STIMULANTS

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

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 which you can also grow in the summertime.

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**
2. **diffusive stimulants**

Direct stimulants begin their action in the heart and have their effects spread out from there (eg. cayenne)
Diffusive stimulants start their stimulating action 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.

CAYENNE

Capsicum minimum; C. Fastigiatum

Family: Solanaceae (nightshade)



PARTS USED: **Fruit (oil is in the seeds)**

GROWING: **Easily available as a spice. And you can grow it in the summer in the garden or in pots.**

Drying & Preserving. **Oil of cayenne will keep indefinitely if tightly stoppered. Length of time powder itself will keep depends upon storage conditions(cool, dark). Best way to keep as powder would be to hermetically seal or wax the can as a honey can. Don't ever put cayenne in paper sack for a paper takes the precious oils out of it. A carton box that has been waxed on the inside is all right, will keep well in cellophanes and plastics.**

To keep bugs out of it use elder leaves in it. Refrigeration not recommended. As a powder at room temp in a sealed condition should keep 6 months to a year. Hermetically sealed keeps for 2-3 years. For longer preservation make into tincture, keeps 20 years.

CONSTITUENTS: **part of the nightshade family. Capsicum, a red colouring matter; capridium; oleic, palmitic, and stearic acids.**

Solvents: 60% alcohol, to some extend vinegar, water (increasing in solubility with heat).

THERAPEUTIC ACTIONS:

Stimulant	**Tonic**	**Carminative**	**Sialagogue**
Stomachic	**Rubefacient**	**Pungent**	**Alterative**
Astringent	**Antispasmodic**	**Sudorific**	**Emetic**
Antiseptic	**Condiment**	**Anti-rheumatic**	

Purest and Most certain stimulant

Feeds necessary elements of nutrition into the cell structures of arteries, veins, capillaries so that these regain elasticity of youth, also adjusting blood pressure.

Rebuilds tissue in stomach, healing stomach and intestinal ulcers.

Equalizes blood circulation, producing natural warmth and stimulates peristaltic motion of intestines, aids in assimilation and elimination.

Regulates flow of blood from head to feet so that it is equalized. Influences heart immediately, then gradually extends effects to arteries, capillaries, nerves (pulse is not increased but more power is given)

Helps clean the blood stream.

Used as a "carrier" herb to assist other herbs in many formulas.

CONTRAINDICATIONS:

Seldom used in vagina as in boluses. It could be, but it is too uncomfortable.
Nasal membranes too delicate for this herb to be used in that area.
Can be hard to take on an empty stomach.
Sometimes difficult for the sensitive bowel, can irritate.

INDICATIONS:

Apoplexy	**Gangrene**	**Arthritis**	**Asthma**
Gout	**Bleeding**	**Bleeding(lungs)**	**Chilblains**
Colds	**Constipation**	**Cough**	**Cramps**
Cold extremities	**Debility**	**Delirium tremens**	**Diptheria**
Dyspepsia	**Emesis(strong)**	**Fatigue**	**Heart attack**
Heart trouble	**Hemorrhage**	**Hemorrhoids**	**Indigestion**
High/Low Bl.Pressure	**Inflammation**	**Kidney problems**	**Lethargy**
Low fevers	**Lumbago**	**Menorrhagia**	**Neuralgia**
Bad breath	**Stomach pain**	**Bowel pain**	**Palpitat**
Pleurisy	**Shock**	**Quinsy**	**Rheumatism**
Scarlet Fever	**Strokes**	**Tonsillitis**	**Ulcers**
Toothache(oil)	**Typhoid fever**	**Vomiting**	**Wounds**
Yellow Fever			

OTHER USES:

Used in nearly all fomentations, plasters and poultices where speed is necessary or where quick relief (as in arthritis, rheumatism, bursitis, sore muscles and those types or cases) is necessary.
Helps individuals stop their addiction to alcohol. Does so by reducing dilation of the blood vessels.

CONGENIAL COMBINATIONS:

Can be used with almost any other herb. Can be used by itself as for healing stomach ulcers, or alone to stop hemorrhaging, or as a daily food. Is used with bayberry or pleurisy root to increase perspiration and with tonics to reduce perspiration.
It will take uterine agents like holy thistle directly to the uterus; but ginger will carry all the herbs to the reproductive organs and abdominal area even faster than cayenne.
A strong dose will excite vomiting, also used in combination with other emetics.
For uterine hemorrhage, combine with bayberry and take orally, always follows use of lobelia in order to activate the secretive organs.
For gastro-flatulence and indigestion, cayenne combines with lobelia.

PREPARATION:

Decoctions(seldom used this way), infusions(most common method used), ointments, powder, tinctures. Fastest remedy is liquid.

DOSAGE: (daily)

Infusion: 1/4 tsp 3 times daily; then after 3 days increase 1/2 tsp 3 times daily; then add 1/4 tsp each day thereafter until minimum recommended dosage of 1 tsp 3 times daily is reached. To make: pour water over cayenne and let it set.
Heart Palpitation: In acute stages, repeated dosages of 1-2 tsp every 1/2 hour (more frequently when required).
Hemorrhage: 1 tsp powder in 1 cup hot water
Inflammation: 1 tsp every hour until pain ceases
Pains in stomach and bowels, constipation: 1/2 to 1 tsp powder in 1 cupful of very warm water.

Oil: less than 1/30 grain
Powder: see "infusion" (5-20 grains)
Liniment: 1/8 or 1/16 part to the other oils
Ointments: 1/8 proportion to the other herbs
Liquid extract/tincture: easily kept and valuable to have on hand. Use moderately as it is many times stronger than the infusion.

ADMINISTRATION:

Anal

Ointment: May be applied on hemorrhoids for it does bring relief and healing, but patient should be warned of its potency.

Nasal

Nasal membrane is delicate and cayenne is generally not used in that area.

Oral

Take powdered or cold infusion. During first few days it will be hot going in, and hot going out. After you get accustomed to it, it doesn't bother one, in fact, it gives a lovely glow and warmth. Each time you stop for a period of time and then start again, the same reaction returns.

Baby: they have given cayenne by an eye dropper to a 6 week old baby that was born with chronic asthma and made it possible for it to breath again.

Capsules: It is fine to take in capsules.

Heart attack: Prop up patient, pour hot cayenne tea down, attack will stop immediately.

Hemorrhage: occurs in lungs, stomach, uterus or nose. Flowing fast. Take a tsp of cayenne in a glass of extra warm water, drink it down, by the count of 10 the bleeding will stop. Instead of all the pressure being centralized, it is equalized and the clotting becomes more rapid. Whether bleeding is internal or external, a tsp of cayenne taken orally in a glass of hot water will stop bleeding quickly. For the lungs, a vapor bath along with the warm cayenne infusion will be beneficial.

Skin

Toothache: clean cavity and place cotton saturated with oil into cavity.

External bleeding: cayenne powder or tea may be taken internally, or the powder placed directly on the sound.

Diphtheria and quinsy: apply tincture of cayenne around neck, cover with flannel fomentation of cayenne infusion, drink cayenne internally.

Liniments and Ointments: Brings out toxic poisons and heals, also used as counter-irritant. Can be used alone without burning or blistering.

Plaster: can be used in the plaster form like mustard.

Wounds: Even if wound is cut and exposed to the bone, that wound may be filled with cayenne pepper (if cayenne is not available, black pepper) and it will heal beautifully and stop the bleeding. Many people when they seen the skin ruddied by cayenne believe skin is irritated, but cayenne is a counter-irritant; there is no itching involved with it. What cayenne is actually doing is bringing the blood to the surface to take away any toxic poisons and start the healing, so the redness comes to the skin from the blood that has rushed to the surface to assist n carrying off wastes.

Cold feet: Few grains sprinkled in the shoes or socks (but too much here to produce too much heat and give a burning sensation).

Vaginal

Don't use directly in vagina without mixing it with something else.

GINGER

(Zingiber offiicinale, Zingiberis rhizoma)

Family: Zingiberaceae(ginger)





Common names: **Zingiber, Jamaica ginger, black ginger, raace ginger, African ginger; Ginembre (Fr); Rhizoma(Radix) Zingiberis, Ingwer (Ger)**

ID:

Reed-like plant with horizontal rhizome segments. Light brown depressed stem-scars, starcy, resinous, internally yellowish, agreeable aromatic odor, pungent taste (Jamaica is the least pungent and most delicate ginger).

PART USED:

Dried rhizome or root (with outer cortical layers partially or completely removed).

QUALITIES:

Taste: very pungent, a bit sweet, hot, dry

DRYING & PRESERVATION:

Dry as rapidly as possible, while conserving the volatile oils and resins. In fact, in some cases, if bottled tightly in dark bottles, ginger powder will last far longer than the original whole herb would as a dry herb. Ginger is best kept hermetically sealed in the powder form or in tincture. A liquid extract is also good.

Growing Characteristics:

Perennial. Native of India, and cultivated in West Indies and Africa
Thrives best on new forest soil, producing when one or more years old (younger rhizomes are best), but with some skill, it can be grown in your own herb garden.

CONSTITUENTS:

1.3% volatile oil varying considerably in composition according to source. The steam-distilled oil contains a complex mixture of terpenoids, frequently high in sesquiterpene hydro-carbons (often over 50%) with lesser amounts of monoterpene hydrocarbons and oxygenated compounds.

Usually the principal components are zingiberene (20-30%), ar-curcumene (6-19%), sesquiphellandrene (7-12%) and bisabolene (5-12%); the ar-curcumene content increases on storage at the expense of zingiberene and sesquiphellandrene. Some cultivars show different characteristics with bisabolene or camphene as the principal component of the oil.

Illustrating variability between oils of different origins, steam-distilled oil from a Vietnamese Ginger consisted of 37% oxygenated monoterpenes, 28% monoterpene hydrocarbons, 25% sesquiterpene hydro-carbons, 8% oxygenated sesquiterpenes and 2% non-terpenoids; the main component was geranial, 16%.

Oleoresin (4-7.5%) obtained by solvent extraction contains pungent principles together with non-pungent substances (fats and waxes) and about 25% of volatile oil. The major pungent constituents, comprising about 1/3 of the oleoresin are the gingerols, a series of phenolic compounds with side-chains of varying length in which gingerol predominates.

Even more pungent but present in lesser amounts are the shogaols, which are anhydro-gingerols formed during the drying process and largely absent from fresh green ginger. Minor pungent constituents include paradols, gingediols, gingediacetates, gingerdiones, and gingerenones.
Starch (40-60%), proteins (10%), fats (10%).

THERAPEUTIC ACTION:

Diffusive STIMULANT	**antispasmodic**	**carminative**
diaphoretic when hot	**aromatic**	**sternutatory**
rubefacient	**anodyne**	**sialagogue**
pungent	**condiment**	**aphrodisiac. Ginger**

Note: British Pharmacecopia listed the Therapeutic Actions: Carminative, antiemetic, spsmolytic, peripheral circulatory stimulant, anti-inflammatory.
Ginger is a milder stimulant; it goes from capillaries through the venous structure to the heart and back again. It is more diffusive than, but may be used as a substitute for, cayenne when it is unavailable.
Ginger heats the exterior of the body. Cayenne goes more to the interior so it often is used together in remedies.
Dr. Christopher feels Jamaican ginger is best. Some dealers adulterate ginger and put fillers in, as with a lot of foods so that more profits can be made. Get ginger right from health store, herb store or a reliable source so it will be a good product. If possible grow yourself and pound the rhizome with a mortar and pestle.
- causes sweating, releases exterior and scatters wind cold, stimulates the lungs and expels phlegm, relieves pain.
- warms and invigorates stomach and intestines and dispels cold; awakens appetite, moves stagnancy, impotence due to cold or Kidney Yang deficiency, settles stomach, relieves nausea
- stimulates and warms uterus, promotes menses and frees spasms
- activates immunity and restrains infection, antidotes poison, preventive in epidemics, bacterial & viral infections, scurvy, poisoning from herbs or food, tonsilitis, laryngitis.

