ANTHELMINTIC HERBS (for parasites)

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

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

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

There are other less common worm types that enter the body such as hookworms: use thymol, Oil of Chenopodium (Jerusalem Oak)
Trichinella which you can get from eating pork thrive upon filth and degeneration.
Threadworms are rather easily destroyed or expelled from the body because they are usually found in the lower bowel and do not adhere to the intestinal wall.
Herbs such as many cathartics, astringents, aloes, quassia, calumba, apple cider vinegar etc. are effective against these intestinal vermin.

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

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

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

Vermicides: kill worms

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

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

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

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

WORMWOOD

Botanical name: (Artemisia Absinthium)

Family: COMPOSITAE/ASTERACEA(aster)



Common wormwood- Absinthium





Sweet Annie (annua)

OTHER NAMES; **Absinthe(france), grand wormwood, common wormwood, green ginger, madderwort, wold woman, absinthium, ajenjo(spain). Old woman, common absinthe.**

NOTE: There are several types of Wormwood:

Common Wormwood (Artemesia absinthium)
Roman Wormwood (Artemesia pontica)
Sea Wormwood, aka Old Woman (Artemesia maritima)
Sweet Annie Wormwood aka Sweet wormwood, or Sweet Sagewort (Artemisia annua), is an annual
Field Wormwood
Mugwort (Artemisia vulgaris)

COMMON WORMWOOD **(Artemisia absinthium), aka green ginger. (See below for more information) Found europe, siberia, U.S. Absinthium is considered a drug. Rarely but might be helpful with cerebral or nervous diseases. It may be sold under the name of Roman Wormwood though that name really belongs to A. Pontica. LOTS OF CAUTIONS ABOUT USING A. absinthium**

ROMAN WORMWOOD **(Artemesia pontica). from Southern Europe has smaller, fine cut leaves. Most delicate of the wormwoods and is used to make vermouth liqeur. Culpepper used to strengthen the stomach and the fresh tops for obstructions of liver and spleen.**

SEA WORMWOOD **(Artemesia maritima) aka Old Woman. Smaller than Absinthium (about 18" heigh). Grows around salt marshes, avoided by cattle probably due to bitterness. Less powerful than other wormwoods.**

MUGWORT **abounds on hedgebanks and waysides in most parts of England. It is a tall-growing plant, the stems, which are angular and often of a purplish hue, frequently rising 3 feet or more in height. The leaves are smooth and of a dark green tint on the upper surface, but covered with a dense cottony down beneath; they are once or twice pinnately lobed, the segments being lanceshaped and pointed. The flowers are in small oval heads with cottony involucres and are arranged in long, terminal panicles; they are either reddish or pale yellow. The Mugwort is closely allied to the Cornmon Wormwood, but may be readily distinguished by**

the leaves being white on the under-surfaces only and by the leaf segments being pointed, not blunt. It lacks the essential oil of the Wormwood.
The Mugwort is said to have derived its name from having been used to flavour drinks. It was, in common with other herbs, such as Ground Ivy, used to a great extent for flavouring beer before the introduction of hops. For this purpose, the plant was gathered when in flower and dried, the fresh herb being considered unsuitable for this object: malt liquor was then boiled with it so as to form a strong decoction, and the liquid thus prepared was added to the beer. Until recent years, it was still used in some parts of the country to flavour the table beer brewed by cottagers.

It has also been suggested that the name, Mugwort, may be derived not from 'mug,' the drinking vessel, but from *moughte* (a moth or maggot), because from the days of Dioscorides, the plant has been regarded, in common with Wormwood, as useful in keeping off the attacks of moths.

In the Middle Ages, the plant was known as *Cingulum Sancti Johannis*, it being believed that John the Baptist wore a girdle of it in the wilderness. There were many superstitions connected with it: it was believed to preserve the wayfarer from fatigue, sunstroke, wild beasts and evil spirits generally: a crown made from its sprays was worn on St. John's Eve to gain security from evil possession, and in Holland and Germany one of its names is St. John's Plant, because of the belief, that if gathered on St. John's Eve it gave protection against diseases and misfortunes.

Dr. John Hill extols its virtues, and says:

> **'Providence has placed it everywhere about our doors; so that reason and authority, as well as the notice of our senses, point it out for use: but chemistry has banished natural medicines.'**

Dioscorides praises this herb, and orders the flowering tops to be used just before they bloom.

The dried leaves were, sixty or seventy years ago, in use by the working classes in Cornwall as one of the substitutes for tea, at a time when tea cost 7*s*. per lb., and on the Continent Mugwort is occasionally employed as an aromatic culinary herb, being one of the green herbs with which geese are often stuffed during roasting.

The downy leaves have been used in the preparation of *Moxas*, which the Japanese use to cure rheumatism. The down is separated by heating the leaves and afterwards rubbing them between the hands until the cottony fibres alone remain, these are then made up into small cones or cylinders for use. *Artemisia Moxa* and *A. sinensis* are mainly used in Japan. This cottony substance has also been used as a substitute for tinder.

Sheep are said to enjoy the herbage of the Mugwort, and also the roots. The plant may, perhaps, be the Artemesia of Pontos, which was celebrated among the ancients for fattening these animals. It is said to be good for poultry and turkeys.

Parts Used Medicinally---The leaves, collected in August and dried in the same manner as Wormwood, and the root, dug in autumn and dried. The roots are cleansed in cold water and then freed from rootlets. Drying may be done at first in the open air, spread thinly, as contact may turn the roots mouldy. Or they may be spread on clean floors, or on shelves, in a warm room for about ten days, and turned frequently. When somewhat shrunken, they must be finished more quickly by artificial heat in a drying room or shed, near a stove or gas fire, care being taken that the heated air can escape at the top of the room. Drying in an even temperature will probably take about a fortnight, or more. It is not complete until the roots are dry to the core and brittle, snapping when bent.

Mugwort root is generally about 8 inches long, woody, beset with numerous thin and tough rootlets, 2 to 4 inches long, and about 1/12 inch thick. It is light brown externally; internally whitish, with an angular wood and thick bark, showing five or six resin cells. The taste is sweetish and acrid.

---Constituents---A volatile oil, an acrid resin and tannin.

---Medicinal Action and Uses---It has stimulant and slightly tonic properties, and is of value as a nervine and emmenagogue, having also diuretic and diaphoretic action.

Its chief employment is as an emmenagogue, often in combination with Pennyroyal and Southernwood. It is also useful as a diaphoretic in the commencement of cold.

It is given in infusion, which should be prepared in a covered vessel, 1 OZ. of the herb to 1 pint of boiling water, and given in 1/2 teaspoonful doses, while warm. The infusion may be taken cold as a tonic, in similar doses, three times daily: it has a bitterish and aromatic taste.

As a nervine, Mugwort is valued in palsy, fits, epileptic and similar affections, being an old-fashioned popular remedy for epilepsy (especially in persons of a feeble constitution). Gerard says: 'Mugwort cureth the shakings of the joynts inclining to the Palsie;' and Parkinson considered it good against hysteria. A drachm of the powdered leaves, given four times a day, is stated by Withering to have cured a patient who had been affected with hysterical fits for many years, when all other remedies had failed.

The juice and an infusion of the herb were given for intermittent fevers and agues. The leaves used to be steeped in baths, to communicate an invigorating property to the water.

---Preparations---Fluid extract, 1/2 to 1 drachm.

> **Culpepper directs that the tops of the plant are to be used fresh gathered, and says: 'a very slight infusion is excellent for all disorders of the stomach, prevents sickness after meals and creates an appetite, but if made too strong, it disgusts the taste. The tops with the flowers on them, dried and powdered, are good against agues, and have the same virtues with wormseed in killing worms. The juice of the large leaves which grows from the root before the stalk appears is the best against the dropsy and jaundice, in water, ale, wine, or the juice only. The infusion drank morning and evening for some time helps hysterics, obstruction of the spleen and weakness of the stomach. Its oil, taken on sugar and drank after, kills worms, resists poison, and is good for the liver and jaundice. eyes like the leaves, hence the root should be accounted among the best stomachics. The oil of the seed cures quotidians and quartans. Boiled in lard and laid to swellings of the tonsils and quinsy is serviceable. It is admirable against surfeits.... Wormwood and vinegar are an antidote to the mischief of mushrooms and henbane and the biting of the seafish called Draco marinus, or quaviver; mixed with honey, it takes away blackness after falls, bruises, etc., . . With Pellitory of the Wall used as poultice to ease all outward pains. Placed among woolen cloths it prevents and destroys the moths.**

SWEET WORMWOOD/SWEET ANNIE WORMWOOD (Artemisia annua).

Family is said to be Asteraceae by Drugs.com. This is an annual herb, native to China.
It has anti-malarial properties. Malaria is a serious disease caused by a parasite that is transmitted by the bite of infected mosquitoes and invades human red blood cells.
Artemisinin is an extract isolated from the plant *Artemisia annua*, or sweet wormwood.
Artemisinin is an herbal drug that's the most powerful antimalarial on the market. It's known for quickly reducing the number of parasites in the blood of patients with malaria. The World Health Organization recommends artemisinin-based combination therapies as first-line treatment for uncomplicated *P. falciparum* malaria.
Recent experiments have shown that artemisinin is effective against the malaria parasite because it reacts with the high levels of iron in the parasite to produce free radicals. The free

radicals then destroy the cell walls of the malaria parasite.

