLLEN. As a mucous decongestant and natural antihistamine, change diet to eliminate milk, wheat, sugar and caffeine. BRIGHAM TEA, MARSHMALLOW ROOT, BURDOCK ROOT, GOLDEN SEAL ROOT, CHAPARRAL, PARSLEY ROOT, CAYENNE and LOBELIA.

AMEBIC DYSENTERY: Many people suffer from amebic dysentery while living in the tropics. A good remedy for this distress is the combination of cayenne and garlic. So volatile are the aromatic oils of garlic, that they reach the encysted forms of amoeba. CAYENNE and GARLIC.

ANEMIA: Anemia due to pregnancy can be corrected by taking edible clay capsules or a complete mineral tablet. BEET POWDER.

ARTHRITIS & RHEUMATISM: Experience has shown that a combination of the following is very beneficial in relieving pain in the joints. For swelling and inflammation: YUCCA CONCENTRATE, HYDRANGIA, BRIGHAM TEA, BURDOCK ROOT, CHAPARRAL, BLACK WALNUT, WILD LETTUCE, SARSAPARILLA ROOT, WORMWOOD, VALERIAN ROOT, LOBELIA, CAYENNE, BLACK COHOSH and chelated TRACE MINERALS.

ASTHMA: As in the allergies, eliminate from the diet all highly refined foods such as sugar, flour, and commercial milk as well as stimulants such as coffee, pekoe tea, tobacco, soda pop and chocolate. The following herbs are indicated: MARSHMALLOW, MULLEIN, COMFREY, LOBELIA and CHICKWEED.

ARTERIES: To cleanse congested arteries and improve the circulation: CAYENNE, PARSLEY, GINGER, GINSENG, GOLDEN SEAL ROOT and GARLIC, have a deobstruent effect, helping to dissolve clots, plaque, cholesterol, and dilate the blood vessels. Adding onions to one's diet daily is an additional help.

BLOOD PRESSURE: GARLIC is noted as a blood pressure equalizer, tending to raise low blood pressure and lower high blood pressure. More effective is the combination of CAYENNE, PARSLEY, GINGER, GINSENG, GOLDEN SEAL ROOT and GARLIC.

BLOOD PURIFIER: A famous American folk remedy to purify the blood, detoxify the system and fight boils and tumors: RED CLOVER BLOSSOM, CHAPARRAL, LICORICE ROOT, POKE ROOT, PEACH BARK, OREGON GRAPE, STILLINGIA, CASCARA SAGRADA, SARSAPARILLA, PRICKLY ASH BARK, BURDOCK ROOT and BUCKTHORN BARK. It is a good spring tonic to thin the blood. A pure blood stream resists infections. Another good combination is GENTAIN, CATNIP, BAYBERRY BARK, GOLDEN SEAL ROOT, MYRRH GUM, IRISH MOSS, FENUGREEK SEED, CHICKWEED, COMFREY ROOT, WOOD BETONY, YELLOWDOCK, PRICKLY ASH BERRY, ST. JOHNSWORT, BLUE VERVAIN, MAY APPLE and CYANI FLOWER.

BOILS: The Bible gives a famous recipe in Isaiah 38:21 of a fig poultice for boils or tumors. The afore-mentioned blood purifier is also indicated here.

BONES (broken): To help the body speed recovery from broken bones: LOBELIA, SCULLCAP, MARSHMALLOW ROOT, MULLEIN, BLACK WALNUT LEAVES, WORMWOOD, QUEEN OF THE MEADOW, WHITE OAK BARK and COMFREY ROOT. This formula can be used externally and internally in this healing process. Also excellent for sprains, strains and muscle pulls. Effectively used by athletes to mend attendant injuries.

BRONCHITIS: To help dissolve mucus: FENUGREEK SEED and COMFREY ROOT. See the decongestant and antihistamine combination mentioned under ALLERGIES for further information.

CANKER SORES: MYRRH, GOLDEN SEAL and CAYENNE.

CIRCULATION, POOR: See ARTERIES.

COLDS and COUGHS: FENUGREEK and COMFREY. Also see BRONCHITIS and FLU. Another good combination of herbs used as a preventative of colds and flu is: GARLIC, ROSE HIPS, PARSLEY, WATERCRESS and ROSEMARY.

COLITIS: A condition of catarrh in the bowels: FENUGREEK and COMFREY.

CONSTIPATION: Often simple constipation is the result of not drinking enough water. Drink four to eight glasses daily. Another cause is insufficient roughage: BRAN with PAPAYA LEAVES to promote regularity. However, the best aid in cleansing the upper bowel in more stubborn cases is: CASSIA ACUTIFOLIA, BUCKTHORN BARK, LICORICE ROOT, ALFALFA, FENNEL SEED, ANISE SEED, BLUE MALVA FLOWER, CULVER ROOT, JALAP ROOT and RHUBARB ROOT.

CRAMPS or CALCIUM DEFICIENCY: Cramps are often a symptom of calcium deficiency and mineral imbalance. A good antidote is: HORSETAIL GRASS, OAT STRAW, COMFREY and LOBELIA.

DIABETES: The result of dietary abuses and/or a disordered pancreas. The following herbs help fight this condition in many ways: CEDAR BERRIES, UVA-URSI, LICORICE ROOT, MULLEIN, CAYENNE and GOLDEN SEAL ROOT.

DIARRHEA: An old-fashioned remedy for diarrhea is slippery elm.

DIGESTION: A good aid to normalizing digestion is COMFREY, CAYENNE and PAPAIN. Remember, excessive eating breeds indigestion; moderation is a good doctor!

DIURETIC: To promote urinary flow: GARLIC and PARSLEY.