PHARMACOLOGY:

Fr. British Pharaceocopia:
Exerts effects on digestive, central nervous and cardiovascular systems. Acts as stimulant to gastro-intestinal tract, increasing peristalsis and tone of intestinal muscle. A cholagogic effect has been ascribed mainly to gingerols. Extracts of Ginger stimulate the vasomotor and respiratory centers
Inhibition of the synthesis of certain prostaglandins may explain the anti-inflammatory effect of Ginger and its apparent effectiveness in case studies of rheumatic and arthritic disorders.
Extracts of Ginger exert a powerful positive inotropic effect and gingerols have been identified as cardiotonic principles.
Considerable interest has been shown in Ginger as an anti-emetic in view of its lack of side effects in comparison with other anti-emetic drugs. Its prophylactic effect on symptoms of motion sickness has been assessed in clinical trials; in two it

significantly reduced vomiting and in a related study it reduced vertigo. However in two other studies it was found ineffective against motion sickness.

Ginger reduced the incidence of post-operative nausea and vomiting after major surgery in a recent double-blind clinical study. In another trial it relieved the symptoms of hyperemesis gravidarum.

Action:

- causes sweating, releases exterior and scatters wind cold, stimulates the lungs and expels phlegm, relieves pain.
- warms and invigorates stomach and intestines and dispels cold; awakens appetite, moves stagnancy, impotence due to cold or Kidney Yang deficiency, settles stomach, relieves nausea
- stimulates and warms uterus, promotes menses and frees spasms
  activates immunity and restrains infection, antidotes poison, preventive in epidemics, bacterial & viral infections, scurvy, poisoning from herbs or food, tonsilitis, laryngitis.

MEDICINAL USES:

Boils
Cholera
Congestion
Flatulence
Gout(atonic)
Hemorrhage of lungs
Morning Sickness
Neuralgia
Sore throat
Toothache
Bronchitis(chronic)
Colds Colic
Diarrhea
Flu
Headache
Menstruation
Nausea
Paralysis of tongue
Reproductive problems griping
Travel Sickness (not motion sickness though)

OTHER USES:
Anorexia
Bronchitis
Rheumatic Complaints

CONTRAINDICATIONS:

Germany reports in cases of gallstone pains to be used only after consultation with a doctor.
Also not to be used for vomiting of pregnancy even though British use it for this.
None known (Br. Pharmac.)

PREPARATION:

Usually in infusion, sometimes as a decoction with other herbs. Also in many forms it is good: bolus, essence, infusion, liniment, liquid extract, plaster, poultice, tincture.
Ginger may be used fresh or dried or as essential oil (distilled). The dried rhizome together with the tincture should be used for internal digestive or menstrual conditions for best results although the dried rhizome decocted will also serve. In conditions affecting the exterior, the short decoction of the fresh rhizome has the most dispersing power, causing sweating as it does.

CAUTION:

Not contraindicated for those with peptic ulcers but should be avoided in stomach fire, as well as in hot lung syndromes.
Use with care during early pregnancy and only for nausea or vomiting.

DOSAGE:

Christopher:
Fluid extract: 15-60 minims
Infusion: 1 wineglassful or 1 teacupful at a time
Oil: 2-3 drops in cupful of water
Powder: 8 grains
Tincture: 5-20 minims (Homes says 2 ml or 50 drops)

Br. Pharmaecopia:
As anti-emetic, single dose of powered rhizome 1-2 g.
For other indications 3 times a day as:
powdered rhizome .25 - 1 g
weak ginger tincture 1:5 90% ethanol 1.5-3 ml
Strong Ginger Tincture 1:2 90% ethanol .25-.5 ml or equivalent preparations.
Fresh green Ginger preparations are also used.

AMINISTRATION:

Combines with almost all herbs
Anal: **Ginger often used alone or combined with other herbs in an injection of no more than a cup (so it can be retained). It gives its influence to the whole system.**
Nasal: **Very seldom is ginger used in the nose.**

Oral: **Can be administered in teas, capsules, pills or any way you wish. The fresh root of ginger is chewed for cases of paralysis of the throat.**

For babies: make ginger tea in the same proportions (a tsp to the cup) and give less of it (with an eye dropper). For very small babies, use distilled water and dilute it.

Reproductive problems: ginger in teas is excellent wherever you have trouble in the genital-reproductive organs. We use ginger alone in menstrual cramps with amazing results, when we have not had any other herbs in an emergency with nearly all problems it is used in capsule or tea form, generally in equal parts with your other herbs.

Flatulence: see under remedies.

Carrier: Ginger is generally combined with herbs going into the abdominal area because it is a carrier. Ginger is a herb which accentuates so many herbs in the lower abdominal and colon areas; it combines with the herbs of the "cleansing program".

Hemorrhage of lungs and salivary glands: chew rhizome or root.

Stomach pain: take some ginger tea with baking soda.

Skin:

Muscle spasms and irritations: use in a liniment or plaster.

Fevers: Can be put into the bath water (1 tsp or by the pound) to take the burning off dermatitis.



GROW YOUR OWN GINGER

We get Ginger from Jamaica and China, but Ginger is the perfect herb to grow indoors. It's very low-maintenance, loves partial sunlight, and you can use parts of it at a time, leaving the rest in the soil to continue growing.

Ginger takes 10 months to mature and it doesn't tolerate frost. In Canada grow ginger in a pot indoors and bring it outside in the summertime.

Ginger grows well in partial to full shade, which makes it ideal for growing in your home, where most people don't have full sun pouring on their windows all day long.

Little bits of the ginger root can be removed while it continues to grow. A little bit of ginger goes a long way, so these pieces can be used for cooking, brewing tea or for herbal remedies.

When buying ginger to plant from the supermarket, look for the ones with little plants already starting to sprout from the root, then you know it hasn't been sprayed with growth inhibitor.

Soak it in water overnight to remove as much growth inhibitor, pesticide etc. as you can.

The root that you choose to plant should be plump with tight skin, not shriveled and old. It should have several eye buds on it (bumps that look like potato eyes) and if they're already a little green, all the better.

If your root has several eye buds, it can be cut and each bud can be placed in a separate pot to produce several plants.

Be sure to pick the perfect pot! Unlike most other houseplants, ginger loves shallow, wide pots. The roots grow horizontally so be sure the pot you choose will accommodate its growth.

Step by Step:

1. **To start with, soak the ginger root overnight in warm water to get it ready for planting.**
2. **Fill your pot with very rich but well draining potting soil.**
3. **Stick the ginger root with the eye bud pointing up in the soil and cover it with 1-2 inches of soil. Water it well.**
4. **Place the ginger in a spot that stays reasonably warm and doesn't get too much bright sunlight.**

5. **Keep the soil moist, using a spray bottle to mist it, or water it lightly.**
6. **Ginger is a slow grower, after a few weeks you should see some shoots popping up out of the soil. Continue to water the plant regularly by misting it with a spray bottle and keep it warm.**

<u>To Harvest:</u>
Small pieces of ginger can be harvested 3-4 months after growth begins. Pull aside some of the soil at the edges of the pot to find some rhizomes beneath the surface. Cut the needed amount off a finger at the edge of the pot and then return the soil.
Ginger can be harvested in this way endlessly, and as long as it is well cared for, it will continue to produce roots. If you need a larger harvest, you can uproot the entire plant and re-plant a few rhizomes to start the process over again.
If you are going to preserve the ginger for future use, after harvesting, dry as rapidly as possible, while conserving the volatile oils and resins. In fact, in some cases, if bottled tightly in dark bottles, ginger powder will last far longer than the original whole herb would as a dry herb. Ginger is best kept hermetically sealed in the powder form or in tincture. A liquid extract is also good.

CLOVES

Caryophyllus aromaticus; Eugenia aromatica; Eugenia caryophyllata

Family: MYRTACEAE (myrtle)



COMMON NAMES: **Cloves, mother cloves, clavos, Carophyllus, Caryophyllus, Ding Xiang, Lavanga; Girofle, Clous (aromatiques) de Girofle (Fr); Gewurznelken, Naegelein (Ger). Note "clavus" means 'nail' regarding the shape of the buds. Genus name Eugenia is named after Prince eugene of Savoy (1663-1736).**

PART USED: **Dried, unexpanded flower buds.**

Much of the world's production goes to making Clove cigarettes such as Indomesian Kretaks for their stimulant action. Cloves is used to make vanillin (artificial vanilla).

ID:

Evergreen tree, grows 30-40'high, extensive branching, yellowish bark.
Leaves 4" long, 2" wide
Rose coloured flowers
Berry like fruit.
Flower buds or cloves are tack-shaped, 2/5 to 3/4" long and dark brown when dried.
Lower portion of clove consists of calyx tube enclosing in its upper half the ovary filled with minute ovules; and upper portion has 4 calyx teeth, surrounded by unopened globular corolla of four concave overlapped petals. The taste is hot, pungent, spicy and upon pressing the calyx tube with a finger nail, oil should exude.

GROWING:

Perennial tree, native to Spice Islands, Mulucca Islands of Asia and Southern Phillippines fur also grown in India, Sumatra, Jamaica and West Indies.
Also cultivated in Asia, Africa, South America.
Trees yield when 6 yrs old, reach their peak at 12 years, then decline and perish at 20 years.

COLLECTION:

Just before ripe. The clove is white at first, then green, pink and bright red. It is gathered at the pink stage by hand-picking on ladders and platforms or beating the trees with bamboos and catching the falling buds on outstretched cloths.

DRYING & PRESERVATION:

The clove contains aromatic and volatile oil, so drying should be done quickly and without exposure to bad weather.

THERAPEUTIC ACTION:

Stimulant	**stomachic**	**aromatic**	**carminative**
expectorant	**anti-emetic**	**astringent**	**antispasmodic**
rubefacient	**antiseptic**	**digestive**	**condiment**

Increases circulation, promotes digestion and nutrition.
Raises body temperature. Stimulates excretory organs and stimulates and disinfects kidneys, skin, liver and bronchial mucous membrane.
Most powerful of the aromatic and carminative herbs.

MEDICINAL:

Ague	**Bad breath**	**Bronchial catarrh**	**Cholera morbus**
Colic	**cold extremeties**	**zymotic diseases**	**convulsions(infantile)**
corrective	**diarrhea**	**dysentery**	**dyspepsia**
epilepsy	**flatulence**	**griping**	**indigestion**
mucus colitis	**nausea**	**neuralgia**	**low blood pressure**
palsy	**poor circulation**	**phthisis**	**rheumatism**
sour stomach	**toothache(oil)**	**twitching**	**vomiting(pregnancy)**

PREPARATION:

Used chiefly in combination with other aids.

DOSAGE:

Fluid extract: 5-30 drops
Infusion: 1/2-1 fluid oz three times a day
Oil: 1-5 drops
Powder: 2-3 grains
Tincture: 3-4 drops three times daily

ADMINISTRATION:

Use oil of cloves in toothache, use in liniments; use as a cover for strong-tasting herbs.
<u>Oral</u>
Indigestion, poor digestion, bad breath: carry cloves in pocket, chew on them, but go into the cause.
Toothache: Rube oil of cloves and oil of peppermint on gums.
<u>Skin</u>
Infantile convulsions: Place poultice on nape of neck
Colic, inflatulence: Place poultice over stomach

INFUSION:

1 tsp or dram cloves (whole or powdered)
1 pint water
Boil water, pour over cloves, steep for 20 minutes in a closed stainless steel container over a very low flame. The residue of the first infusion may be used a second time to make another infusion.