According to recent studies, artemisinin can kill iron-enriched breast cancer cells similar to the way it kills malaria-causing parasites, making it a potential natural cancer treatment option for women with breast cancer. Cancer cells can also be rich in iron since they commonly soak it up to facilitate cell division. Researchers in a 2012 study tested samples of breast cancer cells and normal breast cells that had first been treated to maximize their iron content. The cells were then treated with a water-soluble form of artemisinin, an extract of wormwood.

Results were quite impressive. The normal cells showed little change, but within 16 hours, almost all of the cancer cells were dead and only a few normal cells were killed. Bioengineer Henry Lai believes that because a breast cancer cell contains 5 – 15 more receptors than normal, it absorbs iron more readily and hence is more susceptible to artemisianin's attack.

Sweet wormwood is also valued for its essential oil which is sometimes used in cosmetics and perfumes. The oil has been reported to have anti-microbial activity. Sweet wormwood is also grown locally as an ornamental in Java, Indonesia.

Dosing of Sweet Wormwood: Clinical trial and World Health Organization (WHO) documentation include oral and intravenous dosage forms of artesunate. Parenteral preparations are available for oil-soluble artemether and the newly marketed artemotil. Numerous dosage regimens are available, but WHO recently approved riamet (Coartem), lumefantrine 120 mg combined with artemether 20 mg. Treatment includes administering 4 tablets initially, repeating dosage in 8 hours, and then taking twice daily for the next 2 days. The combination has proven to be effective, with reported cure rates up to 98%.

Sweet Annie Wormwood is an annual. Plant 2-3 weeks after the last spring frost. Grows 2 feet high.

WORMWOOD ABSINTHIUM, Common Wormwood (Asteraceae family) roundworms. Wormwood is used to eliminate intestinal worms, especially pinworms and Pinworms are the most common worm infection in the U.S. with pinworm eggs spread directly from person to person.Roundworms, or nematodes, are parasites that also infect human intestines. Pinworms can cause extreme itching in the anal region while roundworms can cause cough, shortness of breath, abdominal pain, nausea and diarrhea, blood in the stool, weight loss, and presence of the worm in vomit or stool.

Wormwood (A. absinthium), Black Walnut and clove are commonly used together to kill of a parasitic infection. It is said that when these three are taken at the same time, they are able to break the parasite's life cycle.

Wormwood has antimicrobial and antifungal abilities. Can be used against bacterial strains of E coli and salmonella.

Not only can wormwood kill bacteria, but it's also been shown to kill fungi. Essential oil distilled from the aerial parts of *Artemisia absinthium* inhibited the growth of a very broad spectrum of tested fungi (11 to be exact).

Wormwood essential oil also showed antioxidant properties during testing.

Another study published in *Planta Medica* showed that *A. absinthium* oil inhibited the growth of *Candida albicans*. This is the most common type of yeast infection found in the mouth, intestinal tract and vagina, and it may affect skin and other mucous membranes. Candida albicans can cause all kinds of common yet highly unwanted candida symptoms.

Wormwood is as good at fighting small intestinal bacterial overgrowth (SIBO).

Today's typical treatment of SIBO is limited to oral antibiotics with varying rates of

effectiveness. A 2014 study had 104 patients who tested positive for newly diagnosed SIBO take either a high dose of rifaximin or an herbal therapy daily for four weeks The herbal products were specifically chosen because they contained antimicrobial herbs like wormwood, oregano oil, thyme and berberine extracts, which have been shown to provide broad-spectrum coverage against the types of bacteria most commonly involved in SIBO.

Of the patients who received herbal therapy, 46 percent showed no evidence of SIBO on follow-up tests compared to 34 percent of rifaximin users. Adverse effects reported among those taking rifaximin included anaphylaxis, hives, diarrhea and *C. difficile* colitis, while only one case of diarrhea and no other side effects were reported in the herbal therapy group.

The study concluded that herbal therapies are at least as effective as rifaximin for eradication of SIBO. Additionally, the herbal therapy with wormwood appears to be just as effective as triple antibiotic therapy for individuals who don't respond to rifaximin. (11)

Wormwood Plant Origin and Chemical Components

What is wormwood exactly? *Artemisia absinthium* is an odorous, perennial that belongs to the *Asteraceae* or *Composite* family, more commonly known as the daisy family. This artemisia plant releases an aromatic odor and has a spicy, bitter taste. Many species of the artemisia family tend to have medicinal properties. It's related to *Artemisia vulgaris,* or mugwort, another medicinal herb.

The wormwood plant is native to Europe and parts of Africa and Asia. Today, it also grows wild in the U.S., most commonly along roads or paths. Also called shrub wormwood, *Artemisia absinthium* is a shrubby plant that typically grows to be one to three feet tall. It has gray-green or white stems covered by fine hairs and yellowish-green leaves that are hairy and silky. The leaves of the plant have glands that contain resinous particles where the natural insecticide is stored.

Sweet wormwood (*Artemisia annua*), also known as sweet annie, sweet sagewort, annual mugwort or annual wormwood, is a common type of wormwood native to temperate Asia but naturalized in parts of North America.

Wormwood can be used either fresh or dried. All the aerial portions (stem, leaves and flowers) of the plant have medicinal uses. The essential oil is extracted from the leaves and flowering tops by steam distillation. One study of the essential oil of *Artemisia absinthium* found that it contains at least 28 components representing 93.3 percent of the oil. The main components are β- pinene (23.8 percent) and β- thujone (18.6 percent).

Thujone is the potentially poisonous chemical found in wormwood. Distilling the herb in alcohol increases the thujone concentration, which is what makes absinthe such a debatable liquor of choice.

Wormwood's biologically active compounds include:

- **acetylenes (trans-dehydromatricaria ester, C13 and C14 trans-spiroketalenol ethers, and others)**
- **ascorbic acid (vitamin C)**
- **azulenes (chamazulene, dihydrochamazulenes, bisabolene, camphene, cadinene, sabinene, trans-sabinylacetate, phellandrene, pinene and others)**
- **carotenoids**
- **flavonoids (quercitin 3-glucoside, quercitin 3-rhamnoglucoside, spinacetin 3-glucoside, spinacetin 3-rhamnoglucoside, and others)**
- **lignins (diayangambin and epiyangambin)**
- **phenolic acids (p-hydroxyphenylacetic, p-coumaric, chlorogenic, protocatechuic, vanillic, syringic and others)**
- **tannins**

- thujone and isothujone
- sesquiterpene lactones (absinthin, artabsin, anabsinthin, artemetin, artemisinin, arabsin, artabin, artabsinolides, artemolin, matricin, isoabsinthin and others)

Wormwood History and Interesting Facts

The name wormwood is derived from ancient use of the plant and its extracts as an intestinal anthelmintic, antiparasitic drug that expels parasitic worms and other internal parasites from the body.

In ancient Egyptian times, it was a commonly used medicinal plant, specifically for anal pain, and as an additive to wine. Later on it was used in European folk medicine to induce labor. The plant, when steeped into a strong tea, has been used traditionally in Europe as well as a bitter stomach stabilizer to stave off indigestion.

A favorite alcoholic beverage in 19th century France, absinthe was said to be addictive and associated with a collection of serious side effects known as absinthism or irreversible damage to the central nervous system.

Absinthe was made popular by some very well-known writers and artists, such as Ernest Hemingway, Henri de Toulouse-Lautrec, Édouard Manet, Edgar Degas, Vincent van Gogh, Pablo Picasso and Oscar Wilde. The manic depressive painter Vincent van Gogh was addicted to absinthe, and some say his continual drinking of it led to many of his paintings having a green or yellowish tint (due to the thujuone's hallucinatory effects) — and that the wormwood actually enhanced his epilepsy.

Absinthe is an anise-flavored spirit derived from several botanicals. Absinthe ingredients include the flowers and leaves of wormwood, anise and fennel. It's illegal in the U.S. as well as many other countries. However, it's not banned in some European Union countries as long as the thujone content is less than 35 milligrams per kilogram.

Thujone is the potentially poisonous chemical found in wormwood. Distilling wormwood in alcohol increases the thujone concentration. Thujone-free wormwood extract is currently used as a flavoring in alcoholic beverages like vermouth.

Wormwood, or its derivative chemical components, have famously been mentioned in many a novel, play and in other art forms, from Bram Stoker's "Dracula" to John Locke essays to "Romeo and Juliet."

There are several Bible references to this herb as well. The word "wormwood" appears several times in the Old Testament, translated from the Hebrew term la'anah (which means "curse" in Arabic and Hebrew). It's also spoken of in the New Testament in the Book of Revelation: "The third angel sounded his trumpet, and a great star, blazing like a torch, fell from the sky on a third of the rivers and on the springs of water — the name of the star is Wormwood. A third of the waters turned bitter, and many people died from the waters that had become bitter."

How to Use Wormwood

Wormwood is commercially available at health stores and online as an essential oil, as well as in capsule, tablet, tincture and liquid extract forms. It can also be used in fresh or dry form to make an infusion or tea.

It's best used in dried form, which contains little, if any, thujone. To make a wormwood infusion or tea, steep a half teaspoon to one teaspoon of dried or fresh wormwood in one cup of boiling water for five to 15 minutes. It's important that you use no more than one teaspoon of the leaves as they're very strong and bitter. Longer steep time will make for a stronger tea, but also a more bitter tea. Wormwood should be taken unsweetened to have the best effect, but you can counter the bitterness by adding dried peppermint or anise.