ECZEMA: See SKIN PROBLEMS.

EYE WEAKNESSES: To strengthen, brighten, cleanse, fight cataracts and heavy film on the eyes: EYEBRIGHT, GOLDEN SEAL ROOT, BAYBERRY, RED RASPBERRY LEAVES and CAYENNE. May also be used in solution externally as eyewash.

FEMALE PROBLEMS: For the relief of the physical discomforts often associated with menopause, pregnancy and vaginal/uterine disorders: SQUAWVINE, SLIPPERY ELM BARK, YELLOW DOCK ROOT, COMFREY ROOT, MARSHMALLOW ROOT, CHICKWEED, GOLDEN SEAL ROOT and MULLEIN. This combination of herbs is used most effectively as a suppository. Another good combination most effective in the treatment of a prolapsed uterus or other prolapsed organs such as the lower bowel or kidney is the combination of: WHITE OAK BARK, COMFREY ROOT, YELLOWDOCK, MULLEIN, BLACK WALNUT,

MARSHMALLOW and LOBELIA. The combination is best used as a douche elevating the pelvis to retain the solution as long as possible.

FLATULENCE (gas): CHAMOMILE tea is ideal for colic in babies. For adults a good combination is: BARBERRY, WILD YAM, CRAMP BARK, FENNEL SEED, GINGER, CATNIP and PEPPERMINT. Or use a combination of the following: FENNEL, WILD YAM, CATNIP, GINGER, PEPPERMINT, SPEARMINT, PAPAYA and LOBELIA.

FLU: One of the oldest known flu remedies mentioned in BACK TO EDEN by Jethro Kloss: BAYBERRY BARK, GINGER ROOT, CLOVES, CAYENNE and WHITE PINE BARK. For preventive measures: GARLIC, ROSE HIPS, PARSLEY, WATERCRESS and ROSEMARY.

FEVERS AND INFECTION: Lobelia is very good for fever. With two cups of Lobelia tea a fever of 105 ° that had raged for three days was broken in one-half hour! A good combination would be: PLANTAIN, BLACK WALNUT, GOLDEN SEAL ROOT, MARSHMALLOW ROOT, BUGLEWEED and LOBELIA.

GALL BLADDER TROUBLE: An ancient remedy, that has saved many a person the expense and pain of having a gall bladder operation, is to fast for two days from all food except for two ounces of olive oil and a tablespoon of lemon juice, three times a day. Repeat as necessary and gallstones pass. Useful herbs for this problem are: JUNIPER BERRIES, PARSLEY, UVA-URSI, MARSHMALLOW, LOBELIA, GINGER and GOLDEN SEAL ROOT.

GLANDS, SWOLLEN AND INFECTED: Very useful in cleansing swollen lymph glands are the following: PLANTAIN, BLACK WALNUT, GOLDEN SEAL ROOT, MARSHMALLOW ROOT, BUGLEWEED and LOBELIA. General infections, especially those in the ear, as well as malfunctioning glands, often respond to: ECHINACEA, GOLDEN SEAL ROOT, POKE ROOT and CAYENNE. For those with hypoglycemia this condition sometimes produces an allergic reaction to golden seal. In this instance, a combination of: CAYENNE, ECHINACEA, MYRRH GUM, HAWTHORN BERRY, LICORICE ROOT, and POKE ROOT.

HAYFEVER: See ALLERGIES.

HEADACHES: Here is a good combination of herbs to relieve headache pain: WILD LETTUCE, VALERIAN and CAYENNE. Remember also that many headaches come from constipation and stress.

HEART TONIC: A helpful tonic to strengthen the heart is obtained by using: HAWTHORN BERRIES, CAYENNE, LECITHIN and VITAMIN E. This combination will not only break down cholesterol in the bloodstream but it will also break down cholesterol deposits built up over a period of years.

HOARSENESS, LARYNGITIS: SLIPPERY ELM tablets are very good for "singers throat." Two other very good herbs when taken in combination are: MULLEIN and LOBELIA.

HORMONE IMBALANCE: During those stress-filled times of puberty, pregnancy and menopause, and even for male "change of life": BLACK COHOSH, SARSAPARILLA, GINSENG, LICORICE, FALSE UNICORN, HOLY THISTLE and SQUAW VINE.

HYPOGLYCEMIA: Low blood sugar gives rise to a host of ailments, leaving the adrenal glands exhausted and the body weak. Primarily caused by a disordered pancreas, the following herbs assist the pancreas in supplying the body's insulin needs: CEDAR BERRIES, UVA-URSI, LICORICE ROOT, MULLEIN, CAYENNE, GOLDEN SEAL ROOT.

IMPOTENCE: Men after forty often find themselves in need of a special addition to their diet to replenish their aging glands. DAMIAN, SIBERIAN GINSENG, ECHINACEA, FO-TI, GOTU-KOLA, SARSAPARILLA and SAW PALMETTO.

INDIGESTION: An aid to normalize digestion is COMFREY and PEPSIN. For vegetarians, a combination of COMFREY, CAYENNE and PAPAINE is also effective.

KIDNEY and BLADDER INFECTIONS: For a cleansing, strengthening and healing effect on kidney, bladder and genitourinary system, these herbs are a good supplement: JUNIPER BERRIES, PARSLEY, UVA-URSI, MARSHMALLOW, LOBELIA, GINGER and GOLDEN SEAL ROOT. This combination is also useful in correcting bed-wetting.

LARYNGITIS: See HOARSENESS.

