GENERAL INFORMATION REGARDING HERBS

You can find lots of sources over the internet that sell raw herbs. You can also start to collect your own. Herbs are everywhere for free harvesting, just remember not to pick any that may have been sprayed with herbicides or pesticides.

COLLECTING

Collect before 10am so the sun doesn't take their energy.

Buds can be collected in the spring when they the buds are fat and almost ready to burst.

Berries can be collected when they are succulent and ripe.

Leaves
Annuals: gather when about to flower or in flower. Aromatic annuals gather after flower buds are formed.
Biennials: gather of second year of growth (1st year leaves not much medicinal value) before stalk begins to shoot.
Perennials: gather before flowering.
Leaves on stalks or stems should be stripped quickly and all other leaves cut close to the root.
Shake leaves clean, do not wash, they may be wiped.

Flowers should be collected before then start to wane.

Roots
Annual plant roots have little value but perennial roots are very potent. If you do gather roots of annuals do it before the flowering season only.
Biennial roots are gathered in the autumn of the first year, after the foliage is fallen.
Perennial roots are gathered in the autumn after the leaves and flowers or tops are fully matures, or early in the spring (early March).
Dry in the shade or proper drying machine (under 100F). Woody parts are gathered in the spring or autumn.

Herbs that grow moldy, smell musty or become lighter or brown by too much heat or sunlight in the drying process have lost much of their medicinal value.

As mentioned previously, leaves are best picked in the early morning or late evening when they are the freshest. Pick the healthiest, strong leaves that look like they have good 'energy' and 'vitality'. If the plant has fruit, such as raspberry plants, pick the leaves before the fruit is ripe, once the plant is in full fruit the energy of the plant is sitting in the fruit, wait until the fruit is finished, then the energy has gone back into the leaf and you can pick the leaves again.
Fruit is best picked when it is fully ripe. Don't pick anything that looks diseased or eaten by bugs.
Roots are best taken late in the fall when the plant above the ground is finished.
Bark and stems can be used in the fall or spring before the leaves are out.

Plants can be dried, frozen, or you can make tinctures from them. It is really quite easy.
Tinctures easily can last 10 years so can be used for future use. Freezing can prolong the life by a year, and drying can prolong the life by a couple of years at least.

DRYING

To dry the plant material, spread on paper (say newspaper) and allow to dry until there is no water left in the plant. If there is water left, when you put them in jars, they will go mouldy and cannot be used. For fruit such as rose hips or juniper berries, this can take several days to dry. Many speed up the process by using dehydrators or putting the herbs in very low temperature ovens. Check often to see if they are ready by your touch that way you will develop a sense of communication with nature.

Store the dried material in jars with tight lids. We use old large pickle jars and we also spray paint the outside

of the jar with black paint so the light doesn't get into the jar and damage the contents.
Don't forget to label the jar as to the date you stored the herbs. Then you will know how long it's potency is good for. After a couple of years the herbs are still useful, but you will have to increase the dosage.
Don't like the taste of herbs? If you invest in a simple capping machine, you can grind the herbs in your blender or grinder and cap them.
A simple capping machine costs about $25 and lasts forever. We use the "00" size of gelatin or vegetable caps in our clinic. You should be able to get these on the internet, but if you can't, let us know and we'll get it for you. The capping machine doesn't use any electricity, caps 50 at a time. Store the finished product in bottles or zip lock baggies - don't forget to mark what they are and the date you stored them.

FREEZING

Clean the herbs and pat dry. Store in proper freezer zip lock baggies. Don't forget to label the product as to what it is and the date you froze it.

HOW HERBAL FORMULAS WORK

- **herbs are concentrated foods, they address both symptoms and causes of the problem as well as nourish. They are body balancers that work with the body so it can heal and regulate itself.**
- **herbs in their whole form are not drugs. They seem to take much longer to work because at a deeper level of the body processes, they act as support in controlling and reversing the cause of the problem, giving a more permanent effect. However, some improvement from herbs may be felt in 3-6 days. Long standing degenerative conditions take longer - a general rule of thumb is one month of healing for every year of the problem.**
- **natural therapies often stimulate a "healing crises" and the person seems to get worse before getting better. The body often eliminates toxic wastes during the first stages of a system cleansing therapy. There may be discomfort and weakness as disease poisons are released into the bloodstream to be flushed away. Of course often when one stops drinking coffee or pop, there are headaches from withdrawal.**
- **herbs work better in combination (compound) formula which usually contain 2-5 primary agent herbs that address a specific purpose. Since all body parts and most disease symptoms are interrelated, it is wise to have herbs which affect each part of the problem. Example: for a prostate healing formula, use herbs to dissolve sediment, some anti-inflammatory herbs, some tissue-toning and strengthening herbs and herbs with anti-biotic properties.**
  Combinations allows herbs that can work at different stages, herbs for short term as will as long term. Some herbs are very powerful and should only be used in small amounts (Capsicum, Lobelia, Sassafras, Mandrake, Tansy, Canada Snake Root, Wormwood, Woodruff, Poke Root, Rue) and these should not be used alone.

Tips on taking herbal combinations

- **taking capsules with a warm drink will produce faster results.**
- **do not take citrus juice if the formula contains ginseng**
- **doing 24 hr juice fast before starting herbal formulas will often produce greater effectiveness**
- **abstain from alcohol, red meat, caffeine and tobacco if possible during use to give the herbs a cleaner environment in which to work.**
- **herbs are concentrated foods and are identified by the body as such. They are quickly assimilated by the digestive enzyme activity. With a few exceptions, they should be taken before (15-30 min) or with meals.**
- **when taking herbs for short term use (eg one week), it is generally it is best to take herbal capsule combinations in descending strength:**
  6 the first day
  5 the second day
  5 the third day
  2 the fifth day

2 the sixth day for the first week.
rest on the 7th day
Decrease to the daily maintenance dose recommended for each particular formula.

- Having said that, we often give herbs 2 caps 2-3 times a day for 1-3 months just because it is easy for the person to remember what to do and not overwhelm them with details.
- Most combinations should be taken no more than 6 days in a row to give the body a chance to restore its own balance.
- A herbal healing program works best when combined with eating a natural foods diet. Subtle healing properties are more effective when they don't have to labor through excess waste material, mucous, or junk food accumulation (most of us carry around 10-15 pd) of excess density and debris.
- Herbs are high in minerals and trace minerals (the basic elements missing or diminished in today's "quick-grow", over-sprayed,, over-fertilized farming). These are bonding agents between you and your food, and a basic element in food assimilation. Mineral rich herbs provide not only the healing essences to support the body in overcoming disease, but also the foundation that allows it to take them in.

HOW TO:

Make an INFUSION: this is a TEA made from leaves, stems and flowers of powdered herb. For leaves and flowers pour 1 cup boiling water over 1 tablespoon of fresh herb (or 1 teaspoon of dried herb) or 4 opened capsules of powdered herb (1/2 to 3/4 tsp). Cover and let steep 15-20 min. Do not boil. l A cold infusion can be made by simply allowing the herbs, especially powders, to stand in cool water for an hour or more. "Sun tea" is a cold infusion where the herbs are placed in covered jar and allowed to stand in the sun for many hours. Usually taken 1 cup twice daily.

Both infusions and decoctions can be used as poultices where you dip cloths into the mixture and place on the skin:

Make a DECOCTION: this is a TEA made from roots and bark. Put 2 tablespoons of cut pieces into 1 cup cold water. Bring to a light boil, cover and simmer gently for 20-30 min. Strain. For best results, repeat the same process with the same herbs. Strain again and mix both batches. Usually taken 1 cup twice daily.

Herbal CAPSULES: generally these are 4 times stronger than teas, more concentrated. Capsules can make both oil and water soluble herbs available through stomach acid and enzyme alteration. Grinding herbs into powders creates facets on the whole herb structure causing potential loss of volatile oils.