Wormwood tea can be especially helpful for digestion, specifically before heavy meals that may likely cause gas and bloated stomach. Preparations are typically sipped because the strong bitter taste is an important component of its therapeutic effect on stomach ailments. It can also be taken as an occasional energy tonic.

For intestinal concerns like worms or parasites, it's best to take powdered wormwood in pill form.

You can also use wormwood and other botanicals in a homemade bitters recipe. Bitters make an excellent digestive aid.

Wormwood should only be taken under the supervision of a professional. It should always be taken in small doses as directed and for no longer than four weeks at a time.

PART USED: herb(leaves and flowering tops) , oil(externally only)

ID:

Stem: numerous, busy (branched and leafy), firm, flowering, 2-3 feet high, whitish, closely covered with fine silky hairs; lower part is perennial and almost woody from which new shoots spring forth each year. Powder (herb): brownish, yellowish-green.
Leaves: hoary from the fine silky hairs on both sides, grayish-green 1-3 inches long, 1 1/2 inch broad, three times pinnatified (pinnately-cleft lobes), lobes linear and obtuse, alternate, broadish, blunted, leaf-stalks with slightly winged margins, lower leaves on longer petioles.
Flowers: small and nearly globular flowerheads, racemose, pendulous, greenish-yellow tint, hairy and convex receptacle arranged on an erect leafy pinnacle (the leaves thereon are reduced to 1-3 linear segments).
Fruit: achene, abovoid, without pappus (the tuft of hairs that crowns the fruit of the majority of the composite family)
Root: woody, branched at crown, numerous fibers below

QUALITIES:

Taste: very bitter (second only to Rue), a bit pungent & astringent, cold, dry. Leaves and flowers extremely bitter; root warm and aromatic.
Odor: characteristic (dried herb with flowers has strong and aromatic odor).

Organs affected: stomach, intestines, liver/gall, uterus, joints

GROWING:

- **perennial**
- **found nearly all over works from US to Siberia**
- **grows best in shady conditions**
- **flowers June - September**
- **easily propagated in autumn by root division or cutting or the seed may be sown in autumn soon**
- **after they are ripe (they are slow to germinate);**
- **plant 2 feet apart**
- **Leaves green with hint of gray, yellow flowers that bloom in summer.**
- **Harvest leaves and flowers July and August, dry naturally or artifically.**

Sister plants:

Artemisia **annua, also known as sweet *wormwood*, *sweet annie*, sweet sagewort, chinese wormwood, annual mugwort or annual *wormwood* is a common type of *wormwood* native to temperate Asia, but naturalized in many countries including scattered parts of North America. It is an annual. Aerial parts and leaves are used. It has traditionally used to treat fevers. Its main constituent is artemisinin which is beneficial when used as an adjuvant with standard anti-malarial drugs. . It may have anticancer and antiviral properties, still being investigated. Use cautiously if compromised heart or brain function, pregnant or breast feeding, recovering from surgery or other wounds, compromised immune function (it may have immunosuppressive activity).**

Beach Wormwood or Dusty Miller (Artemsia Stelleriana): creeping stems 2 feet long, leaves are whitish, broad, deeply cut, hoary, spreads rapidly.

Sea Wormwood or Old Woman (Artemisia maritima): herb; has similar but less potent therapeutic properties and medicinal uses as are similar but twice pinnatifid, small and oblong flowerheads (3-6 tubular florets, yellowish or brownish tint).

Artemisia annua: contains a sesquiterpene lactone with a peroxide group attached, which is referred to as artemisinin. The amount of artemisinin varies according to the growing season and decreases the longer it is stored. This compound works by destroying various and specific membranes of parasites, causing them to starve to death eventually. Studies show 100% cure rate of tertian malaria and 92.7% cure of subtertian cerebral malaria. It is endorsed as a natural substitute for chloroquine to prevent malaria when traveling abroad.

HISTORY:

Wormwood is one of the major ingredients in absinthe, a fashionable drink in the nineteenth century that became associated with the death of the American writer Edgar Allan Poe and the suicide of the painter Vincent Van Gogh. It was immortalized in a painting by Edgar Degas, which shows a haunting portrait of two absinthe drinkers, hollow-eyed and oblivious to all but the intoxicating beverage.

The intensely bitter, tonic and stimulant qualities have caused Wormwood not only to be an ingredient in medicinal preparations, but also to be used in various liqueurs, of which absinthe is the chief, the basis of absinthe being absinthol, extracted from Wormwood. Wormwood, as employed in making this liqueur, bears also the name 'Wermuth' - preserver of the mind - from its medicinal virtues as a nervine and mental restorative. If not taken habitually, it soothes spinal irritability and gives tone to persons of a highly nervous temperament. Suitable allowances of the diluted liqueur will promote salutary perspiration and may be given as a vermifuge. Inferior absinthe is generally adulterated with copper, which produces the characteristic green colour.

The drug, *absinthium*, is rarely employed, but it might be of value in nervous diseases such as neurasthenia, as it stimulates the cerebral hemispheres, and is a direct stimulant of the cortex cerebri. When taken to excess it produces giddiness and attacks of epileptiform convulsions. Absinthium occurs in the British Pharmacopoeia in the form of extract, infusion and tincture, and is directed to be extracted also from *A. maritima*, the Sea Wormwood, which possesses the same virtues in a less degree, and is often more used as a stomachic than the Common Wormwood. Commercially this often goes under the name of Roman Wormwood, though that name really belongs to *A. Pontica*. All three species were used, as in Culpepper's time.

It was used by Native Americans to cleanse the liver, gallbladder, kidneys as well as for intestinal worms and parasites.

THERAPEUTIC:

ANTHELMINTIC (vermifuge)	Tonic	stomachic	stimulant
febrifuge	hepatic	aromatic	antiseptic
nervine	anti-venomous	antibilious	carminative

ACTION:

Clears heat, transfers damp, resolves fever. Promotes bowel movement, removes stagnancy, dredges liver and spleen. Settles stomach and quells vomiting.

- remittent & low tidal fevers
- acute gastritis
- jaundice, hepatitis
- nausea, seasickness, vomiting
- headache in any condition
- - urinary & kidney inflammation

Restores stomach/spleen, liver and gall. Awakens appetite, creates strength.

- anemia
- chronic gastritis
- debility in illness or convalescence

Seeps water, promotes urination, relieves fluid congestion. Stimulates uterus, promotes menstruation, enhances labor.

- difficult, painful labor

Activates immunity, antidotes poison, clears toxins. Expels parasites, resolves contusion, dissipates tumors and benefits skin.

- preventative for flu
- food poisoning
- ulcers, boils, abscesses
- intestinal parasites esp. threadworm and roundworm
- bruises, contusions, atonic wounds, insect stings
- scorofula, scab, mange, syphilis, leprosy
- earache, toothache, arthritic or rheumatic pain
- tumors, cancer

USES:

- extremely bitter remedy, next to rue this is the most bitter herb known (rarely given to children because of this)
- valuable stimulative tonic to the digestive system (stimulates appetite, promotes digestion, corrects stomach disorders).
- useful for atonic and debilitated conditions
- excellent nervine tonic, will expel flatus from gastro-intestinal tract
- natural treatment for irritable bowel syndrome
- small doses of wormwood tea before a meal can stimulate digestion, prevent heartburn and gas.
- leaves possess antiseptic properties and are very resistive to putrefaction and counteract the effects of poisonous plants such as hemlock, toadstool etc.
- leaves and flowers expel lumbricoid worms, and are excellent for correcting and toning the liver and clearing a bilious condition in the body. This is the basis of many cancer cures.
- oil is valuable for external use as a very stimulating liniment
- will stimulate sweating and improve digestion, an excellent stomach tonic. Good for all

- digestive problems when the liver and gall bladder are involved.
- the hot tea stimulates uterus, help bring on suppressed menstruation
- tea expels roundworms and pinworms
- excellent remedy for bilious and liver troubles
- for colds, chronic fever, heartburn, enhancing immune system
- add to liniments for rheumatism, swellings, sprains, relieve pain during labor also
- use tea as fomentation for insect bites, bruises, injuries
- as folk medicine it was used for gastritis, stomach ulcers, dysentery, tuberculosis, liver and spleen conditions, kidney and bladder problems.
- bleeding of the bowel can be treated by an injection of the tea, retained for 5 minutes several times daily as needed.
- Due to slight natural anesthetic effect, it has been used to ease pain associated with arthritis and rheumatism, menstrual cramps, labour pains.

MEDICINAL USES:

- round worms	- atonic dyspepsia	- diarrhea
- bilious and liver troubles	- falling sickness	- flatulence
- hot stomach pains, gastritis	- counteract fevers	- debility
- nervous conditions	- melancholia	- jaundice, hepatitis
- nausea	- morning sickness	- intermittent fevers
- gout, rheumatism (much like willow bark)		- swelling, sprains

CAUTION:

- Wormwood is forbidden during pregnancy and breastfeeding because of the teratogenic toxic ketone thujone found in its essential oil fraction. For the same reason wormwood is contra-indicated with a tendency to excess conditions with head congestion or with stomach fire.
- Doses should never be exceeded.
- Not for long term use.