PRICKLY ASH

Zanthoxylum americanum or Z. Clava-Herculis, or Z. faxineum

Family: Rutaceae (rue)





SYNONYMS: Northern prickly ash, pellitory bark, prickly ash, suterberry, toothache bark, toothache busy, yellow wood

PARTS USED: Bark and berries (berries are considered most effective, as they contain a volatile oil)

ID:

Deciduous perennial tree/shrub, grows 10-15 feet high

Branches alternately, covered with prickly, conical spines on bark (4/5 - 6" long, 1/5 to 1/12" wide).

Bark is about 1/12" thick, fragmented (the outer part shows green and the inner shows yellow), and has a bitter, acrid and pungent taste that causes salivation, but there is very little odor.

Small blue-black berries (size of currants), grow in enclosed grey shells that cluster o top of the branches (these appear before the leaves).

Flowers April and May

GROWING:

Perennial tree

North America, east of Mississippi River from Canada to Florida

Moist places like woods, thickets, river banks

Flowers April and May

THERAPEUTICS:

General stimulant	cardiac stimulant	tonic	alterative
pungent	deobstruent	diuretic	antiseptic
diaphoretic	sialogogue	nervine	

The action of this general stimulant is slower than cayenne, but its effects are more permanent, and it will remove obstructions in every part of the body.

Berries: these possess volatile oils that are stimulant, antispasmodic and carminative, and act principally upon the mucous membranes.

INDICATIONS:

Asthma	cholera	cold extremities	colds
colic	diarrhea	dyspepsia(atonic)	dropsy
flatulence	lumbago	female problems(chronic)	paralysis
pharyngitis	syphilis	rheumatism(chronic)	scrofula
ulcers	wounds	paralysis of tongue	pharyngitis

skin diseases sores in mouth liver(hepatic) problems
Considered a circulatory stimulant and nerve tonic. Often considered as antioxidant, helping distribute other antioxidants throughout the body by increasing circulation.

PREPARATION:

Fluid extract, elixir, infusion, syrup

DOSAGE: (daily)

Fluid extract: 1/2 - 1 dram (bark), 10-30 minims (berries)
Infusion: 1 tbsp four times daily; or 1 cupful cold during the day.
Powder: 10-30 grains.
Solid extract: 2-4 grains
Tincture: 5-20 minims

ADMINISTRATION:

Oral
Sores in mouth, toothache: chew bark or berries.

Infusion:
1/2 oz Prickly ash berries or crushed powdered bark
1 pint distilled boiling water
Steep in covered vessel 2 hours before use.

PEPPERMINT

(Botanical name: Mentha x piperita)

Family: LAMIACEAE or LABIATAE(mint)



COMMON NAMES: **Balm mint, brandy mint, curled mint, lamb mint, peppermint; Menthe poivree (Fr), Pfefferminz(Ger)**

PARTS USED: **Leaves, whole herb, oil**

ID:

- perennial native to Europe, 3' high, spreading by runners travelling across soil surface
This is the most pungent of all the mints. Do not confuse spearmint with peppermint, however as the spearmint grows along ditch banks and has dull leaves, whereas the peppermint has shiny leaves and requires special growing conditions. The leaves of peppermint are longer and less wrinkled that spearmint
Spearmint multiplies by a creeping rootstock, producing long and numerous suckers 2-4' high;
- the stem is square and reddish purplish, and smooth;
- the leaves are a light green (with purplish-brown mixture) and sharply serrate, and slightly hairy.
flowers pinkish or lilac

GROWING:

- Perennial herb
- grows wild in low, wet ground but may be cultivated in herb garden (out of the sun) or indoors under 65F from transplanted start of roots or cuttings (these root rapidly in a glass of water)
- starts can be potted in heavy soil and must be kept well-soaked.
- should be left outdoors until after the first frost
- be careful to keep the different mints apart, as they tend to cross-bred.

COLLECTION:

Collect when in bloom, during dry weather (Aug to Sept) for drying

CONSTITUENTS:

- **stimulant, aromatic, stomachic, antispasmodic, sudorific, carminative, nervine, sedative, febrifuge**
- **One of the great stimulant herbs, also acting as a marvelous antispasmodic.**
- **Peppermint will also strengthen the nerves and heart muscles, assist in digestion, cleanse and give tone to the entire body.**
- **Peppermint is a soothing sedative fr nervous and restless people of all ages, promoting relaxation and sleep.**
- **Oil is an excellent stomach aid.**

THERAPEUTICS:

- put over picture of someone going into surgery to protect them
- Cholera morbus, cholic, colon trouble, diarrhea, dysentery, flatulency of stomach and bowels, griping
- convulsions (children and babies), spasms, palpitation of heart
- dizziness, fainting
- nausea, vomiting, seasickness
- hiccough
- menstrual obstructions, dysmenorrhea
- rheumatism, neuralgia, inflammation, toothache, earache
- fevers of all types

The oil is used for:

- burns	- cholera morbus	- colic
- diarrhea	- dysentery	- dysmenorrhea
- flatulency	- hiccough	- nervous headache
- neuralgia, rheumatism, inflammation		- toothache

- heart palpitation, spasmodic pains, vomiting, nausea

ACTIONS:

restores functions of stomach, promotes digestion, stops vomiting, curs hiccups, flatulent colic, hysterical depressions

PHARMACOLOGY:

- leaves, dried and fresh and essential oil distilled from fresh or dried
- menthol primary component(29-48%); menthone(up to 31%), methyl acetate(up to 15%), menthofuran (up to 7%) and limonene. Also flavonoids, phytol, tocopherols, carotenoids, betain, choline, azulenes, rosmarinic acid and tannins.

T0XICOLOGY

warning of ingestion or external application of purified synthetic menthol artificially produced by hydrogenation of - thymol.

INDICATIONS:

Indigestion nausea diarrhea colds headache cramps

OTHER USES:

Peppermint has many wonderful uses but one is to use it always before an emetic (herb that induces vomiting). There are actual cases where people have thrown up (using lobelia as an emetic) for as much as 3 hours, but by preceding it with peppermint tea there has been no soreness in the stomach or bowel area.

It can be used fresh any time.

PREPARATION: Never boil the herb itself, as the medicinal principles are extremely volatile and contain much of the medicinal potency. The peppermint infusion is made by pouring boiling water over the mint; then cover and keep in a warm place for 10 minutes; strain, sweeten and drink hot.

DOSAGE: (daily)

Essence: a few drops in water
Extract: 1-2 fluid drams
Infusion: 1-2 cupfuls daily between meals.
Note: for children, take 1/2 to 1/2 of the adult dose
(1 tsp to 1 tbsp diluted with equal parts of boiling water)
Tincture: 1/2 - 1 fluid dram

ADMINISTRATION:

This is the most extensively used medicinal herb in the world.

Anal

Enema: this form is excellent for cholera, colon problems, and for convulsions and spasms in children

Oral

Fainting/dizzy spells: take a hot, strong peppermint tea
Fevers: take in dose of 1 pint as hot as can be taken. This is even better with combined with elder flowers.
Flu: see remedies
Griping: it will soothe gastro-intestinal area from irritating foods and unripe fruits
Headache: drink cupful hot peppermint tea, then lie down and relax
Indigestion: see congenital combinations
Inflammation: see remedies
Menstrual obstructions: see remedies
Stomach problems: see remedies
Vomiting: see congenital combinations

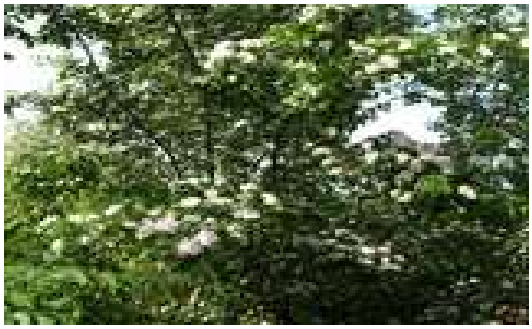
Skin

Oil: apply externally on the affected area for rheumatism, neuralgia, headache

HAWTHORNE BERRY

(Botanical name: Crataegus oxyacantha)

Pharmaceutical family: Rosacea(rose)





COMMON NAMES: Hawthorne, haw, May, Mayblossom, May bush, May tree, May blossom, Mayflower, Quickset, Thorn-apple tree, Whitethorn, Hawthorn, Quick. thorn, Whitehorn, Haw. Hazels, Gazels, halves, Hagthorn, Ladies Meat. Bread & Cheese Tree.

PARTS USED: flowers, leaves, fruits

FOUND: Grows as a shrub or tree in England and continental Europe. Widely grown as a hedge plant. Now available throughout North America.

ID:

Tree/bush can grow 30 feet, with long life. It possesses a single seed vessel to each blossom producing a separate fruit which when ripe is a brilliant red and this is in minature a stony apple. Sometimes these fruits are called "Pixie Pears", "Cuckoo;s Beads" and Chucky Cheese". The tree trunk or stem has hard wood, smooth and ash gray bark, thorny branches. Small shiny leaves are dark green on top, light bluish green underneath, three irregularly toothed lobes.
White flowers have round petals and grow in terminal corymbs during May and June. Fertilization is usually by insects.
Fruit or haw is a 2-3 seeded, scarlet on the outside, yellowish and pulpy on the inside.

GROWING:

Grows easily in most areas in North America. Needs watering in the drier areas. We have many hawthorne trees in our area. Beautiful flowers in the spring, and edible berries in the fall.

HISTORY:

Dioscorides, a Greek Herbalist, used Hawthorn in the 1st century AD. It went out of fashion as a medicine until the 19th century, when an Irish physician included them in a secret remedy for heart disease. years later, the medicine was found to be made from hawthorn berries which are still prescribe din folk medicine for a variety of heart-related problems, among them high blood pressure and over-rapid heartbeat.

CONSTITUENTS:

Leaves, flowers and berries contain variety of bioflavonoid-like complexes that appear to be primarily responsible for the cardiac actions of the plant. Bioflavonoids found in Hawthorn include oligomeric procyanidins (OPCc), vitexin, quercetin, and hyperoside. The action of these compounds on the cardiovascular system has led to the development of leaf and flower extracts.

THERAPEUTICS:

Very good for high or low blood pressure as it strengthens the heart.
Tea is good for nervous tension and sleeplessness Heart Disease: Hawthorn may help the heart in several ways. It may open (dilate) the coronary arteries, improving the heart's blood supply. It may increase the heart's pumping force. It may eliminate some types of heart-rhythm disturbances (arrhythmias).
It may help limit the amount of cholesterol deposited on artery walls.

PHARMACOLOGY / ACTIONS:

Astringent Tonic Antispasmodic Cardiac Sedative Vasodilator

INDICATIONS:

Angina pectoris, Congestive heart failure, most cardiac situations will benefit.
Atherosclerosis
Congestive heart failure
Hypertension (high blood pressure)
Heart rhythm
Both flowers and berries are astringent and useful in sore throats
Leaves are used as tea.
Liquer is made from Hawthorn berries with brandy.

OTHER USES:

In Germany 3 dozen hawthorn based heart medicines are available. it has become one of the most widely used heart remedies. It is prescribed by German physicians to normalize heart rhythm, reduce the likelihood and severity of angina attacks, and prevent cardiac complications in elderly patients with influenza and pneumonia.

