

Practical Uses

(The essential oils mentioned in this book are manufactured and sold by Butterfly Express, llc. I created nearly all of these blends, so I know what (and, sometimes, who) they were for. These blends are my friends and I love them dearly. You may, of course, substitute other oils of your choice. Any tincture formulas mentioned are also either my own or my own versions of common well-known recipes which have been used in the herbal world for many years. Recipes are supplied in this book in a separate chapter at the end.)

(The suggestions come from years of practical application and tidbits gleaned in classes over the years. They are certainly not everything there is to be said about any ailment. If you have some things you have tried that are effective, please share them with me if you would care to. There is so much we can all learn from each other.)

ABSCESS, DENTAL

As soon as the abscess begins to form, take RC or other infection fighting herbs. I prefer RC because it is a blood cleanser. White oak bark mixed with water to make a paste and applied to the area acts as a drawing poultice. White oak bark tastes nasty, but it is the strongest thing I know of for gum problems and gum health in general. Rinsing the mouth frequently with essential oils such as ^{Le}Deliverance or ^{Le}Tenda Care may work just as well or even better. I use ^{Le}Deliverance for infections and ^{Le}Tenda Care or ^{Le}Refreshmint the rest of the time.

ACNE

Hormones can play a part in acne. If hormones are involved use the tinctures YW for young ladies and MH for young men.

When the colon and kidneys are not working properly, the body uses the skin as an eliminative organ. Anything that the body cannot utilize or does not want is sent out of the body through the skin. No amount of creams, soaps, or even clear water will keep the skin clean enough to clear the acne, although removing the impurities as they surface is certainly essential. To really win the colon, the kidneys, and the blood must be cleaned up. Herbs from the diuretic and alterative lists, among others, are very helpful.

Some of these herbs are: buchu, cleavers, corn silk, dandelion, echinacea, horsetail, parsley, and yellow dock root. Suggested combinations: RC for cleansing the blood, CD for getting the bowels going, and KT or KB to support the kidneys. Drink plenty of water and eliminate as much processed food, unhealthy fats, and sugar from the diet as you possibly can. Eat lots of fresh fruits and vegetables.

ADRENAL GLANDS

A SIMPLE ADRENAL TEST: The systolic (first, upper number) blood pressure reading is approximately 10 points higher when you are standing than when you are lying down. Also, if you take your blood pressure twice, in close succession, the second test almost always shows a false high by about 10 points. You can use these anomalies to determine how well your adrenal glands are functioning.

First, lie down and rest, calmly and quietly, for about 5 minutes. While still lying down, have someone take your blood pressure. Stand up and immediately take your blood pressure a second time. Your blood pressure, because you are standing and because it is the second back-to-back test, should be higher. If it is not, there is good reason to suspect that your adrenal glands are not functioning properly. How much lower the blood pressure reading was is proportionate to the loss of adrenal gland function. Remember, the adrenal glands are at their peak function in the early morning (after a night's sleep) and at their lowest ebb in the evening. Just because a morning test is not too bad does not indicate that the adrenals are functioning well enough. If caffeine has been consumed, there may be a temporary, very artificial, high reading. You can be sure, however, that the caffeine is VERY detrimental to the adrenal glands.

A diet rich in whole foods, fruits, vegetables, and grains, prepared in such a way as to protect the nutrients and enzymes, is essential to adrenal health. Supplement vitamins C, B, and A, and minerals (especially calcium, magnesium, potassium, and zinc). Herbs are the most efficient and absorbable way to do this.

The AD formula has proven effective over the years. Herbs which might be helpful are astragalus, echinacea, milk thistle (colon health), kelp (minerals), devil's claw, bilberry (cellular structure), hawthorn (heart and circulation), safflower (kidney support), licorice root(pancreas), ginseng (very important), and papaya (digestion and uptake of nutrients).

The most important thing you can do for your adrenal glands is to cultivate a calm response to the events of daily life. Deal with problems as they come up (rather than just fret and worry about them), and learn to leave what can't be changed in the hands of God.

ADHD

This is a very complicated topic since nerve disorders (and that is what ADHD is) can originate with any number of causes. I will list just a few to get you thinking.

Some type of allergy is probably involved. By allergy I mean that the body is considering something a threat and marshalling the immune system against it. This constant heightened response stresses the endocrine system glands, including the adrenals, and pulls nutrients from other places—such as the nerves.

An inability to process the abundance of chemicals in our modern environment may be a factor, by itself or in addition to allergic responses.

The diet—the lack of consumption of healthy foods from all food groups and the consumption of nutritionally empty calories and junk—must *always* be corrected if it is less than optimum. Soda pop, which throws the pH balance so far out of whack that recovery takes several days even when no more is being consumed, must be eliminated completely.

Medications which are usually prescribed for ADHD have their own list of side-effects and should be used only as a last resort.

Remember that herbs are nutrition and when the body is well nourished, it automatically cleanses itself, eliminating allergies and rebuilding nerves.

Recommended herbs include the great nutritional ones: kelp, stinging nettle, alfalfa, comfrey, ginseng, marshmallow, oatstraw, and plantain. Herbal combinations such as catnip/chamomile and the nervines (NV, NT, NS, and NVC-for children) are often helpful.

For nerve health and to promote calmness try catnip, chamomile, lavender, lemon balm, passionflower, St. John's wort, thyme, and wood betony.

The essential oil blend, ^{1c}Millenia, has been of great benefit to many.

AGING

The Korean Ginseng Research Institute has published study results in which ginseng showed impressive results in lengthening the life span of cells in laboratory cultures. Ginseng also stimulated cell growth when adequate nutrition was present but inhibited cell growth under adverse conditions. These studies were conducted on a variety of cell types including skin, liver, lymph, and nerve cells. Rosemary is a powerful antioxidant. Use it to rejuvenate the body and slow the aging process. (See DHEA discussion in memory section of this chapter.)

ALLERGIES

Allergies—to things that other people have no problem with—indicates an immune system malfunction and a disturbed energy system. I think of most allergies as a form of auto-immune disorder. The body is not inappropriately turning on and destroying itself, but it is responding abnormally to things that are meant to be handled by the body when it is functioning normally.

It should be remembered that allergic responses include many more things than stuffiness, runny noses, puffy eyes, and hives. An allergic response may take many forms as some aspect of bodily function goes into hyper-drive. These may include, but are certainly not limited to, headaches, arthritis, gout, dizziness, vision disturbances, ringing in the ears, and—my favorites—anxiety and irritability.

The first steps in allergy relief are to cleanse the liver, get the eliminative organs functioning properly, and fill any nutritional gaps. Nutritional gaps cannot be filled very well as long as vitamin and mineral *antagonists* such as sugar, processed foods, pop, and drugs are being consumed. Energy work—to retrain the body's response—is, in my opinion, a necessity. It was the final step for me, after I had done everything else.

Bee pollen, discussed in more detail in Chapter 4. Tonic herbs, are essential to eliminating allergies. Bee pollen contains at least 96 different essential nutrients, many of which are not found in the “great American diet”. To be effective for seasonal (summer/fall) allergies, the consumption of bee pollen should start no later than February. If the body is seriously nutritionally depleted, filling the gaps may take some time.

Suggested herbal combinations include AL, BRON, CC, EB, IB (long term immune system strengthening), KNA and MIN (nutrition), MULC, , and WC.

Some other recommended herbs are kelp, stinging nettle, alfalfa, (either separately or in the combination KNA for their nutritional content), chamomile, elder flowers, mullein, dandelion and burdock (sensibly to cleanse the liver), and horsetail (for kidney support).

ANALGESIC / PAIN RELIEF

PN, as a pack, poultice, or soak, was a staple with my husband and kids before we discovered essential oils. BBL or any of the nervine formulas (NV, NT, NC, NVC) are helpful internally. Remember, pain is the body's signal that there is something wrong that needs your attention. The source should always be identified and dealt with. The herbs required will depend on whether the source of the pain is an injury, an infection, a disease of some kind, or something else entirely.

ANEMIA

Anemia is a condition where there is an insufficient number of red blood cells—or, possibly, an insufficient number of red blood cells that are healthy enough—to carry oxygen to the organs and tissues.

We often think of anemia as being too little iron in the blood but this is only one factor in why the red blood cells are not able to carry a proper load of oxygen and nutrients. Other causes may include, but are not limited to, lack of folic acid, kidney issues, blood loss, poor diet, certain medications and diseases, bone marrow problems, and immune system malfunctions in which red blood cells are being destroyed.

Symptoms include varying degrees of fatigue, dizziness and light-headedness especially upon standing up or with exertion, headache, or problems concentrating.

The best herbal remedies for anemia are KNA, TY, IBL, the consumption of any green living thing (for the folic acid content) and unsulphured blackstrap molasses.

