# A COLLECTION OF REMEDIES GATHERED OVER THE YEARS

Note: **1 dram = 1/3 oz.**

**HOXSEY CANCER FORMULA**
**Blood purifier, circulation. lymphatic, glandular alterative. Used for cancer, tumors, swollen lymph nodes, sore throat, constipation, laryngitis, bronchitis, pharyngitis, arthritis, skin diseases, chronic middle ear infections, detoxification through**
**liver, bowels and kidney. Also a digestive tonic.**
**Red Clover blossom - alterative**
**Chapparal - alterative**
**Buckthorn bark - mild laxative, bitter tonic**
**Licorice - good for everything**
**Oregon Grape - bitter tonic, alterative**
**Burdock rt - lymphatic alterative**
**Stillingia root - lymphatic alterative**
**Poke Root - lymphatic alterative**
**Prickly Ash - circulatory stimulant**
**Wild Indigo rt - bitter tonic alterative**
**Potassium Iodide USP - may help with hypothyroid**
**Take as decoction tea. 3 cups a day, warm. As tincture do 30-60 drops three times a day.**
**Indication: pain of fixed nature, anorexia, wasting, glandular swelling, glandular congestion, loss of voice, sore throat, constipation, sinus pain and congestion, joint pain, pain in ear, and moist, red, irritable skin, irritability. Pulse tends to be wiry, taut and hesitant, while tongue usually appears dark red with purple spots.**

**ESSIAC CANCER FORMULA**
**6 1/2 cup burdock rt (cut), powder**
**16 oz Sheep Sorrel, powder**
**1 oz Turkey Rhubarb rt., powder**
**4 oz Slippery Elm Bark, powder**
**Mix the above together with love.**
**Mix all = 10 cups powder. Use 1 cup powder to each 2 gallons distilled water.**
**Bring to boil, keep lid on, stir in 1 cup formula, cover, boil 10 minutes. Turn off stove. Scrape sides of pot with spatula, stir well, cover.**
**Let stand covered 6 hr, stir well, then let stand covered for another 6 hr.**
**Turn on heat, bring to a boil. At boiling point turn off stove. Strain into clean glass or stainless steel pot, (clean old pot), then return to first pot.**
**Use funnel, pour into bottles, cap, allow to cool, tighten caps again. Store in dark cabinet. Once opened, keep refrigerated. If it becomes moldy, throw it out.**
**To use: take 4 tablespoons heated distilled water, add 4 tablespoons Essiac (Shake bottle first). Mix and drink 2-3 times a day.**

**ROBERTS FORMULA FOR GI TRACK INFLAMMATION, ULCERS**
**Cabbage leaf**
**Slippery Elm**
**Echinacea**
**Goldenseal**
**Add bismuth to kill H Pylori if needed.**
**Dose was 1 cap 3 times a day between meals.**

**ROBERT'S FORMULA FOR LEAKY GUT**
**Marshmallow root as demulcent**
**Wild Indigo for infections**
**Purple Coneflower, antibacterial, immune**
**Wild Geranium, stops bleeding internally**
**Goldenseal, inhibits yeast and bacteria**
**Poke Root for ulcerations in mucosa**
**Comfrey for inflammation and promoting growth and would healing**
**Slippery elm to sooth and coat the gut lining.**

**DR. FOX's CANCER LINIMENT**
**2 oz blue flag tincture**
**1 oz red clover tincture**
**1 oz bloodroot tincture**
**Mix thoroughly. Saturate cloth and apply to affected area twice daily, cover with plastic to retain moisture.**

**WARD'S BLOOD PURIFIER**
**1/2 oz Blue flag**
**1/2 oz Burdock rt**
**1/2 oz Red clover**
**1/2 oz Yellowdock**
**3/4 oz Sarsaparilla**
**1/4 Tbsp (1 dram) Wild ginger or Canada snake root**
**Simmer herbs in 3 pints water, reduce down to 2 pints; strain, sweeten to taste with honey; allow to cool, bottle, keep in a cool place.**

**DR. SHOOK'S HIGH BLOOD PRESSURE FORMULA**
**for hardening of the arteries etc.**
**1 1/2 part Sassafras bark**
**1 1/2 part Goldenrod**
**1 1/2 part Bogbean**
**1 1/2 part Black cohosh**
**1 1/2 parts poke rt**

**6 parts indian senna fruit**
**15 parts buckthorn**
**1 1/2 part cassiar bark or chinese cinnamon**
**Mix well, use 1 teaspoon to each cup of boiling hot water, simmer 2-3 minutes, then steep for 10 minutes or steep in hot water for 1/2 hr; strain, sweeten to taste with honey, allow to cool, bottle, leave in a cool place.**
**Dose: 1 teacupful 3 times a day before or after meals; OR take 1 "00" capsule or 1/2 tsp of powder mixed into honey 3 times daily before or after meals.**