Note: it does take some time to take effect - use for long term.

DOSAGE: (daily)

Infusion: use 2 tsp crushed leaves or fruit per cup of boiling water. Steep 20 min. Drink up to 2 cups per day.
Extract: 10-15 drops of fluid extract of berries.
Powder: Many people take 80-300 mg of the herbal extract in capsules or tablets 2-3 times a day
Tincture: 4-5 ml three times daily. German physicians prescribe 1 tsp hawthorn tincture upon waking and before bed for periods of up to several weeks. To mask its bitter taste, mix with honey or mix it into a herbal beverage.
Caps: Hawthorn products standarized contain either 4-20 mg flavonoids 30-60 mg oligomeric procyanidins or 1.8% vitexin rhamnoside 10% procyanidins. Each bottle will have its recommendations noted.

CAUTION:

Safe for long term use.
No known interactions with prescription cardiac medications or other drugs.
No known contra-indications to its use during pregnancy or lactation.
Large amounts may cause sedation and/or a significant drop in blood pressure, possibly resulting in faintness.

HORSERADISH

Cochleria armoracia; Roripa armoracia

Family: CRUCIFERAE or BRASSICACEAE





OTHER NAMES: **Great railfort, horseradish, mountain radish, red cole, radcole, raifort, Moutarde des allemands/des capucinsrafanus albus/niger/sylvestris (Lat),**
Botannical name: Cochlearia armoracia L. (N.O.) Cruciferae
Pharmaceutical name: radix Cochleariae

PART USED: Fresh or dried root
Taste: very pungent **Temperature: hot** **Moisture: dry**

ID:

Plant grows 2-3' high
Leaves 8-12" long, 4-5" wide
White flowers
Two celled fruit pod
Root 12" long and 1/2 - 1" thick, tapering, conical-shaped, yellowish, scaly, warty, white, fleshy inside with many stones and a central pith. A pungent mustard-like odor when root is scraped or bruised (irritating to nostrils), and a sharp, acrid mustard-like taste.

GROWING:

Perennial herb
Native of Europe
Can be cultivated and grown in your herb garden
Collection:
Fresh roots from cultivated plants
Drying and Preservation:
Root can be dried but it would be better preserved because of the valuable volatile oils.
Preserve in fluid extracts or tincture form.

AREAS AFFECTED: vascular, heart, lungs, stomach, intestines, kidneys, lymph, pancreas, thyroid

THERAPEUTIC ACTION:

STIMULANT aperient rubefacient diaphoretic diuretic
Horseradish is one of the most prolific stimulant herbs there is, especially to the digestive organs (dried root), kidneys, skin and circulation.
It will give pleasant warmth in the stomach, relieve the gall ducts, stimulate alvine (intestinal) action, and increase the flow of urine.

*** supports yang, generates warmth, dispels cold; stimulates circulation, enlivens lymph, relieves pain**

- **yang deficiency with arterial blood & qi deficiency with chilliness, fatigue**
- **anemia**
- **wind damp obstruction with acute rheumatic/neuralgic pain**
- **yin excess with blue capillaries, somnolence, cold limbs**
- **painful arthritis, gout, insect stings, etc.**
- **local paralysis**
- **lymphatic congestion**

*** warms and invigorates and lungs and intestines/spleen; dries mucous damp, expels viscous phlegm and relieves wheezing**

- **lung phlegm cold with copious white phlegm, wheezing, coughing**
- **intestines cold (Spleen Yang deficiency) with loose stool, no appetite, chilliness**
- **intestines mucous damp (Spleen damp) with nausea, epigastric swelling, fetid breath & stool**
- **intestinal fermentation**

*** seeps water, promotes urination and relieves fluid congestion, stimulates kidneys and uterus, promotes menstruation and expels afterbirth**

- **kidney qi stagnation with difficult, painful urination**
- **kidney fluid congestion with ankle and leg swelling**
- **anuria, urinary stones**
- **genitourinary damp cold with leucorrhea, mucous cystitis**
- **uterus cold with obstructed or cramping delayed menses**
- **retained placenta**
- **heart fluid congestion with central or peripheral edema**
- **cardiac edema**

*** restrains infection, promotes tissue repair, resolves contusion and benefits the skin; clears parasites and antidotes poison**

- **chronic intestinal, kidney, bladder and respiratory infections including influenza**
- **chronic wounds, ulcers, chillblains**
- **skin blemishes, acne, freckles**
- **contusions, bruises**
- **poisoning from food or herb, esp. mushrooms**
- **intestinal parasites**

*** inhibits the thyroid and restores the pancreas**

- **hyperthyroidism, goitre**
- **chronic high or low blood sugar**

MEDICINAL:

Bile
bronchitis
catarrh (gastric, intestinal)
constipation
coughs
dropsy
dyspepsia
hoarseness
indigestion
jaundice
low bl. pres.
malnutrition
neuralgia(local)
palsy

paralysis
poor circ.
pulmonary
rheumatism
sciatica
scrofula
scurvy
sinus trouble
sluggish liver & stomach
urine
vomiting
weak chest
wheezing
worms
whooping cough
Do not take this herb during pregnancy

Preparation:

Take fresh root (far more powerful than the dried), and grate it (it is difficult because it is stringy), mix with a small amount of lemon juice or apple cider vinegar (lemon juice is preferable when fresh and used within a few days) and than refrigerate.

Use apple cider vinegar as best solvent (fresh root is much superior). It can be made into an infusion or an overnight maceration. Water preparations are less effective than the tincture.
Freshly grated, it may also be eaten.
The best preparation is the freshly expressed juice which is colibacilluscidal.
Syrups are used for lung and throat conditions.
External preparations are also used for most of the above functions. They include plasters to alleviate chronic pains and paralysis, washes and poultices to promote healing.
The leaf juice is anti-inflammatory and cooling when used on the skin.

Dosage:

Take in much the same way as cayenne. Start with a small amount, then work up to 1 tsp 3 times a day.
Fresh juice: 15-20 drops
Grated root: 2-4 g.
Tincture: .5 - 1.5 ml or 6-12 drops (or min)
Do not overdose as Horseradish's hot stimulant quality may irritate the kidneys or the gastric mucosa.

CAUTIONS AND CONTRA-INDICATIONS:

Do not overdose.
Do not use in acute inflammations and excess heat.
Do not use during pregnancy
Do not use with thyroid insufficiency.
It should be discontinued if it causes diarrhea or nightsweats.

ADMINISTRATION

<u>Oral</u>
Start with 1/4 tsp and hold it in your mouth until it is nothing but sawdust (until the fragrance is gone). It will immediately start cutting the mucus loose, the frontal, the sidal, and this will start draining

BLACK PEPPER

Botanical name: Piper nigrum

Pharmaceutical Family: Piperaceae(pepper)



Synonyms: Black pepper, pepper

ID:
Perennial climbing vine
Stems: woody
Leaves: ovate, smooth, dark green glossy, 4-6" long, 1/7-1/4" wide
Flowers: whitish
Fruit: Berry like fruit green at first then red, and is yellow when ripe. fruit has aramatic odor and pungent taste.

Parts Used: Dried fruit (berries and powder). The unripe fruit is black, the ripe is white.

Taste: pungent
Odor: aromatic
Found: Native of East Indies, Java, Sumatra, cultivated elsewhere

Therapeutics:

Stimulant	tonic	antiperiodic	diaphoretic
carminative	aromatic	rubefacient	pungent
condiment	febrifuge		

This is an active stimulant, esp. to the gastro-intestinal tract. It may be used as a substitute for cayenne.

Indications:

Cholera morbus	colic	fevers (periodic, intermittent)
gums	indigestion	rheumatism (Plaster)
Sore throat (gargle)		

Preparation:

Do no boil or heat black pepper. When heated, the molecular structure changes very quickly from organic to inorganic, making an irritant to the kidney, liver and gallbladder areas. This should always be used fresh.
Much of that which is purchased in grocery stores has had dangerous preservatives added to keep vermin out, so please try to use the whole pepper or peppercorn and grind it fresh in a small pepper mill (which is relatively inexpensive).

Dosage: (daily)

Oleoresin: 1/2 grain
Powder: 3-20 grains.

Administration:

Oral
As diaphoretic: make fresh pepper into a tea, drink large amounts hot. This will cause patient to sweat; and if done in combination with a hot bath, so much the better.
Sore throat: Mix the powder in a small amount of water and gargle a mouthful.
Skin
Rheumatism: use in plaster form

GROW YOUR OWN BLACK PEPPER IN A POT

Black Pepper grows in the tropics and can grow in zones 10-11. It can grow over 10 feet tall, climbing to neighboring trees for support. When you grow it in a pot, you use a sturdy trellis or pole to give it support.

Use a large pot, 12-14 inches or bigger and just as deep. It should have drainage holes.

For soil use a nice rich base of compost, garden loam, peat.

It likes warm, humid weather and filtered sunlight (remember it grows under trees in the tropics). You can leave it outdoors in the summer and bring it indoors for the winter if you get chilly winters.

You can go online internet to purchase seed, but it is a bit tricky to germinate, so if you can get a live plant or rooted cutting you will be ahead of the game.

If you get a live plant, gently remove it from its container and put it into your prepared pot. The rootball should be fully covered, but don't plant excessively deep. Firm the soil around the base, water well.

Insert the pole or trellis.

This plant likes moist soil, so don't let it dry out, water when the top inch feels dry to the touch. It does not like to be soggy, so don't over water. Many plants are similar to this.

When indoors, to increase humidity you can place a pebbled tray filled with water under the pot. Also you can mist the leaves regularly.

Fertilize regularly with 10-10-10 – a balanced fertilizer. You can use worm castings tea, fish

emulsion, liquid seaweed – these are gentle and nurturing. Reduce the fertilizer in the winter to help slow down the growth and give it a rest.

Pinch back any unruly tips, guide it up the pole or trellis. Remove dead or yellow leaves.

As with most plants, watch for mealy bugs, aphids, spider miters. You can use natural spray from greenhouse, neem oil spray.

The plant flowers after 2-3 years which develop into clusters of berries. Will need patience. They berries go from green to red. If you want black peppercorns, pick the berries just as they begin to redden and dry them with a dehydrator or in the sun. They will shrink, wrinkle and turn black.

If you harvest the seeds when they are red, remove the outer skin – now you have white pepper which is a little stronger than black pepper.

ROSEMARY

(Botanical name: Rosmarinus Officinalis)
Pharmaceutical family: LAMIACEAE(mint)



Common Names/Synonyms: **Compass plant, compass weed, incensier, dew of the sea, polar plant, romero (Spanish), mi-tieh-hsiang (Chinese), rosmarin (Swedish).**

Parts Used: **leaves, flowers, stems, branches. Commercially the entire plant is used to steam distill an essential oil.**

Found: **Originally in the Mediterranean, now grown worldwide as a spice and medicinal herb. Plant thrives best in a warm sunny climate.**

ID: **Rosemary is an aromatic evergreen shrub with leaves similar to hemlock needles. It is native to the Mediterranean and Asia, but is reasonably hardy in cool climates. It can withstand droughts, surviving a severe lack of water for lengthy periods. Forms range from upright to trailing; the upright forms can reach 1.5m (5ft) tall, rarely 2m (6ft 7in). The leaves are evergreen, 2–4cm (0.8–1.6in) long and 2–5mm broad, green above, and gray/white below, with dense, short, woolly hair. The plant flowers in spring and summer in temperate climates, but the plants can be in constant bloom in warm climates; flowers are white, pink, purple or deep blue.**

Growing: **In warmer parts of the world it is a Perennial. It can grow in the summertime here, but seldom lasts in the garden to the next spring. Likes sunlight and well drained soil (similar to Mediteranean).**
Harvest it before the snow falls in the fall in cold countries.
Commercially, the entire plant is used. An essential oil is extracted from the leaves and flowers by steam distillation.
Collection: you can dry out the cut sprigs, hanging them upside down, then taking off the little leaves and storing. You can also freeze the leaves without needing to dry them. Fresh rosemary can be refrigerated in a Ziploc bag for several weeks; dried rosemary should be kept in an airtight container in a cool, dark, and dry place to keep for several months.

