ALTERATIVE HERBS

(cleanse the blood)

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

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

These herbs clean the blood and vital eliminative tissues and organs. They have been also called "Antiscrbutics" in the past, they gradually alter and correct impure conditions of the blood and so are commonly called "blood purifiers".
They alter the character of the blood stream because of being possessed of certain properties which the Vital Force can use in stimulating or strengthening the organs of nutrition and secretion, building up so that waste material may be carried and a supply of helpful pabulum may be provided for the organism.
The question is why these conditions arose in the first place. These conditions arise because of improper functioning of one or more organs, usually the secretory organs which are not properly carrying out the impurities of the blood. Impurities may also arise from improper food or impure air.
A true Alterative slowly but surely cleans and purifies the blood stream and at the same time, steadily tones up the organ or organs which may not be able to secrete impurities from the blood.
The liver, kidneys and skin are the main organs to cleans impurities and waste matter. If the liver is torpid and bile is being retained, it affects the digestion, or perhaps it causes a skin eruption. If the kidneys don't do their job, the blood stream is polluted. The skin may retain impurities, or perhaps the lungs may not oxygenate the blood due to impure air being breathed.
We should try to find out the organ at fault as well as examine the food, air and other considerations.

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PLANTAIN aka RIBWORT

(Plantago Major or Plantago Lanceolate)

Family: Plantaginaceae(plantain)



Plantain Major



Plantain Ribwort

PART USED: **Root, leaves(most frequently used), flower spikes, seeds. All plantains are good. The one shown is Plantain Major. The thinner leafed one is Plantain Ribwort. All have some psyllium seeds, but the ones most used commercially come from Spain.**

GROWING: **grows wild everywhere, and easy to collect in our summers, dry out or freeze. You can also transplant into your garden and have your own private plantain.**

AREAS AFFECTED: **lungs, intestines, bladder, kidneys, blood, skin**

QUALITIES:

Taste: **mildly astringent, salty, bitter**

Odor: **none**

Energy: **cold, dry with secondary moistening effect**

Meridian: **lung, colon, bladder**

THERAPEUTIC ACTION:

COOLING ALTERATIVE	**depurant**	**diuretic**
emollient	**mildly astringent**	**refrigerant**
deobstruent	**antiseptic**	**vulnerary**
antivenomous	**styptic**	**antisyphilitic**
anthelmintic (vermicide).		

PHARMACEUTICAL ACTION

Clears Heat, resolves fever, reduces inflammation; restrains infection, clears toxins

Restores, cools, soothes lungs; resolves and expels phlegm, relieves wheezing and coughing

Creates astriction, resolves mucus, dries damp and arrests discharge; removes congestion, moderates menses and staunches bleeding

Promotes Tissue Repair and prevents clotting, antidotes poison, relieves pain, benefits the skin

Dredges Kidneys, restores bladder and harmonizes urination.

The seeds from the spikes are mucilage and called psyllium, used to promote bowel movements more smoothly as the psyllium power swelled with moisture and are somewhat slippery in the bowel. If there isn't enough water to promote the swelling of the psyllium, in the bowel, they become a problem, hardened.

USAGE:

For enteritis dysentery	**Cystitis**
Syphilis, Scrofula, Lymph infections	**Septicemia, local or systemic; malaria**
Burns, scalds	**Eye, mouth, throat & middle ear inflammations**
Lung & throat inflammations, whooping cough	**Lung infections, esp acute stage, lung abscess**
Allergic asthma	**Coughing**
Hayfever, rhinitis, allergic conditions	**Chronic diarrhea, dysentery, leucorrhea, otitis media**
Menorrhagia	**Active & passive hemorrhage**
Wounds, sores, abscesses, bites, ulcers	**Toothache, earache, headache, facial pain**
Thrombosis (preventive)	**Dry crusty skin conditions, dermatosis**
Kidney stagnation, kidney/bladder problems	

- **roots and leaves stimulating alterative effect on circulatory system which beneficially influences the glandular system healing the lymph and epidermal areas in scrofulous and skin diseases**
- **effective remedy for poisonous bites, stings since the poison of fresh stings is extracted rapidly (often within an hour's time)**
- **best healer of blood poisoning reducing the swelling and completely healing a limb where dangerous poison had made amputation imminent. Just bruise some leaves, make into a poultice and apply to area for about 24 hours.**
- **eases pain and heals lower intestinal tract**

MEDICINAL:

poisonous bites & stings	**boils**	**carbuncles**	**tumors**	
inflammation	**scrofula**	**eczema**	**thrush**	
blood poisoning	**piles**	**diarrhea**	**malignant and bleeding ulcers**	
minor wound bleeding	**burns**	**cuts & scratches**	**leucorrhea**	
bedwetting	**scalds**	**lumbago**	**bedwetting**	
syphilis	**dropsy**	**toothache**	**worms**	**poison ivy**
running sores	**itch**	**ringworm**	**mastitis**	**bruises**

The one thing this plant can do that sets it apart from all others is the ability to draw out things. If you have a bite or poison on your body, chew up some plantain and put it on as a poultice, it will draw out anything that is embedded.

The other starring feature of this plant is the use of psyllium – the seeds that are numerous. Used greatly in most preparations to help the bowel movements.

DOSAGE:

Fluid extract: 1/2 - 1 fluid dram **Infusion: 1 wineglass 3-4 times daily**
Powder: 15-45 grains **Tincture: 1/2 - 1 fluid dram**

PREPARATION:

Juice: use only fresh expressed juice and freshly freeze dried extract. This is starting point for all external and internal preparations. Then uses them as washes, compresses, poultices for skin conditions.
Use as gargles for mouth, gum and throat inflammations.
Douches and hip baths for gynecological conditions.
As enemas for intestinal infections.
In all the above cases take the plant internally as well.
The infusion and tincture are second best for this plant.
Lung conditions benefit from the syrup and juice.
Infusion or Tincture even though not as potent as the juice, is used for inflammation and catarrhal discharge or bleeding is present.
Use the freshly crushed leaves externally.
Plantain tea: use 1 heaping tspful leaves for each cup of tea. Pour on hot water. Let steep 30 seconds before straining them off.
Juice: 10 ml or 2 tsp three times a day. More frequently in acute situation.
Infusion: Use 1 oz leaves for each cup. Pour over 1 cup boiling water. Cover. Steep 20-30 minutes, strain.

ADMINISTRATION

<u>Anal</u>
Diarrhea, hemorrhoids, piles: use strong tea (steep 1 oz granulated herb for 20-30 minutes in 1 pint water) inject 1 Tbsp 3-4 times daily (or more frequently in bad cases, and esp. after each bowel movement.
Piles: (ointment) make an ointment by simmering 2 oz of the granulated or powdered herb (double this for fresh) in one pint of soluble oil (olive, soybean, safflower, peanut), apply on soft cotton or gauze and use a band or belt to hold it in place.
<u>Oral</u>
Blood poisoning: use internally and externally.
Thrush: make a decoction, simmering 1 oz seeds in one 1 1/2 pints water and reducing to 1 pint; sweeten with honey and give 1 Tbsp 3-4 times daily.

Diarrhea, kidney and bladder trouble, lumbago, scanty urine, bedwetting: Drink 1 teacupful of the tea 4-5 times daily until relief is obtained.
Scrofula, syphilis: use as a tea and an external application
Water Retention/Dropsy: drink tea from the seeds.

<u>Skin</u>
Stings & bites of poisonous insects, plants, animals, boils, carbuncles, tumors: bruise fresh leaves and apply to the affected area, cover and keep moist (juice); change poultice before dry.
Bleeding of minor wounds; cuts, scratches, bruises, etc: apply a poultice of fresh, bruised or mashed leaves; drink tea internally
Malignant or bleeding ulcers: apply the infusion with glycerine on well-saturated cotton or lint, cover and change as often as necessary.
Toothache: apply fine powder of the roots to the affected area.
Burns, scalds, erysipelas: use the strong tea as a frequent wash and drink the infusion internally.
Inflamed eyes: use a finely-strained tea made in distilled water as a wash.
Itch, ringworm, running sores, old wounds: make a strong tea of equal parts of plantain and yellow dock and bath the affected area frequently as a wash.
Blood poisoning: use plantain as a fomentation or poultice and increase the normal internal dosage.

<u>Vaginal</u>
Leucorrhea, menorrhagia: use a strong tea as an injection or douche, and drink the tea internally.

<u>Cosmetic Stick for burns, inflammations, boils, red eruptions.</u>
2 parts plantain
2 parts houseleek (or any of chickweed, comfrey, mullein, marshmallow)
1 part lemon.