**DR. SHOOK'S TAPEWORM REMEDY**
**60 grains Male fern root powder**
**1 1/2 grains Mandrake root powder**
**4 grains Jalap root powder**
**12 drops Broom pint oil**
**Mix well, fill into 6 caps equally divided. Take 1 cap every 10 minutes until all are taken.**

**POTTER'S EMMENAGOGUE**
**1 part Wormseed**
**1 part black hellebore rt**
**1 part Valerian root**
**1 part Mugwort herb**
**steep covered, 1 tsp herbs to each cupful of boiling water. Dose is 1 wineglassful - 1/2 teacupful warm.**

**POTTER'S VERMIFUGE**
**1 part Tansy herb or seeds**
**1 pat wormwood herb**
**1 part santonica or levant wormseed**
**1 part camomile flowers**
**steep 10-15 min while tightly covered. 1 tsp herb to each cup of boiing water. Strain**
**Dose: 1 wineglassful 3 times daily**

**THE FOUR GREATER COLD SEEDS REMEDY**
**(catarrhal affections,**
**bowel and urinary disorders, fever etc)**
**1 part pumpkin seeds crushed**
**1 part ground seeds crushed**
**1 part watermelon seeds crushed**
**1 part cucumber seeds =crushed**
**Triturate with water, make into an emulsion.**
**Take 1 teacupful 3-4 times daily.**

**DR. THOMSON'S COMPOSITION OR VEGETABLE POWDER**
**(warming diaphoretic formula)**
**2 pd bayberry root bark**
**1 pd pine bark**
**1 pd ginger**
**2 oz cayenne**
**2 oz cloves**
**Pound into fine powder, sift, mix with some honey in 1/2 teacupful of boiling water and drink as soon as it sufficiently cool. Patient is chilly, keep in bed, well-covered.**

**THOMSON'S NO. 6**
**Capsicum and Myrrh**
**They used this for surgeries, topically, to promote healing in 1800's also.**
**Myrrh gum is a powerful antiseptic. Usually given as tincture in water or syrup. 2 grains is average dose, best combined with other agents. Rub myrrh well with sugar before making an infusion. A small teaspoonful of each myrrh an goldenseal to a pint of boiling water and a little ginger is for weak stomachs where food is fermenting. A teaspoonful every 2 hr can be used.**
**No. 6 is 2 oz myrrh tincture and 1/2 oz capsicum in a quart of alcohol. Unequaled as antiseptic for foul ulcers, and diluted for every other antiseptic in operative surgery. A few drops in a glass of water will prove a powerful stimulant in shock, collapse, prostration and profound congestion.**

**DR. NOWELL'S COMPOSITION POWDER**
**4 oz bayberry root bark powder (warming astringent)**
**2 oz ginger powder (diffusive, heat)**
**1 oz pine (hot)**
**1 dram (1/4 Tbsp) cloves powder**
**1 dram cayenne powder**
**Mix and pass through fine sieve at least twice.**
**Use 1 teaspoon in 1 cup boiling water, sweeten, cover, allow to stand a few minutes.**
**Drink the clear liquid or, stir the mixture and drink the powder too.**

**DR. NOWELL'S COMPOSITIONN FOR OLDER PEOPLE**
**12 oz bayberry root bark powder**
**12 oz ginger powder**
**6 oz white poplar or quaking aspen inner bark**
**4 oz pine or hemlock spruce inner bark powder**
**1 Tbsp cayenne powder**
**Mix and pass through fine sieve at least twice.**
**Use 1 teaspoon in 1 cup boiling water, sweeten, cover, allow to stand a few minutes.**
**Drink 1 cup of the clear liquid.**

**DR. COFFIN'S STOMACH BITTERS**
**4 oz bayberry bark powder**
**4 oz balmony powder**
**2 oz white poplar or quaking aspen inner bark, powder**
**2 oz ginger**
**1/4 oz cayenne**
**Mix, sift powders. Use 1 tsp in 1 cup of hot water. Cover, steep a few minutes, sweeten to taste. Drink 1 cupful warm 2-3 times a day.**

**DR. COFFIN'S FORMULA FOR COLIC WITH STOPPAGE OF THE BOWELS:**
**1/2 pint raspberry leaf tea, strong infusion**
**1 tsp lobelia powder**
**1 tsp cayenne powder**
**1/2 teaspoon myrrh gum**
**1/2 tsp valerian root powder**
**1 tsp sugar**
**Make strong infusion of raspberry leaves, then add the other herb ingredients, mix thoroughly and let stand 1/2 hr tightly covered. Strain. Inject 1/3 into bowels at about blood temperature, repeat in 4 hours and the remainder after another 4 hr. This will be followed by copious and frequent fecal discharges during the course of the next 8 hr. For the next few days, astringent and tonic herbs should be administered orally as the patient's stomach is able to retain them.**