History: **The name "rosemary" derives from the Latin for "dew" (*ros*) and "sea" (*marinus*), or "dew of the sea". The plant is also sometimes called anthos, from the ancient Greek word ἄνθος, meaning "flower**
For centuries, one of the most common medicinal uses for rosemary has involved improving memory, not just for the flavor it adds to food. This herb, especially the flower tops, contains antibacterial and antioxidant rosmarinic acid, plus several essential oils such as cineol, camphene, borneol, bornyl acetate, and α-pinene that are known to have anti-inflammatory, anti-fungal, and antiseptic properties.

Constituents: **Rosmarinic acid, camphor, caffeic acid, ursolic acid, betulinic acid, carnosic acid and carnosol. 1-2.5% essential oil flavonoids (luteolin, apigenin, diosmeti), tannins and saponins. Plant is high in iron, calcium and Vitamin B6. Extracts and essential oil from flowers and leaves are used in the belief they may be useful to treat a variety of disorders. Rosemary essential oil contains 10–20% camphor, though the chemical composition can vary greatly between different samples, according to in vitro studies.**

POLYCREST remedy – many uses.

AREAS AFFECTED: **Heart/Cardio. Nervous System Liver/Gall Digestive Uterus Head/Brain Skin**

QUALITIES:

Taste: Strong, pungent, earthy, oily, slightly diffusive
Odor: Woodsy, pine-like, pungent, volatile, aromatic
Energy: the pungent taste indicates it is warming and stimulating, oftentimes drying,
Meridian: stomach, spleen, liver-gall, kidney

THERAPEUTICS:

- **Boosts immune system and memory. Has been demonstrated in studies to be a powerful antioxidant. Traditional reports of the benefits of rosemary include**
- **For improving mood, reducing stress and anxiety.**
- **For digestive health. Helps regulate bowel movements and gastrointestinal system.**
- **aromatic plants often stimulate digestion, warm circulation, distribute blood, alleviate stagnation, open up and drive blood throughout the system.**
- **Has been demonstrated in studies to be a powerful antioxidant. Traditional reports of the benefits of rosemary include supporting cognitive abilities and poor memory (weakness of the brain), immune function, digestive health and circulation. The most common active compound in rosemary, 1,8-cineole, causes an increase in acetylcholine, the neurotransmitter responsible for memory and learning. Drugs to treat Alzheimer's disease work by blocking the breakdown of acetylcholine. It turns out that rosemary essential oil provides an excellent delivery system for getting 1,8-cineole directly to the brain. After rosemary essential oil is inhaled, 1,8-cineole molecules go directly from the bloodstream into the brain bypassing the liver and digestion**
- **The compound also exhibits anti-inflammatory, antiviral, and antibacterial properties. The herb is used by many as a natural antibacterial and antiviral. Rosemary is touted for its ability to eliminate several harmful forms of bacteria while leaving helpful bacteria undamaged. This use of the herb is particularly effective in fighting yeast infections or candida. Rosmarinic acid is found in a variety of herbs other than rosemary, these include thyme, oregano, peppermint.**
- **Carminative: Like most of it's fellow Lamiaceae cousins, Rosemary exhibits a distinct carminative action upon the digestive apparatus. The warming volatile oils help to stimulate the liver and gall bladder into a greater level of activity (oils = liver/gall bladder affinity, not just bitters!), as well as increase circulation to the stomach and intestines. In this way it warms and brings fresh oxygenated blood to the GI, disperses wind (gas, bloating), and helps to warm up and stimulate a cold underactive digestive system.**
- **Circulatory Stimulant: This is probably one of Rosemary's primary actions, as many of it's uses, indicates, and properties gone into more detail below are a result of it's activity upon stimulating the circulation of blood. It does have some specific circulatory stimulant affinities though- most notable here is the head and brain, of**

- **which it is one of our chief specifics for. It also brings blood to the heart, liver, gall bladder and kidneys. It is an excellent plant to consider as a driver in herbal formulas, especially when more blood is needed in the head, brain, and eyes (hence it's common application for the elderly). It is especially useful for clearing stagnant blood, reducing oxidative stress on the tissues, and strengthening the arteries and capillary beds.**
- **Stimulant Diaphoretic: Because of it's circulatory stimulant properties and pungent aromatic taste, Rosemary can also be used as an effective stimulant diaphoretic in the treatment of fever, specifically when the patient feels cold and has shivers. It will effectively drive blood to the periphery and open up the pores to relieve excess heat from the system. The diaphoretic action is truly best delivered through hot infusions of the herbs as opposed to tinctures, as the hot water helps to also raise body temperature, and the steam and heat has a general up and out energetic movement, which is essentially what one is trying to achieve with diaphoretic therapy**
- **Nervine: Rosemary is unique in it's nervine actions as it acts quite differently from our common nervines like Chamomile, Lemon Balm or Passionflower. It is not a nervine sedative like we often think of our nervine materia medica, but rather a nervine stimulant. The essential oils have a direct affinity for the nerves, all of which are coated in the myelin sheathing which is oily in nature (lecithin is a primary constituent of myelin sheathing). Though we don't see a nervous system stimulation like you see with coffee and an activation of the entire sympathetic branch- rather Rosemary helps to "wake up" nerves that are depressed in their function and in need of stimulation. This is especially helpful in degradative nerve disorders such as Alzheimers or the peripheral neuropathy associated with diabetes.**
- **Nootropic: supporting cognitive abilities and poor memory (weakness of the brain). Studies claim the carnosic acid found in rosemary may shield the brain from free radicals, lowering the risk of strokes and neurodegenerative diseases such as Alzheimer's, dementia, ALS (Lou Gehrig's disease). This is a bit more of a modern herbal action which indicates a property of enhancing cognitive function, mental clarify, focus, and short term memory. The nootropic property of Rosemary is predominantly due to it's stimulating action upon the circulation of blood into the brain as well as it's stimulant property on the nerves. These 2 combined certainly wakes up the mind, senses, cognition and perception. It one of our best nootropic remedies in the western materia medica.**
- **Studies have also shown that rosemary is a potent anti-carcinogenic and may play a role in treating cancer in the near future. One such study was conducted on rats and showed that rosemary, when administered in a powdered format, prevented the effects of carcinogens by 76% and decreased the incidence of tumors in mammary glands. In addition, by reducing the damage caused by ultraviolet radiation, the herb also decreases the chances of developing skin cancer.**
- **Spasmolytic While not one of the strongest herbs for reducing spasm, Rosemary does have some antispasmodic properties, specifically in the peripheral circulation- helping to open up and dilate the capillary beds and relax excessive arterial constriction. It's spasmolytic properties are also notable for the digestive system, which is a part of its carminative properties.**
- **Antimicrobial:The essential oil content of Rosemary displays a relatively broad spectrum action upon inhibiting and directly killing pathogenic microbes. With the combination of its astringent qualities, Rosemary can be used as a topical agent to clean wounds and prevent infection. It can also be used within the GI for this property. The pure essential oils will have a much stronger effect in this regard, and can be used**

topically upon the respiratory system for infections, primarily through inhaling the vapor.

- Emmenagogue: Rosemary has traditional uses in regards to stimulating menstruation. Again this is likely due to its circulatory stimulant properties and would be specific for root causes such as blood stagnation and coldness in the womb. It has been used in this regard in European folk medicine for a very long time.

PHARMACOLOGY/ACTIONS:

EMMENAGOGUE	STIMULANT	Antioxidant
Anti-inflammatory	Anti-viral	Circulation
Anti-carcinogenic	Anti-Bacterial	Analgesic
Anti-fungal	Antiseptic	Tonic
Cognitive	Nervine	Anti-microbial
Emmenagogue	Relaxant	Anti-spasmodic

OTHER USES:

- Often used in hair products to prevent balding.
- Some studies claim that the carnosic acid found in rosemary may shield the brain from free radicals. Lowering the risk of strokes and neurodegenerative diseases like Alzheimers, dementia and Lou Gehrig's disease.
- It is believed to be helpful in the digestion of starchy foods and vegetables to avoid indigestion.
- Rosemary is also believed to relieve flatulence and it is commonly used as a circulatory and heart stimulant. In addition, it has been shown to have possible antioxidant properties.
- Muscle and joint pain and the symptoms of gout have been relieved throughout history with this herb.
- Sometimes used to treat muscle pain and arthritis.
- Used as incense and is also very common in aroma therapy. The herb is approved as a medicinal herb by the German Commission E.
- Can be infused into an oil and used externally for skin irritations like eczema and joint problems like arthritis

DOSAGE: (daily)

As an Infusion (tea): Steep 1 heaping teaspoon of dried herb in 2 cups boiling water divide into 3 portions. This may be consumed throughout one day. Adults should not exceed 6 grams of rosemary internally per day.

For the bath: Place 50 grams of dried rosemary in 1-liter water, boil, then let stand for 30 minutes. Add to bath water.

Essential Oil: (6-10%) Mix two drops with one tablespoon of base oil. Do not ingest internally, do not apply to an open sore, and avoid eye contact. Some people may have an allergic reaction to the oil.

Tincture (1:5): 2 – 4 ml three times per day.

PREPARATION:

- To make your own rosemary-infused oil, place a sprig or two of completely dry rosemary leaves into a glass jar, top with olive oil, replace the lid, and shake lightly. Store in a warm, dark place for two weeks, strain, and then simply pour back into the glass jar
- A strong infusion of Rosemary and Nettle leaf is an excellent herbal rinse for hair and

- **can help get rid of dandruff and speed hair growth when used after each washing**
- **Rosemary infused oil is an intensive treatment for bad dandruff of hair loss and can be rubbed on hair, left for at least an hour and washed out- this really improves scalp condition!**
- **used externally in times of illness to speed recovery by rubbing on the feet or any areas that are sore**

CAUTION:

- **Don't use if high blood pressure, ulcers, Crohn's disease or ulcerative colitis.**
- **Oil can be toxic if ingested, use topically only.**
- **Herb may affect the blood's ability to clot and could interfere with any blood thinning drugs. Avoid if you are taking Plavix, Coumadin, Aspirin or other type of blood thinner.**
- **Rosemary may interfere with action of ACE inhibitors in high blood pressure medications like Monopril, Vasotec, Zestril, Capoten or other such medications.**
- **May alter blood sugar levels and could interfere with drugs taken to control diabetes.**
- **Not recommended for those under 18 years old.**
- **Not if pregnant**
- **May interfere with ACT inhibitors in high blood pressure medications like Monopril, Vasotec, Zestril, Capoten.**

FENNEL

(Botannical name: Foeniculum vuglare)

Pharmaceutical Family: Apiacacea (carrot)



Common Names/Synonyms: Large fennel, sweet fennel, wild fennel, sweet cumin, finnochio, fänkål (Swedish), hinojo (Spanish), Fenchel (German), fennikel (Danish), hui-hsiang (Chinese), fenouil (French), fennika (Icelandic).