PREPARATIONS:

Fluid extract, infusion, oil, powder, tincture
Beneficial no matter whether infusion, tincture or other preparation.
Mix with peppermint to help the flavour be more palatable

DOSAGES(daily):

should be given in small and repeated doses.
Fluid Extract: 1/2 - 1 fluid dram
(Santillo says 15-60 drops 3-4 times daily)
Infusion: Steep 5-15 minutes. 3 oz as needed up to 2 cups daily
Oil: Use externally only
Powder: 10-20 grains (4-10g doses for worms)
Santillo: 2-4 #0 capsules (15-20 grains) 3-4 X/daily
Tincture: 5-30 minims/drops
(Holmes recommends 25-75 drops/1-3 ml)
(Santillo says 10-30 drops 3-4 X/day of Tincture)

As bitter digestive take in small doses either before or after meals depending on required effect, and diluted as much as desired, or combined with a Mint (sweetening is to no avail nor desirable in trying to alleviate its bitterness)

Larger doses accentuate its draining and heat clearing effect.

An eyewash is used to clear the eyes.

Best uses taken internally:

Diarrhea:	**infusion, powder**
Fevers:	**infusion**
Gas:	**infusion, powder, fluid extract**
Indigestion:	**infusion**
Jaundice:	**infusion**
Weak digestion:	**infusion, fluid extract**
Worms:	**infusion**

Best uses for external:

Boils:	**fomentation**
Rheumatism:	**fomentation, liniment**
Swelling:	**fomentation, liniment**

ADMINISTRATION

Oral

Roundworms (vermifuge): take 1 wineglassful - 1 teacup of the infusion night and morning, or take the dosage night and morning and an active cathartic every 2nd or 3rd morning; or take 10-30 grains of powder night and morning followed by an appropriate cathartic as indicated; see parasites under remedies. This will clean the worms from the stomach and leave it toned up.

Dyspepsia, melancholic, jaundice, debility: take 1 wineglassful of the infusion 3-4 times daily.

Skin

Rheumatism, sprains, fomentations, neuralgia: apply fomentations of the herb; or, use the oil as a liniment

Externally used in washes and compresses for skin conditions and as oil for local pains and on the abdomen for worms.

CAUTIONS

Wormwood Potential Side Effects, Allergies and Interactions

Wormwood herb is not meant for long-term use. Make sure you don't exceed recommended doses because excessive consumption could be highly toxic. I recommend it in dried form, which contains little, if any, of the volatile oil thujone.

The FDA lists wormwood unsafe for internal use due to the toxicity of thujone oil. However, it's considered to be safe when taken by mouth in the amounts commonly found in food and beverages, including bitters and vermouth, as long as these products are thujone-free. Using wormwood for longer than four weeks or at higher than recommended doses may lead to nausea, vomiting , restlessness, insomnia, vertigo, tremors and seizures.

Wormwood products that contain thujone, like absinthe, can be unsafe when taken by mouth. Absinthe effects/thujone effects can include restlessness, difficulty sleeping, nightmares, seizures, dizziness, tremors, muscle breakdown, kidney failure, vomiting, stomach cramps, urine retention, thirst, numbness of arms and legs, paralysis, and death.

Don't take this herb in any form if you're pregnant or breast-feeding. There have been documented abortifacient and emmenagogue effects of wormwood.

If you're allergic to ragweed and other plants in the *Asteraceae*/*Compositae* family, then wormwood may cause an allergic reaction.

If you have porphyria (a group of disorders that result from a buildup of natural chemicals that

produce porphyrin in your body), then you should know that the thujone present in wormwood

oil might increase your body's production of chemicals called porphyrins, which could make your porphyria worse.

If you have epilepsy or any other seizure disorder, speak with your doctor before using this herb. The thujone in wormwood cause cause seizures, especially in people who have a tendency toward seizures.

Wormwood is not recommended for people with kidney disorders. The oil might cause kidney failure. If you have kidney concerns, don't take this herb before talking with your doctor.

I would not advise using the essential oil in aromatherapy since it contains an extremely high amount of thujone, which is a convulsant and neurotoxin.

Be cautious and speak with your doctor before combining wormwood with any anticonvulsant, which is a medication used to prevent seizures. Since these medications and wormwood can both affect brain chemicals, this herb may decrease the effectiveness of anticonvulsants.

- Absinthe is a botanical spirit made from wormwood, anise and fennel, but that's not all wormwood is good for. It's used to eliminate intestinal worms, especially roundworms and pinworms, and it's the source of of the key ingredient for the herbal drug artemisinin, which is the most powerful antimalarial on the market.
- It's also been shown to kill cancer cells and treat anorexia, insomnia, anemia, a lack of appetite, flatulence, stomach aches, jaundice and indigestion.
- Specifically, this herb has been proven to beat malaria, kill breast cancer cells, get rid of parasites, treat Crohn's disease, contain antimicrobial and antifungal abilities, and treat SIBO.
- Wormwood is commercially available at health stores and online as an essential oil, as well as in capsule, tablet, tincture and liquid extract forms. It can also be used in fresh or dry form to make an infusion or tea.
- Wormwood should only be taken under the supervision of a professional. It should always be taken in small doses as directed and for no longer than four weeks at a time.

Wild Rose College:

Wormwood - Artemisia spp.
Artemisia = ar-tay-mis-ee-a, after the Greek goddess Artemis or after Queen Artemisia of Caria, Asia Minor.

Identification: There are many species of Artemisia in the area and they vary in shape from herbs to small shrubs. They are usually quite aromatic, and have alternate leaves, entire or dissected with tubular flowers. These plants are mostly grey in colour. They vary from 20 - 200 cm tall, most being less than 40 cm.

Distribution & Habitat: Wormwoods are usually found in dry places or in well drained south-facing slopes throughout the Rocky Mountain area.

Preparation & Uses: A. frigida. As with all species of Artemisia, the fruit and seed may be dried and pounded into meal to make pinal or eaten raw. The Hopi Indians used to roast the leaf with corn as a flavouring. Crushed leaves can be mixed with stored meat to maintain a good odour.

taste is strongly bitter but some people like it. This herb tea stops lipid peroxidation, thereby protecting the liver from the ``rancid fat syndrome`` caused by continued donut and french fry consumption. It has also found use as a tea for frontal headache, especially if it is accompanied by indigestion. For headaches, a tea is drunk and a wash is applied to the area. The tincture (20 - 30 drops) lowers oversecretion of stomach acids. As its common name suggests, all wormwoods are excllent for ridding the body of worms, particularly pinworms and roundworms. An infusion of wormwood makes a refreshing bath to soak the feet in after a hard day on the trail.

Many Amerindian ladies used wormwood for controlling menstrual flow, and as a menstrual pad which would absorb and reduce skin irritation. The infusions of all Artemisia have a calming effect on the uterus, alleviating suppressed crampy menstruation, especially if associated with emotion difficulties. The foliage and flower were used as fumigant to revive a patient in a coma.

Leaves of wormwood were chewed by Blackfoot Indians and applied to wounds to lessen swelling. Bleeding nostrils were sometimes stuffed with soft leaves by these Indians. Vogel reports an Indian lady who cut off a finger as an offering and wrapped the bleeding stub in wormwood leaves.

This herb had the honour of being used as toilet paper, especially by children. It was also used as a foot deodorant.

One of the most important Amerindian uses of wormwood was for rituals. It is burned as an incense and the smoke is used to cleanse one s spirit. Wormwood is used as a flooring for sweatlodges and added to different smoking mixtures (e.g. kinnickinnick).

Even today, some people place this sage under their pillow to restore youth or help retain it.

The burning of wormwood as an incense was considered helpful by the Hopi Indians, as well as Tibetans, for ``no-win situations.``

A. absinthium, absinthe

This herb is good for internal bleeding, as a vermifuge and to get rid of bad breath. It was also used by some people as an antidote for poisonous mushrooms (when it was usually combined with vinegar). The oil of this and other sages is used to make absinthe. A somewhat ``narcotic`` drink, absinthe is banned in most of the world.

Hutchens lists this herb as a tonic, stomachic, febrifuge, anthelmintic and narcotic. It will tune digestion and correct debilities of the liver and gallbladder. It is often given to people who get travelling sickness (5-30 drops of tincture; 3-4 times a day, an overdose causes stomach irritation). An infusion, 1 teaspoon in 1 cup of boiling water can also be used.

For external uses, the oil is good in liniments for sprains, bruises and lumbago. Fomentations are excellent applications for rheumatism, swellings, sprains and local inflammation.

A. vulgaris (mugwort, moxi)

A decoction can be made for colds, colic, bronchitis, rheumatism and fever. This decoction is also safe for suppressing menstruation.

The dosage is 1 teaspoon of herb to 1 cup boiling water, steeped for 20 minutes. Mugwort is

used by acupuncturists for moxibustion.

A. campestris L. ``of the pasture, from flat land``.

Blackfoot women would make a decoction of leaves in order to abort difficult pregnancies. Others would chew the leaves for stomach troubles. An infusion of the herb was used for coughs. It was usually dried and stored in a rawhide bag until needed. An infusion of the leaves was sometimes applied for eczema.

The spittle of the chewed herb was applied to rheumatic parts of the body and as an infusion of the root applied to back sores. When running, people sometimes chewed the leaves for their mentholating properties. This herb was sometimes rubbed on hide while tanning.

A. ludoviciana L. ``from Louisiana, USA``.

The herb was a major ritual herb, and was often used to cleanse one s body. The smoke was rubbed over the body to ``enliven`` the aura. Sweat lodges were often lined with this herb, which was sometimes rubbed onto the body or chewed with a drink as an infusion to relieve chest and throat constriction.

The leaves can be applied to blisters and burst boils for their cooling effect.