**Blood Formula**
**Burdock rt**
**Red Clover**
**Yellow dock**
**Dandelion**

**Natures Way Immune Combos:**
1. **Echinacea, Sib. Ginseng**
2. **Echinacea, Astragalus & Reishi**
3. **Echinacea, Elderberry & Zinc**
4. **Echinacea, Goldenseal**
5. **Echinacea, Olive leaf**

**Pairs:**
**Cayenne and Ginger**
**Cayenne and Garlic**
**Cayenne & Goldenseal**
**Goldenseal & Myrrh**
**Garlic & Parsley**
**Red clover with Prickly Ash Bark**
**Fenugreek & Thyme - lung problems**

**DR COFFIN'S FORMULA FOR TB OR CONSUMPTION**
**1/2 oz of each of Raspberry leaves, Agrimony, Barberry bark, Cleavers, Ground ivy, European centaury, Horehound.**
**1/2 tsp cayenne**
**1/4 oz Licorice powder or fluid extract**
**Simmer the first 7 herbs while tightly covered in 1 quart of water; strain hot over the cayenne and licorice; cover until cool; sweeten to taste with honey or sugar; keep in cool place. Dosage: 1 wineglassful 4 times a day (3-4 pints a week)**

**DR. SHOOK'S LIVER AND JAUNDICE COMPOUND:**
**50 grains Turkey rhubarb root, solid extract**
**60 grains Aloe leaf, solid extract**
**40 grains Fringetree, solid extract**
**20 grains Culver's root, solid extract**
**10 grains Wahoo bark, solid extract (euonymus atropurpureus)**
**10 grains Poke root, solid extract**
**2 grains Nux vomica seeds, solid extract**
**Mix thoroughly (use finely powdered material), pass through small meshed sieve. Fill into 40 caps, dividing equally, this would be about 5 grains per capsule. Dosage: 1-2 caps 1-2 times daily according to the laxative action desired.**
**This formula is especially useful in biliousness sluggish or torpid liver, constipation of long standing, catarrh of the stomach bowels and gallbladder. It will be found beneficial in dizziness, sick headache, nausea and gassy conditions of the stomach and bowels.**

**DR. NOWELL'S ANTIBILIOUS AND PURGING COMPOUND:**
**1 tsp senna leaves, rubbed or broken (about 25 leaves)**
**1/4 tsp ginger root powder**
**1 tsp sugar**
**1 slice lemon.**
**Place ingredients into a cup and pour over 1/3 cupful of boiling water. cover, allow to stand a while. Drink the whole amount while warm (leave the powder). This makes a pleasant drink and can be given to children.**

**DR. NOWELLS' FEMALE CORRECTIVE POWDER:**
**1 oz True unicorn root**
**2 oz White popular or quaking aspen inner bark**
**1 oz Goldenseal rt**
**1/2 oz Black cohosh rt**
**1/2 oz Cinnamon bark**
**1/2 tsp cayenne**

**8 oz sugar**
**Mix the herbs well together; use 1 tsp to each wineglassful or teacupful of boiling hot water, cover and steep 10-15 min or put into "00" capsules.**
**Dosage 1 wineglassful 4 times daily or 1 capsule 4 times daily.**
**Useful for debility and irregular menstrual periods, also for loss of appetite, weakness, and irregularities in menstrual flow.**

**DR. CHRISTOPHER'S BLACK HEALING OINTMENT**
**1 1/2 pd mutton tallow base for every 1 pd (fresh) or 1/2 pd (dry) herbs.**
**1 1/2 pounds of Chickweed, Comfrey, Lobelia, Goldenseal, Kino (when Possible), Marshmallow,**
**1 oz to each quart of Poke root tincture ointment (strong each pint)**
**1 oz Beeswax**
**1/4 pint (strong) pine tar**
**2 oz Glycerine**
**3-4 oz Wheat germ oil**
**3-4 oz Olive oil**
**Cut up the mutton tallow, place in stainless steel pan, or pyrex or enamel. Cover, render in oven at 170F. Pour off tallow as it renders, press out remainder and throw away cracklings. Place tallow back into the pan and warm up to a liquid. Place the correct proportion of herbs into the liquified tallow base (acts as a catalyst and draws the medicinal virtues of the herbs into the fat) and place into oven for 3-4 hours. Remove and strain through a fine wire strainer and put back into oven to warm again. Add beeswax, wheat germ oil, olive oil, glycerine, pine tar, use a beater (hand or electric), to homogenize or whip while hot and then pour it into an ointment or wide mouthed jar. Don't try to move the jars until cool enough to be firm or there will be a nasty mess to clean up.**
**Apply externally as needed.**

