

# THE BOOK OF HERBS



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## BIBLE ON HERBS

And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat. Genesis 1:29.

And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil. Genesis 2:8-9.

And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. In the midst of the street of it, and on either side of the river, [was there] the tree of life, which bare twelve [manner of] fruits, [and] yielded her fruit every month: and the leaves of the tree [were] for the healing of the nations. *Revelation 22:1-2.*

And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine. *Ezekiel 47:12.*

And they sat down to eat bread: and they lifted up their eyes and looked, and, behold, a company of Ishmaelites came from Gilead with their camels bearing spicery and balm and myrrh, going to carry [it] down to Egypt. *Genesis 37:25*

And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound [weight]. *John 19:39.*

He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth. *Psalms 104:14.*

Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithe of mint and anise and cummin, and have omitted the weightier [matters] of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone. *Matthew 23:23.*

When he hath made plain the face thereof, doth he not cast abroad the fitches, and scatter the cummin, and cast in the principal wheat and the appointed barley and the rye in their place? *Isaiah 28:25.*

I have perfumed my bed with myrrh, aloes, and cinnamon. *Proverbs 7:17.*

Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices: *Song of Solomon 4:14.*

And ye shall take a bunch of hyssop, and dip [it] in the blood that [is] in the basin, and strike the lintel and the two side posts with the blood that [is] in the basin; and none of you shall go out at the door of his house until the morning. *Exodus 12:22.*

Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. *Psalms 51:7.*

He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth. *Psalms 104:14.*

And Isaiah said, Take a lump of figs. And they took and laid [it] on the boil, and he recovered. 2 Kings 20:7.

Luke, the writer of the Gospel that bears his name, is called the beloved physician, and those who do a work similar to that which he did are living out the gospel. Col 4:14 {KC 52.5}

Luke is called "the beloved physician." Paul heard of his skill as a physician, and he sought him out as one to whom the Lord had entrusted a special work. He secured his cooperation in his work. After a time, he left him at Philippi. Here Luke continued to labor for several years, doing double service as a physician and a gospel minister. He was indeed a medical missionary. He did his part, and then besought the Lord to let His healing power rest upon the afflicted ones. His medical skill opened the way for the gospel message to find access to hearts. It opened many doors for him, giving him opportunity to preach the gospel among the heathen. {INL 141.4}

"God has caused to grow out of the ground herbs for the use of man and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today. {PH144 7.2}

After I have prayed earnestly for the sick, what then? Do I cease to do all that I can for their recovery?--No, I work all the more earnestly, that the Lord may bless the means which his own hand has provided, entreating that he may give a sanctified wisdom to co-operate with God in the recovery of the sick. {PH066 52.3}

When the Lord told Hezekiah that he would spare his life for fifteen years, and as a sign that He would fulfill His promise, caused the sun to go back ten degrees, why did He not put His direct, restoring power upon the king? he told him to apply a bunch of figs to his sore, and that natural remedy, blessed by God, healed him. The God of nature directs the human agent to use natural remedies. *Letter 182, 1899.*

Hippocrates was truly "the father of medical science." Prior to his time, the treatment of disease was in the hands of priests, but Hippocrates showed that disease had only natural causes and removed the treatment of disease from the priests. He insisted that only nature could heal the body and that the physicians were only nature's helper. He used this rule in his practice, treating his patients with herbs, proper diet, fresh air, proper exercise, and attention to correct habits and living conditions.

The use of herbs in the written record actually dates back for several thousands of years B.C. The Chinese, Sumerians, and Egyptians all used plant for medicinal purposes. A Chinese book on herbs, dated around 2700 B.C, lists over 300 plants with their medicinal uses. In Old Testament times, several herbs are mentioned, indicating Aloe.

Don't forget that herbs do not usually give rapid results as drugs do. Because of their milder action, herbs must be taken over a period or weeks or even months, depending on the condition being treated, in order to produce a lasting, beneficial effect. In general, the longer the disease has been present in the body, the longer it will take the herbs to have a noticeable effect. *Back to Eden, page 48.*

## **RECOMMENDED BY (WHO)**

The use of locally available resources is not only Biblically based, but it's also central to the concerns of the World Health Organization (WHO)-1977 *Declaration.*

# HERBAL MEDICINE

**"74% of 119 plant-derived pharmaceutical medicines were used in modern medicine in ways that correlated directly with their traditional uses as plant medicines by native cultures."**

**WHO estimated that 80% of world population relies on herbs for primary care needs.**



Farnsworth, N.R., et al. "Medicinal plants in Therapy." *Bulletin of the World Health Organization*, 63:6(1985):965-81

# HERBAL MEDICINE

**Today 25% of all prescription drugs are still derived from trees, shrubs, or herbs.**

**Is estimated that 30-40% of all medical doctors in France and Germany rely on herbal preparations as their primary medicines**



Farnsworth, N.R., et al. "Medicinal plants in Therapy." *Bulletin of the World Health Organization*, 63:6(1985):965-81

Interview with Prof. H. Wagner. *HerbalGram* 17, 16-17, 1988.

## WHY HERBS NOT DRUGS?

- Human use them as food and medicine.
- Herbal remedies are often dilute and can be adjusted to individual strength.
- They usually work with the body's own physiological processes.
- When used sensibly, they have an enviable safety record.
- Medical research endorses a number of key herbal remedies where safety and effectiveness have been established.

- Other remedies have longstanding traditional use as evidence of their efficacy.
- They can be safely self-administered in minor acute and chronic conditions.
- Some remedies can be taken long term in low doses.
- Many remedies can be taken to prevent illness or enhance performance.
- As natural products, they are a permanently renewable resource. When grown organically, they can have a positive impact on the environment. *Home Remedies*, Page 15.
- Drugs has more negative side effects. Please check the side effect of hypertension drugs and you will agree with me that:
- People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period. {MH 126.3}.
- Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physicians--pure air, pure water, proper exercise, a clear conscience. Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the laws of health. Drugs need seldom be used. {PH066 43.1}
- Those who make a practice of taking drugs sin against their intelligence and endanger their whole afterlife. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties. But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure. {20MR 1.5}
- Drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease. --T., No. 32, p. 67.
- Many, instead of seeking to remove the poisonous matter from the system, take a more deadly poison into the system to remove a poison already there. --H. to L., Chap. 4, p. 64.
- There are more who die from the use of drugs than all who would have died of disease had nature been left to do her own work. --H. to L., Chap. 3, p. 61.
- Then shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest. {2SM 288.3}
- Dr. Kellogg, God has given you favor with the medical fraternity, and he would have you hold that favor. But in no case are you to stand as do the physicians of the world to exalt allopathy above every other practice, and call all other methods quackery and error; for from the beginning to the present time the results of allopathy have made a most objectionable showing. There has been loss of life in your sanitarium because drugs have been administered, and these give no chance for nature to do her work of restoration. Drug medication has broken up the power of the human machinery, and the patients have died. Others have carried the drugs away with them, making less effective the simple remedies nature uses to restore the system. The students in your institution

[Battle Creek Sanitarium] are not to be educated to regard drugs as a necessity. They are to be educated to leave drugs alone. {16MR 288.2}

- The treatment we gave when the sanitarium was first established required earnest labor to combat disease. We did not use drug concoctions; we followed hygienic methods. This work was blessed by God. It was a work in which the human instrumentality could cooperate with God in saving life. There should be nothing put into the human system that would leave its baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, and to educate on altogether different lines of treating the sick, was the reason given me why we should have sanitariums established in various localities. {21MR 289.4}
- I have been pained when many students have been encouraged to go to Ann Arbor to receive an education in the use of drugs. The light which I have received has placed an altogether different complexion on the use made of drugs than is given at Ann Arbor or at the sanitarium. We must become enlightened on these subjects. The intricate names given the medicines are used to cover up the matter, so that none will know what is given them as remedies unless they obtain a dictionary to find out the meaning of these names. {21MR 289.5}
- Said the venerable Professor Alex. H. Stephens, M. D., of the New York College of Physicians and Surgeons, in a recent lecture to the medical class: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust to the powers of nature." Again: "Notwithstanding all of our boasted improvements, patients suffer as much as they did forty years ago." And again: "The reason medicine has advanced so slowly, is because physicians have studied the writings of their predecessors, instead of nature.
- The venerable Professor Jos. M. Smith, M. D., of the same school, testifies: "All medicines which enter the circulation, poison the blood in the same manner as do the poisons that produce disease." Again: "drugs do not cure disease; disease is always cured by the vis medicatrix naturae." And again: "Digitalis has hurried thousands to the grave." Dr. Hosack, formerly a Professor in this College, used to say that it derived its name from the fact that it pointed the way to the grave. And yet again: "Prussic acid was once extensively used in the treatment of consumption, both in Europe and America; but its reputation is now lost. Thousands of patients were treated with it, but not a case was benefited. On the contrary hundreds were hurried to the grave."
- Says Professor C. A. Gilman, M. D., of the same school: "Many of the chronic diseases of adults are caused by the maltreatment of infantile diseases." Again: "Blisters nearly always produce death when applied to children." Again: "I give mercury to children when I wish to depress the powers of life." And again: "The application of opium to the true skin of an infant is very likely to produce death." And yet again: "A single drop of laudanum will often destroy the life of an infant." And once more: "Four grains of calomel will often kill an adult." And, finally: "A mild mercurial course, and mildly cutting a man's throat, are synonymous terms. H to L, page 87.
- "As the matter was laid open before me, and the sad burden of the result of drug medication, the light was given me that Seventh-day Adventists should establish health institutions, discarding all these health-destroying inventions, and physicians should treat the sick upon hygienic principles." --Letter 17a, 1893 (written Oct. 2, 1893) {PH144 8.4} "The Lord will be the helper of every physician who will work together with Him in the effort to restore suffering humanity to health, not with drugs, but with nature's remedies. Christ is the great physician, the wonderful Healer. He gives success to those who work in partnership with Him." Letter 142, 1902.

# NATURE'S REMEDIAL AGENCIES

**A famous scientist once said, "Until man duplicates a blade of grass, nature can laugh at his so called scientific knowledge. Remedies from chemicals will never stand in favor compared with the products of nature. The living cell of the plant, the final result of the rays of the sun. When correctly used, herbs promote the elimination of waste matter and poisons from the system, simple natural means, they support nature in its fight against disease, while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by "suppressing the symptoms."**

**-Thomas Edison**



## GROWING HERBS

❖ Organically grown medicinal plants are to be preferred over conventionally grown ones. Being produced without chemical interference, they develop naturally and absorb nutrients from the soil. They should also be relatively free from inorganic fertilizers, pesticides, and pollutants. Organic certification provides some evidence that a plant meets certain quality standards and has been cultivated or wild-crafted in an ecologically sensitive manner. *Home Remedies, Page 27.*

## GATHERING OF HERBS

1. Dry whether
2. Leaves-Fully Matured
3. Stems-Foliage Appear
4. Stalks-Autumn
5. Twigs-Autumn
6. Bulbs-New bulb develop
7. Rhizomes and roots-Before they flower
8. Barks-In the spring
9. Flowers-About to Open
10. Aromatic-After flowering
11. Avoid plants growing in polluted places
12. Gather only healthy and clean plants
13. Be sure that the plants are dry
14. Identify the plant
15. Gather parts only, not destroy them
16. Never mix different species

## DRYING OF HERBS

1. How to dry-Clean room which has no dust, away from sunlight.
2. Spread on paper in thin layers, not direct on ground. Never spread on printed papers
3. Guard from mold-Turn Occasionery
4. Leaves- Dry Aromatic leaves in the shade: 3-6 hours
5. Flowers-Spread loosely on white paper, preserve the color. Dry in the shade but place in the sun a brief time: 4-8 hours.
6. Bulbs, fleshy roots and rhizomes-Peel off the outer membranes. Then cut the bulbs into transverse (Strait across) slices, each about half inch. Stir often.
7. Barks, twigs and woods-Dry in sunlight.

## STORAGE OF HERBS

1. Use Glass, Ceramic, metal, fabric or paper/cardboard containers
2. Store in Dark, cool and dry place
3. Label each herb for easy identification
4. Check periodically
5. 2 years maximum in store

## IMPORTANT FACTS ABOUT HERBS

1. Never take drugs when taking no poisonous herbs. The two do not work together.
2. Do not prepare herbs or food in aluminum cooking utensils. *Back to Eden, page 70.*
3. Do not sweeten herbs unless when dealing with older people, weak people or children.
4. Take laxative herbs-In the morning
5. Sedatives and antispasmodic- empty stomach
6. Blood purifying-Empty stomach
7. Strong, bitter herbs- enough water
8. Weekly rest-after three weeks for three days.

## TIPS FOR HOME USE

1. Self-treatment of minor health problems makes sense, and besides helping one to feel better, can be very satisfying. These pages give a few tips on how to refine the use of herbal remedies. In cases of more serious illness, it is wise to consult a qualified herbal practitioner.
2. Decide what the main symptoms are.
3. Select remedies that are known to help these symptoms, for example cranberry (*Vaccinium macrocarpon*) for
4. cystitis, elderflower (*Sambucus nigra*) for colds and sinus congestion.
5. Develop experience using specific remedies and build up your own stock of herbal remedies.

## HOW MANY TO USE

- Combining 2-4 herbal remedies together can prove more effective, particularly if the problem is stubborn or recurs frequently; for example, recurrent cystitis infection may be treated with cranberry, plus remedies such as buchu (*Barosma betulina*), echinacea (*Echinacea spp.*), and corn silk (*Zea mays*).
- Combine remedies as teas or tinctures, or purchase a product containing the required remedies.

## WHEN AND HOW MUCH TO TAKE

1. As a rule, medicinal herbs do not require as strict a dosage as medicines due to the wide tolerance range for most of them, there is no need to measure with absolute precision the weight of the plant for herbal tea, no volume of it to be drunk. Emp, p. 58
2. 20 to 30 grams of dry plant per liter of water, which is approximately equal to a teaspoon (2g) per cup of water (150ml).
3. Herbal remedies are generally best taken with water about 30 minutes before a meal.
4. Take the recommended daily amount in 2–3 divided doses, ideally before your breakfast, lunch, and evening meal.
5. Moderate to high doses of an herb can be taken for a few days for minor acute problems, for example if you are experiencing a sudden onset of cystitis symptoms, take corn silk at the upper end of its dosage range (10–15g a day) for 3–4 days.
6. Low to moderate doses should be used for long-term problems, for example in the case of chronic bladder irritation, take corn silk regularly at a low dosage (5–7.5g a day).

### Herbal Preparations

Dosages for children:

**Young's Formula**

Age in years = portion of adult dose

Age + 12

For example, the correct dose for a **six-year-old child** would be as follows:

$$\frac{6}{6 + 12} = \frac{6}{18} = \frac{1}{3} \text{ of adult dose}$$



### Herbal Preparations

**Duration of Use**

**For chronic long-term conditions:** 3 times a day, usually with meals, for three months




## HOW LONG TO TAKE

- Self-limiting conditions such as a sore throat or stomach upset that are safe to treat at home should clear within 10–14 days at the most. If you are not fully recovered by then, see your health care practitioner.
- Start treatment as soon as possible, before symptoms become full-blown.
- Some remedies may be taken long-term to prevent or treat chronic illness, for example ginkgo (*Ginkgo biloba*) to maintain healthy mental function or boswellia (*Boswellia serrata*) to provide relief for arthritic pain and stiffness. *Home Remedies*, Page 48

## WHEN TO SEEK PROFESSIONAL ADVICE

- Do not put off getting professional advice when symptoms are worrying, especially if severe pain or a temperature of over 102°F (39°C) are present, or if symptoms deteriorate sharply or unexpectedly. Professional advice, including telephone help lines, will help ensure that you have the right treatment at the right time.

## HOW MEDICINAL PROPERTIES ARE DISCOVERED

1. Doctrine of signatures

2. Doctrine of flavours
3. Observation (Animal Behavior)
4. Inspiration
5. Experiments
6. Education (Parents to offspring)

## THE VOICE OF NATURE

Men who no longer listen to the voice of nature become the victims of a thousand different diseases and miseries. But the creatures of pure nature, on the other hand, the animals of our forests, are free from sickness and from everything else as well that corresponds to the sins and vices of mankind.

When we look at nature with an open, unprejudiced mind, and are not blinded by the teachings of science, we must arrive at the clear conclusion that man has become sick and miserable only because he no longer heeds the voices of nature, and has thus everywhere transgressed the laws of nature, and lost his way. Nature is forever unassailable in her justice; she punishes every transgression of her laws, but likewise rewards every return to obedience.

In all cases, and in all diseases, therefore, man can recover and again become happy only by a true return to nature: man must today strenuously endeavor, in his mode of living, to heed again the voice of nature, and thus choose the food that nature has laid before him from the beginning, and to bring himself again into the relation with water, light and air, earth, etc., that nature originally designed for him.

These primitive people recognize, for instance, quite plainly every poisonous plant without ever having studied botany or indeed anything else.

The voices of nature have always been true to man, but science is the cunning serpent in paradise which deceived man from the start, led him astray, and gave him false instruction. The more man listened to the teachings of science, especially of medicine, the more he became a victim of disease and misfortune, although science was extolled from the beginning as the dispenser of happiness and blessings.

When in the present century mankind instinctively turned their faces once more toward nature, it became evident to them that all diseases had their origin in impure matter in the blood, in the body—in disease germs or foreign matter. On the basis of this correct discernment people, in treating the sick, soon refrained from exorcising the devil with Beelzebub by introducing more foreign matter and poison into the body, as medical science does by drugs, medicines, etc. They sought rather to cleanse the sick body of its foreign matter, and that, indeed, with but one natural remedy—with water.

It is easy to see how beasts of prey become bloodthirsty through a meat diet. The hunter's setter only brings the game to bay, but does not attack it so long as he is fed on vegetable food alone, but as soon as he is given meat he begins to bite and kill. I knew an ape in a zoological garden that was very gentle and good-natured. But when he was fed on meat, he became vicious and snapped even at his keeper for whom he had had the friendliest feelings.

When a child has had a fall and runs crying to its mother, the latter does not long consider what physicians and books say as to the first thing to be done in emergencies, etc., but in her overflowing love and sympathy she involuntarily rubs and strokes the painful spot.

Is the young animal that leaves its nest and gets out into the open air for the first time in the least doubt as to what it is to choose for its food? It is guided by instinct, and finds its food without any ado. The young fawn eats grass, the little squirrel looks for nuts, the young fox immediately chases a mouse or some other animal.

The young animals from the start avoid everything that is harmful, —poisonous plants and the like.

Man, who originally followed the voices of nature unerringly, guided by instinct and taste, chose the noblest and most beautiful products of the vegetable world, the *fruits*. Man, probably could not eat grass, and he probably did not care to catch an animal and bite into it.

## THE DOCTRINE OF SIGNATURES

Doctrine of Signatures which dates from the era of Dioscurides and Galen affirms that the herbs which bear a resemblance to diverse body parts can be exploited by herbalists to treat disorders of those parts of the body. It is also known as the Doctrine of Correspondences and developed in Europe in the 16th and 17th centuries. It was articulated that the Almighty must have set His sign upon the various means of curing human maladies, which He endowed the globe with [1].

The healing and nourishing properties of any fruit or vegetable is reflected in and ultimately revealed by the fruit or vegetables' outer physical shape, form, or "signature" in relation to the human body. Every food has a pattern that appears like a body organ or a physiological function which may act as a signal or sign of the benefit of the food to the eater. The awesome insight of civilizations past has now been corroborated by today's exploratory nutritional sciences.

### Doctrine of Signatures with Medicinal Substances of Plant Origin

	<p><b>Kidney Beans</b> (<i>Phaseolus vulgaris</i>) cure and help sustain <b>kidney</b> function and appear unerringly like human kidneys. Kidney beans have many nutritional traits that endorse kidney health. Kidney Beans are full of soluble and insoluble fiber and low in fat, which augments cardiovascular health, blood pressure and alleviates blood sugar. Kidney beans also supplies magnesium and potassium to human body, the deficiency of which can enhance the danger of developing kidney stones.</p>
	<p>A <b>Walnut</b> (<i>Juglans regia</i>) resembles human <b>brain</b> having left and right hemisphere, upper cerebrums and lower cerebellums. The crinkle /folds on the walnut are identical to the gyre of neo-cortex. Walnuts are at zenith in nuts used for brain health. These have notably high concentration of DHA which is a kind of Omega-3 fatty acid and assist in growth of over three dozen neurotransmitters for functioning of brain. DHA also guards brain healthiness in infants, recovers cognitive performance in adults and checks or improves age-related cognitive turn down. Mothers who get sufficient DHA have smarter children. It has been investigated at Tufts University in Boston that walnuts invalidate various signs of brain ageing in rats. Dr James Joseph states that walnuts also enhance signaling within the</p>

	brain, as the silver ion needed for signaling is present only in walnut kernels.
	Our <b>lungs</b> are made up of branches of ever-smaller airways that end up with tiny bunches of tissue called alveoli, which resemble bunches of <b>Grapes</b> ( <i>Vitis vinifera</i> ). A diet rich in grapes has been shown to reduce the risk of lung cancer and emphysema. Grape seeds also contain a chemical called pro- anthocyanidin, which appears to diminish the severity of asthma triggered by allergy. A cluster of grapes has the shape of heart. Each grape appears like a blood cell and is considered as heart and blood vitalizing food.
	The section of a <b>Carrot</b> ( <i>Daucus carota subsp. sativus</i> ) seems like the human <b>eye</b> and these massively improve blood flow to the eyes and assist in the general function of the eyes. Carrots get their orange color from a plant chemical known as <b>beta-carotene</b> , which reduces the risk of developing cataracts. The chemical also protects sight problems that develop over the age of sixty five.
	<b>Mushroom</b> ( <i>Agaricus bisporus</i> ) slice resembles a <b>human ear and improves hearing</b> . As these are one of the few foods that have vitamin D thus makes bones strong.
	<b>Ginger</b> ( <i>Zingiber officinale</i> ) often is identical to the <b>stomach</b> and one of its biggest benefits is assistance in digestion. The Chinese have been using it for over 2,000 years to calm the stomach and <b>cure nausea</b> and is also a popular therapy for <b>motion sickness</b> .
	<b>Onions</b> ( <i>Allium cepa L.</i> ) give the impression of body cells and are known to <b>clear waste material from all body cells</b> . The tears produced by onions wash the epithelial layers of the eyes.



**Tomato** (*Solanum lycopersicum*) has four chambers like heart and is red in color. Tomatoes contain lycopene which is **heart, prostate** and blood food.

**Peanuts** (*Arachis hypogaea*) have a profound effect on the **testicles and sexual libido**. In Middle Ages peanuts were banned as food for males by church. Arginine which is main component of today's Viagra comes from peanuts.

**Bananas** (*Musa spp.*), **Cucumber** (*Cucumis sativus*) and **Brinjal** (*Solanum melongena*) seems to be like male **sexual organ** and plays a role in its size and strength. Banana contains a protein called tryptophan which when digested gets converted into a neurotransmitter called serotonin which is a mood regulating chemical in the brain. Banana can be termed as an antidepressant drug, since it adjusts the level of serotonin production in the brain and is similar to smile of a man.

**Grapefruits** (*Citrus × paradisi*), **Oranges** (*Citrus × sinensis*) and other citrus fruits seem like the **mammary glands** of females and movement of lymph in and out of breasts and maintain breast health.

**Adiantum capillus-veneris** (maidenhair fern) is used in the treatment of **hair problems** because of their similarity to that part of the body.

	<p><b>Liverwort</b> is either Marchantiophyta or Hepatica which are used to treat the <b>liver diseases</b></p>
	<p><b>Celery</b> (<i>Apium graveolens</i>) comes into view like <b>bones</b> and specially target bone potency. Bones are composed of 23% sodium and celery also has 23% sodium. In case of lack of sodium in food, body draws it from the bones making them frail. Celery refills the skeletal necessity of the body.</p>
	<p><b>Avocados</b> (<i>Persea americana</i>), <b>Eggplant</b> (<i>Solanum melongena</i>) and <b>Pears</b> (<i>Pyrus spp.</i>) target the health and function of the <b>womb and cervix</b> of the females, resemble these organs and avocados facilitate women balance hormones, shed unwanted birth weight and prevent cervical cancers. It takes exactly nine months to nurture an avocado from blossom to ripened fruit like a women has infant in her womb. There are 14000 photolytic chemical constituents of nutrition in each one of these foods out of which only 141 are named and studied so far.</p>
	<p><b>Figs</b> (<i>Ficus carica</i>) are full of seeds and hang in twos after fully mature. Figs amplify the <b>sperm mobility and boost sperm count</b> as well to overcome male sterility.</p>
	<p><b>Sweet Potatoes</b> (<i>Ipomoea batatas</i>) appear like pancreas and stabilize the glycemic index of diabetics.</p>
	<p><b>Olives</b> (<i>Olea europaea</i>) are known to assist in the healthiness and function of the <b>ovaries</b>.</p>

	<p><b>Various Orchis sp.</b> (Orchid) bulbs were used in the treatment of <b>impotence</b> owing to their similarity to human testicles.</p>
	<p><b>Eyebright</b> (<i>Euphrasia officinalis</i>) is used against <b>eye infections</b> [2].</p>
	<p><b>Hedge woundwort</b> (<i>Stachys sylvatica</i>) is thought to have <b>antiseptic</b> qualities</p>
	<p><b>Lungwort</b> (<i>Pulmonaria officinalis</i>) is used for <b>pulmonary infections</b></p>
	<p><b>Spleenwort or Miltwort</b> (<i>Asplenium spp.</i>) is used to treat the <b>spleen</b> [22]. "William Coles in year 1657 considers this plant as signature of the spleen and is profitable for all diseases thereof".</p>

	<p><b>Toothwort</b> (<i>Lathraea</i> spp.) is used in case of <b>tooth disorders</b>.</p>
	<p><b>Broccoli</b> (<i>Brassica oleracea</i>) head has tiny green tips which look like hundred of <b>cancer cells</b>. A team of researchers at US National Cancer Institute found if a weekly serving of broccoli was enough to reduce the risk of prostate cancer by 45%.</p>
	<p><b>Ginseng</b> (<i>Panax</i> spp.) root looks like a human body and is a holistic cure for nearly <b>all</b> ailments.</p>
	<p><b>Melissa officinalis</b> (lemon balm) leaves are similar to heart and help in <b>Heart infirmity</b>.</p>

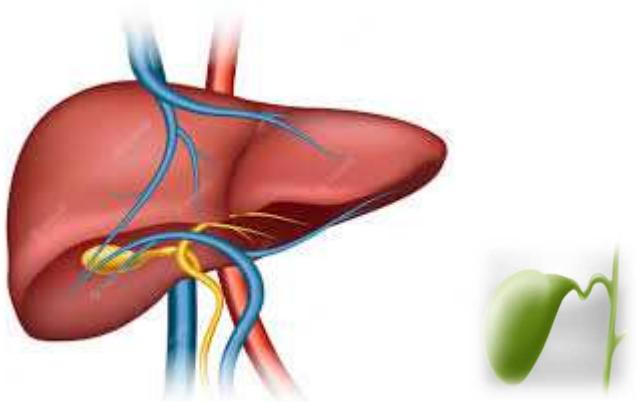
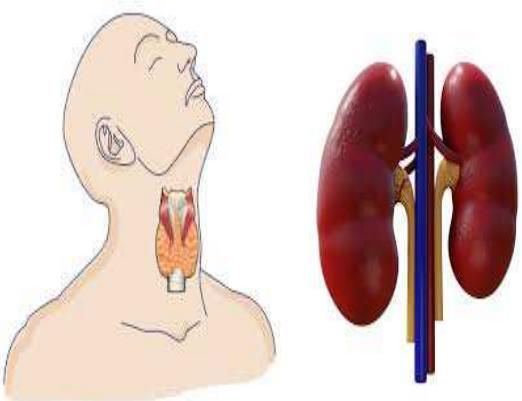
	<p><b>Antirrhinum majus</b> commonly known as Snapdragon has Flowers, Roots, Leaf which appears like Dog head and Snake mouth and are effective against <b>Rabies and Snake bites</b>.</p>
	<p><b>Doronicum scorpioides</b> locally known as Panther Strangler has roots like Scorpion which were helpful in treatment of <b>Scorpion Bites and Poisons</b>.</p>
	<p><b>Rheum spp.</b> (Rhubarb) leaf is similar to internal organs and was used in treatment of <b>Liver, Kidney, Chest and Stomach</b>.</p>
	<p><b>Anastatica hierochuntica</b> (Rose of Jericho) plants are similar to birth process and were used in <b>Birth infections</b> .</p>

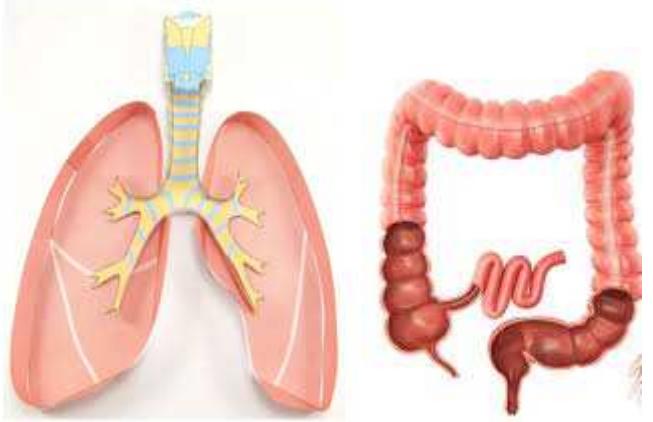
## THE DOTHINE OF FLAVOURS

**BITTER FLAVORS**, which are first tasted in the mouth, help the **immune system** that lies within the gut; they aid production of white blood cells, generally empowering immune responses and helping to fight many diseases of the immune system, from candidiasis to AIDS. Bitter flavors help to **burn up excess fats** in the body, quickly providing the necessary energy. For the very underweight, few bitter foods should be consumed unless they are being used for a specific reason, like ridding the body of worms.

**Bitters include gentian, artichoke, olives and olive oil, dandelion leaves, chicory, artemisia, neem, glandma, golden seal and nasturtium leaves.** Bitters often come in the form of wild greens in spring, but they are still available in the summer. They are often combined with aromatics like fennel seed, cumin seed, and caraway seed to help cool, calm, and soothe the digestive tract. The Swedish bitters and liqueurs can be consumed to aid before- and after-dinner digestion.