Parts Used: leaf, seeds. All parts aromatic and used in flavouring; the blanched shoots are eaten as a vegetable; and the seed is a traditional carminative.

Found: Fennel is circumpolar (that is, can be found all over the globe). It is most often found in dry stony calcareous soils near the sea. It is generally considered native to the Mediterranean region but today it is cultivated throughout the British Isles, China, Dominican Republic, Ethiopia, Haiti, Iraq, Italy, Japan, Kurdistan, Malaya, Mexico, Spain, Turkey, and Venezuela.

ID: Perennial, grows to 2.5m high. It has hollow stems, feathery leaves, and flowers that grow in terminal compound umbels about 5-15 cm wide. Each umbel has 20-50 tiny yellow flowers on short pedicels. The leaves are finely dissected, growing up to 40 cm long; the appearance of the leaves is similar to dill leaves but thinner.

Growing: Perennial, with yellow fellows, feathery leaves. Grow away from other plants. It won't survive a winter below -17C. Likes full sun.
Sow seeds indoors in early spring, or plant them outdoors while weather is still cool.
Collection: The fresh leaves, mostly used as a seasoning and garnish, are not suitable for drying but can be preserved by freezing.

History: Fennel was highly valued in the ancient world by Romans, Greeks, Egyptians, Chinese, and Indians for its value as a carminative, expectorant, and as a talisman used in various rituals. Fennel is a food plant that can be eaten as a vegetable, is prized as a tasty aromatic spice for a variety of Ayurvedic and Mediterranean dishes, and is used as a flavoring in various liqueurs such as gin and absinthe.
Continually utilized since the time of Hippocrates and later cultivated by the Romans, fennel has a rich history based on its properties as a food and spice, digestive stimulant, and a sacred ritual object. The original Greek name for fennel was 'marathon' or *marathos* which meant 'to grow thin' due to the use of the fennel seed by athletes to control their weight. The

place of the famous "Battle of Marathon" was a plain in East Attica where fennel grew abundantly. Fennel was sprouted as part of a ritual honoring Adonis, the lover of the Greek goddess Aphrodite. In ceremonies honoring Dionysus (Bacchus), a thyrsus (a wand or staff of giant fennel with ivy vines and leaves, wound with ribbons and topped with a pine cone) was tossed around while dancing as a symbol of prosperity, fertility, and pleasure in general.

Pliny the Elder, an ancient Roman historian believed fennel supported the ability to see clearly; this belief is also mentioned in a variety of Ayurvedic texts (system of Indian traditional healing). Further, in medieval times, it was believed that if grown around the home, or hung above windows and doorways on Midsummer's Eve, fennel would protect the inhabitants and ward off evil.

Various preparations and uses of fennel were recorded in Spain as far back as 961 B.C.E, and there are many references to this herb in historical poetry such as in Milton's *Paradise Lost* where he refers to the "smell of sweetest fennel." In Traditional Chinese Medicine (TCM), fennel (or xiao hui xiang) was powdered and made into a poultice for snakebites. In TCM, fennel demonstrates aromatic and warming properties and effects the liver, kidney, spleen, and stomach meridians (energetic pathways) and is therefore administered to increase appetite, quell nausea, and to allay occasional bloating.

In Ayurveda, fennel is called 'samf' or 'saunf', 'madhurika', or 'shatapushpa' (amongst other names) and believed to taste bitter, pungent, and sweet. It is considered neutral to slightly warming energetically and balancing to all three of the constitutional body types (vata, pitta, and kapha). It is considered to be one of the best carminatives and has been utilized to relieve gas and enhance digestion. Fennel is considered nourishing to the brain and eyes, and calming to the spirit.

In various countries in the Mediterranean, particularly Italy and France, the leaves are put into salads, sauces, and puddings. Roman bakers put fennel under their loaves while baking in order to make the bread taste better, and perhaps to make it more digestable. Nicholas Culpepper (a 17th century botanist, avid astrologer, physician, and herbalist) wrote in his *Complete Herbal* that fennel should be boiled alongside fish in order to make it easier to digest.

In North America, fennel was used by the Cherokee as a carminative and thus administered to soothe digestion in infants, and was also given to woman during childbirth. The Pomo Indians used fennel as an eyewash and a digestive aid and the Hopi used fennel as a tobacco substitute for smoking.

In recent times, fennel is utilized mostly in the same way that it has been for thousands of years. It is an incredibly helpful digestive aid, an effective expectorant, a delicious food and spice. Due to fennel's gentle nature, it is used to support digestion in infants and children, and can be given to nursing mothers and it may stimulate normal milk production in nursing mothers.

Constituents:

The essential oil is colorless or pale yellow and has a sweet, spicy fragrance reminiscent of anise. The oil is extracted by steam distillation of the crushed seeds.

Therapeutics:

Fennel is used for various digestive problems including HEARTBURN, intestinal gas, BLOATING, loss of appetite, and COLIC in infants. It is also used for upper respiratory tract infections, COUGHS, BRONCHITIS, CHOLERA, backache, BEDWETTING and visual problems. Some women use fennel for INCREASING FLOW OF BREAST MILK, promoting MENSTRUATION, easing the birthing process, and increasing sex drive.

Pharmacology/Actions:

Carminative Antioxidant STIMULANT

Indications:

The health properties of fennel are warming, carminative, antispasmodic, antidepressant, stomachic, pectoral, diuretic, diaphoretic, aromatic, anti-microbial, PAIN REDUCING, fever reducing, and promotes milk-flow in nursing mothers.

Fennel has a long history as a commonly used household remedy for a variety of complaints, especially digestive disorders and it has been used traditionally as a remedy for gas, acid stomach, IRRITABLE BOWEL SYNDROME (IBS), GOUT, MOTION SICKNESS, cramps, and spasms.

Fennel has a diuretic effect, which increases the amount and frequency of urination, which is thought to help remove toxic substances from the body.

Fennel is thought to be an effective herbal remedy for respiratory congestion and is a common ingredient in COUGH remedies.

It relaxes the smooth muscle lining of the digestive system and is used for cancer patients after radiation and chemotherapy treatments to help rebuild the digestive system.

Fennel is used as a natural treatment for anemia. Fennel contains iron and histidine, an amino acid found in fennel. Histidine stimulates the production of hemoglobin and other components of the blood.

It is common practice, especially in India, to chew fennel seeds after a meal. Some of the components in the plant stimulate secretion of digestive and gastric juices, reduce inflammation of the digestive tract and facilitate proper absorption of nutrients.

Fennel is used as an herbal treatment for DIARRHEA caused by bacterial action; it is believed that the properties of some components of it are disinfectant and anti-bacterial. Histadine is an example of one of the several amino acids in fennel that aid digestion, helping to relieve diarrhea due to indigestion.

The tea is believed to increase milk production in nursing mothers, and may alsor elieve colic in babies. An infusion of the bruised seeds is a safe and effective natural treatment for flatulence in babies.

When used with urinary disinfectant herbs like Uva Ursi, the herb is thought to be an effective herbal treatment for cystitis.

The plant is rich in phytoestrogens, and is an emenagogue, easing and regulating menstruation by regulating hormonal action in the body. It is believed to be helpful as a natural treatment for amenhorrea, anxiety and depression.

The ground seed of fennel is made into a tea and taken as a treatment for the symptoms related to snake bites, insect bites or food poisoning. This application is a complementary remedy for symptoms, and must never replace appropriate medical care.
A gargle made from fennel infusion is used as an herbal remedy for relief of hoarseness and sore throats.

The essential oil may be used topically to ease muscular and rheumatic pain and an infusion (steeped tea) of the fennel seeds may be used to prepare a compress as a treatment for conjunctivitis and inflammation of the eyelids.

Besides being used in cooking, fennel is found in many commercial products such as toothpaste, soaps, perfumery, air fresheners, and antacid preparations.

The dried plant is used as an insect repellent; the crushed leaves are used as a flea repellent

for dogs and the dried leaves are believed to help keep fleas away from kennels and stables.

Dosage: (daily)
Decoction:
Fluid extract:
Infusion: Infusion: pour 1 cup boiling water over 1-2 teaspoonfuls of slightly bruised fennel seeds and steep for 10 minutes. Drink up to three times a day. For flatulence, take a cup ½ hour before each meal.

Preparation:

Dried seed (fruit) as a spice (whole or powdered), tea, tincture, or powdered and encapsulated fresh above ground parts as a cooked vegetable or in salads fresh seed (fruit) distilled as an essential oil or can be made into a tincture

CAUTION:

Pregnant women should not take fennel as a medicinal herb internally as it is a uterine stimulant; however, small amounts used in cooking are safe. Skin contact with the sap or essential oil may cause photo-sensitivity or dermatitis in some people.

it is used to support digestion in infants and children, and can be given to nursing mothers. Ingestion of the essential oil can cause vomiting, seizures and pulmonary edema.

While fennel has a long history of use as a useful herbal remedy, it does contain compounds which are anti-bacterial. Keep in mind that too much of anything can be harmful.

Taken in excess, fennel can induce trouble in breathing, increase palpitations and make heart beats irregular. Taken in excess, it may also cause neurotic problems.

SAGE

(Botannical name: Salvia officinalis)

LABIATAE(mint)



OTHER NAMES: garden sage, common sage

PART USED: leaves, sometimes stems, infrequently the root or seeds

GROWING: Perennial. Sage is one of the easiest plants to grow in Medicine Hat. They grow wild for the taking, but if you want to grow the culinary type (see picture above), it grows well here. Pick a sunny spot, and don't over water it.

COLLECTION: Gather during flowering season and dry carefully to preserve volatile oil.

HISTORY: Sage has one of the longest histories of use of any culinary or medicinal herb. Ancient Egyptians used it as a fertility drug (Bown, 1995). In the first century C.E. Greek physician Dioscorides reported that the aqueous decoction of sage stopped bleeding of wounds and cleaned ulcers and sores. He also recommended sage juice in warm water for hoarseness and coughs. It was used by herbalists externally to treat sprains, swelling, ulcers, and bleeding.

Internally, a tea made from sage leaves has had a long history of use to treat sore throats and coughs; often by gargling. It was also used by herbalists for rheumatism, excessive menstrual bleeding, and to dry up a mother's milk when nursing was stopped. It was particularly noted for strengthening the nervous system, improving memory, and sharpening the senses. Sage was officially listed in the United States Pharmacopoeia from 1840 to 1900.