ANTI-INFLAMMATORY

Inflammation plays a role in so many ailments. Herbs for inflammation include bilberries, black cohosh, butcher's broom, brigham tea (gastrointestinal), chaparral, fenugreek (gastrointestinal and skin), marshmallow, mullein, plantain, pleurisy root, sarsaparilla, slippery elm, turmeric (a new and amazing one), wild yam, white willow bark. Combinations: AP-joints; LN, PN, PPAC-muscles and tendons; CD-colon; PRT-prostate; LCON, BRON, PL-lungs, bronchials, and pleura; RC-blood.

ANXIETY

The primary causes of anxiety attacks are, in my opinion, nutritional deficiencies of one kind or another. Often the deficiencies are with the B vitamins or other nutrients that feed and support the nervous system and regulate hormones.

The nervine combinations are NV, NS, NT, and NVC for children as well as catnip/chamomile. AD for the adrenal glands, BHM and MIN should also be considered. YW, MW, and MH to balance hormones.

Other herbs to consider are catnip, chamomile, damiana, ginseng, hops, lemon balm, passion flower with motherwort, valerian, and wood betony.

ARTHRITIS

There are many types of arthritis and many causes of this painful ailment. Rheumatoid arthritis is known to be linked to the lack of a hormone that is typically produced by the parathyroids. Uric acid crystal build-up, due to poor kidney function contributes to inflammation in the joints and elsewhere.

Alterative herbs, such as angelica, bilberries, blue cohosh, cayenne, ginkgo biloba, hawthorn, sarsaparilla, wild yam, yellow dock root are helpful with arthritis. Alterative herbs are also discussed in Chapter 4

Herbal combinations AP and RC. AP, besides being taken internally, can be made into a liniment, salve, or compress. Essential oils can bring a great deal of pain relief, aid hormone production, and decrease inflammation.

ASTHMA

The causes of asthmas are many and varied. Asthma may be triggered by allergies to pollen, animal dander, chemicals, dust mites, environmental pollutants, food additives, molds, and tobacco smoke, to name just a few. Non-allergic asthmas may be linked to adrenal disorders, anxiety, temperature changes, changes in levels of activity or exercise, and low blood sugar.

Bee pollen has been helpful in relieving asthmas that are allergic in nature. If the asthma is anxiety, fear, or stress related any nervine or calmative herbs may be helpful. Some combinations to consider are BRON, KNA, LT, MIN, PL, and WC. A tea made with brigham tea, licorice root, and lobelia is sometimes helpful. Essential oils on the chest and feet should also be used.

ATHLETE'S FOOT

Athlete's foot is a fungal infection. Long ago we used to soak infected feet in a tea made from the RC recipe with extra black walnut hulls added. Now we soak feet using Butterfly Express, llc ^{le}Deliverance oil. I am sure many other essential oil blends would also work very well. ^{le}Mela Plus would be another excellent choice. Soaking the feet in water to which the essential oil has been added carries the oil deeper than just putting it on straight. Be sure to take infection fighter and blood cleaner tinctures such as IF and RC. Soak the feet at least once a day for a week. Continue to take the tinctures for a few weeks.

BED-WETTING

Bed-wetting can be caused by physical factors such as a small bladder, sleeping too soundly, and a low-grade infection causing irritation in the bladder and urethra. I have seen bed-wetting problems clear up with the identification and elimination of a food or chemical allergy. Stress, the absence of a parent due to work away from home or divorce, and performance anxiety sometimes are also factors. In some children, eating a heavy carbohydrate meal precipitates the bed-wetting. Limiting breads, pastries, and sugary treats in the evening meal (and certainly in the hours before bedtime) often clears up the problem.

Kidney herbs are the first line of defense but they should be taken earlier in the day so the diuretic effects have already come and gone before bedtime. Some of these herbs include KT combination, horesetail, cleavers, corn silk, cranberries, oatstraw, and parsley. Catnip/chamomile is my favorite, for adults and children alike, if anxiety or tension seems to be playing a part.

BLEEDING

The treatment, of course, depends on why and from where the blood is coming. If you have cut yourself, powdered cayenne works very well. Just apply it to the wound, cover with a piece of cloth or tissue and be patient for a few minutes. Fresh yarrow leaves or yarrow essential oil applied to the wound will also stop the bleeding and pull the edges of the cut together. I have seen yarrow heal a cut much more evenly, and less expensively, than stitches. Cayenne by mouth at the same time would also be helpful.

For menstrual or postpartum bleeding, use cayenne, shepherd's purse, yarrow, and/or mistletoe. Chlorophyll and the homeopathic tissue salt combination known as bioplasma have also proven themselves to be incredibly effective.

BLOOD PRESSURE

Herbal remedies, and good nutritious foods, aid the body in returning to and maintaining a state of health and stasis. The same herbal remedies are used whether you wish to increase circulation or stop bleeding, for example. The same is true of blood pressure. The same herbs make the lists of hypo - or hyper - tensive remedies. (Please see Hypertension for further information.)

Over many years, the herbal combination, BP, has been successful for lowering even dangerously high blood pressure and for bringing up the pressure when it is abnormally low. Other herbs to consider are cayenne, cinnamon, cramp bark, dandelion, garlic, hawthorn, stinging nettle, Oregon grape root, passion flower, and scullcap. Herbs that support the kidneys are also often of benefit.

BLOOD PURIFYING HERBS

Frequently throughout this book, we mention the need for blood cleansing remedies. My favorite is the RC combination, whether I am dealing with infection, parasites, or toxic poisoning of some kind. Other blood purifying herbs include burdock, cascara sagrada, chaparral (for short periods of time only, very drying), echinacea, Oregon grape root, peach bark, red clover blossoms, rosemary, sarsaparilla, and stillingia. Most herbs that are listed as liver cleansing or supporting herbs are also blood purifiers.

BLOOD SUGAR

Most of the time when we think of blood sugar problems we look to the pancreas—as we should. But the real question should be, what created the pancreatic deficiency. Perhaps there are parasites somewhere robbing the body of nutrients that the pancreas needs. Or it could be that proteins are not being broken down properly during digestion due to a lack of hydrochloric acid because of problems in the kidneys due to a low-grade kidney infection brought on by. . . . I hope you get the picture from that last run-on sentence that every organ in the body is *always* dependent on other organs and systems of the body. Even lack of sleep over a period of time or lack of exercise can impact the pancreas.

The herbal combinations cascara / juniper and raspberry / myrrh, taken in conjunction with one another, stabilize blood sugar. LIC or HGL can aid the pancreas. Oregon grape root and bilberries seem to stabilize blood sugar. Tonic herbs, such as fenugreek, on a regular basis, exercise, and nutritious foods are a must.

BREASTS, FIBROCYSTIC

This situation is not a problem that is confined just to the breasts. It indicates a problem with lymph drainage as well as problems with estrogen levels, thyroid function, and liver clogging.

The most effective herb I have ever found for this is angelica. It should be taken by mouth and made into a poultice to be applied to the breasts. Since I discovered essential oils, I use angelica in oil form for topical application, and use the herb for making a tea to drink. Applying an essential oil is so much easier than sitting around under a poultice!

To balance estrogen levels, use chaste tree berries or false unicorn. Kelp or KNA should be used to improve thyroid function. Dandelion and yellow dock root should be used to cleanse and support the liver. Supplements of live acidophilus cultures will help maintain bowel function and allow the lymph system to clear.

BRONCHITIS

There are two recipes in this book specific to lungs and the bronchii. They are BRON and PL. SS and RC, added to BRON or PL, have been effective against some of the new “super bugs” that we have seen in recent years.

Yarrow can be added to help dry out the lungs, followed by mullein if the soothing of irritated tissues is needed.

Lobelia is one of nature's very best expectorants. Expectorants dissolve mucous, making it easier for the body to cope. The herbal combination BBL (which has lobelia in it) will either soothe the cough, if that is what is needed, or cause the body to clear the lungs by expectorating the mucous. Coltsfoot, elder berries, and elecampane are also good herbs for the lungs.

BRUISES

The very best thing I know of for bruises is arnica, as a soaked oil or in homeopathic form. Arnica should not be placed on open wounds; the homeopathic form is used for those situations. PPAC as a poultice will pull out pain and stiffness. Chaparral, witch hazel, and yarrow are also recommended, although arnica and the PPAC (and some good essential oils) are all that my family has ever needed.

BURNS

Miracle Salve has become our response to burns of all types. As soon as possible after the burn has taken place, apply cold water and lavender essential oil. Then keep the burn area covered with Miracle Salve and non-stick bandages. Tonic and nervine herbs can be of great assistance. Use RC or IF to prevent infection.

CANDIDA

Candida albicans bacteria are a naturally occurring part of the intestinal tract. The candida, or yeast, infection that creates so many health problems is an overgrowth of candida in relation to the other helpful bacteria in the digestive system. A diet that is too acidic, a hormone imbalance, low thyroid, diabetes, a weakness in the immune system caused by poor diet or an unhealthy lifestyle, stress, oral contraceptives, or a regimen of antibiotic therapy are among the reasons for this problem. Changes in diet and lifestyle, essential oils, and the CAN formula, used consistently, usually get things back under control. Be persistent and do not be discouraged. It sometimes takes just as long to fix some of these things as it took to create them in the first place.