MALE FERN

Botanical name: Aspidium Filix-mas

Family: FILICES; POLYPODIACEAE



PARTS USED: root (rhizome and stipes)

QUALITIES:

Taste: bitterish, nauseous sweet, acrid, astringent
Odor: unpleasant, slight.

Grows as a perennial in Canada. Dig and gather the older rhizomes in late autumn after the fronds die down. To dry & preserve: potency of the root (rhizome) deteriorates rapidly in 1-2 years, so the fluid extract and tincture forms are best for preservation.
Sister Plant: Polypidy Root or Female Fern or Rock Brake (Polypodium vulgare, FILICES)

THERAPEUTIC ACTION:

- **anthelmintic (taenifuge-expels tapeworms, vermifuge-expels worms)**
- **astringent**
- **tonic**
- **vulnerary**
- **many species of Polypodium has been sold as "American Aspidium" with disappointing results, but the European Aspidium will rarely, if ever, fail where one is after worms.**

MEDICINAL USES:

- **expel worms (tape, round, or pin)**
- **wounds**
- **rickets**

PREPARATION:

- **fluid extract, infusion, oil, oleo-resin, powder, tincture.**
- **fluid extract s prepared freshly as the root deteriorates rapidly, usually becoming greatly reduced in potency within 1-2 years.**

DOSAGES(daily):

Fluid Extract: 1-3 fluid drams
Infusion: 1 teacupful night and morning
Oil: 5-30 drops
Oleo-resin: (extract) 3/4 - 1 1/2 drams
Powder: 1/2 - 3 drams
Tincture: 1 - 1 1/2 fluid drams
Congenial combinations: Male fern combines well with gum arabic or acacia (Asacia senegal), esp. as an emulsion.

ADMINISTRATION

Oral

Worms: 1/2 - 1 tsp of powder in the morning on an empty stomach (capsule, honey, infusion, emulsion - thick mucilage of gum arabic and water), followed by a brisk purge of senna and ginger or butternut bark; or take 30 drops of oil (emulsoin, capsule, warm water) night and morning, followed by free catharsis; or use the fluid extract.

Worms(children): mix equal parts of fluid extract and glycerine (shake well together).

4-7 yr: 6 drops in jam

7-12 yr: 12 drops in jam

over 12 yr: 1-2 tsp in 1/2 teacupful of cold water;

follow with a cathartic tea (2 oz senna, 1/2 oz mountain flax, 1 lg. sliced lemon, steep for 30 minutes in 2 pints of boiling hot water). Administer the anthelmintic at 6 am on an empty stomach, give the cathartic tea (to children over 12 years) at 8 am, serve breakfast at 9 am.

Wounds: make into an ointment with leaf lard and apply to affected parts.

Homemade Remedy: 4 oz male fern powder mixed with sufficient honey to form a paste. Take 1 tsp - 1 tbsp at night; following in the morning with a senna or butternut laxative.

TANSY

(Tanacetum vulgare)

Family: COMPOSITAE(aster, daisy)



OTHER NAMES: **Chrysanthemum tanacetum, Chrysanthemum vulgare, Tanacetum aubiderti, Bitter buttons, Cow bitter. Do not confuse it with "*tansy* ragwort" (Senecio jacobea), a different plant altogether.**

PART USED: **herb, seed: as anthelmintic**

Young leaflets - raw or cooked. They can be added in small quantities to salads. The plant is also used as a flavouring, it is a substitute for nutmeg and cinnamon. This plant is not recommended for internal use. The flowers have a unique flavour and are eaten or used as a garnish. A bitter, somewhat lemon-flavoured tea is made from the leaves and flowering stems.

GROWING: **Easy to grow, native to Alberta, Montana. Drought resistant. Perennial. It will spread underground on its own, but you can also grow from seed. If you grow seed in a pot as in a greenhouse, don't let it dry out.**

Collection:

- cut herb close above roots when it first comes into flower

Drying and preservation:

- Care should be taken because of the value and volatile essential oils; handle as with other aromatics

QUALITIES: **Taste: bitter, pungent Odor: strong, characteristic, aromatic, disagreeable.**

THERAPEUTIC ACTION:

- ANTHELMINTIC (vermifuge-expels worms:seed)
- tonic
- EMMENAGOGUE (female corrective)
- diaphoretic
- stimulant
- diuretic
- nervine (relaxant)
- vulnerary
- aromatic
- stomachic
- antispasmodic
- carminative
- mixed with elder leaves it serves as an effective fly repellant and is valued for relieving pain and inflammation in local applications
- leaves may be used as a flavoring agent

MEDICINAL USES:

- expels worms
- if baby delayed at birthing time, tansy tea (or combo of tansy and yarrow) will usually excite the uterine canal and start contractions to get baby to come out.
- menstrual problems (amenorrhea, leucorrhea, dysmenorrhea)
- intermittent fevers, colds, flu
- hysteria, nervous affections
- colic

- kidney problems, jaundice, dropsy, dysentery, flatulence
- heart palpitation, spasms
- eruptive skin diseases
- rheumatism, inflammation wounds, sciatic, weak veins, gout
- ulcers, tumors
- sprains, bruises
- inflamed eyes
- toothache
- for abortion: three tea 3 days before period

PREPARATION:

Decoction, fluid extract, infusion, powder, solid extract, tincture.
Tansy is an aromatic that possesses a valuable volatile essential oil that is very medicinal that should be preserved with care.

DOSAGE:

Decoction: 1 tbsp - 1/2 teacupful
Fluid Extract: 1/2 - 2 fluid drams
Infusion: 1 wineglassful - 1 teacupful 2-3 times daily
Powder: 20-40 grains
Solid Extract: 5-10 grains
Tincture: 1/2 - 1 fluid dram

CAUTION:

- Not if pregnant, unless it is delivery time and baby is late.
- It can abort a baby in large doses, but that might also cause death.
- It is listed as unsafe for internal use on some websites.
- Poisonous in large quantities.

ADMINISTRATION:

Give in small and repeated doses; extra large doses may cause venous congestion and resultant discomfort to the abdominal organs.

<u>Oral</u>

Worms: take 1/2 - 1 teacupful of the infusion (esp. crushed seeds) night and morning, following the cleansing procedure, or fasting during the time
Hysteria, nervous affections, kidney problems: take 1 wineglassful of the infusion repeated frequently 5-6 times daily.
Low fevers, ague, colds: take small and frequent dosages of the warm infusion.
Heart trouble, palpitation: make a decoction by simmering the herb 10 minutes, take 1 wineglassful 4-5 times daily.
Spasms, flatulence, stomach disorders: Take the infusion, making sure to preserve the volatile essential oils which possess much of the medicinal potency for these problems.
Gout: take infusion of the green herb (as indicated), or an infusion of dried seeds and flowers (1 tsp 2-3 times daily) or decocted syrup of the root, with fasting during the treatment.
Eruptice diseases (chickenpox, smallpox, measles): use infusion or decoction as a wash.
Sprains, bruises, inflammations, rheumatism, sciatica: bruise and apply the green leaves, or use the herb preparation as a fomentation, poultice, wash etc.
Flies, insect repellent: use a preparation combined with elder leaves.

<u>To make infusion of Tansy:</u>

1 oz tansy herb, cut 1 pint distilled water

Boil water, pour it over herb, cover, steep 10-15 min; strain, sweeten to taste, bottle and keep in a cool place.
Dosage: 1 wineglassful - 1 teacupful up to 5-6 times daily in wineglassful doses; 2-3 times daily in teacupful doses. Small children, reduce dosage according to age.

PUMPKIN SEEDS

(Curcurbita peop; Semen Peponis; Semina Cucurbinae)

Family: CUCURBITACEAE(gourd)



PART USED: **Ripe seeds (best when fresh)**

QUALITIES: **Taste: bland, oily** **Odor: slight when crushed.**

GROWING: **grow from seed in the garden, nice sunny spot. Or buy plants and grow with a head start. Harvest is usually end of September in Alberta. There is a species of pumpkin where the seeds do not have a hull to be removed, much easier to store and eat.**

Collection:

- separate seeds from the fleshy fruit when ripe, wash to remove pulp, dry and crush and use

- outer seed coating (testa or husk) may be removed before using or the whole may be ground fine and taken.

Drying and preservation:

- seeds are more potent when used matured and fresh, but may be dried and stored in appropriate containers.

Sister plants:

Watermelon seed; (Citrullus Vulgaris, C. Citrullus, Cucurbita Citrullus, Cucumis Citrullus)

- **seeds**
- **similar therapeutic value and medicinal uses as pumpkin seeds**
- **fruit, fevers**
- **urinary affections (esp. strangury)**
- **dropsy**
- **hepatic congestion**
- **intestinal catarrh**
- **very large and edible fruit: seed is flat, ovate, 1/2 inch long, blackish, marbled, or orange-brown, ungrooved,, blunt on the edge (otherwise similar to the pumpkin seed)**

Common Melon or Musk Melon or Casaba (Cucumis melo)

- **seeds, fruit**
- **similar therapeutic properties as watermelon and pumpkin**
- **as with other melons, it is cultivated in the temperate and warmer regions around the world**

Potter's gives a good cooling formula that consists of equal parts of watermelon seeds, common melon seeds and cucumber seeds.