We owe it to ourselves to eat bitters and sours. The taste helps to destress and calm the nervous system, balancing and grounding, preventing over extensive output of nervous energy.

 An anatomical illustration showing the liver, gallbladder, and associated bile ducts. The liver is a large, reddish-brown organ with a complex network of veins and bile ducts. The gallbladder is a small, green, pear-shaped organ located below the liver.	<p><b>SOUR</b> heals and nurtures the <b>liver and gallbladder</b> by deep cleansing and cooling, making the digestive process largely passive, which in turn has a positive emotional effect. A cleansed and cooled liver and gallbladder readily release the positive emotions of joy and happiness. These are two important emotions for the well-being of the immune system in general. <b>Sour foods include limes, lemons, sorrel, sauerkraut, and pineapple.</b> Pineapples are sour-sweet, and the bromelain in them is a prime digestive, scavenging for and</p>
 Two anatomical illustrations. On the left is a diagram of the human neck showing the thyroid gland, which is a small, butterfly-shaped gland located in front of the trachea. On the right is a diagram of the kidneys, which are two reddish-brown, bean-shaped organs located in the lower back area.	<p><b>SALTY</b> foods heal and nurture the <b>kidneys, adrenals, bladder, and thyroid.</b> Salty flavor is in all sea vegetables, such as <b>kelp, nori, wakame, and so on.</b> <b>Parsley and celery</b> are considered salty and make an excellent “dried and sprinkled-on” substitute. Do not use too much salt, as the kidneys will suffer. The dangers of high salt intake are so well publicized that it is almost more important to say, these days, that a little good-quality salt should be consumed — some people need more than others.</p>

	<p><b>“SPICY”</b> really sums up two flavors, hot and pungent. Spicy foods support and nourish the <b>lungs and colon</b>, opening both and allowing them to operate with the ease they should. This category includes <b>hot peppers, mustards, and horseradish, fennel, fenugreek</b>. They generally aid circulation, encouraging the delivery of oxygen and nutrients and the expulsion of waste products and toxins. Neutral tastes include, among others, rice, potatoes, sago, arrowroot, banana, yam, turnip, parsnip, and millet. They nurture and ground the body, feeding and toning. They are one of the most unifying of all flavors, providing harmony and balance.</p>
	<p><b>SWEET</b> flavor heals and nurtures the <b>stomach, spleen, and pancreas</b>, thus improving digestion, if used in a balanced way. Some positive sweeteners are real <b>maple syrup, brown rice syrup, barley syrup, cold-pressed organic honey, date syrup, whole licorice, sweet herb (Stevia), peppermint leaf, and certain culinary herbs</b>.</p>

Sugar inhibits the ability of white blood cells to destroy bacteria. Just two teaspoons are enough to diminish our immune-system response dramatically; it also consumes calcium, stripping the body of one of its most necessary minerals. If sugar is to be used, then real cane sugar is rich in essential

minerals and vitamins and provide a better alternative than most. Blackstrap molasses is sweet and loaded with iron and calcium, which also makes it a good substitute for sugar. Try using a little licorice on occasion. Sweet herb (**Stevia**), which is three hundred to five hundred times sweeter than sugar, does not feed yeasts, fungi, and other unwanted gastrointestinal microorganisms, and it helps improve digestion by stimulating the pancreas. Made as a tea and kept in the refrigerator, a small amount could be added to herbal teas. Both this and licorice are very useful for hypoglycemic people who need a sugar boost.

We all start life with a sweet tooth — breast milk is sweet and, as such, it nourishes and replenishes and is right for this vulnerable entry into life. With the constant availability of sugar reaching huge proportions over the past several decades, “sweet diseases” have increased and, in parallel to them, mental afflictions. It is not just our pancreas, teeth, and waistlines that are affected; our whole emotional state suffers. Artificial sweeteners are a further perversion of the problem — not only poisoning, but also increasing appetite in many cases! It is always advisable

to read labels in order to see how the food you buy has been sweetened. Never use artificial sweeteners — proved to be carcinogenic, in the 1970s they were banned in Japan by the government. Look at health-store foods and see how many products have been sweetened by the inclusion of fruit concentrates. Even though this is far better than adding white sugar, it still represents work for the liver and other organs and systems. *The Complete Home Guide to Herbs, Natural Healing, and Nutrition, page 53.*

## LEARNING FROM WILD ANIMALS

Livestock and wild animals know what to do when physical sickness strikes. They have been observed eating certain plants. Seeking out a stream or lake, they will bathe in the water, or lie in it, to treat their injuries. A dog that was beaten on the head by a rattle snake first killed the snake; then he went to a nearby creek, where he lay in the water, off and on, for week. He recovered completely. *The Natural remedies Encyclopaedia, page 78.*

	<p>If you are a pet owner, you are already familiar with what dogs and cats do when they get sick. They eat grass. Nature has endowed them with the instinctual knowledge that it is medicine. Animals that live on a high chlorophyll diet, such as deer, hippopotamus, elephants, cows and horses, live strong and healthy lives. They are prone to only a few occasional diseases, rather than the myriad that plague mankind- <i>Ann Wigmore.</i></p>
	<p>If an elephant, for instance, has been cudgeled, and has received skin wounds from it, he at once moistens the earth with his saliva, stirs it into a soft mass, and covers his wounds with it- <i>Adolf Just.</i></p>
	<p>It is also well known that the orang-outang, whose intestines and organs of digestion are so like man's that they can be mistaken for them, lives entirely on raw fruit, and nevertheless possesses such enormous strength that he is the giant of the tropic forest. It is believed that man would not derive sufficient strength from a fruit diet. But with his artificial diet of meat, vegetables, leguminous seeds, bread and alcohol, he is to-day altogether infirm and weak in comparison with the orang-outang. He could, however, be much stronger than the orang-outang, if he ate truly natural food, and otherwise led a truly natural life, for as the highest creature, who is to rule over all the animals, who was the most highly developed, he ought greatly to surpass all animals in strength. <i>Return to nature, page N103</i></p>

	<p>Certain monkeys when they are shot with a poisonous arrow and managed to escape, they rush to eat certain tree lives that neutralizes the poisons-<i>Hans Martin Hirt</i>.</p>
	<p>Many parrot species in the Americas, Africa, and Papua New Guinea consume kaolin or clay, which both releases minerals and absorbs toxic compounds from the gut. Great bustards eat blister beetles of the genus <i>Meloe</i> to decrease parasite load in the digestive system; cantharidin, the toxic compound in blister beetles, can kill a great bustard if too many beetles are ingested. Great bustards may eat toxic blister beetles of the genus <i>Meloe</i> to increase the sexual arousal of males. <i>Wikipedia</i></p>

## INSPIRATION

And he said, Hear now my words: If there be a prophet among you, [I] the LORD will make myself known unto him in a vision, [and] will speak unto him in a dream. Numbers 12:6. Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets. Amos 3:7.

God has also spoken to the fallen race through chosen human agencies, to whom he has communicated knowledge of his purpose in visions and dreams. These messengers of his will have been known as holy men, or prophets, set apart by the Lord Himself for the special work of receiving and communicating truth from heaven to mankind. "If there be a prophet among you," God declares, "I the lord will make myself known unto him in a vision, and will speak unto him in a dream." Numbers 12:6. {cet 237.3}

## EXPERIMENTS

Some of my fellow Medical Missionaries studying different plants to discover medicinal compounds at Malawi College of medicine Laboratory.



## EDUCATION

The author of this book, brother Emanuel kunselema endorses his teachers ; Elder Mammon Wilson- Founder of Centurion Bible School of health , Star Mpofu Dube- Founder of RAPHA Institute of medical missionary training, Dan Kunjigo- author of Dokotala wa banja lanu, Mrs Ruth Matimati- director of Herbal clinic in Trade fair, Elder Chuma - Chinese medicine, Mr Chakwana- Medical Missionary trainer, Yohane tembo- medical missionary trainer and Wongani mtima ukana-medical missionary trainer and director of Nthambi natural health shop.

## HERB FILED IDENTIFICATION

CHINGUMULA FOREST (with Elder Chuma , carrying sutherlndia)	MICHIRU CONSERVATION FOREST (With Dan Kujingo)
Elder Chakwana in his garden	With Mr & Mrs Ruth Matimati



Zomba Botanical Garden- Resting time.

Ntheu Mountain-identifying Muitcheitche



Guided by me pemba- The Ranger

Exracting mpinjipinji bark



Kaka ali nkhoma plucking the leaves of msolo tree

Digging the roots of dululu



## MEDICINAL TREES



### AFRICAN MEDLER HEALTH BENEFITS

1. Abnormal vaginal discharge
2. Antidote
3. Asthma
4. Cancer
5. Cough
6. Diabetes
7. Epilepsy
8. Fever
9. Headache
10. Hernia
11. High blood pressure
12. Impotency
13. Malaria
14. Measles
15. Oligomenorrhea
16. Pneumonia
17. Ringworms
18. Toothache
19. Toothache
20. Tumour



## AFRICAN ZANIHA HEALTH BENEFITS

1. Child delivery
2. Constipation
3. Epilepsy
4. Fever
5. Headache
6. Hernia
7. Infertility
8. Insanity
9. Intestinal worms
10. Respiratory problems
11. Ringworm



## BAEL FRUIT HEALTH BENEFITS

1. Cholesterol
2. Constipation:
3. Cholera
4. Diabetes:
5. Diarrheal
6. Earaches:
7. Heart problems
8. Indigestion
9. Lactation
10. Respiratory Anomalies:
11. Scurvy:
12. Skin Problems:
13. Toxaemia



## BOOTLE BRUSH TREE HEALTH BENEFITS

1. Bed-wetting
2. cancer
3. Diabetes
4. diarrhoea,
5. Gastroenteritis,
6. High blood pressure
7. HIV
8. Skin infections
9. Urinary incontinence



## **CUSTARD APPLE/ CHEMIRYA**

### **HEALTH BENEFITS**

1. Brain health
2. Cancer
3. Cataracts.
4. Constipation,
5. Diabetes
6. Eye Health.
7. Heart health.
8. High blood pressure
9. Indigestion,
10. Low Energy
11. Low Immunity
12. Macular degeneration,
13. Skin Infections
14. Loss of vision



## **CYPRESS TREE**

### **HEALTH BENEFITS**

1. Acne.
2. Blackheads,
3. Bleeding
4. Colds,
5. Cough,
6. Coughs,
7. Dandruff.
8. Headaches
9. Inflammation
10. Infertility
11. Lose teeth.
12. Menopause
13. Metrorrhagia
14. Oily skin.
15. Oligospermia
16. Pain
17. Pimples,
18. Prostate problems
19. Respiratory problems
20. Skin care,
21. Urinary tract infection.
22. Varicocele
23. Varicose veins

## **EUCALYPTUS**

### **HEALTH BENEFITS**

1. Allergies
2. Asthma
3. Anodyne
4. Bronchitis



5. Colds
6. Common cold
7. Cough
8. Cough
9. Dry skin
10. Insect bites
11. Muscle soreness
12. Malaria
13. Rheumatism
14. Sinusitis
15. Sore throat
16. Urinary tract infection



## **FIG TREE**

### **HEALTH BENEFITS**

1. Abscesses & Furuncles
2. Bronchitis
3. Calluses
4. Constipation
5. Dental gum boil
6. Gastritis
7. Hypoglycaemia
8. Infected wounds
9. Irrigative cough
10. Mental and Physical exhaustion
11. Skin Rashes
12. Warts



## ROYAL POINCIANA

### HEALTH BENEFITS

1. Arthritis pain
2. Asthma
3. Baldness and hair fall
4. Boils.
5. Bronchitis,
6. Constipation,
7. Diabetes
8. Digestive disorders,
9. Dysmenorrhea.
10. Earaches.
11. Expel worms
12. Fever.
13. Flatulence;
14. Gynaecological disorders.
15. Hemiplegia
16. Haemorrhoids
17. Inflammation,
18. Joint pains
19. Malarial fever.
20. Menstrual cramps
21. Mouth ulcers
22. Pneumonia,
23. Pyorrhoea;
24. Rheumatism
25. Scorpion bite;
26. Swelling.
27. Worms.



## GUAVA

### HEALTH BENEFITS

1. Amoeba dysentery
2. Cough
3. Diabetes
4. Diarrhoea
5. Gastritis
6. Open abscesses
7. Scurvy
8. Vaginal wash

## HARONGA

### HEALTH BENEFITS

1. Liver and gallbladder disorders.
2. Loss of appetite.
3. Upset stomach (dyspepsia).
4. Pancreas problems.



## **INDIAN CORAL TREE**

### **HEALTH BENEFITS**

1. Amenorrhoea
2. Bilious
3. Chills
4. Dysmenorrhea
5. Dysuria
6. Earache
7. Fever
8. Haemorrhaging
9. Oligomenorrhea
10. Leucorrhoea
11. Loose teeth
12. Menorrhagia
13. Menstrual pain
14. Scrofula
15. Skin diseases



## **JACK TREE**

### **HEALTH BENEFITS**

1. Constipation.
2. Indigestion
3. Heart Health
4. Eye Health
5. Diabetes
6. Bone health
7. Thyroid Metabolism
8. Ulcers.
9. Diabetes.
10. High blood pressure.
11. Skin problems.
12. Cancer.
13. Energy Booster
14. Immunity
15. Cancer

## **RED JATHROPHIA**



## HEALTH BENEFITS

1. Acne
2. Balding and loss of hair colour
3. Blood Pressure
4. Dental problems
5. Diabetes
6. Ear and throat infection
7. Gastritis
8. Kidney disease
9. Menstrual Pain
10. Mosquito bites



## JAVA PLUM

## HEALTH BENEFITS

1. Anaemia
2. Asthma
3. Colon Cancer
4. Coughs
5. Diabetes
6. Gut health
7. Headaches
8. Heart Health
9. High blood pressure
10. Immunity
11. Nausea and vomiting
12. Respiratory illnesses
13. Skin health
14. Teeth and Gums
15. weight management



## LEUCENA

## HEALTH BENEFITS

1. Back pain
2. Colds
3. Conjunctivitis
4. Fever
5. Flu
6. Gastritis
7. Irritable bowel syndrome
8. Piles
9. Venereal sores
10. Worms

## MORINGA



## HEALTH BENEFITS

1. Detoxification
2. Diabetes
3. high blood pressure
4. HIV/AIDS
5. Improve Lactation
6. Lower Cholesterol
7. Nutritious
8. Inflammation



## MOUNTAIN POMEGRANITE HEALTH BENEFITS

1. Abscess
2. Amenorrhea
3. Asthma,
4. Colic
5. Cough,
6. Flatulence,
7. Menstrual cramps
8. Skin diseases,
9. Snake bite
10. Toothache
11. Ulcers



## MPASA HEALTH BENEFITS

1. Contraceptive
2. Cough
3. Cough
4. Diabetes
5. Fever
6. Jaundice
7. Libido
8. Malaria
9. Natural birth control
10. Sore throat
11. Stomach
12. Wounds



## **MWABVI**

### **HEALTH BENEFITS**

1. Abdominal pains
2. Sexual Transmitted Infections
3. Skin Infections



## **NEEM TREE**

### **HEALTH BENEFITS**

1. Athlete foot
2. Arthritis
3. Birth control (contraception).
4. Boils
5. Breathing conditions.
6. Candida
7. Cancer
8. Dental plaque
9. Diabetes.
10. Dysentery
11. Eczema
12. Fever.
13. Jaundice
14. Halitosis
15. Head lice.
16. Heart disease.
17. Indolent ulcers
18. Infected burns.
19. Insect repellent.
20. Kidneys diseases.
21. Liver,
22. Malaria.
23. Psoriasis.
24. Ringworm.
25. Scrofula,
26. Septic sores,
27. Skin care,
28. Skin conditions
29. Skin diseases,
30. Teeth care,
31. Typhoid fever
32. Ulcer and wound healing
33. Ulcers.
34. Upset stomach.
35. Warts
36. Worms.



## NYASALAND PLUM (NTHUDZA)

### HEALTH BENEFITS

1. Arthritis
2. Diarrhoea
3. Jaundice
4. Menstrual problems
5. Snake bite



## PAWPAW

### HEALTH BENEFITS

1. Wounds
2. Tumours
3. Fever
4. Light malaria
5. Asthma
6. Syphilis



## PEACHES

### HEALTH BENEFITS

1. Menstrual cramps
2. Malaria
3. Morning Sickness
4. Premenstrual syndrome



## PEACOCK FLOWER

### HEALTH BENEFITS

1. Abortion
2. Asthma
3. Breathing difficulty and chest pain (Seeds)
4. Bronchitis
5. Diarrhea,
6. Dysentery
7. Fever
8. Intestinal worms
9. Jaundice,
10. Kidney disease,
11. Menstrual flow
12. Not for pregnant women
13. Sores.



## PINE NEEDLES

### HEALTH BENEFITS

1. Allergies,
2. Endometriosis,
3. Asthma,
4. Attention deficit-hyperactivity disorder (ADHD),
5. Blood pressure
6. Bronchitis.
7. Common cold,
8. Cough.
9. Depression,
10. Diabetes,
11. Fevers,
12. Hoarseness,
13. Menopausal symptoms
14. Mental clearness.
15. Mild muscle pain.
16. Muscle soreness,
17. Nerve pain.
18. Obesity,
19. Osteoarthritis,
20. Pain,
21. Painful menstrual.
22. Ringing in the ears,

## PINK WILD PEAR

### HEALTH BENEFITS

1. Abdominal upsets,
2. Colic,
3. Diarrhea and
4. Hasten labour



5. Heart palpitations,
6. Nausea, to
7. Headaches,
8. Rheumatism.
9. Not for pregnant women



## **SAPODILLA HEALTH BENEFITS**

1. Bone Health:
2. Cardiovascular Health:
3. Digestive Health
4. Energy Boost:
5. Immune System Support:
6. Respiratory Health
7. Skin Health:
8. Stress Relief:



## **SAUSAGE TREE HEALTH BENEFITS**

1. Diabetes
2. Dysentery,
3. Epilepsy
4. Gastrointestinal issues
5. Headaches
6. Immunity
7. kidney ailments,
8. Malaria
9. Pneumonia.
10. Quality of breast milk.
11. Rheumatism
12. Skin ulcer and cancer.
13. Snakebite,
14. Spleen inflammation
15. Stomach
16. Syphilis
17. Toothache.
18. Wounds,



## **SOURSOP/GUANABANA**

### **HEALTH BENEFITS**

1. Anaemia
2. Arthritis
3. Cancer prevention
4. Convulsion
5. Constipation
6. Diabetes
7. Diarrhoea
8. depression
9. Eye health
10. Epilepsy
11. Fever
12. General Debility
13. High blood pressure
14. Immune system
15. Influenzas
16. Skin and Hair Health
17. Infections
18. Kidney and Liver Health
19. malaria
20. Respiratory Health
21. Rheumatism
22. Stress and anxiety



## **SUTHERLANDIA**

### **HEALTH BENEFITS**

1. Anaemia
2. Dysentery
3. Stomach pain,
4. Back pain,
5. Bronchitis
6. Cancer
7. Cholera
8. Conjunctivitis,
9. Cough,
10. Deworming,
11. Diabetes
12. Diarrhoea,
13. Eczema,
14. Fever,
15. Flu
16. Gonorrhoea,
17. Haemorrhoids
18. Hepatitis
19. Herpes simplex
20. Immunity
21. Influenza,
22. Intestinal parasites,
23. Intestinal worms,
24. Leprosy,
25. Malaria,
26. Psoriasis,
27. Scabies and Lice
28. Skin infections
29. STDs
30. Tuberculosis
31. Urinary tract infections,



## **TAMARIND**

### **HEALTH BENEFITS**

1. Anti-cancerous,
2. Atherosclerosis
3. Blood pressure
4. Blood purifier
5. Diabetes
6. Digestive,
7. Eye, and nerves' health.
8. Eyes health
9. Heart health
10. Immunity,
11. Laxative
12. liver,
13. Overweight



## THUNDER GOLD VINE

### HEALTH BENEFITS

1. Crohn's disease
2. Fever
3. Kidney problems
4. Lupus
5. Mensural cramps
6. Multiple sclerosis
7. Overactive thyroid
8. Psoriasis
9. Rheumatism

## MEDICINAL PLANTS

### AFRICAN POTATOE

### HEALTH BENEFITS

1. Arthritis
2. Benign prostatic hypertrophy
3. Bladder infections.
4. Cancer.
5. Cataracts
6. Delirium
7. Diabetes
8. Epilepsy
9. Fever
10. Headache
11. HIV and AIDS
12. Human immunodeficiency virus (HIV).
13. Lung cancer.
14. Lung disease.
15. Multiple sclerosis
16. Paralysis
17. Piles
18. Prostate cancer;
19. Prostate problems
20. Psoriasis.
21. Sinus
22. Skin blemishes
23. Tuberculosis (TB).
24. Urinary tract disorders
25. Wound healing.



## **ALOVERA**

### **HEALTH BENEFITS**

1. Acne
2. Arthritis-
3. Asthma
4. Brown skin spots
5. Burns and scalds
6. Cuts and wounds
7. Digestive problems
8. Eye and ear infections
9. Hair and scalp care
10. Hemorrhoids and piles
11. Infections
12. Kidneys
13. Psoriasis and eczema
14. Scar removal
15. Scrapes and abrasions
16. Sinus
17. Skin cancer
18. Sore throat



- 19. Sting insects
- 20. Stretch marks
- 21. Sunburn
- 22. Ulcers
- 23. Varicose veins



## ARTEMESIA

### HEALTH BENEFITS

- 1. Bilharzia
- 2. Cancer
- 3. Colitis
- 4. Ear infections
- 5. Hepatitis
- 6. HIV
- 7. Halitosis
- 8. Haundice
- 9. Leucorrhea
- 10. Malaria
- 11. Sinusitis
- 12. Toothache
- 13. Tumour

## BALON VINE

### HEALTH BENEFITS

- 1. Arthritis
- 2. Diarrhea
- 3. Dysentery
- 4. Edema
- 5. Headache
- 6. Impotence
- 7. Tumors
- 8. Ulcer



## **BASIL**

### **HEALTH BENEFITS**

1. Appetite
2. Asthma
3. Colds
4. Diabetes
5. Flatulence
6. Fluid retention
7. High blood pressure
8. High blood pressure
9. Immunity
10. Immunity
11. Intestinal gas
12. Kidney problems
13. Skin blemishes
14. Stings
15. Warts

## **BITTER GOURD**

### **HEALTH BENEFITS**

1. Arthritis
2. Anemia
3. Cancers
4. Diabetes
5. Herpes's
6. High blood pressure
7. Irritable bowel syndrome
8. Jaundice
9. Malaria
10. Measles
11. Piles
12. STIs
13. Urinary tract infection

## **BITTER LEAF**

### **HEALTH BENEFITS**

1. Cancer



2. Diabetes
3. Fertility
4. High blood pressure
5. Immunity
6. Liver health
7. Malaria
8. Skin health
9. Urinary tract infections
10. Weight loss



### **CASTOR OIL HEALTH BENEFITS**

1. Fatigue,
2. Fibroids,
3. Worms,
4. Hemorrhoids.
5. Immunostimulant
6. indigestion,
7. Menstruation,
8. Muscle pain,
9. Toxemia
10. Tumors



### **CATNIP HEALTH BENEFITS**

1. Cold and Flu...
2. Common cold
3. Hives,
4. Insomnia.
5. Skin Irritation.
6. Stomach ailments,
7. Stress and anxiety.
8. Stress Relief.

### **CAYENNE PAPPER HEALTH BENEFITS**

1. Allergies
2. Arteriosclerosis
3. Arthritis
4. Asthma
5. Bleeding
6. Blood Pressure



7. Bronchitis
8. Cancer
9. Chills
10. Colds
11. Convulsions
12. Coughs
13. Diabetes
14. Digestive problems
15. Exhaustion
16. Heart diseases
17. Haemorrhoids
18. Increases HCl
19. Infections
20. Jaundice
21. Kidney failure
22. Lack of Libido
23. Rheumatism
24. Rotting Gums
25. Sinusitis
26. Sore throat
27. Strokes
28. Tendonitis
29. Tonsillitis
30. Tumours
31. Ulcers
32. Varicose Veins
33. Vision disorders



## **CHAMOMILE**

### **HEALTH BENEFITS**

1. ADD
2. Allergies
3. Anxiety
4. Asthma
5. Atherosclerosis
6. Colic
7. Cuts, scrapes, abrasions
8. Diaper rash
9. Eczema
10. Hives
11. Hyperactivity in children
12. Insomnia
13. Peptic ulcer
14. PMS
15. Psoriasis
16. Relieving insomnia,
17. Soothing anxiety,
18. Stress



## CHINESE WEDELIA

### HEALTH BENEFITS

1. Anti-inflammatory
2. Antioxidants
3. Astringent
4. Cardio tonic
5. Cough
6. Dermatitis
7. Diarrhea
8. Digestive system disorders.
9. Hair loss,
10. Headache
11. Lice,
12. Nervous system,
13. Vulnerary



## CLOVES

### HEALTH BENEFITS

1. Acne
2. Alleviating nausea and vomiting,
3. Back and lung problems
4. Bell's palsy
5. Boost immunity.
6. Boost testosterone
7. Clearing phlegm.
8. Diabetes
9. Food poisoning
10. Hair care
11. Headache
12. Herpes
13. Improving digestion,
14. Increasing circulation,
15. It fights cancer,
16. Nausea in pregnancy.
17. Peptic ulcers
18. Periodontal diseases
19. Prevents cancer
20. Stomach ulcers
21. Tooth pains,
22. Toothache
23. Tumors
24. Warming the body,

## COMFREY

### HEALTH BENEFITS

1. Asthma



2. Bone Fractures
3. Burns,
4. Cancer
5. Chest complaints
6. Cough
7. Coughs
8. Cuts,
9. Gout
10. Heavy menstruation
11. Osteoarthritis
12. Pneumonia
13. Psoriasis
14. Relieves pains,
15. Rheumatism
16. Skin ulcers
17. Sore throat
18. Sprain and strains
19. Stings and bites
20. Tuberculosis
21. Ulcers
22. Varicose veins



## **CRESTED LATE SUMMER MINT**

### **HEALTH BENEFITS**

1. Common colds,
2. Diarrhea,
3. Fevers,
4. Headaches,
5. Edema



## **CORN SILK**

### **HEALTH BENEFITS**

1. Carpal tunnel syndrome
2. High blood pressure
3. Kidney infection
4. Kidney stones
5. Edema
6. PMS



## CHAYOTTE

### HEALTH BENEFITS

1. Diabetes
2. High Blood Pressure
3. Health Pregnant
4. Prevents cancer
5. Liver Health
6. Lowers cholesterol



## CLEMATIS WESTERN WHITE

### HEALTH BENEFITS

1. Blisters
2. Fluid retention
3. Gout
4. Rheumatism
5. Skin ulcers
6. Syphilis
7. Tumors
8. Varicose veins
9. Wounds

## DANDELION

### HEALTH BENEFITS

1. Anemia
2. Blisters
3. Bloating
4. Constipation
5. Detoxifies the system and
6. Encourages circulation.
7. Fluid retention and
8. High blood pressure
9. Irritable bowel syndrome
10. Laxative
11. Liver detox
12. Osteoporosis
13. Overweight
14. Piles
15. Premenstrual syndrome
16. Premenstrual tension,
17. Warts



## 18. Water retention



### **FENNEL**

#### **HEALTH BENEFITS**

1. Breastfeeding
2. Colic and restlessness
3. Coughs and
4. Fluid retention,
5. Mental alertness.
6. Premenstrual tension,
7. Sluggish metabolic rate,
8. Sore eyes
9. Strength and energy.
10. Swelling



### **FENUGREEK**

#### **HEALTH BENEFITS**

1. Blood purifier
2. Diabetes
3. Milk flow for mothers,
4. Pancreas health
5. Ulcers
6. Weight loss



## **FLOSS FLOWER/WHITEWEED**

### **HEALTH BENEFITS**

1. Allergic rhinitis and Sinusitis.
2. Asthma;
3. Chronic diarrhea.
4. Cuts and wounds;
5. Dyspnea,
6. Eye problem,
7. Fever,
8. For constipation
9. For scabies;
10. Hair fall,
11. Headache,
12. High blood pressure;
13. Human Immunodeficiency Virus (HIV).
14. In menstrual cramp,
15. Itching problems on skin.
16. Jaundice.
17. Mental disease,
18. Malaria resistance
19. Otitis media
20. Pneumonia
21. Post-delivery bleeding.
22. Rheumatism.
23. Rib Pain,
24. Stomach dysfunction;
25. To treat cold;
26. Toothache.
27. Uterine disorder,

## **GARLIC**

### **HEALTH BENEFITS**

1. Abscesses,
2. Acne
3. Allergies
4. Anemia
5. Angina
6. Antispasmodic
7. Arteriosclerosis
8. Arthritis
9. Asthma, whooping cough, bronchitis)
10. Athlete's foot
11. Blood clots inside veins
12. boils,
13. Cancer
14. Childbirth problems



- 15.Colds
- 16.Colitis
- 17.Concentration, poor
- 18.Coughs
- 19.Cryptococcus infections
- 20.Cystitis
- 21.Dermatitis,
- 22.Diabetes
- 23.Digestive disorders
- 24.Diuretic
- 25.Dizziness
- 26.Dysentery
- 27.Eczema
- 28.Fats high in the blood
- 29.Headache
- 30.Heart diseases
- 31.Heavy metal poisoning
- 32.High blood pressure
- 33.Hypoglycemia
- 34.Influenza and colds ,
- 35.Insect repellent
- 36.Intestinal gas
- 37.Intestinal parasites
- 38.Lupus Erythematosus
- 39.Planter warts
- 40.Plaque, Cholera, typhus.
- 41.Polio
- 42.Pyorrhea
- 43.Respiratory disorders
- 44.Sore throat
- 45.sores
- 46.Tuberculosis



## **GINGER**

### **HEALTH BENEFITS**

- 1. Allergies
- 2. Asthma
- 3. Atherosclerosis
- 4. Bursitis
- 5. Cancer
- 6. Colds and flu
- 7. Colic
- 8. Fibrocystic breast
- 9. Lymphedema
- 10.Morning sickness
- 11.Pain
- 12.Parasitic infections
- 13.Seizure disorder
- 14.Strep throat



## **GOTU KOLA**

### **HEALTH BENEFITS**

1. Alzheimer
2. Allergies
3. Cellulite
4. Colds,
5. Epilepsy
6. Fever
7. Flu and nausea,
8. Gotu kola
9. Hepatitis
10. Leprosy
11. Memory
12. Psoriasis
13. pain killer
14. Scarring
15. Scars
16. Stomach ulcers
17. Stretch marks
18. Syphilis
19. Throat complaints,
20. Varicose veins
- 21. Wounds**



## **GYNANDRA**

### **HEALTH BENEFITS**

1. Anaemia
2. Arthritis
3. Cough
4. Diabetes
5. Ear and eye infections
6. Headache
7. Impotence
8. Oedema
9. Rheumatism

## **MONDIA WHITEI**

### **HEALTH BENEFITS**

1. Anemia
2. Appetite
3. Asthma
4. Erectile dysfunction
5. Headache
6. Jaundice
7. Post-partum bleeding
8. Stress and depression



## **RADISH**

### **HEALTH BENEFITS**

1. Blood detox
2. Gall bladder
3. Heart health
4. High blood pressure
5. Immunity
6. Kidney disorder
7. Liver health
8. Respiratory illnesses



## KLIP DAGGA

### HEALTH BENEFITS

1. Asthma
2. Boils
3. Bronchitis
4. Burns & Scalds
5. Common cold
6. Cough
7. Diabetes
8. Dysentery
9. Eczema
10. Fever
11. Head sores
12. Headache
13. Hemorrhoids
14. High blood pressure
15. Influenzas
16. Jaundice
17. Malaria
18. Muscle cramps
19. Paralysis
20. Ringworm
21. Skin rashes
22. Snake, spider bite
23. Wound healing



## TRAILLING LANTANA

### HEALTH BENEFITS

1. Asthma,
2. Bilious fevers,
3. Blood purifier
4. Bronchitis
5. Cancers,
6. Catarrh
7. Catarrhal infections,
8. Chicken pox,
9. Chickenpox rashes
10. Colds,
11. Constipation,
12. Cough,
13. Dermatitis,
14. Diabetes
15. Diarrhea
16. Eczema,
17. Fever,
18. Gonorrhea
19. Headache,
20. High blood pressure
21. Infertility
22. Influenza,
23. Insect bites
24. Leprosy
25. Leucorrhoea.