LIVER TROUBLE: To purge, tone and stimulate the liver: BARBERRY, WILD YAM, CRAMP BARK, FENNEL SEED, GINGER, CATNIP and PEPPERMINT. Cirrhosis of the liver (cell degeneration) stems from alcoholism but also from a diet over-rich in sugar, starch and fat. A combination of GARLIC and PARSLEY can also be utilized for this ailment.

LOWER BOWEL CLEANSER: A combination of herbs used for in/sufficient drainage and to help stimulate a stagnant colon. This combination is not a laxative, but a lower bowel cleanser: CASCARA SAGRADA BARK, BARBERRY BARK, CAYENNE, GINGER, GOLDEN SEAL ROOT, LOBELIA HERB, RED RASPBERRY, TURKEY RHUBARB ROOT and FENNEL.

MEMORY AID: For the accompanying loss of memory most often associated with senility and old age: BLUE VERVAIN, PERIWINKLE, BLESSED THISTLE, LOBELIA, CAYENNE and GINGER.

MENOPAUSE: See HORMONE IMBALANCE. Also, the following herbs are very good for this difficult change of life, with its "hot flashes," etc.: BLACK COHOSH, SARSAPARILLA, GINSENG, LICORICE, FALSE UNICORN, HOLY THISTLE and SQUAW VINE.

MENSTRUATION: Normalizing herbs include: GOLDEN SEAL ROOT,

BLESSED THISTLE, CAYENNE, UVA-URSI, CRAMP BARK, FALSE UNICORN ROOT, RASPBERRY LEAVES, SQUAW VINE and GINGER.

MINERAL DEFICIENCY: Much illness is blamed on bacterial and viral infection when the primary cause is really low body immunity due to mineral deficiencies. To build a sound mineral balance: ALFALFA

CONCENTRATE, COMFREY ROOT, SARSAPARILLA ROOT, FO-TI, GOTU-KOLA, CAPSICUM and GARLIC. (This combination is often used as a dietary supplement to insure proper nutrition).

MISCARRIAGE: Frequently, miscarriage will result early in pregnancy because of capillary bleeding. RED RASPBERRY LEAVES strengthen the connecting blood vessels between mother and child. Two other herbs commonly used to prevent miscarriage are FALSE UNICORN and LOBELIA in combination.

MUCOUS (phlegm): FENUGREEK and THYME help eliminate mucous (for adults only).

NERVOUSNESS: Soothing restoratives for the whole nervous system, the following herbs help rebuild nerve sheaths and aid in relieving nervous tension: BLACK COHOSH, CAYENNE, HOPS FLOWERS, MISTLETOE, LOBELIA HERB, SCULLCAP, WOOD BETONY, LADY'S SLIPPER and VALERIAN ROOT. Also see STRESS.

`PAIN: A good sedative for neuralgic pain, toothache, etc.: WILD LETTUCE, VALERIAN and CAYENNE.

PARASITES: Multitudes of people feel anemic and below par, never realizing their discomfort stems from parasites such as pinworms and roundworms. Dispel parasites by employing these herbs: PUMPKIN SEED, CULVERS ROOT, MAY APPLE, VIOLET LEAVES, POKE ROOT, CASCARA SAGRADA, WITCH HAZEL BARK, MULLEIN, COMFREY ROOT and SLIPPERY ELM BARK.

PREGNANCY: In the early months of pregnancy, RED RASPBERRY LEAVES and BLACK COHOSH are good herbs to take regularly. In the last six weeks, these herbs help prepare for a swift and easy birth: SQUAW VINE, BLESSED THISTLE, BLACK COHOSH, PENNY ROYAL, FALSE UNICORN, RED RASPBERRY LEAVES and LOBELIA.

PROSTATE PROBLEMS: For benign prostate inflammation or congestion, the following herbs are helpful: CAYENNE, UVA-URSI LEAVES, PARSLEY HERB, GOLDEN SEAL ROOT, GRAVEL ROOT, JUNIPER BERRIES, MARSHMALLOW ROOT, GINGER, and GINSENG. Kidney stones may be dissolved by using this combination.

RESPIRATORY PROBLEMS: MARSHMALLOW, MULLEIN, COMFREY LEAVES, LOBELIA and CHICKWEED. See BRONCHITIS. Avoid smoking, air pollution and dust. Also avoid sugar, flour and other refined foods. For respiratory problems due to mucous blockage: FENUGREEK and THYME.

SKIN PROBLEMS: Serious skin problems like ECZEMA and PSORIASIS are most effectively treated internally with a good blood cleanser plus herbs which supply vitamins and minerals: KELP, ALFALFA and DANDELION. Also effective for the treatment of skin problems are these herbs: DANDELION ROOT, CHAPARRAL, SASSAFRAS BARK, BURDOCK ROOT, ECHINACEA, CAYENNE, LICORICE ROOT, KELP and YELLOW DOCK ROOT.

SINUS PROBLEMS: See ALLERGIES.

SLEEPLESSNESS: For a mild sedative, use HOPS, VALERIAN and SCULLCAP.

SORE THROAT: See HOARSENESS, LARYNGITIS, GLANDS.

STIMULANT: A good herbal pick-up includes: GINSENG, GOTU-KOLA and CAYENNE. Another good combination used for years as a tonic to end the seasonal doldrums of winter is: CATNIP, DANDELION ROOT, CHICKWEED, YELLOW DOCK, POKE ROOT, GOTU-KOLA, GINSENG and SASSAFRAS.

STRESS: One of the simplest and best remedies for stress is the combination which consists of BLACK COHOSH, CAYENNE, HOPS FLOWERS, MISTLETOE, LOBELIA HERB, SCULLCAP, WOOD BETONY, LADY'S SLIPPER and VALERIAN ROOT.