THERAPEUTIC ACTION:

- **ANTHELMINTIC (taenifuge-expels tapeworms, vemifuge-expels worms)**
- **diuretic**
- **nutritive**
- **an efficient agent for expelling both tape and round worms with some herbalists advocating removal of the testa or outer husk and others contending that the whole should be taken**
- **appears that the active principle is in the acrid and resinous envelope immediately surrounding the embryo**
- **best form when using as an anthelmintic is to make an emulsion or simply take the crushed seeds while the infusion of the crushed seeds is a diuretic**

MEDICINAL USES:

- worms (tape worm, round worm)
- renal problems (urinary complaints)

PREPARATION:

Infusion, crushed seeds. Best when fresh seeds used.

DOSAGE:

Infusion: **steep 1 oz crushed seeds for 15-20 min in 1 pint boiling water. Drink 1 teacupful or more (up to 1 pint daily).**
Crushed seeds: 1-2 oz or more

From our Food Therapy Course:

Pumpkin seeds are loaded with zinc and magnesium. But you can do damage by eating them incorrectly. Firstly they should be eaten in small amounts so you don't load up on too much omega 6 fats – restrict your amount to about 2 Tbsp a day, and if possible, balance them with omega 3 rich foods like walnuts, or flax seeds.

Get the raw seeds because the commercial ones are often roasted at a dangerously high heat – if you want to roast them, roast at less than 275ºF for about 10-15 min. Don't buy the salted or coated seeds, add your own healthy salt or spices. If you can, buy organic, no pesticides on your pumpkin seeds. As you age, these things become more important; remove chemically treated pumpkin seeds from your diet. They should not smell metallic, no oily film on your fingers after handling them, no chemically smell, no bitter taste. Even if they are organic, storing them next to heat or sunlight can cause oxidation so if you store in the bag, seal it tightly and keep in the refrigerator, or keep in glass container in the refrigerator. SOOOO, eat in the purist form, in small quantities and store properly. Store the seeds in cool, dark place, ideally in a glass jar so they don't go rancid.

Pumpkin seeds have tryptophan so some think they will be good eaten before bedtime to promote sleep, but eaten in large amounts, and especially salted, they can disrupt your digestive system because the fats take hours to break down so your stomach and liver and forced to stay active when they should be resting so eat them at suppertime (eg. Sprinkle on dinner salad) and you will still get their calming effect. Eating the whole pumpkin seed with the shell intact gives you extra fiber for your digestive system.

Pumpkin seeds – 1 oz, a small handful, has 156 mg magnesium – about the same as a magnesium capsule! Always best get your nutrition from foods instead of supplements (food magnesium from pumpkin seeds is about 60% better than glycinate. When magnesium is surrounded by a whole food – plant which has fiber, proteins, zinc, and phospholipids, the release of magnesium is slowed, helping to be better assimilated into muscle and bone tissue. This is important after 65 years of age because the kidneys become less efficient at retaining magnesium so some magnesium is probably being flushed away from the supplements. Pumpkin seeds also are naturally high in zinc and which are needed for absorption. You can roast pumpkin seeds at 300F for 15 minutes, increases the bio-availability. Sprinkle on oatmeal, in salads, or as a snack. Vit. B6 (as in chicken, turkey, bananas) acts as a cofactor that activates the enzyme systems most efficiently in your nerves and muscles. After age 75 your body loses 35% of its ability to extract minerals from food compared to when you were in your 40's.

Don't combine with dairy or high fat yogurt **eg. Smoothies. Dairy competes with zinc and magnesium absorption. Instead eat them with berries or citrus which has Vit C enhancing mineral absorption. Try soaking raw seeds overnight with a pinch of seasalt this reduces phytates which might block mineral absorption – in the morning rinse and lightly toast with low heat and they will be easier to digest and richer in nutrients. Eating in morning or mid-day is best, that's when the digestive enzymes and bile flow are strongest. If you buy pumpkin seed oil, keep in glass container in refrigerator and keep for short term – if it smells a little off, throw it away.**

ADMINISTRATION:

no harshness in the action, so larger dosages will not be harmful if necessary.

Oral

Worms: take 1 pint of emulsion (2 oz seeds triturated in sugar and milk or water) in 3 doses at 2 hour intervals or take 1-2 tablespoonfuls of the crushed seeds in honey, syrup etc. in 3 doses at 2 hour intervals; patient should fast during treatment, then take appropriate cathartic several hours after the last dosage.

Urinary complaints: take infusion 1 teacupful 3-4 times daily.

HYSSOP

(Botannical name: Hyssopus officinalis)

Family: LABIATAE(mint/deadnettle)





PART USED: Herb

ID:

Stem: sub-shrub, 1-2' high, woody at the base, rod-like branches, almost evergreen
Leaves: opposite, nearly sessile, smooth, dark green and punctual (dotted) on each side, linearly lanceolate, about 1" long and 1/8" broad, hairy on the margin
Flowers: purplish-blue (seldom white or pink) in axillary tufts or spikes arranged on one side (4 stamens)
Odor: aromatic, spicy and minty
Taste: pungent, spicy and somewhat bitter.

GROWING:

- **perennial**
- **common to Europe and U.S. Easy to grow in Canada. Can usually buy at a nursery in the springtime**
- **raised principally in gardens, grows best in well-drained; limey and warm soil and in partial shade (but it can be grown in direct sunlight)**
- **blooms from July to frost and makes a lovely hedge**
- **propagate by seed (easy germination), cuttings, or root division in the spring**

THERAPEUTIC ACTION:

DIAPHORETIC (sudorific)
stimulant
aromatic
anthelmintic (vermifuge)
carminative
febrifuge
diuretic (lithotriptic, nephritic)
expectorant
tonic
aperient
pectoral
vulnerary

- **Hyssop promotes gentle diaphoresis of the skin and thereby relieves as well as heals the kidneys, bladder and spleen**
- **its healing virtues are largely due to a volatile oil which is stimulative, carminative and sudorific**
- **its aperient properties will influence the bowels with a gentle movement, and its stimulating properties are a pleasant tonic and relief to the mucous lining of a weak stomach and to dryness in the bowels**
- **hyssop has an excellent expectorant action and it has been used for generations in pulmonary complaints**
- **its stimulant properties are diffusive in increasing blood circulation and equalizing the pressure**

MEDICINAL USES:

colds
bronchitis
lung troubles
chronic catarrh
quinsy
high blood pressure
eye trouble
dropsy
coughs
hoarseness
liver affections
black eye
scrofula
epilepsy
inflammation
dyspnea
fevers
sore or ulcerated throat
asthma
bruises
gravel
expels worms
T.B./consumption

Eruptive diseases (scarlet fever, smallpox, chicken pox), kidney and stomach complaints (gastric devility, dyspepsia, flatulence)
Vermicide for body lice.

PREPARATION:

Fluid extract, infusion, powder, tincture.

DOSAGE:

Fluid Extract: 1/2 - 2 tsp
Infusion: 1 wineglassful taken frequently (as often as every hour)
Powder: 1/4 to 1/2 tsp taken frequently or as often as each hour
Tincture: 1/2 - 1 fluid dram (teaspoonful)
Eruptive Diseases: Give 1 wineglassful of the infusion every hour; or combine with marigold flowers; sponge down with vinegar and warm water.
Kidney and liver affections: give cold infusion
Worms: give tea 3 times daily before meals.
Skin
Cuts, inflammations, black eye, wounds: bruise the green herb or leaves and apply to the affected area as a poultice
Rheumatism, bruises, contusion: apply a fomentation of the infusion from the leaves externally and keep warm with moist heat.

ADMINISTRATION:

Hyssop is usually given in warm infusion, taken frequently, generally it is used in combination with other remedies.
Oral
Sore or ulcerated throat: use a warm gargle
Fevers, bronchitis etc: give 1 wineglassful warm every hour (acts as a mild diaphoretic, relieves the kidney and bladder, gently influences the bowels, pleasantly soothes the lining of the stomach; sponge daily with vinegar and warm water.
Asthma: brew the green tops in soup, or give the warm infusion

Congenial Combinations:

Hyssop combines well with horehound which is a stimulating tonic and diaphoretic.

BLACK WALNUT

(Botanical name: Juglans nigra)

Pharmaceutical family: JUGLANDACEAE (walnut)





PARTS USED: dried hulls

GROWING: Native to Ontario. Deciduous hardwood tree that grows to 150 feet tall.

CONSTITUENTS:

Flavonoids(Quercetin) tannins Juglone (bitter),
Ellagic Tannic & gallic acids
Serotonin
Minerals: magnesium, iodine, copper, silicone, zinc, calcium, potassium, sulphur, calc. phosphate, & oxalate, potassium & calc. chloride, mag. phos., potas. Sulphate.

Active ingredients in the black walnut hull include omega-3 fatty acids, sterols, tannins and iodine. Black walnut shells are very rich in vitamin C; and beta-carotene, B1, B2, and B6 are found in the leaves.

The tannins in the hull are antibacterial, anti-cancer, anti-diarrheic, anti-hepatoxic, chelator, antihypertensive, anti-tumor, cancer preventive, anti-ulcer. Iodine is antiseptic and antibacterial.