**POTTER'S DIAPHORETIC**
**8 parts Marshmallow root**
**4 parts Licorice**
**4 parts Spanish irish or Orris root**
**4 parts ground ivy**
**1 part Aniseed**
**4 parts Coltsfoot**
**2 parts Red poppy flowers, dried**
**2 parts Mullein**
**Mix and use 1 tsp herbs to each cup boiling water. Simmer 15-20 min, then steep and set aside until cool enough to drink.**
**Use 1/2 cupful or more every 2 hr or more frequently if needed, keeping the patient well covered with a hot water bottle on the feet with a vinegar soaked towel surrounding the feet.**

**POTTER'S DIURETIC**
**1 part Marshmallow rt**
**1 part Asparagus rt**
**1 part Licorice rt**
**1 part strawberry rt**
**1 part couchgrass rt**
**Simmer 1 tsp to the cup of mixed herbs slowly for 15 min. Drink 1 wineglassful each hour.**

**POTTER'S RESPIRATORY**
**1 part each of Marshmallow Flowers, Mallow Flowers (malva rot. or malva sylv); Coltsfoot flowers, Violet or blue violet flowers; Mullein flowers; Red poppy flowers dried; Ground ivy**
**Infuse herbs 10-15 minutes in a proportionate amount of water (1 tsp herbs to a cup), cover well and strain or sip the clear liquor. Take from 1 tbsp to a wineglassful as often as needed or whenever cough or irritation requires.**

**POTTER'S RESPIRATORY #2**
**10 parts Marshmallow**
**20 parts john's bread (Ceratonia siliqua)**
**12 parts Licorice rt**
**20 parts Figs**
**24 parts Barley**
**6 parts each of Jujibe berries, Currants, Raisins**
**4 parts Mullein flowers**
**2 parts each of ground ivy, maidenhair, hyssop, liverwort, lemon balm, and red poppy flowers dried.**
**Infuse, mix thoroughly and use 1 oz to a pint of water, simmer slowly 20 minutes. When cool add 1/4 pt glycerine. Take 1 Tbsp each hour or as needed**

**POTTER'S RESPIRATORY #3**
**8 parts marshmallow**
**4 parts coltsfoot**
**3 parts licorice rt**
**2 parts mullein flowers**
**2 parts aniseed**
**1 part spanish irish or orris root**
**Infuse 1 tsp to a cup of water. Take 2 tbsp each hour until phlegm is loose, then a tablespoonful each hour as needed.**

**DR. NOWELL'S GENERAL NERVINE TONIC; HYSTERIA**
**1 part each of Skullcap, Hops, Valerian root, Gum asafoetida, Gentian root - power, mix, fill capsules or use 1 tsp to a cup of hot water.**
**4-8 caps daily as needed or 1/2 cup of infusion warm 3-4 times daily.**
**For constipation add a little cascara**

**DR. SHOOK'S INFUSION OF SKULLCAP**
**1 1/2 oz Skullcap herb cut**
**1 1/4 pints distilled water**
**Bring water to boil, pour over herb, cover, steep 20-30 min in a hot place. Strain, sweeten with honey, bottle, when cool and keep in cool place.**
**Take 1 wineglassful 3-4 times daily and 1 dose before retiring to bed. Children 1 dessertspoonful to 1 tbsp 3-4 times daily between meals.**

**DR. SHOOK'S NERVINE TONIC**
**2 oz Skullcap herb cut**
**2 oz Vervain herb cut**
**2 oz Damiana leaves cut**
**Soak herbs in 2 qt distilled water. Simmer slowly for 20 min in open vessel. Strain, return to clean vessel. Slowly boil down to 3 pints. Strain, add 1 pint glycerine and 1 pint honey. Stir well until mixed, let cool, bottle, keep in a cool place**
**Take 1 Tbsp of 1/2 to 1 cup water, 3-4 times daily. This should preferably be 1 hr before meals. Children: 1 tsp to 1 dessertspoonful in water 3-4 times daily.**

**DR. SHOOK'S HIGH BLOOD PRESSURE COMPOUND**
**3 drams each of Valerian root cut, Licorice root, cut and Linden flowers cut.**
**6 drams Buckthorn bark cut**
**4 drams Speedwell or Culver's root cut**
**1 dram each of Rue herb cut and Golden rod**
**Mix well, divide into 20 1 dram doses. For a tea use 1 dose to 3 cups boiling water, cover and simmer 2-3 min. Steep for 20 min or steep in hot water for 1/2 hr, strain and sweeten to suit taste. For powder, divide 1 dose into 3 parts (1/3 dram). Take 1 cupful 3 times daily before or after meals. For powder, take 1/3 dose 3 times daily before or after meals, which may be mixed with honey, mucilage etc.**

**DR. RUDGLEY's FORMULA FOR PARALYSIS**
**1 handful Rosemary and Sage**
**4 handfuls Wood Betony**
**2 pounds Juniper berries**
**2 pounds yellow sugar**
**24 grams Senna**
**24 grams Ginger**
**15 grams Cubebs**
**15 grams Sweet flag (calamus)**
**Simmer rosemary, sage and wood betony slowly in 1 gallon of water down to 1/2 gallon. Strain, add sugar, bring to a boil, remove scum. Strain hot over remaining herbs, cover tightly until cool, then strain. Take 1 tbsp morning and night**