RED CLOVER

Botannical name: Trifolium Pratense

Family: Fabaceae/ Papilionacae(bean/legume)



PART USED: Flowering tops

QUALITIES: TASTE: Sweetish and slightly bitter **ODOR: faintly aromatic and tea-like**

SISTER PLANTS: White Clover (Trifolium repens) (for boils, ulcers, skin disease. Equal pts clover & yellowdock makes good salve)

THERAPEUTIC ACTION:

ALTERATIVE	mildly stimulant	sedative	depurative
deobstruent	nutritive	somewhat antispasmodic	detergent

USES:

- can be eaten in its entirety. Eat sparingly when raw because it can cause bloating though completely harmless when cooked.
- Bloating effect is also decreased if plant is first soaked in salt water.
- high in protein, excellent as tea esp. flowers and seeds.
- alterative agent for counteracting scrofulous and skin diseases
- an antidote to cancer
- efficient remedy in bronchitis and spasmodic affections
- remedy in wasting diseases and for weakly and delicate children
- soothing to nerves

MEDICINAL USES:

- spasmodic and bronchial coughs, whooping coughs, cancer scrofula, scaly skin, indolent ulcers, rickets, bronchitis, wheezing, chest weakness, St. Vitus' dance, leprosy, pellagra, fresh wounds, syphilis, old sores
- cancer, indolent ulcer: red clover possesses potent healing properties here and is a highly recommended application for any part of the body. Scaly skin: red clover has an old and persisting reputation for healing this problem.
- infusion of clover flowers for stimulating liver and gall bladder
- helps constipation, sluffish appetite, skin problems, whooping cough, bronchial, renal conditions.
- strong tea as gargle for sore mouths, throats, mild sedative
- tea for rectal and vaginal injection.
- externally tea as fomentation for rheumatic or gout pain and softens hard milk glands
- poultice for athlete's foot and other skin problems.
- as salve the flowers for cancer and indolent ulcers

PREPARATIONS:

Fluid extract, infusion, powder, tincture.

Strength of preparation may be made twice as strong with safety and the same dosage given.

DOSAGE:

Fluid extract: 1/2 - 1 fluid dram
Infusion: 1 wineglassful to 1/2 teacupful 3-4 times daily, between meals
Powder: 20-40 grains (1-2 #00 capsules)
Tincture: 20 minims or 2/3 teaspoonful.
Terry: 2 tsp flowers, steep in 1/2 cup water 10 min. Take 1 - 1/2 cups a day in mouthful doses at any one time.
Tincture: 5-30 drops in water.

ADMINISTRATION:

Oral
Alterative: usually with other alterative agents like stillingia or queen's delight, burdock root, yellow dock, prickly ash, blue flag to bring out its alterative properties.
Bronchitis, bronchial and spasmodic coughs, whooping cough: drink infusion freely
Lack of vitality and nervous energy: drink infusion
Cancer: drink 4 or more times daily on empty stomach.
Skin
Scaly skin: use strong tea as a wash, or apply ointment.
Indolent ulcers, cancer: apply extract or bathe freely with a strong tea and drink internally; see formulas
Vaginal Cancer: inject strong tea with bulb syringe (hold vagina closed after insertion to force tea around head of womb, retain several minutes before expelling 5-6 times daily.

CAUTION

As with any good blood cleanser, if a person is taking a medicine that is life sustaining, such as heart medicine, this may inadvertently remove the medicine and cause a problem.

BURDOCK ROOT

Botanical name: Arctium lappa

Pharmaceutical family name: COMPOSITAE(aster/daisy)



PARTS USED: **air dried roots of Arctium lappa L. (A. majus Bernh) or Arctium minus Bernh. Compositae, collected in the autumn of first year or early in the following spring before flowers appear. Root has the most powerful alterative characteristics.**

FOUND: **Europe, Asia, all temperate parts of the world. Biennial. Grows along roadsides and in rich waste places ("wherever we see nettles, there also will be found burdock") flowers July-Sept. Burdock is a common weed which grows in almost any uncultivated space. It is a dock which bears seeds in bid round bristly cones that stick to clothing and animal fur.**

COLLECTION: **roots of seedling or one year old plant should be dug in the fall or early spring. The stalks, cut before the flower is opened and stripped of their rind, form a delicate vegetable, similar in flavor to asparagus when boiled and a pleasant salad when eaten raw with vinegar.**

The Chinese, while recognizing burdock's demulcent properties, found it more valuable as a healer of hot (yang) conditions. Its diaphoretic and diuretic properties made it valuable for eliminating excess nervous energy, sweating out toxins and cooling the heat of infections. The Chinese also consider burdock to be a strengthening aphrodisiac. It has been cultivated in the Orient for food and is still considered a staple to the Japanese where it is known as GOBO.

AREAS AFFECTED:

Circulatory **Urinary** **Digestive**

QUALITIES:

Taste: **On first examination, the root has a mild, sweet mucilaginous taste indicative of its demulcent properties. However more familiarity with burdock root, makes its subtle astringent and bitter properties more recognizable.**

Energy: **yang** **Odor:** **slight**

CONSTITUENTS:

Acetylenic compounds, ca.0.002% of 2 types: a series of polyacetylenic C alkyneenes, principally trideca-1, 11-diene-3,5,6,9-tetrayne; also nine sulphur-containing acetylenic compounds with two thiophene rings, especially arctinone-a together with related arctinols, arctinal and arctic acids.

Guanidino-n-butyric acid, a small amount, with other amino acids.

Phenolic acids: caffeic, chlorogenic, isochlorogenic and other acids.

Inulin up to 40-50%.

Polyacetylenes: .001-.002% (bacteriostatic)

Mucilage: 5-12%

Other: physterols, tannins, mucilage.

Definite: the benefits of viscous fiber lowers bowel transit time, absorbs toxins from bowel, balances intestinal flora. As a demulcent action on digestive tract. As astringent (tannin). As a bacteriostatic (volatile oil). And as fungicide (volatile oil).
Not definite: as a diaphoretic (volatile oil) and diuretic (volatile oil).

THERAPEUTICS:

ALTERATIVE	**tonic**	**diuretic**
diaphoretic	**stomachic**	**aperient**
depurative	**antiscrbutic**	**demulcent**

- **one of the best alterative and depurative (blood purifying) agents in nature, but does not nauseate.**
- **beneficially influences the skin,**
- **soothes the kidneys**
- **relieves congestions of lymphatics**
- **increases flow of urine**
- **useful for removing excess and fatty (adipose) tissue.**
- **possesses wholesome nutritive value in the stalk when cut before the flower opens, is stripped of the vitter rind, boiled or used in salads (eat raw with oil and apple-cider vinegar); it has a delicate flavor of asparagus.**

PHARMACOLOGY:

- **Root has long been considered to have diuretic and diaphoretic actions to stimulate liver/gall function and to be useful, internally or externally, in the treatment of skin diseases.**
- **most popular western use is in blood purifying. This is based on the concept that diuretic and alkalizing herbs will neutralize acids and toxins and expel them more quickly. The actual mechanism is more likely due to its mucilage preventing the absorption of toxins from the digestive tract and its diuretic effect. By absorbing toxins from ingesting food and those produced by intestinal flora, viscous fiber eliminates the source of many of the toxins. This allows the body to heal itself.**
- **A bacteriostatic action has been attributed to the presence of polyacetylenes.**

INDICATIONS:

- **Skin disorders, rheumatism.**
- **Gout, disorders requiring increased elimination.**

CONTRAINDICATIONS: **none known**

PREPARATION: **Decoction (roots), fluid extract, powder, solid extract, tincture.**

British Pharm. Dosage: 3X/day
Dried root, 2-6g or by decoction
Tincture (1:5, 25% ethanol) 8-12 ml
Fluid Extract (1:1, 25% ethanol) 2-6 ml
Fresh root: 1/4-1/2 cup
Dried root: 6-12 gm
Extract: 9 gm dried root, 45 ml alcohol, 45 ml water.

<u>Dr. Christopher Dosage:</u>
Decoction(root): 1 wineglassful 3-4 times daily
Fluid extract: 1/2 - 1 fluid dram
Infusion(leaves): 1 teacup 3-4 times daily
Powder: 30-60 grains (1/2 - 1 tsp)
Solid extract: 5-15 grains
Tincture: 30-60 minims (1/2 - 1 fluid dram) 3-4 times daily.

ADMINISTRATION:

Orally:

To promote perspiration: double the dose in hot water, adding 1/8 - 1/4 tsp of ginger to each teacupful.
For Pain: drink an infusion of the tops
For skin: drink decoction regularly

Skin:

Large sores, skin diseases, inflammation swelling: apply hot fomentation of tea to affected part, cover with plastic or oil silk to prevent evaporation and bandage; leave on until almost dry, then cleanse the area and make another application; repeat until healed.
Skin eruptions, burn wounds, swellings, hemorrhoids: apply the burdock ointment
Rashes, pimples, boils, scurvy, eczema: use a decoction of equal parts burdock root and yellow dock as a wash and drink the combination as a tea
Goiters: mix burdock root powder with leaf lard and apply externally over the affected gland and inflamed area.
Locked joints: apply a poultice of root over the affected parts.

Decoction of Burdock Root:

4 oz Burdock root, cut or powdered (arctica lappa)
3 pints distilled water
8 oz glycerine (for longer preservation)

Simmer herb in water for 30 minutes; strain, sweeten with honey, allow to cool, bottle and keep in a cool place. For longer preservation simmer the herb in water for 30 minutes, strain, return the liquid to the cleansed vessel and reduce by simmering to 1 pint; strain, allow to cool, add the glycerine and shake well together, keep in a cool place (do not sweeten till using).
Dosage: Take 1 wineglassful 3-4 times daily. 1-2 tbsp for the stronger decoction with glycerine (diluted in some water); stronger doses may be used in severe and difficult cases, when the stomach is not nauseated thereby.