CAPILLARY FRAGILITY

Clinical trials have shown that bilberries strengthen capillaries throughout the body. This has been demonstrated in studies conducted on such various body systems as the eye and the kidneys. Bilberry also builds collagen.

CARDIOVASCULAR HEALTH (SEE HEART)

A list of heart tonic herbs is provided on pg 51

CARTILAGE

Whenever there is a problem with cartilage, between the discs in the back, in the knees, or wherever, red clover blossoms—either as a tea or a tincture—is a must and should be taken in large quantities. The combination, BHM, also provides much needed nutrients. If at all possible, especially with a back injury or problem, rest and do not strain or lift anything for a couple of weeks.

CHOLESTEROL (HIGH)

Ginger has been shown to lower cholesterol levels in the blood and in the liver. It does this by increasing the ability of the liver to excrete cholesterol and impairs its absorption by the liver at the same time.

The allicin in garlic also lowers cholesterol levels. Because the aroma of garlic is offensive to some, manufacturers have produced “odorless” garlic products. These products have concentrated levels of allicin. Clinical trials of these products indicate that they are just as effective as garlic. An “odorless” garlic supplement should supply at least 10 milligrams of allicin. Garlic should also be added to food for people with high cholesterol levels, heart disease, hypertension, diabetes, candida, asthma, respiratory tract infections, and gastrointestinal problems.

CHRONIC FATIGUE

Chronic Fatigue Syndrome has become so widespread in the United States that it qualifies as a rising epidemic. We have had quite a lot of experience with the effects of this syndrome, but the solution is too complicated for this section of this book. Please visit the “Useful Information” section at www.butterflyexpressions.org for an article about possible homeopathic, herbal, and nutritional help for this syndrome. [Butterfly Miracles with Homeopathic Remedies II](#), one of my books on homeopathic remedies, gives more detailed information about what we have learned about this syndrome. Herbal combination CF specifically targets this syndrome.

CIRCULATION

Cayenne is, of course, the #1 herb for anything circulatory. Cayenne can be combined with lobelia to increase the circulation to muscles, organs, and to the placenta (and, therefore, the baby) during childbirth. Cayenne is often combined with hawthorn as a remedy for heart related circulatory problems. HVC, is a marvelous way to utilize the healing effects of cayenne.

Gingko biloba and dong quai together improve arterial circulation and circulation to the head. The herbal formula, COMP, increases circulation to the abdominal area. Peppermint and elder flower, combined, are mildly stimulating (and help with fever at the same time). Other herbs to consider are ginger (especially nice in a bath), angelica, pleurisy root, and valerian. Valerian affects circulation in a very unique way. Valerian slows the heart rate while increasing the force of each contraction. Sometimes, when the heart is racing but the extremities are cold, this is exactly what is needed.

COLDS

The most important thing to know about colds is that a strong immune system will help you have less of them to deal with. If you do get a cold, diaphoretics to help you “sweat it out” are the first things to reach for. Elder flower, peppermint, and yarrow are helpful for the feverish feeling. Plantain slows the secretion of mucous membranes in the nose and throat but acts as an expectorant in the lungs. Because of this dual (and almost contradictory) action, plantain alleviates cold symptoms and prevents the cold from dropping into the chest.

COLD SORES

Many cold sores are caused by the virus, herpes simplex. (See Herpes Section,) This virus nests in the nerves endings along the jaw in many adults. The virus can be activated by a rise in skin temperature, by a fever, or even just being in the sun. Other triggers for the virus might include poor diet, dietary triggers such as chocolate, stress, hormone imbalances, and a poor immune response. Strengthen the immune with nourishing herbs and fight the virus with essential oils such as ^{lc}Deliverance because they have the best (perhaps, the only) viral fighting properties available to us.

COLIC

Herbs for colic include: catnip, chamomile, dill, fennel, hops, and lemon balm. Tincture formula recipes found in this book that are helpful for colic in babies and/or adults are: COL, COLA, and the catnip/chamomile combination. Catnip/chamomile is my favorite for infants and small children.

CONFUSION, MENTAL

The first things that come to mind here are cayenne and the combination, gingko biloba/dong quai. Mental confusion, and the searching for the right word, can be indications of a small stroke or a stroke that is pending. Ginseng is specific for improving mental function when under stress. All nervine herbs improve mental alertness and brain function.

CONJUNCTIVITIS (EYE INFECTION)

This is sometimes referred to as pink eye. The EB formula is the one that I have relied on for years. An alternative remedy is 2 parts echinacea, 2 parts eyebright herb, and 1 part calendula flowers. Make a weak tea, strain very well, and put the liquid in the eyes. Always treat both eyes, whether or not they are both infected at the time.

CONSTIPATION AND COLON HEALTH

Constipation can be caused, or aggravated by, lack of fiber in the diet, not drinking enough water, lack of exercise, and neglecting or ignoring signals from the bowels that a bathroom break is needed. Stool softening agents include: sweet almond or olive oil, apples, apricots, asparagus, black walnut, buckthorn, cascara sagrada, chamomile, chickweed, chicory, fig, flaxseed, prune, red raspberry, safflower, and slippery elm. Adding fiber to the diet is also helpful. My husband, who had severe colon problems as a younger man, uses wheat and oat bran combined with coconut and molasses as a breakfast cereal. It opens the bowel, gently, every time. Be sure to drink plenty of fluids with whatever program you follow.

CONVALESCENCE

The convalescent stage of any serious illness is very important. Serious illnesses can sometimes leave problems that, in homeopathy, are called “never the same since the . . .” Fatigue, body aches, migraine headaches, and poor circulation that begin during an illness become chronic if the convalescent stage is not treated properly, or ignored altogether as we jump up and get on with our lives before we are entirely well. Extra rest and a more gradual return to a normal routine is the best preventative of long-range problems.

Particular attention should be paid to digestion and the assimilation of nutrients at this time. Circulation is another important thing to get reestablished in the body.

Nourishing convalescent herbs include: gentian, echinacea, dong quai, comfrey, and the bone high mineral tea recipe. Chlorophyll, bee pollen, vitamin C, probiotics, and the tonic herbs listed in Chapter 4 are often helpful. My favorite herb for the convalescent state of any serious illness has always been ma huang (ephedra), but it is no longer available to us.

COUGHS

Which herbs you choose to treat a cough depends entirely on what you want to accomplish. Usually, you want to encourage the cough in order to bring up and rid the body of mucous build-up and bacteria. Expectorant herbs do this. Elder flower is one of the best. Elder flower is an effective, but mild, sedative and pain reliever while liquefying mucus and expelling it, if that is what is needed. Elder flower also treats fever.

Mullein is often used with mustard in a poultice on the chest to break up mucous and mullein tea is another good way to calm a lingering cough. Elecampane and licorice root are excellent expectorants; they are usually used in a formula with other herbs.

Lobelia is used to calm persistent, dry, or nervous coughs. Lobelia will also expectorate mucous if needed. My personal favorite in the expectorant / cough suppressant category is the WC tincture. WC combines many herbs and applies to most situations, whether expectoration or quieting of the cough is needed. WC is mild enough for children, but strong enough to be effective for adults.

CROHN'S DISEASE

Crohn's disease is inflammation that extends deep into the lining of the intestinal wall, although it can occur anywhere in the digestive tract. Crohn's disease produces cramping abdominal pain, diarrhea, rectal bleeding, loss of appetite, and weight loss. Scar tissue frequently develops, creating blockages that narrow passageway through the colon and can result in the removal of parts of the colon. Crohn's disease is a serious condition. It can become life-threatening and has been linked to an increased risk of colon cancer.

We have had some success treating this condition using the same remedies and dietary habits that work for other bowel disorders. The addition of the herb, milk thistle, is essential. Garlic, rosehips, and omega 3 supplements have also been helpful.

Aloe vera, unless there is an allergy to it, can be soothing, soften the stools, and healing to the digestive tract. A couple of tablespoonfuls of liquid aloe vera 3 times a day is recommended. That seems like a lot and is quite miserable (unless you like the consistency of egg whites).

Slippery elm, echinacea, red clover blossoms, and marshmallow are also suggested. There are many other herbs listed in herbal repertories. Proceed with caution. The bowel is already irritated and inflamed. Mistakes or over-dose here can be very painful.

It is known that Crohn's includes abnormal activity by the immune system which seems to be triggered by a bacterial or viral attack. Some researchers speculate that a proclivity to Crohn's is genetic. The onset of Crohn's is often sudden and dramatic with a sudden high fever, weight loss of several pounds in just a few days, severe cramping, and significant rectal bleeding.

CUTS (SEE WOUNDS)

CYSTITIS / BLADDER INFECTION

KB is the leading formula for kidney and bladder infections. It should be taken along with an infection fighting formula. (See "infections" in this section for a list of possibilities) Your choice will depend on whether you are fighting a bacteria or a fungus but, for the most part, any of them will work very well here. I like to follow any UTI treatment with a couple of weeks of faithfully taking the KT formula.