- |  |  |
|--|--|
|  | <p>26. Leukorrhea<br/>     27. Malaria.<br/>     28. Measles,<br/>     29. Mumps,<br/>     30. Pulmonary tuberculosis.<br/>     31. Rheumatism<br/>     32. Scabies.<br/>     33. Skin itches<br/>     34. Sprains<br/>     35. Sprains, wounds and contusions.<br/>     36. Tetanus,<br/>     37. Toothaches,<br/>     38. Tuberculosis,<br/>     39. tumors<br/>     40. Ulcers<br/>     41. Urethral inflammation,<br/>     42. wound and bruises</p> |
|--|--|

## **LAVENDER**

### **HEALTH BENEFITS**



- 1. Acne
- 2. Anxiety and depression
- 3. Autoimmune
- 4. Bronchitis
- 5. Burns
- 6. depression
- 7. Digestion.
- 8. Gas
- 9. Headache
- 10. High blood pressure
- 11. Hyperactivity in children.
- 12. Insomnia
- 13. Lavender
- 14. Muscle spasms
- 15. Pain-reliever,
- 16. Premenstrual
- 17. Premenstrual syndrome
- 18. Respiratory illnesses
- 19. Sedative
- 20. Stress
- 21. Yeast infections

## **LEMON GRASS**

### **HEALTH BENEFITS**

- 1. Anaemia
- 2. Anorexia
- 3. Body aches
- 4. Depression
- 5. Flu
- 6. Hypertension
- 7. Insomnia



8. Malaria fever
9. Mental alertness
10. Stomache upset
11. Stress and pain relief
12. UTI



## **OREGANO**

### **HEALTH BENEFITS**

1. Asthma
2. Cancer
3. Colds
4. Cough
5. Flu
6. Headache
7. Headache
8. Irritability
9. Rheumatism



## **MEXICAN POPPY**

### **HEALTH BENEFITS**

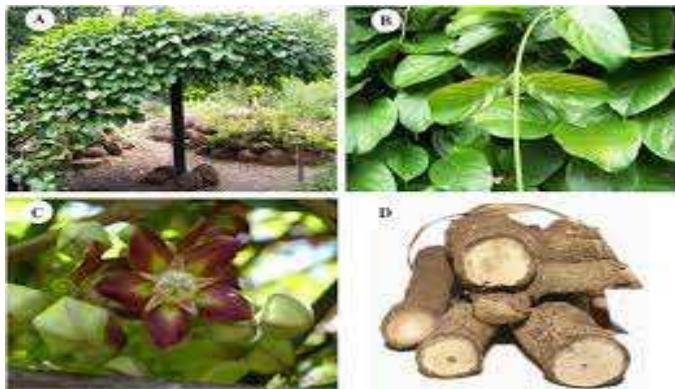
1. Asthma (Seeds)
2. Chest Problems
3. Cuts and lacerations (Latex)
4. Eyesight
5. Gum Problems
6. Impotency
7. Kidney problems (Roots)
8. Malaria
9. Muscle Pains
10. Stops bleeding (Latex)
11. Skin Problems

## **PEPPERMINT**

1. Coughs,
2. Colic
3. Crohn's disease.
4. Digestive upset
5. Gallstones
6. Head and throat pains.
7. Headache
8. Hepatitis



9. High blood pressure
10. Improves sleep
11. Motion sickness
12. Nausea,
13. Stress
14. Tension headache
15. Ulcerative colitis
16. Water retention



## **WILD YAM**

### **HEALTH BENEFITS**

1. Arthritis
2. Diabetes
3. Eye health
4. Heart health
5. Menopause symptoms
6. Menstrual cramps
7. Muscle cramps
8. Prevents cancer



## **MUCUNA PRURIENS/VELVET BEANS**

### **HEALTH BENEFITS**

1. ADHD
2. Boots dopamine levels
3. Diabetes
4. Improves sleep
5. Male Infertility
6. parasites and microbes
7. Parkinson's disease
8. Seizure
9. Snake bite



## **PARSLEY**

### **HEALTH BENEFITS**

1. Alzheimer
2. Anemia
3. Bone health
4. Cancer
5. Cystitis
6. Diabetes
7. Diabetes
8. Eye health
9. Flatulence
10. High blood pressure
11. Jaundice
12. Kidney
13. Edema
14. Painful menstrual
15. Rickets



## **PARSLENE**

### **HEALTH BENEFITS**

1. Anemia
2. Bone strengthening
3. Brain function
4. Eye problems
5. Heart problems
6. Immunostimulant

## **PLANTAIN**

### **HEALTH BENEFITS**

1. Acne
2. Blood pressure
3. Bone fractures
4. Cancer
5. Colitis
6. Cough
7. Diabetes
8. Drawer- splinters, glasses, pus
9. Eczema
10. Immunity
11. Stings
12. Ulcers



13.UTI



### **ROSELLE (Hibiscus)**

#### **HEALTH BENEFITS**

1. Anemia
2. Cough and colds
3. Diabetes
4. Hypertension
5. Improves flavor



### **SAGE**

#### **HEALTH BENEFITS**

1. Appetite,
2. Bloating
3. Diarrhea,
4. Digestive problems,
5. Gas
6. Heartburn.
7. Irregular menstruation
8. Memory retention
9. Stomach pain (Gastritis),



## SENNA

### HEALTH BENEFITS

1. Asthma
2. Constipation
3. Diabetes
4. Eczema
5. Gonorrhea
6. Hemorrhoids
7. Herpes's
8. Jaundice
9. Laxative
10. Malaria
11. Ringworms
12. Scabies
13. Skin infection
14. Syphilitic sores

Not for pregnant women and little children



## SPOTTED JOE-PYE WEED

### HEALTH BENEFITS

1. Bladder infections.
2. Diarrhea,
3. Fevers,
4. Fevers:
5. Gallstones:
6. Gout,
7. Impotence, and
8. kidney or bladder stones
9. kidney stones,
10. Painful urination, and
11. Respiratory disorders,
12. Rheumatism,



## STINGING NETTLE

### HEALTH BENEFITS

1. Allergies
2. Anemia
3. Arthritis
4. Benign prostatic hypertrophy
5. Bitter gourd
6. Cancers
7. Candida
8. Diabetes
9. Diminished sex drive
10. Eczema
11. Gout
12. Gastritis
13. Herpes's
14. High blood pressure
15. Hypoglycemia

- |  |   |
|--|---|
|  | <ol style="list-style-type: none"> <li>16. Hives</li> <li>17. Immunity</li> <li>18. Irritable bowel syndrome</li> <li>19. Jaundice</li> <li>20. Kidney diseases</li> <li>21. Lupus</li> <li>22. Measles</li> <li>23. Paralysis</li> <li>24. Piles</li> <li>25. Prostate problems</li> <li>26. Skin Rashes</li> <li>27. Thyroid problems</li> <li>28. Urinary tract infection</li> </ol> |
|--|---|

## **TAWATAWA**

### **HEALTH BENEFITS**

- 1. Asthma
- 2. Anemia
- 3. Bronchitis
- 4. Cataracts
- 5. Colds and cough
- 6. Diabetes
- 7. Diarrhea
- 8. Dysentery
- 9. Eye infection
- 10. Emphysema
- 11. Gangue fever
- 12. Gonorrhea
- 13. High blood pressure
- 14. Immunity
- 15. Intestinal cramps
- 16. Kidney infection
- 17. Malaria
- 18. Platelet production
- 19. Pneumonia
- 20. Respiratory issues
- 21. Sexual health
- 22. Skin boils
- 23. Snake bite
- 24. Syphilis
- 25. Tuberculosis
- 26. Warts



## **THUNDER GOD VINE**

### **HEALTH BENEFITS**

- 1. Crohn's disease
- 2. Fever
- 3. Kidney problems
- 4. Lupus
- 5. Menstrual cramps



6. Multiples sclerosis
7. Psoriasis
8. Rheumatoid arthritis



## **ROSEMARY**

### **HEALTH BENEFITS**

1. Arthritis
2. Cancer
3. Colic,
4. Depression, liver and
5. Eczema
6. Fever.
7. Gall-bladder problems,
8. Gas,
9. High blood pressure
10. Indigestion,
11. Irritable bowel syndrome
12. Jaundice
13. Leukemia
14. Memory loss
15. Menstrual cramps
16. Mental alertness
17. Mood
18. Muscular pain.
19. Digestion,
20. Nausea,
21. Nervousness, and
22. Relieves headaches;
23. Stress and anxiety
24. Tension headache
25. Tumors
26. Vaginal discharge.
27. Night sweats,
28. Milk flow, and
29. Sciatica and

## **SCOTCH BROOM**

### **HEALTH BENEFITS**



1. Bleeding gums
2. Edema
3. Gallstones
4. Heart problems
5. Hemophilia
6. Irregular heart beat
7. Jaundice
8. Kidney stones
9. Low blood pressure
10. Menstrual disorders



## **TINTHONIA DIVERSIFOLIA/ BOLIVIAN SUNFLOWER**

### **HEALTH BENEFITS**

1. Constipation,
2. Stomach pains,
3. Indigestion,
4. Sore throat,
5. Liver pains
6. Malaria.
7. Antiviral,
8. Antidiabetic,
9. Cancer-chemopreventive,
10. Bone fractures,
11. Bruises and sprains,
12. Treat hepatitis and jaundice,
13. Help with night sweats,
14. Reduce water retention,
15. Lower blood pressure,
16. Fight athlete's foot,
17. Combat cystitis.
18. Skin disease
19. Infections.
20. Reduce blood glucose levels
21. Constipation
22. Stomach pains
23. Indigestion
24. Sore throats
25. Liver pains

## **TUMRIC**



## HEALTH BENEFITS

1. Alzheimer
2. Arthritis
3. Atherosclerosis
4. Blood purifier
5. Bursitis
6. Cancer
7. Carpal tunnel syndrome
8. Cataracts
9. Dementia
10. Diabetes
11. Eczema
12. Gallstones
13. Good for Skin ailments,
14. Halitosis
15. Heart and lungs
16. HIV
17. Liver cirrhosis
18. Menstruation irregularities
  
19. Tendonitis



## WHEAT GLASS JUICE

### HEALTH BENEFITS

1. Anemia.
2. Cancer
3. Chronic sinusitis,
4. Constipation
5. Diabetes.
6. Eczema
7. High blood pressure
8. Impetigo
9. Infertility.
10. Inner-ear inflammation
11. Leg ulcers,
12. Leukemia
13. Psoriasis.
14. Rectal sores,
15. Toxemia
16. Varicose veins
17. Wounds,

## HORSE RADISH

### HEALTH BENEFITS

See garlic. More potent than garlic.



## **YELLOW WILD INDIGO**

### **HEALTH BEHEFITS**

1. Common cold
2. Scarlet fever,
3. Asthma
4. Diphtheria,
5. Eczema
6. Influenza (flu),
7. Malaria,
8. Swine flu,
9. Tonsillitis
10. Toothache
11. Typhoid

## **GARDEN MEDICINAL PLANTS**

### **AGAVE**

### **HEALTH BEHEFITS**

1. Constipation,
2. Diarrhoea,
3. Stomach pain.
4. Toothaches.
5. Wounds and burns.



## **BLOOD FLOWER**

### **HEALTH BEHEFITS**

1. Asthma,
2. Blood circulation
3. Bronchitis
4. Cancer
5. Corns,
6. Cough
7. Cough,
8. Dropsy
9. Fever
10. Gonorrhoea
11. Haemorrhages
12. Heart tonic
13. Insects and snake bites
14. Jaundice
15. Measles
16. Piles
17. Pneumonia
18. Ringworms,
19. Scabies
20. Scrofula
21. Tonsillitis
22. Tuberculosis
23. Typhus fever
24. Warts,
25. Worm infestation

## **BRAZILLIAN JOYWEED**

### **HEALTH BEHEFITS**

1. Body Heat
2. Cures Piles
3. Hair Growth
4. Infertility



5. Insomnia.
6. Jaundice
7. Loss of weight
8. Nervous Systems
9. Night Blindness
10. Prevents Cancer



## **CARICATURE PLANT**

### **HEALTH BEHEFITS**

1. Anti-plaque,
2. Constipation,
3. Ear disease, anti-fungal,
4. Fertility
5. Gallstones
6. Haemorrhoid,
7. Hepatomegaly,
8. Liver problems
9. Milk production
10. Piles
11. Post-partum infections
12. Rheumatism,
13. Scabies,
14. Swellings
15. Urinary infections,



## **CACTUS**

### **HEALTH BEHEFITS**

1. Benign prostatic hypertrophy
2. Blood pressure
3. Diabetes
4. Hangover
5. Hydration
6. Immunity
7. Laxative
8. Oedema
9. Puffy eyes
10. Scars
11. Skin health
12. Stomach aches
13. Wound healing

	<p><b>CHENILE PLANT</b></p> <p><b>HEALTH BEHEFITS</b></p> <ol style="list-style-type: none"> <li>1. Asthma.</li> <li>2. constipation,</li> <li>3. Gonorrhoea,</li> <li>4. High blood pressure,</li> <li>5. kidney ailments,</li> <li>6. Leprosy.</li> <li>7. Nosebleed,</li> <li>8. Pulmonary problems;</li> <li>9. Skin rashes</li> </ol>
	<p><b>CHINSE HIBISCUS</b></p> <p><b>EALTH BEHEFITS</b></p> <ol style="list-style-type: none"> <li>1. Anti-cancer</li> <li>2. Blood pressure</li> <li>3. Blood sugar</li> <li>4. Increase urine production</li> <li>5. Fever</li> <li>6. Muscle spasms</li> <li>7. Weight loss,</li> </ol>



## COMMON COLEUS HEALTH BENEFITS

1. Allergies.
2. Blood clots.
3. Cancer.
4. Chest pain.
5. Digestive colic,
6. Eczema,
7. Heart failure,
8. High blood pressure,
9. Insomnia, and
10. Insomnia.
11. Irritable bowel syndrome (IBS).
12. Overweight and obesity.
13. Painful urination,
14. Period pains.
15. Respiratory ailments,
16. Seizures.
17. Skin.
18. Urinary tract infections (UTIs) and bladder infections.



## DATE PALM OR QUEEN PALM INDICATIONS

1. Diarrhea,
2. High blood pressure,
3. Improve heart health,
4. Indigestion,
5. Weight loss.



## FALSE HEATHER HEALTH BENEFITS

1. Bruises,
2. Colds and chills.
3. Cough.
4. Dermatitis,
5. Dysentery,
6. Fever,
7. Indigestion,
8. Malaria.
9. Muscle pain.
10. Snake bites.
11. Stomach disorders.
12. Wound healer,

	<p><b>FELT BUSH</b> <b>HEALTH BENEFITS</b></p> <ol style="list-style-type: none"> <li>1. Cancer, especially when drug resistant</li> <li>2. Muscle pain</li> <li>3. Rheumatism.</li> </ol>
	<p><b>GARDEN CROTON</b> <b>HEALTH BENEFITS</b></p> <ol style="list-style-type: none"> <li>1. Amenorrhea</li> <li>2. Anticancer</li> <li>3. Anti-diarrheic</li> <li>4. Antimalarial</li> <li>5. Cancer,</li> <li>6. Colds</li> <li>7. Constipation,</li> <li>8. Convulsions</li> <li>9. Diabetes,</li> <li>10. Diarrhea</li> <li>11. Digestive problems,</li> <li>12. Don't take in large quantities</li> <li>13. Dysentery,</li> <li>14. Eczema</li> <li>15. Epilepsy</li> <li>16. External wounds,</li> <li>17. Fever</li> <li>18. Fever,</li> <li>19. Flu</li> <li>20. Hypercholesterolemia,</li> <li>21. Hypertension,</li> <li>22. Immunity</li> <li>23. Inflammation,</li> <li>24. Influenza</li> <li>25. Intestinal worms,</li> <li>26. Malaria,</li> <li>27. Not for pregnant women</li> <li>28. Edema</li> <li>29. Pain,</li> <li>30. Snake bite</li> <li>31. Stomach aches</li> <li>32. Syphilitic lesions</li> <li>33. Toothache</li> <li>34. Ulcers and weight-loss.</li> </ol>



## **HELICONIA HEALTH BENEFITS**

1. Blood pressure
2. Pain and ache
3. Hypertension,
4. Infection, and
5. Jaundice.



## **HOLYHOCK**

### **HEALTH BENEFITS**

1. Arthritis
2. Asthma
3. Boots circulation
4. Breathing disorders
5. Bronchitis
6. Burns
7. Conditioning hair
8. Cough
9. Cures bleeding gums
10. Cures cold
11. Cures fever
12. Diabetes
13. Emphysema
14. Fever
15. Gastritis
16. Immunity
17. Keeps skin soft and supple
18. Liver cancer
19. Milk production
20. Promotes digestive health
21. Sore throat
22. Treats sore throat



## **INDIAN BLANKET INDICATIONS**

1. Gastroenteritis,
2. Skin disorders (skin)
3. Sore eyes.
4. Sore nipples

	<p><b>IVY GERANIUM INDICATIONS</b></p> <ol style="list-style-type: none"> <li>1. Acne</li> <li>2. Chronic inflammation,</li> <li>3. Cures Athlete's Foot</li> <li>4. Depressive disorders.</li> <li>5. Earache</li> <li>6. Hemorrhoids and</li> <li>7. Hormonal disturbances,</li> <li>8. Insomnia</li> <li>9. Joint pain</li> <li>10. Rejuvenates skin</li> <li>11. Skin blemishes of the face</li> <li>12. Sore throat</li> </ol>
	<p><b>LEAF OF LIFE HEALTH BENEFITS</b></p> <ol style="list-style-type: none"> <li>1. Asthma,</li> <li>2. Bleeding</li> <li>3. Boils.</li> <li>4. Bronchitis,</li> <li>5. Bruises,</li> <li>6. Burns,</li> <li>7. Callosities.</li> <li>8. Cervical Cancer .</li> <li>9. Chest cold</li> <li>10. Colds and coughs</li> <li>11. Constipation</li> <li>12. Coughs,</li> <li>13. Diabetics</li> <li>14. Dislocation,</li> <li>15. Dysentery</li> <li>16. Earaches.</li> <li>17. Ecchymosis,</li> <li>18. Eye pain</li> <li>19. Headache</li> <li>20. Heart health</li> <li>21. Haemorrhages.</li> <li>22. Hypertension.</li> <li>23. Insect stings</li> <li>24. Intestinal problems.</li> <li>25. kidney failure,</li> <li>26. kidney stones.</li> <li>27. Leucorrhoea</li> <li>28. Leukaemia</li> <li>29. Liver health</li> <li>30. Menstrual problems,</li> <li>31. Pains,</li> <li>32. Premature Births .</li> <li>33. Prevents grey hair</li> </ol>

	<p>34.Purifies blood      35.Relieves stomach ache      36.Rheumatoid arthritis,      37.Shortness of breath,      38.Skin ulcers.      39.Sprains,      40.Swellings      41.Tonsils.      42.Treat gonorrhoea.      43.Urinary bladder stones      44.Urinary tract infections      45.Vaginal disorders      46.Weight management      47.Wounds</p>
	<p><b>MARGUERITE DAISY</b></p> <p><b>HEALTH BENEFITS</b></p> <ol style="list-style-type: none"> <li>1. Allergies</li> <li>2. Asthma</li> <li>3. Bloody piles or urine.</li> <li>4. Bronchitis</li> <li>5. Bruises</li> <li>6. Bruises,</li> <li>7. Cervical ulceration.</li> <li>8. Conjunctivitis.</li> <li>9. Cutaneous diseases.</li> <li>10.Fever</li> <li>11.Heavy menstruation</li> <li>12.Jaundice.</li> <li>13.Nervous excitability.</li> <li>14.Painful menstruation</li> <li>15.Respiratory illnesses</li> <li>16.Runny nose and open sinuses.</li> <li>17.Skin blemishes</li> <li>18.Sore throat</li> <li>19.Stomach ulcers</li> <li>20.Tickling coughs</li> <li>21.Ulcers and</li> <li>22.Ulcers and sores.</li> <li>23.Whooping cough,</li> <li>24.Wounds</li> </ol>
	<p><b>MARIGOLD</b></p> <p><b>HEALTH BENEFITS</b></p> <ol style="list-style-type: none"> <li>1. Bleeding,</li> <li>2. Burns,</li> <li>3. Cancer,</li> <li>4. Eye problems</li> <li>5. Gall-bladder problems</li> <li>6. Headaches,</li> <li>7. Heart disease.</li> <li>8. Stomach ulcers.</li> </ol>



**9. Stroke,**



**PERIWINKLE**  
**HEALTH BENEFITS**

1. Acne
2. Anxiety and stress
3. Blood cleanser
4. Breast cancer
5. Cognitive performance
6. Colds and cough
7. Dermatitis
8. Eczema
9. Flatulence
10. Hodgkin's
11. Infertility
12. Irregular menstruation
13. Leukaemia
14. Lymphomas
15. Memory loss
16. Piles
17. Sore throat
18. Stroke



**PURPLE LOOSESTRIFE**  
**HEALTH BENEFITS**

1. Bleeding gums,
2. Diarrhoea.
3. Eczema,
4. Haemorrhoids,
5. Infection.
6. Intestinal problems.
7. Menstrual complaints.
8. Swelling (inflammation).
9. Varicose veins,
10. Vitamin C-deficiency (scurvy)
11. Wounds.

**SUMMER CYPRESS**  
**HEALTH BENEFITS**

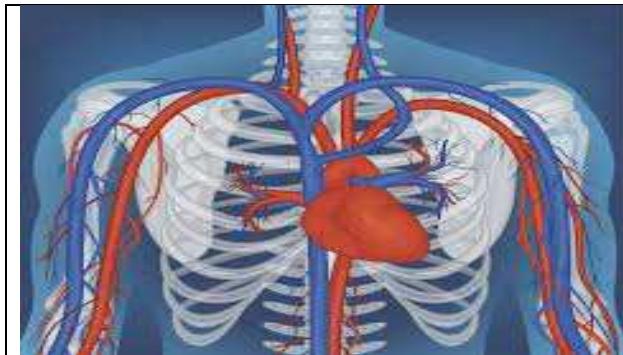
	<ol style="list-style-type: none"> <li>1. Acne cysts or boils.</li> <li>2. Diarrhoea</li> <li>3. Dysentery,</li> <li>4. Dyspepsia.</li> <li>5. Eczema and scabies</li> <li>6. Wounds.</li> </ol>
	<p><b>SWEET ALYSSUM</b></p> <p><b>HEALTH BENEFITS</b></p> <ol style="list-style-type: none"> <li>1. Abdominal pain</li> <li>2. Bleeding gums.</li> <li>3. Colds, coughs,</li> <li>4. Coughs.</li> <li>5. Oedema and ascites.</li> <li>6. Gonorrhoea.</li> <li>7. kidney disease.</li> <li>8. Rabies.</li> <li>9. Scurvy.</li> <li>10. Water retention,</li> </ol>
	<p><b>WEEPING FIG – FICUS BENJAMIN</b></p> <p><b>INDICATIONS</b></p> <ol style="list-style-type: none"> <li>1. Cancer.</li> <li>2. Leprosy,</li> <li>3. Malaria,</li> <li>4. Nose diseases,</li> <li>5. Piles,</li> <li>6. Respiratory disorders.</li> <li>7. Vomiting,</li> </ol>

## TARGET HERBAL TREATMENT

Practitioners of herbal medicine have found that certain herbal preparation tend to benefit specific organs, systems, and functions of the body.