THYROID: One should use the following herbal aids to cleanse and revitalize the thyroid: PARSLEY, WATERCRESS, KELP, IRISH MOSS, ROMAINE LETTUCE, TURNIP TOPS and ICELAND MOSS.

TOOTHACHE: See PAIN. To rebuild a healthy calcium balance and protect your teeth use: HORSETAIL GRASS, OAT STRAW, COMFREY and LOBELIA.

TOOTH CLEANSER (herbal): For cleaning and whitening the teeth: PEPPERMINT, OAK BARK, COMFREY ROOT, HORSETAIL GRASS, LOBELIA, CLOVES, SPEARMINT and PAPAYA FRUIT.

ULCERS: One of the simplest herbal first aids for ulcers is the astringent WHITE OAK BARK. A more complex and extensive remedy would use: MYRRH, GOLDEN SEAL, CAYENNE (incidentally this remedy is also a good vulnerary for open wounds, burns, the control of pyorrhoea and canker sores).

URINARY INFECTIONS: See KIDNEY and BLADDER INFECTIONS.

VARICOSE VEINS: A good Blood Purifier helps. It has also been determined that the lack of the essential mineral calcium is a prime factor leading to the development of varicose veins. To replenish calcium in the system: HORSETAIL GRASS, OAT STRAW, COMFREY and LOBELIA.

WEIGHT CONTROL (obesity): One must shun the dangerous chemical drugs sold openly on the market (the list should include amphetamines) because of their dangerous side effects on the thyroid system. There is no practical method of weight control that omits diet control! But a very good herbal combination that helps dissolve fat, eliminate excess water, purge the bowels and curb the appetite is: CHICKWEED, SAFFRON, BURDOCK, PARSLEY, KELP, LICORICE, FENNEL, ECHINACEA, BLACK WALNUT, PAPAYA, HAWTHORN BERRIES and MANDRAKE. Mandrake should only be used in small amounts and in combination with other herbs.

WORMS: See PARASITES.

=====

### Single Herbs: Their Nutritional And Therapeutic Uses

Many of the herbs included thus far in this work have therapeutic values in and of themselves. For this reason no written information on herbs would be complete without some reference to single herbs and their value.

ALFALFA: Very high in protein. Its benefits to the body affect muscle tone, fatigue, poor posture, and development of hair, skin, and nails. Alfalfa has been used to treat anemia, arthritis, cramps, diabetes, nausea, ulcers and pituitary problems.

ALOE VERA: Much has been written recently on the powers of this plant. It is a powerful astringent and vulnerary for open wounds. Has been applied in raw gel form to burns and is a part of treatment for burn patients at the Houston Burn Center. It is also acclaimed as a beauty aid because of its astringent powers. Taken internally, the herb has a purgative effect.

BARBERRY BARK: High in Vitamin C, can be ingested to reduce fever, stomach distress and dysentery.

BLACK COHOSH: This herb contains estrogen so it is especially useful for menopause and menstrual discomfort. It has also been used for epilepsy, rheumatism, arthritis, asthma and high blood pressure.

BLACK WALNUT: Good for tuberculosis, skin rash, internal parasites and ringworm. It can also be used as a poultice alone or in a combination.

BLESSED THISTLE: This herb has been used in the treatment of liver ailments, cellular degeneration and inflammation of the respiratory system.

BLUE COHOSH: Nervine, antispasmodic and emmenagogue. This herb is used most effectively in the treatment of menstrual difficulties. It will regulate menstrual flow and help suppress

the nervous effects of menstruation. It is also used for easier delivery in childbirth.

BRIGHAM TEA: Primarily a blood purifier, a tea or infusion made from the herb is useful in alleviating sinus conditions and nose bleeds. Has also been used to treat kidney problems, menstruation, skin disorders and asthma.

BUCKTHORN BARK: Used to remedy appendicitis, constipation, liver disorders, and as a bowel regulator. It is also effective for gout and rheumatism and will produce flowing perspiration when taken hot.

BURDOCK ROOT: This herb is of prime value in the treatment of boils and carbuncles. It will clean and eliminate impurities from the blood very rapidly. Excellent in the treatment of gout, rheumatism and extreme cases of arthritis.

CASCARA SAGRADA: A good tonic for the treatment of recurring constipation. It is also effective in helping the body rid itself of gallstones. In addition, it is used to cure insomnia.

CATNIP: Helpful in the treatment of convulsions and as a pain killer. Excellent as a calmative to relieve stress and tension.

CAYENNE: Proclaimed as one of the most useful remedies in the history of herbal medicine. This herb dates beyond biblical records and has been used in every major civilization. It is one of the strongest stimulants known but can be used internally as a relaxant and a healer of ulcerous conditions in the digestive system. Because of its high mineral content of sulphur, phosphorus, magnesium, iron and calcium, it is also used for: diabetes, gas, heart, pancreas, throat disorders, arthritis, bleeding, coughs, etc.

CHAMOMILE: This is helpful in the treatment of upset stomach, indigestion and headaches.

CHAPARRAL: Excellent as a blood purifier and liver cleanser. It will relieve leg cramps, boils, arthritis, acne and kidney problems.

CHICKWEED: Because of its high Vitamin C content, this herb is used most often to treat scurvy. Also used in the treatment of constipation, hemorrhoids, rheumatism and some respiratory disorders.

CLOVES: Used mainly for its aromatic quality, it is also a carminative and a mild stimulant.

COMFREY: Best used as an overall tonic, it is a great healer and blood cleanser. Taken internally in a tea or applied as an external poultice, it is good for wounds and swelling, sprains,

cramps and muscle fatigue. Also used for coughs, colds, anemia, mental fatigue and infections.