Strong decoction of Burdock Root:

4 oz burdock root, cut (arctium lappa)
2 quarts distilled water
1/4 pint glycerine
Soak herb for 1 hour in water, bring to a boil and reduce by simmering to 1 quart; strain, return the liquid to the clean vessel and reduce by simmering to 3/4 pint; add the glycerine and mix in well, allow to cool, bottle and keep in a cool place.
Dosage: 1 tsp - 1 tbsp in water (3 times as strong as the infusion). Large doses may purge the bowels, so regulate the dosage accordingly.

OREGON GRAPE or MOUNTAIN GRAPE

Berberis aquifolium: Mahoria aquifolia;

Family: BERBERIDACEAE(barberry)



PART USED: Rhizome and roots

QUALITIES:

Taste: distinctive and bitter, yellow saliva on chewing
Odor: slight
Collection: best time to gather roots is in the late fall or early springtime.

NOTE: Oregon grape root may at times be substituted for golden seal which is an expensive herb. Oregon grape root is beneficially combined with cascara sagrada for cases of atonic dyspepsia with chronic constipation.

SISTER PLANTS:

Barberry; bark, rootbark, berry almost identical in the therapeutic action. Barberry acts with greater speed and effectiveness upon the liver, stomach and digestive organs, the wild Oregon grape acts more favorably and is more reliable in scorbutic and syphilitic problems.

THERAPEUTIC ACTION:

ALTERATIVE	depurant	tonic	slight stimulant
hepatic	tonic laxative	diuretic	antiscorbutic
antisyphilitic	antiscrofulous	anti-periodic	nerve tonic

USES:

- one of the best blood purifiers and liver stimulants
- creates appetite, promotes digestion, improves absorption, increases strength and vitality
- also beneficially influences bowel (gentle tonic-cathartic) and genito-urinary tract, and is very healing to the lymphatics and skin tissues.

MEDICINAL USES:

chronic skin diseases
chronic eczema
atonic dyspepsia
weak digestion
jaundice
rheumatism
leucorrhea.
syphilitic cachexia (condition of general ill health)
psoriasis
scrofulous
chronic constipation
flatulence
kidney and liver troubles
chronic uterine diseases

PREPARATION:

Decoction, fluid extract, powder, tincture

DOSAGE:

Decoction: 1 wineglassful 3 times daily, 1 hour before meals
Fluid extract: 1/2 - 1 fluid dram
Powder: 20-40 grains
Tincture: 30-60 minims (1/2 - 1 tsp)

ADMINISTRATION:

Oral

Chronic constipation: combine oregon grape root (2 pt) with cascara sagrada (1/2 pt). Take in wineglassful doses, but if this relaxes bowels too much, reduce the dose, but take regularly.

Scrofula, jaundice, kidney and liver troubles, rheumatism, leucorrhea, weak digestion: use strong decoction.

Skin

Drink decoction of strong decoction internally and use externally as a fomentation or wash.

ECHINACEA

(Echinacea angustifolia Brauneria angustifolia; B. pallida;)

Family: COMPOSITAE(aster/daisy)



OTHER NAMES: **Also called Purple Coneflower, Black Sampson, American Cone Flower, Black Sampson, Black Susans, Brauneria Angustifolia, Brauneria Pallida, Brauneria Purpurea, Comb Flower, Coneflower, Echinacea Angustifolia, Echinacea Pallida, Echinacea Purpurea, Echinacea Serotine, Hedgehog, Indian Head, Kansas Snakeroot, Narrow-Leaved Purple Cone Flower, Pale Coneflower, Purple Cone Flower, Red Sunflower, Rock-Up-Hat, Roter Sonnenhut, Rudbeckia Purpurea, Scurvy Root, Snakeroot**

PART USED: **root (rhizome)**

SISTER PLANT: **Echinacea purpurea; COMPOSITAE; fresh root: possesses similar therapeutic properties and uses.**

GROWING: **It is native to areas east of the Rockies in the U.S., grown in the western States, Canada and Europe. We can grow it in our gardens as a perennial. After severe or strange winters, we have lost many of our echinacea plants. The Purpurea variety grows well here but we have not found the angustifolia to do well.**

QUALITIES:

Taste: Sweetish, then bitterish with a tingling sensation (no benumbing effect)
Odor: faintly aromatic
Grows central & eastern Kansas, West of Ohio in US, Canada. Perennial

HISTORY:

Echinacea was used in traditional herbal remedies by the Great Plains Indian tribes. Later, settlers followed the Indians' example and began using echinacea for medicinal purposes as well. For a time, echinacea enjoyed official status as a result of being listed in the US National Formulary from 1916-1950. However, use of echinacea fell out of favor in the United States with the discovery of antibiotics. But now, people are becoming interested in echinacea again because some antibiotics don't work as well as they used to against certain bacteria.

THERAPEUTICS:

ALTERATIVE	antiseptic	stimulant	tonic	anti-fungal
antiscrofulous	diaphoretic	sialogogue	aphrodisiac	
depurant	anti-venomous	anti-putrefactive	deodorant	

ACTIONS:

- activates immunity, restrains infection, clears toxins; reduces inflammation, antidotes poison, resolves tumors, relieves pain, promotes tissue repair, arrests discharge
- very effective alterative and blood-purifier
- powerful and stimulating antiseptic and anti-putrefactive agent
- causes sweating, resolves fever, pushes out eruptions
- dredges kidneys, enlivens lymph, promotes cleansing, benefits skin
- restores stomach
- valuable for correcting auto-infection, wherein elimination is imperfect and the tissues and fluids have altered and developed septic or putrefactive action with resultant systemal devitalization and adynamia (weakness)

- **stimulating antiseptic and anti-putrefactive action on external surfaces is comforting and in arresting pus-formation, it eliminates the disagreeable odors of foul surface and fetid discharges**
- **excellent healing agent wherever tissue decay is imminent or taking place, repair power is poor, and where there are unhealthy or sanious (bloody-tinged) discharged**
- **a good appetizer and greatly improves digestion and is useful for goitrous, scrofulous conditions**
- **relieves non-venous bites and stings and the Sioux Indians used the freshly-scraped root as a successful antidote for snake bites and hydrophobia**

INDICATIONS:

- **bacterial/viral infections**
- **localized infections (meningitis, anthrax, herpes, tetanus, peritonitis, phlebitis, mammitis)**
- **urogenital infections (venereal infections, herpes, reproductive & urinary infections)**
- **mouth/gum/throat infections (laryngitis, stomatitis; fire toxin: boils, furuncles, abscesses, chronic ulcers incl. mouth, tongue, throat)**
- **chronic putrefaction, inflammation or wounds**
- **septicemia incl. puerperal**
- **uremia (diptheria, rabies, cholera)**
- **herb, food, animal poisoning (incl. snakebite)**
- **cancer, tumors**
- **catarrhal discharges (simple or infectious)**
- **Eruptive Fevers (mumps, measles, scarlet fever). Rheumatic Fever (typhoid fever).**
- **Eczema, psoriasis, dermatosis**
- **Prostate enlargement**
- **Congested lymph with swollen glands**
- **Epigastric pain, poor appetite, slow digestion**

MEDICINAL USES:

blood poisoning	**tuberculosis**	**fermentative**	**dyspepsia**
carbuncles	**chronic ulcers**	**syphilis**	**goiter**
peritonitis	**gangrene**	**typhoid fever**	**diphtheria**
pus formation	**tonsilitis**	**chilblains**	**bleeding gums**
halitosis	**abscess**	**septicemia**	**cancer**
erysipelas	**sexual impotence**		

enlargement and weakness of prostate gland, inflammations
poisonous bites or stings
skin: boils, eczema, scrofula, sores, infection, wounds

CONTRAINDICATIONS:

Although Echinacea is a mild, nontoxic herb, being quite active by nature it has been known to cause mild dizziness or nausea (in which case combine it with a little ginger or iceland moss), mild throat irritation, joint pain, or gastric upset.

DOSAGE (daily):

Decoction: 1 tbsp 6 times daily
Fluid Extract: 1/2 - 1 fluid dram
Infusion: 1 wineglassful 3-4 times daily
Powder: 15-30 drains
Tincture: 1/2 - 1 fluid dram
For colds/flus, it is often thought to best take for 2 weeks than abstain for 2 weeks, then take for 2 weeks, then abstain for 2 weeks etc.

ADMINISTRATION:

<u>Oral</u>
Tuberculosis: fine results have been obtained by using Echinacea alone or in combination with elecampane root.
Ulceration, purulent skin diseases: see remedies

Fever, typhoid fever: drink sufficient of the hot tea to induce diaphoresis and administer hourly thereafter until the system is relieved of stagnated wastage.

Fermentive dyspepsia: use Echinacea in combination with other stomachic tonics, such as Goldenseal.

<u>Skin</u>

Boils, carbuncles: make external application of equal parts of Echinacea and ground pine or club moss, while taking the Echinacea tea or syrup internally; another effective poultice is to use flaxseed, lobelia, slippery elm powder and cayenne with Echinacea tea and apply fresh twice daily for 4 days.

Snake bites, mad dog bites: apply freshly scraped root upon the wound.

CAUTION

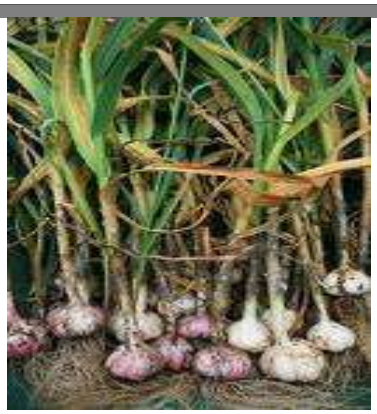
Use for 10-12 days, then take a break. Many consider it not for long term use.