DEPRESSION

Sometimes depression is a nutritional deficiency. Nerves are just not getting the vitamins and minerals that they need. Tonic and nervine herbs and herbal combinations can often bring a lot of relief. NS, NT, NV, NVC, and BBL in this book are recommended. Essential oils should be an integral part of the program, as well. Some herbs noted for depression are: black cohosh, catnip, chamomile, chaste tree berries, damiana, ginseng, hops, kelp, lobelia, motherwort, oatstraw, passion flower, scullcap, St. John's wort, valerian, vervain, wood betony, and tonic herbs according to nutritional need. B vitamins should also be emphasized.

DETOXIFICATION

(Please see the Chapter "Doing a Cleanse Right" for detoxification recommendations.)

DIABETES

Diabetes is a serious disease which can sometimes be controlled, at least in the early stages, by close attention to diet and herbal nutrition. Herbs that are considered by experienced practitioners to be helpful are bilberries, garlic, gentian, licorice root, wild oats, and wood betony.

I have had very good success in the early stages of pancreatic problems and early diabetes with two simple herbal duos. The first is equal parts of cascara sagrada and juniper. These two herbs support the colon and the kidneys. The second combination is equal parts of raspberry leaves and myrrh. This formula targets the endocrine system and the pancreas in particular. Ginseng should be part of any program for endocrine system improvement. Ginseng is an amazing herb in the treatment of diabetes, hypoglycemia, and any kind of fatigue.

The essential oils, dill and coriander, stabilize blood sugar rapidly, but temporarily. ^{1c}Endo Relief can be used to gradually strengthen the entire endocrine system.

DIARRHEA

Occasional diarrhea is the body's way of removing toxins from the body and re-establishing balance; it is not necessarily something to be overly concerned about. Chronic diarrhea, on the other hand, can deplete the body's supply of fluid and minerals, especially potassium, in a very short time.

Chamomile, fennel, ginger, lavender, lemon balm, licorice root, plantain, pleurisy root, red raspberry, or slippery elm teas can be nourishing and soothing. Any of the digestive tonics should be considered on an individual basis. COL or COLA can relieve the pain of any accompanying gas or bloating.

DIGESTIVE PROBLEMS

Most herbalists believe that basic digestive problems can be avoided by attention to lifestyle, diet, and stress factors.

It should be noted that digestive tonics come in several varieties—stimulants, relaxants, bitters, and tonics. Some herbs act in more than one capacity. Dandelion, gentian, fenugreek, and turmeric are noted stimulants. Chamomile and catnip are good relaxants. Peppermint, depending on quantity, can stimulate the digestive process and relax a nervous stomach at the same time. Herbs such as agrimony, angelica, dandelion, elecampane, fennel, stoneroot, and uva ursi are considered bitter herbs. In many herbal reference books, all digestive herbs are listed as bitters.

The GI formula, taken a few minutes before each meal, can gradually improve digestive function by providing both bitter herbs and demulcent ones together.

DIURETIC

The term “diuretic” means, basically, to increase the flow of urine and to relieve the cells and tissues of excess water and uric acid. It usually denotes a simple dumping of liquid from the bladder, kidneys, and tissues. Some of these herbs can be quite drastic and caustic. Unless you know the herbs well, it is almost always advisable to include herbs that heal and strengthen these organs at the same time. The healing herbs are sometimes referred to as nephritic herbs. Other times, they will be referred to as demulcent herbs. Many herbal references simply lump these categories together.

Diaphoretic and nephritic herbs are among the most important herbs you will ever use. Many diseases defined today by modern medicine have an underlying component of the kidneys inefficiently functioning, allowing uric acid crystals to form in the brain, along the nerve endings, under the skin, and along the long muscles. This buildup can cause excruciating pain and even death. Add to that the embarrassment of bed-wetting or incontinence and there is considerable motivation to learn to use herbal diuretics well. It should be noted that both bed-wetting and incontinence usually have nerve destruction—often from years of uric acid crystal accumulation—that also need to be addressed with mild herbal nervines.

There are over 450 known herbs which have diuretic properties. Listed among them are: alfalfa, asparagus, brigham tea, burdock (I consider burdock to be more of a liver cleanser), buchu, cleavers, corn silk, dandelion, elder flower, hawthorn, horsetail, juniper berries, marshmallow, motherwort, mullein, stinging nettle, parsley, and uva ursi.

DIZZINESS / VERTIGO

Dizziness and vertigo are not the same thing, but they both have many causes and the causes of each are often the same. Some of these causes include lack of circulation to the head, inner ear problems or infections, low blood pressure, blood sugar fluctuations, heart problems, nerve and nervous disorders, kidney problems, adrenal gland disorders, anemia, and allergies. (I am fairly certain I have not named all of the problems with dizziness as a symptom.) The herbal response in each case will be dependent on the cause.

Some basic suggestions are: ginkgo biloba and cayenne for vertigo and dizziness related to circulation to the head. The B vitamins, particularly B-6, are essential to normal functioning of the brain and nerves.

EAR INFECTIONS

Many, many years ago a new doctor in town thanked me (in jest, I think) for helping to feed his family with my 3 (at that time) children’s ear infection appointments. It made me so disgusted with myself that I set out to find a better solution—and I did.

I began poking holes in garlic oil capsules and putting a couple of drops in my children’s ears on a regular basis. If they had a current infection and were hurting, I would add a couple of drops of BBL. Never again did we go to the doctor for anything ear related—or anything else unless it was broken or very badly torn.

The EO recipe in this book is also a good way to treat ear infections. Remember the addition of BBL (an alcohol tincture, not a glycerine one). BBL dulls the pain while decreasing the inflammation. If the ear does rupture, if you have put BBL in, the rupture will occur in little pin-pricks that heal rapidly with no damage to the ear drum! This has been documented and is amazing! **WARNING:** Garlic essential oil is too strong for putting in ears! It would burn and damage badly! 1 drop of garlic oil in 10 ml of almond oil—shake and mix well—would be a workable blend for ears.

ENDOCRINE SYSTEM IMBALANCES

The group of organs and glands that comprises the endocrine system acts as the body's control system for producing, storing, and secreting hormones. This system also coordinates the efforts of other body systems with each other. Some part of the endocrine system influences nearly every organ and cell of the body. The endocrine system plays a major role in metabolism, growth and development, tissue strength and function, the reproductive processes, and sexual function.

Herbs for the endocrine system include alfalfa, astragalus, bilberry, dandelion, echinacea, ginseng, goldenseal, hawthorne, kelp, licorice root, milk thistle, mullein, olive leaf, Oregon grape, papaya, safflower, saw palmetto, uva ursi, vitamin E, B-Complex, manganese, selenium, other trace minerals and amino acids.

ENDOMETRIOSIS

Patches of endometrial tissue growing where they should not be respond to menstrual hormones in the same way that the endometrial lining of the uterus responds. They grow through the monthly cycle, then attempt to shrink and bleed off. Because the blood is not able to escape the body in the normal way of menstruation, it forms painful congestion in the abdomen, forming into scars and adhesions. There are many possible causes for endometriosis; the most common link that I see is the over-production of estrogen.

Hormone balancing herbs for this condition include: black cohosh, blue cohosh, calendula, chamomile, chaste tree berries, cinnamon bark, dandelion, false unicorn, goldenseal, motherwort, white oak bark, red raspberry leaf, pulsatilla (unavailable in herb form), rosemary, saw palmetto, scullcap, vervain, wild oats, wild yam, and witch hazel. These herbs cover three predominant types—nervines and pelvic relaxants, astringents for congestion and heavy bleeding, and hormone balancers.

ENERGY, IMPROVEMENT OF

(See tonic herbs.)

EXPECTORANT

(See Chapter 4 for more information about expectorant and demulcent herbs.)

Expectorant herbs are needed whenever the body is unable to process by internal means the mucus which is filling the lungs (or, sometimes, the stomach). An expectorant liquefies the mucus, making it easier for the body to expel it. Once an expectorant herb has done its job, it is often necessary to follow up with a healing demulcent herb.

Expectorant herbs include angelica, black cohosh, coltsfoot, elecampane, elder flower, flaxseed, ginger, ginseng, horehound, hops, ipecacuanha, licorice root, lobelia, myrrh, onion, pleurisy root, red root, saw palmetto, shepherd's purse, slippery elm, spikenard, St. John's wort, vervain, and wild sage.

Many—perhaps most—of the herbs in this list are demulcent to some extent. Notice how many of the expectorant herbs are also on the demulcent list below.

Other demulcent herbs include blue cohosh, cayenne, coltsfoot, corn silk, fenugreek, flaxseed, goldenseal, hops, lobelia, marshmallow, mullein, plantain, rice, sarsaparilla, sesame, and slippery elm bark.

Mullein and slippery elm are probably the two best demulcent herbs. Plantain is unusual in that it acts as a demulcent in the nose and throat but acts as a strong expectorant in the lungs.