**DR. CHRISTOPHER'S GLANDULAR BALANCE FORMULA:**
**1 part each Black Cohosh, Licorice rt., Bladderwrack, Goldenseal, Ginseng, Lobelia**
**1/2 part ginger**
**1/4 part Cayenne**
**Powder, fill "00" capsules (equivalent to 1/4 tsp).**
**Take 1-2 caps before noon (1/4 to 1/2 tsp).**

**DR. COFFIN'S BITTERS (for biliousness, indigestion, flatulence, general debility)**
**2 oz each of White poplar bark, and powdered ginger**
**4 oz each of Balmony powder and Bayberry powder**
**1/4 oz each of cayenne powder and Cloves, powder.**
**Mix, take 1 tsp dissolved in 1 cup hot water, sweeten. 3-4 times daily.**

**ROBERTS FORMULA**
**very good for ulcers and gallbladder.**
**Indications: abdominal pain, pale face color, fatigue, spontaneous perspiration, dyspnea, fullness sensation in epigastric region or abdomen, loss of appetite, fullness and oppression in chest, hiccough, belching. Pulse tends to be deep and slow, tongue usually appears pale or light with white coating.**
**1 part Goldenseal - astringent**
**1 part Echinacea - alterative, lymphatic**
**1 part Marshmallow - demulcent**
**1 part Poke root - alterative, lymphatic**
**1 part Geranium maculatum (astringent)**
**Take as tincture (10 drops 4X/day before meals and before going to bed. or capsule: 2 "00" caps four times daily before meals and before going to bed.**

**RUDOLPH WEISS COUGH FORMULA**

**Antitussive, with a moisturizing nature. Take as decoction 1 cup three times a day for cough, dry cough with or without sputum, fever, headache, dry throat with thirst. Tongue tends to be dry and red with thin white coating. Pulse usually rapid and superficial.**
**Use for cough, flu with dry cough, upper respiratory tract infection asthma.**
**1 part mullein flowers (not leaf which is used for more mucous type cough)**
**1 part coltsfoot**
**1 part marshmallow**
**1 part anise seed**

**SAMUEL THOMSON'S COUGH DROPS**
**4 oz lobelia (relaxant to cough reflex)**
**2 oz horehound (very bitter, diaphoretic, astringent for mucousy cough)**
**2 oz comfrey rt (demulcent) (careful about this one now)**
**2 oz elecampane (tonic to mucus membranes, stimulant, expectorant)**
**4 oz boneset (relaxant expectorant, bitter tonic)**

**Here you have a powerful relaxant with a milder relaxant in the boneset which accounts for 8 parts, then some demulcent added to reduce irritability, and also 2 herbs that equal less than 1/3 of the formula that are tonic astringents. Make as decoction. Take 2-3 tsp an hour. To prepare, boil herbs in 3 quarts water down to three pints. Strain and add two pounds of sugar and 1 pint of gin. Indicated for cough, dry cough, fever, headache, body aches. Pulse is usually weak, thready or rapid. Tongue is usually red and dry with thin white coating.**

**SPEZIES GTRIPPALES COUGH FORMULA**
**For cough, fever, hiccough with dyspnea, dry throat. Pulse can be rapid or thready, sometimes superficial. Tongue usually has the thin white coating.**

**Mullein leaf**
**Horehound**
**Fennel**
**Dill**
**Take as decoction. 1 cup three times a day.**

**JETHRO KLOSS' COMPOSITION POWDER 1939**
**Diaphoretic with pungent and warm nature**
**4 oz Bayberry 2 oz Ginger**
**1 oz White Pine 1 dram Prickly Ash**
**1 dram Cayenne.**
**To prepare, use all herbs in powdered form, mix and put through sieve twice. Steep 1 tsp in covered cup of boiling water for 15 min. Drink clear liquid poured off from the sediment. Take 1 cup of tea every hour until perspiring freely.**

**WILLIAM COOK – CARMINATIVE DROPS**
**4 oz Archangelica Angelica (circulatory stimulant, strong carminative, emmenagogue)**
**2 oz Wild Yam (antispasmodic to smooth muscles)**
**1 oz Motherwort (bitter tonic, sedative, relaxant)**
**1 oz Coriander seed (cooling carminative)**
**1 oz Anise (warming carminative)**
**1 oz Dillseeds (mild, warming carminative)**
**Cook actually crushed all the herbs and put them all in alcohol together instead of separately. So he would crush the herbs and macerate in 40 oz of 30% alcohol for 10 days. Strain and add 2 pd sugar to the clear liquid. Dosage is 1/2 to 1 tsp per hour.**
**Used for flatulence, colic, abdominal pain without inflammation, eipgastric fullness and oppression, indigestion, belching, abdominal distention, acid regurgitation. Pulse tends to be wiry and taut. Tongue usually greasy or slippery, with thin coating.**
**Use for indigestion, gastric or duodenal ulcer, chronic gastritis, cholecystitis, gastrointestinal neurosis, nausea.**