AREAS AFFECTED: Stomach, intestines, pancreas, skin, veins, bones, nerves

QUALITIES:

Taste: Bitter & pungent Energy: A bit warm with cooling

THERAPEUTICS:

* Creates astriction, restrains secretions, dries mucous dampness. Arrests discharge, staunches bleeding and raises central Qi. Use for any type of hemorrhage. Intestines mucus/damp cold (spleen damp) with splashing abdomen, loose mucousy stool. Chronic diarrhea, dysentery, mucous colitis. spontaneous sweating from palms, soles. Supports diabetes.
* Warms and invigorates stomach/spleen & intestines and creates strength; moves stagnancy, promotes bowel movement and expels parasites. Use for anemia, chronic fatigue. Where stomach & intestines are cold with diarrhea, no appetite, weakness, fatigue. Where intestines Qi stagnation with abdominal distention & pain, constipation. For intestinal parasites, esp. tapeworm and ringworm.
* Benefits skin, hair and bone. Dissipates tumors. Reduces inflammation. Restrains infection, promotes tissue repair. Use for chronic eczema, dermatosis, herpes, ringworm, dandruff, lymph swelling, wrinkles. Syphilis and TB. Varicose veins. Weak hair and hair loss. Bone degeneration, tooth cavities. tumors benign and cancerous. chronic inflammatory infections of intestines and urogenital organs. Mouth, gum, throat & eye Inflammations. Wounds, ulcers, boils abscesses.

PHARMACOLOGY ACTIONS:

Astringent (med. strength) Antifungal Anti inflammatory
Antiseptic Detergent Iodine supplement (15 ppm) Vermifuge

INDICATIONS:

Parasites Eczema Diabetes Thyroid deficiency

DOSAGE: (daily)

Fluid extract: 1/4 tsp TID
Infusion: standard doses.
Tincture: 1-2 ml or 25-50 drops

PREPARATION:

Internally: A long infusion and tincture of either leaf and/or rind or dried hulls
Externally: baths, douches, washes, gargles are used with excellent results.
The dried leaf contains an essential oil, an alkaloid and a bitter substance in addition to tannins, minerals etc. It is more warming and antispasmodic and better used for spleen Yang deficiency and intestines Qi stagnation patterns, esp. where weakness and discharge are present.
The mature rind contains trace minerals, malic, citric & oxalic acids and hydrojuglone in addition to tannins. It is cooling and better applied to inflammatory conditions. Used in a hair rinse the Walnut rind will darken hair as well as discourage hair loss.

ADMINISTRATION:

Good mixture combinations:
Use with chickweed and cascara
Use with Irish moss and Kelp
Use with Ginseng
Use with goldenseal and Bugleweed

CAUTIONS:

Mild herb with minimal chronic toxicity.
Avoid if Tinnitus (Ringing in the ears) is present.
If used internally over about 10 days, alternate weekly with a complementary astringent remedy such as Geranium, Tormentil, Oak bark or Blackberry.

CLOVES

Syzygium Aromaticum

Family: Myrtaceae



OTHER NAMES: Caryophyllus aromaticus; Eugenia aromatica; Eugenia caryophyllata. Clavos de olor (mexican);

DESCRIPTION: The clove tree is an evergreen that grows up to 8–12 metres (26–39 ft) tall, with large leaves and crimson flowers grouped in terminal clusters. The flower buds initially have a pale hue, gradually turn green, then transition to a bright red when ready for harvest. Cloves are harvested at 1.5–2 centimetres (5⁄8–3⁄4 in) long, and consist of a long calyx that terminates in four spreading sepals, and four unopened petals that form a small central ball.

Clove stalks are slender stems of the inflorescence axis that show opposite decussate branching. Externally, they are brownish, rough, and irregularly wrinkled longitudinally with short fracture and dry, woody texture. Mother cloves (anthophylli) are the ripe fruits of cloves that are ovoid, brown berries, unilocular and one-seeded. Blown cloves are expanded flowers from which both corollae and stamens have been detached. Exhausted cloves, also known as used cloves, have most or all the oil removed by distillation.

PART USED: Dried, unexpanded flower buds.

THERAPEUTIC ACTION:

Stimulant	stomachic	aromatic	carminative	ANTHELMINTIC
expectorant	anti-emetic	astringent	antispasmodic	GERMICIDAL
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.
Eugenol is the germicidal agent in cloves. It also contains caryophyllene, an antimicrobial agent. These components travel through the bloodstream, killing microscopic parasites and parasitic larvae and eggs.

MEDICINAL:

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

Clove is a power parasite killer. You can use in combination with other parasite remedies like wormwood, black walnut (this threesome is quite famous), or you can use it alone as clove oil or capsules. It is very powerful so do very small dosages. Example, 2 drops clove oil in water with some lemon juice, drank 3 times a day. Or one capsule 2-3 times a day.

Cloves are tremendously effective in killing malaria, tuberculosis, cholera, scabies and other parasites, viruses, bacteria and fungi, including Candida. Cloves also destroy all species of Shigella, Staphylococcus, and Streptococcus. It is best consumed with black walnut hulls and wormwood.

DOSAGE AND ADMINISTRATION:

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
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: Rub 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

<u>Infusion:</u>

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.

CINNAMON

(Botannical name: Cinnamomum zeylanicum)

Family: LAURACEAE(laurel)



PARTS USED: bark

GROWING: in Ceylon, also grows in Malabar, Cochin-China, Sumatra, Eastern islands. Has been cultivated in the Brazils, Mauritius, India, Jamaica.

Grows best in almost pure sand requiring only 1% of vegetable substance. Prefers shelter, constant rain, heal and equal temperature. Tree grows 20-30 feet high with thick scabrous bark, strong branches

SMELL: fragrant perfume
TASTE: aromatic, sweet

Distillation of oil: it gives only a very small quantity of oil but a delicious flavour.

CONSTITUENTS:

up to 10% volatile oil, tannin, mucilage, sugar.

THERAPEUTIC ACTION:

Carminative Astringent Stimulant Antiseptic

MEDICINAL USES:

- Stops vomiting
- Relieves gas
- Given with chalk and astringents, useful for diarrhea and hemorraging of womb
- Antiseptic used in chewing gum to kill bacteria in mouth.
- In the last few years many are using it to control blood sugar (diabetes).
- May prevent stomach ulcers. soothes the stomach.
- May ward off urinary tract infections
- For tooth decay and gum disease
- Helps prevent vaginal yeast infections (E coli)
- Similar to cloves in its action with parasites, only milder.
- Universal spice for sinuses and to treat colds, flu, cancer, inner decay and slime (12th century)

PREPARATION/DOSAGE:

Cinnamon Water 1-2 fluid oz.
Tincture: 1/2 - 1 drachm
Oil: 1/2 - 3 drops
Powder: 10-40 grains
Spirit: 5-20 drops

1/8 - 1/4 tsp of ground cinnamon per meal may help control blood sugar levels.

For stomach soothing tea use 1/2 - 3/4 tsp powdered herb per cut of boiling water. Steep 10-20 min. Drink up to 3 cups daily.

CAUTION:

In powdered form, cinnamon is non-toxic.

When using the oil on skin it may cause redness and burning. Taken internally it can cause nausea, vomiting and possible kidney damage. Don't ingest cinnamon oil.

Cassia, the kind most stores sell, can be toxic in large amounts if you have liver issues.

THYME

(Thymus vulgaris)

LABIATAE(mint/deadnettle)



PART USED: Herb

ID:

Stem: small undershrub, numerous stems; procumbent or trailing at base, 6-12" high, quadrangular stem and branches, pubescent (downy or covered with soft, fine hairs), purplish shoots, pale brown bark, almost evergreen.

Leaves: opposite, small 1/3" long, 1/16" broad, elliptis (lanceolate or arrow-shaped), grayish-green, short-stalked reflexed at margin, strongly aromatic, numerous; powder is light green.

Flowers: small, lavender, arranged on leafy and whorled spikes, bilabiate (two-lipped)

Odor: aromatic

Taste: strong, pungent and spicy

GROWING:

- Perennial. Easy to grow in North America, Europe.

- native of southern Europe, from Portugal to Greece, naturalized in the U.S. and cultivated in gardens for culinary purposes

- grows wild in the mountains

- flowers all through June

- propagate by seed indoors and transplant the seedlings (only the Thymus vulgaris variety is easy to germinate), layering, cuttings or root division, spacing 10 inches apart;

- grows best in light, sandy, limy and well-drained soil, in raised beds and in full sunlight (needs plenty of sunshine) or it will thrive indoors in a sunny window (grown in 5" pot or box)

- keep well-clipped to prevent getting too woody and renew or replace periodically with a new plant. Thyme is very hardy, but it should be protected in winter by a leafy covering or mulch; often if the top is frozen, it will put out new green shoots.

Collection: - clip tops at the full state of bloom (June)

Drying and preservation:

- be careful as much of the medicinal value in thyme is due to its volatile oil.

Sister plants:

Caraway (Thymus Herba barona)

Lemon thyme (Thymus citriodorus)

Mother of Thyme or Wild Thyme (Thymus serphyllum)

- **herb**
- **convulsive coughs, whooping cough, catarrh, sore throat**
- **resembles Thymus vulgaris, but the leaves are 1/8" broad tapering below, green, ciliate at the base and not recurved at the margins, prominent veins on the under surface, weaker odor.**

THERAPEUTIC ACTION:

DIAPHORETIC (hot)	**tonic**	**antiseptic**
antispasmodic	**carminative**	**emmenagogue**
nervine sedative	**vulnerary**	
anthelmintic (vermicide)		

Oil: stimulant, tonic, emmenagogue, antispasmodic, antimintic (vermicide), Essential oil is very strong, can burn skin and under tissue so must be diluted if using topically.
Warming: In excessive doses, it is emetic, depressive and exhaustive.