EYE (SEE CONJUNCTIVITIS)

FATIGUE

Ginseng's notable effects on fatigue and stress are discussed in Chapter 4 of this book. Ginseng lives up to its reputation in every way. Herbal combinations for various types of fatigue include AD, BHM, EW, HGL or LIC, HVC, IBL, MH, MIN, and KNA (kelp, stinging nettle, alfalfa). Peppermint is always a good addition when energy and stamina are needed and cayenne can always be relied on here.

FEVER

CC (Children's Compound) is my favorite first response to illness and fever in children. This combination combines diaphoretic herbs with gentle infection fighters.

FV, a simple combination of elder flowers and peppermint, often works wonders by bringing the fever down as much as possible while still leaving enough heat to continue to kill the offending germs.

Ginger, either powdered or tinctured (the essential oil is too strong), can be added to a bath. The person should spend at least 5 minutes in the tub. On getting out of the bath, they should be warmly wrapped and allowed to sweat for at least 20 minutes. This method not only breaks the fever but often completely burns away the bacteria or virus.

All fever remedies should be used with IE, RC, SS, or FN, depending on what type of bug you are fighting. If your child is prone to convulsions when they fever, remember that BBL in the tub or rubbed along the spine, often stops the convulsion immediately.

Please see Chapter 4, Diaphoretic and Sudorific Herbs, for further information about heat and sweating during illness.

FIBROIDS

Fibroids are non-cancerous growths either in or on the walls of the uterus. Fibroids are believed to be associated with high estrogen levels. Since estrogen stores in fat cells, fibroids are more common among women who are over weight, according to statistics. Personally, I have seen fibroids in women of all sizes, even very thin and tall ones. Much of our food supply, in this day and age, is contaminated with hormones and steroids which seem to be affecting estrogen levels and creating more and more cancers and other high estrogen related diseases.

Thyroid dysfunction is also believed to be associated with fibroids. Fibroids are painful and difficult to treat, but we have had a great deal of success both in "bleeding them off" and preventing their reoccurrence. Prevention, of course, includes herbs that balance hormones and herbs that support the thyroid. (See the Hormone Balance and Thyroid Sections in this table.)

Yarrow (tea, tincture, and essential oil) is essential. Yarrow is very astringent and causes the uterine lining to tighten, forcing the fibroid to disconnect. This can create enough bleeding to be a scary experience. You must be prepared with herbs such as cayenne, mistletoe, and shepherd's purse. I would also have homeopathic bioplasma and liquid chlorophyll on hand.

We successfully bled off a fibroid—carefully and slowly—during a pregnancy (doctors recommended abortion!). I believe the fibroid was connected to both hormone and thyroid insufficiencies. The baby was born prematurely with a very small placenta, but survived and is a darling and healthy little boy. (My grandson, by the way. Can't even imagine life without him!)

FLATULENCE

Flatulence and gas are indications of digestive disturbances. Carminative is the term used by herbalists for herbs that eliminate or expel gas from the stomach or intestines. These herbs are listed in Chapter 4. The herbal combinations (in the recipe section) for relief of these conditions are COL, COLA, and catnip/chamomile.

FLU

The various flu varieties are viral in nature. The management of flu should include essential oils (essential oils can kill viruses) and homeopathics. Herbs can be very helpful in relieving lung congestion, coping with fever, alleviating body aches, and stimulating the immune response. (Butterfly Express, llc, sells a very interesting flu kit that covers all of these modalities—essential oils, herbals, and homeopathics. Information about the uses of the various components is provided at www.butterflyexpressions.org.

FOOD POISONING

I'm not sure that food poisoning can be treated with herbal remedies alone. I have had good success with either homeopathic Arsenicum album or Carbo vegetabilis. Herbs are essential in the follow up stage to rebuild the digestive system. Digestive tonics are helpful. Probiotics, acidophilus, chlorophyll, and papaya are also helpful in the rebuilding stage. Rebuilding thoroughly and consistently can prevent a lifetime of problems.

GALLSTONES

The formation of gallstones indicates that digestive problems are causing calcium to be absorbed improperly. The absorption problem probably applies to other minerals, as well, and is causing other unrecognized problems throughout the body. Digestive tonics are helpful. The GI formula, taken before each meal, can alleviate symptoms and gradually dissolve small stones. An improvement in diet and exercise is an absolute necessity. I passed gallstones 3 painful times as a younger woman. Then I cleaned up my diet and my digestive tract and have not endured that pain for the last 15 years.

GAS (SEE FLATULENCE)

GINGIVITIS / GUMS

Vitamins A and C (the lack of) have been linked to periodontal diseases, with vitamin C being particularly important for the prevention of gingivitis and pyorrhea and vitamin A being necessary for healthy tooth development in children. Minerals that are important for healthy teeth and gums include sodium, potassium, calcium, phosphorus, iron, and magnesium.

Eating a variety of fruits, vegetables, nuts, and grains still in their original crunchy state, provides both nutrients and exercise for the teeth and gums. The chewing of raw foods has been shown to increase circulation to the gums.

Dr. John Christopher, a great herbalist from the last century, claimed that everything you needed to know about curing gingivitis and pyorrhea could be summed up in three words. Those words are "white oak bark." He recommended grinding the bark into a powder, then making it into a thick mud which was placed on and swished around the gums several times a day. I can assure you that this method is wonderfully effective. I must also warn you that white oak bark tastes terrible! Rinsing the mouth with white oak bark a couple of times a week will prevent gum disease altogether.

Other recommended herbs are rosehips to supply needed vitamin C. To reduce the inflammation, use echinacea, hawthorn berries, and myrrh gum. Goldenseal is said to destroy the bacteria that causes periodontal disease, much like white oak bark does. Goldenseal tastes even worse than white oak bark, and is contra-indicated for long-term use for people with blood sugar issues.

There are many essential oils that balance bacteria in the mouth and are beneficial as mouth washes for both prevention and clearing up gum disease.

GOUT

Gout is the accumulation of uric acid crystals in tissues. While you may first feel the gout in your toes, uric acid crystals are also being deposited in joints, tendons, kidneys, and other tissues. Gout is considered a form of arthritis and, I believe, arthritis in all its forms has a very strong uric acid component.

Dietary factors are known to contribute to both gout and arthritis. A diet high in red meats, yeast, fats, refined carbohydrates, sugars, and too many calories contribute to gout. On the other hand, too little protein and too little fat consumption also create gout. Put simply, for good health one should try to live moderately and sensibly.

Alterative/adaptogenic herbs are helpful as supplements to the diet. Diuretic herbs (Chapter 4) remove the uric acid from the tissues. I often have people go into their yards or gardens, harvest some mallow to drink as a tea for a few days. This solution is very convenient, very inexpensive, and always impresses them about herbs as a solution as opposed to expensive doctor's visits and drug therapies.

GUM / MOUTH PROBLEMS (SEE GINGIVITIS / GUMS)

HEADACHE

Headaches have a multitude of causes. Headaches can be hormone related, be caused by impaired circulation to head and brain, be associated with allergic or chemical reactions, have been brought on by stress or lack of sleep, and misalignment in the neck, back, or tailbone is often the culprit. I have rarely seen a headache sufferer who had only one type of headache.

With most of the causes (hormone, misalignment, allergies, chemical reactions) circulation becomes impaired. This makes the first step in headache relief the assumption that lack of circulation is involved some how. Cayenne with ginkgo biloba or HVC make excellent first remedies. Foot zone therapy can be amazing to increase circulation.

If there are other signs of hormone imbalance such as irregular periods, heavy bleeding, or hot flashes, begin an immediate regimen with hormone balancing herbs such as YW, MW, and for men, MH.

Structural misalignment is best treated with ^{1e}Millenia essential oil, cranial/sacral treatments, and visits to a chiropractor. Many times, regular use of ^{1e}Millenia for a short period of time completely corrects the problem.

Often the nervine formulas NS, NT, NV, NVC, and BBL will relax the muscles, alleviate tension, and aid sleep. If allergies are suspected, keep a record of foods eaten and substances exposed to so that you can deduce commonalities and ascertain potential causes. Muscle testing can be a big help with this.

HEART PROBLEMS

(See Heart Tonics) Cayenne, hawthorn, and yucca have been very effective for myself and others in the past. Attention to exercise, starting very slowly with cardiovascular exercises and being consistent, is very helpful. Eliminate stimulants such as caffeine and excess chocolate from your diet. ^{1e}Vitality essential oil should be used on the chest several times a day. ^{1e}Kadence essential oil is also proving useful.

HEARTBURN (SEE INDIGESTION)

(Known these days as gastroesophageal reflux disease or GERD)

Heartburn occurs when the esophageal sphincter fails to close tightly after food has passed through it into the stomach. Causes may included weakness of the diaphragm muscle, hiatal hernia, the over-production of hydrochloric acid in the stomach, and failure to chew food properly. Other possible contributing factors are ulcers, gallbladder problems, stress, allergies, and enzyme deficiencies.