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:

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 benefically 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
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.

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

Skin

- **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.**

YELLOW DOCK

(Rumex crispus, R. obtusiolius)

Family: POLYGONACEAE(buckwheat)





OTHER COMMON NAMES: Curled Dock(R. obtusiolius), Sour Dock, curly dock, narrow dock, garden patience.

PART USED: root

QUALITIES:

Taste - Astringent, mucilaginous, bitterish
Odor - slight
Growing: - perennial root, native to europe and now common to US and Canada, grows in waste ground along roadsides, about rubbish etc., thrives wherever there is iron present

SISTER PLANTS: Great Water Dock/Red Dock, Water Dock, Blunt Leaved Dock, Red Veined Dock., Sorrel, Sheep Sorrel, Turkey Rhubarb

ALLIED PLANTS: Sarsaparilla (Similax off)

THERAPEUTIC ACTION:

ALTERATIVE	tonic	depurative
astringent	cathartic	antiscorbutic
anti-syphilitic	detergent	antiscrofulous
nutritive(leaves)		

USES

- roots contain as much as 40% iron compounds, making yellow dock one of the best blood builders in nature
- effective as a blood-purifier
- excellent for the lymphatic system
- valuable for all skin disorders
- therapeutic characteristics similar to sarsaparilla and turkey rhubarb

MEDICINAL:

- skin disorders and eruptions, scorbutic diseases, scrofula, syphilis, leprosy
- glandular tumors, swellings
- itch
- liver congestion, biliousness
- cancer

- **running ears**
  yellowdock **2.**

- **ulcerated eyelids**
- **sour stomach**
- **lack of pep or vitality**
- **intermittent fevers**
- **sores**
- **anemia**
- **cough**
- **laryngeal irritation and catarrh**
- **arsenic poisoning**
- **hemorrhage**
- **diarrhea**

TOXICITY:

Drink no tea or coffee when taking yellow dock.
If delicate stomach give infusion in smaller doses, gradually increasing them.

PREPARATION:

Decoction, fluid extract, infusion, powder, solid extract, tincture.

INFUSION OF YELLOW DOCK:

1 oz yellow dock root, cut
1 1/2 pints (3 cups) distilled water
Bring water to a boil, immediately pour oveer the herb, cover tightly an allow to steep 30 minutes. Strain, allow to cool. Bottle and keep in a cool place.
Dosage: 1 wineglassful 3-4 times daily between meals.
Children; 1 tsp - 1 dessertspoonful in honey water. Do not drink tea or coffee while drinking organic iron preparation.

STRONG DECOCTION OF YELLOW DOCK (IRON TONIC):

4 oz yellow dock root, cut
3 pints (6 cups) distilled water.
Boil root slowly 15 minutes in 2 pints water, strain with 1 pint of water and simmer 10 minutes. Strain, place the two quantities of liquor (liquid) in a cleansed vessel and reduce by simmering to 3/4 pint; remove from heat, add glycerine (which will make the quantity 1 pint total), allow to cool, bottle and keep in a cool place.
Dosage: 1 dessertspoonful - 1 tbsp in 1/2 glass or 1 cupful of water 3 times daily. Do not drink tea or coffee while drinking these organic iron preparations.

DOSAGES:

Decoction: (strong) 1 dessertspoonful - 1 tbsp in 1 cupful of water 3 times daily
Fluid Extract: 1/2 - 1 fluid dram
Infusion: 1 wineglassful 3-4 times daily between meals
Powder: 15-60 grains
Solid Extract: 5 -15 grains
Tincture: 1/2 - 1 tsp

ADMINISTRATION:

Abstain from tea or coffee as these are incompatible with iron tonics such as yellow dock and will produce toxic results.

Oral
Children: as the root is somewhat astringent, it is best to use infusion in a diluted form, pref. in honey water.
Delicate stomachs: give infusion in smaller doses, gradually increasing them.
Iron tonic (blood maker, blood builder) general tonic: drink strong decoctions; see formulas
Skin
Cough, laryngeal irritation and catarrh: use decoction as a gargle, and drink tea internally.
Itch, sores: apply ointment as needed, or use tea as a wash.
Glandular tumors, inflammation: apply a fomentation over affected part that is wrung out from the strong decoction of hot tea.
Vaginal
Douche: inject into vagina.

NETTLE aka Stinging Nettle

Botanical name: Urticae Dioica

Pharmaceutical family name: Urticaceae(nettle)



ANCIENT NAMES: Akalyphe, Analypse (Gk), Acantum (Lat)

COMMON NAMES: Urtica, Stinging Nettle, Scaddie (Eng), Ortie, Ortie piquante (Fr)
Brennessel, Donnernessel (Ge)

PART USED: dried leaves or aerial parts. Collect during flowering period.
Urtica urens (small or annual nettle) is also used medicinally.
Holmes points out the seed is also used. We eat the young leaves cooked like spinach, tastes similar.

QUALITIES:

Taste: astringent, a bit bitter
Temperature: cool
Moisture: dry

AREAS AFFECTED:

Blood, fluids, lungs, intestines, spleen, liver, kidneys, bladder, uterus, connective tissue

CONSTITUENTS:

- **flavonoids: glycosides of quercetin (isoquercitrin and rutin), kaempferol and isorhamnetin in the flowers**
- **amines: small amounts of histamine, choline, acetylcholine and serotonin particularly in the stinging hairs**
- **substances which occur more or less in all green plants: chlorophylls, carotenoids, vitamins, triterpenes, sterols, carboxylic acids (formic, citric and others)**
- **minerals: high content, esp. calcium and potassium salts and silicic acid.**

THERAPEUTICS:

Mild diuretic **Haemostatic**

ACTIONS:

- **provides nourishment and replenishes deficiency: restores the blood and returns the menses; promotes lactation and benefits the hair.**
  - blood & fluids deficiency and liver blood deficiency: weakness, exhaustion, dizziness, amenorrhea
  - anemia, tuberculosis, rickets, hemophilia
  - uterus blood defiency: delayed, scanty or absent menstruation
  - amenorrhea
  - chronic & degenerative disease
  - insufficient breast milk
  - hair loss and general hair care
- **restores the intestines/spleen and lungs, stimulates the lungs and relieves wheezing; relieves allergies**
  - spleen qi deficiency: diarrhea, flatulence, fatigue
  - chronic gastric degeneration & ulcers
  - diabetes (supportive)
  - lung phlegm damp: shortness of breath, coughing up thin white phlegm
  - chronic bronchitis, bronchial asthma TB
  - hayfever, allergic asthma
- **creates astriction, dries damp and arrests discharge; restrains infection and staunches bleeding**
  - genitourinary damp cold; leucorrhea, urethritis
  - bladder damp heat: frequent urgent urination, cloudy urine
  - acute & chronic urinary infections
  - mouth & throat infections, sores, ulcers, catarrh
  - hemorrhage internal or external, including menstrual & intermenstrual
  - lung TB with coughing up blood
- **burns, bites and stings, wounds**
- **promotes cleansing, clears toxins and resolves toxemia: stimulates liver, dredges kidneys, benefits skin and resolves tumors**
  - **liver qi stagnation: constipation, abdominal distension, jaundice**
  - **kidney qi stagnation: skin eruptions, malaise, cystitis**
  - **general toxemia and general fluids dyskrasia: chronic arthritis, gout, rheumatism, eczema, urticaria, scrofulosis**
  - **Uric acid diathesis with chronic skin, joint & gouty conditions**
  - **skin conditions in general**
  - **tumors, cancers incl. Spleen**
  - **seeps water, promotes urination and relieves fluid congestion; lenifies irritation, softens**
  - **deposits and expels stones**
  - **liver & kidney fluid congestion: general or ankle swelling, puffy eyes in morning**
  - **ascites, hemorrhoids**
  - **hard deposits: urinary stones, gallstones**
  - **bladder irritation in all conditions; scanty, difficult, frequent urination, lumbar pains**

PHARMACOLOGY:

Early studies demonstrated diuretic effect in animals accompanied by increased excretion of chlorides and urea. Flavonoids and high potassium content may contribute to diuretic action which is not however fully clarified. (Br. Pharm).

Found helpful in rhumatic and arthritic conditions. In open 14 day study on patients with either myocardial or chronic venous insufficiency Nettle juice produced distinct diuretic effect. (Br. Pharm)

Haemostatic action has been demonstrated as well as mild hypoglycemic activity. (Br. Pharm).
In double blind clinical study of allergic rhinitis, it gave a feebly positive result. (Br. Pharm)

INDICATIONS:

Internally or topically: rheumatic conditions.

CONTRAINDICATIONS:

Very effective at cleansing the blood - will take drugs out of system so don't do near drugs that may keep someone alive such as heart medications.

Being that this plant is often eaten as a food, much like spinach, it is usually quite accepted into the body and dosage is not usually a problem.

PREPARATION:

Use freshly expressed juice or entire plant. Freeze dried is just about as good.

Infusion, tincture and extract act in same way but not quite as well as the juice (Holmes).

Syrup can be made for lung conditions on its own or combined with Mullein, Elecampane, Coltsfoot. While smoking dried plant may bring relief in wheezing and asthma.