THERAPEUTIC ACTION:

DIAPHORETIC (sudorific)	aromatic
stimulant	tonic
emmenagogue	astringent
vulnerary	antiseptic
digestive	nervine (sedatives)
brain stimulant	expectorant
antispasmodic	anthelmintic (vermifuge)
condiment	

- excellent diaphoretic when used hot, opening the pores quite freely (but care should be taken as cold and congestion may result from exposure).
- it is very soothing and quieting to any excitement of the nerves and brain
- it is a good astringent and is very stimulating as a gargle
- it promotes a strong blood circulation within the system
- a substitute for quinine and it is more effective!
- there are over 500 species of this plant, of which a large number have either medicinal or culinary value.
-

MEDICINAL USES:

- **febrile conditions (fevers), nightsweats**
- **indigestion, flatulence, excessive salivation, ulcers of mouth and throat, excessive mucus discharges, nasal catarrh, suppresses or dries up mammary secretions, relaxed throat, laryngitis, tonsillitis, nasal sores, gum strengthener, teeth cleanser, expels worms, stops**
- **excessive sexual desire, sexual debility, spermatorrhea**
- **quinsy, dyspepsia, pneumonia**
- **kidney and liver troubles, nerve troubles, hysteria**
- **painful menstruation and related problems, pms, menopause, leucorrhea**
- **acne**
- **arthritis**
- **depression**
- **hayfever**
- **fatigue**
- **hair tonic - grows hair, removes dandruff**

USAGE:

- **Sage Tea or infusion of Sage is a valuable agent in the delirium of fevers and in the nervous excitement frequently accompanying brain and nervous diseases.**
- **It has a considerable reputation as a remedy, given in small and often-repeated doses.**
- **It is highly serviceable as a stimulant tonic in debility of the stomach and nervous system and weakness of digestion generally.**
- **It was for this reason that the Chinese valued it, giving it preference to their own tea.**
- **It is considered a useful medicine in typhoid fever and beneficial in biliousness and liver complaints, kidney troubles, haemorrhage from the lungs or stomach, for colds in the head as well as sore throat, quinsy, measles, for pains in the joints, lethargy and palsy.**
- **It has been used to check excessive perspiration in phthisis cases, and is useful as an emmenagogue (stimulates menstrual flow).**
- **A cup of the strong infusion will be found good to relieve nervous headache.**

DANGER:

Sage is part of the Artemisia genus. The number of species in that genus is somewhere between 200 an 400. The lactone glycosides, santonin and artemisin are probably found in all Artemisia species and account for their anthelmintic properties. Thujone, a terpene-like ketone and essential oil is also found n the plant and may be responsible for some of its medicinal effects. However it is poisonous in large doses. Thujone is found in larger quantities in the European wormwood. A. absinthium, used in the now illegal liquor absinthe. The U.S. FDA classifies Artemisia as an unsafe herb containing a volatile oil which is an active narcotic poison.

DOSAGE:

Fluid Extract: 1/4 -1 tsp
Infusion: 1 wineglassful 3-4 times daily
Powder: 20-30 grains
Tincture: 1/2 - 1 tsp (20-60 minims/drops)
(N. American Indian Tincture: 16-40 drops 3-4X/day). Decoction 1 tsp leaves to 1 cup boiling water).

ADMINISTRATION:

Oral

Nightsweats: Drink 1 cupful of cold sage tea 2 times daily

Relaxed uvula, ulcerated throat, quinsy, laryngitis, tonsillitis: use equal parts of sage infusion and apple cider vinegar as a gargle;

Nervous troubles, delirious fevers: Give warm infusion

Pneumonia: Clear bowels, give 3-5 cupfuls of hot sage infusion 1/2 hour apart. Keep well covered in bed.

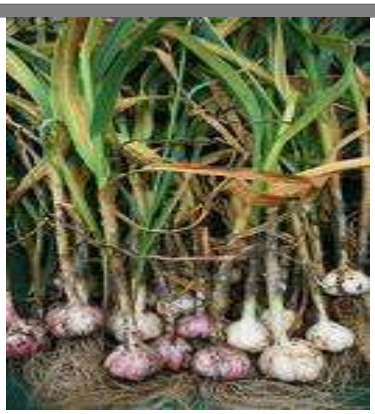
Skin Bleeding wounds, indulated sores, ulcers: use the infusion as a wash or fomentation, or bruise the fresh leaves and use as a poultice.

GARLIC

Alli sativi bulbus

Allium sativum

Family: LILIACEAE(lily)



PART USED: fresh or dried compound bulbs of Allium sativum L., Liliaceae. (pref. fresh)

QUALITIES:

Taste: warm and persistently acrid; onion-like but much stonger
Odor: intensely pungent and disagreeable.
Collection: - bulbs are dug and freed of foreign matter in late summer after leaves die down.
Drying and preservation: - bulbs should be placed in netted bags and hung in a cool, dry place, where there is ample circulation of air.

SISTER PLANTS:

Onion - herb bulb: cough, colds, gravel, dropsy, digestive disorders, nervousness. Onion has similar but weaker medicine.
Leek: bulb; similar as onion.

CONSTITUENTS:

Sulphur compounds. Amino acid S-allyl-L-cysteine sulphoxide or allin - most important naturally occurring sulphur compound. Whole cloves contain .25-1.15% allin and material carefully dried under mild conditions about .7-1.7%. In these situations the enzyme allinase is also present but separated from the allin.
On damaging the cells by crushing or mincing, allinase is brought into contact with the allin causing its rapid decomposition (within 15 minutes at room temp) into the reactive intermediate allylsulphenic acid, 2 molecules of which spontaneously condense to form diallyl thiosulphinate, or allicin. Other thiosulphinates such as allyl methyl thiosulphinate are also formed but allicin represents 65-75% of the total.

Allicin is relatively unstable except when dry. Depending on the processing conditions it is, in turn, the precursor of various other transformation products such as ajoenes, vinyldithins, oligo- and polysulphides.

Garlic powder tablets contain mainly alliin, allicin and other thiosulphinates.

Oil-macerated garlic products contain mainly vinyldithiins together with dialk(en)yl sulphides and ajoenes.

Steam-distilled garlic oil consists almost entirely of dialk(en)yl sulphides, esp. diallyl disulphide and diallyl trisulphide but including higher sulphides up to hexasulphides.

Scordinins: a series of thioglycosides such as scordinins A and B, with fructuronic acid (calcium salt) linked to complex tiopeptide aglycones.

y-Glutamyl peptides, some of which contain sulphur may be involved in the formation of alliin.

GROWING: Plant cloves in mid-autumn in a sunny location with rich, well-drained soil. Set cloves root side down 4-6" apart in rows 1-1/2 to 2' apart, and cover with 1-2" of fine soil. In the North, put down 6" of mulch for winter protection. Garlic may begin growth late in fall or early in spring.
Best not to plant in the same area as onions.

THERAPEUTICS

ALTERATIVE	stimulant	diaphoretic
diuretic	expectorant	antispasmodic
antiseptic	disinfectant	tonic
nervine	cathartic	emmenagogue
carminative	ANTHELMINTIC(vermicide)	digestant
rubefacient vulnerary	antivenomous	rubefacient
anti-syphilitic	anti-catarrhal	

ACTIONS:

- The active components in garlic that kill parasites are allicin and ajoene. These compounds can kill amoebas including one-cell varieties, as well as pinworms and hookworms.
- Lowers blood cholesterol and triglycerides, hypotensive, lowers blood viscosity, activates fibrinolysis
- Inhibits platelet aggregation; antimicrobial, anti-inflammatory, anthelmintic, antibacterial, antimycotic.
- Valuable nervine tonic, esp. useful in lowering hypertension
- Equalizer of blood circulation, useful expectorant for all respiratory affections and infections
- Special affinity for respiratory tract and beneficially influencing bronchial secretions, though it rapidly diffuses throughout the whole system
- - odor is readily diffusible that when juice, oil or other form is applied to the sole of feet, in seconds it is exhaled by the lungs and detected on the breath
- - stimulates gastric juices and has active carminative properties to correct any fermentive and gaseous conditions of stomach
- - arrests intestinal putrefaction and infection while stimulating healthful growth of the "friendly bacteria".
- - oil is composed of sulfides and disulfides which half the accelerated harmful effects while not harming the healthful organisms
- - used as antiseptic and vulnerary during World War I wherever there was pus
- - anthelmintic properties and action is deadly to round and pin worms
- - powerful agent against tumor formation

PHARMACOLOGY:

Primarily due to allicin and/or its transformation products, beneficial affect on blood lipids, blood pressure, blood coagulation.

Serum cholesterol and triglycerides decrease. A tendency for low density lipoprotein (LDL) to decrease and high density lipoprotein (HDL) to increase, producing a favourable shift in the HDL/LDL ratio.
Blood pressure may be reduced esp. in hypertensive patients. Plasma viscosity decreases, improving blood fluidity and mild vasodilation leads to improved capillary blood flow. Platelet aggregation is inhibited and fibrinolytic activity enhanced.

All the above tend to reduce cardiovascular risk factors. Double blind studies confirm lowering of blood lipids in patients with hyperlipidaemia or hypercholesterolaemia and lowering of blood pressure in hypertensive patients.
Garlic also has broad spectrum anti-microbial activity. In vitro and in vivo antibacterial activity and in vitro antiviral activity have been demonstrated.

INDICATIONS (Br. Pharmaceutical):

Atheroma
Prophylaxis of atherosclerosis
High blood lipid levels
Hypertension
Parasite infestation
Respiratory infections and catarrhal conditions.

MEDICINAL USES:

- **tuberculosis, asthma, bronchitis, catarrh, pneumonia, nervous and spasmodic coughs, hoarseness, whooping cough, sore throat, pulmonary phithisis, pleurisy, colds, colic, diphtheria**
- **skin diseases, stomach ulcers, leg ulcers, athletes foot, boils, abscesses, pimples, carbuncles, psoriasis, eczema, lip and mouth diseases (ulcers, fissures)**
- **epilepsy**
- **worms**
- **high blood pressure, low blood pressure, high palpitations, hypertension, heartburn,**
- **tumors**
- **kidney disease, retention of urine**
- **poisonous bites and stings**
- **indigestion, intestinal disorders, diarrhea, dysentery, cholera,**
- **earache, inflamed eyes, eye catarrh, infantile convulsions, smallpox**
- **rheumatism, paralysis, neuralgic pains, sciatica, tubercular joints**
- **cancers**

SIDE EFFECTS:

odor on breath and skin. Generally well tolerated, occasional gastro-intestinal disturbances or allergic reactions may occur. Eating too much raw garlic can actually eat a hole in the stomach.

CONTRAINDICATIONS:

none known

DOSAGE: (daily)

Fresh bulb: 1/2 - 2 drams — **Juice: 1/2 - 1 fluid dram**
4-12 mg of allin (approx. 2-5 mg allicin) — **fully dried: 2-5g**
Syrup: 1 tsp to 1 tbsp — **Tincture: 1 tbsp**
Garlic oil: 2-5 mg; several drops to 1 dessertspoonful

PREPARATION:

- **Care should be taken in its preparation**
- **Do not boil garlic juice, it will reduce its active virtues**
- **Freshly prepared juice is medicinally more effective than other diluted and preserved forms.**
- **When using Garlic in its raw state: Allicin is not present in garlic in its natural state.**

- **When garlic is chopped or otherwise damaged, the enzyme alliinase acts on the chemical alliin, converting it into allicin, the active component contributing to its success for killing parasites.**
- **To get the most out of garlic, be sure to use it crushed or juiced. Start off with 1 clove and work your way up to as many as you can stomach**

ADMINISTRATION:

Garlic treatment generally should be continued over a period of time. When using garlic oil, be sure to shake well before using so that the preparation is thoroughly mixed.

<u>Nasal</u>

Rhinitis (clogged and running nose): apply garlic into nostrils and take garlic internally.

Tuberculosis, whooping cough: inhale vapors of freshly expressed juice that has been diluted with equal quantities of water.

<u>Oral</u>

Nervous and spasmodic cough, hoarseness: take the freshly expressed juice mixed with syrup, honey or other appropriate vehicle.

Chronic colitis, ulcerated stomach: take garlic oil internally over a period of time, 1 dessertspoonful 3-4 times daily.

Worms: give 10-30 drops fresh juice or 1 dram garlic syrup

Colds: at onset, place clove of garlic on each side of mouth between teeth and cheek. The cold will disappear within a few hours or within a day.

Chronic diseases of upper respiratory tract (inflamed tonsils, salivary glands, neighboring lymph glands, pharyngitis, laryngitis, bronchitis): keep garlic in mouth constantly during wakeful hours, renewing morning and evening after cloves have absorbed the poisons; or use another appropriate garlic preparation.