Chronic heartburn (GERD) can so damage the esophagus that bleeding occurs and scar tissue develops. Attacks can be triggered by excessive consumption of spicy, fatty, or fried foods. Alcohol, coffee, citrus fruits, chocolate, or tomato-based foods may also become a problem.

Exercises which strengthen the abdominal/diaphragm area are a must, as is coping with hernias, enzyme deficiencies, and other causes.

Some recommended herbal combinations are COL, COLA, and GI. Single herbs to try include agrimony, brigham tea, catnip, chamomile, comfrey, ginger, marshmallow, papaya, and peppermint (in small doses).

Foot zone therapy or reflexology can often retrain and strengthen the esophageal valve.

HEMORRHOIDS

Hemorrhoids are varicose veins in the lining of the rectum. Sometimes they are visible; just as often there are some up inside that you cannot see. Hemorrhoids result in rectal bleeding and pain during bowel movements. Lack of exercise and insufficient fiber in the diet contribute to hemorrhoids. Anything that you do to improve vein health will improve hemorrhoids.

Possible herbs to try are angelica, butcher's broom, cayenne, dandelion, hawthorn, mistletoe (for a short period of time), saw palmetto, yarrow, and yellow dock root. Essential oil blends ^{1c}Cypernium, ^{1c}Vitality, and ^{1c}Visibility, applied topically, have proven helpful for many people.

HEPATITIS

There are many forms and degrees of nastiness with hepatitis. Herbs that might aid in the recovery process include the liver tonics. Dandelion and milk thistle in combination may be particularly effective. I have often speculated on what, in the medical regimens used for hepatitis, may have created first Hepatitis B, then C, followed by D and E. I wonder when we can expect F and G. Nevertheless, hepatitis is serious and medical attention should probably be sought.

HERPES SIMPLEX

Herpes is a common viral disease that produces, among its other symptoms, cold sores around the mouth and/or blisters around the genital area. The HP combination was created to combat herpes simplex. HP was created in conjunction with ^{1c}Simplicity essential oil to root the virus out of its base camps along the nerves. (Please see the Cold Sore Section.) The amino acid L-lysine is often helpful. Taking L-arginine may trigger an outbreak, but the outbreak will be related to the rooting out of the virus in the nerve bundles and is actually an opportunity to eradicate them with viral fighting essential oils. Lemon balm and the essential oil distilled from the same plant, melissa, are used with success for herpes.

HORMONE BALANCE

Hormones play a big role in so much of our lives and it is a fallacy to believe that only women have hormones that go out of whack! In my experience, so much of what presents in men as temper, anxiety, midlife crisis, depression, and moodiness has its roots in hormones.

The most important thing we can do for our hormones is make sure our diets includes the basic vitamins and minerals required for good health. We also need to get some exercise every day, and we should expose ourselves to sunlight whenever we can.

Hormonal tonic herbs are listed in Chapter 4 Herbal combinations that are helpful are YW for young women and women of child bearing age, MW for women approaching or in their menopausal years, and MH for men and teen age boys. KNA or TY are also helpful. I know I keep saying this in so many categories, but essential oils can be very helpful with hormones.

HOT FLASHES

The best formula for the hot flashes and other symptoms associated with menopause is MW. It is rare that anything more is needed. If the MW alone does not completely alleviate the situation within a few weeks (having made significant improvements almost immediately) essential oils and homeopathics will need to be utilized as well.

HYPOGLYCEMIA (SEE DIABETES AND BLOOD SUGAR)

With any blood sugar fluctuation problem, and certainly with hypoglycemia it is important to never go longer than about 3 hours without eating. It is also important to include protein with each meal and snack. If the hypoglycemia is severe enough, root vegetables such as carrots and potatoes and starchy ones like corn and peas must be avoided.

HYPERTENSION

Many of us have been taught that salt is a contributing factor in high blood pressure. Nothing could be further from the truth. However, a poor quality, highly refined salt whose chemical nature has been altered by processing, is a problem—not just as a cause of hypertension but in many ways. A good quality, natural, sea salt (preferably), provides many trace minerals that are often missing in our diets. This kind of salt actually helps to stabilize blood pressure. I have seen this many, many times, especially as a midwife with pregnant clients. Please eliminate normal salt and increase the amount of mineral rich salt that is consumed, if high blood pressure is a problem for you.

BP is an herbal formula that has proven useful with hypertension for many years. Being a natural remedy, it brings the body into balance; it is just as effective for low blood pressure as for high blood pressure.

The herbs in the heart tonic list in Chapter 4 should also prove useful. Once again, exercise, diet, and stress management are absolutely essential. Mistletoe has an immediate effect in lowering very high blood pressure. It is not the entire answer and mistletoe can only be taken for very short period of time—no longer than a week or two.

Once again, cayenne is the absolute herb of choice for blood pressure related problems. It can be taken by itself or with honey and vinegar—as in the HVC recipe in this book.

IMMUNE SUPPORT

The immune system and the nervous system are very closely connected. Deep emotions such as grief or loneliness and high levels of stress can negatively impact the immune system both for the short and the long term. It is usually necessary to utilize nervine herbs and combinations along with immune building remedies if there are emotional components that have contributed to the loss of immune system function.

IB herb combination is a good all around formula. It is usually made in glycerine and can be taken by both adults and children. Other herbs to consider are astragalus, bayberry, blessed thistle, calendula, cinnamon, cloves, echinacea, eleuthero, fenugreek, garlic, ginger, goldenseal, ginseng, hawthorn, hyssop, kelp, lemon balm, licorice root, lobelia, myrrh, stinging nettle, Oregon grape root, plantain, poke root, pleurisy root, red clover, St. John's wort, thyme, yarrow, and poke root. Vitamin A and C should also be supplemented.

Of this list, garlic, ginseng, and eleuthero are the fastest acting. Bee pollen, ginger, goldenseal, and licorice root seem to rebuild by gradually nourishing organs throughout the entire system. Nearly all of us could benefit by some attention to strengthening our immune systems. (See Immune and Lymphatics Sections.)

INDIGESTION

Typically the pH range of the stomach is 1.5 to 2.5. The use of antacids usually raises that level to 3.5 by neutralizing some of the hydrochloric acid in the stomach. Hydrochloric acid is the primary digestive acid of the stomach. It is needed for digestion so neutralizing it is not a good idea. Hydrochloric acid is what is coming back up into the esophagus, it's true, but the problem is in the esophageal valve and not with the presence of hydrochloric acid.

The destruction of hydrochloric acid makes the stomach more alkaline so that what is refluxing into the esophagus does not burn as badly. This makes it appear that the problem is solved when, in reality, it is being made worse in the long run. The lack of hydrochloric acid inhibits the action of pepsin. Pepsin is a necessary enzyme in the digestion of protein. In other words, while you feel better, you are actually damaging your digestive tract's ability to handle protein.

If you have chronic indigestion it would be better to focus on improving digestive function rather than just temporarily eliminating symptoms. Although much is said and written about hyperacidity and stomach acid, it is far more common for indigestion to be the result of deficient gastric acid secretion than the other way around.

It was once believed that ulcers were caused by acidity. We now know that peptic ulcer disease is caused, to a great extent, by an overgrowth of the bacteria *Helicobacter pylori*, which cannot exist in a properly balanced digestive system.

I think it is worth the time and space here to give you a list of diseases associated in recent research with low gastric acidity. Some of these are: Addison's disease, asthma, autoimmune disorders, celiac disease, dermatitis, diabetes, eczema, gallbladder disease, hepatitis, chronic hives, lupus, osteoporosis, pernicious anemia, psoriasis, rheumatoid arthritis, rosacea, thyrotoxicosis, and hyper or hypothyroidism.

Studies have shown that the ability to secrete gastric juices decreases with age. With a lifetime of proper attention to diet and the use of digestive tonic herbs, I don't believe this has to be. The best digestive herbs are listed in Chapter 4. In previous generations, and still in much of Europe, every meal is preceded by a "bitter" dish. This bitter is to stimulate the digestion and notify it that a meal is to follow. This is an excellent idea. It can be easily accomplished herbally by taking a few drops of GI tincture or other herbal bitters before every meal.

INFECTION

The term, infection, can be applied to an infection confined to a local area such as a wound or cut. It can also be used to describe a systemic attack by a viral, fungal, or bacterial agent. In either case, the herbs that will help fight the infection are much the same. As many and as much infection fighting herbs as you can tolerate and the situation calls for should be taken internally as soon as you notice the problem developing. If it is a local infection, apply the herbs as a poultice or soak the area in a strong tea.

A list of anti-infectious herbs does not really tell you what you need to know. A good herbal infection fighting combination that includes blood purifiers, liver herbs, and support for the kidneys is the only effective way to fight infections. Examples are APL, BAC, FN, HP, IF, RC, Super C, and Yarrow / Usnea. Others such as BRON, EUST, PL, SN, SS, and SPRING target very specific body systems or bacteria. First response remedies include CC and COMP. Pau d'aro and usnea are specific to fungal and strep infections.