DAMIANA: Praised as an aphrodisiac, this herb is helpful as a cure for female trouble usually due to female hormone imbalance. It is most effective during menopause as a deterrent of "hot flashes."

DANDELION ROOT: The leaves and root of this herb are useful as a blood purifier. High in essential vitamins and minerals, it has been used for liver and kidney trouble as a blood builder. Also effective for fatigue, skin disorders including age spots, cramps, constipation, diabetes and hypoglycemia.

DEVIL'S CLAW: Stimulates the mechanisms of the body that cleanse and detoxify. Known for its relief to arthritic and rheumatoid victims. Possesses properties similar to chaparral, another desert herb famous for its healing benefits.

DONG QUAI A Chinese herb that provides female estrogen.

ECHINACEA: This herb is a basic blood builder and has been used in all blood-related diseases such as external infections, boils, lymph gland infection and gangrene.

EYEBRIGHT: Derived its name from its healing affects on all kinds of eye ailments.

FALSE UNICORN: This herb is most acclaimed for its use in female problems associated with pregnancy. It has been used for: diabetes, hemorrhage, miscarriage, vaginal problems, menstruation and sterility.

FENNEL SEED: Used as a food seasoning; also good for gas, gout, cramps, colic and spasm control.

FENUGREEK: Most recommended for lung problems such as bronchitis. Also good in the treatment of throat inflammation and as a poultice for external wounds.

FO-TI: Contains properties that appear to have a marvelous rejuvenating effect on the brain cells and endocrine glands.

GARLIC: This herb is nature's antibiotic. It contains the bio-salts flourine, iodine, phosphorus and sulphur. The most famous condiment around the world, garlic is also used for high blood pressure, cramps, liver ailments, sinus trouble, etc. It will also cause the skin to secrete a natural insect repellent.

GINGER: Used widely in Mexican and Oriental cooking. It is a popular herb in reducing plans because it aids in the removal of excess waste from the system. Naturally, it helps prevent griping and diarrhea, and it is also good to alleviate cold symptoms centered in the lungs.

GINSENG: Widely recommended for the stimulation of mental and physical vigor and as an overall tonic. Used extensively in Russia and the Orient, it has been proven to increase human performance levels in stress situations. Several varieties of ginseng grow naturally in China, Korea, Siberia and the Great Lakes Region of the United States and Canada.

GOLDEN SEAL ROOT: Recognized as a long standing cure-all, it ranks with cayenne and lobelia as one of herbal medicine's most important remedies. Useful in control of secretions: mucous, hemorrhages, catarrhal conditions, etc. Also a treatment for difficult and painful digestion.

GOTU-KOLA: Used as a tonic, it is a good remedy for high blood pressure, mental fatigue and senility.

HAWTHORN: Taken in small, infrequent dosage, this powerful herb is a recommended heart tonic.

HOPS: Useful as a nervine and anodyne, it is used to treat nervousness, sleeplessness, fever, toothache and earache. Taken twice a day, morning and evening, it will increase urine flow and tone the liver and gall bladder.

HORSETAIL GRASS: This herb contains large amounts of silica and is recommended for the treatment of kidney stones. Also used for glandular disorders and for a general eye, ear, nose and throat remedy.

JUNIPER BERRIES: Used singularly or in combination, this herb has good disease preventive powers. As a tea, it is good for kidney and bladder trouble centered in the pancreas and other urinary tract glands. Also used for the treatment of baldness, hypoglycemia, diabetes, lumbago and itching. Because of the activity of this herb, dosage should be kept small.

KELP: This herb is a good promoter of glandular health, especially the thyroid, pituitary and adrenal glands. Kelp is also high in trace minerals.

LICORICE ROOT: Another of the aphrodisiacs, this herb is excellent for impotency, female problems, endurance, coughing and as a tonic for sex stimulation.

LOBELIA: One of the most powerful and important herbs known to man. Chiefly used as a relaxant, it is helpful in the treatment of all fever and pneumonia. It helps clear the body of mucous congestion in all of the body systems when taken as a tea made from the powder. It is also used to induce vomiting when taken in large doses.

MARSHMALLOW: This herb's benefits are different for its leaves and root. The leaves are used as an external poultice for

swelling, ulcers, and boils. The root (most often used in combination) is used as a remedy for chest trouble. The root is also well-known as a remedy for the kidneys.

MISTLETOE: Recommended mainly as a dietary supplement to supply calcium, magnesium, potassium and sodium.

MULLEIN LEAVES: A recommended herb for asthma relief when taken as a tea. Its chief minerals are iron, magnesium, potassium and sulphur. It has also been used for pulmonary disease and hemorrhage of the bowels.

MYRRH GUM: This is an antiseptic, stimulant, tonic; used as a gargle for sore throats and other oral infections such as pyorrhea, cankers and halitosis.

PAPAYA LEAVES: Basically recommended because of it's high Vitamin A content. The fruit of the plant is an aid to digestion. It supplies the raw enzyme papain useful in the digestion of proteins.

PARSLEY: This herb has been used and acclaimed as an effective measure in treating various types of cell degeneration, but it is also an excellent diuretic. Added to food whenever possible, it will increase the iron content of one's blood and increase resistance to all types of infectious diseases. This herb is also very high in Vitamin A.

PASSION FLOWER: Used extensively as a relaxant for nervous tension and the rigors associated with high blood pressure. Also used to treat eye tension and strain.

PEACH BARK: Recommended to cleanse the body of toxins. It has also been used for: nerves, water retention, as a laxative and as a sleep aid.