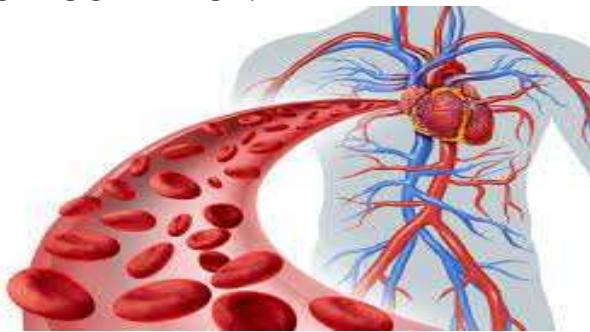
For example:

<b>BLOOD VESSELS</b>	A. Bitter Orange
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- B. Cayenne
- C. Stinging Nettle
- D. Rosemary

## CIRCULATION



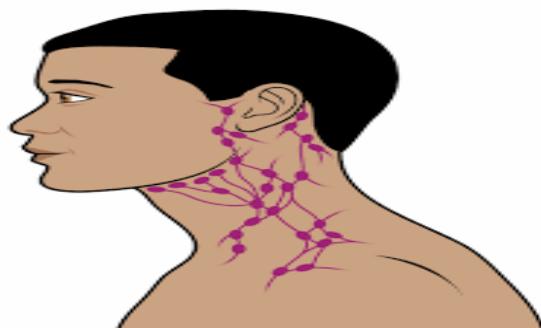
- A. Cayenne
- B. Garlic
- C. Prickly pear cactus
- D. Ginko
- E. Wheat grass
- F. Alfalfa
- G. Plantain
- H. Black cohosh
- I. Hyssop
- J. Mustard seed oil
- K. Peppermint oil
- L. Rosemary oil
- M. Thyme oil

## HEART



- A. Hawthorn
- B. Cayenne
- C. Garlic
- D. Fennel
- E. Bilberry

## LYMPH NODES



- A. Bitter Orange
- B. Dandelion
- C. Red Clover
- D. Colombo
- E. Garlic

## HAIR

- A. Alfalfa
- B. Sage
- C. Rose petals
- D. Stinging nettle
- E. Alfalfa leaves



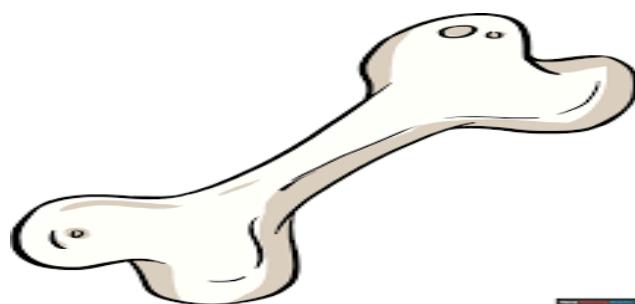
- F. Nettle leaves
- G. Rosemary
- H. Burdock root

**SKIN**

- A. Aloe
- B. Daisy
- C. Chamomile
- D. Dandelion
- E. Rose petals

**MUSCLES**

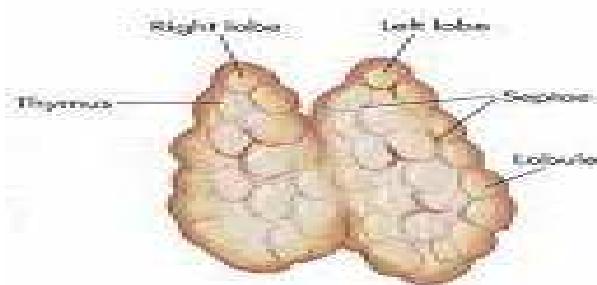
- A. Comfrey
- B. Turmeric
- C. Castor oil
- D. Plantain

**BONE**

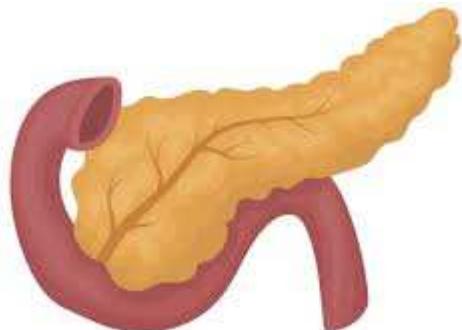
- A. Comfrey
- B. Alfalfa
- C. Stinging nettle
- D. Lemon grass
- E. Pine apple
- F. Oak bark
- G. Mullein
- H. Gravel root
- I. chickweed

**JOINTS**

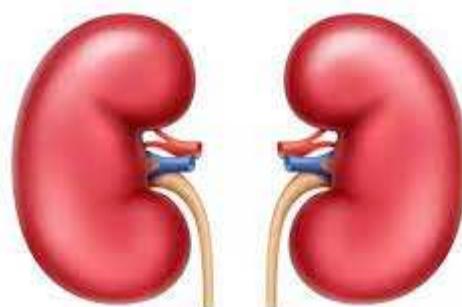
- A. Alfalfa
- B. Garlic
- C. Stinging nettle

**THYMUS**

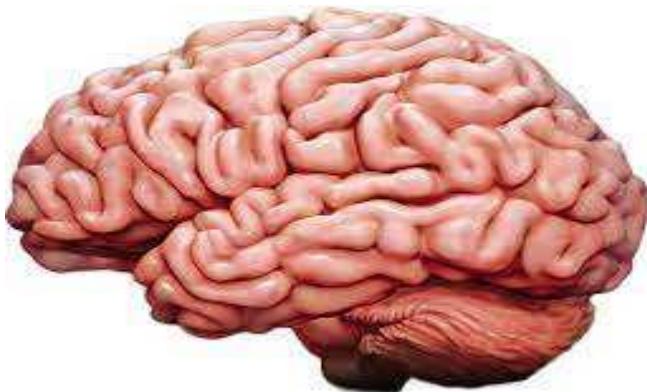
- A. Echinacea
- B. Liquorice
- C. Africa Potatoes
- D. Sutherlandia
- E. Bitter Lemon

**PANCREAS**

- A. Bitter orange
- B. Cayenne
- C. Hawthorn
- D. Basil
- E. Stinging nettle
- F. Blueberry
- G. Juniper berry
- H. Myrrh
- I. Saw palmetto

**KIDNEYS**

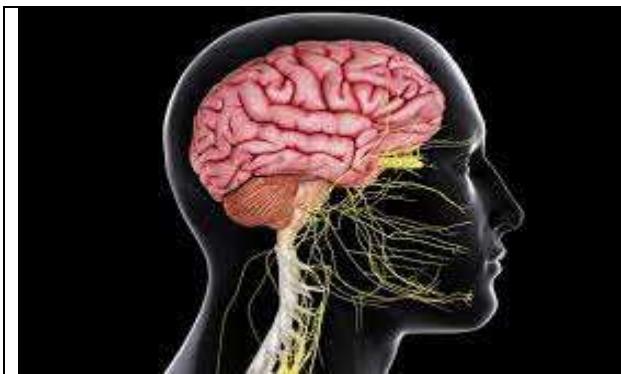
- A. Corn silk
- B. Dandelion
- C. Mexican poppy
- D. Parsley
- E. Peach leaves
- F. Lemons
- G. Water melons
- H. Celery
- I. Kelp
- J. Yellow
- K. Juniper belly

**BRAIN**

- A. Gotu kola
- B. Gingko biloba
- C. Ginger
- D. Rosemary

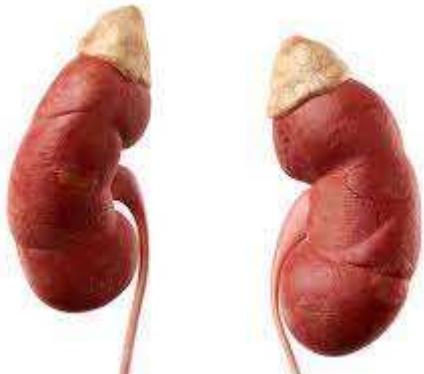
**CENTRAL NERVOUS SYSTEM**

- A. Chamomile
- B. Gingko
- C. Peppermint



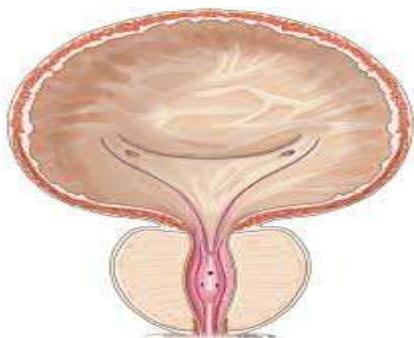
D. Siberian ginseng

**ADRENAL GLANDS**



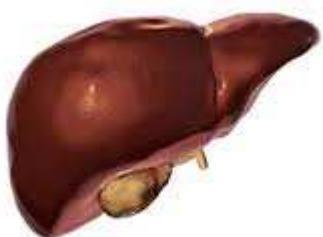
- A. Astragalus
- B. Ginger
- C. Liquorice

**BLADDER**



- A. Careys
- B. Corn silk
- C. Watermelon seeds
- D. Parsley

**LIVER**



- A. Milk thistle
- B. Red clover
- C. Dandelion
- D. Fenugreek
- E. Garlic
- F. Lemons
- G. Ginger
- H. Aloe vera
- I. Wild yam
- J. Carrot,

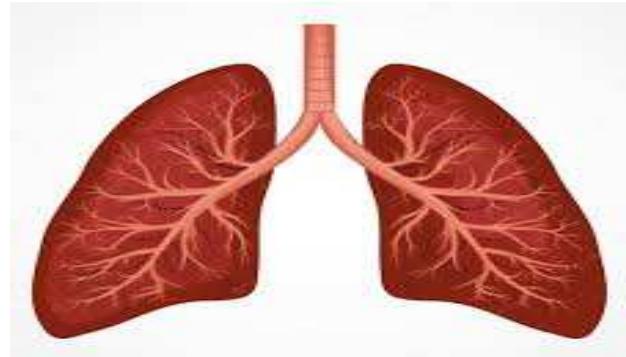
**GALLBLADDER**

- A. Dandelion
- B. Turmeric
- C. Barberry
- D. Olives



- E. Tamarind
- F. Eggplants
- G. Radish
- H. Artichoke
- I. Limes
- J. Lemons
- K. Aloe vera
- L. Yallow
- M. Juniper belly
- N. Corn silk
- O. Dandelion

## LUNGS



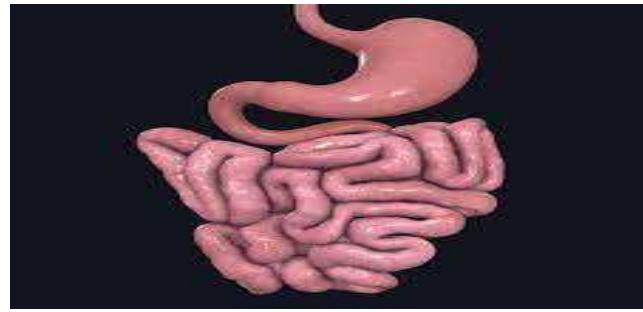
- A. Eucalyptus
- B. Garlic
- C. Liquorice
- D. Lavender
- E. Trailing lantana
- F. Horse Radish

## STOMACH



- A. Aloe
- B. Chamomile
- C. Guava leaves
- D. Ginger
- E. Peppermint
- F. Papaya

## INTESTINE



- A. Aloe
- B. Chamomile
- C. Fenugreek
- D. Garlic
- E. Plantain herb
- F. Psyllium husk
- G. Fennel Seed
- H. Ginger
- I. Golden seal
- J. Celery
- K. Cayenne
- L. Mustards

## EARs

- A. Garlic
- B. Oregano
- C. Gingko



## EYES



- A. Castor oil
- B. Pine needle
- C. Eyebright
- D. Lemons
- E. Golden seal
- F. Bayberry bark
- G. Fennel

## MOUTH



- A. Sage
- B. Tea tree
- C. Coconut
- D. Chlorophyll

## HERBAL PRESCRIPTION

### ADDISON'S DISEASE AND HYPOGLYCEMIA

Licorice, Psyllium

**ARTHRITIS**  
Alfalfa, Comfrey, Aloes, Turmeric, Hot vinegar soak, Hot Epsom salt soak, grapefruit juice, olive oil, hot charcoal and flaxseed poultice daily, parsley, peppermint, ginger, cayenne, fig latex, strawberry juice, Irish potatoes juice, royal poinciana, neem,

Nyasaland plum, soursop, bitter gourd, gynandra, wild yam, rosemary, hollyhock

**ARTHITIS IN KNEE**  
Garlic poultice on knee, cabbage poultices

**ALLERGIES**  
Eucalyptus, pine needles, cayenne pepper, chamomile, whiteweed, ginger, Gotu kola, Stinging nettle, marguerite daisy

**ARTHLETS FOOT**

Garlic, licorice, chamomile, golden seal, Echinacea, turmeric, plantain, lemon juice, tea tree oil, aloe Vera, thyme sage juice, neem, tithonia diversifolia, ivy geranium

**APPETITE**

Calamus, chamomile, Colombo, ginseng, golden seal, oregano, strawberry, leeks, sapodilla fruit, celery, prickly chaff flower, sweet basil, sage

**ACHEs**

Peppermint, cayenne, ginger

**ADENOIDS**

Golden seal, myrrh, Echinacea,

**AGUE**

Sorrel, chamomile.

**ACIDITY**

Carrot juice, Lemon juice, pumpkin fruit, Cassava Flour, beet root, spinach, Irish potatoes, charcoal, comfrey, flaxseed,

**ABCESSES AND ABSCESES**

Carrot (poultice), charcoal, potato (poultice), Cabbage poultices, cassava poultices, Artemisia, Guava Onions, leaves, plantain, comfrey, chamomile, and marigold leaves, Figs, mountain pomegranate,

**ABSCESSED TOOTH POULTICE**

Golden, Myrrh, Cayenne pepper, Peppermint, Clove oil, Garlic

**ANEMIA**

Comfrey, dandelion, fenugreek, orange juice (increase absorption of iron), onion, ginseng, avocado fruits, wheat grass juice, carrot and beet juices, alfalfa, parsley, figs, sunflower seeds, sponge gourd stems or leaves, custard apple fruit, strawberry, spinach, lettuce, Java plum, soursop, bitter gourd, gynandra, mondia whitei, parsley, parselene, Stinging nettle,

**ACNE**

Carrot Juice or creamed carrots, grated cucumber cabbage poultices, aloe Vera, orange rind, oatmeal bath, creamed carrot, raw potatoes juice, Epsom salt bath, tea tree oil, Epsom salt bath twice day, Cypress, red jathropha, cloves, lavender, plantain herb, ivy geranium, periwinkle

**ASTHMA**

Comfrey, Indian hemp, myrrh, saw palmetto berries, skunk cabbage, thyme, flaxseed, Garlic, lemon tree leaves, onion, aloe Vera, cayenne, pawpaw leaves, Orange leaves, passion flower leaves, Peppermint tea Eucalyptus, Asthma weed, prickly chaff flower, sweet flag rhizome, Mexican poppy seeds, jack fruit root, papaya seeds, peacock flower, coconut milk, snake weed, cluster fig back, sunflower flowers, thyme, Indian heliotrope leaves, mango leaves, parsley juice, African Medler, poinciana, Java plum, pomegranate, pine needles, chamomile, whiteweed, ginger mondia whitei, klip dagga, trailing lantana, oregano, Mexican poppy, asthma, yellow wild indigo, blood flower, chenille plant, common coleus, hollyhock, leaf of life, marguerite daisy

**AIDS**

Golden, Cayenne, Fenugreek, Mandrake, Echinacea, Pau D'Arco, Aloe, Ginger, Garlic, Artemisia, African Potatoes, black seed oil, licorice root

**ALCOHOL ADDICTION TEA**

Cayenne, Peppermint, Passion flower leaves infusion,

**ADHD**

pine needles, chamomile, lavender, mucuna pruriens

**ALZHEIMER**

Gotu kola, mucuna pruriens, parsley, turmeric

**ABONOMIAL PAIN**

Red Amaranth, Celery, mint, sage, pumpkin seeds, sesame seeds oil enema, Orange tree, licorice infusion, charcoal, black seed oil,

**ATHEROSCLEROSIS**

Ginger, tamarind, cayenne, garlic, turmeric

**HARD BREATHING**

Golden, Comfrey, Garlic enema

**ADULT COUGH MEDICINE**

Garlic 2 bulbs, chopped

Honey 1 cup

Ginger 1/3 teaspoon

Horse Radish 4 Tbs.

Peppermint Tincture 1/2 teaspoon

Cayenne 1/2 teaspoon  
Onion 2 whole, chopped  
Clove Tincture 1/3 teaspoon  
Mix and take 1 tsp. as needed.

### **BLADDER**

Aloes, comfrey, carrot, chamomile, corn silk, golden seal, spearmint, charcoal black seed oil,

### **BREASTS (SORE, SWOLLEN, CAKED)**

Comfrey, parsley, cabbage poultices

### **BOWEL TROUBLES**

Dandelion, myrrh, Echinacea, caraway seed (expels wind), comfrey, fenugreek, golden seal, oregano, sage, spearmint, strawberry,

### **BOWEL MOVEMENT**

fennel, alovera, senna.

### **BILIOUSNESS**

Apple tree bark, chamomile, red sage (excellent),

### **BED SORES**

Plantain, golden seal, oatmeal bath, aloe vera, golden seal, myrrh

### **BRIGHT'S DISEASE**

Golden seal (combined with peach leaves, queen of the meadow, clover, and corn silk), Indian hemp, saw palmetto berries, peach leaves, peppermint.

### **BLOOD PURIFIER**

Dandelion, red clover, Echinacea, wild Oregon grape plantain, golden seal, and charcoal poultice, dandelion, grapes, clay, comfrey root, fenugreek, lemon juice, apple cider, pineapple, corn silk

,

### **BED WETTING**

Parsley, corn silk, cinnamon bark tea, honey just before bed time, bottle brush, Plantain, corn silk, fennel seed,

### **BLEEDING**

Cayenne, cypress, guava leaves, plantain, comfrey, marigold, plantain, nettles.

### **BRUISES AND CUTS**

Comfrey, bromelain, parsley, dandelion, oregano, cabbage, potatoes, plantain, papaya

latex, tithonia diversifolia, false heather, leaf of life, marguerite daisy

### **BURNS**

Olive oil, castor oil, Aloe juice, comfrey poultices, calamus, onions (bruised), comfrey, clay, honey, sugar, lavender oil, ginger, cayenne, cucumber seeds powder, klip dagga, lavender, hollyhock, leaf of life, marigold

### **BRONCHITIS**

Golden seal, myrrh, white pine, saw palmetto berries, red sage, peppermint, eucalyptus, carrot juice, Garlic, sunflowers infusion, Licorice common plantain, Radish Juice, cayenne, Lemon grass, Eucalyptus, Mango leaves, Marigold leaves, comfrey, grapefruit, lemon juice, okra seeds tea, prickly chaff tea, lentil seeds pods, peacock flower flowers, watermelon seeds, fig decoction, fenugreek seeds, thyme, white cider twigs, mango leaves, Figs, poinciana, pine needles, sutherlandia, trailing lantana, lavender, Asthma weed, blood flower, leaf of life, marguerite daisy

### **BEVERAGES**

(Herbs used as beverages) Red clover blossoms, sage, mint, strawberry leaves, peppermint, spearmint, fennel, catnip, dandelion, chamomile, calamus root (sweet flag), meadow sweet, alfalfa, green celery leaves,

### **BOILS AND CARBUNCLES**

Comfrey, coral, flaxseed, oregano, slippery elm, Echinacea, plantain, garlic, Neem, cabbage, fenugreek, papaya leaf juice, roasted figs, jatropha leaves, ginger and turmeric paste, Cayenne, neem klip dagga, hollyhock, leaf of life

### **BLOOD PRESSURE HIGH**

Red clover, garlic, ginger, cayenne, peppermint, eucalyptus, parsley leaves, oregano, fennel, basil, sour soap fruit, wiregrass, mast tree bark, black seed oil, olive leaf, African Medler, Bottle brush, Custard apple, Jack tree, red jathropha, Java plum, moringa, pine needles, soursop, basil, bitter gourd, bitter leaf, dandelion, whiteweed, klip dagga, trailing lantana, lavender, plantain herb Stinging nettle, wheat grass juice, prickly pear cactus, common coleus, garden croton

**BLOOD PRESSURE LOW**

Dandelion, cayenne, rosemary, thyme, ginseng, fig leaves, Scotch broom

**BONE FRACTURES**

Comfrey, plantain, tithonia diversifolia

**BURSTITIS**

Ginger, Gotu kola, turmeric, pine apple, comfrey, turmeric, ginger

**BILHARZIA**

Artemisia, cloves, peacock flower, neem

**IRRITABLE BOWEL**

Peppermint oil, or take a peppermint capsule 3 times daily.

**CARBUNCLES**

Carrot (poultice), Echinacea, oregano.

**CANKER IN MOUTH**

Golden seal, myrrh, rosemary,

**CANCER**

Red clover (combined with dandelion root, golden seal), comfrey, blue flag. Carrot juice, Garlic, cabbage juice, Echinacea, Aloe Vera, cayenne, wheat grass juice, unripe pawpaw, Periwinkle, charcoal, black seed oil, olive leaf, African Medler, African Zaniha, Avaram Senna, Bottle brush, Custard apple, Jack tree Java plum, neem, marigold sutherlandia, African potatoes, Artemisia, bitter guord, oregano, plantain herb, Stinging nettle, rosemary, turmeric, wheat grass juice, blood flower, common coleus, garden croton, ficus benjamin

**CERVITITIS**

Soda, garlic, vinegar douches, turmeric, balon vine, garlic

**PROSTATE CANCER CREAM**

Wild yam, Peppermint oil, Cayenne

**BLADDER CYSTITIS, CANCER OF BLADDER**

Golden, Myrrh, Cayenne

**CRAMPS**

Cayenne (stomach cramps), coral, fennel, thyme,

**CROUPS**

White pine, antispasmodic tincture (as found in Table of Contents).

**CORNS AND CALLOUSES**

Chamomile combined into an ointment, papaya latex

**CANDIDA**

Garlic, Neem, Echinacea, ginger, golden seal, passion flower, aloe, neem, Stinging nettle,

**COUGHS**

Comfrey, ginseng, myrrh, oregano, white pine, marjoram, rosemary, Eucalyptus infusion or essence, thyme infusion or inhalation, cayenne, lemons, garlic, Artemisia, pawpaw small roots, Guava leaves, Onions, Orange leaves, Turmeric, Marigold leaves, licorice root, eucalyptus, fenugreek, neem back, bamboo bark, papaya flowers, grape fruit or orange leaves, lentil pods or seeds, decoction of fig fruit, sunflower flowers, hibiscus root, sage, Indian heliotrope leaves, charcoal, black seed oil, Cypress, Cypress, sutherlandia, cayenne pepper, Chinese wedelia, fennel seeds, gynandra, klip dagga, oregano, peppermint, plantain herb, blood flower, hollyhock, leaf of life, sweet alyssum

Take 2 dry figs to a glass of soy milk and bring to a boil. Allow to stand for an hour, then warm up and drink all at once twice a day.

**COUGH SYRUP – HORSERADISH**

Horseradish ½ cup

Ginger ½ tsp.

Honey 1 cup

Clove Tincture ½ tsp.

Cayenne ½ tsp.

Blend and take 1 tsp. as needed.

**HERBAL COUGH SYRUP**

Mix 1 cup of boiled honey and ½ tsp.

Peppermint oil, ½ tsp. Eucalyptus oil, 1/3 tsp. Clove oil, 1 Tbs. Licorice Root powder, and add Cayenne to taste. Mix take one tsp as needed. Take one tsp 3 times daily.

**CHEST TROUBLE**

Ginseng, myrrh, white pine, comfrey,

**CONVULSIONS**

Wild yam, peppermint, fennel seed, sour soap, cayenne, garden croton, fennel, garlic, sage, wild yam.

## **CATARRH**

Golden seal, Indian hemp, white pine, comfrey, trailing lantana

## **CATARACTS**

Golden Seal, Bayberry, Eye Bright, One drop lemon in eye, in morning, One drop honey in eye, at night

Asthma weed, peppermint, rosemary, turmeric, ginger, Custard apple, African potatoes, Asthma weed,

## **CATARACT EGG WHITE POULTICE**

The white of an egg on a paper towel, folded over, with the face covered with a face towel for relieving inflammation and for lowering pressure in the eyes.

## **CIRCULATION (INCREASE)**

Cayenne, Golden seal, cayenne,

## **COLDS**

Sage, peppermint, ginseng, Indian hemp, white pine, rosemary, , ginger, golden seal ,saw palmetto berries, cayenne, garlic, Artemisia, Eucalyptus, Lemon grass, comfrey root, fenugreek, thyme, chamomile, turmeric, Cypress, Eucalyptus, leucena, pine needles, catnip, cayenne pepper, crested late summer mint. trailing lantana oregano, Asthma weed, yellow wild indigo, false heather, leaf of life, periwinkle, sweet alyssum

## **COLIC**

Caraway seed, carrot seed, catnip, oregano, peppermint, rosemary, spearmint, flaxseed, Alfalfa mint tea, Ginger tea, Chamomile tea, coconut water, African Medler, mountain pomegranate, pink wild pear, chamomile, fennel seeds, peppermint, plantain herb, rosemary,

## **COLITIS (ULCERATED COLON)**

Tea infusion, Garlic decoction, papaya tree fruit, Cassava flour, thyme infusion or essence

Psyllium powder, Chia Seed, Aloe Vera, charcoal

## **COLON TROUBLE**

Colombo, peppermint, aloes, golden. Seal, myrrh.

## **CONSUMPTION (TUBERCULOSIS)**

Plantain, colombo, comfrey, rosemary, myrrh, golden seal,

## **CHILLS**

Cayenne pepper, peppermint, sage, antispasmodic tincture (to stop chill).

## **CHOLERA**

Cayenne, Colombo, fleabane, peppermint, wild yam, ginger, golden seal, peach leaves, red clover, grape fruit peel, peacock flower root, charcoal, guava tree bark, drumstick leaves, bitter gourd juice, bael fruit, sutherlandia

## **TO KILL PARASITES:**

Pumpkin Seeds

Cayenne - 1 capsule 3 times daily

Garlic - 5 capsules 4 times daily or 1 Tbs. 3 times daily.

Mandrake - 1 capsule time every other day.

Garlic Enema - 3 times daily.

## **CHOLERA MORBUS**

Peach leaves, peppermint, charcoal (Pulverize, and take two heaping teaspoonfuls in cup of water every two hours.),

## **CYSTITIS**

Parsley, garlic, neem seeds, tithonia diversifolia, turmeric, neem seeds

## **CONSTIPATION**

Ginger, mandrake, oregano, psylla, butternut bark. Dandelion, flax decoction, carrot juice, prunes of figs, chamomile, and fennel seeds, African Zaniha, bael fruit, Custard apple, trailing lantana, senna, wheat grass juice, chenille plant

## **CUSHING'S DISEASE**

Alfalfa, Chlorophyll, Licorice, Wild Yam, Garlic

## **CHICKENPOX**

trailing lantana, gotu kola, neem, ginger, garlic, peacock flower, bitter gourd, senna

Give garlic enema 2 times daily, give Epsom bath daily, do clay bath or poultice there will

be no skin eruption if treated by the first symptoms.

### **CONJUNCTIVITIS**

Carrot Juices, Common plantain, Fennel, German Chamomile eye baths, aloes, Artemisia, charcoal poultices, pomegranate leaves, Indian heliotrope juice, walnut leaves, parsley leaves, leucena, sutherlandia, marguerite daisy

### **CANCER**

Red clover, aloe, Artemisia, grapes, sausage tree, bitter leaf, trailing lantana, Brazilian joy weed

### **CYSTITIS**

Flax poultices, psyllium extract

### **CELIAC DISEASE**

Aloe, alfalfa, psyllium

### **CROHN'S DISEASE**

Thunder gold vine, peppermint, thunder gold vine,

### **CELLULITE**

Gotu kola, dandelion, white birth

### **DIABETES**

Golden seal, Indian hemp, white pine, saw palmetto berries, dandelion root, parsley, corn silk, green beans, fresh onions, melons, garlic, Sage, cayenne, wheat grass juice, Guava leaves, Periwinkle, papaya seeds, grape fruit juice, eucalyptus, sap of figs, sour soap fruit, bitter gourd fruit, mast tree bark, guava leaves, charcoal, black seed oil, bitter leaf, olive leaf, African Medler, Avaram Senna, bael fruit, Bottle brush, Custard apple, poinciana, Jack tree, red jathropha, Java plum, neem, pine needles, sausage tree, soursop, sutherlandia bitter gourd, bitter leaf, cayenne pepper cloves, fenugreek, gynandra, klip dagga, trailing lantana wild yam, mucuna pruriens, senna, Stinging nettle, Asthma weed, turmeric, prickly pear cactus, hollyhock, leaf of life

### **DIABETIC WOUNDS**

Powdered Golden Seal, Aloe

Sugar poultice over wound - put a little iodine on sugar.

Hot and Cold baths.

### **LOW BLOOD SUGAR**

Dandelion coffee, Chickpea (roasted) coffee, licorice root, fig leaves, wild yam, ginger

### **DYSENTERY**

Comfrey, Colombo, peppermint, plantain, strawberry, ginger (preferably African ginger), geranium. Neem, Asthma weed, Mango leaves, Guava leaves, sweet flag rhizome, eucalyptus, sensitive plant roots, avocado seeds, pomegranate leaves, fig leaves, sesame leaves, charcoal, buttermilk, orange juice. Neem, sausage tree, anemia, klip dagga, Asthma weed, garden croton

### **DYSURIA**

Avaram Senna, Indian Coral tree, okra, Indian coralleaf, oleander, Indian red mace, pursene

### **DIZZINESS**

Peppermint, poinciana,

### **DANDRUFF**

Sage. Aloe, cider vinegar, avocado oil, lemon lotion, garlic, oatmeal wash, barley, apple cider, comfrey, ginger, plantain, soy bean oil, Cypress

### **DEAFNESS**

Oregano, rosemary,

### **DROPSY**

Carrot, celery, dandelion, Indian hemp, oregano, parsley, spearmint, chamomile, plantain, dwarf elder (excellent.), lemon juice, blood flower

### **DROPSY**

Mandrake, flaxseed, Corn Silk tea, blood flower, bael fruit, Mexican poppy, balloon vine, molinga, asparagus

### **DIARRHEA**

Comfrey, Colombo, peppermint, strawberry, thyme, ginger, cinnamon, plantain, and charcoal pulverized Carrot juice. Guava leaves, Rice water enema once a day, Charcoal, Moringa, Onions, Psyllium, rice water, potatoes broths, bran, garlic, fenugreek, jack fruit root, periwinkle leaves, lemon glass, fig latex, avocado seeds, black seed oil, butter milk, mango seeds, coconut water, barley water, Pomegranate juice, bael fruit, Nyasaland plum peacock flower, soursop, sutherlandia, Chinese wedelia,

crested late summer mint. Whiteweeds, plantain herb, purple loosestrife

### **DIPHTHERIA**

Golden seal, Indian hemp, myrrh, Echinacea, lemon juice, eucalyptus, capsicum (red pepper), yellow wild indigo

### **DYSPEPSIA**

Calamus, cayenne, Colombo, golden seal, oregano, peach leaves, sage, spearmint, thyme, Chamomile, ginger. Peppermint, aloe, lemon water, ginseng, charcoal

### **DIGESTION**

Peppermint, fennel, ginger, cayenne, clove, papaya fruit,

### **DYSMENORRHEA**

Orange tree infusion, passion flower infusion, licorice, chamomile, flax, sage

### **DERMATITIS**

Golden Seal, Chinese wedelia, trailing lantana, false heather, periwinkle

### **DEPRESSION AND STRESS**

pine needles, soursop, catnip chamomile, mondia whitei, lavender, peppermint, rosemary

### **ENEMA**

Echinacea, strawberry leaves, coffee, aloe, charcoal

### **EARS (RUNNING)**

Lemon juice diluted one-half, oil of origunum, peroxide of hydrogen (Put in ear warm). red jathropha

### **EMETICS AND ANTIEMETICS**

Peppermint, (antiemetic), spearmint, (antiemetic), Colombo (antiemetic),

### **EARACHE**

Oregano, lemon juice (pure), Garlic oil in ear, tea tree oil, peppermint, golden seal, Echinacea, four o'clock plant juice, drumstick root bark, marigold flowers, sage juice, black seed oil, bael fruit, gynandra, caricature, ivy geranium, leaf of life

### **EAR WAX AND HEARING PROBLEM**

Glycerol is one of the few substances that can soften earwax without causing it to swell. Mix  $\frac{1}{2}$  ounce of glycerol and 4 drops

of garlic oil. Drop  $\frac{1}{2}$  tsp in your ear then apply a hot compress over the ear daily.

### **EYES PROBLEMS**

Rosemary, Chamomile cataract, golden sea, plantain, golden seal and burnt alum, Marigold leaves, carrot juice, parsley juice, dandelion, aloe wash, cabbage juice, Mexican poppy juice, neem leaves, snake weed juice, tamarind flowers, drumstick leaves, charcoal, black seed oil, garlic oil, castor oil, olive oil. Mexican poppy latex, Asthma weed, Brazilian joy weed, marigold

### **ECZEMA**

Dandelion, golden seal, strawberry, plantain, Aloe Vera gel, Oatmeal bath, soda bath, Charcoal bath, red clover and golden seal compresses. Carrot poultices, chamomile baths, castor oil, Neem, Chia - soak in warm water until thick, place on affected area, flaxseed oil, plantain, dandelion, leaves of papaya, jatropha leaves, sage leaves, black seed oil, black seed oil, spinach juice, coconut oil, neem, sutherlandia, klip dagga, trailing lantanas plantain herb, senna, rosemary, wheat grass juice, yellow wild indigo, common coleus, garden croton, periwinkle, purple loosestrife

### **EGG POULTICE**

Spread the white of a egg on a paper towel, apply over burn skin, inflamed skin, and red burning eyes.

### **ERYSIPelas**

Golden seal, plantain, Echinacea, cayenne pepper.