INFERTILITY

Infertility is one of the most difficult of life's hard situations—both to be in and to assist with. Being involved as a couple rides the monthly roller coaster of "maybe this month" is hard on everybody. We have been successful many times, however, and those words, "Guess what? I'm pregnant!" are some of the most beautiful I ever hear.

Every situation is so unique that general advice such as this is only the first few steps. The first place to start is with a Zone Balance (sometimes called Foot Zone). This therapy can remove physical blocks wherever they might exist, and give an overview of the problem from a perspective different than the medical one.

Next, balance hormones until they are running perfectly—in both husband and wife. Some hormone balancing herbs are blessed thistle, blue cohosh, burdock, chaste tree berries, damiana, dong quai, false unicorn, licorice root, milk thistle, raspberry, thimble berry, and uva ursi. The herbal combinations, YW for the wife and MH for the husband, should be taken faithfully.

Third, investigate what herbs and foods contain which vitamins and minerals and make sure you are getting everything that your body's need. Avoid soda and caffeine and get some exercise—not to excess, but a little every day. Extremely nutritious herbs, such the combinations BHM, KNA, and MIN, as well as alfalfa will help you to be healthier overall regardless of the outcome. Good luck and God bless you!

INSOMNIA

Most of the nerve tonic herbs, and nervine recipes can be used as sleeping aids from time to time. Include in your evening routine some relaxing and unwinding time such as a bath in essential oils or reading something uplifting and calming. (Watching something violent on TV does not count as relaxing reading!) Tinctures can be useful, but I find a cup of relaxing tea to be far more likely to be effective. Celestial Seasonings Sleepytime tea, or something similar, (found in most grocery stores) is easy and quite pleasant tasting. Try adding relaxing essential oils to your bath. I find essential oils diffused in my bedroom at night to be most pleasant and helpful.

IRRITABLE BOWEL SYNDROME (SEE CONSTIPATION AND CROHN'S DISEASE)

JAUNDICE

As old red blood cells are broken down by the liver into the building blocks of new cells, bilirubin is created. If the liver is unable to process this waste product, it builds up in the blood and tissues. Jaundice, then, is often an indication of, and caused by, liver disorders of one kind or another. Jaundice can also be caused by an obstruction in the bile ducts, by gallstones, by parasitic infestations, and by viral or bacterial infections. Occasionally, a tumor in the liver or the bile ducts is responsible.

A small amount of jaundice is considered normal in newborns, especially babies that are born prematurely. This is thought to be the result of an immature liver or the inability of the newborn's liver to process the red blood cells that were stressed and damaged during the birth process.

For adults, the herbal formula, LC, along with its support formula, KT, should be used. Other recommended herbs are agrimony, barberry, bayberry, burdock, chaparral, chicory, cinchona, dandelion, gentian, oregano, Oregon grape root, red clover blossoms, safflower, and wood betony.

JOINT PROBLEMS (SEE ARTHRITIS SECTION)

KIDNEY STONES

Besides indicating a problem in the urinary tract, kidney stones (like gallstones) indicate a problem with digestion. (Please see section on Gallstones.)

The pain from kidney stones is from the stones trying to pass through the urinary ducts. Sipping lemon juice (cold and fresh) is best. It constricts the ducts and forces the stones up and out. Lying on your back with a pillow under your hips and your feet up in a chair (your knees should be bent) at the same time brings almost instant relief from the pain. You may have to repeat this procedure for as long as necessary several times a day until the stones are small enough to pass. Take as much of the KS formula as you can every day. Eventually, the KS formula will reduce the size of the stones and wear away their rough edges.

How long will this take? As long as your patience with lying on the floor a couple of times a day holds out. It really depends on how many and how big the stones were. After about 2 weeks add the KT formula whenever you take the KS. The stones will pass, not painlessly but durably. Men, physiologically, simply have smaller ureters than women. Passing kidney stones is generally much more painful for men than it is for women.

If there are many stones, this process may need to be repeated more than once. When the stones are gone, continue taking the KT formula and concentrate on your digestive system so that you never have to do this again. I passed kidney stones twice a year for several years before I did some cleansing and rebuilding programs. I haven't had a kidney stone (or gallstone) for many years now. Feels great!

LARYNGITIS

A strong tea using marshmallow, thyme, or white pine bark is helpful. I like to add a lot of honey and some lemon juice and sip on it throughout the day.

LAXATIVE (SEE CONSTIPATION AND COLON HEALTH)

I hate the word laxative so badly that I hesitated even to put it here, but constipation is such a common problem that something needs to be said. That something is that constipation usually responds very well to an increase in fiber and fluids and consistent mild exercise (at least 20 minutes a day). Oat bran consumed raw, or in good quality whole grain cereals, is best. Commercial fiber formulas can also be helpful, but avoid any that contain senna. Add lots of fruits and vegetables to your diet—include prunes for the first little while— and drink plenty of fluids.

If you have been using stimulant laxatives, even herbal ones, you will have to teach your colon better ways of functioning. You can do this by following the above regimen and being sure to sit on the toilet at the same time every day (even when there is no urge). I would recommend doing this a few minutes after each meal and immediately after exercising. This is an important step so, please, don't skip it.

Begin weaning yourself off of the laxatives. For the first week, take a stimulant laxative such as cascara sagrada. Use the least possible dose necessary to reliably create a bowel movement in the morning. Each week, decrease the laxative dose by half. Pay close attention to diet, fluids, and exercise.

If constipation returns, go back to the previous week's dose and pay even better attention to diet, fluids, and exercise. Decrease the dosage, of course, if diarrhea occurs.

If your colon is damaged by diverticula or coated with the accumulation of years of compacted fecal matter, you may experience some cramping or nausea. It will not last very long and may be unavoidable. Once your bowels are moving regularly—once a day is nice, but more often is certainly better—maintain colon health by (you guessed it) attention to diet, fluids, and exercise. Fruits, vegetables, and fluids are the keys to colon health.

The colon is designed to evacuate by creating a bowel movement after every meal. This action is controlled by a nerve plexus called the Olsen Point. Snacking between meals really fouls up this signal system and is as bad for us as our parents told us it was. We should stop it and teach the next generation better habits!

LIVER PROBLEMS

The best solution I know of for fixing and avoiding liver problems is to do a cleanse similar to the one described in Chapter 5. I try to do this for 3 or 4 weeks in January (after the junk of Halloween, Thanksgiving, and Christmas). In the Spring I make green drinks—a lot—and drink them faithfully. There is a suggested recipe for green drink..

LUNGS (SEE BRONCHITIS)

LYMPHATICS

The lymphatic system provides continuous cleansing of the body on a deep, cellular level. Lymph fluid goes into tissues of the body where blood does not reach. If the lymph system gets overburdened or clogged, waste from cellular digestion and respiration gets stored in the connective tissues of organs and joints.

The thymus gland is the major regulatory gland of the lymphatic system. In turn, the lymphatic system has a major impact on the immune system. To a very great extent, the health of the thymus determines the efficiency of the lymphatic system and the health of the entire immune system.

The thymus, proportionally, is very large in infants and children. It fails to grown in proportion to the growth of the rest of the body, becoming a relatively small gland by adulthood—at least in the United States and other industrialized nations. Why is this? Because anything that compromises the immune system compromises the thymus. There are many things in our modern way of life—diet, drugs, vaccines with their immune suppressant component, and stress (to name just a few)—which negatively affect our immune systems and the health of our thymus glands.

The lymphatic system has no pumping mechanism. There is no organ, like the heart is for the circulation, that moves lymphatic fluid along. Exercise is essential for lymph drainage.

Suggested herbs include bayberry, burdock, cabbage, calendula, carrots, cleavers, cloves, dandelion, echinacea, elder flowers, goldenseal, licorice, mustard, myrrh, stinging nettle, onions, Oregon grape root, parsley, plantain, pleurisy root, poke root, red clover, red root, and watercress. Wormwood is recommended on some lists for really serious conditions. Wormwood should be used with great caution and as a small percentage in formulas with other herbs taking the lead. Vitamins A, C, D, and B-Complex are also essential.

MACULAR DEGENERATION

Macular degeneration is the leading cause of serious vision loss in the United States. A diet rich in fruits and vegetables is associated with a lowered risk for macular degeneration. Antioxidant formulas and ginkgo biloba have been shown in clinical trials to halt, and even reverse, macular degeneration. Consider vitamin E when looking for antioxidants. Bilberries are excellent combined with ginkgo biloba.

High blood pressure increases the risk for, and the progress of, macular degeneration, as does hardening of the arteries. Paying attention to our diets as a way to maintain good health is the best way to take care of our vision!

MENOPAUSE, FEMALE (SEE HORMONES)

My favorite herbal handbook takes 14 pages to talk about menopause. I really don't want to do anything like that here. As hormones change during these years, many other changes in the body can be triggered. Women, use the MW formula (or something similar) regularly. For men, the MH formula is excellent. (Yes, men have hormone changes in their lives at this time, too. See next segment, Male Menopause.) We should all nourish ourselves with the general tonics consider nervine herbs as needed, learn to use and enjoy essential oils. I am well into or past menopause and loving it. I am healthier, happier, more productive, and more energetic than I have ever been. I plan to get younger every year, literally, for many years to come!