Herbal TINCTURE/EXTRACTS: generally they are 4-8 times stronger than capsules. Very effective when taken as drops and held under the tongue, by-passing the digestive system and its acid/alkaline breakdown. They are effective for emergency measures. Very small doses can be used repeatedly over a period of time to help build a strong base for restoring body balance. 10-15 drops diluted in 1/4 cup of water or held under the tongue as long as possible 3-4 times a day are effective for the first week of an acute condition. After this first week, the vital force of the body will often have been sufficiently stimulated in its own healing ability, and the dose may be reduced to allow the system to take its own route to balance. Take for 6 days in a row, rest on the 7th before resuming encourages the body to do its own work. As the body increases its ability to right itself, the amount, frequency and strength of the dosage should be decrease. Herbal extracts are usually alcohol based (usually very strong), but apple cider vinegar, or vegetable glycerin are also used. If you are alcohol sensitive, add very hot or boiling water (1/4 cup) to the mixture and allow it mix for a few minutes to kill off the alcohol potency. Tinctures are usually taken 1 tsp (5ml) three times a day (TID). Shelf life of alcohol tincture is at least 10 years if stored in cool dark place, glass container is best.

Difference between Tincture and Extract: A Tincture is 5 parts alcohol to 1 part herb (or weaker). An Extract is 2 to 1 or 1 to 1. We use the weaker tinctures because it is easier to handle the making of the product and it is harder to hurt yourself if you accidentally ingest too much.

Tinctures take a long time to make, but also last almost permanently if kept in dark glass bottles in a dark place. You can easily keep them for 3-5 years without refrigeration.

When you make a tincture you are extracting water and fat soluble constituents (medicinal principles).

As well as alcohol, you can use glycerine (a naturally occurring substance which is 65% sugar plus fat and has solvent properties and is a by-product of the soap making industry, out of lye). Apple cider vinegar (4% acid tincture) may be also be used.

The -OH, glycerine and vinegar is called "menstruum" and acts as a preservative as well as extractant. Every herb requires a particular amount of alcohol for the best quality of extraction.

CONTROL BACTERIA GROWTH: 25% alcohol content is required for sterility so bacteria doesn't grow.

Tincture proportions range from 1:2 (plant:fluid) to 1:10. These proportions are not critical as long as the tincture is labelled for proper subsequent dosage to be given. The most common is 1:5, that is one part plant mixture to 5 parts alcohol.

If you require 45% alcohol, use straight vodka, whisky or brandy (ie no H_20). If in doubt, use higher percentage of alcohol, rather than less. You can obtain grain alcohol the States and now in Canada also - it is 95-100% which is often call 'overproof'. In the liquor store there is one called 'Everclear'. The only time we use the stronger alcohol if when working with bark, or roots. We rarely like to work with roots because you have to hurt the plant to get the root whereas leaves are easily obtained without hurting the plant.

When taking dosage, if you are sensitive to alcohol, put the dose in 1/2 cup of boiling water until alcohol has evaporated.

All calculations following are for dried herb plant:fluid preparation.

Alcohol Tincture Method 1: easy method

Most mixtures are 5:1 ratio. Pour 5 parts alcohol such as brandy over 1 part chopped dried herbal leaves in a clean glass container. Cover and place aside, shaking up once a day for 30 days, then strain and preserve in glass or non-toxic plastic container in a dark cool place. If using chopped roots or bark, you will need to use a stronger alcohol for it to work, such as the Everclear (overproof). Standard dose is 1 teaspoon three times a day.

Alcohol//water Method 2:

ie. for 1:5 (200g:1 L) metric is weight=volume with 25% alcohol required.
Use 200 gram dried herb (not powdered but finely cut). Place in large glass jar. Pour 250 mls of alcohol (95% grain alcohol counted as 100% pure alcohol) over herbs in jar. 250 ml alcohol is one quarter (25%) of the total fluid volume of 1 litre. Shake well. Pour 750 ml pure water over herbs, now total fluid volume is one litre. Shake well. Place jar on side and leave in dark place (ideally) and shake every day, often for 14 days. This process terms "macuration").
Strain off the liquid into special non-toxic plastic or glass containers.
Label jar and tincture bottle with latin name, common name, part of plant used, proportions (plant to fluid), alcohol strength, and date.
The standard dose for a standard 1:5 25% tincture would be 5 mls (1 teaspoon) twice daily in water before meals. If the formula has several herbs, then 5 ml three times daily for adults.

To Make TINCTURES using GLYCERINE:

This is not recommended when doing resins and gums but can be used for leaves, flowers, bark and roots. The glycerine taste is very sweet which children like. It is also tolerated easily by those who must avoid

alcohol. It is similar to using alcohol - you can use fresh chopped herbs or finely chopped herbs. If using fresh herbs, increase how much herb you use by 25% to allow for water content in the fresh herb.

To make a litre use 250 gm herbs. Use glass or ceramic or chinese clay pot, avoid using any metal. Pour herbs into the pot, slowly add about a liter of vegetable glycerine so herb is totally covered. Heat pot slowly to a boiling point, immediately turn down and simmer gently for 5 minutes, then take the pot off the heat and allow to cool for 15 minutes so that when you pour it into your glass container, it doesn't crack the glass. Pour simmered mixture into your glass container, close tight. Allow mixture to mature for 20-30 days. Shake container a least once a day. After 20 days strain out mixture using a fine sieve.
Shelf life is about 1 1/2 years.

To Make TINCTURES using VINEGAR:

Vinegar dissolves alkaloids, but doesn't draw all the medicinal properties from the herbs. Use if the person is sensitive to alcohol or if you are making a tincture of tonic type herbs that will be taken for a long period of time. Vinegar tinctures only have a 6 month shelf life even if stored in a cool dark place.

Make the same method as alcohol, herbs must be completely submerged in the vinegar. If using fresh herbs, spread them out in an airy place to wilt them first to reduce the amount of water content which helps reduce the opportunity of spoilage.

To Make TINCTURES using WINE:

The Chinese herbal masters often use wine as the menstruum. You place all the ingredients of the formula into a glass jar - there may be 10 different roots, barks, leaves, animal parts, all mixed in together. Then pour wine over everything so all bits are completely immersed. Seal and store for at least 1 1/2 years, giving it a shake and observation occasionally. Many are 10 years old. This is why they are quite expensive to buy.

To Make HERBAL SYRUPS:

You can add sugar or honey to any type of infusion or decoction and make a syrup. Remember that sugar reduces your resistance to infection, increases calcium loss and helps yeast overgrowth such as candida flourish. Honey will also feed yeast overgrowth and it is sweeter than sugar so you need 1/2 the amount.

1 cup(8 fluid oz/250ml) decoction weighs 8 oz(250 gm). 1 cup(8oz/250ml) of infusion or decoction requires 1/2 pd(250 gm) sugar. If using honey use 4oz(125gm) to every cup of infusion or decoction.

Add the sweetener to the hot liquid. Bring to a boil. Pour boiling hot syrup into a sterilized bottle, cap it.
Adding a tablespoon (15ml) of brandy, vodka etc will further stabilize the syrup.
Store in a refrigerator for 3-6 months.
Dosage is 1 tsp (5ml) for 125-150 pd person up to 8 times a day. Child is half dose

Method 2 Herbal Syrup: boil 3/4 pd raw or brown sugar (use 1/2 that amount for honey) in 2 cups herb tea until it reaches syrup consistency then remove from heat and while it is cooling add a herbal extract or tincture in the amount of one part tincture to 3 parts syrup.

Make a POULTICE or COMPRESS

A COMPRESS (fomentation) is a cloth wet with a hot herbal infusion used on the skin.
A POULTICE is a cloth with the moistened dried herb (the tea dregs) wrapped in it and placed on the skin.
With fresh herbs, place the crushed herb leaf directly on the skin.

Types of Poultices:

Potato: highly alkaline, draw out acid irritations. Cut, grate or liquidize and apply as compress or poultice to jugular veins. Relieves congestion in the head which is usually experienced in the common cold, sinus trouble, hay fever and asthma. Relieves the swelling in the veins so they can drain and function. Slice of raw potato will help bee stings.

Red beets: powerful drawing effect when grated and applied as compress or poultice to the affected part. They even draw out pus, infections, splinters that may be deeply imbedded in external areas. Common clay

has been used also but not as effectively as red beets.

Raw Cucumbers: grated or liquidized are good for the skin by simply applying them as compresses or poultices. Also good for bee stings is a slice of raw cucumber.

White Oak Bark: made into a decoction, then as a compress or poultice to the area for 30 minutes at a time, many times a day to help blood clotting and stagnation.

Plantain or Comfrey Leaf: Insect bites and poison ivy rashes respond wonderfully to poultices of comfrey leaf, plantain or jewelweed and bee stings to a slice of raw cucumber, potato, squash or zucchini.