Externally, gargles, washes, compresses are used in degenerative and arthritis conditions of muscles, tendons and joints

Nettle Bath: soak a bucketful of fresh stinging nettle leaves and stems or 8 oz (200 g) of dried nettles in cold water for 12 hours. Then heat up the infusion gently and strain it into your bathwater.

Nettle footbath: soak some fresh stinging nettle stems and leaves in 1 gallon (5L) of cold water. Then heat up the infusion gently.

Nettle Root Tincture: fill a glass bottle with washed, finely chopped spring or autumn stinging nettle roots and add enough 38-40% grain alcohol to cover them completely. Seal bottle, leave it to stand in a warm place for at least 2 weeks.

Nettle Tea: use 1 heaping tsp finely chopped stinging nettles for each cup tea. Pour on hot water. Let herbs steep for 30 minutes before straining them off.

Congenial combinations:

Often used with red clover blossom with is also a good blood cleanser.

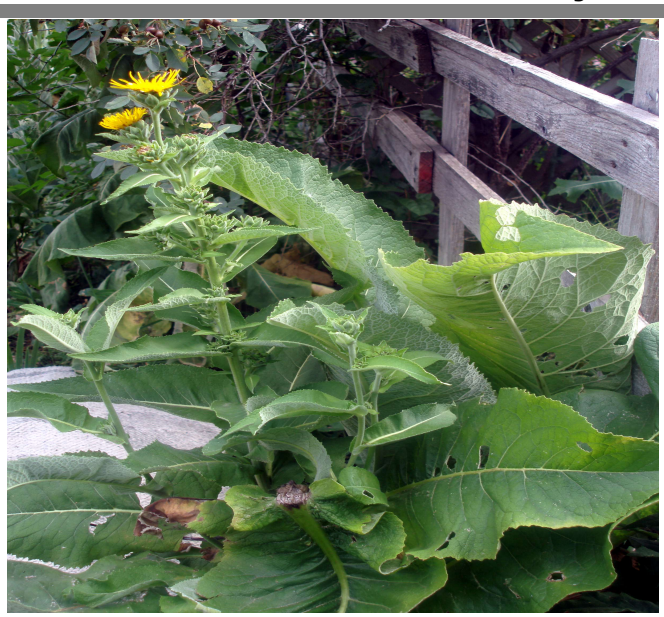
Dosage: (daily)

Br. Pharm: 3 times a day: 3-6g dried herb or in infusion; 2-4 ml liquid extract (1:1 25% ethanol); 2-6 ml tincture (1:5 25% ethanol); 5-10 ml fresh juice

ELECAMPANE

(Inula helenium)

Family: COMPOSITAE(daisy,aster)



Common names: Elecampane, scabwort, elf dock, yellow starwort, wild sunflower, horse heal, velvet dock, Aunee(Fr), Alantwurzel(Ger), enula campana, and helopia (Span)

Parts Used: Rhizome and root

Taste: bitter and pungent, acrid. Warm. Dry

ID

- stem is thick, sold, burrowed, downy above, 2-6' high, usually unbranches, similar appearance to horseradish
- leaves are larage, 10-18" long, 4-8" broad, ovate, alternate, dark green above, saw edged, rough above, pubescent wooly beneath, fleshy midrib
- flowers are large, usually solitary 2-4" across, brilliant golden yellow on long stems
- root is thizome with roots, similar in color and appearance to belladonna, grayish-brown, hard, up to 3" long, 1 3/5" thick, longitudinally wrinkled (horny) with occasional buds or stem-scars, short fracture, internally light brown, many oleoresin canals, fibrinous near cambium zone, roots cylindrical, tapering, curved, curled, up to 5 1/5" long, 3/5" thick, radiant transverse structure and numerous dark cells. Powder: light brown
- aromatic and camphoraceous

Growth:

- perennial
- easy to grow in Medicine Hat
- found mostly from Nova Scotia to Carolinas, and westward to Minnesota and Missouri
- is common in Europe
- grows in pastures, along roadsides, and blossoms from July-Sept.

Sister Plants:

Fleawort (pulicaria dysenterica)
- its properties and uses are similar to elecampane and is common in Europe

Carline Thistle (carlina acaulis)
- properties and uses similar to elecampane
- typhoid, impotence, amenorrhea, paralysis of tongue
- common in Europe

Constituents:

40% inulin.
bitters, triterpenes, ess. oil helenin (incl. camphor), alkaloid, helinin, synanthrose, inulic acid, bitter resin, sodium, calcium, magnesium

Therapeutics:

EXPECTORANT
diaphoretic
diuretic
antiseptic
stomachic
emmenagogue
antiscorbutic
vulnerary
emetic (lg doses)
carminative
tonic
alterative
astringent
gently stimulant
antispasmodic
antiasthmatic
anti-venomous

Organs Affected:

Lungs, stomach, spleen, pancreas, liver, bladder, kidneys, uterus, nerves.

Meridians: **Lung, Spleen, Lliver, Triple Heater.**

Actions:

- **beneficial to all pulmonary and catarrhal affections**
- **its sodium phosphate cleans the liver and digestive organs**
- **the potassium chloride dissolves the fibrinous exudations and mucoid matter and its calcium chlorine supports, feeds and hones the heart muscles**
- **a stimulant, a relaxant and a tonic to the mucous membrane (a warming, strengthening, cleansing and toning agent to the gastric, alvine and pulmonary membranes**
- **because of its powerful healing action and efficient expectoration of pulmonary mucus, some herbalists have considered this agent specifically for consumption and pulmonary disorders.**
- **promptly cleared up old chronic diseases of the lungs and chest.**
- **the richest source of insulin (a carbohydrate)**
- **increases qi and replenishes deficiency; benefits hypothalamus, enhances immune potential, restores lungs,generates strength.**
- **strengthens and stimulates lungs, opens chest, relieves coughing, expels phlegm, expels parasites**
- **restores spleen/stomach and pancreas, creates astriction and dries mucous damp**
- **stimulates liver and uterus, dredges kidneys, clears stasis; promotes urination and menstruation, expels afterbirth.**
- **restrains infection, clears toxins, benefits skin, relieves pain**

Indications:

LUNG:

- **cough, asthma, pneumonia, bronchitis, all pulmonary complaints, dyspepsia, acute catarrhal affection, tuberculosis, shortness of breath, wheezing, whooping cough, night sweats, dry unproductive cough, emacated appearance, TB, phlegm, full cough with coughing up white sputum, bronchial asthma**

QI:

- **tired, debility, daytime sweating; proneness to exogenous and endogenous illness, poor immune**

HEART:

- **palpitations worse on exertion, chronic coughing**

SKIN:

- **snake bites, skin diseases, putrid sores and cankers, rash (skin and face), damp sores, chronic ulcers, eczema, cankers, scabies, dermatosis**

URINARY:

- **cystitis, inflammations (all forms), dropsy, kidney and bladder stones, retention of urine, kidney problems**

INFECTION:

- **tooth decay, infections of lung, trachea, kidney and bladder (esp. chronic)**
- **diptheria**
- **delayed menstruation**
- **phthisis, vesical catarrh**
- **sluggish liver, bowel problems, ulcers**
- **malnutrition, rickets**
- **glandular insufficiency**
- **NERVE: nervous debility, nerve injury, wounds**
- **muscular weakness.**
- **low blood pressure**
- **autoimmune diseases of all kinds**

Contraindications:

This is a mild herb with minimal chronic toxicity.
Contraindicated in pregnancy being a uterine stimulation.

Congenial combinations:

- root combines well with echinacea or black sampson root (Brauneria pallida)
- mandrake root combines well with elecampane root to increase the tonic qualities and make it slightly laxative.

Preparation:

Decoction, fluid extract, powder and tincture.

Dosage: (daily)

Decoction: 1 tbsp (between meals in an equal amount of water - 1 wineglasful 3-4 times daily
Fluid Extract: 1/2 - 1 tsp (30-60) minims)
Powder: 1/2 - 1 dram
Tincture: 1/2 - 1 tsp (fluid dram)

Administration:

Elecampane is seldom given alone, but usually in a compound with medicines of a similar nature.
<u>Oral</u>
Chronic lung troubles: use decoction up to 1 teacupful made fresh each day, omitting glycerine. To increase tonic quality and to obtain a slight laxative action, add 1 tsp mandrake to dosage at the time of administration
Diaphoretic: make decoction without glycerine, while patient is well-covered in bed, administer as hot as can be taken in 1/2 teacupful doses until free perspiration is obtained.
Dyspepsia: Give in small and repeated doses.
Diphtheria: take general body nutritive formula internally and apply externally as a fomentation.
Malnutrition, rickets, glandular insufficiency, nervous disability, weakly children, poor digestive powers, muscular weakness, convalescense: give general body nutritive formula
Tooth decay: chew root (preserves teeth from putrefaction).
Tuberculosis: use decoction alone, or combine with black sampson (echinacea). General body nutritive formula can also be used.

Whooping cough: give the decoction of root alone, sweetened with honey or give general body nutritive formula.
Skin: For putrid sores, cankers, rash: apply agent externally as fomentation, poultice, ointment or wash.

Decoction:
2 oz Elecampane root, cut or powder
1 quart distilled water
4 oz glycerine
Soak root 2 hours in water and bring to a boil. Simmer slowly while closely covered for 30 minutes, strain and
return the liquor to a clean vessel. Reduce to 3/4 pint, add the glycerine while hot and strain. Let cool, bottle, keep in a cool place. Take 1 tbsp (between meals in an equal amount of water) - 1 wineglassful, 3-4 times daily.
Note: Honey is a healing and soothing balm for all children (containing the medicinal nectar of flowers).