**WEISS' NERVE TEA (not just a sedative, but a relaxant)**
**2 parts Angelica root**
**1 part Rosemary leaf**
**3 part Lavender Flower**
**2 parts Hops leaf**
**1 part Yarrow Herb**
**Take 1 cup infusion 3 times a day.**
**Use for insomnia, nervousness, excessive dreaming. Tongue usually red and pulse usually wiry.**

**EVERGREEN CENTER -**
**Immune**
**Echinacea, Osha, Red Root, Boneset**
**Sleep Promoter**
**Scullcap, Passionflower, St. Johns Wort, Melissa, add hops for hot constitution or Valerian for cold constitution.**
**Antispasmodic**
**Lobelia, Crampbark, Wild Yam**
**Adrenal:**
**Avena (oats), Licorice, Sib. Ginseng, Damiana**
**Demulcent combo**

**3 parts Marshmallow, 1 part Slippery Elm, 1 part Licorice**
**Pain:**
**Piscidia, Pedicularis, Eschscholtzia, Lactuca, Corydalis. Add stronger antispasmodics if indicated for the patient.**

**FAMOUS PAIRS - they balance humoral action or amplify the action.**

**Lobelia and capsicum. Thomson used**

**Capsicum and Myrrh. Thomson used 1 oz cayenne tincture to a pint of myrrh tincture. Lyle used a tincture of 2 pt myrrh powder and 1 part capsicum powder in alcohol.**

**Black and blue cohosh from Samuel Thomson**

**Squawvine (now called Michella) and False Unicorn rt.**
**Blue Cohosh and Crampbark.**

**Blue Cohosh, Squaw vine, False Unicorn rt., Crampbark preparing for childbirth. Two classic pairs. One increases tone of uterine muscle, the other prevents overtonification of spams. Use low doses in tincture form. Don't take in powder form. Tea can be taken freely. Blue cohosh can have a good affect on mom's uterine muscle but can have an adverse effect on fetus heart muscle, so not powders.**

**Lobelia as relaxant and capsicum as powerful vital stimulant, and valerian. Thomson's famous anti-spasmodic formula. If he wanted vomiting, increase lobelia, If he wanted warming astringent he added astringent. (after vomiting helps to astring the tissue). Give when you have a cold, damp, boggy stomach and intestine.**

**Lobelia, capsicum, valerian and myrrh as emetic. Dilute in half with water because of the capsicum. Potent alchemy.**

**Goldenseal and Myrrh from Samuel Thomson. both are topical disinfectants, both wonderful systemic and together they are mucous membrane tonic for whole body as well as being antiseptic. Goldenseal is antimicrobial; myrrh is broad spectrum antimicrobial through different method. Can save teeth from gum disease - brush in powder, drink lots of the tea.**

**Myrrh (10 drops and Goldenseal (1/2 oz) as spray for sore throat.**

**Myrrh, Goldenseal in ginger syrup and water for gastric, catarrh, anemic dyspepsia, chronic problems with the intestine.**

**Osha and Licorice. Osha is a hot and dry expectorant. Licorice is soothing and moist. Together makes good expectorant for dry cough without making dry cough drier.**

**Camomile and Peppermint. Camomile is bitter digestive, nervine, antispasmodic, sedative, topical and intestinal anti-inflammatory emmenagogue. Peppermint is digestive gastrointestinal antispasmodic, carminative, warming. Together as gastrointestinal antispasmodic through separate mechanisms (one as carminative; the other as bitter). This is almost our generic digestive formula that would help almost everyone (not ulcers or severe problems, just as a warming digestive). Peppermint is a diaphoretic, take enough and it will open up the pores and then it becomes cooling.**

**Lobelia, cayenne, Goldenseal and Myrrh - equally. Take 1 drop of each, mix, then take 1 drop to feel vital force.**

**Marjoram (2 pt), Elder (1 pt). as Kidney formula. Take 1-2 caps TID with warm water as a diuretic for edema, difficulty urinating, acute gastritis, cough, vomiting, short of breath, thirst, headache. Tongue has white coating, appears slippery.**

**Skullcap and Valerian. Nervine Formula: 1 part each. One cap with meals, one at bedtime for insomnia for nervous stomach, indigestion, restlessness, figetness, mouth and throat dry. Tongue tends to be dry and red or dark red, pulse deep, thready and rapid.**