Onions, Mustard, Bran, Clay: Naturopaths rely on hot poultices of onions, mustard, bran or clay to detoxify the body in various ills and congestions. There are wonderfully soothing. See the printout on clay separately.

IMPORTANT:

In cases of immune deficient, opportunistic and degenerative diseases, it takes a great deal of time to rebuild a healthy system. Even when a good healing program is working, and obvious improvement is being made, adding more of the healing agents in an effort to speed progress can often aggravate the symptoms and bring unwanted results.

The immune system is very fragile and can become overwhelmed instead of stimulated. An afflicting virus can even seem to mutate and be nourished by supplementation instead of arrested by it. In this type of case, including Candida, Multiple Sclerosis, Epstein Barr virus, Lupus and AIDS, moderate amounts are excellent, mega doses are not. Much better results can be obtained by giving yourself more time and gentler treatment.

Got lots of problems? Address the worst problem first. Often other conditions are really complications of the first problem and will take care of themselves as the body comes into balance.

A good rule of thumb is to cleanse a little, then build a little, then cleanse a little, then build a little. It is a gentler approach and works very well.

DOSAGES:

60 drops = 1 teaspoon	**5 ml = 1 teaspoon**
1 ounce - 28.4 grams solid	**1 fluid ounce = 29.57 ml**
1 teaspoon tincture - 2 "00" capsules	**3-4 ml = 1 dessertspoon**

Most formulas are given in adult dosages, based on approx 130-150 pd person. Here's a guideline for children:

1/2 dose if 10 - 14 years of age	**1/3 dose if 6 - 10 years of age**
1/4 dose if 2 - 6 years of age	**1/8 dose for infants and babies.**

It can be difficult to give herbs to children. Often homeopathics are a better solution. However, if you wish to give herbal medication, you can open the capsule and put the contents in honey, juice, peanut butter or a cookie.

ABOUT USING ALCOHOL:

One banana contains the same amount of alcohol as 30 drops of most herbal tinctures. We consume alcohol surreptitiously in the foods we eat like fruit, juices, potatoes. If you eat a balanced diet you are eating natural alcohol. Our liver can filter 7 grams of alcohol per hour. 7 grams of alcohol is equivalent to 300 drops of most tinctures. In general, the normal dose of tincture is 15-20 drops which is efficiently metabolized within a healthy body within 4 minutes. If people are alcohol sensitive, we suggest they pour a 1/4 - 1/3 cup of boiling water over the dosage of tincture which dissipates the alcohol within a minute, then they can ingest safely.

PREGNANCY

Most herbs are not suitable for pregnancy. They usually excite the uterus which may bring on miscarriage. There are a few herbs that are beneficial however and raspberry leaf is one. It may be taken as tea throughout the whole pregnancy which helps prepare for a better and stronger birth.
Pregnant women should not ingest alcohol because of the effects of FAS and FASD.

The following lessons will be discussing herbs broken up into categories:

ADAPTOGEN HERBS (for Strength, Stamina and Stress)

American Ginseng Schisandra Ashwagandha Rhodiola Astragalus
Devil's Club Herb Robert Holy (Sacred) Basil

Others but not discussed: Licorice root, Asian Ginseng, Siberian Ginseng, Eleutherococcus, Lycium berry, Reishi mushroom, Chaga (Birch Fungus)





Canadian Ginseng Root



Schizandra Berries



Ashwagandha root



Herb Robert leaves/root



Rhodiola root

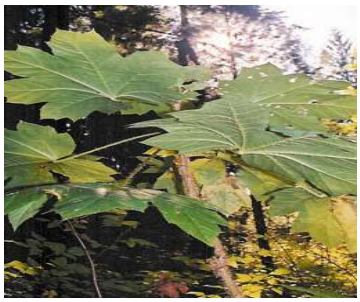




Astragalus root



Holy Basil leaves/seeds



Devil's club bark

Adaptogenic herbs strengthen the body's immune response and increase ability to cope with physical and mental stress. They are also used to increase overall vitality.
Adaptogens are generally not used to treat specific ailments, but used for long term to help person achieve more healthful state.

Adaptogens benefit people who constantly suffer minor ailments such as colds. They also greatly benefit those struggling with chronic ailments such as autoimmune disease. Because they help the individual cope with physical and mental stress, they are highly useful in people who feel tired, run down, stressed, burned-out and ill.

Adaptogens are safe, gentle herbs capable of restoring normal tone and function of the Hypothalamic/pituitary/ adrenal axis and sympatho-adrenal system, and therefore to the entire body.

Adaptogens help the body to cope with non-specific, chronic stress, the type we commonly associate with modern life. Among these modern stressors are environmental pollution in the form of reduced air, water and food quality, chemical exposure and noise pollution, work and even the mental burden caused by the overabundance of information provided by the media.
It could be said that Adaptogenic herbs strengthen the body's immune response and increase ability to cope with physical and mental stress. They are also used to increase overall vitality, having a normalizing influence on the body.

Adaptogens benefit people who constantly suffer minor ailments such as colds or those struggling with chronic ailments such as autoimmune disease. Because they help the individual cope with physical and mental stress, they are highly useful in people who feel tired, run down, stressed, burned-out and ill.

One theory is that adaptogens act by stimulating a person's nonspecific stress response through the hypothalamic-pituitary-adrenal axis. This axis acts to increase cortisol when animals and humans are subjected to stress, with a reduced sensitivity to feedback down-regulation and a disruption in the circadian rhythm of cortisol secretion. Central nervous system changes include a stress induced depletion of catecholamine neurotransmitters (norepinephrine and dopamine) and an acute increase in beta endorphin levels. Recent studies indicate increase in response to physical stress such as illnesses like cancer as well as emotional stress.
Be careful when you use these in combination with medicines. Because they may actually heal parts of the body, and it may be that you are actually taking too high a dose of the medicine.

ALTERATIVE HERBS (cleanse the blood)

PLANTAIN/RIBWORT	RED CLOVER	BURDOCK RT	GARLIC
ECHINACEA	NETTLE	GINGKO	OREGON GRAPE
ELECAMPAGNE	FEVERFEW	PURSLANE	YELLOWDOCK
SHEPHERD'S PURSE	SASSAFRAS	SCHISANDRA	

Other: Poke Root(U.S., S.America), Sarsaparilla(Jamaica), Chaparral (U.S. Desert)



Plantain - all



Red Clover Blossom



Burdock Root



Oregon Grape-rhizome/roots



Echinacea root/rhizome



Garlic bulb



Nettle (Stinging Nettle) leaves



Yellowdock root



Elecampane root



Elecampane root



Purslane leaves



Sassafras root, bark, oil



Feverfew leaves



Gingko leaves



Shepherd's Purse aerial parts

These herbs clean the blood and vital eliminative tissues and organs. They have been also called "Antiscrbutics" in the past, they gradually alter and correct impure conditions of the blood and so are commonly called "blood purifiers".

They alter the character of the blood stream because of being possessed of certain properties which the Vital Force can use in stimulating or strengthening the organs of nutrition and secretion, building up so that waste material may be carried and a supply of helpful pabulum may be provided for the organism.

The question is why these conditions arose in the first place. These conditions arise because of improper functioning of one or more organs, usually the secretory organs which are not properly carrying out the impurities of the blood. Impurities may also arise from improper food or impure air.

A true Alterative slowly but surely cleans and purifies the blood stream and at the same time, steadily tones up the organ or organs which may not be able to secrete impurities from the blood. The liver, kidneys and skin are the main organs to cleans impurities and waste matter. If the liver is torpid and bile is being retained, it affects the digestion, or perhaps it causes a skin eruption. If the kidneys don't do their job, the blood stream is polluted. The skin may retain impurities, or perhaps the lungs may not oxygenate the blood due to impure air being breathed.

We should try to find out the organ at fault as well as examine the food, air and other considerations.