FEVERFEW

(Botanical name: Tanacetum parthenium)

Pharmaceutical family: Compositae or Asteraceaeor



Common Names/Synonyms: **Chrysanthemum pathenium, Pyrethrum parthenium, bachelors button, featherfiol, featherfew, flirtwort midsummer daisy, santa maria, mother-herb, fibrifuge plant, altamisa, amargosa, manzanilla, while chamomile, flirtwort.**

Note: ***Some of the products being sold as feverfew contain too little parthenolide. The reason is that some products contained species that looked similar to feverfew, but were not the correct plant. Even where species was correct, most of North American feverfew came from varieties which has extremely low levels of parthenolide. They have also found parthenolide itself was unstable and an unknown amount was lost in drying and processing. Someone in Geneva developed a select seed containng high levels of parthenolide and made a product called "partex", patented by Votanicare. It is the first feverfew phytopharmaceutical.***

Parts Used: **dried aerial parts or leaves only**

Found: **Native to Eurasia, sp. Balkan Peninsula, Anatolia and Caucasus. Locally, all over North America, Mediterranean, Europe, Chile. Found in many old gardens, often grown for ornament.**

ID: **Plant grows into a small busy up to 18 inches high with citrus scented leaves, covered by daisy like flowers. Spreads rapidly, will cover wide area in a few years.**

GROWING: **easy. Can usually get plants at local nursery.**

Collection: **at peak in morning.**

HISTORY: **Reducing fever, treating headaches, arthritis, digestive problems.**
Traditional uses: chills, dizziness, ringing in ears, circulation, allergies, hot flashes, insect bites, sinus congestion.

Constituents:

4% parthenolide
Sesquiterpene lactones, principally the germacranolide parthenolide .1-.9%, other compounds with an a-methylene butyrolactone ring such as 3b-hydroxyparthenolide, seco-tanapartholides. A and B, canin, artecanin, epoxyartemorin and tanaparthin-a-peroxide.
Sesquiterpenes incl. parthenolide, camphor, b-farnesene and germacrene. Parthenolide helps prevent excessive clumping of platelets and inhibits release of certain chemicals incl. serotonin and some inflammatory mediators.
Monoterpenes small amounts including 7 a-pinene derivatives, bornyl acetate and bornyl angelate.
Spinoketal enol ether polyines of which 8 have been isolated.
Volatile oils contain pinene and derivatives, bornylacetate, angelate, costic acid, b-farnesine, spiroketalenol ethers.

There is only one botanical species of feverfew but some regional variation in constituents is apparent. Parthenolidde is usually the main sesquiterpene lactone but no parthenolide was detected in samples from Mexico or East Serbia. Assessment of sesquiterpene lactone profile is therefore important.
May also have parthenolide and tanetin.

Therapeutics:

1-4 leaves of feverfew infused in tea or eaten in sandwich daily reduces number and severity of migraines.
Vaso constricts for good for vaso dilating type headache.
Side effects include sense of well being, lack of tension, relief from arthritis

Feverfew constricts, so it is appropriate for a dilating headache. Needs to be taken daily. (a dilating headache responds nicely to cool cloths on face and neck.

Actions:

Migraine prophylacatic **Anti-inflammatory**

Pharmacology:

Effectiveness in migrane prophylaxis extensively investigated. Thought to be due to inhibition of the release of 5-hydroxtryptamine from platelets possibly via neutralization of sulphydryl groups on specific enzymes that are fundamental to platelet aggregation and secretion (blocks the relse nito the blood of the biological messenger, serotonin, that seems to trigger migraine attacks).
Although pathogenesis of migraine remains unknown, abnormal platelet behaviour with release of 5-HT has been implicated. There is also reduced production of prostaglandins, factors in inflammatory process.
May also have GABAergic effects.
Inhibition of release of damaging materials from white cells in inflamed joints and skin may account for the use of Feverfew in arthritis. Double blind study of rheumatoid arthritis patients has shown no apparent benefit.

Indications:

Prophylaxis of migraine
For sedative

Other Uses:

- **Arthritic conditions**
- **In France: painful menstrual periods**
- **Recently used by Aveeno skincare for red and irritated skin.**
- **Leaves and flowering heads are anti-inflammatory, antispasmodic, aperient, bitter, carminative, emmenagogue, sedative, stimulant, stomachic, and vermifuge.**
- **Infusion from whole plant is used for arthritis, colds, fevers, and as sedative, and to regulate menses.**
- **Also used as foot bath for swollen feet.**
- **Apply externally as a tincture for bruising.- As sedative, hysteria, nervousness, general tonic**
- **syrup for coughs, wheezing, breathing difficulties.**
- **dried flower buds have same properties as pyrethrum, use as insecticide.**

Contraindications:

Pregnancy

Occasional mouth ulceration or gastric disturbance, but the incidence is low.
Contact allergy is known but rare. In two clinical trials more side effects were reported by placebo groups than by Feverfew groups. No major adverse effects in long term use of Feverfew recorded.

Feverfew **3.**

Dosage:

Dried herb 50-200 mg (normally in tablets or capsules
Tincture (1:5 25% ethanol) 5-20 drops
Capsules or tablets usually contain at least 205 mcg parthenolide however it might take
4-6 weeks before they become effective.
Chewing several leaves a day fresh if available for headaches.

ADVERSE EFFECTS:

- **Gastro distress**
- **Mouth ulcers**
- **Antiplatelet actions.**
- **If taken for any length of time as medicine, sudden discontinuation can result in withdrawal symptoms of**
- **headache, irritability, trouble sleeping and joint pain.**
- **Not if pregnant.**

GINKGO BILOBA

(Ginkgo biloba)

Family: GINKGOACEAE



Synonyms: Ginkgo nut, Maidenhair tree

Parts Used: leaves and nut

Taste: Bitter, astringent, neutral energy; nuts are mildly toxic

Growing: Can be grown in Medicine Hat in sheltered location. Can live for 1,000 years but slow growing.

Areas affected: Lungs, kidneys; leaves effective for brain

Constituents:

Flavonoids incl. kaempferol, quercitine, isorhamnetine, other glycosides, proanthocyanidines and non-flavonoid terpenes, bilobalide and gingkolides A, B and C, lignans; essential oil and tannins.

Therapeutics:

- nuts are expectorant, antitussive, anti-asthmatic, sedative, mildly astringent;
- leaf extract has **vasoactive** properties, esp. improving circulation to brain. You can take it for a constricting type headache.
- improves blood circulation to the brain
- improves peripheral blood circulation
- coldness
- tinnitus
- Alheimer's and senility
- Improving one's mood and sociability
- Raynaud's disease
- arthritic and rheumatic problems
- arteriosclerosis
- eye weakness caused by poor circulation
- vertigo
- anxiety and tension
- lung and bronchial congestion

Indications:

- asthma, bronchial, pulmonary conditions
- leaf extract for peripheral blood circulation, circulation to brain
- senile dementia, improves memory, mental efficiency, ability to concentrate, sociability, mood
- reduces anxiety tension, headaches (if vasoconstricting type headache), vertigo, tinnitus, visual problems

- **Alzheimers, peripheral blood disorders such as Raynaud's, postphlebitis, diabetic peripheral vascular disease**
- **auditory nerve damage that can benefit from improved blood flow, or any condition that can be helped with increased blood flow**
- **Good for athlersclerosis which may be initially caused by free radical damage.**

Contraindications:

- no side effects or habituation demonstrated using average dose of 40 mg 3 times daily for 3 months.
- possible side effects: dermatitis, irritability, restlessness, diarrhea, vomiting. These are rare.

Preparation:

Gingko needs to be 50-1 extract to work in a tincture. Collect in spring and fall to get cell bioflavonoids. The potency of the European extract that has demonstrated effectiveness is a 50 to 1 extract (50 parts of the leaves to make one part extract). This is then standardized to to 24% of the flavone glycosides. To date there are literally hundreds of scientific studies attesting to the benefits of using this 24% concentrated extract.
We normally collect leaves in fall at end of season, dry them and make into powder. During the summer we can just eat the leaves green off the tree.

Dosage: (daily)

At least 40 mg of the 24% concentrated extract 3 times daily for a minimum of 3 months.

PURSLANE

(Botanical name: Portulaca Oleracea)

Pharmaceutical family: Portulaceae(portulaca)



Common Names/Synonyms: Garden Purslane. Pigweed, Little Hogweed, Verdolaga, Rigla, Pusley, Pourpier. Ma Chi Xian

Parts Used: Whole herb. Juice. Seeds

Found: All over the world

ID: Succulent herb, stem is smooth and round, trailing along the ground like a small vine. Young plants have a green stem but when maturing, the stems take on a reddish tint. Leaves are small, oblong, green forming clusters. The leaves resemble small wedges sometimes becoming more rounded near the apex, 1-2cm long and like the stem, are juicy. Its stalkless flowers are yellow, solitary or in clusters in leaf forks. The flower's four to six petals are as long as its sepals. Seeds are rough and black. Flowers in summer

Growing: easy in the prairies because it is a succulent and can withstand drought.. Likes sandy and loamy soils, esp. inland areas and northern areas. Seems to grow everywhere in the garden if you don't weed.