### **EPILEPSY**

Passion flower, sage, Epsom salt bath, mud packs, garden lettuce, guava leaves, thyme, African Medler, African Zaniha, sausage tree, soursop, African potatoes, Gotu kola, garden croton

### **EMPHYZEMA**

Asthma weed, hollyhock

### **EPILEPSY**

Cayenne, Horseradish, Clove, Myrrh, Golden Seal, Garlic, Ginger, sweet flag, drumstick root, oleander, thyme leaves, lettuce juice, guava leaves

**EDEMA**

Corn silk, dandelion, alfalfa, garlic, parsley, ginger, carrot juice, guava leaves, crested late summer mint, clematis western white, dandelion, gynandra, Scotch broom, prickly pear cactus, sweet alyssum, sweet alyssum

**ENDOMETRIOSIS**

pine needles, peppermint, ginger, chamomile, comfrey, cayenne, golden seal

**FACIAL BEAUTY MASK**

Vitamin C 10,000 mg.

One Raw egg

Honey 1 cup

Mix together and apply over face before bed.

Rose water, aloe juice, carrot juice

**FATIQUE**

Oats, garlic, peppermint, basil, ginseng, sesame, rosemary, aloe, thyme

**FEVER**

Sage, thyme, dandelion, Chamomile, cinchona bark, butternut bark (all fevers), Calamus, intermittent fevers, coral, elder, fenugreek; Indian hemp, Eucalyptus mandrake, parsley, peppermint, cayenne, Echinacea, Lemon grass, Basil, Mango leaves, lemon juice, ginger, sweet flag, jack fruit root, peacock flower, pomegranate bark, mango leaves, parsley root, African Medler, African Zaniha, Avaram Senna, leucena, neem peacock flower, soursop, sutherlandia, African potatoes, spotted joe-pye weed, thunder gold vine, rosemary, yellow wild indigo, blood flower, garden croton,

**FLOODING**

Ginger and cinnamon tea (checks), cayenne pepper,

**FAINTING**

Lavender (prevents), cayenne, peppermint, antispasmodic tincture, orange tree leaves infusion

**FIBROIDS**

Dandelion, castor oil packs, garlic, turmeric, aloe, ginger

**FELONS**

Oregano, lemons, lobelia, slippery elm

**FEMALE TROUBLE**

Parsley, rosemary, comfrey, dandelion root,

**FERMENTATION AND GAS (SEE HEARTBURN)**

Calamus, caraway seed, fennel, mint, Oregano, peppermint, sage, spearmint, thyme, wild yam, ginger,

**FOOD POISONING**

Cinnamon, castor oil, grapes, charcoal,

**FLU**

Ginger, lemon juice, golden seal, Echinacea, eucalyptus, garlic, peppermint, sage, licorice, thyme, charcoal, black seed oil, leucena, soursop, sutherlandia, Gotu kola, klip dagga, trailing lantana oregano, garden croton

**FERTILLITY**

Ginseng, Saw palmetto, Pumpkin, garlic, carrot juice

**FRACTURES - (Allantoin-knit bone)**

Aloe, Comfrey poultices, Bromeline, alfalfa, plantain, turmeric paste, bitter gourd seeds paste, black seed oil,

**FATIQUE**

Oats, garlic, peppermint-essence, basil-essence, ginseng, sesame, rosemary-baths, castor oil packs,

**FLATULENCE**

Lemon juice, charcoal, peppermint, chamomile, ginger, sage, thyme, spearmint, prickly chaff flower, sweet flag, lentil seeds pods, lemon grass, fennel seeds, avocado leaves, turmeric, poinciana, mountain pomegranate, basil, dandelion, parsley, sage, rosemary, periwinkle

**GALLSTONES**

Chamomile, parsley, mandrake, goose grass, turmeric, peppermint, spearmint, sapodilla seeds, wiregrass, strawberry, lettuce, parsley juice, Mandrake, Lemon juice, Olive Oil, Hot castor oil, charcoal, black seed oil, Avaram Senna, spotted joe-pye weed peppermint, Scotch broom, turmeric, caricature

**GOITRE**

Echinacea, water hyacinth, lettuce juice, KELP DULCE,

## **GANGRENE**

Chamomile, comfrey, myrrh, Echinacea (golden seal, smartweed, pleurisy root, good combined in hot fomentations).

## **GRAVEL**

Carrot, spearmint, parsley, lemon balm, vervain,

## **GOUT**

Ginger, plantain, lemon juice, turmeric, cayenne, chamomile, peppermint, apple cider bath, bamboo back tea, drumstick root, fenugreek seeds poultices, strawberry juice, walnut juice, bitter gourd fruit, eggplant fruit, charcoal poultices, Epsom salt bath, clematis western white spotted joe-pye weed,

## **GOUT (Excess Uric Acid)**

Tincture of Lobelia with apple cider vinegar and honey. Vinegar bath. Comfrey

## **GONORRHEA**

Golden seal, parsley, cypress fruit decoction, parsley root, sutherlandia trailing lantana, senna, Asthma weed, blood flower, chenille plant

## **GLEET**

Plantain saw palmetto, red clover, Echinacea, golden seal,

## **GLANDULAR ORGANS**

Parsley,

## **GALL BLADDER**

Golden seal combined with equal parts: red clover, dandelion, parsley, olive oil, charcoal,

## **GAS IN STOMACH**

Licorice, fennel, basil infusion, carrot juice, Chamomile, sweet flag, lentil seeds pods, turmeric, lemon glass, avocado leaves, cinnamon bark, orange juice, basil, lavender, catnip

## **GASTRITIS**

Chamomile, ginger, turmeric, coconut water, Carrot juice, Figs, leucena, hollyhock

## **GASTRITIS – STOMACH**

Aloe, Carrot Juice, Oats, Cassava flour, Linseed decoction, Avocado flesh, sweet flag infusion or decoction, papaya tree latex

or infusion of leaves, turmeric infusion, Guava leaves, mustard

## **LACK OF GASSTRIC JUICE**

Sweet Flag decoction or infusion, pineapple juice, cinnamon tree infusion, turmeric infusion,

## **GLAUCOMA**

Ginkgo 1 Tbs. 3 times daily

Vitamin A 15,000 IU 3 times daily

Vitamin C 5,000 mg. 3 times daily

One drop of lemon juice in each eye in the morning. One drop of honey in each eye in the evening.

Hot and cold compress over eyes.

Colon cleansing.

Clay pack over eyes.

Onion poultice over eyes.

Lobelia and flaxseed poultice over eyes.

## **GONORRHEA**

Golden Seal, Parsley, unripe pine apple with leaves , sweet alyssum

## **PROSTATE GLAND**

Corn silk, golden seal, saw palmetto berries, garlic.

## **HICCOUGHS**

Indian hemp, orange juice.

## **HAIR**

Indian hemp (stimulates growth) , rosemary (prevents hair from falling out), sage peach, castor oil avocado oil, black seed oil,

## **HERPESES**

Oleander bark powder, garlic, cayenne, bitter gourd, senna

## **HEPATITIS**

Peppermint essence or infusion, Radish Juice, Dandelion Juice or infusion, lemon juice, carrot juice, cucumber juice, fennel seeds, charcoal sutherlandia, Artemisia, Gotu kola, tithonia diversifolia

## **HEARTBURN (See FERMENTATION AND GAS)**

Oregano (excellent to strengthen the stomach and for gas). Peppermint, licorice, ginger, golden seal, papaya and pineapple, aloe, fennel, cayenne,

## **HEART**

Cayenne (stimulant), golden seal, peppermint, cayenne. Apple tree juice or decoction, kidney beans, rosemary grapefruit extract, pink wild pear

## **HEMORRHOIDS**

Cypress decoction or sits baths, lemon tree juice, fenugreek poultices or sits baths, aloe Vera Lemon grass,, Mango leaves (sitz baths), black seed oil, poinciana, leucena, castor oil, dandelion, klip dagga, senna, blood flower, Brazilian joy weed, caricature, ivy geranium, leaf of life, purple loosestrife , ficus Benjamin, Golden seal, myrrh, nettle, plantain, spearmint, aloes, prickly chaff flower, cypress leaves, mango seeds, white radish, Stinging nettle

## **HEADACHE**

Ginger, peppermint leaves, rosemary, sage, fenugreek, garlic, chamomile, rosemary oil, lemon glass, lavender oil, lettuce juice, black seed oil, African Medler, African Zaniha Cypress, Java pink wild pear plum, sausage tree, African potatoe, Chinese wedelia, cloves, crested late summer mint. trailing lantana, lavender, oregano, leaf of life

## **HERNIA**

African Medler, African Zaniha

## **HIVES**

Catnip, Stinging nettle chamomile, Stinging nettle

## **HERPESES**

Sutherlandia, bitter gourd, red jathropha, senna, cloves senna, Stinging nettle

## **ANGINA SHAKE DRINK**

Garlic

Pumpkin Seeds 4 Tbsp.

Banana 1

Soy Milk 8 oz.

Mix all together in blender and drink one time daily.

Take ½ tsp. cayenne pepper in one oz. of warm water 3 times daily.

## **IRREGULAR HEART BEATING**

(Can be too fast or too slow)

Orange tree, lavender, Cayenne Pepper fennel, lavender, chamomile,

## **IRRITABLE BOWEL SYNDROME**

Leucena, dandelion, Stinging nettle, rosemary, common coleus

## **HEART - HOW TO SLOW DOWN**

Cayenne, fennel, lavender, chamomile

## **INDIGESTION-GAS AND FERMENTATION**

Cayenne, ginseng, golden seal, rosemary,

## **INFLUENZA**

Indian hemp, peppermint, white pine, Cypress nuts decoction, lemon juice, Echinacea

## **INFLAMMATIONS**

Fenugreek, golden seal, slippery elm, charcoal poultice, flaxseed oil, cayenne pepper, bromelain, clay poultices, chamomile, Echinacea, licorice, golden seal, plantain, aloe.

## **INSANITY**

Peppermint, rosemary, Indian hemp (HT), African Zaniha,

## **INSECT BITES OR STINGS**

Parsley, plantain, fennel, Echinacea, basil sweet.

## **INTESTINES**

Fenugreek, golden seal, mint, nettle,

## **ITCH**

Oregano, onion, stinging nettle, comfrey, aloe vera, basil, lavender

## **IMPETIGO**

Comfrey, golden seal, garlic oil, wheat grass juice

## **BAKING SODA BATH**

**For itching skin:**

Baking soda plaster or bath

## **INSOMNIA**

Orange tree leaves, sweet flag, lavender essence, passion flower leaves, passion flower tea, chamomile compress on the head, lemon glass, lettuce juice, thyme black seed oil, catnip, peppermints mucuna pruriens , Brazilian joy weed, common coleus, ivy geranium,

## **IMPOTENCE**

African Medler, African Zaniha, Cypress cloves, gynandra, mondia whitei, trailing

lantana, Mexican poppy mucuna pruriens, spotted joe-pye weed, wheat grass juice, Brazilian joy weed, caricature, periwinkle

### **JAUNDICE (Yellow)**

Dandelion, Indian hemp, mandrake, peach leaves, oregano, chamomile, parsley, plantain, fennel, Charcoal, cayenne, red clover, licorice, aloe bitter gourd fruit, parsley juice, Mexican poppy juice, papaya seeds, snake weed/ asthma weed juice, bitter gourd juice, walnut seeds, charcoal, turmeric, neem, Nyasaland plum, peacock flower, Artemisia, whiteweek mondia whitei, klip dagga, parsley, Senna, Stinging nettle, rosemary, Scotch broom, tinthonia diversifolia, blood flower, marguerite daisy

### **KIDNEYS**

Cayenne, parsley, carrot, chamomile, comfrey, cleavers, corn silk, dandelion, golden seal, white pine, sage, aloes, garlic, parsley, celery, charcoal watermelons, pumpkin seeds, sensitive plant root, guava leaves, sesame leaves, sour soup leaves, peacock flower, sausage tree, Thunder gold vine, Mexican poppy, Stinging nettle, Asthma weed, thunder gold vine, chenille plant, sweet alyssum

### **KIDNEY INFECTION**

Apple juice, pumpkin fresh, Asthma weed, parsley, dandelion, alfalfa, garlic, ginger, neem corn silk,

### **KIDNEY STONES**

Licorice, ginger, parsley, dandelion, pomegranate seeds, corn silk, wire grass, lettuce juice, black seed oil, celery, basil, kidney beans, Avaram Senna, leaf of life

### **KIDNEY FAILURE HORSERADISH**

Horsradish root, mustard seed, Lemon juice, olive oil, Flaxseed tea, cayenne pepper, leaf of life

### **KIDNEY, BLADDER AND URINARY PROBLEM**

Lemon juice, also apply hot castor oil over your liver. red jathropha, parsley

### **KERATITIS (Inflammation of the cornea)**

Carrot Juice,

### **LAXATIVE**

Golden seal, mandrake, mullein, peach leaves, sage, aloes, body cleanser and laxative (See Table of Contents.)

### **LUNGS**

Comfrey, coltsfoot, ginseng, myrrh, white pine, thyme, fenugreek,

### **LOCK JAW**

Cayenne pepper.

### **LEPROSY**

Red clover, sutherlandia, Gotu kola, trailing lantana, chenille plant, ficus benjamin

### **LIVER**

Fennel, parsley, plantain, aloes, butternut bark, carrot, dandelion, golden seal, lobelia, mandrake, sage, wild yam, Citrus peel, Ginger, Radish, Tamarind,

### **LARYNGITIS**

Mix 1 pound of bran with 1/2 cup of fructose. Add to 2 quarts of boiling water. Drink 1 cup 3 or more times daily.

### **LACTATION**

Mint, red amaranth root, cluster fig bark, fennel seeds, sage, walnut, black seed oil, moringa, fenugreek, rosemary, caricature, hollyhock, anise seed, dandelion,

### **LOSS OF SPEECH**

Rosemary, golden seal, myrrh,

### **LUPUS**

Thunder gold vine, Stinging nettle, thunder gold vine,

### **MENINGITIS**

Golden seal, Echinacea, gotu kola, charcoal

### **MEASLES**

Charcoal poultices, oatmeal baths, white vinegar, bitter gourd leaves, African Medler, bitter melon, trailing lantana, Stinging nettle, blood flower

### **MALARIA**

Artemisia, garlic, Neem, Cayenne, pawpaw leaves (light malaria), Lemon grass, Eucalyptus (supportive), bitter leaf, cinchona bark, golden seal root, prickly chaff flower- periodic, peacock flower, eucalyptus, pomegranate bark, sage- periodic, bitter leaf, grape fruit, lime and lemon leaves, African Medler, neem, Peach

leaves, sausage tree, sutherlandia, bitter gourd, bitter leaf, whiteweed (resistant) klip dagga, trailing lantana, Mexican poppy, senna, Asthma weed, yellow wild indigo, false heather, garden croton , ficus benjamin

**MENSTRUATION (To Induce)**  
Fennel seeds, carrot juice, ginger juice, Indian Coral tree, pomegranate, peacock flower

**MENSTRUATION (To decrease flow)**  
Plantain, Turmeric, carrot, Marigold leaves, Comfrey, leaf of life, marguerite daisy

**MENSTRUATION (To increase flow)**  
Aloes, fennel, balm, chamomile, ginger, oregano, thyme, carrot, Turmeric, carrot, Marigold leaves, parsley, sponge gourd leaves, avocado flowers, walnut leaves, red amaranth, peacock flower leaves, white cedar twigs juice, red jathropha, leaf of life

**MENSTRUAL CRAMP PAIN**  
Blackstrap Molasses, Kelp, Flaxseed oil, ginger, red clover, jathropha back, peppermint, chamomile, cotton seeds, mint, lettuce, sesame seeds, parsley, flaxseed, poinciana, Indian Coral tree, mountain pomegranate, Peach leaves, pine needles, Thunder gold vine, castor oil packs, whiteweed, wild yam, parsley, thunder gold vine, rosemary, common coleus, ivy geranium, purple loosestrife

**MENSTRUATION – PROFUSE**  
Cayenne, Cinnamon, garlic, papaya leaves, thyme, fig decoction, banana flowers, flaxseed oil. Indian Coral tree, ivy geranium, marguerite daisy

**MENSTRUATION- IRREGULAR**  
Cypress, sage, turmeric, ivy geranium, periwinkle

**MULTIPLE SCLEROSIS**  
Thunder gold vine, African potatoes, thunder gold vine,

**THE BRAIN /MEMMORY/IQ**  
Gingko, Rosemary, Kola nut, Cayenne, Oats, walnut, Ginseng, sesame, thyme essence, periwinkle, cashew, olive oil, Gotu Kola, comfrey, Gotu kola, rosemary, sage, periwinkle

**NAUSEA,**  
Ginger, lavender, mint, oregano, peach leaves, peppermint, spearmint, wild yam, golden seal (will allay nausea during pregnancy.), eucalyptus oil, licorice, Echinacea pink wild pear, Gotu kola, rosemary

**NOCTURNAL EMISSIONS**  
Sage saw palmetto berries.

**NIGHTMARE**  
Thyme, peppermint.

**SWEATS**  
Sage,

**NEURALGIA**  
Oregano, peppermint, wild yam,

**NERVOUSNESS**  
Chamomile, cinchona bark, oregano, peach leaves, rosemary, sage, spearmint, thyme, peppermint, oats, orange and lemon tree, lavender, oats, celery, ginseng, basil,

**OVARIES**  
Saw palmetto berries, peach leaves.

**OTITIS MEDIA**  
Whiteweed, molinga, garden mint

**OBESITY (SEE REDUCE FLESH)**  
Fennel, fenugreek

**PNEUMONIA**  
Sage, comfrey, common plantain, dandelion, Echinacea, garlic, golden seal, fenugreek, okra seeds, orange juice, African Medler, poinciana, sausage tree, whiteweed, Asthma weed, blood flower

**PIMPLES**  
Plantain, comfrey

**PSORIASIS**  
Garlic, licorice, chamomile, olive oil, cabbage leaves, mud packs, Epsom salt baths, neem, sutherlandia Thunder gold vine, African potatoe, Aloe vera Gotu kola, thunder gold vine, wheat grass juice,s

**PLEURISY**  
Indian hemp, lobelia, flaxseed, cayenne,

**POULTICES**

Flaxseed, cayenne pepper, flaxseed meal, charcoal, comfrey.

**PARALYSIS**

Ginger (prickly ash, excellent), cayenne, thyme, garden radish, African potatoes, Stinging nettle

**PANCREAS**

Dandelion, golden seal, cayenne, pumpkin seeds, papaya tree latex or infusion of leaves, Echinacea, licorice root, red clover

**PAIN**

Mint, chamomile, cloves, ginger, orange tree leaves Wild yam, Chlorophyll, peppermint oil, Ginger 1/2 part, cayenne, echinacea

**PERSPIRATION INDUCERS**

Sage, Indian hemp, thyme,

**PARALYSIS**

Ginger, rosemary klip dagga, Stinging nettle

**PREMENSTRUAL SYDROME**

Pine, wild yam, ginger, dandelion corn silk, chamomile, fennel seeds lavender,

**PROSTATE AFFLICTION**

Cypress decoction of nuts or sitz baths, Saw Palmetto fruit decoction, Ginseng infusion, Echinacea, pumpkin seeds, corn silk, parsley, golden seal, Echinacea, Cypress, African potatoe, Stinging nettle, prickly pear cactus

**INTESTINAL PARASITES**

Garlic, Sage, Pomegranate, Papaya tree latex, Tamarind infusion leaves, thyme infusion

**QUININE SUBSTITUTES (Better than quinine)**

Golden seal, peach, sage, capsicum (red pepper), turnips,

**QUINSY**

Sage, sanicle,

**RUPTURES**

Comfrey,

**RINGWORM (Skin disease in circular patches)**

Golden seal, plantain, Neem oil, apple cider, castor oil, plantain, garlic, Tea tree oil, African Medler, African Zaniha, neem, senna, blood flower

**RHEUMATISM**

Cayenne, Indian hemp, Colombo, oregano, peppermint, white pine, wild yam, avocado oil, eggplant fruit, broccoli leaves, corn silk, Eucalyptus, poinciana, pink wild pear sausage tree, Thunder gold vine, Comfrey clematis western white, gynandra, trailing lantana, spotted joe-pye weed, caricature,

**SINUS TROUBLE**

Plantain, saw palmetto berries, golden seal, bayberry bark. Artemisia, Lemon grass, peppermint, eucalyptus. Garlic, horse radish. Aloe vera

**STINGS**

Plantain, Echinacea, marjoram, Comfrey

**SKIN DISEASES**

Dandelion, plantain, red clover, Neem oil, cayenne Aloe, wheat grass juice, Cabbage leaves, Chamomile, avocado oil, coconut milk, snake weed, lettuce juice, oleander bark powder (Viral eruptions), soy bean oil, sage leaves, cucumber seeds, soaked figs, walnut oil, mango gum, mast tree bark, black seed oil,

**SCABIES**

Tea Tree oil, Plantain leaves, turmeric, aloe, rosemary, sage, thyme, peppermint, sutherlandia, whiteweed, senna, blood flower, caricature

**SHINGLES**

Aloe, licorice, tea tree oil, lavender, licorice, cayenne, oatmeal,

**STRETCH MARKS**

Aloe juice, avocado oil

**REMOVE WARTS, BIRTHMARKS, BLEMISHES**

Apply a slice of raw onion soaked in vinegar for two hours and apply to warts. Bandage tightly. In a few days the warts should come out along with the roots.

**SWELLINGS**

Comfrey, fenugreek, Indian hemp, oregano, parsley, chamomile,

## **STOMACH, INDIGESTION AND GAS**

Thyme, chamomile, Echinacea, aloes, calamus, caraway seed, cayenne, cinchona bark, comfrey, Colombo, fennel, ginseng, golden seal, cayenne, sage, spearmint, mint, oregano, (especially sour stomach), peach leaves, , plantain, tithonia diversifolia

## **SCALDING URINE**

Spearmint, peach leaves,

## **SYPHILIS**

Golden seal, plantain, Echinacea, palmetto, Oregon grape, red clover, parsley root, walnut leaves, papaya root, sausage tree, clematis western white Gotu kola, senna, Asthma weed

## **SPRAINS**

Comfrey, oregano, chamomile trailing lantana, leaf of life

## **SORE THROAT**

Cayenne, fenugreek, ginger, oregano, white pine, sage, and saw palmetto berries, Echinacea, golden seal, red sage. Comfrey, tithonia diversifolia, hollyhock, ivy geranium, marguerite daisy

## **SORES**

Peach, Echinacea, aloes, cayenne, calamus, carrot (poultice), chamomile, comfrey, flaxseed, golden seal, myrrh, plantain, sage, sanicle

## **SPASMS**

Cayenne, red clover, spearmint, wild yam, fennel,

## **SPINAL MENINGITIS**

Golden seal,

## **SPLEEN**

Dandelion, golden seal, fennel, parsley, cayenne, aloes,

## **SNAKEBITES**

Fennel, Echinacea, plantain, charcoal, clay, false heather, garden croton

## **SORE GUMS**

Myrrh, golden seal, bistort root, and herbal liniment, as given in this book.

## **SCALDS AND BURNS**

Onions (bruised), kerosene, herbal liniment, linseed oil. Submerge a burn in real cold

water, keeping the water cold, and hold it in until it stops burning. If this is done, it will not form a blister.

## **STIMULANTS**

Cayenne, peppermint, ginger, cloves, red sage.

## **SCROFULA**

Calamus, comfrey, dandelion, plantain, Echinacea. Indian Coral tree, neem, blood flower

## **TETANUS**

trailing lantana

## **SCURVY**

Dandelion, oregano, white pine, lemon juice, oranges juice, spinach, grapefruit, mandarin orange, broccoli leaves,

## **SMALLPOX**

Golden seal, Lemon juice, Neem leaves or oil, golden seal, flaxseed oil, ginger,

## **SCARLET FEVER**

Cayenne, cleavers, golden seal, blood root, catnip, cayenne

## **SINUSITIS**

Garlic, Pine tree essence, Radish Juice, Rose petal infusion, Echinacea, cayenne, wheat grass juice, aloe, fenugreek, comfrey, horse radish, oregano, peppermint oil, eucalyptus and ginger inhalation, Charcoal African potatoes

## **STROKE**

cayenne pepper, marigold, periwinkle

## **SEIZURES**

mucuna pruriens, common coleus, chamomile, passion flower,

## **TETTER**

Plantain, sarsaparilla, Golden seal, mixed with borax and Vaseline, to be used in the first stages.

## **TYPHOID FEVER**

Chamomile, golden seal, Echinacea, red clover, cayenne, Jack tree, neem, yellow wild indigo,

## **TONSILLITIS**

White pine, Echinacea, sage, golden seal, Charcoal, Lemon, thyme tree gargle, cayenne, sage gargles, yellow wild indigo,

## **TUBERCULOSIS**

Licorice, Echinacea, garlic, comfrey, okra seed tea, eucalyptus, fenugreek, and cypress leaves, charcoal, black seed oil, radish, custard apple pulp, African potatoes, Sutherland, trailing lantana, Asthma weed

## **TOOTHACHE**

Oregano (essence), plantain, clove tree, wheat grass juice, garlic, Lemon grass (chew), ginger, cayenne, plantain, charcoal, chamomile, neem fruit, periwinkle root, mint oil, tea tree oil, drumstick root bark, cinnamon bark, fig latex, walnut root, turmeric, African Medler, mountain pomegranate, sausage tree, cloves, trailing , yellow wild indigo,

## **TOOTH PAIN**

Baking yeast, Slippery Elm poultice: Mix 3 Tbsp. of yeast, 5 Tbsp. of slippery elm,  $\frac{1}{2}$  tsp. honey, and add water to thicken. Let sit in warm place. Apply over abscess.

## **TOXEMIA / IMPURE BLOOD**

Trailing lantana, radishes, turmeric, fenugreek, tamarind, periwinkle, wheat glass, chamomile , catnip, bayberry bark, garlic, red clover , cayenne, gotu kola, comfrey, plantain.

## **TUMORS**

Flaxseed, Red root taken internally will destroy tumors, neem seeds, aloe, lentil seeds pods, bitter gourd seeds, garden radish, and fenugreek seeds, African Medler, cloves, clemantis, western white, rosemary,

## **PAPAYA REMOVE ALL TYPE TUMORS**

Papaya leaves are used as a medicinal dressing for wounds and can be wrapped over pain and swelling.

Use inner bark for toothache.

The fresh milky sap (latex) is applied directly on large boils and wounds.

Papaya is used to make a drug called papyotin, papain, or papoid, and is used to treat dyspepsia and gastric catarrh.

In powdered form, papaya is applied to skin disease, warts, and tubercle swellings. It removes excess protein from the blood.

It is used by neurosurgeons to dissolve herniated (slipped) intervertebral discs in patients complaining of back pain.

It is good for cardiac depressant activity when given orally. It is a cardio-tonic for valve prolapse in the heart.

For removing tumor on the back, calcium spurs from back, and dissolving herniated disc.

Use dry papaya leaves grind into powder. Papaya 1/2 cup

DMSO 6 oz.

Cayenne 1 tsp.

Vitamin E 1 oz.

Mix together and rub over back problems.

## **WART OR SEED TUMOR**

Apply warm castor oil over wart or seed tumor.

Plantar's Wart or Fatty Tumor

Cut a square piece of pineapple peeling. Tape next to the skin. Apply the inner side of pineapple tape over a plantar's wart or fatty tumor.

Apply fresh inner bark of the Willow to wart or fatty tumor for 3 to 5 days.

Use banana peeling on warts. Scrape the inner white part of a banana peeling and rub into wart three to five times daily for 5 days. Basil oil and Yellow cedar oil applied warm over warts.

Green Papaya over warts

Yellow cedar oil 2 oz.

Willow Bark powder 2 oz.

Bloodroot 3 TBSP

Garlic, blended 1 bulb

Bake garlic in oven until warm. Blend with other ingredients. Apply on wart, tumor, or fatty tumor.

## **WARTS, FATTY TUMORS, SKIN CANCER**

Warts are benign skin tumors that are caused by at least 35 different members of one family of viruses called papillomavirus. Neem oil Fig latex, dandelion, Asthma weed, blood flower

## **HOW TO REMOVE WARTS AND TUMORS**

Birch bark has been used to treat warts in China, Scandinavia and the United States. It contains two compounds, betulin and betulinic acid, that have antiviral activity. Birch bark also contains salicylates, which are approved by the FDA for treatment of warts.

Birch Bark, powdered 1/2 cup  
DMSO 4 oz.  
Bloodroot 5 TBSP  
Mix and apply.

### **WART PLANTAR PASTE**

Use garlic and warm castor oil on gauze.  
Apply on wart 3 times daily. OR  
Use dandelion milk or milkweed milk on  
wart 3 times daily. Fig milk will remove  
warts fast.

### **TUBERCULOSIS**

Comfrey, myrrh, sanicle, golden seal, radish,  
golden seal, pine, sutherlandia Comfrey,

### **TOBACCO HABIT**

Calamus, peppermint, sweet flag,

### **TO DRY UP MILK IN NURSING MOTHERS**

Sage,

### **TYPHUS**

Chamomile,

### **TONIC HERBS**

Chamomile, celery, Colombo, hyssop,  
lavender, apple tree bark, heal-all, red clover  
blossoms, sweet flag,

### **URINARY (SEE ALSO SCALDING URINE)**

Mandrake, carrot, celery, comfrey, corn silk,  
dandelion, ginseng, mint, oregano, parsley,  
peach leaves, spearmint, wild yam, fennel,  
Garlic, Echinacea, thyme, Eucalyptus,  
Asthma weed, neem fruit, turmeric,  
eucalyptus, cotton root, radishes, Avaram  
Senna, Bottle brush, Cypress, Eucalyptus,  
sutherlandia, African potatoes, bitter gourd,  
bitter leaf, whiteweed, plantain herb, spotted  
joe-pye weed, Stinging nettle, caricature,  
common coleus, leaf of life, chamomile

### **ULCERS**

Cayenne, calamus, carrot, fenugreek, golden  
seal, myrrh, sage, aloe Vera, cabbage leaves,  
potatoes or banana powder, flaxseed,  
cabbage juice, guava leaves, charcoal,  
almond milk, Jack tree, mountain  
pomegranate, cloves, fenugreek, Gotu kola,  
plantain herb, marguerite daisy

### **STOMACH ULCER**

Carrot Juice, Licorice infusion, Cabbage  
juice, linseed decoction, Rose petals  
infusion, golden seal. Aloe Vera neem,

Mix one ounce of horseradish root in 4  
ounces of lemon juice, 2 ounces of water,  
drink one ounce 3 times daily. Take Steam  
bath daily.