ANTHELMINTIC HERBS (for parasites)

WORMWOOD leaves/flowers
PUMPKIN SEEDS
CINNAMON
THYME
GRAPEFRUIT SEED
MALE FERN
HYSSOP
SASSAFRAS
OREGANO
GARLIC
TANSY
BLACK WALNUT
CLOVES
CAYENNE

OTHER:
Diatomaceous Earth (rips skins off worms in colon, killing them)
Cucumber seeds (their enzymes kill tapeworms – can grind into powder and use)
Pomegranate, Catechu Seed, Calmyria Fig, Butternut, American Wormseed, Papaya seeds



Wormwood – Sweet Annie



Male Fern root



Tansy herb, seed



Hyssop, all parts



Black Walnut, dried hulls



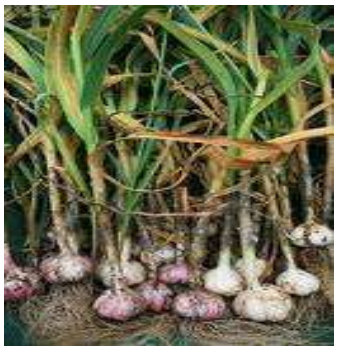
Thyme, all parts



Oregano, leaves/flowers



Sassafras, root, bark, oil



Garlic bulb

Most common worms: thread worms, round worms, tapeworms.

There are other less common worm types that enter the body such as hookworms: use thymol, Oil of Chenopodium (Jerusalem Oak)

Trichinella (Trichinosis) which you can get from eating pork thrive upon filth and degeneration. Threadworms are rather easily destroyed or expelled from the body because they are usually found in the lower bowel and do not adhere to the intestinal wall.
Herbs such as many cathartics, astringents, aloes, quassia, calumba, apple cider vinegar etc. are effective against these intestinal vermin.

Eating calmyria figs are said to cut the bodies up of worms in the intestines, same for diatamaceous earth. Garlic is said to be objectionable by parasites.

Roundworms are most likely to be found in and often clinging to the intestinal wall, causing considerable harm and physical discomfort to children. If the action and development of roundworms are not checked, they may increase in numbers to the point that they find entry into the stomach and even travel up the throat with unpleasant results. They may ordinarily be detected in stools and greatly disturb the balance of the stomach and it is this class of parasites, along with tapeworms, that the antithetical herbs are particularly useful and beneficial.

Vermifuges: expel worms (wormwood, pomegranate rootbark (weaker are the stem, flower, fruit and seeds), Tansy

Vermicides: kill worms

Taenicides: kill tapeworms (Male Fern, Pineapple, Pumpkin seed, Thyme. May need to take laxative at same time to shake them loose).

The difference between destroying or expelling action often depends on the medicinal dosage given and how soon after administration the bowels are moved - thus a large dose of an anthelmintic if it remains in the intestine will destroy, while a smaller dose will merely expel the worm. Almost all anthelmintics are potent agents and must be respected as such; and concentrated substance must always be used in wisdom. For thread worms an enema is sufficient; for round worms, follow this procedure:

1. **For 3 days cleanse bowels with distilled water, taking the anthelmintic morning and evening, preferably with wormwood.**
2. **On the morning of the 4th day, take 1 cup senna tea alone to cleanse & purge bowel of the parasites.**

Tapeworms are more obstinate, follow the procedure above using male fern or pomegranate as the anthelmintic. Continue taking the remedy a few days after the joints have ceased to pass and use lobelia along with the antibilious cathartic. For a day or two prior to taking the remedy it is good to eat food the tapeworm dislikes such as onions, garlic, pickles, pineapple, salted fish which helps to weaken the worm and loosen his grip so when the medicine is taken, it is more easily expelled.

ASTRINGENT HERBS

BAYBERRY
WHITE POPLAR
TORMENTIL
SHEPHERD'S PURSE
WHITE OAK
GROUND IVY
WITCH HAZEL
LADIES MANTLE
RED RASPBERRY
BISTORT
PERIWINKLE
MULLEIN
CRANESBILL (wild geranium)
WHITE POND LILY



Bayberry bark, leaves



Oak, white: inner bark leaves, acorns



Red Raspberry leaves, fruit



Mullein leaves, flowers



White Poplar, inner bark leaves, buds



Cranesbill, aerial & roots



Bistort root



Ground Ivy, all parts



Periwinkle, aerial parts



Tormentil , all parts esp. root



White Pond Lily, root/leaves



Witch Hazel, bark,leaves, twigs



Ladies Mantle, all parts



Shepherd's Purse, aerial parts

Astringents promote greater density and firmness of tissue (opposite of cathartics or laxatives).

They act upon vital contractilty and constringe, contract, and condense the cellular structures of organic tissues (muscles, arteries, nerves).

They tend to lessen or powerfully arrest excessive blood hemorrhages from the lungs, renal organs, bowels etc. by coagulating the albumin; and excessive perspiration or night sweats from lymphatic glands +skin tissues.

Astringents are generally mucus cleansers and, externally, they are used to contract and strengthen a relaxed or weakened condition of muscular fiber.

For sores in the mouth or loose teeth because the gums need to be firmed up, astringents do excellent work here.

Some astringents stimulate, others sedate. They all vary in strength.

CATHARTIC HERBS

CASCARA SAGRADA **BARBERRY** **BUTTERNUT BARK**
TURKEY RHUBARB **WAHOO** **BALM OF GILEAD (Cottonwood)**
BUCKTHORN BARK **CULVER'S ROOT** **BITTER ROOT** **BALMONY**
Other: Senna (tropics), Licorice rt.(Mediterranean)


Cascara bark 1 yr old+


Buckthorn bark


Barberry bark/root/berries


Turkey Rhubarb root


Wahoo root/bark


Balm of Gilead Twig/bark/buds


Culver's Root dried root


Balmony leaves/flowers


Bitter Root

Cathartics hasten intestinal evacuation. They are safer and more sensitive to use than the harmful mineral oils, epsom salts, magnesium citrates etc.

Cascara Sagrada is strongest, followed by Turkey Rhubarb and these are most found in bowel tonics. Senna is not considered a tonic, it is considered a laxative and should only be used for emergencies and not for longer than a couple of days or it can weaken the sphincter muscle.

There are various inorganic substances used currently that are irritating to the sensitive organs, are often quite dehydrating and definitely harmful to the functional process:
Mineral oils
Saline purgatives (magnesium sulphate or epsom salts, Magnesium citrate, Potassium

sulphate, potassium tartrate, potassium vitartrade, sodium sulphate, sodium phosphate, sodium chloride, sodium tartrate, manganese sulphate, mercurous chloride, calomel. These should never be used where natural and regenerative results are desired. Natural mineral waters from an organic may be used.

The botanical cathartics, however, not only speed up the physical evacuation processes, but they are also powerful healers in cleansing, strengthening and toning the malfunctioning tissues and organs. These agents are classed into several categories according to their degree and direction of action:

- **Aperients or laxatives: they excite moderate peristalsis and produce softened motions and normal stool formation without griping or irritation. Many fruits are aperient. Drinking large amounts of WATER is also laxative. This category is used for infants and very weak people. The action is mild and slow, usually taken at night before retiring. Some of these agents, such as OLIVE OIL, have an affinity for the small intestines, others such as AGAR and CASCARA SAGRADA act specifically on the large intestines. Some, such as LICORICE, act upon the entire intestinal tract.**
- **Cathartics or simple purgatives are herbal agents that cause peristalsis and stimulate the glandular secretions of the intestines, producing one or more semi-fluid bowel movements accompanied by some irritation and griping. They usually evacuate between 8-12 hours and should be taken in the morning or between meals on an empty stomach. Some of these agents have an affinity for particular areas, such as the duodenum (MANDRAKE RT), or large intestines (ALOES, SENNA, TURKEY RHUBARB).**
- **Drastics or drastic purgatives act more intensely, producing violent peristalsis and watery stools with much griping pain. They irritate the mucous membrane, and weaken same. In large doses they can inflam. When used, take only in combination with corrective and demulcent agents. CASTOR OIL, COLOCYNTH APPLE, CROTON OIL, GAMBOGE, HEDGE HYSSOP, HALAP, RED BRYONY, WHITE BRYONY..**
- **Hydragogues are active drastics and will remove large quantities of serum and water from the vessels, causing large watery discharges. DWARF ELDER ROOT, GAMBOGE, GREAT CELANDINE, RED BERRIES ELDER BARK, SALTWORT, STINKING GLADWINE ROOT.**
- **Cholagogues stimulate flow and discharge of bile, while at the same time producing a free purgation of green colored or "bilous" and liquid stools. They act mainly on the duodenum and contract the bile ducts, which pour bile into the small intestine but don't necessarily increase the secretion of bile as hepatic agents.**

DIAPHORETICS - SUDORIFICS

YARROW	SAGE	LEMON BALM	CHAMOMILE/ROMAN
PLEURISY RT	BLESSED THISTLE	THYME	CHAMOMILE/GERMAN
HYSSOP	CATNIP	SPEARMINT	BONESET



Yarrow, whole plant, flowers



Roman Chamomile flowers



German Chamomile flowers



Pleurisy Root



Boneset dried leaves, tops



Blessed Thistle, all parts



Thyme, all parts



Hyssop, all parts



Sage leaves



Catnip, aerial parts



Spearmint leaves

Diaphoretic or sudorific agents induce perspiration:

1. By entering the circulation and as they are eliminated by the sudoriferous glands, they stimulate the local nerve-fibers supplying these glands to increase action. Virginia snakeroot, senega, sassafras, sarsaparilla, jaborandi etc. fall into this category.