PENNY ROYAL: Useful in the relief of menstruation, colds, fever, colic, and spasms. This herb is a gentle reliever of gas and general stomach pain. It is recommended that this herb not be taken during the first 7 1/2 months of pregnancy.

PEPPERMINT: Useful as a mild stimulant, diaphoretic, antispasmodic. It has been used for fevers, nausea and spasms.

PSYLLIUM SEED: Chiefly an aid to constipation and other disorders due to colon blockage.

QUEEN OF THE MEADOW: This herb is used in various kidney ailments. Diuretic, stimulant, astringent, relaxant, also excellent for rheumatism.

RED CLOVER: This herb is a good dietary supplement to supply needed Vitamin A. It also has value in the relief of nervous tension and as a cleanser of body toxins.

RED RASPBERRY: The leaves and fruit will remove canker sores from the mouth. It is very soothing and is used at the end of pregnancy to prepare for childbirth by supplying the nutrients necessary to strengthen the walls of the uterus. The herb is also an excellent diuretic and is recommended as a natural means of relief for the problem of water retention often associated with pregnancy.

RHUBARB ROOT: Most effective as a cathartic and astringent. Used to cleanse the alimentary canal and diminish diarrhea. Its gentle action makes it desirable for persons bothered by hemorrhoids.

ROSEHIPS: A good source of organic assimilable Vitamin C.

ROSEMARY LEAVES: A good remedy for nervous headache; carminative and diaphoretic.

SAFFLOWER: A natural laxative and diaphoretic.

SAGE: Good for stomach problems, hair growth, as a poultice for tumors and as a tonic for nerves.

SARSAPARILLA: This herb is a good blood tonic. Effective for male impotency, heartburn, fever and hormone balance.

SASSAFRAS: Once considered a cure-all, this herb now has limited use in treating rheumatism, stomach ache and colic.

SAW PALMETTO: Reported to have a beneficial effect on the function of male and female sex glands and a marked effect on glandular tissue in general.

SKULLCAP: This herb is used in nearly all herbal combinations that prevent nervous disorders. It has a soothing and relaxing effect that induces sleep.

SENNA: A vermifuge; and aid in removing parasitic worms from the colon.

SLIPPERY ELM: This excellent diarrhea remedy also helps reduce irritation of the colon and small intestines. Other uses include: fever treatment and respiratory infection.

SPEARMINT: Contains the important trace elements magnesium and potassium. It is most effective for subduing nausea.

SQUAW VINE: A remedy popularized by Mexican peasants to aid in childbirth and menstruation. Also Used to treat varicose veins.

ST. JOHN'SWORT: Mainly used as an astringent and sedative. Found to be good for lung problems and in the treatment of hysteria. Used by women as an over all tonic for uterine disorder,

afterbirth pain, and menstruation irregularity.

THYME: An antiseptic herb used in the treatment of coughs, colic, heartburn, fever, diarrhea, cramps, etc.

UVA-URSI: Called the "plant for women" because of its use in female problems; it is also useful in digestive stimulation and control of obesity.

VALERIAN ROOT: One of the best nerve tonics. Two tablespoons two to three times daily is excellent for children with measles, scarlet fever, or just plain restlessness. This herb is good for convulsion control, colic, all fevers, and for breaking up mucous blockage due to colds.

WHITE OAK BARK: Because of the astringent powers of this material, it is recommended for douches and enemas and as an aid for many ailments from loosened teeth to varicose veins.

WOOD BETONY: Used to treat hysteria, head pain and neuralgia because of its power as a nervine. This herb also has alternative benefits in treating heartburn, indigestion and stomach cramps.

YARROW: High in potassium, this herb is used to treat the symptoms of flu and the common cold. It is said that yarrow is better than quinine for fevers.

YELLOW DOCK ROOT: Used as a blood purifier and as an effective cardiac by most good herbalists. Very high in elemental iron.

=====

#### Preparation Of Herbs For Use

Herbal Tablets or Capsules: This method is the easiest way to take herbs. Simply ingest tablet or capsule and follow with a glass of water. They may also be dissolved in hot water for tea.

To Make Infusions (Teas): Combine one half ounce of leaves, flowers, or herb powder per pint of water. Proceed by pouring boiling water over the herb and let steep for a short time (approx. 20 min.). Sometimes a little honey makes the tea more palatable. An infusion or tea should be used while fresh.

Decoctions: The virtues of hard materials, such as bark, roots, wood chips, seeds, etc., must be extracted by boiling the substance. Porcelain or glass vessels should be used in preparing infusions and decoctions. The full benefit of the herb is attained by keeping the material covered while being processed.

To Make Essence: Take approximately one ounce of the essential oil of the herb and dissolve in a pint of alcohol.

To Make Fomentations: Dip cloths or heavy towels in the infusion or decoction. Wring out and apply locally.

To Make Ointments or Salve: To make a salve or ointment, take approximately eight parts of vaseline, lard, or any like substance, and add two parts of the remedy you wish to use. Thus, if one were to make a sulphur salve, one would use 8 oz. of vaseline and 2 oz. of sulphur; stir and mix well while hot and let cool.

Old-Fashioned Method Making Ointments: Boil ingredients in water until all properties are extracted. If a very strong ointment is desired, strain off the ingredients, add fresh ingredients to liquid, and boil again. Add this watery decoction to sufficient olive oil and simmer until all the water has evaporated. Strain off the herbal residue. In order to solidify the mixture to desired consistency, add beeswax and rosin over low flame, stirring constantly until thoroughly mixed.

To Make Plasters and Poultices: The herbs should be combined, mixed with enough mineral water to make a paste, and applied. Plasters should be placed between two pieces of clean cloth and applied over the skin. Poultices are applied directly to the skin with a cloth covering to hold it in place.