### **MOUTH ULCER**

Sage, thyme mouth rinses.

### **VARICOSE VEINS**

Aloe, lemon peel, ginkgo, dandelion, corn  
silk, flaxseed oil, Comfrey, clematis western  
white Gotu kola,

### **VAGINITIS**

Aloe, golden seal, dandelion, chamomile,  
Echinacea

### **VAGINAL WHITISH DISCHARGE LEUCORRHEA -**

Sage leaves, Guava leaves, charcoal,  
Comfrey, golden seal and myrrh, plantain,

### **VAGINAL DOUCHE**

Fit root and fennel, guava leaves

### **ESTROGEN (FEMALE HORMONE)**

Vaginal Inflammation – Estrogen  
Ginseng, Soy Bean, Wild Yam

### **VOMITING (PREVENTIVE)**

Colombo, peach leaves, clover, spearmint

### **WOMB TROUBLES**

Fennel, mandrake, peach leaves, fenugreek,

### **WHOOPING COUGH**

Peach leaves, red clover, saw palmetto  
berries, thyme, red clover, Drink the tea  
generously; is excellent. Antispasmodic  
tincture, taken according to directions

### **REMOVE WARTS, BIRTHMARKS, BLEMISHES**

Fig tree latex, garlic, Asthma weed latex,  
garlic, castor oil, green papaya, eggplant  
juices

Apply a slice of raw onion soaked in vinegar  
for two hours and apply to warts. Bandage  
tightly. In a few days the warts should come  
out along with the roots.

### **WOUNDS**

Carrot (poultice), chamomile, comfrey, fenugreek, plantain, sage, Echinacea, aloes, Rosemary, wheat grass juice, Guava leaves, peppermint, jack fruit latex, turmeric, rubber tree (aerial roots), cotton leaves, sunflower leaves, bitter gourd seeds, drum stick leaves, marigold juice, cypress leaves, parsley leaves, guava leaves, eucalyptus leave, clematis western whites, Gotu kola, wheat grass juice, prickly pear cactus, marguerite daisy, tea tree oil, platin.

## WORMS

Carrot, chamomile, sage, peach, aloes.

## MISCELLANEOUS TIDBITS

Sugar poultices for sores and wounds.  
Sugar poultices on gangrenous areas.  
Cayenne is for the heart.  
Cayenne is for bleeding inside of the body and outside also.  
Lemon is for hemorrhoids.  
Lemon is for cataracts of the eye. (Honey is also used).  
Lemon is for the skin.  
Lemon water will balance your body's pH. Use juice of 5 lemons to 1 1/2 quart of water.  
Lemon is a wart remover.  
White potatoes are for hemorrhoids.  
Grapefruit and Epsom salt pack cuts swelling and pain.  
Honey is for burns.  
Peach leaf tea is for menstrual pain, abdominal pain, fever, and stomach ulcers.  
Licorice not good for hypertension patients  
Aloe, papaya leaves, parsley, sage and comfrey not for pregnant women.

**Silver** actually kills more than 650 different strains of disease pathogens. And even more amazingly, these organisms never become resistant to it. Romans and Greeks kept their liquids fresh by keeping them in silver containers. American settlers had also discovered the trick: they place a silver dollar in milk to keep it afresh.

The grapefruit is related to penicillin and has some wonderful antibiotic properties. We can eat the grapefruit as a medicine to help restore our bodies. There is nothing like fresh juice for flavor because it is fortified with oxygen molecules. These molecules of oxygen found especially in vegetables are high in hydrogen

peroxide. Hydrogen peroxide is a main component when dealing with disease because it gives us that extra oxygen and where there is oxygen there can be no disease. Keep in mind no vitamins or supplements can compete with fresh vegetables and fruits.

## PLANTS TO AVOID DURING PREGNANCY

Aloe  
Pawpaw leaves  
Coffee  
Licorice  
Parsley  
Sage  
Comfrey  
Oleander  
senna  
neem  
golden seal

## DANGEROUS PLANTS IN HIGH DOSES

Eucalyptus  
Fennel  
Ginseng  
Peppermint  
Pine tree  
Pomegranate  
Sage  
Oleander &c

## ANTIBIOTIC HERBS

Cayenne  
Lobelia  
Plantain  
Ginger  
Bananas are high in vitamin B6 which helps fight infection  
Garlic or charcoal enema  
Parsley  
Honey

## ANTI-EVERYTHING HERBS

Pine  
Garlic  
Myrrh  
Tea tree oil  
whiteweed  
Bottle brush  
Horse Radish  
Tinthonia Diversifolia

# HOW TO MAKE HERBAL PREPARATIONS



There are many ways in which we can use herbs. Some herbs we can eat just like they are in their fresh, raw state. Others we like to dry, cut, sift and powder to use. Basically, herb capsules and tablets are probably the most common means of ingesting herbs in their dry state, beyond this we enter the world of various Herbal Preparations. The basic Preparations I will cover in this booklet are: Infusions, Decoctions, Cold Extract, Juices, Syrups, Oils, Tinctures, Salves and Ointments. The Basic methods of use: Baths, Snuffs, Fomentations, Compresses, Poultices, Suppositories, Douches, Enemas, Lotions and Frictions and Gargles. There are many other Herbal Preparations and methods of use but these are some of the most common. If you gathered a convention of "dusty" Herbalists together not only might you have some slight quarrels over the hundreds of thousands of herb species known to us today, and their uses, but also over the making of Herbal Preparations and methods of use. This chapter is meant for a general guide in making herbal preparation and methods of use, a road map for the student, not a rigid rule book.

## PREPARATION OF HERBS:

There are different ways of preparing herbs for use. All these methods aim:

- 1) To make the administration of the plant easier

- 2) To increase the concentration of any active component of the plant that, due to its physical-chemical properties, dissolves easier by means of a specific preparation method. For instance, steam distillation is used to extract and concentrate essential oils.
- 3) To flavour the preservation of the plant or its preparations. For instances, decoctions (extracts from boiling) are more stable than flesh juices, and even than infusions, given than during decoctions the liquid boils and sterilize.

## INFUSIONS

**Herbal Preparations**

**Infusions**  
A typical preparation for **leaves and flowers**. 1 tsp. of herbs to 1 cup of boiling water. Cover the pot and **steeps for 3 to 5 minutes**. Strain and serve.




When we speak of Infusions, we mean making a common tea. Taking an amount of herb and pouring boiling water over it and letting it steep. An Infusion can be made with cold water, a sun tea or using boiling water.

A basic formula for making an Infusion is to use 1 teaspoonful of dried herb or 2 teaspoons of fresh herb for 15-30 minutes. When making a cold infusion or sun tea let the herbs remain in the water before straining for 1 to 4 hours.

We use Infusions with herb parts that are easy to extract the medicinal qualities out of like leaves and flowers, example, peppermint leaves or chamomile flowers. If we were to simmer or boil these sensitive parts of herbs, we would have their valuable healing chemicals in the air of our kitchen but not in our cup of tea.

When we want to make a tea out of the harder parts of plants such as the twigs, branches, barks and roots, then we make a Decoction.

## DECOCTI0NS

## Decoction

A typical preparation for **roots and barks** of trees is 1 tsp. of root added to 1 cup of boiling water. Cover and **simmer for 10 to 15 minutes.** Strain and serve.



A Decoction is also an herbal tea, but it is designed for the harder parts of herbs such as the barks, roots, twigs, berries, fruit, nuts, etc. With these parts of herbs an Infusion may not extract all the medicinal properties, they are more *locked in* the harder parts of the plants. Therefore, we need to apply more heat for a longer period of time.

A basic Decoction is made by adding 1/2 to 1 ounce (1 to 4 tablespoons) of dried herb to 1 1/2 pints of cold water (the extra 1/2 pint covers the evaporation in boiling). It is best to let the herbs soak and re-hydrate in the water up to 12 hours if you have the time and then slowly bring it up to a boil. Let it simmer between 10 and 30 minutes.

For both Infusions and Decoctions, and any other herbal preparation you make that requires water, it is best to use the *emptiest* water. Your first choice would be distilled water, a very close second would be reverse osmosis and then filtered. Mineral and spring waters are very saturated (full) with minerals and therefore dissolve less plant chemicals than the *empty* waters

## COLD EXTRACT



The cold extract method is used to extract the active principles of a plant or part of it, by using water at room temperature as a dissolvent (Other applicable dissolvent are alcohol or oil). Cold extract consists of soaking the parts of the plant after it has been.

This method is the most suitable for cases in the following ways:

- 1) Plants whose active principles degrade with heat.
- 2) Plants with high amounts of tannin. When taken orally, an excess of tannin gives the infusion a sour, bitter or rough taste.
- 3) Cold extract is advantageous in that it releases most of the active components of the plant, but not the tannin.

### **Cold Extract techniques**

A cold extract is prepared according to the following steps.

- 1) Place the parts to be used with the required proportion of water (at room temperature) in an opaque container.
- 2) Steep in a cool, shady place. Stir occasionery
- 3) When the parts of a plant are soft (flowers, leaves etc), steep 12 hours. When they are hard (roots, bark, seeds) they will need steeping for 24 hours. Longer periods promote fermentation or moldness.
- 4) Filter through a strainer
- 5) The resulting liquid may be gently warmed before drinking

## **JUICES**



Raw juice therapy is a method of treating diseases through an exclusive diet of juices of fruits and vegetables. It is also known as juice fasting. It is the most effective way to restore health and rejuvenate the body.

During raw juice therapy, the eliminative and cleansing capacity of the organs of elimination, namely lungs, liver, kidneys and the skin, is greatly increased and masses of accumulated metabolic waste and toxins are quickly eliminated. It affords a physiological rest to the digestive and assimilative organs. After the juice fasting or raw juice therapy, the digestion of food and the utilization of nutrients is vastly improved.

An exclusive diet of raw juices of fruits and vegetables results in much faster recovery from diseases and more effective cleansing and regeneration of the tissues than the fasting on pure water. Dr. Ragnar Berg, a world-renowned authority on nutrition and biochemistry observes: "During fasting the body burns up and excretes huge amounts of accumulated wastes. We can help this cleansing process by drinking alkaline juices instead of water while fasting. I have supervised many fasts and made extensive examinations and tests of fasting patients, and I am convinced that drinking alkali-forming fruit and vegetable juices, instead of water, during fasting will increase the healing effect of fasting. Elimination of uric acid and other inorganic acids will be accelerated. And sugars in juices will strengthen the heart. Juice fasting is, therefore, the best form of fasting."

As juices are extracted from plants and fruits, they possess definite medicinal properties. Specific juices are beneficial in specific conditions. Besides specific medicinal virtues, raw fruit and vegetable juices have an extraordinary revitalizing and rejuvenate effect on all the organs, glands and functions of the body.

## **SYRUPS**

## Herbal Preparations

### Syrups

They are a pleasant and easy way to prescribe herbal medicines for children.



Syrup is basically an Infusion or a Decoction and sometimes a Tincture to which Maple Syrup, Vegetable Glycerine, Honey or sugar has been added. These substances are added mainly to preserve the solution but also added to give the liquid a thicker, stickier and more coating consistency and make it much more palatable to children.

I prefer Maple Syrup over the others and used it successfully in my clinic for years. If you use Glycerin make sure it is vegetable and *not animal or petroleum derived*.

Usually adding from 1/4 to 1/2 Maple Syrup will work perfectly. I can get most children to swallow any herbal tincture just by adding 1/2 or 5 0% Maple Syrup.

You can make very strong syrup by simmering down your Decoction to less than its original amount before adding the syrup. If you "slowly" simmer your decoction down to 1/4 its original amount, you have what used to be referred to as a 3 power Decoction. If you simmer your 3 power Decoction down to 1/2 this amount you will have a 7 power Decoction. By adding maple syrup to this you have 3 & 7 power syrup.

Always try to find organic maple syrup but it must be 100% pure maple syrup

### OILS

#### Herbal Preparations

##### Essential Oils

Plant extracts that **capture a plant's therapeutic properties**. They have an herbal effect like the original plant but are **up to 100 times more concentrated** and should be used with care – **externally and diluted** in most cases.



What I will explain here is the Oil extraction of herbs. I prefer to use Olive Oil; Almond works well too. A common Oil extraction is olive Oil or Garlic oil. There are many other types of Oil extractions you can make in a similar way. It is most

important that your herbs are either dried or that when fresh the liquid in the herbs mixes well with oil. Water in your oil will be a sure way to have spoilage and problems.

In making a Garlic Oil you peel, cut and chop many cloves of Garlic, covering the bottom of the bowl with at least 1 inch of cloves. I use glass or Pyrex bowls. Don't use any container the solution can react badly with like aluminum.

Cover the Garlic with your Oil and set it in a warm place for 1 to 3 days. Cover with gauze or cheesecloth to keep bugs out. You can place it in a warm oven that is turned off or over a heat register as long as it doesn't get too hot.

Occasionally I like to mash the Garlic with a potato masher to squeeze out all the "goodness". When you feel the Oil is right, strain your mixture through cheesecloth or cotton and bottle. If you refrigerate this it will keep longer.

Oils can be made from any herb bark, stem, leaf, root, etc. With some herbs you will definitely want to heat the Oil to a higher temperature for varying amounts of time but never above 120 degrees. Generally, you will want to steep your herbs in your oil for 14 days with the moons, the same way as described in detail in the tincture section.

Oils are great remedies for internal use and wonderful for external applications (wounds, infections, skin problems, massage, etc.). Making a good Oil takes time and practice. When you turn out a good one, your time and patience are rewarded.

Commercial essential Oils such as lavender, eucalyptus and thousands of others are usually made by steam distillation. It can take hundreds of pounds of herb to make only a few ounces. For the most part you are better off buying good quality essential Oils. They make nice additions to the herbal Oils you make. A few drops added to your Oils is a nice finishing touch.

## HERBAL TINCTURES

### **Tinctures**

Tinctures are alcohol based  
herbal extracts.



Herbal Tinctures are technically a fluid extract of herbs. They usually differ from an Infusion or Decoction where we use water to extract because we now add alcohol to the water or apple cider vinegar.

There are many advantages of tinctures over infusions and decoctions. One basic thing is that there are many medicinal properties in herbs that are not water soluble. While many of the chemical properties of herbs do dissolve in water, there are also some important properties that do not. In fact, many essential Oils, resins, alkaloids, steroids, etc. dissolve better in a water / alcohol base, some don't dissolve in water at all.

Like Infusions and Decoctions, the medicinal properties in Tinctures can be digested and assimilated easier than consuming herbal capsules, the raw herbs, especially if a person's digestion is bad. The medicinal properties of herbs in a tincture get in the bloodstream the fastest, almost instantly. Unlike Infusions and Decoctions, Tinctures are quick; they are already made up and on hand and this makes them invaluable for First Aid Kits and Emergency applications.

Tinctures are also much more concentrated than teas. As little as 2-3 drops of good Tincture can equal and excel the medicinal properties of a whole cup of tea. Tinctures made with an alcohol base are also good antiseptics for open wounds.

The alcohol we use to make Tinctures is grain alcohol. This means it is distilled off of a fermented grain "mash". Denatured, Isopropyl (Rubbing Alcohol) or Methyl (Wood Alcohol) are never used because they are poisonous. Although all herbal medicinal chemicals are best extracted in various percentages of alcohol, the standard Tincture solvent solution (base) is 50% grain alcohol and 50% water. 50% alcohol is equal to 100 proof, (alcohol % x 2 equals the proof (or) proof divided by 2 equals the alcohol %). Many people have used 80 proof (40%) alcohol solutions successfully throughout the years and for most herbs this will make a great tincture. "Dr. Christopher always said to use 90 proof (45%) alcohol or better." When your end cost per ounce will be so little anyway, I suggest using 100 proof vodka which is a 50/50 solution of grain alcohol and water. NOTE, occasionally a few people have an emotional aversion to consuming alcohol, on this I will make the following statements.

The base is mostly distilled water but it does have a pure grain alcohol content. Grain alcohol dissolves and extracts certain important phytochemicals, (plant chemicals) that are necessary for this formula to be effective, better than just water alone. Example, the diosgenin in *Discorea villosa* is only soluble in alcohol and not in water. The alcohol also preserves the formula and gives it an almost indefinite shelf life, over 5 years.

The actual amount of alcohol per dosage is so small that there is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12-step program or alcoholics anonymous.

Vodka by law can be nothing more than grain alcohol and water and this is the reason why it is the choice of most Herbalists. It is also obviously a very safe alcohol because it is specifically designed for human consumption. Other whiskeys may contain the correct amount of alcohol but also contain impurities, colorings, flavorings, preservatives and toxic substances. Gin is grain alcohol flavored with Juniper but also may contain other additives. Dr. Christopher used to suggest Brandy (distilled grape wine). Although it has been used for hundreds of years for Tinctures, modern brandies usually contain many additives (colors, preservatives, flavors, etc.).

So, vodka is our best and purist grain alcohol base. Ever clear, or pure grain spirits is available in some areas of the United States. It can range from 150 to 190 proof. (75-95% alcohol). It can be used straight or diluted with distilled water to make Tinctures. Some herbal properties such as gums and resins will release properties better at this higher alcohol content.

Pure apple cider vinegar (acetic acid) is also a good Tincture base for certain herbs especially lobelia infausta. It is not as strong a solvent as grain alcohol. Tinctures made with vinegar are less drying to the skin so they can be nice for liniments and they are slightly antiseptic. Always use a health food store brand of Pure Apple Cider Vinegar - naturally aged and unfiltered and RAW, not distilled and organic if possible. One main problem I have with apple cider vinegar Tinctures especially my Super Tonic, (Garlic, Cayenne, Ginger Root, Onion and Horseradish) is that they taste so delicious that I drink them all and "eat" my profits. Also, the people who buy them from me don't have colds; they just know a good salad dressing when they taste one. If you are not getting the results from your tincture that you desire you could consult various Pharmacology, Materia Medica, Botanical Chemistry, Pharmacognosy and Dispensatory books for more information.

In most cases the best way to make a tincture is using fresh herbs. This can be simply done by putting fresh herbs in a blender, adding your water/alcohol solution and then just turning the blender on. By turning your herbs and solution into this herbal *applesauce*, more alcohol solution will reach individual cells of the plant and make a stronger tincture than if you just dropped a whole root in a jar and covered it with alcohol. If you have dried herbs and want to powder them, an inexpensive way to do this is an electric coffee grinder or a mortar and pestle. If you use an electric type of grinder be careful not to "cook" your herbs in the grinding processor brake the blades off with hard roots.

If you are going to be making many Tinctures, you are best off making them all separately. Specifically, what I mean is that you are better off making separate Lobelia, Valerian Root, Skullcap, Wild Lettuce, Hops and Cayenne Tinctures, than putting them all together in one jar. If you make them all together, you have a nice Antispasmodic, Nervine Formula. If you make each herb Tincture separately, you can not only make this exact formula but you can also vary the amount of each herb in the formula by mixing the different Tinctures together in different proportions for each individual need. Also, if you made the individual herbs into separate Tinctures, you could not only mix them in different doses to make an individual Antispasmodic, Nervine Formula, but also you could have just a straight Emetic Formula (Lobelia), a Stimulant Formula (Cayenne), a Pain Formula (Wild Lettuce and Valerian Root), and Insomnia Formula (Hops and Valerian) or any number of numerous different mixtures.

## **MAKING THE TINCTURE**

The first thing to remember is that making a Tincture Is fun. You are going to put your Love and "good energy" into making this preparation. If you are all "nerved up" and in a bad mood, your Tincture will taste like it.

Most proportion rules in the past have been 4 ounces of dried herb to the pint (16 ounces) of alcohol or 8 ounces of herb to the quart (32 ounces). Herbs have many varying weights and densities and this makes this type of formula ridiculous. What I have found that works the best over the years is simply my half to full rule.

Blend your herbs with your alcohol and then pour the solution into a big glass jar. Let it settle for a day and see where the herbs end and the liquid starts. You want the herbs to settle at least halfway up to the top of the jar. If they settle to less add more herbs. If you want a stronger tincture then make sure the herbs settle to 3/4 of the way to the top and a really strong tincture could be all pulp like *applesauce*. This rule has worked better for me in my pharmacy over the years that all the rules in every herb book I have read. You need to use your common sense when putting a Tincture together. 8 ounces of Mullein or Red Raspberry leaf may not even fit into a quart jar, so you have to use your best judgment. Follow my 1/2 to full method and you will never fail.

Common, inexpensive Tincture jars are one (1) quart canning jars. A clear glass jar lets you observe the Tincture as it's "working" and is okay to use as long as you keep it in a dark place out of sunlight. Do not use plastic, metal or any other type of container that your base (alcohol) may react with undesirably.

Pour your solvent over the herbs and seal the jar. Then it should be shaken vigorously for several minutes to make sure there are no clumps of herb that have stuck together. At this point you can open the jar and usually add more alcohol or herb. Once your jar is fully packed then it is not to be reopened until the Tincture is done. From this point on until it is finished, it should be shaken at least three (3) times daily or as Dr. Christopher said "every time you walk by it".

It is nice to keep a record of your Tinctures as well as your other herbal preparations. I record the amounts of herbs, where I got them, the amount of base and the % of alcohol, the date and any other pertinent information. This logging of information could lead you to making fairly consistent tinctures.

You will first want to filter your Tincture well through a natural fiber like cotton or through paper coffee filters, brown unbleached ones only. Laboratory grade filters work well too. Let's not forget the old cotton diaper cloth - this works great. If you use a funnel, use a glass one; not plastic or metal.

Bottle your tinctures in amber glass jars with tight lids. Laboratory polyseal are good airtight, leak proof tops. I usually put my Tinctures in 16 oz. or 32 oz. amber glass jars and then pour or mix them into 1 or 2 oz. amber bottles with glass droppers bottles as needed. A glass dropper is necessary. You don't want a plastic dropper sitting in your Tincture or you will end up with a nice Tincture of plastic.

Always label your Tincture preparation jar, your Tincture storage jars and your 1 oz. or 2 oz. dosage jars to identify the type of Tincture in them. I also include the base used, % of alcohol and the date of bottling. An unlabeled Tincture is dangerous and can be an unpleasant "surprise".

### **How To Separate alcohol or ACV from the Tincture?**

Put the tincture to a boil, when it starts bubbling, the alcohol dissipates.

## **HERBAL SALVES, OINTMENTS AND BALMS**

## Herbal Preparations

**Herbal oils, creams, ointments and salves** are also used to address skin rashes, cuts and wounds, burns, boils, sprains and many other health conditions by **absorbing the medicines directly through the skin** into the blood stream.



In the 1970's the California State Department of Health (and I'm sure this will be followed by the U. S. Department of Health and the Food and Drug Administration) decided that the words "salve", "ointment", "unguent" and probably "balm" indicate a medicinal substance and can be used only by pharmaceutical preparations. You will notice in the herbal industry, ointments and salves generally have odd and creative names such as herbal saavy, green goo and unpetroleum jelly.

Herbal Salves, Ointments and Balms are one of the most often used of the herbal preparations. With the oil soluble medicinal properties of the herbs, suspended into the preparations, we have a multi-versatile product. A general-purpose herb salve could be used for cuts, bruises, scrapes, burns, sunburn, insect bites and stings, plant irritations, sore rough skin, and dry skin. We can also make salves to draw out poisons, vapor salves for the nose, salves for eczema and dermatitis, lip salves - the possibilities are endless! Like Tinctures, salves are great for herbal First-Aid kits and first-aid applications.

### THE BASE

The best base of all that I have used is Olive Oil and Beeswax. Olive oil supplies the medium for the herbal medicinal properties to be placed in and beeswax provides the hardening agent to the olive oil.

The Oil - although olive oil is the most generally used oil, other types of vegetables, nut and seed Oils can be used. Olive oil is high in monounsaturated fats and so it has a good shelf life and it is naturally healing and soothing to the skin. It also contains many vitamins, including A, D, E and K and many minerals. Olive oil just by itself is a great medicinal agent for the skin and a nutritious food for the body. Some other Oils that are acceptable are Almond and Sesame.

Coconut oil and cocoa butter can also be used for salves but melt and soften at room temperature so that makes your salve very unstable and on a hot day your ointment turns into an herbal soup. To make a creamier salve you can replace some of your beeswax with these products.

Beeswax, which is most commonly used as the hardening agent for the base is available in different forms. Generally, you can get it white (bleached) or brown (unbleached). I suggest the brown - unbleached, which is in its natural state and not

chemically altered. It also still contains naturally occurring medicinal ingredients such as propolis.

The general base formula I use is one quart (32 fluid ounces) of olive oil to between 1/4 pound (4 ounces weight) and 1/2 pound (8 ounces weight) of beeswax. If you want a real creamy ointment, like petroleum jelly use the 4 ounces of beeswax. If you desire a normal harder ointment then add the 8 ounces. The temperature of the area where you live will also come into play.

Use dried herbs. Fresh herbs can be used but since they contain water this can encourage mold and bacterial growth - just what you don't want in your salve. This can be somewhat controlled by adding natural preservatives and keeping your salve refrigerated, but it's a big problem. Basically, cut your herbs finely like described in the Tincture section so that the oil can reach maximum plant cells. It is best to use dried finely cut or powdered herbs. Some of the most common salves made are:

\* **General Purpose Herbal Salves** with Comfrey, Mullein, Chickweed, Marshmallow, Marigold, Arnica, Saint Johnswort, etc.

\* **Infection Salves** - Goldenseal root & Myrrh Gum is an old time favorite. Add essential Oils like Tea Tree

\* **Skin Cleansing and Drawing Salves** - with Plantain, Chaparral, Red Clover blossoms and Poke Root.

\* Vapor Balms with essential Oils of Peppermint, Spearmint, Eucalyptus, etc.

### **DRAWING SALVES**

Red Clover blossoms 4 oz.

Mullein powder 4 TBSP

Plantain powder 4 TBSP

Chaparral 4 TBSP

Turpentine 5 TBSP

Pine tar 5 oz.

Poke Root 1 cup

Bloodroot 1/2 cup

This is a powerful drawing salve that will draw tumors from deep in the body.

### **MUSTARD DRAWING SALVE**

Flour 3 TBSP

Olive oil 2 TBSP

Castor oil 2 TBSP

Mustard seed 3 TBSP

Turpentine 8 oz.

Use to disinfect old infected sores

Mix and apply over problem area.

### **CHICKWEED DRAWING SALVE**

Chickweed 1 cup

Red clover tar 1/3 cup

Bee's wax 1 ounce

Mustard powder 3 TBSP

Water 1 ounce

Blend to a paste than apply.

### **MULLEIN DRAWING SALVE**

Yarrow 3 parts

Mullein 2 parts  
Poke Root 1 part  
Bloodroot 1 part  
Bee's wax add until thick  
Apply over tumor or boils.

### **ELDER DRAWING SALVE**

Elderberry flour 1/2 cup  
Red Clover tar 1/3 cup  
Wood Sanicle 1/3 cup  
Sarsaparilla 1/2 cup

Make Red clover tar first. Then add other ingredients until thick and apply. Very good for swollen glands.

### **MANDRAKE JUICE**

Mandrake juice will remove genital warts.

### **TEA TREE DRAWING SALVE**

Vegetable fat 1 cup  
Bloodroot 1/3 cup  
Yellow dock 1/4 cup  
Tea tree oil 4 oz.  
Olive oil add until thick

### **GOLDENSEAL DRAWING SALVE**

Bloodroot 1 tsp  
Red Root 2 TBSP  
Goldenseal 3 TBSP  
Poke Root 3 TBSP  
Bee's wax add until thick  
Roll into a long tampon. Place in a cold place overnight. Insert in the female organ before bed. Do this for 2-3 weeks.

### **CLAY DRAWING SALVE**

Clay 1 lb.  
Flaxseed 1/2 cup  
Chaparral 1 cup  
Mustard powder 4 TBSP  
Mix together and add hot water until thick. Apply until tumor is removed. This could take up to three months, but it will remove the tumor. Once the tumor is on the outside of the body, apply Herbal Surgery. (call for assistance)

### **CAYENNE SALVE**

6 tsp. of Cayenne Pepper (100,000 H.U.)  
2 Tbsp. Peppermint oil  
4 oz. Coconut Butter  
Mix together and apply over pain

### **HOW TO MAKE OINTMENTS**

Some Herbalists prefer the old cast iron pots, others prefer stainless steel double boilers. Some use a crock pot plugged into a light dimmer switch which gives me a variable control on the temperature. Whichever vessel you choose, it is helpful to

have a food thermometer that ranges from at least 80 degrees to 160 degrees F. You can get one in almost any grocery store that ranges from 0 degrees to 220 degrees F.

Let's assume that your herbs have been *brewing* in your oil in a jar for the last two weeks. Strain your oil through a cotton cloth and a stainless strainer. You may want to do this a few times because usually you don't want a "gritty" salve. At this point you have a decision to make.

Dr. Christopher frequently talks of single power, 3 power and 7 power ointments. To make a 3-power ointment, strain the oil and herb mixture when it's done and then add more dried herb to this solution and let it "brew" all over again. When you strain this solution, you have a 3-power ointment which is much stronger medicinally than your regular ointment. To make a 7-power ointment, repeat the process with your 3-power oil and strain. Now you have a 7-power solution. Whichever you choose to make, always strain your oil well, pressing and squeezing the oil saturated herbs because the rich properties can cling to the herbs.

Next, put the amount of beeswax you are going to use into a separate small pan and heat until it is melted being careful not to overheat or burn it. Some beeswax takes up to 140 degrees to melt. In the meantime, warm your herbal oil that you pressed out to about 120 degrees and then slowly pour in the melted beeswax and stir during this process. Many try to melt the beeswax in the herbal oil. This works but you have to heat the oil way to hot so the 2-pan method works much better.

You definitely want to make a test pouring, which could save you a lot of time and mess. Take a sample of your solution and pour it into a small container or just drip some on the counter top and it will harden quickly. See if it's the consistency that you want. You can always add more beeswax but you can't go the other way.

When you feel your consistency is right, ladle or pour your solution (a glass laboratory pipette works well) into your containers. A glass turkey baster works just as well. 1/4 oz., 1 oz., 2 oz., or 6 oz. wide mouth jelly jars - use any container that suits your needs.