**Grindelia(gumweed) with eyebright for sinuses.**
**Grindelia with osha for bronchial tract.**
**Grindelia with elecampane for intestine**
**Boneset and oregon grape for liver**
**Boneset and mullein for lung**

**Boneset and dandelion leaf for urinary tract.**
**In each case grindelia or boneset may act in a more pronounced way in the region it is directed towards and its effect felt to a lesser degree in an area where it might otherwise act in a distinct way.**

**Lobelia with ephedra. Lobelia is a relaxant with some diffusive effects on the circulatory. Ephedra compounds diffusive, drying and diaphoretic properties, amplifies relaxant effects of lobelia.**
**Lobelia with ginger adds diffusive powder, focuses more on skin and mucous membranes.**
**Lobelia with anise and thyme to amplify relaxant and diaphoretic properties.**
**Lobelia with ephedra, grindelia, cayenne to direct formula more powerfully to mucous membranes.**
**Lobelia with elecampagne to direct toward membranes, adding tonic effects for boggy, lax conditions.**

**Camomile, Peppermint and Uva Ursi.**

**Camomile and Ginger. To enhance emmenagogue effect.**
**Squaw vine and Blue Cohosh**

**Valerian and Passion flower for nervous excitability**
**Valerian and Hops for nervous insomnia**
**Valerian and Lily of the Valley for nervous palpitations**
**Valerian with Wild Yam and Ginger for colic**
**Valerian with Pasque flower (pulsatilla) for menopause and scanty menses.**

**Dandelion and Mahonia (oregon grape) do the same thing and can be the basis of almost any formula. (liver restorative plus liver stimulant)**

**Gentian and ginger. Gentian increases digestive secretion through bitter action. Ginger increases digestive secretions through its carminative actions. They balance each other temperature wise.**

**Boneset and Elder - both alteratives and relaxant diaphoretics, both good for influenza. Usually boneset is in a base of elderberry syrup.**

**Cactus and Hawthorn. Classic pair from 150 yeas ago. Cactus is night blooming Cereus, a heart remedy, stimulant to heart contractions. Crataegus is a tonic. Together they are a good tonic, good for weak heart, swelling in legs etc.**

**Goldenseal plus oregon grape and/or Berberis. Oregon grape and goldenseal both affect the mucous membranes.**

**Agrimony is mild astringent for the gut, mild hepatic, also tonic to the urinary and female tracts. Combine with:**
- **Dandelion (another hepatic) emphasizes liver characteristics**
- **Uva ursi (urinary tract tonic) to emphasize effect on urinary tract.**
- **Lily of the Valley or Raspberry leaf (uterine tonics) to emphasize uterine tonic affects.**

**Uva Ursi and Echinacea: antiseptic plus immune stimulant to increase host resistance. 90% of the time this will clear up an antibiotic resistant bladder infection.**

**Lobelia plus cayenne. Systemic relaxant plus circulatory stimulant increases tissue and vital supply to the area. Person is tense, lobelia relaxes the tension and cayenne runs the blood through the unobstructed channels.**

**Echinacea and Prickly ash. Echinacea was given in hot feverish conditions years ago, but combine it with prickly ash and it can also be taken when fever is absent.**
**Echinacea and prickly ash as digestive and circulatory stimulant.**
**There are many simples for digestive & circulatory stimulating that you can use and include prickly ash, or cayenne or ginger.**

**Echinacea plus Wild Indigo for sepsis**

**Echinacea, mullein, eucalyptus as ear drops for infection.**

**Myrrh and Echinacea (antiseptic and immune stimulant together). For really bad infections like sepsis, just pre-gangarene stage with extreme morbidity. Also used externally for insect bites.**

**Myrrh and Poke rt for tonsilitis. Add Baptisia for tonsilitis also.**

**Myrrh, Echinacea, Baptisia for inflammation, performation of digestive tract or pelvic inflammation disease spreading to peritoneal cavity.**

**Echinacea plus Uva Ursi for urinary tact infections. Antiseptic plus immune stimulant to increase host resistance. 90% of the time this will clear up an antibiotic resistant bladder infection.**

**Echinacea plus Osha for wet type bronchitis. Add licorice if it is a dry cough)**

**Echinacea plus Boneset for influenza.**

**Astragalus plus Reishi. Immune balancer if any is excessive. One brings into balance, the other turns on the balance system.**

**Ginger and ..... Ginger warms up the stomach, add it to something to increase the absorption of that across the stomach wall.**

**Cayenne. Adding a little cayenne can activate the system and assimilation and distribution of that herb.**

**Gentian and Ginger (cooling and heating). One cools, one warms for a neutral effect.**

**Valerian and Hops (heating and cooling). Hops can negate the overstimulating effects of valerian.**

**Ligusticum (osha) plus Licorice (drying and moistening).**

**All these for relaxing & sleep:**
**Passion flower and Scullcap**
**Passion flower and hops**
**Passion flower and valerian**
**Valerian and Hops**
**Passion flower, Valerian and Hops**