To Make Syrups: After preparing the herb as if to make a tea, bring it to a boil for five to ten minutes. Then, add 1 oz. of glycerin and seal the bottles or cans as one would in the canning of fruit.

To Make Tincture: Depending on the medicinal power of the herb to be used, take 1 oz. to 4 oz. of the powdered herb and add it to 4 oz. of water and 12 oz. of edible ethel alcohol (not isoprophyl). Let the mixture stand for two weeks, add a teaspoon of glycerine. The liquid is then poured off and bottled for use.

#### TINCTURES, SYRUPS, OILS AND OINTMENTS

The methods for the preparation of tinctures, syrups, oils and ointments have been discussed in the preceding section sufficiently enough to give one an idea of the processes involved. These preparations are employed by the herbalist most successfully to treat minor cuts, burns, skin irritations, itching, superficial pain and a host of other discomforts. They provide the herbalist a kind of herbal medicine chest.

Some standard applications for these herbal preparations are as follows: (Note: the effective preparation is listed in parenthesis after each explanation of usage).

#### TINCTURES, OILS AND THEIR BENEFITS

ANTISPASMODIC: To be used for cramps, convulsions, delirium

tremors, fainting, hysteria. Good for pyorrhea, mouth sores tonsillitis, coughs, and throat infections. Cuts mucus. (SCULLCAP, LOBELIA, CAYENNE, VALERIAN ROOT, SKUNK CABBAGE, MYRRH GUM, BLACK COHOSH).

EQUILIBRIUM: Sore throat, hiccups, ear problems. An aid to restoring equilibrium and hearing. (BLACK COHOSH, BLUE COHOSH, BLUE VERVAIN, SCULLCAP, LOBELIA).

SKIN DISEASE: For parasite control, skin diseases such as ringworm, eczema, itching and shingles. High in organic iodine. For sore throat, tonsillitis and hoarseness. May be used internally or externally. (BLACK WALNUT).

SPASMS & COLIC: For minor pain, spasms, acid in stomach, and gas. Good for soothing nerves, indigestion, and colic. Excellent for children. (CATNIP, FENNEL).

HEART & BLOOD PRESSURE: (CAYENNE).

HEART: Natural potassium supplement. Also good for muscle cramping (ELDERBERRY).

ANTIBIOTIC: Used as a natural antibiotic for infections, earaches, sore throats. Externally for rheumatism, arthritis, moles, warts, chest rubs and throat congestion. May also be used for enemas. (OLIVE OIL AND FRESH GARLIC).

EXPECTORANT & NERVINE: Asthma, sore throats, coughs, wounds and earaches. Also used as an expectorant, nervine, diaphoretic, emetic and antispasmodic. (LOBELIA AND APPLE CIDER VINEGAR).

PAIN: To be taken orally for relief of minor pain. A natural sedative; quiet and soothing to the nerves. (WILD LETTUCE, VALERIAN ROOT).

#### SYRUPS AND THEIR BENEFITS

ANTIPLAGUE: Should be taken before one gets a cold or the flu. (APPLE CIDER VINEGAR, VEGETABLE GLYCERINE, HONEY, GARLIC JUICE, FRESH COMFREY ROOT, WORMWOOD, LOBELIA, MARSHMALLOW ROOT, OAK BARK, BLACK WALNUT BARK, MULLEIN LEAF, SCULLCAP AND UVA-URSI).

ASTHMA: An excellent asthma syrup. Can be used for sore throats and mucus. (EXTRACTS OF COMFREY, MULLEIN, GARLIC SYRUP AND VEGETABLE GLYCERINE).

COUGH: For congestion, cough, colds and hoarseness. (VEGETABLE GLYCERINE, HONEY, LICORICE AND FRESH ONION JUICE).

CLEANSER: Cleansing aid. (RED CLOVER BLOSSOM, CHAPARRAL, LICORICE ROOT, POKE ROOT, PEACH BARK, OREGON GRAPE, STILLINGIA, CASCARA SAGRADA, SARSAPARILLA, PRICKLY ASH BARK, BURDOCK, BUCKTHORNE BARK, VEGETABLE GLYCERINE).

HEART: A heart food. Acts as a tonic in activating the heart muscle. Helps prevent circulatory disturbances and helps correct degenerative heart conditions. (SYRUP OF HAWTHORN BERRY, VEGETABLE GLYCERINE and BRANDY TO PRESERVE).

PARASITE: To kill and expel internal parasites. (VEGETABLE GLYCERINE, WORMWOOD, AMERICAN WORMSEED, TAME SAGE, FENNEL, SENNA, MALEFERN, PAPAYA).

#### OINTMENTS AND THEIR BENEFITS

DRAWING OINTMENT. For use externally on old ulcers, tumors, boils, warts, hemorrhoids. Excellent for burns and as a healing and drying agent. (CHAPARRAL, CHICKWEED, COMFREY, RED CLOVER BLOSSOM, POKE ROOT, PINE TAR, MULLEIN, BEES WAX, PLANTAIN, OLIVE OIL, MUTTON TALLOW).

ECZEMA: For skin inflammations, skin diseases, such as eczema, sores, burning, itchy skin or genitals and swollen testes. Good for blood poisoning, psoriasis, acne, hives and insect bites. Also for ulcerations of mouth and throat. A great healing salve. (CHICKWEED, NATURAL OILS, AND BEES WAX).