Collection: Anytime leaves are full.

History: In ancient Greece it was regarded as an important medicinal herb to treat fever, female disorders, stomachaches, constipation and inflammation of the urinary system, wounds and hemorrhoids. Around the 17th century it was considered a treatment for a cold. Later it was used as a salad ingredient.
Used to treat dysentery, infections or bleeding of urinary tract. Insect and snake bites topically.
Chinese medicine uses for infections or bleeding of genito urinary tract and dysentery.

Constituents:

Richest source of alpha-linolenic acid (Omega 3) of any vegetable known.
Rich sourrce of vitamins A, B, C, E. Mineerals: iron, calcium, magnesium, potassium, folic acid, lithium, zinc, copper, selenium, manganese, chromium.
High in tocophenals
Calcium oxalate
Potassium nitrate
(alpha, gamma, delta)
Riboflavin (B2)
Contains 2 times higher levels of antioixidants that equal amounts of grape seed extract, and cranbery
7 times higher amount of Vit. E, Ascorbic Acid and glutathione than spinach leaves.
Flavonoids, monoterpene glycoside, N-transferuloyltyramine, dopamine, dopa, norepinephrine and several alkaloidal compounds.

QUALITIES:

Taste: peppery System: Liver, kidney, spleen, bladder, blood
Energy: cool, astringent and demulcent

Therapeutics:

- **The fresh juice can be used for strangury. Mix with sugar or honey for dry cough, short of breath, thirst.**
- **Apply external for inflammation and sores.**
- **Cools the liver**
- **Stop hemorrhaging**
- **For gout**
- **Inflammation and sores**
- **Use juice for short of breath, dry coughs, strangury.**
- **For all pains in head from heatstroke, frenzy, want of sleep.**
- **Dysentry, appendicitis**

Pharmacology/Actions:

Antibacterrial Analgesic Anti inflammatory
Cooling diuretic Antiscorbutic Blood Cleanser (alterative)

Indications:

Hemorrhoids Hemorraging Skin conditions
Hair conditions Wound healing
Parkinson's because of its dopa content.

Preparation:

Grind up or make tincture, mix in cream base and apply to skin for burns, bites, itchiness, psoriasis, dryness, sore muscles, headaches.
To make Purslane oil soak purslane in grapeseed or other oil for a week, strain and use.
Skin ingredients for Natural Plantation Purslane Cream:
Aloevera Safflower Oil Apricot Oil Water
Macadamia Oil Sesame Oil Plant emulsifying wax
Vit. E almond glycerides, Grapefruit Seed Extract Purslane oil

CAUTIONS:

Use herb with caution if kidney stone history.
Not if pregnant
Oxalate and nitrate poisoning may occur if used in large quantities

SHEPHERD'S PURSE

Botanical: Capsella bursa-pastoris

Family: Cruciferae





OTHER NAMES: **Blind Weed, Bolsa del Pastor, Bolsa-de-Pastor, Bourse à Berger, Bourse-à-Pasteur, Bourse de Capucin, Boursette, Bursae Pastoris Herba, Capsella, Capselle, Capselle a Pasteur, Capselle Bourse-à-Pasteur, Capsella bursa-pastoris, Caseweed, Cocowort, Corne de Lion, Erva-Do-Bom-Pastor, Hirtentaschel, Lady's Purse, Molette de Berger, Mother's-Heart, Moutarde Sauvage, Naeng-i, Pepper-And-Salt, Pick-Pocket, Poor Man's Parmacettie, Rattle Pouches, Sanguinary, Shepherd's Bag, Shepherd's Heart, Shepherd's Scrip, Shepherd's Sprout, Shovelweed, St. James' Weed, Tabouret, Tabouret des Champs, Thlaspi, Toywort, Witches' Pouches**

PARTS USED: **above ground parts. It can also be eaten raw or cooked, use young leaves in salads.**

ID: **Often found growing wild everywhere. Very distinctive heart shaped leaf.**
odor: unpleasant, cress like
Taste: aromatic, biting

HISTORY:

This has been one of the most important drug plants in the family of Cruciferae.
Shepherd's Purse is so called from the resemblance of the flat seed-pouches of the plant to an old-fashioned common leather purse. It is similarly called in France Bourse de pasteur, and in Germany *Hirtentasche*.
The Irish name of 'Clappedepouch' was given in allusion to the begging of lepers, who stood at cross-roads with a bell or clapper, receiving their alms in a cup at the end of a long pole.

It is a common weed of the Cruciferous order, said to be found all over the world and flourishing nearly the whole year round.

A native of Europe, the plant has accompanied Europeans in all their migrations and established itself wherever they have settled to till the soil. In John Josselyn's *Herbal* it is one of the plants named as unknown to the New World before the Pilgrim Fathers settled there.

It will flourish and set seed in the poorest soil, though it may only attain the height of a few inches. In rich soil it luxuriates and grows to 2 feet in height.

CONSTITUENTS: **Bursinic acid, tannate, alkaloid, Bursine. Volatile oil similar to oil of mustard.**

PHARMACEUTICAL ACTION:

ALTERATIVE
Haemostyptic properties: Decreases bleeding, stimulates muscles increases uterine contractions.

Shepherd's purse **2.**

USES:

- **Heart and circulatory problems including mild heart failure**
- **Low blood pressure**
- **Nervous heart complaints**
- **Headache**
- **Vomiting blood**
- **Blood in urine**
- **Diarrhea**
- **Bladder Infections.**
- **Can be applied directly to skin for nosebleeds, superficial burs and bleeding skin injuries.**

DOSAGES:

As Tea, make as usual infusion. 1-2 cups daily
As Tincture 5:1: 1 tsp three times a day.

SASSAFRAS

(Sassafras officinale; S. varifolium; Larus sassafras;
Family: Lauraceae(laurel)





Common Names: **Sassafras, saxafrax, knutze, sassafrax, saloop, ague tree, cinnamon wood; Sassafras Cortex Radix (Br); Ecorce de Sassafras (Fr); Sassafrasrinde (Ger.); Sassafras (Span),m Cinnamonwood, Saloop, Smelling-stick**

PARTS USED: **rootbark; also root pith, root chips (root), bark, stem pith, oil**

WHERE FOUND: **Grows as a Perennial; common to woods from Canada to Florida to Texas and Mexico, cultivated in Maryland, Virginia and Louisiana; grows best in light sandy soil and in the open; flowers March-May.**

Gather the root bark from recently felled trees only;
The oil made from the roots of old stumps is reddish (instead of yellowish) and should be avoided.
The oil gets darker and thicker with age, so should be kept well-stoppered in brown bottles, and in a cool dark place.

ID:

Stem: varies from a shrub in the North ro a very tall tree in the South. 10-18 feet high. 1-2" thick, many slender branches, wood is light, strong, durable, aromatic, whitish and reddish; the young end twigs are smooth and green, bases of stems and large branches are grayish, rough, deeply furrowed, and divisable into layers.
Leaves: varying shape, 4-6 inches long, bright green, alternate petiolate, glabrous or smooth above and downy beneath.
Flowers: small, greenish-yellow racemes that appear before the leaves, fragrant.
Fruit: oval drupe, succulent, size of a pea, deep blue.
Root(bark): Bright orange-brown with reddish-brown inner surface, irregular curved or quilled pieces (dried), nearly smooth, irregular ridges, soft and brittle, short fracture, cork layer, yellowish-white inner bark, numerous oil cells, 1 1/6" thick. Powder: reddish-brown.
Root chips: brownish-white tint, distinct concentric rings marked off by 3 rows of porous vessels and slender medullary rays, has distinct taste of sassafras.

Growing:

Perennial; common to woods from Canada to Florida to Texas and Mexico, cultivated in Maryland, Virginia and Louisiana; grows best in light sandy soil and in the open; flowers March-May. Although it is doubtful that you will find it growing in Alberta, it has been found in patches around Toronto and south of Toronto. In the southern states it can reach a height of 100 feet but in the North, it grows to about 8 feet.
All parts of the tree are aromatic.
Gather the root bark anytime, dry for later use.

Collection:
Gather the root bark from recently felled trees only;
The oil made from the roots of old stumps is reddish (instead of yellowish) and should be avoided.
Drying and preservation:
The oil gets darker and thicker with age, so should be kept well-stoppered in brown bottles, and in a cool dark place.

HISTORY:

Sassafras was used extensively for food and medicine by Native Americans long before European settlers arrived. Sassafras bark was one of the first exports of the New World. In the southern U.S., the roots were boiled, then combined with molasses, and allowed to ferment into the first ROOT BEER. The young leaves can be added to salads and have a mild aromatic flavor.

Sassafras tea is made from the root bark, it is refreshing and tonic. The root bark and root pith are used in alternative medicine as an alterative, anodyne, antiseptic, aromatic, carminative, diaphoretic, diuretic, stimulant and vasodilator. An Infusion is used to treat gastrointestinal complaints, colds, liver and kidney ailments, rheumatism skin eruptions and as a blood purifier. The essential oil (Safrole) from the root bark is used as an antiseptic and anodyne in dentistry. The production of sassafras oil by distillation of the root and root bark is a small industry in the southeastern section of the country. Now prohibited for use as a flavoring or food additive because it is said to have carcinogenic properties, though it is less likely to cause cancer than alcohol. A sassafras tree repels mosquitoes and other insects. All parts of the tree contain essential oils and give off a pleasant spicy aroma when crushed.