2. By influencing the peripheral sensory nerves which relax and dilate the superficial capillaries and vessels. They influence primarily the surface and then the whole circulation and the perspiration as a result of the increased blood flow. Cayenne, mustard, lobelia, ipecac etc. fall into this category, as well as Turkish baths; wet packs, cold sheet treatment etc.

3. By influencing he sudoriferous glands indirectly by stimulating the cells in the central nervous system (spinal cord and medulla) from which the nerve fibers controlling the action of the sudoriferous glands originate. Lobelia, jaborandi etc. fall into this category.

If system is hot, skin dry, pulse full and frequent: use relaxing diaphoretic
If heart pulse is weak, skin cold, use stimulating diaphoretic working from center to maintain the heart.

Diaphoresis or sweating a person can be one of the most certain means of restoring health. When millions of pores in the skin are closed, the blood stream soon becomes impure, poisoning the whole system.

DIAPHORETICS MUST BE GIVEN WARM. If given cold they will influence the kidneys. It is always advisable before giving diaphoretics to have the bowels as clean as possible.
COLD DRINKS SHOULD NOT BE GIVEN BETWEEN DOSES.

CATHARTICS SHOULD NOT BE GIVEN JUST BEFORE OR DURING THE ADMINISTRATION OF DIAPHORETICS.

If bowels are not clean, use warm water enema.

Don't carry on the diaphoretics to the point of exhausting the person.

Diaphoretics relax the sweat glands, increase evacuation of watery and saline constituents of perspiration. Their influence is mainly on the surface (maintaining the porous openings of the skin free of obstruction and thereby freely emitting body poisons and keeping the blood pure); also the nervous system is influenced, and ultimately the whole circulation is affected as a result of an increased blood flow. Internal diaphoretics generally need to be aided by stimulating baths and friction with a coarse towel or massage. The diaphoretics are one of the most important of all herb groups because these cleanse the foul, mucous conditions from the body system and start it on the road to good health.

SUDORIFICS are herbal agents that stimulate the sudoriferous or sweat glands, producing profuse and visible sweating that stand as beads upon the surface of the skin when taken hot; they act beneficially as tonics when taken cold.

DIURETICS

PARSLEY	**JUNIPER BERRY**	**UVA URSI (BEARBERRY)**	**CLEAVERS**
WILD CARROT	**GARDEN CARROT**	**BURDOCK SEEDS**	**CORNSILK**
COUCHGRASS	**LOVAGE**	**GRAVEL ROOT**	**GOLDENROD**

OTHER: Buchu (from South America), not discussed



Parsley, all parts



Juniper Berries



Gravel Root, leaves/flowers



Uva Ursi leaves/fruit



Queen Anne's Lace,all parts



Corn Silk



Couch Grass, roots



Goldenrod, whole plant



Cleavers, dried aerial



Burdock seeds



Lovage root/leaves/seeds

Urine is excreted by the kidneys. The fluid part of the urine is formed by some of the blood passing into the tubules of the kidneys and the glomeruli (where the capillary blood vessels and the tubules meet) which are situated at the cortex. As this fluid passes along the tubules, it becomes filled with dissolved waste substances that are abstracted from the blood by the direct action of the cells lining the tubules.

So the kidneys filter your blood and your blood flows constantly through your kidneys. More than 500 grains of waste matter, acids and poisons have to be moved from the blood through the kidneys every 24 hours!

When the kidneys fail to function properly and you can experience:
Depression Tired Headache (or other aches or pains)

There might be scanty urine or desire to urinate frequently.

If your kidneys only do half the work, 250 grains of waste won't be eliminated - they will be carried back into your blood and poison your system!

Be careful with the diet. We consume 80 gms of meat (nearly 3 oz more of protein), thus attempting to dispose of 35 grams more than we have capacity for. The overload gradually smashes the kidneys and throws them out of commission.

Diuretic herbs are used as beneficial therapeutic agents to:

- **remove waste and poisonous materials from the blood**
- **promote absorption and excretion of dropsical effusion; they remove waste fluids from the tissues and cavities of the body.**
- **maintain the action of the kidneys, stimulate normal excretion. Valuable if kidneys are impaired or suspended such due to acute fevers, congestion, Bright's disease etc..**
- **lessen irritation of the genito-urinary tract where the urine is excessively concentrated or acid, they dilute the urine; relieve distress or uric acid concentrations by solvent or flushing action; they eliminate urine solids.**
- **alter morbid conditions of the renal excretions, they are antiseptic.**

Some diuretics increase the flow of urine by stimulating the cells in the kidney to excrete more urine. Others improve the blood circulation in the kidneys so the fresh blood brings more fluids and wastes to be eliminated, which forms into urine. This renal secretion is increased by:

- **Raising the local pressure (by dilating the afferent vessels), or, increasing the renal blood-supply and circulation through raising the general arterial pressure (by increasing the action of the heart).**
  This includes herbs such as black cohosh, Canadian Hemp, Lily of the Valley, Broom.

- **Stimulating the secreting cells or nerves of the kidney tissue - buchu, uva ursi, juniper, cornsilk, fennel, pareira, sandalwood, pipissewa, cubeb.**

Diuretic actions that act upon renal solids are called LITHOTRIPTIC when they are capable of dissolving biliary concretions, calculii, stones or gravel in the excretory passes; and called ANTILITHICS when they are capable of preventing the fomenting of urinary and biliary concretions in the urinary passages. Learn which diuretic agents influence the excretion of solid materials (sediment, gravel etc) - these should be combined with demulcents such as marshmallow, couchgrass etc) to soothe any irritation or stress that may arise during the elimination process.

EMMENAGOGUES

SQUAW VINE (Partridge Berry)
BLESSED THISTLE
BLUE COHOSH
PARSLEY
TANSY
CRAMP BARK
RUE
YARROW
PENNYROYAL
MOTHERWORT
FEVERFEW
ROSEMARY
MUGWORT
HOREHOUND
SAGE

Other: Ginger



Tansy leaves, flowers, seeds



Pennyroyal, herb, oil



Blessed Thistle, all parts



Crampbark, dried stem/bark



Blue Cohosh roots



Rue, all parts



Motherwort, all parts



Feverfew leaves



Parsley, all parts



Yarrow flower, all



Rosemary leaves



Sage leaves



Horehound, all parts



Mugwort leaves/root



Squawvine herb or vine

Emmenagogue herbs stimulate blood flow in the pelvic area and uterus; some stimulate menstruation.
Female organs are divided into two groups: internal and external.
The internal organs are the parts found within the pelvis: ovaries, fallopian tubes, uterus
The external organs are grouped under name "vulva": mons veneris, Labium majus, Labium minus, clitorus, vestibule, hymen, urinary meatus.

The uterus is a fixed organ but suspended within the pelvic cavity by ligaments so when the bladder is full, the uterus is pushed backward and when the rectum is enlarged, it is pushed forward. A change of posture affects the position of the uterus and in pregnancy it becomes raised somewhat into the abdominal cavity. Normal is the upper round portion of the uterus or fundus, inclined slightly forward and the external orifice (or uteri) downward and slightly backward. The uterus is divided into three portions:

- **fundus: upper and broad portion**
- **body: middle and gradually narrowing portion**
- **cervix (or neck): the constricted or contracted part that extends to the vagina**

The orifice or opening communicating the uterus with the mucous membrane that is continuous with that of the vagina, while the outer surface of the fundus and the body is covered with peritoneum.

For MENSTRUAL OBSTRUCTION resulting in the absence, delay, retardation or suppression of menstruation (AMENORRHEA), the use of herbs such as crampbark, blue Cohosh, black Cohosh etc. and formulas such as those found under crampbark, pleurisy root etc. will be effective.