ANTISEPTIC & POISON IVY: A healing ointment. An antiseptic to be used on lesions, dry eczema, poison ivy, abrasions, burns, hemorrhoids, and similar conditions. Helps in healing swellings and bruises. Soothes inflamed surfaces. (COMFREY, MARSHMALLOW, MARIGOLD, BEES WAX, NATURAL OILS).

BURNS: A healing ointment. For burns, abrasions, boils, bruises, sprains, swellings. (COMFREY, BEES WAX, NATURAL OILS).

PREVENT SCARRING: An antiseptic ointment useful in closing opened wounds. (GUMWEED, BEES WAX AND NATURAL OILS).

SKIN IRRITATION: Helps relieve skin irritations due to poison ivy or some other skin-irritating plant. (MULLEIN, BEES WAX, NATURAL OILS).

ANTI-HISTAMINE: An antihistamine. (OIL OF SPEARMINT, OIL OF PEPPERMINT, AND PETROLEUM JELLY).

INSECT BITES: Gives relief to pain and swelling of spider and insect bites, bee stings, animal bites, blood poisoning, and mastitis. (PLANTAIN, BEES WAX, NATURAL OILS).

Tinctures and syrups are most effective when quick assimilation into the body is necessary or when through a weakened condition of the digestive system, the body is unable to utilize the raw herb.

Ointments are exclusively for external application and can be utilized for practically all superficial discomforts.

=====

## Common Sense Rules Of Herbology

A common accusation brought against herbs and herbalists by medical and pharmaceutical interests is that they are either useless placebos which can rob the patient of valuable time in seeking "real" help or that herbs are crude drugs which in their unrefined state, will act as poisons.

The truth is, herbs are useful and can be very beneficial in treating various conditions of ill health. Written works such as the Holy Bible lend credence to the fact that herbs were successfully used to treat the sick. Ancient records coupled with the resurgence of herbology in our modern times, point to the fact that herbs offer an alternative to the "wonder drugs" of our day.

Hippocrates was able to treat every illness he encountered with approximately 40 herbs. He however, was a skilled physician with a good working knowledge of the herbs to which he had access and their effect on the human body. Without this knowledge and experience, it is necessary for those interested in using herbs to follow some simple rules as outlined below:

1. Do not use unidentified herbs. Unless one is an experienced herbalist or botanist it is potentially dangerous to pick and process herbs for personal use. An elderly couple died from drinking tea made from foxglove. They had picked it as comfrey! To be sure of the herbs obtained for personal use, purchase them from a reputable source.

2. Do not use narcotic herbs or plants. Why flirt with the misery of addiction and possible death by experimenting with psychoactive plants? Avoid Opium, Marijuana and the use of those plants from which such hallucinogens and narcotic drugs are derived.

3. Use common sense dosages of herbs. When using herbs for children, always lower the dosage to one half the adult minimum dosage. Also, know the peculiarities of the herbs being used. Fenugreek for instance, tends to dehydrate babies because it is too powerful to be used on infants. Be aware (though one may disagree) that the Food and Drug Administration (F.D.A.) has listed 27 herbs as unsafe: Arnica, Belladonna, Bittersweet Twigs, Blood Root, Broom Top, Buckeye, Calamus Root, Heliotrope, Poison Hemlock, Henbane, Jalap Root, Jimson Weed (datura), Lily of the Valley, Lobelia, Mandrake (Europ.), Mandrake (Am.), Mistletoe (Europe), Mistletoe (Am.), Morning Glory seeds, Periwinkle (Vinca), St. Johnswort, Tonka Bean, Wahoo Bark, Spindle Tree, White Snakeroot, Wormwood, and Yohimbe.

4. Some mildly toxic herbs can be useful under certain

circumstances but that decision should be left to a professional. For example, Belladonna used in small amounts by prescription only, can be very useful for eye problems. Penny Royal, Spikenard and Rue can be dangerous when taken internally by an expectant mother but a qualified herbalist would know when and how to use them.

5. Exercise moderation when using any herbs. Even herbs considered completely safe can be misused by immoderate and extreme application. Fatalities have been recorded from the extreme consumption of carrot juice and even brown rice.

6. Take the opportunity to educate yourself in the use of herbs by attending seminars, reading books and periodicals and consulting recognized authorities. "It is always the part of wisdom to do nothing out of ignorance."

7. Do not take a large number of different herbs or combinations of herbs at the same time. The safest procedure is moderation in variety as well as in amount.

8. If an extreme reaction develops after taking an herb or herbal combination, it is usually due to one of two possibilities: either the person is experiencing a healing crises caused by the herbal cleansing of stored toxins in the body or he is experiencing an allergic reaction. In any case, if extreme discomfort occurs, the herbal dosage should be cut down or stopped until the problem is pinpointed by a qualified physician.

9. Herbs are food for the body. Most of the healing benefit one derives from herbs is the result of their high nutritional content of needed vitamins and trace minerals. These critical nutrients are supplied to the body and, once supplied, the natural God-given abilities of the body to heal itself take over. If a condition persists after herbal first aid, remaining static or even worsening, see a qualified physician immediately.

It is well known that smoking is hazardous to your health. It is equally true that many food additives in use today have a deleterious effect on the body. Many of these additives have been used and accepted for years only now to be discovered as carcinogenic or toxic in other ways. Like poorly built automobiles with safety sacrificed for corporate profits, much of what Americans as a nation eat and drink is simply a crime against the body. The same agencies and associations which permit these health hazards to continue put forth the premise that herbs are of no value or actually harmful in their raw-natural state. Regardless of the number, origin or intent of these accusations, herbs, coupled with common sense and moderation, are a viable source of health therapy. Those who say all herbs in their raw state are of no value are as much at fault and as ignorant of the facts as those who say established medical practice is of no good.

End.