Asthma, whooping cough, cough, pneumonia, smallpox, bronchitis, dyspnea: where there is spasm, give 1 tsp. syrup with or without water every 15 minutes until spasm is controlled, then give 1 tsp. every 2-3 hours for the rest of the day; thereafter give 1 tsp. of syrup 3-4 times daily. Use foot poultice; also mix freshly expressed juice with leaf lard and rub on chest, throat, and between shoulder blades

<u>Skin</u>

- **Rheumatic pains: rub affected areas with cut garlic; or massage in the garlic oil.**
- **Chapped and chafed hands or other parts: massage garlic oil well into the affected parts.**
- **Earache, inflammation of the middle ear, ear disease: pack a small clove of garlic in gauze and place into the external ear passage; or drop 4-5 drops oil into the ear channel, cover with flannel, keep warm.**
- **Pimples: rub several times daily with garlic (the visible eruptions will disappear without leaving a scar, but this does not remove the cause - a purification of the skin must take place by cleansing the blood.**
- **Wounds: garlic placed on the lip of unclean wounds will cleanse them in 4-5 days. Grated garlic placed near the most virulent bacteria will kill them in 5 minutes.**
- **Skin diseases, septic wound: apply garlic tincture on tint and cover.**
- **Eczema, pityriasis, psoriasis, ulcers, cancers, swollen glands, tubercular joints, necrosis**
- **Lip and mouth diseases (ulcers, fissures): apply a paste of garlic (made by rubbing garlic in a mortar) to the affected part on a sterile gauze and retain 8-12 hours.**
- **Indolent tumors, ulcerated surfaces, wounds: apply the freshly expressed juice.**
- **Scrofulous sores, ringworm: apply poultice of freshly grated garlic**
- **Sciatica, paralysis, neuralgic pains: massage garlic oil over affected area.**
- **Retention of urine (due to bladder weakness): apply a garlic poultice on the abdominal**

and public regions.

- **Athlete's foot: wash the parts in hot, soapy water; rinse and dry well; massage in garlic oil 2-3 times daily. After the affection is cured, apply once a week to prevent reoccurence.**

LOBELIA

(Botanical name: Lobelia inflata)

Family: LOBELIACEAE





Common names: Lobelia, puke weed, emetic herb, emetic weed, Indian tobacco, asthma weed, gag root, vomit wort, asthma root, gag root, eyebright, wild tobacco, or bladderpod. Lobelie enflee (Fr), Aufgeblasene Lobelie (Ge)

Part Used: Herb and seeds (seeds are much stronger).

ID:

Stem 6"-3' high, yellowish-green, cylindrical, angular, hairy
Leaves alternate, ovate-lanceolate, serrate, veiny, hairy, pale green
Flowers numerous, smaller pale blue, on long loose racemes with short pedicels.
Fruit inflated, 2 celled oval capsule containing a number of small 1/2 to 1/3" long, ovate-oblong, light brown seeds, coarsely reticulated on outer surface

Odor is slight and irritating

Taste is strongly acrid, resembling tobacco. Pungent, a bit bitter.

Temperature: warm with cooling potential

Moisture: neutral

Constituents:

.2-.6% Alkaloids: piperidine, lobeline, lobelanine, lobelanidine.
Carboxylic acids: chelidonic acid and phenyloxypropionic acid

Growing:

- annual in warm latitudes; biennial in moderate and northern latitudes
- in meadows, pastures, woods, grassy places in North America
- grows up to 3 feet high.
- Plant from seed and during hot dry spells, water frequently
- flowers July to Sept.

Collection:

- whole plant is active, gather from late July - mid October.

Drying and preserving:

- best in tincture form
- do not store in paper as both herb and seeds contain a volatile oil that can be absorbed and lost.

HISTORY

Early settlers once used this plant as an emetic and expectorant, as well as a treatment for respiratory ailments. As its common name suggests, Native Americans once smoked this plant as a medicinal remedy for asthma.. Though folk medicine once spread the belief that this plant could be helpful in countering the effects of nicotine and breaking tobacco addictions, the FDA published research showing that it is ineffectual in this respect. The plant is also known as pukeweed because doctors prescribed the herb when wanting to induce vomiting. The species name "inflata" refers to the inflated seed pods of this plant

Areas Affected:

Heart and circulation, intestines, lungs, kidneys, bladder, nerves, uterus, skin

Therapeutic Action:

antispasmodic	emetic
diaphoretic	stimulant in small doses, esp. respiratory
nervine sedative	expectorant
relaxant in larger doses	anti-venomous
counter-irritant	emmenagogue
diaphoretic	diuretic
cathartic	astringent
nauseant	

- corrector of whole system
- efficient relaxant
- best counter-irritant known
- action is felt immediately on serous, mucous, muscular and nervous systems, esp. sympathetic nervous system
- powerful antispasmodic
- effective in causing immediate relaxation and expansion of contracted parts of respiratory system
- allows oxygenized blood to flow freely to de-energized tissues.
- removes obstruction and congestion within body, esp. blood vessels
- lessens depression through vaso-motor and strengthens muscular action of vessel walls which propel blood
- given to pregnant woman, if fetus is dead it will cause to abort; if fetus is well and healthy and mother is weak, will cause mother to heal and strengthen to help delivery
- lobelia should not be underestimated during labor since it is perhaps the most efficient herbal dilator of the cervix and a good relaxant parturient for women who tend to hypertonic contractions due to qi constraint.

Medicinal Uses:

Skin: Abscesses, chicken pox, boils, eczema, insect stings and bites, ringworm
Heart: angina pectoris, heart weakness, heart pain with anxiety, palpitations, acute heart failure, heart blood congestion, how or high blood pressure
Lungs: asthma, bronchial problems, pleurisy, bruises, catarrh, colic, congestion, cough, croup, whooping cough, laryngitis, Dry harsh coup,
Muscles: spastic muscle conditions, inflammations, rheumatism, spasms of spine, muscles, chest
Brain: meningitis, epilepsy, fainting, hysteria, nervousness, calms spirit, mental stupor, purple lips, stroke
Nerves: nerve deficiency or excess, nervous unrest
Blood: blood poisoning, blood circulation problems
Cold sweats, colds, convulsions, cramps, fever
Digestive: constipation, digestive disturbances, slow painful digestion

- earache
- Virus: measles, scarlet fever, smallpox, fever, cold sweats
- Irregular painful menstruation
- Bladder constraint with difficult painful urination
- Liver: hepatitis
- Kidney: nephritis

Female: spasms of genital organs, muscles. For labor when contractions are hypertonic and not working or she has no will to continue with labor. Lobelia will space out the contractions and make them more effective. Will help violent pains in loins during labor.

Will prevent threatening miscarriage if baby is healthy - up to 60 drops of tincture may be taken every half hour.

Poisoning: poison ivy, poison oak

Sprains, stomach irritation(small doses)

Tetanus (lock jaw), zymotic diseases

Vomiting (small doses)

Cold, shock, collapse, stroke, fatigue, cold limbs, chilliness

Eye inflammation

Dr. Christopher used to say that Lobelia had an unusual gift. If a pregnant lady took the herb and she aborted, it was because the plant knew the child was defective and needed to be aborted; if she took the herb and the baby was healthy, it would help prevent miscarriage.

Contra-indications and Toxicology:

Some reports say the plant is poisonous, another says toxicity has not been established. It contains alkaloid lobeline which has a similar effect upon the nervous system as nicotine.

Do not use during pregnancy or lactation.

Discourage excessive use.

Avoid if you have high blood pressure, tendency to fits and heart disease. No poisonous properties, entirely destitute of any narcotic powers.

Lobelia is a safe remedy, firstly it has a built in safety mechanism whereby overdosing produces vomiting (the alkaloid isolobinine effectively causes emesis if an overdose of alkaloid lobeline should occur). This mechanism can occasional fail, watch for signs of overdosing. Secondly, there are records of herbalists using as much as 15 ml (3 fl. oz) within a 24 hour period for up to a week without untoward effects.

Lobelia is contraindicated in dyspnea from enlarged or fatty heart, weak heart with valvular incompetence, sinus arrhythmia; pneumonia, asthma of cardiac decompensation; hydrothorax, hydropericardium.

Mildly unpleasant symptoms may occur at any dosage level, varying individually.

Overdosage can produce severe adverse effects including nausea and vomiting, profuse diaphoresis, paresis, tachycardia, hypotension and coma; fatalities have occurred.

Preparation:

Decoction, fluid extract, infusion, pills, poultice, powder, syrup, and/or tincture.

Do not use lobelia tincture from drug stores as it is extracted with an etheric menstruum.

Root should be decocted or tincture (1:10) for best results.

Herb is infused or tinctured.

Crushed seed is made into a long infusion.

Lobelia vinegar is excellent for skin conditions.

External preparations include poultices, compresses, salves, enemas.

Herb may be smoked, esp. for qi constraint conditions.

As emetic to produce vomiting dosage is 4-5 ml of the Tincture

Infusion: Seed is best used when crushed.
Powder: Use leaves, stems, flowers and/or pods
Tincture: Use green or dried herb

Dosage:

Decoction: 1/2 cupful
Fluid Extract: 10-30 minims
Infusion: 1 cupful
Powder: 3-10 grains
Solid Extract: 2-4 grains
Syrup: 1-4 drams
Tincture: 1/2 to 1 tsp or 10-30 minims

Administration:

Lobelia rapidly influences all parts of the body. However, due to its highly diffusable nature, it should always be used with more permanent stimulant such as cayenne or peppermint.

Anal:
Fevers, pneumonia, pleurisy, nephritis, hepatitis, meningitis: add lobelia to a catnip enema

Oral:
Asthma: use as emetic to free breathing and promote healing
Hepatitis: see formulas
Mad Dog bites: steep 1 tbsp lobelia in 1 pint boiling water, drink as much as possible to induce vomiting and cleansing of stomach. Follow this mixture with high enema of lobelia and catnip.
Pleurisy: give lobelia and pleurisy root in an infusion.
Typhoid, typhus, spotted fever, scarlet fever: 1 tsp antispasmodic tincture (see formulas) in a little warm water every 1/2 hour. Wash body daily with 2 parts hot water and 1 part apple cider vinegar. Change bedclothes and sheets daily, give warm water every 2 hours.
Baby convulsions: place drop or two of antispasmodic tincture on tip of finger and thrust it into baby's mouth. This will stop problem immediately.
Painful cramps, spasms: Give 1 tsp antispasmodic tincture in 1/2 cup sweetened warm water. Action will take about 15 min.

Skin:
Earache: place a few drops warm lobelia tincture in the ear and plug it with cotton.
Mucus and spasmodic congestion (esp. babies): Rub lobelia tincture into neck, chest, between the shoulders.
For any external problems apply a poultice consisting of 1 part lobelia and 2 parts slippery elm.
Swellings, pneumonia, pleurisy, boils: make compress or plaster of lobelia, of hops, bran or lard.
Rheumatic fever: Rub whole body from the neck to the toes with antispasmodic tincture. In bad cases where they cannot sit up or move the arms or legs, give 1 tsp antispasmodic tincture in a little hot water every 1/2 hour until perspiring freely. Keep patient in bed and allow him to cool down; then wash him with apple cider vinegar and hot water. Give patient 1 tsp antispasmodic tincture in hot water every 2 hours during first day, and every 3 hours for a few days thereafter. When the case demands, rub some antispasmodic tincture externally and be sure to sponge patient with apple cider vinegar and hot water.