Where there is RETENTION OF MENSES AT PUBERTY or (CHLOROSIS) (also known as green sickness), resulting in failure to menstruate with accompanying symptoms of sallow skin, loss of appetite, lumbar pains, stomach acidity, constipation, nervous upset, and general constitutional derangement, the digestion must be improved, the whole system build up and the obstruction must be removed - the formulas found under pennyroyal, blessed thistle, catnip etc. are good for this

problem.

For PROFUSE MENSTRUATION (MENORRHAGIA), resulting from too frequent or too excessive menstrual flow, or continuing longer than normal, with accompanying symptoms of lumbar pains, bearing down in the abdomen, possible nervous irritation, constipation frequently etc. the female corrective formulas under Red Raspberry, True Unicorn will be beneficial.

PAINFUL MENSTRUATION (DYSMENORRHEA) a condition of weakness in the generative organs from colds and general body weakness with accompanying severe pains at the time of menstruation in the abdomen, loins and back, calls for equalization of the circulation with herbal remedies such as warm composition tea, pennyroyal, etc. or the corrective formulas given under squawvine, crampbark, pleurisy root etc. which will be found very serviceable.

For INFLAMMATION OF THE WOMB or UTERUS (eg. Pelvic inflammatory disease) which is due to colds, adhesions, blows etc. and the person suffers pains in the womb and across the back and an irritated nervous system, the pains may be alleviated with repeated hot fomentations across the affected area, making a decoction of chamomile flowers (2 oz) and poppy heads (6) simmered for 10 minutes in 3 quarts of water, and using internal teas of the healing formulas found under Red Raspberry, White Pond Lily etc.

WHITES (LEUCORRHEA) which is often accompanied by inflammation of the uterus, itching of the outer genital organs, a whitish to creamy discharge, pains in the small of the back and loins, headache, constipation, irritated nervous system etc. is both disagreeable and weakening to the system, and for this complaint the vaginal injections of herbs such as witch hazel and the formulas given under Red Raspberry, White Pond Lily etc. are excellent.

There are some 150 botanical herbs that are classed as promoting menstrual normalcy. Knowing that there is a menstrual difficulty is not enough because the cure is achieved largely through eliminating the cause. Where there has been a recent cold which has resulted in congested, a relaxing diaphoretic may be all that is required and often only a few doses of composition powder are needed to remove a cold and the resultant congestion.

General weakness may be the source of chronic suppression. These organs may be built up by tonics and stimulating diaphoretics until the balance and harmony for vibrant health is restored. However, it is unwise at any time to administer drastic cathartic or strong purgative agents whenever there is menstrual difficulty; this may greatly complicate and worsen the condition, whereas the natural remedies that we provide in the lower Bowel Tonic will always be beneficial and easy to take.

Emmenagogues are herbal agents that are female correctives, and which provoke, stimulate, and promote the menstrual flow and discharge. Properly used, emmenagogues will readjust the entire genital areas, so that the menstrual flow and discharge will be at the normal minimum, instead of excessive or lacking.

EXPECTORANT AND DEMULCENT HERBS

COMFREY **MULLEIN** **CHICKWEED** **MARSHMALLOW**
SLIPPERY ELM **ELECAMPANE** **HOREHOUND** **WILD CHERRY**
COMMON SPEEDWELL

OTHER: Licorice rt (Mediterranean)



Comfrey root, leaves



Mullein, leaves, flowers



Chickweed, all parts



Marshmallow root



Slippery Elm bark



Horehound, all parts



Wild Cherry bark



Elecampane root



Speedwell, all parts

Demulcents soothe the tissue: Marshmallow and Slippery Elm are about the best. Because of this they help relieve pain. Comfrey is used for respiratory as well as gastro problems. Mullein is most used on the respiratory. Chickweed is most used on the skin, throat, mouth, genitals, respiratory. Marshmallow rt. is high in lime and calcium, oxygen and pectin and when applied to moist surfaces it draws and absorbs moisture; it soothes and heals respiratory, intestinal, urinary and genital areas. Slippery elm soothes inflammation, draws out impurities and can even be eaten as a gruel

for emergency conditions. Hollyhock is a demulcent used for inflammation of bronchi and bladder.

Expectorants act upon the broncho-pulmonary membrane to expulse or eject fluids from lungs and bronchi through coughing and spitting. Nauseating expectorants when given in large doses cause vomiting, in small doses they increase osmosis from the inflamed mucous membranes. Elecampane, Horehound, , Wild Cherry are pulmonary expectorants. Licorice is both a demulcent and expectorant.

NERVINES and ANTISPASMODIC HERBS

LOBELIA	**SCULLCAP**	**VALERIAN**	**HOPS**
WOOD BETONY	**CRAMPBARK**	**BLACK COHOSH**	**WILD YAM**

OTHER: Mistletoe(Germany)



Lobelia, all and seeds



Scullcap dried herb



Valerian Root, herb



Hops strobiles



Wood Betony, all parts



Crampbark, dried stem/bark



Black Cohosh root



Wild Yam root

Nervines act as nerve tonics to feed, regulate, strengthen and rehab the nerve cells. They either stimulate or sedate with the result of lessening the irritability or pain of the nervous system. Theses are not narcotics or opiates such as the medical physicians prescribe.

Antispasmodics are herbal agents that prevent or relieve excessive contractions (spasms) of the muscles.

Lady Slipper is a good herb for the nerves but is on the endangered list so is not discussed.

STIMULANTS

CAYENNE(capsicum)
ROSEMARY
FENNEL
BLACK PEPPER
GINGER
PRICKLY ASH
GARLIC
PEPPERMINT
LOBELIA
SAGE
HORSERADISH
HAWTHORN
CLOVES

Other: Aloe, Virginia Snake Rt., Although cloves from the spice islands and Black Pepper does not grow in Canada, it is easy to acquire as a spice for cooking. Same for ginger root, easy to get in local grocery stores. Same for cayenne – buy in the grocery store, and you can also grow in the summertime.



Cayenne fruit



Ginger root



Clove buds



Prickly Ash bark, berries



Peppermint leaves



Hawthorn Berry



Horseradish root



Rosemary leaves



Fennel leaf, seeds



Sage leaf



Garlic bulb



Lobelia, all parts & seeds

Stimulants produce a temporary increase in the functional activity of the human body or any one of its parts. Pure or natural stimulants do not injure the brain; neither, as a rule, do they abnormally increase the pulse rate. Alcohol and illicit drugs are not stimulants as we are defining them here. Stimulants are of a healthful nature, and can be utilized by the vital forces in a manner compatible with proper physiological functioning of the body.

Natural stimulants are valuable in that they help equalize circulation and blood pressure. Stimulants are indicated, and can safely be employed to treat congestion, inflammations and fevers. There are two major types of stimulants:

1. **direct stimulants begin their action in the heart and have their effects spread out from there (eg. cayenne)**
2. **diffusive stimulants start stimulating at the capillary peripheral area and work inward (eg. ginger).**

These are also used as catalysts in formulas to stimulate the formula to work more effectively.

TONICS

BARBERRY **OREGON GRAPE** **GOLDENSEAL**
BLESSED THISTLE **MEADOWSWEET** **CENTAURY**
Other Peruvian Bark(Peru), Myrrh (Africa, Somalia)



Oregon Grape



Barberry



Goldenseal root



Blessed Thistle , all parts



Meadowsweet, all parts



European Centaury, all parts

Tonics increase body tone. They act primarily on the digestive system, benefiting the entire physiology. All organs acting in conjunction with the stomach can be directly influenced by the use of tonics. There are stimulating tonics and relaxing tonics. We concentrate primarily on stimulating tonics. The primary purpose of tonics is to restore strength, particularly to the digestive system, for the health of the entire body depends upon adequate functioning of this group of organs.

The bowel must be clean for the tonics to function properly. Tonics are used in convalescence or where the patient's vitality has been diminished by disease. The tonic should not be used freely until the patient has passed through the acute stages of illness. Tonics are slow acting, but show remarkable effects in the long run. Do not overuse them in an attempt to get quicker results. As a rule, tonics are bitter and are therefore sometimes called "bitters" or "bitter tonics". Whether we assimilate our food is the difference between health and happiness or disease and death.

GLOSSARY

Adaptogen: Increases resistance to stress. Examples: Siberian. Ginseng, Panax Ginseng, Chlorella, Astragalus, Suma, Hawthorne.