Don't move or mess with your jars after you have poured your ointment or it will crack and puddle. Leave the cleanup for later. Leave the tops off until the ointment is hard.

Seal your containers tightly. Dr. Christopher has always suggested that with ointments, tinctures, syrups or any herbal preparation you want to store for a long time to seal with paraffin wax. You can do this by heating up a vessel of paraffin wax and dipping your sealed jar or bottle upside down into the hot wax. This makes a long lasting air tight seal.

Making an essential oil ointment is very easy. You can either add the essential Oils in before you add the beeswax or after. That's all. When making your first ointment, an essential oil "Vapor Balm" is a good one to start with. *Extract from Natural Healing Crusade by Dr. Richard Schulze.*

## LINIMENTS

A species of soft ointment; a composition of a consistence somewhat thinner than an unguent, but thicker than oil.

Good for all pains, painful swellings, bruises, boils, skin eruptions of any kind, and pimples. Apply herbal liniment every few minutes for an hour or two it will stop a stay from developing on the eye in a short time if used freely. Be careful not to get it into the eye.

Herbal liniment is also useful for headaches. Apply to the temples, the back of the neck, and the forehead. It is very effective for rheumatism. For toothache, apply in the cavity and around all the gums and on the outside of the jaw if necessary. It will take the swelling and soreness away. It is excellent for pyorrhea and sores in the mouth. Saturate a piece of cotton and thoroughly wash the mouth with liniment; or take a mouthful, rinse the mouth with it and spit it out. It is very good for pain located in any part of the body. It is also useful for the control of athlete's foot. Apply frequently, saturating the effected parts thoroughly.

To make herbal liniment, combine two ounces powdered myrrh, one ounce powdered golden seal, one half ounce cayenne pepper and one quart rubbing alcohol (70 percent). Mix together and let stand seven days; shake well every day, decant off, and bottle in corked bottles. If you do not have golden seal, make the liniment without it. *Back to Eden, page 76.*

### **BIG FIVE LINIMENT**

Made from tincture of:

Alcohol 1 pint

Clove  $\frac{1}{2}$  tsp.

Cayenne 100,000 heat units 6 tsp.

Peppermint 1 tsp.

Mix and let set for 7 days.

### **METHODS OF USE:**

A factor to consider is that many active substances of plants may be absorbed through the skin when applied externally, passing then to the blood.

Baths, enemas, fomentations, steam inhalations and other hydro therapeutically applications have curative effects on their own, even when employed only with water. When taken with a herbal tea or other plant preparations, the medicinal effects of these add to those water, and are thus more effective.

### **BATHS**



A bath is the complete or partial immersion of the body in water, to which preparations of medicinal plants may be added.

## FOOT BATHS

### Herbal Preparations

#### Baths

The person must **soak** in a bath containing herbs for **a minimum of 15 minutes** to hydrate the skin before he or she can **begin to absorb** the medicinal qualities of the bath.



They can be used to treat **colds, fever, flu, insomnia and muscular injury.** **Bathing the hands or feet** can be used to treat a young person who does not want to drink medicine.

Herbal foot baths are used to treat excessive sweating of the feet and athlete's foot. To make a foot bath, place 1 ounce of the recommended herb in 2 quarts of water-unless otherwise specified in Part Two-which has just been boiled and remove from the source of heat. Allow the mixture to stand for one hour, then strain. Making sure the herbal mixture is lukewarm, pour it into an empty basin or tub. Immerse one to two times daily until symptoms improve.

People who have diabetes and those with congestive heart failure or nerve damage to the feet should not use foot baths unless they can confirm that the foot bath solution is cooler than 108°F (43°C) with a thermometer. In addition, foot baths should be avoided by those who have open wounds on the feet or varicose veins.

## HAND BATHS

Herbal hand baths are used to treat excessive sweating and skin infections of the hands. To make a hand bath, place 1 ounce of the recommended herb in 2 quarts of water-unless otherwise specified in Part Two- that has just been boiled and removed from the source of heat. Allow the mixture to stand for one hour, then strain. Making sure the herbal mixture is lukewarm, pour it into an empty basin or tub. Immerse the

hands in the herbal solution of ten to fifteen minutes one to two times daily until symptoms improve.

People who have diabetes and those with nerve damage to the hands should not hand baths unless they can confirm that the hand bath solution is cooler than 108°F(43°C) with a thermometer. Hand baths should be avoided if there are open wounds on the hands.

## SNUFFS



Herbal Snuffs have been used for hundreds of years. They are basically herbs in a finely powdered state and sometimes with an essential oil added. Most of the Snuffs I have made and used in the clinic over the years were for decongesting and draining of the sinus cavity.

One of my favorites was Goldenseal root powder and Bayberry bark powder, with a tiny bit of Cayenne pepper and Garlic added. This Snuff disinfects and decongests the sinus cavities. Take a small jar and put 7 tablespoons of finely powdered Goldenseal Root and 7 tablespoons of finely powdered Bayberry bark. The Cayenne and Garlic add the *intensity* to the formula and the amounts should be judged by your ability to tolerate the formulae. The amounts I added in the clinic were 1 tablespoon of 150,000 H.U. Cayenne powder and 1 tablespoon of Garlic powder. Although this amount may seem a bit extreme to some, it works ! Shake the jar and mix the powder well.

## FOMENTATIONS (compress)

**Herbal Preparations**

**Fomentations and Poultices**

They are topical preparations that are used to stimulate immunity, draw toxin from the body via the skin, control pain, treat skin rashes and conditions such as swelling of muscles and glands (tonsils).

A small photograph showing a close-up of a skin area with a dark, textured poultice or fomentation applied to it. The poultice appears to be a thick, dark, possibly charred or burnt substance.

A Fomentation is basically an herbal Infusion or Decoction applied externally using a piece of cloth, gauze or towel, always using natural fibers such as cotton or wool.

Fomentations can be made with any liquid at any temperature but generally we use a hot herbal tea made with water. Other possibilities are to make the Fomentation with various Oils, castor oil is one of my favorites, apple cider vinegar, diluted essential Oils, fresh fruit or vegetable juices, use your imagination.

To make an herbal tea Fomentation you first make an Infusion or Decoction as previously described. Then dip a piece of cloth in the solution, the size of the cloth being in proportion to the area of the body you want to cover. Wring out the excess liquid and apply this cloth to the affected area of the body. You may wish to keep the tea hot and keep dipping the cloth back in it and reapplying it when the cloth gets cool, this can be done every few minutes. Also, a heavy towel placed over the Fomentation will help it retain its heat longer.

A nice way to increase circulation to an area is to place an ice-cold wet cloth or ice pack on the area for a 2 to 8 minutes followed with an application of the hot Fomentation for 5 to 10 minutes.

To leave the Fomentation on for a long period of time, like overnight, you will want to cover it with other towels or even plastic to keep the area warm and wet. Even a hot water bottle can be applied over the Fomentation to keep it warm. Over the years my patients have come up with thousands of ways to keep poultices on all night from ski caps on the head to elastic ace bandages. Use your imagination.

## Herbal Preparations

**Use a Compress**

To 4 cups of water **add 4 to 15 drops of essential oil**. Mix, then soak a washcloth or small towel. Wring out excess water and apply to affected area.

**Warm or hot** for *arthritis, cramps and muscle pain* (e.g., rosemary). **Cold** for *tension, bruises and headaches* (e.g., lavender)



Fomentations are wonderful hydrotherapy and with using different water temperatures you have a wonderful aid for increasing blood flow and circulation.

Fomentations can be used for stiff or torn muscles, burns, cuts, bruises, scrapes, broken and cracked bones, internal organs, glandular areas, general pain, etc.

Castor Oil Fomentations are great eliminative routines. Oil soaked cloth, usually hot, can be placed over the liver, kidneys, intestines, appendix, lungs, etc. and will assist in elimination.

Using hot water or liquids in a Fomentation relaxes tight muscles, draws blood to the surface of the skin, increases circulation in that area and opens up congestion. Heat is also drawing and aids in pulling impurities from the body. One of my favorites is using Cayenne and Ginger with other herbs to really increase the blood flow to an area.

A cold Fomentation constricts the blood flow and circulation to the area and drives the blood deep below the surface. It can soothe discomforts caused by too much heat (bums, sunburns, inflammation, etc.) and also increases circulation to reduce unwanted swelling and pain.

## PLASTERS



A plaster is a thick, moist, warm herbal paste placed between two layers of cloth or in a cloth pouch. A plaster is similar to a poultice, except that the herbal paste is not applied directly to the skin. Therefore, plasters are applied when the herbs being used are potentially irritating to the skin. Although plasters are most frequently used in the treatment of respiratory congestion, they can be useful in the treatment of conditions as diverse as skin infections, irritable bowel syndrome, and high blood pressure. A Chinese prickly ash plaster, available commercially as Tian He Gu Tong from TCM practitioners and in Chinese herb shops is used to treat pain resulting from arthritic spurs, frozen shoulder, back strain, lumbar muscle strain, stiff neck, and rheumatoid arthritis.

Since plasters do not touch the skin, they act through the release of volatile oils stored in the herb. For this reason, it is necessary to grind the (usually dried) herb immediately before making plaster to release its healing ingredients. Grinding the herb release “pockets” of enzymes that activate the essential oils. Once ground, mix cup (2ounces) of herb in just enough lukewarm water to make w thick slurry, do not use hot water, as it may deactivate the enzymes. Take care not to get the powder under your fingernails or in your eyes. Place the slurry between several layers of

clean cloth, such as cheesecloth or muslin, and put the plaster over the affected area of the body.

Most of the herbs used in plasters generate a strong burning sensation as part of the healing process. This sensation is assigning that the volatile oils of the herb have entered the deeper layers of the skin. The plaster should be left on the skin only until the burning sensation begins-usually within five minutes-and must be removed within fifteen minutes to avoid skin injury.

Mustard seed plasters and prickly ash plasters should not be applied to any part of the body where there is in sufficient blood circulation. Do not place these plasters on varicose veins. People who have circulatory problems should not use any type of plaster.

## POULTICES



A poultice is made by taking plant material, chopping it up, boil, steam or chew, pound it and applying it directly to the skin.

A Poultice differs from a Fomentation in that instead of applying the herbal tea, oil or juice to the body we apply the actual herb itself. This could be in a very simple way, by just "bruising" an herb leaf and applying it to the skin. The American Indians and still today primitive cultures all over the world simply chew herbs up into a wet pulp and apply this pulp to various parts of the body.

### General Instructions:

- Do not warm over a poultice once used.
- Do not allow a poultice to become cold.
- Have a second poultice ready immediately upon removing the first one.
- To make the following poultices it is best to have the herbs in a ground or granulated form. When using the herbs in powdered form, mix with just enough water to make a thick paste. When using them granulated, mix with water, cornmeal, or flaxseed meal to make a thick paste.
- If fresh green leaves are used, beat them up, steep, and apply to the affected parts. Poultices are most excellent for enlarged glands of any kind, such as neck, breast, groin, prostate, etc.

- Also, for eruptions, boils, carbuncles, and abscesses.
- An excellent thing to do in any case where poultices are to be used is to bathe the affected part thoroughly with mugwort tea first. If you do not have this, cleanse it with hydrogen of peroxide before applying the poultice.
- It must be remembered that many herbs are used for poultices, so, study the herbs and use those best suited to the condition, or those recommended for that condition.
- Certain medications used in poultice, as in the mustard plaster, can lead to blistering or ulceration.
- A poultice applied after pus develops is sometimes a detriment, as the poultice may encourage the growth of bacteria. If pus increases, discontinue poultices.
- The heat retaining capacity of the material used is more important than the material itself.
- In pneumonia, peritonitis, and other deep-seated inflammations, the poultice should be large enough to cover a surface area equal to the size of the organ being treated. It should be covered with plastic, and should be removed if it becomes cold.

### **Use and abuse of poultices:**

There are eight conditions for which poultices should be employed:

1. To relieve pain and congestion and to act as a counterirritant
2. To reduce inflammation
3. To promote absorption, favour resolution, or hasten the formation of a head in abscesses
4. To diminish tissue swelling and tension
5. To soften crusted lesions
6. To encourage muscle relaxation
7. To perform the office of a deodorant and in a sense an antiseptic or disinfectant

### **In contact with the skin for long periods, reinforce several properties of the plant, such as the following:**

- 1) Cicatrizing-to promote healing (cabbage, comfrey, figs, common plantain)
- 2) Resolvent-to soften and promote drainage of abscesses and furuncles (avocado, fenugreek, borage, flax, cassava).
- 3) Analgesic and sedative-against adnominal pain, cystitis, menstrual pain, act. (Corn grain, flax, thyme).
- 4) Pectoral or anti-inflammatory- the best compresses are those prepared with linseed flour (Flaxseed). Some mustard may be added to these in order to produce a revulsive effect.
- 5) Revulsive- those which attract blood to the skin, relieving the congestion of internal organs. These are usually prescribed for rheumatic affections, and prepared with cowslip, nettles, mustard or rue

### **Some of the most important poultices:**

#### **Clay and glycerine poultice:**

Use fine quality clay obtained from several inches below the surface of the earth, containing no rocks or coarse grains. Put it through a fine hardware cloth if necessary, and sterilize in the oven at 350 for sufficient length of time to thoroughly heat all portions. Reconstitute to the moisture content of clay as it

ordinarily appears in soil, and then moisten with several tablespoons of glycerine. Use the clay and glycerine as a poultice. To reclaim the clay, pour water over the clay and allow it to settle, pouring off the fluid that collects on top, and again sterilizing it in the oven. With this process some of the beneficial factors are lost from the clay and it can be used only once.

### **Clay dressings:**

Take a good grade of fine clay, make a paste with water, and apply directly to the skin surface in cases of skin rashes and other skin diseases. Cover with several layers of cotton cloth or gauze. Keep the poultice moist for 6-10 hours by frequent applications of water. Rinse thoroughly, dry, and allow an hour or two to elapse before reapplying the moist dressing. Clay holds water well and has a therapeutic benefit in most inflammatory skin diseases.

### **Charcoal poultice**

Charcoal has a pure carbon action. That means it will draw many times its own weight. There are different types of charcoal. There is regular charcoal, and activated charcoal. Activated means that they take charcoal and put some steam under it. You can do this. Burn some wood to make charcoal and lay the coals up on something so that the steam can pass through the charcoal. When it passes through, it causes the molecules to expand. It is the expanded molecules that make it activated. The larger the molecules the more toxins can be absorbed by the charcoal. Now you do not want to use the charcoal that is used in barbecues.

The best charcoal is made from the Eucalyptus tree. Pine and fir trees are also very good. Coconut shells will work. It is not advisable to use charcoal made from bread (burned toast) because it has a carcinogenic effect. A lot of trees will produce good charcoal, but some of the hardwoods like oak do not produce a real good charcoal. We use the charcoal because it will draw many times its own weight. Now the flaxseed has very strong properties in drawing. So when we mix those two together we have a real powerhouse of a remedy that can reduce swelling and inflammation. First of all, you need to boil your flaxseed until the seeds break open and release a slimy looking gel. Let it cool. It will get thicker and thicker.

One doctor decided to put charcoal in a paper bag and shaking it up really well, then letting the emphysema patient breath the charcoal. He found that the charcoal also helped to clog up those little holes in the lungs so the person could respire better. So if you breathe some of that charcoal down into the lungs it can help you breathe better.

We know that Job used charcoal. The Bible tells us that he ate charcoal and bathed himself in charcoal. That probably helped him a lot. Psalm 102:9 says, "For I have eaten ashes like bread, and mingled my drink with weeping."

**Charcoal and hops poultice.**-Will remove gallstone pain quickly. Charcoal and smartweed poultices. -Is excellent for inflammation of the bowels or inflammation in other parts of the body. When using for old and inflamed ulcers and sores, add powdered Echinacea, golden seal, or myrrh, or a small amount of the three. They are all powerful to heal and are disinfectant.

**Charcoal and slippery elm poultice.** -Use equal parts to make the poultice, use for gangrenous sores.

Slippery elm and yeast. -Make a regular slippery elm poultice. Mix the yeast cake with warm water and add to the slippery elm. The poultice will bring boils and abscesses to a head and keep gangrene from setting in.

**Charcoal and Flaxseed.** --We need a hospital so much. On Thursday Sister Sara Mc Interfere [A TRAINED NURSE OF EXPERIENCE WELL QUALIFIED FOR THIS TYPE OF SERVICE WHO ACCOMPANIED MRS. WHITE AND ASSISTED HER BOTH AS A TRAVELING COMPANION AND PRIVATE SECRETARY.--COMPILERS.] was called to see if she could do anything for Brother B's little son, who is eighteen months old. For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause. --Manuscript 68, 1899 (General Manuscript). {2SM 299.3}

To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm. {21MR 290.3}

I still remember another case. At our first camp-meeting here, held in Brighton, a young lady was taken sick on the ground, and remained sick during most of the meeting. She was thought to have typhoid fever, and although many prayers were offered in her behalf, she left the ground sick. Dr. M.G. Kellogg, half-brother to J.H. Kellogg, of Battle Creek, was attending her. He came to me one morning, and said, Sister Price is in great pain. I cannot relieve her. She cannot sleep, and every breath seems as though it would be her last. We prayed for her, and then like a flash of lightning there came to me the thought of the charcoal. "Send to the blacksmith for charcoal, and pulverize it, I said, "And put a poultice of it on her side." He tried this, and in one hour he came to me and said, "That prescription was an inspiration from God. Sister Price could not have lived until now if no change had come. The sick one fell into a restful sleep; the crisis passed, and she began to amend. In a few days she was taken from Melbourne to her home in Melbourne (?), and is alive and well today. {PC 27.1}

### **Fig poultices**

We know the story of Hezekiah. He was sick because the judgment of the Lord came upon him. Isaiah the prophet came to tell him to get his house in order. Then he came back again, as a medical missionary. He told him that in answer to his prayer, his life was extended for a little while. Isaiah 38:21: "For Isaiah had said, let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover." Just a fig? How would a fig work?

The most notable thing about the fig is that it is really sweet. It has a lot of natural sugar, so we know that it oxidizes really fast. And if a sugar or carbohydrate oxidizes quickly, it leaves lactic acid behind. Our white blood cells use lactic acid to fight the germ warfare in our bodies. So, Isaiah took the figs and prepared them

as a plaster. (Use either fresh figs or soak dried ones overnight to let them swell up.) I split them in half and heat them up in the oven. Then I take the fig and apply it over the area. The drawing action produced by the sugar leaves behind lactic acid. This lactic acid will disinfect the wound. It will draw all the inflammation out off the boil.

Since it is the sugar that is effective, is it necessary to use a fig, or can we use other things? This is a key principle of Medical Missionary work. God is a God of principles. We know that sugar and carbohydrates are part of the same family. They come as monosaccharide, disaccharide and polysaccharides.

Monosaccharides are the first stage of sugar; disaccharides are the second and polysaccharides are the third. That means it is the hardest to digest. A starch is much harder to digest than, say, the sugar in an apple or in the fig, but it is still in the family of sugars. So, once it metabolizes or oxidizes, each one of those families will leave behind lactic acid, which will serve as a disinfectant.

Through its oxidation process, it causes a drawing sensation. It causes it to pull and to draw and to bring it up from the body. That frees the system from whatever it is that is bringing about an obstruction. The core of the boil is the main obstruction. Once you remove the core, then the body is ready to expel the impurities that are there because of some obstruction. The fig will render the core out, so that the body can release the toxins.

**A Poultice of Figs for Hezekiah.** --When Hezekiah was sick, the prophet of God brought him the message that he should die. The king cried to the Lord, and the Lord heard him, and sent the promise that fifteen years should be added to his life. One word from God, one touch of the divine finger, would have been enough to cure Hezekiah instantly. But instead, he was given directions to make a poultice of figs, and lay it upon the part affected. This was done, and Hezekiah was restored to health. It would be well to treasure this prescription which the Lord ordered to be used, more than we do. --Manuscript 29, 1911 (General Manuscript). {2SM 300.1}

### **Grapefruit poultice**

With this grapefruit and Epsom salt, we can make an extremely good drawing poultice. Blend or chop the grapefruit, then add Epsom salt until all the moisture of the grapefruit is soaked up. This should be hot (heat the grapefruit in a pot without water). The more Epsom salt you use the better it works. Get it so thick that it is hard to stir. When you apply this as a poultice, it will have a tremendous drawing effect, for any type of swelling, inflammation, arthritis or rheumatism related pain as well as muscle spasms. Put it in the center of a clean cloth. Apply it to the area. You can apply a heating pad or a fomentation to heat the area. You want to retain that heat for a long period of time.

### **Flaxseed poultice:**

Flaxseed can be purchased from a health food store or supermarket. It is often used for cooking, for constipation, to make gels, and it has medicated quality that makes it useful in therapeutics. One tablespoon of flaxseed ground in a seed mill or blender and mix with one cup of water brought to a boil will make enough paste for a poultice large enough to cover the front of the abdomen. Take a paper towel and spread the material completely over the towel. It may be laid directly on the skin of the affected area. Cover completely with a plastic, allowing the plastic to extend over the edges an inch on all sides. Hold the poultice in place with a roller bandage, an ace bandage, or a 50 to 60 strip from a bed sheet or other long piece, wrapping it around the entire body or an extremity and pinning it in

place. Make a neat, snug bandage. Leave the poultice on from 30 minutes to 8 hours. At the end of the time, remove the poultice; sponge the surface clean with a damp washcloth, and friction the area of the poultice with an alcohol sponge, or a cold mitten friction. Dry thoroughly and replace clothing

### **Hops Poultices:**

The fresh leaves, or dry leaves moistened with hot water, may be whizzed in a blender with a little water and spread out on folded paper towel or facial tissue to make a poultice of the proper size to cover the affected area, proceed as with the flaxseed poultice above.

### **Comfrey and smartweed poultices:**

As with hops, the fresh leaves of comfrey and smartweed may be used. The dried leaves may be substituted, if necessary. Simply moisten the dried leaves with water and proceed as before. For the fresh leaves, proceed as described above for hops.

**Slippery elm poultice.** -This poultice has no superior in the line of poultices, either used alone or combined as follows: Lobelia and slippery elm poultice. - Take one-third part lobelia, two-thirds part slippery elm. Very excellent for blood poisoning, also for boils, and abscesses. Use for rheumatism.

**Polk root and cornmeal poultice.** -It is very excellent for caked and inflamed breast. Also good for white swelling and blood poison.

**Burdock leaf poultice.** -Burdock leaf poultice is very cooling and drying. It is good to use on old ulcers and sores. A poultice made of the root, adding a teaspoonful of salt, eases the pain of a wound caused by the bite of a mad dog.

**Plantain poultice.** -Excellent in mad dog bites and to prevent blood poisoning.

A poultice made of any of the following herbs, is very good in dissolving tumors: Organum, nettle, wintergreen, fenugreek, and mullein. Garden carrots, grated raw, and applied as a poultice, will cleanse old sores and ulcers. Follow with an application of healing lotion, or a wash of golden seal and myrrh solution.

To bring a boil to a head quickly, apply poultices at a temperature of 100° F. and repeat as often as necessary to keep the temperature above body heat. When a soothing effect is desired, as in painful wounds, bee stings, etc., apply agreeably warm, and renew sufficiently often to prevent souring or becoming dry.

In applying poultices, the aim is to have the warmth and moisture retained as long as possible. In making a yeast poultice, dilute ordinary yeast with enough liquid to make a stiff batter. It can be diluted with strong infusions of the desired herb tea, and cornmeal to make a stiff batter. In sluggish conditions, such as gangrene, old sores, etc., mix either myrrh, charcoal, ginger, or golden seal with the batter before applying.

To check discharges from ulcers, add witch hazel or wild cherry bark tea. When there is much inflammation and tenseness, sprinkle lobelia over the poultice, either the herb or crushed seeds.

**Potato poultice.** -Draw wastes out but does not neutralize poisons

Red eyes, Conjunctivitis, Sore eyes, inflamed eyes, on skin, minerals absorbed, alkalinize the area.

Scrape or grate a raw Irish potato and apply to any feverish part, such as a carbuncle or boil. It has a very soothing and cooling effect and will draw it to a head.

We have grated raw potatoes and put them into a cloth and applied that to the affected area. Usually we would use saran wrap and apply a heating pad to warm the area. You can use gauze. Potatoes can be used raw and grated in a poultice, or it can be heated. Use whatever you have on hand. It is a high oxidizing herb. It can be hot or cold. There are some areas in the body where you would apply a cold poultice. Some areas need hot. Potatoes can be used either way. For example, an inflammation of the eye would require a cold potato poultice.

### **CABBAGE POULTICE**

Cabbage leaves are good for pain and inflammation, especially in arthritic conditions, abscesses, boils, burns, insect bites, neuralgia, sciatica, muscle aches, pleurisy, liver attacks, intestinal pain, diarrhea, and dysentery. It is also good for healing and helping drain infected wounds and sores, such as in varicose veins, skin eruptions, hemorrhoids, eczema, and even acne.

Shopping for a cabbage, you will notice that the grocer usually removes the big outer leaves. But I like to use a cabbage that has the outer leaves. First you take about four big leaves and beat them a bit. You can use a rolling pin or a small hammer. You are trying to release the moisture. Then you lay those leaves one on top of another and lay them on the body. And wrap it over the body first with a paper towel or cloth and then with saran wrap. Let it stay on overnight. It has a real good effect, especially with people who have slipped and twisted their knee or hurt their foot, or have aching muscles, or arthritis pain.

A cabbage poultice is the most wonderful thing you can do for muscle or bone pain. One thing I like about a cabbage poultice—you don't have to heat them up. Just beat on them and apply them. They are not messy. Mullein or comfrey leaves also work, as do plantain leaves and collard leaves, turnip leaves or kale. They will not work better than the cabbage because the cabbage oxidizes faster than all the others do. But they do work. This treatment also works with bee stings and other insect bites. It will work the same way. All of these green leafy herbs that I mentioned could be used for bee and insect stings. But cabbage is the best.

I had a patient once who was suffering from toxic edema. His body was swollen up so big and was so painful you couldn't touch it. We went out and got a couple bushels of cabbage. We beat those big old cabbage leaves and wrapped them all over his body. He was wrapped up like a mummy. The next morning when we took the cabbage leaves off, all the inflammation was gone. All the poisons were gone out of his body. The cabbage actually drew all that inflammation right out of his body. Cabbage is a very useful herb that can be used in any type of condition where pain and toxins are in the body. It is fine to leave it on overnight. As the body heats it up, the drawing power increases.

It will also heal stomach ulcers, it is very beneficial to peptic ulcer. If you mix the cabbage juice with potato juice, you have a power plant that will deal with gastric, stomach, peptic ulcers. Cabbage juice will also stimulate the immune system. It will kill bacteria and virus. Cabbage juice is high in vitamin U and

vitamin A, Compresses, Swellings, Thyroid gland, Headaches, Breast feeding pain, Pneumonia, Effects of injection

**Bayberry poultice.** -Use in the treatment of foul ulcers, old sores, and cancerous sores.

**White pond lily poultice.** -This poultice, either used alone or combined with slippery elm or linseed, is one of the best for old sores, inflamed tumors, etc.

**Sage poultice.** -Excellent for sore breast or any inflamed gathering.

**Hyssop poultice.** -A small handful of this herb (use fresh), boiled in water for a few minutes, then drained and applied, will remove discoloration from bruises, and will remove the discoloration from a black eye. If you use the dried herbs, steep in boiling water.

**Comfrey, ragwort, and wood sage poultice.** -Use equal parts of these three herbs; steep in boiling water. Apply poultice to external cancers and tumors. They are most beneficial and will give excellent results.

**Bread and milk poultice.** -A poultice of bread and milk, with a little lobelia added, is very soothing and will bring boils to a head.

**Bran poultice.** -Use enough hot water to make a paste of the bran; apply as hot as can be borne. Use for inflammations of any kind, sprains, or bruises. When there is great pain, use equal parts lady's-slipper and lobelia with the bran. Cover the poultice with several thicknesses of flannel or oiled silk to retain the heat. This is an unusually excellent poultice.

**Slippery elm poultice.** -Stir ground slippery elm bark in water or any strong herb tea suitable, to the consistency of thick paste. Excellent for irritable sores.

**Carrot poultice.** -Boil carrots until soft, or they can be used raw, mash to a pulp, add some vegetable oil to keep from hardening, spread on a cloth, and apply. Excellent for offensive sores.

**Onion poultice.** -Make in the same way as carrot poultice. Very stimulating to indolent sores, and for slow boils.

**Lobelia poultice.** -1 oz. powdered lobelia, 1 oz. powdered slippery elm. Excellent for wounds, fistula, boils, felons, erysipelas, insect bites and stings.

**Elderberry poultice.** - The elderberry leaves bruised or steamed just enough to wilt them, add a little pure olive oil. This makes an excellent poultice for inflammations, such as, piles and hemorrhoids, etc., apply as warm as can be borne, for the space of an hour or more when suffering.

**Honey poultice**-Honey is very healing and will kill infection.

**Gangrene poultice**-Pour boiling water over 1/4 pound of charcoal and one ounce of Cayenne pepper or Smart Weed. Let steep 20 minutes, then mix 2 Tbs. of whole wheat flour and enough dry charcoal to make a poultice. Spread on a piece of gauze a little larger than the affected part, so that it will be covered well. Apply it and lay another piece of gauze over it, then bandage it on.

**Garlic poultice**-One Tbs. garlic, one Tbs. onion steamed in a frying pan with a little oil, thickened with flaxseed or cornstarch. Can be applied to the chest in a pillow case and covered with a heating pad for pneumonia.

**Peach leaf poultice**-Nursing mothers can get caked breasts from getting chilled or wet. The breasts should be pumped, and a poultice applied. Peach leaves, cooked and thickened with flour, flaxseed, or cornmeal make a wonderful soothing and healing poultice, and will bring quick relief.

**Sugar poultice**-Mix one pound of white sugar  $\frac{1}{2}$  ounce of iodine, apply on wound. Also, you can mix one-part sugar and one-part honey apply on wound as needed.