Explorers and settlers associated the pleasant aroma of the tree with healing and protection from evil influences, and extracts of the bark and roots soon became a panacea elixir sought by Europeans.

THERAPEUTIC ACTION:

Rootbark:

ALTERATIVE	**aromatic**	**diuretic**	
diaphoretic	**stimulant**	**emmenagogue**	
anti-rheumatic	**arterial depressant (when taken in large doses over too long a period).**		

Pith:

Mucilaginous	**demulcent**	**emollient**	**anti-poison**

Oil:

Anodyne	**stimulant neuralgia**	**anti-poison**	**anti-emetic**

depurative (of narcotic effects of tobacco, henbane, etc).

MEDICINAL USES:

- **blood purifier**
- **destroys certain micro-organisms such as protozoa**
- **good diaphoretic when drunk hot and in quantity**
- **healing throughout the alimentary and eliminative systems, an effective cleanser of the whole body**
- **often used to cover the disagreeable taste of herbal bitters**
- **pith makes an excellent demulcent and healing drink for the stomach and intestines (and is an antidote for poisoning by acid or alkaline corrosives).**
- **for skin diseases, rheumatism, scrofula, impure blood, syphilis, poison-ivy, poison oak, tobacco poisoning, cold, amenorrhea, opthalmia (inflamed eyes), toothache, varicose ulcers, spasms and pains in the heart region, diarrhea, colic, flatulence, spasms, problems of the kidneys, bladder, chest and throat, tonic after childbirth.**
- **poisoning, cold, amenorrhea, opthalmia (inflamed eyes), toothache, varicose ulcers, spasms and pains in the heart region, diarrhea, colic, flatulence, spasms, problems of the kidneys, bladder, chest and throat, tonic after childbirth.**

Caution: **May be harmful in excessive doses. The FDA has banned it from being sold for internal use.**

PREPARATION:

- fluid extract, infusion, mucilage, oil, poultice, tincture. Oil: distill from the rootbark with water or steam; soluble in 90% alcohol.

DOSAGE (daily):

Fluid Extract: 1/2 - 1 fluid dram.
Infusion: 1 tablespoonful - 1 wineglassful 3-4 times daily
Mucilage: 4 drams
Oil: 1/2 - 1 tsp (1 part oil of sassafras in 4 parts of olive oil; do not give to children under 10, always use the oil diluted unless directed otherwise (externally used).
Powder: 10-20 grains
Tincture: 1/4 - 1/2 fluid dram.

ADMINISTRATION:

Sassafras can be overdone, it should not be given in unlimited doses for more than 3-4 weeks consecutively;
The oil especially should not be given in overdoses or taken over an extended period of time.
Oral
Diaphoretic; recent cold: drink 1 wineglassful of infusion in equal parts of very hot water upon retiring.
Emmenagogue; amenorrhea: drink 1 teacupful of infusion without further dilution; heat until blood-warm, then sip slowly 1 mouthful at a time over 1/2 hour, keep the lower area warm by wrapping in a blanket, and place feet in a mustard and water bath during the 1/2 hour period.
Skin disorders, rheumatism, syphilis: drink an infusion of equal parts sassafras and sarsaparilla (similax ornata and 1/2 part Guaiacum off).
Counteract effects of poison of henbane or black henbane, tobacco poisoning, blood purifier, diarrhea, colic: use the oil but do not give to children under 10 or an overdose.
Children's blood troubles, colic: give 1-2 tsp of the infusion sweetened with honey 2 times daily (morning and evening).
Poison ivy, poison oak: give the infusion internally and use it often externally as a wash.
Inflammation of the stomach and bowels, diarrhea, dysentery, inflamed throat, poisoning by acid or alkali corrosives: give the mucilage of sassafras pith.
Pains and spasms in the region of the hearty flatulence: give the warm infusion.
Varicose ulcers: give the infusion and also use externally as a wash.
Skin
Warts, corns, hard bony growths: mix the oil (undiluted) with a thick sugar syrup and apply to affected part.
Toothache: apply the oil to the affected area (dilute slightly with olive oil)
Ophthalmic, inflamed eyes, conjunctivitis: use the mucilage of pith as an eye wish or lotion
Poison oak, poison ivy: apply infusion on saturated cotton to the affected area, cover with plastic and bandage, or use as a wash; also drink infusion internally.

Infusion of sassafras bark:
1 oz Sassafras bark, cut or powdered
2 oz Glycerin
1 1/4 pints distilled water
Pour boiling hot water over herb, cover and allow to steep for 15 minutes, strain and mix in the glycerin, allow to cool, bottle and keep in a cool place. Dosage: 1 tbsp - 1 wineglassful 3-4 times daily

Mucilage of sassafras pith:
1 tsp Sassafras pith, powdered
1 1/2 pints distilled water
Place ingredients in a quart jar (do not heat the water), cover and shake well; let stand for 4 hours, shaking several times during the period until obtaining a uniform mixture strain through

unbleached muslin or cheesecloth; bottle, keep in a cool place. Dosage: 2 tbsp.

<u>Oil of sassafras and olive oil compound:</u>
2 tsp Sassafras oil (oleum sassafras; Sassafras officinale)
8 oz olive oil (oleum olivae; olea europaea)
2 oz honey
Warm olive oil (not hot); place olive oil into a quart jar and add the sassafras oil; close and shake until dissolved or thoroughly mixed and add the honey and shake well; keep well-capped and in a cool place. An emulsive agent may be added when desired. Dosage: 1 tsp - 1 dessertspoonful 3 times daily.

SCHIZANDRA

(Botanical name: Fructus Schisandrae)

Pharmaceutical family: Araliaceae(Ginseng)



Common Names/Synonyms: Schisandra chinensis, Schizandra sphenanthera, Schisandra fruit, Wu Wei Zi, Magnolia Vine, O Mi Cha. Japanese name is gomishi. Korean: omija.

Parts Used: berries

Found: This herb is commonly used in Russia where the first studies were conducted in the 1950's, as well as North America and throughout the world. It is native to Siberia and northern regions of Russia, Korean peninsula and northeast region of China.
It is a Zone 5-9 deciduous woody vine. If you provide an protected area, it is possible to grow it here. A nursery in B.C. may have some small plants: http://www.twiningvinegarden.com/?twiningvine/index.php

ID: Woody vine that produces unique berries. We Wei Zi means 'five flavor berry' because berries are said to contain all 5 types of taste: bitter, sweet, salty, sour, spicy.

Collection: Ripe fruit gathered in autumn, dried in the sun

History: One of the 50 top herbs used in China Years ago used by hunters when travelling in China to give them strength.

Constituents:

Astaxanthin is the pink carotenoid that gives salmon, crabs, shrimp and flamingos their color. This is because these animals eat microorganism that contain large quantities of astaxanthin. Like other carotenoids, astaxanthin protects cell membranes, which are primarily made up of fats.
Active mechanisms include gamma-schizandrin plus valuable lignans originating from miniature red berries of citrus fragrance providing biologically-active ingredients and microbiotic elements for immuno-modulating purposes. Also referred to as Wu Wei Zi due to its inherent multiple taste sensations with attributes of salty, hot tasting, sour, sweet, and bitter it's additionally known as the herb of five flavors. The Fructus schizandrae consists of essential oils with no known toxicity. Numerous species exist including the rubrifolia and glaucescens variety

QUALITIES:

Taste: sour and warm
Meridian: lung, kidney and heart

Therapeutics:

Adaptogenic (helps body adapt to stress)
To astringe lungs, nourish kidneys
Promote production of body fluids, astringe sweat
Restrain essence and stop diarrhea
Calm heart and soothe mind.

Pharmacology/Actions:

Berries are considered balanced and tonic in Traditional Chinese Medicine. Similar to Astragalus, a tonic with building properties and supportive to elimination systems. Helps body handle stress. an antioxidant with liver supportive properties. Supports function of liver's metabolic enzyme pathways including hepatic glutathione, cytochrome P-450, and protein synthesis, transaminase, total bilrubin and total cholesterol.

Indications:

- **Chronic cough and asthma, often caused by deficiency of lungs and kidneys. Scanty sputum, asthma aggravated by slight exertion. Often used in combination with other herbs**
- **For deficiency of energy and body fluids manifested as spontaneous sweating, night sweats, thirst, palpitations, short of breath, weak pulse of no force.**
- **For diabetes manifesting as thirst, excessive fluid intake, short of breath. Use with astragalus, rehmannia, and other herbs**
- **For nocturnal emissions, seminal emissions caused by deficiency of kidneys.**
- **Chronic diarrhea caused by deficiency of spleen and kidneys**
- **Deficient yin and blood to heart and kidneys resulting in palpitations, irritable, insomnia, dreamful sleep, forgetfulness.**
- **Used for helping mental function, stress.**
- **Tonic, restoring tone to tissue**
- **Expectorant, clearing lung mucus and reducing cough.**
- **Speeds nervous responses for quicker and stronger reflexes.**
- **Nervous Exhaustion**

Dosage: (daily)

1-3 grams up to twice daily

Preparation: Chinese herb.

CAUTION:

Average doses considered safe and nontoxic.
Mild side effects may include indigestion and skin rash.
Do not use in early stage of cough or rubella measles and in excessive internal heat with unrelieved exterior syndrome.
May promote contractions of uterine muscles so don't use if pregnant.