Alterative: Tonifying herbs that restore proper body function and vitality by correcting and improving blood composition and chemistry. Examples: Echinacea, Burdock, Garlic, Red Clover, Sarsaparilla, Goldenseal, Nettles, Yellowdock.

Analgesic: Orally taken herbs to help relieve pain. Examples include St. John's Wort, Valerian, Scullcap, Devil's Claw Root, Lady's Slipper, Passion Flower

Anesthetic: Agent that deadens sensation

Anodyne: Externally applied pain relieving herbs. Examples: St. John's Wort, Comfrey rt., Calendula, Arnica, Marshmallow, Cayenne, Ginger, Turmeric, Mullein.

Anthelmintic: Help destroy or expel intestinal worms and parasites from digestive system (also Vermifuge). Eg: wormwood, pumpkin seed, tansy, aloe vera, rue, black walnut hulls, garlic.

Anti-bilious: Help neutralize and remove excess bile and overcome jaundice conditions. Examples: barberry, dandelion rt., goldenseal, wild yam, gentian.

Antibiotic/Antibacterial: Kill and arrest the growth of harmful micro-organisms (see anti-microbial). Eg: goldenseal, echinacea, myrrh, marshmallow, St. John's Wort, Lomatium, Garlic

Anti-catarrhal: Help remove excess mucous and congestion, particularly from the sinus, bronchial and chest areas. Examples include Boneset, echinacea, garlic, goldenseal, Elecampane, Marshmallow, Mullein, Sage, Boneset, Yarrow.

Anti-Emetic: Help relieve nausea and upset stomach, help prevent vomiting. Examples: ginger, cayenne, cloves, peppermint, spearmint, fennel, lemon balm, wild yam, alfalfa, dill.

Anti-Inflammatory: Herbs used to relieve inflammation

Antilithic: Agent reduces or suppresses urinary stones and acts to dissolve those present.

Antiseptic: Herbs used to prevent, combat, neutralize toxic bacteria

Aperient: Mild stimulant for the bowels, gentle purgative. This could be food or herbs, helping to move the bowels, or aiding digestion and preventing constipation.

Astringent: Agent contracts organic tissue, reduces secretions or discharges.

Cathartic: Agent empties bowels

Cholagogue: Herb increases flow of bile into intestines.

Coaglulant: Herb induces clotting

Demulcent: Soothes irritated tissue, particularly mucous membranes

Depurative: Herb cleanses and purifies system, esp. blood.

Diaphoretic. Promotes perspiration

Dyscrasia: Usually referring to blood dyscrasia refers to disorder of cellular elements of the blood.

Dyspnea: Short of breath.

Dysmenorrhea: Painful periods or menstrual cramps.

Emetic: Causes vomiting

Emmenagogue: Promotes menstrual flow

Emollient: Used externally to soften and soothe

Errhine: Agent promotes sneezing and nasal discharges

Exanthematious: Relating to skin diseases or eruptions

Febrifuge: Herb reduces or eliminates fever

Galactagogue: Encourages or increases secretion of milk

Hemostatic: Agent stops bleeding

Hemoptysis Coughing up of blood or blood-stained mucus from the bronchi, larynx, trachea, or lung

Hepatic: Herb acts on liver.

Hydragogue: Purgative produces abundant water discharge

Hypochondriac: A person who has hypochondriasis, a disorder characterized by a preoccupation with body functions and the interpretation of normal body sensations (such as sweating) or minor abnormalities (such as minor aches and pains) as portending problems of major medical moment.

Hypnotic: Agent promotes or produces sleep

Leucorrhea: Thick white or yellowish vaginal discharge

Menorrhagia: Abnormally heavy menstrual bleeding

Mucilaginous: Characterized by gummy or gelatinous consistency

Nauseant: Agent produces an inclination to vomit

Nephritis: Medicine applicable to disease of the kidney

Oxytocic: Agent stimulates contraction of uterine muscle and so facilitates or speeds up childbirth
Pectoral: Remedy for pulmonary or other chest diseases.
Phthisis Progressive wasting. Phthisis bulbi: shrunken, nonfunctional eye; ***Phthisis*** pulmonalis: tuberculosis, also known as consumption; ***Phthisis*** nervosa:, an early term for anorexia
Polycrest: An herb with multiple uses.
Purgative: Herb produces vigorous emptying of bowels
Refrigerant: Herb lowers abnormal body heat
Restorative: Agent restores consciousness or normal physiological activity
Rubefacient: Herbs that when applied to the skin, in some form, will cause a gentle and localized increase in surface blood flow (vasodilate). Usually shows as a reddening of the skin.
Sialagogue: Agent stimulates secretion of saliva
Simples: The use of only one herb at a time.
Specific: Agent that cures or alleviates a particular condition or disease
Stomachic: Agent that strengthens, stimulates, tones stomach
Styptic: Agent contracts tissues, astringent; specifically a hemostatic agent:stops bleeding by contracting blood vessels.
Sudorific: Agent that promotes or increases perspiration.
Taeniacide: Substance that kills tapeworms
Tonic: Herb strengthens or invigorates organs of entire organism.
Vasoconstrictor: Narrows blood vessels, thus raising blood pressure
Vasodilator: Agent widens blood vessels, thus lowering blood pressure
Vermicide: Herb that destroys intestinal worms
Vermifuge: Herb for expulsion of intestinal worms.
Vesicant: Agent that produces blisters
Vulnerary: Healing application for wounds.

SPECIFICS HERBAL APPLICATIONS

Antacid Meadowsweet Chamomile

Alkalizing Oatstraw Horsetail Comfrey Plantain

Bacteria: Goldenseal, Myrrh gum, Garlic, Black Walnut, Aloe Vera Echinacea, Chaparral Propolis, Turmeric, Pau de Arco, Elecampane

Bladder: Uva Ursi Parsley leaf and root Juniper Burdock rt Cornsilk Plantain Gravelroot Goldenrod Cleavers Buchu Crampbark Yarrow Marshmallow rt Cranberry\ Ginger Water Dandelion leaf Cornsilk Oatstraw Fennel seed Goldenseal Plantain Slippery Elm Mullein Echinacea Nettles

Bladder/Kidney Stones: Gravelroot Uva ursi Parsley rt Cornsilk Chanca piedra Cleaver Knotgrass

Bleeding Shepherd's Purse Wormwood

Blood Building: Yellowdock Dandelion rt Barley grass Bee Pollen Kelp Sib. ginseng Wheatgrass Nettle Plantain Chlorella Spirulina Alfalfa
For white cells: Echinacea, Pau de arco Parsley rt/lf Reishi Yellowdock

Blood Cleanse: Burdock rt Dandelion lf. Nettle/Stinging Nettle Milk Thistle Prickly Ash
Red Clover bl. Queens Delight Prickly Ash Cascara
Poke rt Sarsaparilla Chickweed Licorice Oregon grape

Blood Poison: Bayberry Chickweed Baptisia Plantain Poke rt Garlic
Chaparral Echinacea Licorice

Blood Sugar: Dandelion Licorice Spirulina Sib Ginseng Cedarberry
Cinnamon Ginger Devils Club

Bowel, bleeding: Shepherd's purse Tormentil rt. White Oak bark (stomach, rectum, as tea)
Yarrow (piles, can inject 2 oz tincture into bowel) Mullein Marshmallow rt Slippery Elm
Goldenseal Ginger Comfrey rt Liquid Chlorophyll (as douche dilute 50%)
White Oak Bayberry Yarrow Horsetail (will stop bleeding in 3-4 days)

Brain Gingko Lecithin Muira Pauma Alfalfa Rosemary Ginsengs
Spirulina Bee pollen Gotu Kola Prickly Ash

Calcium: Comfrey Oat straw Horsetail White oak Nettles Dandelion rt

Cancer: Red clover blossom Nettle Burdock Rt Sheep Sorrel Milk Thistle
Bee pollen Chlorella Pau de Arco Chaparral Garlic

Catalysts: Capsicum Ginger Lobelia Kelp Peppermint Aloe
Sage Garlic

Chlorophyll Sources: Chlorella Spirulina Barley Grass Nettles Parsley Alfalfa

Circulation: Prickly ash Ginger Bayberry Yarrow Rosemary Ginkgo Capsicum
Horseradish Periwinkle