**Skullcap and passiflora (15-40 parts passiflora and 2-12 parts skullcap. For insomnia, exhaustion, alcohol hangover. Almost every insomnia formula started with this. Some added hops and wild lettuce. Hops is much more hypnotic. Wild lettuce is relaxing, cooling, sedating.**
**Skullcap and Valerian for insomnia, anti-spasmodic.**

**Skullcap with vervain and damiana. Various combinations of two of these for anxiety.**

**Skullcap with Wood Betony for seizures, sciatica, nervous headache, convulsions. (Lyle does 1 oz skullcap with 1.5 oz Wood Betony and adds 1 oz helonias (false unicorn) and 1.5 oz black cohosh administered 1 tsp very 2-3 hr with hot sponge bath to affected parts.**
**80 years later Priest does skullcap, wood betony and black cohosh (no false unicorn),**

**Skullcap with Pleurisy root. For cough, pleurisy root is a pure relaxant. You can add boneset if there is flu/cold or fever. If chills are predominant, add a little capsicum. Add lobelia if more relaxant effect is needed.**

**Skullcap and blue cohosh for restlessness during pregnancy. Add wild yam for convulsions, after pains and nervousness during childbirth. Lyle added lobelia if the cervix wasn't opening.**

**Skullcap and Peony. Nice in the evening to turn off stress. Both anti-spasmodic.**

**Peppermint and Motherwort (motherwort is bitter, too cool and draining, the peppermint tastes nice and is energetic).**

**Ginger and marshmallow complement each other**

**Astragalus and Dong Quai, famous pair in China for building blood.**

**Skullcap and Passiflora for insomnia.**

**St. John's Wort and Dandelion - both affect the liver**

**Peppermint and Marshmallow (peppermint is warm and dry; marshmallow is cool and moist. Marshmallow corrects peppermint from bringing on heartburn and peppermint keeps it from being too galopy.**

**Yarrow and Anise. Lyle came up with this one.**

**Yarrow and Elder. Famous for common cold**

**Yarrow, Elder and Hyssop added to the standard myrrh/capsicum formula for the common cold.**

**Classical pair in Chinese for cancer is called fu jen\g therapy: Astragalus and ligustrum (not lugistricum). Ligustrum is a yin tonic, you putting it with a qi blood tonic to balance its energy. This is a famous pair, researched in Texas for cancer.**

| | |
|---|---|
| **Plantain** | **honey and lemon** |
| **Rose** | **anise** |
| **Willow** | **rose** |
| **Valeriana** | **rose, licorice** |
| **Viola** | **White pond lily rt and marjoram** |
| **Ginger** | **almond oil, honey** |
| **Jujibe berries** | **honey, rose, sugar** |

**Corrigent (corrector to balance)**

| **Herb:** | **Corrigent:** |
|---|---|
| **Yarrow** | **Anise/aniseed** |
| **Onion** | **Vinegar and honey** |
| **Garlic** | **Fried in almond oil with coriander. Heating reduces the harsh effect of the garlic and the oil moistens the dryness.** |
| **Dillseed** | **Honey, cloves, cinnamon** |
| **Berberis vulgaris** | **sugar and cloves (berberis is cold, mix it with cloves (which is harsh and dry), so mix it with sugar to moderate the harshness.** |
| **Cannabis sativa** | **Butter and ghee** |
| **Capsicum** | **Milk, ghee** |
| **Gota Kola** | **coriander** |
| **Chicory** | **Honey, vinegar, viola** |
| **Marshmallow** | **honey and fennel. That corrects the slimy situation some people object to.** |
| **Citrus** | **sugar and honey** |
| **Myrrh** | **honey and cold items** |
| **Goldthreat (coptis)** | **honey** |
| **Tumeric** | **citrus juice** |
| **Fennel** | **celery seed** |
| **Licorice** | **rose** |
| **Gynmena sylvestre** | **black pepper and salt** |
| **Juniper** | **honey and butter** |
| **Lavender** | **lemon juice, sour articles** |
| **Flaxseed (demulc)** | **coriander, caraway, sugar with citrus juice** |
| **Malva** | **honey and fennel** |
| **Camomile** | **honey** |
| **Peppermint** | **Honey, rose, violet** |
| **Holy Basil** | **viola, sugar, lemon** |
| **Peony** | **rose petals with sugar, fresh milk** |
| **Anise** | **lime juice, fennel** |
| **Black pepper** | **honey, oil** |

**POLYCREST herbs good for multiple uses, good for pairing:**
**Melissa (lemon balm)**
**Yarrow**
**Licorice**
**Garlic**
**Ginger**
**Lobelia**
**Echinacea**
**Camomile**

**OTHER:**
**For acute serious pain:**
**2 pt Willow bark and 1 part cinchona bark. 4 caps per hour**