#### **Papaya Poultice:**

Its particular qualification for our attention is its juice. When the green fruit is crushed and pressed, it contains a principle known as papain, which has much the same digestive effect as pepsin in our digestive processes; it also contains fibrin a principle rarely found except in the body of man and animals. It is readily digestible in gastric and pancreatic juices and is especially valuable in the coagulating or clotting of blood, superficial or internal -----correct intestinal disorders, including ulcers. Applied as poultices to serious lacerations.

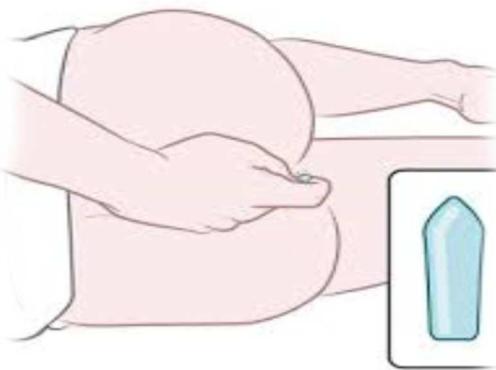
## **SUPPOSITORY - BOLUS – PESSARY**

### **Herbal Preparations**

#### **Suppositories and Enemas**

They have the advantage of being absorbed directly into the bloodstream and skipping the oral route. They support vaginal health and anal issues such as hemorrhoids and fissures.





Suppositories, Boluses and Pessaries are basically Herbal Poultices used internally. They are generally made with a mucilaginous herb base like Slippery elm or an oil base like Coconut Oil or Cocoa Butter. They are inserted into body openings (vagina, rectum, nasal opening, ears, mouth, etc.) to distribute their herbal power to internal areas.

In making your Bolus you will want your herbs **FINELY** powdered so the Bolus will be as smooth as possible. You will want to add something to the mixture to give it a slippery consistency. A soft bolus can be made by adding Slippery Elm bark powder to your herbal mixture. Slipper Elm is very mucilaginous when mixed with water and also a great soothing, healing and nutritional agent. If you desire a harder Bolus, sometimes preferred in the rectal and vaginal areas, Coconut Oil works the best.

Take a jar of Coconut Oil and place it in a bowl of hot water (in the jar) . In a short time, the oil will melt, (depending on your air temperature, it may already be in a liquid state). Mix the melted Coconut Oil with the finely powdered herbs you choose into a dry pie dough consistency. Shape and form the herb mixture into the size and shape of the Suppository you desire. (This can vary greatly depending on the area they are to be used in and the size of the individual).

Place the individual Boluses on a piece of wax paper, stainless steel or glass plate and refrigerate them. Refrigeration will make them hard. When you want to use one, take it out of the refrigerator, hold it between your fingers for just a few seconds (the Coconut Oil will begin to melt) and insert the Bolus. Use some olive oil to lubricate the area of insertion first.

When the Bolus is inside of the body, the body temperature will cause the coconut oil to melt rapidly and the herbs will be dispersed. Suppositories are commonly used for rectal cleansing and hemorrhoids, vaginal infections, irritations and inflammation and problems of the whole reproductive area.

## **DOUCHES AND ENEMAS**



Douches and Enemas are liquid injections into the vagina and rectum, usually in the form of Infusion or Decoction, Vegetable, Nut and Seed Oils or Aloe vera gel. These injections can be used to wash out a Bolus, to cleanse the area and to supply the area with herbal medicinal and nutritional properties. Rectal injections can be extremely important. In some cases, when a person cannot accept liquids, food and medicinal agents orally, they can be fed through a bowel injection.

### **Vaginal Irrigations**

Vaginal irrigation is the introduction of low-concentrated infusion or decoctions, at body temperature (37 C) inside the vagina, by means of a special irrigator or cannula.

The most commonly plants for this kind of irrigation are five finger grass, pomegranate, rose, sage.

They are used in cases of vaginitis and leukorrhea. Pregnant women should avoid any vaginal irrigation

### **Aims of enemas**

- 1) To evacuate the rectum and the large intestine in cases of constipation, especially due to fever or infectious afflictions (for example, with olive leaves, senna etc)
- 2) To reduce inflammation of the anus and rectum in case of fissures, haemorrhoids and anal inflammation (with common plantain or psyllium)
- 3) To reduce inflammation of the large intestine in cases of colitis or diarrhoea, digestive spasms or breast-feeding babies diatthea.
- 4) To eliminate intestinal parasites (Garlic)

## **LOTIONS AND FRICTION**

**Lotions** are applied using an infusion, decoction, cold extract or juice which is applied through a gentle massage over the skin.

**Frictions** are applied in the same way, usually employing essential oils and with more vigorous massage.

They can be applied with bare hands or with soft cloth soaked in the liquid.

### **Use of lotions and frictions**

Lotions and frictions may be used for the following:

- 1) Skin afflictions- in general (for example, bilberries, calendula, bennet, Echinacea, olive leaves, nettle, pansy, soap wort, thyme or coltsfoot).
- 2) Pruritus- itching (borage, black nightshade, speedwell).
- 3) Beauty-elimination of cellulitis, making skin more beautiful or encouraging weight loss (strawberry, Echinacea, rose, knee holly).
- 4) Rheumatism- (Lavender, Laurel)
- 5) Mosquito-Repellent (Marigold, Wormwood)

## GARGLES



Gargles are an easy to apply medicinal plants to the throat.

Gargling instructions.

- Sip (But do not swallow) some warm herbal tea (generally an infusion). very hot, or very concentrated liquids must not be taken.
- Learn your head backwards
- Try to pronounce the letter “o” for half to one minute
- Spit out the liquid. It must never be swallowed, as it supposed to absorb the waste substances.
- Repeat the whole process for five to ten minutes.

Use of gargles:

Gargles act on the mucus which covers the rear part of the mouth, the pharynx (throat) and the tonsils. They remove mucus, germs, dead cells and toxins in these areas in the case of irritation, inflammation or infection. They have emollient (soothing), antiseptic and astringent (dry, reduce inflammation and healing effects).

The plants most used for gargles are onion, strawberry, pomegranate, goldenseal, common plantain, rosemary etc. *Encyclopaedia of medicinal plants, page 71.*

## STEAM INHALATION, MEDICATED OR PLAIN

Moisture is essential to keeping the throat mucosa in good condition. The combination of moisture and heat is especially beneficial for throat irritation.



#### **Equipment:**

1. Vaporiser or kettle with hot water
2. Newspaper cone or umbrella and sheet
3. Hot plate if needed
4. Bedside stand or chair
5. Medication: a few drops of eucalyptus oil or wintergreen oil, one to two tablespoons of dried or flesh mint leaves per pint of water.

#### **Procedure:**

1. Fill the vaporizer or kettle with hot water, add medication if desired, and set on a bedside stand or chair
2. Set an umbrella on the chair or bedside stand, and drape a sheet over it to form a tent. By lying on one side of the bed, the patient can arrange to put his head under the side of the tent and breathe the steam.
3. If desirable, cover the kettle outlet with cone and direct the steam toward the patient.
4. Continue for one-half to one hour, two to three times a day or more.
5. The cone is not essential in a small closed room

#### **Effects:**

1. Warming and soothing the respiratory tract
2. Mucolytic-Mucus becomes more fluid, making is easier to eliminate.
3. Antitussive- Relief of nasal and lung congestion, laryngitis or cough
4. Immunostimulant-Increases blood flow to the bronchial passages, which improves defences against infections.

#### **Precautions:**

1. Check water level often in the kettle
2. Avoid burning the patient or setting bedding on fire
3. Persons with severely compromised cardiovascular systems or congestive heart failure may find air laden with heavy fog hard to breathe.
4. Treatment may have to be shortened for small children and the elderly.

#### **Administration:**

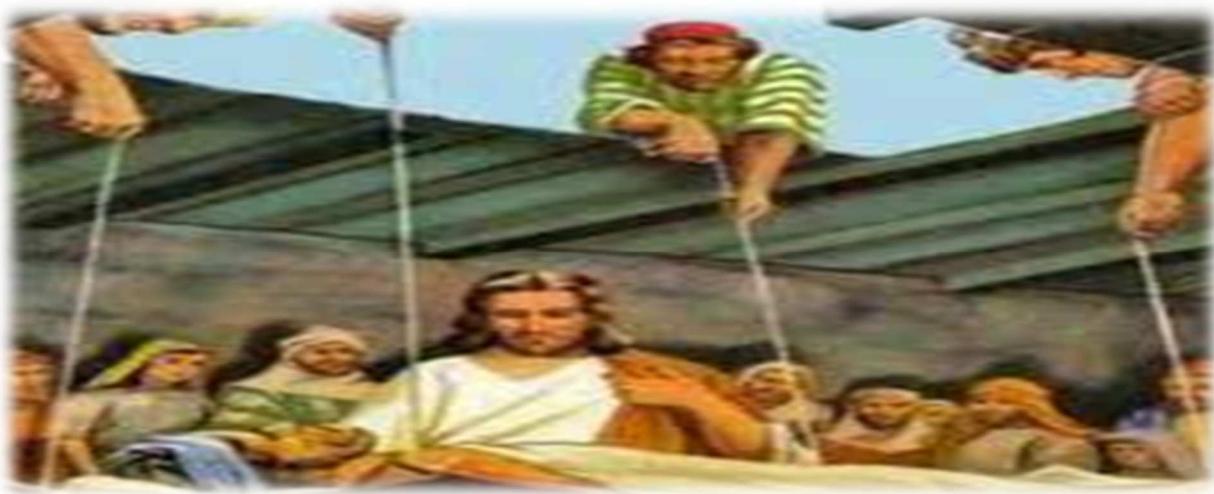
1. **Water temperature:** as hot a possible to promote steam production. Ideally, it should be near – boiling.
2. **Duration:** 5-10 minutes.
3. **Afterwards:** Rub the face, neck and chest with cold water to close the skin's pores.
4. **Frequency:** One to three times per day.

#### **Herbs for steam inhalation:**

- |                |             |             |
|----------------|-------------|-------------|
| 1. Pine or fir | 3. Rosemary | 5. Thyme    |
| 2. Eucalyptus  | 4. Basil    | 6. Lavender |

## **DO NATURAL REMEDIES ALONE CURE?**

*(A call to fast and pray for the sick)*



Today, the availability of natural healing remedies and some other natural healing mechanisms is increasingly growing, being administered by a lot of various medical missionaries as well as some other practitioners of natural remedies. However, in some cases, they have taken up the faith of many people in the Lord as the one who heals.

In Exodus 15:26 God said "...I [am] the LORD that HEALETH thee." ...Literally, "I am the Lord thy physician." The Lord is the physician, and he gives the preventive medicine that keeps us from getting ill.... Jesus himself said "I am the vine, ye [are] the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: **FOR WITHOUT ME YE CAN DO NOTHING.** John 15:5, "In Him we live, and move, and have our being." All these are familiar texts, showing that there is no life, there is no power of motion, except from God; and he himself is the strength and the power. *Acts 17:28; November 1903 EJW, MEDM 274.2,4}*

Healing power is only the same thing as living power intensified. It is seeing how God's life is manifested, and bringing ourselves into right relation to it. Just to illustrate: we know that we cannot live without sunlight; the sun is the great healing agency. The ordinary rays of the sun will of themselves alone heal many diseases; many persons if they were only brought out doors and given plenty of fresh air and sunlight, would be healed. The ordinary rays of the sun will in a comparatively short time destroy any disease germ that lives. And we know that it is the life of the Lord swallowing disease; it is death swallowed up of life. But there are some conditions in which the life is so far gone that the ordinary degree of light will not cure. *{January 1904 EJW, MEDM 11.1}*

Here is a river; it has a regular flow but it meets an obstruction. Now what is needed? There must be an accumulation of force before that obstruction can be swept away. The ordinary flow of water will not sweep away that obstruction, for if it would, the obstruction would not be there at all, it never could have formed; but when that obstruction which dams up the stream is there, then there must be added force; and as the water continues coming down, by and by the amount accumulated is more than the obstruction can stand, and it is swept away, and there is the regular flow again. It is not any new flow of water, but a larger flow than usual. *{January 1904 EJW, MEDM 12.1}*

Even so with life, the water of life, the stream that comes from God. It is sufficient to keep us in health; but when we have got out of harmony with it, -when we have transgressed, when we have put something athwart the stream, and dammed up its flow, then there must be an increased amount, to sweep it away. That is the problem of healing; it is concentrated life. If we keep in a right condition, the ordinary light will keep our skin healthy. When we have tuberculosis of the skin, lupus, we must get more than the ordinary amount of light upon it, in order to bring the skin back to a normal condition. *{January 1904 EJW, MEDM 12.2}*

God cured Naaman and hundreds using water-2 Kings 5:14-15, John 5:1-4. He healed the blind man using clay-John 9:6-7. Nevertheless, in all this cases, the healing virtue was not in the water, neither in the clay alone. God had blessed these agents for healing. Thus, we can draw from this a lesson that he who administers the curing remedies, and most important herbs, hydrotherapies and massages without asking God's blessings, administers in vain.

"Through the agencies of nature God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; natures agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him." C. H. 168. He works through the laws of nature, using them as His instrument. They are not self-acting. Nature in her work testifies of the intelligent presence and active agency of a being who moves in all things according to His Will." M. H. 116. "God has laws that He has instituted, but they are only the agencies through which He effects results." ST 257,8. "The power working through these agencies is the power of God." C. H. 168. "Nature is God's physician." M. H. 263,4. "Let the physician teach the people that restorative power is - in Nature." M. H. 127.

In view of this fact, the messenger of the lord, Sister Ellen White, said. "WE CANNOT HEAL. We cannot change the diseased conditions of the body. But it is our part, as medical missionaries, as workers together with God, to use the means that He has provided. Then WE SHOULD PRAY THAT GOD WILL BLESS THESE AGENCIES....."—MM, 13. And ye shall serve the **LORD** your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee. Exodus 23:25.

JETHRO KLOSS also once said, "I assisted in saving the life of a person who had bled so much that she was near death. I use the word assisted because ultimately **ONLY GOD SAVE LIVES**" Back to Eden, P.15.

Not only that, VANCE FERRELL also commented that "But when that individual becomes ill, the body also has built-in ways to produce healing. (We say "built-in", yet this is not entirely correct. **IT IS ONLY THE POWER OF GOD WHICH CAN MAKE US WELL** and keep us well..." Natural Remedy Encyclopedia, P.27.

SEVERINO S. PAYPA wrote, "God is not the author if sickness and death. He is the "source of life". All life-giving power is from Him. When one recovers from a disease, it is God who restores him. In Him is healing balm of for every disease. The sacred record said, "And Jesus went about all Galilee healing all manner of sickness and all manner of disease among the people"" Matthew 4:23. He works through the agency of nature, using them as His instruments. Through the agencies of nature God is working day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. He said, "I am the Lord that health thee" Exodus 15:26. HWC p 93.

Sister White: Christ is the only answer to every disease and the sin problems of man. To them who are sick, Christ said, "Behold, I will bring it health and cure, and will cure them, and will reveal unto them the abundance of peace and truth" Jeremiah 33:6. HWC,p 98.

After I have prayed earnestly for the sick, what then? Do I cease to do all that I can for their recovery?--No, I work all the more earnestly, **THAT THE LORD MAY BLESS THE MEANS WHICH HIS OWN HAND HAS PROVIDED, ENTREATING THAT HE MAY GIVE A SANCTIFIED WISDOM TO CO-OPERATE WITH GOD IN THE RECOVERY OF THE SICK.** {PH066 52.3}

The treatment we gave when the sanitarium was first established required earnest labor to combat disease. **WE DID NOT USE DRUG CONCOCTIONS; WE FOLLOWED HYGIENIC METHODS. THIS WORK WAS BLESSED BY GOD.** It was a work in which the human instrumentality could cooperate with God in saving life. There should be nothing put into the

human system that would leave its baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, and to educate on altogether different lines of treating the sick, was the reason given me why we should have sanitariums established in various localities. {21MR 289.4}

However, apart from diseases that arise from violation the natural laws of health which can be cured by blessed natural means, there are other diseases which come as a result of violating the moral laws of God. For instance, in John 5:5-15 we read the story of an impotent man which had an infirmity thirty and eight years. Diseases like these cannot be cured by natural means but rather only through the power of God and a departure from evil.

The scriptures read, "And ought not this woman, being a daughter of Abraham, whom SATAN HATH BOUND, lo, these eighteen years, be loosed from this bond on the Sabbath day? Luke 13:16... "WHEN THE DEVIL WAS GONE OUT, THE DUMB SPAKE; and the people wondered. Luke 11:14... And Jesus rebuked the devil; and he departed out of him: and the CHILD WAS CURED from that very hour". Matthew 17:18.

DR LUTHER says, "The physicians in sickness consider only of what natural causes the malady preceeds, and this they cure, or not, with their physic. BUT THEY SEE NOT THAT OFTEN THE DEVIL CASTS A SICKNESS UPON ONE WITHOUT ANY NATURAL CAUSES. A HIGHER PHYSIC MUST BE REQUIRED TO RESIST THE DEVIL'S DISEASES; NAMELY, FAITH AND PRAYER, WHICH PHYSIC MAY BE FETCHED OUT OF GOD'S WORD. The 31st Psalm is good thereunto, where David says: "Into thine hand I commit my spirit." This passage I learned, in my sickness, to correct; in the first translation, I applied it only to the hour of death; but it should be said: My health, my happiness, my life, misfortune, sickness, death, etc., stand all in thy hands. Experience testifies this; for when we think, now we will be joyful and merry, easy and healthy, God soon sends what makes us quite the contrary". TT,p 204-205

Whenever any person is healed of any disease, it is because the Lord healed him; and whenever any nurse or physician, or any minister of any kind, is instrumental in the recovery of the sick, it is only because such ones have applied the Lord's remedies, or have co-operated with God in the application of them. {October 1905 EJW, MEDM 307.2}

Christ has all power in heaven and in earth. He is the Great Physician, upon whom we are to call when suffering from physical or spiritual disease. Over the winds and the waves and over men possessed with demons, He showed that He possessed absolute control. To Him have been given the keys of death and of hell. Principalities and powers were made subject to Him, even while in His humiliation. {1SM 83.2}

In agreement, hereon I quote EGW, she wrote, "A violation of these laws is a violation of the immutable law of God, and the penalty will surely follow-RH, Oct 16, 1883.

"Come unto Me, all ye that labor and are heavy-laden, and I will give you rest." This is a prescription for the healing of all mental and physical and spiritual ills. It is Christ's gift to those who seek Him in sincerity and in truth. He is the Mighty Healer. Then comes another invitation: "Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light." Matthew 11:28-30. Wearing Christ's yoke and learning of Him the lesson of meekness and lowliness, we find rest in faith, and confidence and trust. We find that Christ's yoke is easy and His burden light. {9T 124.2}

## **PRAYER FOR THE SICK**



The Scripture says that "men ought always to pray, and not to faint" (Luke 18:1); and if ever there is a time when they feel their need of prayer, it is when strength fails and life itself seems slipping from their grasp. Often those who are in health forget the wonderful mercies continued to them day by day, year after year, and they render no tribute of praise to God for His benefits. But when sickness comes, God is remembered. When human strength fails, men feel their need of divine help. And never does our merciful God turn from the soul that in sincerity seeks Him for help. He is our refuge in sickness as in health.

"Like as a father pitieth his children,  
So the Lord pitieth them that fear Him.  
For He knoweth our frame;  
He remembereth that we are dust."  
Psalm 103:13, 14.

"Because of their transgression,  
And because of their iniquities, [men] are afflicted.  
Their soul abhorreth all manner of food;  
And they draw near unto the gates of death."  
Psalm 107:17, 18, A.R.V.

"Then they cry unto the Lord in their trouble,  
And He saveth them out of their distresses.  
He sendeth His word, and healeth them,  
And delivereth them from their destructions."  
Verses 19, 20, R.V.  
{MH 225.1}

The Lord has given me light that when the Israel of today humble themselves before Him, and cleanse the soul-temple from all defilement, He will hear their prayers in behalf of the sick, and will bless in the use of His remedies for disease. When in faith the human agent does all that he can to combat disease, using the simple methods of treatment that God has provided, his efforts will be effectual. "The heavens are Thine, the earth also is Thine," "and they that dwell therein." {PUR, October 9, 1902 par. 14}

God is just as willing to restore the sick to health now as when the Holy Spirit spoke these words through the psalmist. And Christ is the same compassionate physician now that He was during His earthly ministry. In Him there is healing balm for every disease, restoring power for every infirmity. His disciples in this time are to pray for the sick as verily as the disciples of old prayed. And recoveries will follow; for "the prayer of faith shall save the sick." We have the Holy Spirit's power, the calm assurance of faith, that can claim God's promises. The Lord's promise, "They shall lay hands on the sick, and they shall recover" (Mark 16:18), is just as trustworthy now as in

the days of the apostles. It presents the privilege of God's children, and our faith should lay hold of all that it embraces. Christ's servants are the channel of His working, and through them He desires to exercise His healing power. It is our work to present the sick and suffering to God in the arms of our faith. We should teach them to believe in the Great Healer. {MH 226.1}

The Saviour would have us encourage the sick, the hopeless, the afflicted, to take hold upon His strength. Through faith and prayer, the sickroom may be transformed into a Bethel. In word and deed, physicians and nurses may say, so plainly that it cannot be misunderstood, "God is in this place" to save, and not to destroy. Christ desires to manifest His presence in the sickroom, filling the hearts of physicians and nurses with the sweetness of His love. If the life of the attendants upon the sick is such that Christ can go with them to the bedside of the patient, there will come to him the conviction that the compassionate Saviour is present, and this conviction will itself do much for the healing of both the soul and the body. {MH 226.2}

The religion of the Bible is not detrimental to the health of the body or of the mind. The influence of the Spirit of God is the very best medicine that can be received by a sick man or woman. Heaven is all health, and the more deeply the heavenly influences are realized, the surer will be the recovery of the believing invalid. At some Health Institutions, amusements, plays, and dancing, are recommended by the physicians to get up an excitement, to keep the patients from becoming gloomy, while they express many fears for the result of religious interest. Their theory in this respect is not only erroneous, but dangerous. Yet they talk this in such a manner that patients would be led to think that their recovery depended upon their having as few thoughts of God and Heaven as possible. {HR, October 1, 1872 par. 7}

Praying for the sick is a most solemn thing, and we should not enter into this work in any careless, hasty way. Examination should be made as to whether those who would be blessed with health have indulged in evil speaking, alienation, and dissension. Have they sowed discord among the brethren and sisters of the church? If these things have been committed, they should be confessed before God and the church. When wrongs have been confessed the subjects for prayer may be presented before God in earnestness and faith, as the Spirit of God may move upon you. {CH 374.2}

When wrongs have been righted, we may present the needs of the sick to the Lord in calm faith, as His Spirit may indicate. He knows each individual by name, and cares for each as if there were not another upon the earth for whom He gave His beloved Son. Because God's love is so great and so unfailing, the sick should be encouraged to trust in Him and be cheerful. To be anxious about themselves tends to cause weakness and disease. If they will rise above depression and gloom, their prospect of recovery will be better; for "the eye of the Lord is upon them" "that hope in His mercy." Psalm 33:18. {MH 229.1}

Present these thoughts to the persons who come asking for your prayers: We are human; we cannot read the heart or know the secrets of your life. These are known only to yourself and God. If you now repent of your sin, if any of you can see that in any instance you have walked contrary to the light given you of God and have neglected to give honor to the body, the temple of God, but by wrong habits have degraded the body which is Christ's property, make confession of these things to God. Unless you are wrought upon by the Holy Spirit in special manner to confess your sins of private nature to man, do not breathe them to any soul. {CH 373.5}

But it is not always safe to ask for unconditional healing. Let your prayer include this thought: "Lord, Thou knowest every secret of the soul. Thou art acquainted with these persons; for Jesus, their advocate, gave His life for them. He loves them better than we possibly can. If, therefore, it is for Thy glory and the good of these afflicted ones to raise them up to health, we ask Thee in the name of Jesus, that health may be given them at this time." In a petition of this kind, no lack of faith is manifested. {CH 375.1}

Many persons bring disease upon themselves by their self-indulgence. They have not lived in accordance with natural law or the principles of strict purity. Others have disregarded the laws of health in their habits of eating and drinking, dressing, or working. Often some form of vice is the cause of feebleness of mind or body. Should these persons gain the blessing of health, many of them would continue to pursue the same course of heedless transgression of God's natural and spiritual laws, reasoning that if God heals them in answer to prayer, they are at liberty to continue their unhealthful practices and to indulge perverted appetite without restraint. If God were to work a miracle in restoring these persons to health, He would be encouraging sin. {MH 227.3}

It is labor lost to teach people to look to God as a healer of their infirmities, unless they are taught also to lay aside unhealthful practices. In order to receive His blessing in answer to prayer, they must cease to do evil and learn to do well. Their surroundings must be sanitary, their habits of life correct. They must live in harmony with the law of God, both natural and spiritual. {MH 227.4}

In praying for the sick, it is essential to have faith; for it is in accordance with the word of God. "The effectual fervent prayer of a righteous man availeth much." James 5:16. So we cannot discard praying for the sick, and we should feel very sad if we could not have the privilege of approaching God, to lay before Him all our weaknesses and our infirmities, to tell the compassionate Saviour all about these things, believing that He hears our petitions. Sometimes answers to our prayers come immediately; sometimes we have to wait patiently and continue earnestly to plead for the things that we need, our cases being illustrated by the case of the importunate solicitor for bread. "Which of you shall have a friend, and shall go unto him at midnight," etc. This lesson means more than we can imagine. We are to keep on asking, even if we do not realize the immediate response to our prayers. "I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Luke 11:9, 10. {CH 380.1}

There are precious promises in the Scriptures to those who wait upon the Lord. We all desire an immediate answer to our prayers and are tempted to become discouraged if our prayer is not immediately answered. Now, my experience has taught me that this is a great mistake. The delay is for our special benefit. We have a chance to see whether our faith is true and sincere or changeable like the waves of the sea. We must bind ourselves upon the altar with the strong cords of faith and love, and let patience have her perfect work. Faith strengthens through continual exercise. This waiting does not mean that because we ask the Lord to heal there is nothing for us to do. On the contrary, we are to make the very best use of the means which the Lord in His goodness has provided for us in our necessities. {CH 380.3}

In praying for the sick, we are to pray that if it is God's will that they may be raised to health; but if not that he will give them his grace to comfort, his presence to sustain them in their suffering. Many who should set their house in order, neglect to do it when they have hope that they will be raised to health in answer to prayer. Buoyed up by a false hope, they do not feel the need of giving words of exhortation and counsel to their children, parents, or friends, and it is a great misfortune. Accepting the assurance that they would be healed when prayed for, they dare not make a reference as to how their property shall be disposed of, how their family is to be cared for, or express any wish concerning matters of which they would speak if they thought they would be removed by death. In this way disasters are brought upon the family and friends; for many things that should be understood, are left unmentioned, because they fear expression on these points would be a denial of their faith. Believing they will be raised to health by prayer, they fail to use hygienic measures which are within their power to use, fearing it would be a denial of their faith. {GCDB, February 26, 1897 par. 8}

The Lord "doth not afflict willingly nor grieve the children of men." Lamentations 3:33. "Like as a father pitieth his children, so the Lord pitith them that fear Him. For He knoweth our frame; He remembereth that we are dust." Psalm 103:13, 14. He knows our heart, for He reads every

secret of the soul. He knows whether or not those for whom petitions are offered would be able to endure the trial and test that would come upon them if they lived. He knows the end from the beginning. Many will be laid away to sleep before the fiery ordeal of the time of trouble shall come upon our world. This is another reason why we should say after our earnest petition; "Nevertheless not my will, but Thine, be done." Luke 22:42. Such a petition will never be registered in heaven as a faithless prayer. {CH 375.2}

When we have prayed for the recovery of the sick, whatever the outcome of the case, let us not lose faith in God. If we are called upon to meet bereavement, let us accept the bitter cup, remembering that a Father's hand holds it to our lips. But should health be restored; it should not be forgotten that the recipient of healing mercy is placed under renewed obligation to the Creator. When the ten lepers were cleansed, only one returned to find Jesus and give Him glory. Let none of us be like the unthinking nine, whose hearts were untouched by the mercy of God. "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." James 1:17. {MH 233.2}

The apostle was bidden to write, "Blessed are the dead which die in the Lord from henceforth: yea, saith the Spirit, that they may rest from their labors: and their works do follow them" From this we can see that everyone is not to be raised up, and if they are not raised to health, they should not be judged as unworthy of eternal life. If Jesus, the world's Redeemer, prayed, "O my Father, if it be possible let this cup pass from me," and added, "Nevertheless not as I will, but as thou wilt," how very appropriate it is for finite mortals to make the same surrender to the wisdom and will of God. {GCDB, February 26, 1897 par. 7}

Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws. When we have prayed for the recovery of the sick, we can work with all the more energy, thanking God that we have the privilege of co-operating with Him, and asking His blessing on the means which He Himself has provided. {CC 240.5}

We have the sanction of the word of God for the use of remedial agencies. Hezekiah, king of Israel, was sick, and a prophet of God brought him the message that he should die. He cried unto the Lord, and the Lord heard His servant and sent him a message that fifteen years should be added to his life. Now, one word from God would have healed Hezekiah instantly; but special directions were given, "Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover." Isaiah 38:21. {MH 232.1}

On one occasion Christ anointed the eyes of a blind man with clay and bade him, "Go, wash in the pool of Siloam. He went his way therefore, and washed, and came seeing." John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies. {MH 233.1}

The life of God, which gives life to the world, is in his word. It was by his word that Jesus healed disease and cast out demons. And by his word he stilled the sea and raised the dead; and the people bore witness that his word was with power. He spoke the word of God as he had spoken it to all the prophets and teachers of the Old Testament. The whole Bible is a manifestation of Christ. It is our only source of power. {SW, February 23, 1904 par. 10}

All things are possible to those who believe. No one who comes to the Lord in sincerity of heart will be disappointed. How wonderful it is that we can pray effectually; that unworthy, erring mortals possess the power of offering their requests to God! What higher power can man require than this, --to be linked-with the infinite God? Feeble, sinful man has the privilege of speaking to his Maker. We utter words that reach the throne of the Monarch of the universe. We pour out our

heart's desire in our closets. Then we go forth to walk with God as did Enoch and Nehemiah.  
{SW, March 8, 1904 par. 6}

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