Colitis Goldenseal White oak Myrrh Peppermint Comfrey Cinnamon
Chamomile Caraway

Colds Oil of Oregano Boneset Cayenne Ginger Thyme Echinacea
Bee Propolis Horehound Slippery Elm Fenugreek

Constipation:	**Turkey Rhubarb**	**Cascara**	**Ginger**	**Psyllium**	**Slippery Elm**	**Burdock rt**
	Buckthorn	**Cayenne**	**Goldenseal**	**Fenugreek**	**Raspberry lf**	
Cough	**Mullein**	**Pleurisy rt**	**Goldenseal**	**Lobelia**	**Coltsfoot**	
	Pleurisy	**Comfrey rt**	**Elecampane**	**Horehound**	**Wild cherry**	
Cramps	**Valerian rt**	**Crampbark**	**Scullcap**	**Motherwort**	**Wild Yam**	**Hops**
	Passion flower					
Diarrhea	**Goldenseal**	**White Oak lf**	**Raspberry lf**	**Marshmallow rt**		**Tormentil**
	Mullein	**Slippery Elm**	**Plantain**			
Digestive	**Fennel**	**Chamomile**	**Ginger**	**Meadowsweet**	**Lemon balm**	**Licorice rt**
	Cinnamon	**Catnip**	**Peppermint**	**Red Raspberry**	**Nettle**	
Diuretic	**Cornsilk**	**Parsley lf/rt**	**Dandelion lf**	**Cleavers**	**Uva ursi**	**Juniper berry**
	Oatstraw	**Juniper berry**	**Gravel root**	**Uva ursi**	**Wild carrot**	**Cleavers**
Ears	**Mullein**	**Garlic**	**Goldenseal**	**Lobelia**	**Scullcap**	**B & B cohosh**
	Gingko	**St. Johns**				
Eyes	**Eyebright**	**Bilberry**	**Hawthorn**	**Nettles**	**Burdock**	**Elder fl.**
	Goldenseal	**Hydrastis**	**Parsley**	**Red Raspberry**		
Eczema	**Burdock,**	**Red Clover,**	**Calendula,**	**Sassafras,**	**dandelion,**	**echinacea.**
Fever	**Comfrey**	**Chamomile**	**Yarrow**	**Buckthorn bark**	**Blue vervain**	
	Elder flower	**Peppermint**	**Hyssop**	**Raspberry lf**		
Fungus	**Garlic**	**Goldenseal**	**Calendula**	**Grapefruit seed Extract**		
	Black Walnut hull	**Barberry bark**	**Wormwood**	**Comfrey rt**		
	Pau de Arco (lapacho)					
Gallbladder	**Gravel rt**	**Parsley rt**	**Marshmallow rt**	**Oregon Grape**	**Turmeric**	
	Licorice rt	**Dandelion rt**	**Wood Betony**	**Wild Yam**	**Castor oil pack**	
Heart:	**Hawthorn berry**	**Motherwort**	**Black Cohosh**	**Butcher's broom**	**Cayenne**	**Garlic**
	Ginseng	**Hops**	**Horsetail**	**Lobelia**	**Mistletoe**	**Schisandra**
	Scullcap	**Valerian rt**	**Wood Betony**	**Rosemary**		
Hemorrhoids	**Horse chestnut**	**Witch Hazel**	**Raspberry leaf**	**Yarrow**	**Cranesbill rt**	
	Bistort	**Ladies Mantle**	**Shepherd's purse**	**Myrrh**		
High Blood Pressure:	**Hawthorn**	**Motherwort**	**Ginger**	**Comfrey rt**	**Garlic**	**Black cohosh**
	Cayenne	**Kelp**	**Valerian rt**			
Iodine/Potassium rich:	**Sea veg.**	**Chlorophyll plants**	**Black Walnut**	**Scullcap**	**Irish Moss**	**Watercress**
	Burdock rt					
Immune:	**Astragalus**	**Echinacea rt**	**Reishi mushroom**	**Pau de Arco**	**Bupleurum**	**Bee Pollen**
Inflammation:	**Yarrow**	**Comfrey**	**White Willow**	**Chamomile**	**Calendula**	**Alfalfa**
	St. John's Wort	**Alfalfa**	**Licorice rt**	**Mullein**	**Goldenseal**	
	Chamomile	**Calendula**	**Wild Yam**	**Meadowsweet**		
Joint/Cartilage						
Liver	**Dandelion rt**	**Milk Thistle**	**Burdock rt**	**Yellowdock**	**Kelp**	**Artichoke**
	Wormwood	**Hawthorne**	**Licorice**	**Barberry bk**	**Hyssop**	**Saw Palmetto**
Low Blood Pressure	**Garlic**	**Gingko**	**Cayenne**			

Lungs:	**Mullein**	**Pleurisy Root**	**Lobelia**	**Comfrey**	**Ginger**	**Horehound**
	Elecampane rt	**Licorice**	**Marshmallow**	**Elder flower**	**Boneset**	**Slippery Elm**
	Coltsfoot	**Goldenseal**	**Honey**	**Hyssop**	**Wild Cherry bark**	
Lymph	**Blue Flag**	**Echinacea**	**Oregon Grape**	**Red Clover**	**Cleavers**	**Yarrow**
	Calendula	**Poke rt**	**Buckthorn**	**Prickly Ash**		
Mucus:	**Goldenseal**					
Nerves	**Chamomile**	**Valerian**	**Scullcap**	**Motherwort**	**Passion flower**	**Black Cohosh**
	Catnip	**Oatstraw**	**Lobelia**	**Mistletoe**	**Wood Betony**	**Crampbark**
	Hops	**Wild Yam**				
Night sweats	**Cold sage tea**					
Parasites	**Wormwood**	**Cloves**	**Pumpkin seeds**	**Tansy**	**Male Fern**	**Hyssop**
	Butternut bark	**Garlic**	**Thyme**	**Black Walnut Hulls**	**Grapefruit seed**	
	Calymyria figs	**Artemisia**	**Diamataceous earth**			
Prostate	**Nettle**	**Saw Palmetto**	**Echinacea**	**Goldenseal**	**Marshmallow rt**	
	Dandelion	**Damiana**	**Juniper**	**Parsley**	**Uva Ursi**	
	Ginger	**Cardamom**	**Black Pepper**	**Mullein**	**Bistort**	
	Yellowdock	**Burdock rt**				
Respiratory:	**Mullein**	**Boneset**	**Echinacea**	**Cayenne**	**Chlorella**	**Coltsfoot**
	Elecampane	**Garlic**	**Ginger**	**Goldenseal**	**Horehound**	**Lobelia**
	Licorice rt	**Marshmallow**	**Plantain**	**Pleurisy rt**	**Red Clover**	**Rosemary**
	Sage	**Sarsaparilla**	**Slippery Elm**	**Thyme**	**Wild cherry**	**Yarrow**
Rheumatism	**Prickly ash**	**Buckbean**	**Sassafras**	**Cayenne**	**Myrrh**	**Sumach berry**
	Ginger					
Senility	**Gingko**	**Gotu Kola**	**Alfalfa**	**Chlorella**	**Lecithin**	**Ginseng**
	Bacopa	**Periwinkle**	**Lions Mane**	**Rosemary**		
Sinus:	**Garlic**	**Bayberry**	**Echinacea**	**Goldenseal**	**Rosehip**	**Coltsfoot**
	Cayenne	**Ginger**	**Bee Pollen**	**Elder flower**		
Soothing:	**Marshmallow rt**	**Slippery Elm**	**Oatstraw**	**Mullein**		
Spasms:	**Motherwort**	**Marshmallow rt**	**Slippery Elm**	**Scullcap**		
Thymus/lymph stimulating:	**Echinacea**	**Goldenseal,**	**Capsicum,**	**Mullein**	**Yarrow**	
Urinary	**Cornsilk**	**Uva ursi**	**Cleavers**	**Parsley**	**Buchu**	**Juniper**
	Dandelion	**Nettles**	**Comfrey**	**Goldenseal**	**Marshmallow rt**	
	Plantain	**Chlorella**	**Spirulina**	**Gravelroot**	**Couchgrass**	
Virus:	**Boneset**	**Echinacea**	**Oregano**	**Cats Claw**	**Garlic**	**Sage**
	Astragalus	**Ginger**	**Yarrow**			
Water Retention	**Parsley**	**Juniper berry**	**Gravel root**	**Raspberry leaf**	**Goldenrod**	**Horsetail**
	Hawthorne	**Cornsilk**				