Thymol: Stimulant, antiseptic, deodorant, disinfectant, anthelmintic (vermicide), parasiticide, antipyretic, local anesthetic. It is anesthetic to the skin and mucous membranes, have paralyzing effect on the ends of sense **nerves.**

- **over 60 varieties of thyme, but Thymus vulgari is the best for both medicinal and culinary purposes.**
- **an old-time household remedy with a very healing and antiseptic action**
- **especially beneficial for respiratory, stomach, uterine and bowel problems and it has a soothing sedative action on the nerves**
- **powerful yet harmless and non-poisonous**
- **may be relied upon to eliminate all infection, to destroy worms and take away all foul odors**
- **will restore health to children who are debilitated and exhausted by whooping cough.**
- **forms the basis for world-famous Listerine Antiseptic compound**

MEDICINAL USES:

- **menstrual obstructions (dysmenorrhea, amenorrhea)**
- **headaches**
- **nightmares**
- **colic, flatulence, stomach weakness, stomach cramps, diarrhea**
- **asthma, lung problems, whooping cough, bronchitis, cough, throat irritations (gargle)**
- **febrile condition (fevers)**
- **wounds**
- **toothache**
- **bad odor (deodorant)**
- **rheumatism, gout**
- **scabies, indolent ulcers, spasms, hysteria**
- **It kills bacteria, fungus – main ingredient in mouthwashes, Seventh Generation disinfectant, so small amounts are used in Tincture and other formulas to kill infections.**

Oil: Chlorosis, diarrhea, bronchitis, gleet, gonorrhea, leucorrhea, neuralgia, rheumatism, vesical catarrh; externally for baths, earache, gangrene, itch or scabies (lotion), muscular rheumatism, sores, ulcers (esp. the odor), toothache (apply on cotton).
Thymol: Fetid (foul-smelling) bronchitis, cancer, diarrhea, dysentery, diphtheria, diabetes, gonorrhea, leucorrhea, conjunctivitis, ozaena, otorrhea, rhinitis, stomatis, skin diseases (psoriasis, eczema) typhoid fever, uterine lochia

PREPARATION:

Elixir, fluid extract, infusion, oil, powder, tincture.
Infusion: Do not boil and keep closely covered due to the highly medicinal volatile oil.
Bath: soak a good bucketful of fresh thyme or 8 oz (200g) dried thyme in cold water for 12 hours. Use smaller amount for children. After 12 hours, heat up gently, strain and add to bathwater.
Oil: fill glass bottle with freshly picked leaves. Add enough oil to cover. Seal, let stand in warm place 3 weeks.
Tea: use 1 heaping tsp for each cup. Pour hot water over, steep 30 seconds.

DOSAGE:

Fluid Extract: 10-60 minims (1 teaspoonful)
Infusion: 1 wineglassful 3-4 times daily
Oil: 1-5 minims (always use in small doses when used internally)
Tincture: 1/2 - 1 tsp

ADMINISTRATION:

Thyme is generally given in combination with other remedies. The infusion is preferred for children

<u>Oral</u>

Menstrual problems, dysmenorrhea, amenorrhea, fevers, whooping, cough, asthma, bronchitis etc: give a warm infusion; for small children, give small and frequent doses.

Stomach weakness, dyspepsia, flatulence, spasms, diarrhea: give a cold infusion

Whooping cough: mix 1 part of the infusion with 1 part honey (1 tsp - 1 tbsp); give when the cough is troublesome.

OREGANO

(Botanical name: Origanum vulgare)

Pharmaceutical family: Lamiaceae (mint)





Common Names/Synonyms: **Common and Wild Marjoram, Greek Oregano,, Winter Oregano**

Parts Used: **Dried leaves and flowering stems**

Found: **Grows well in Europe and North America, almost everywhere**

ID: **Oregano is a warm and aromatic yet slightly bitter herb in the mint family. Good quality oregano has a pungency that numbs the tongue. The best quality oregano is grown in a warm, dry climate. Sunlight encourages the concentration of the essential oils that give oregano its flavor.**
Two other herbs are used in the same ways as common oregano but have different culinary and medicinal properties. Mexican oregano is a plant in the verbena family that has an even stronger flavor, while marjoram is a closely related plant that lacks oregano's essential oil and has a different, gentler "mouth feel."

Growing: **Perennial plant, low growing and spreading. Grows very easy in Alberta. There are different varieties – the "greek" is the most common one sold in the nurseries and the one to plant here, but there are others ones, however they don't all survive our winters.**
Collection:

History:

Oregano originally came from warm climates in western and southwestern Eurasia and the Mediterranean region. Oregano is a perennial plant that has the characteristics of an herb, green and leaflike, with round shaped leaves. As a perennial, oregano is often grown for 3–4 years but in northern climates where the temperature is colder it is often grown as an annual.

Since oregano was originally grown in Greece, it was first used by the Greeks. They believed that this herb was created by the Goddess Aphrodite. She wanted it to be a symbol of joy growing in her garden. The word "oregano" comes from the Greek words oros, for "mountain," and ganos, for "joy" meaning " joy of the mountains".

Ancient Greeks believed that oregano could also be used as a poison antidote. They used it to treat skin irritations and infections, dropsy, convulsions, and as an antidote for narcotic poisons.

The Roman's next adopted oregano because they enjoyed the taste and how easy is was to cultivate. Their love of the herb helped spread its use all throughout Europe and Northern Africa.

In the middle ages oregano was commonly used for medicinal purposes. They would chew the oregano leaves as a cure for many ailments such as rheumatism, toothache, indigestion, and coughing fits.

During this time, Oregano also made the journey to China. It was also used for medicinal purposes in this region. The Chinese people believed it helped with fever, vomiting and upset stomach.

During the Elizabethan era, oregano was used for just about anything. It was used to encourage good luck and good health. It was used in spells for happiness, tranquility, luck, health, protection and letting go of a loved one. It was also worn during sleeping to give one psychic dreams.

Oregano was not widely used in the United States until after the Second World War. Soldiers discovered the herb during the Italian Campaign and brought it back to the US.

Constituents:

essential oil incl. 16-50% phenol carvacrol, bitters, tannins, coffeic/ursolic/rosmarinic acids, resins, gum

Areas affected:

respiratory digestive immune

QUALITIES:

Taste: a bit pungent and bitter, aromatic, balsamic , a bit like thyme
Energy: neutral with both warming and cooling potential, dry
Stimulating, relaxing, restoring, dispersing movement

Therapeutics:

- **Uterine stimulant effect to promote menses and expel afterbirth**
- **Relaxant effects on lungs - lung phlegm dryness, lung phlegm damp and lung yin deficiency**
- **Restrains infection, antidote to poison, relieves pain, rids skin parasites**
- **Mouth, gum and throat infections, tonsilitis**
- **Upper and lower respiratory infections**
- **Essential oils excellent for colds, flus**

Pharmacology/Actions:

ANTHELMINTIC	**Antioxidant**	**Antiseptic**	**Antispasmodic**	
Carminative	**Cholagogue**	**Diaphoretic,**	**Emmenagogue**	
Expectorant	**Relaxant**	**Stimulant**	**Stomachic**	**Mildly tonic.**

Indications:

- **Colds, Flus. Extracts and essential oil are used. When taken at the first sign of virus attack, it is very effective. 5 drops at back of tongue followed by swig of water, gargle, then swallow. Follow with a little more water because it burns a little. Do every 20 minutes for 3 applications and if you do it at the beginning of the symptoms, it usually is done.**
- **Respiratory Infections.**
- **Skin infections, oregano oil helps control acne and pimples. Add 2 drops oregano oil to any face wash when cleaning face, don't let get into eyes. Do twice daily. As an antiseptic the leaves and flowers are used to treat cuts and burns.**
- **PARASITES. In one study 77% of subjects were parasite free after taking the oil of oregano, or the tablets. One recipe calls for 2-3 drops oregano oil is water with fresh squeezed lemon, drank 3 times a day. Do around full moon when parasites are very active.**
- **Sinus inhalant (minty aroma helps clear sinuses.**

Preparation:

Capsules, tinctures, teas, essential oils
If can't do oil, put in gelatin capsule with olive oil

CAUTION:

Mild herb, minimal chronic toxicity
Uterine stimulant, not if pregnant

SASSAFRAS

Botanical name: 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); Sassafas 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.

GROWING:

Perennial, common to woods from Canada to Florida to Texas and Mexico, cultivatges in Maryland Virginia and Louisana; rows best in light sandy soil and in the opn; 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.

<u>Collection:</u>

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

<u>Drying and preservation:</u>

The oil gets darker and thicker with age, so should be kept in well stopped brown bottles 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.**

PREPARATION:

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

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

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.

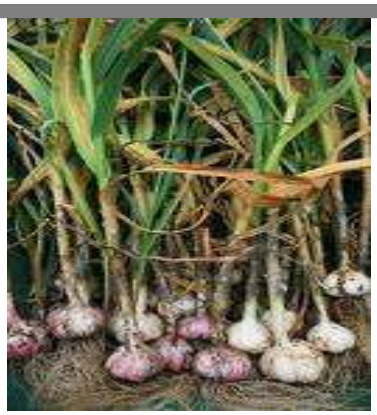
Oil of sassafras and olive oil compound:
2 tsp Sassafras oil (oleum sassafras; Sassafras officinale)
8 oz olive oil (oleum olivae; olea europaea)
2 oz honey
Warm olive oil (not hot); place olive oil into a quart jar and add the sassafras oil; close and shake until dissolved or **thoroughly mixed and 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.**

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.**