MENOPAUSE, MALE

Because men do not have a specific point in their lives when they face the end of fertility, the hormone changes that really do occur in their lives often become the subject of jokes, criticism, or are just blown off as a *midlife crisis*. Since there really are important physical, emotional, and hormonal changes occurring, this is pretty unfair. DHEA levels have usually fallen off dramatically as men age. (Please see information on DHEA in the section on Memory Problems.)

Symptoms of hormonal changes and imbalances include anxiety, depression, moodiness, a sense of failure, changes in libido, irritability, and an increased risk of heart disease.

MH is a well-balanced formula for stabilizing men's hormones throughout their lives. Ginsengs, of all varieties including eleuthero, are very helpful. Ginseng is a mainstay of the MH formula.

Ashwagandha, another Chinese herbal, improves impulses throughout the nervous system, relaxes tension in the brain, and helps with premature ejaculation and impotency problems.

Other recommended herbs are chaste tree berries, ginkgo biloba, wild yam, black cohosh, damiana, wild oats, and raspberry leaf. Sarsaparilla, saw palmetto, and chaparral are specific to prostate health. A word of warning about chaste tree berries, at least in essential oil form: chaste tree berries has been known to completely obliterate the sex drive for a few hours, even a day or two in some men.

MENSTRUAL PROBLEMS (SEE PMS)

MENTAL ALERTNESS/CONFUSION (SEE CONFUSION, MENTAL)

MEMORY PROBLEMS

DHEA (dehydroepiandrosterone) is the most abundant hormone in the bloodstream. It is found in very high concentrations in the brain, with levels declining dramatically with age. Recent studies show promising results for DHEA as a balancer of the hormones that regulate many of the body's activities. DHEA is made by the adrenal glands and is a precursor to many sex hormones.

Declining DHEA levels have been linked in clinical studies to such conditions as diabetes, weight gain and obesity, high cholesterol levels, heart disease, arthritis, memory loss, a host of age related conditions, and most of the symptoms of male menopause.

The general opinion in the medical world is that falling levels of DHEA as we age is a *normal* and *unavoidable* part of aging. Most alternative practitioners believe that these lower levels are the result of toxic build up.

DHEA supplements can, perhaps, be helpful for short periods of time in cases of serious "adrenal burnout", but DHEA supplements should not be taken for long periods of time. As with any artificial hormone, DHEA supplements convince the body that there is enough and to spare. This has the effect of further shutting down the mechanisms that instruct the adrenals to manufacture DHEA. Over time, supplementation seems to make matters worse. The only real solution is to cleanse the body from toxins and get the endocrine system in top working order.

Gingko biloba also shows promise in clinical trials and studies for the improvement of memory and mental capacity. Ginseng and gotu kola have also performed well in trials as memory enhancing herbs.

Other recommended herbs are panax ginseng, eleuthero, lemon balm, rosemary, blessed thistle, ashwagandha (said to strengthen and grow healthier nerve cells), and hawthorn. Vinca minor increases blood flow to the brain. I must add a caution here—I have had vinca create a headache in a couple of people as blood supplies to the brain open up suddenly and for the first time in years.

METABOLISM

How efficiently and how well the body uses "fuel" intake is a function of the endocrine system, in conjunction with the nervous system and the digestive system. (Please see those sections)

When any organ, tissue, or body system lacks the nutrients it needs to function properly, it will send signals to the brain expressing its need for more nourishment. If there are nutritional deficiencies, these deficiencies are also affecting the communication systems of the body (including hormones because hormones are messengers). The result is food cravings, but usually for the wrong kinds of foods.

Kelp supports thyroid function and provides a wide variety of nutrients. Ginger, cayenne, cinnamon, and yerba mate are thermogenic herbs—they increase internal body heat and turn up the metabolic rate. Fennel is a diuretic and appetite suppressant. Other herbs include hawthorn, which stimulates the thyroid and affects water balance in the cells, and dong quai.

MIGRAINE (SEE HEADACHES)

In my mind, migraines are really bad headaches that have gone chronic, often cause vomiting, and usually come with vision disturbances. I say this with some authority since I and many of my family members—both before and after me—have suffered with and beaten serious migraine patterns in our own lives.

MISCARRIAGE

Miscarriages are far more common than is generally supposed. Clinical estimates are that 1 in 2 very early pregnancies miscarry, appearing to be only a delayed or extra heavy period. It is also estimated that 1 in 6 women who have a positive pregnancy test later miscarry.

It is also estimated that with proper care and the use of natural remedies, over half of threatened miscarriages can be successfully brought to full term with a healthy baby. This is a very amazing statistic. Even when the miscarriage completes, the herbal remedies make the subsequent bleeding and cramping much less severe,

and recovery time is shortened remarkably. MC and CB formulas are used when spotting occurs and a pregnancy is threatening to miscarriage.

Should the miscarriage occur in spite of all efforts, follow-up treatment is very important. ^{1c}Millenia applied across the abdomen helps the uterus return to a pre pregnant state more quickly than would otherwise occur. ^{1c}Millenia also helps a woman find courage and a hopeful vision of the future. ^{1c}Heartsong and ^{1c}Whispering Hope can provide emotional support through the period of loss and grieving that follows miscarriage.

Herbs for bleeding following a miscarriage include cayenne, shepherd's purse, mistletoe, and bioplasma homeopathic. Chlorophyll is also helpful. The great nutritious formulas, KNA and MIN, should be used faithfully to rebuild energy and health. Before contemplating another pregnancy, attention should be paid to strengthening and balancing hormone levels.

MONONUCLEOSIS (SEE CHRONIC FATIGUE)

MORNING SICKNESS

There is no one clearly defined and definitive cause for why some women become so violently ill when pregnant and others, like myself, do not ever experience morning sickness, but there are many changes that occur during pregnancy, especially in the first trimester, that could be responsible.

- Vital energy and the body's nutritional resources are being directed toward the pregnancy, bringing out any underlying digestive weaknesses and nutritional deficiencies. This type of nausea will be accompanied by tiredness and lethargy.
- Rapid hormone changes throw off the mechanisms in the brain that control vomiting.
- The hormone changes also relax the smooth muscles and the blood vessels. This causes not only varicose veins but may also produce fluctuations in blood pressure, especially when standing up or moving quickly. A sudden drop in blood pressure results in nausea.
- The nutritional demands of pregnancy can stress the endocrine system, causing blood sugar fluctuations. Often blood sugar levels are particularly low in the morning, after a period of sleep with no food consumption. This triggers a pattern of nausea and vomiting.
- Fear, anxiety, apprehension about the pregnancy or delivery, or stress of any kind play a part in upsetting the digestive processes.

A liver imbalance may occur due to circulatory changes brought about as blood volume increases and a higher percentage of blood volume is directed towards the uterus. I believe that the changes of pregnancy only highlight the problems in a liver that is already struggling and toxic. A woman with a healthy liver rarely has severe nausea during pregnancy. I have wondered if extreme nausea, accompanied as it sometimes is by diarrhea, is the body's way of cleansing the liver and bloodstream to protect the baby and improve the conditions of the pregnancy.

Catnip, chamomile, lavender, lemon balm, raspberry leaves, and wild yam are all mildly hormonal and are also calming and relaxing. They are most useful for nausea that is brought on or accompanied by anxiety, stress, and tension.

Mild herbal bitters (for digestion) include rosemary, thyme, lemon balm, peppermint, and verbena.

Ginger, cinnamon, and fennel have also been proven useful. Sipping lemon juice, very cold, and smelling the aroma of sweet orange essential oil have helped many women stay on their feet in spite of nausea, when family or work situations have demanded it. Dill, especially in essential oil form for the aroma, stabilizes blood sugar. (I wonder if that is why pregnant women often crave pickles?)

MOTION SICKNESS

Ginger tea, or ginger tea with a little bit of cayenne, taken before traveling is often helpful. ^{1c}EZ Traveler essential oil and homeopathic Arsenicum album, taken in low potency, are also recommended.

MUSCLES / MUSCLE RELAXANT

AP (in recipe section) is an anti-inflammatory. BHM (also in recipe section) is the best all around herbal combination for muscles. It should be taken internally and applied as a poultice or a salve at the same time. LN (liniment) is very good applied externally.

If there is bruising, arnica oil should be applied. Any of the nervine herbs make good analgesics and antispasmodics, but the BBL formula is my favorite. I have been using BBL for many years. Antispasmodic herbs are discussed in Chapter 4. Essential oils have become the mainstay of anti-inflammatory remedies in my world over the last 18 years.

NAUSEA

Try the herbal formulas NAUS, COL, and COLA. Other herbs for nausea are alfalfa, chamomile, clove, dill, fennel, ginger, hops, lemon balm, licorice root, peach leaves, peppermint, and spearmint. If nausea persists, day after day, the cause should be identified and eliminated. A digestive imbalance, ulcers, gallstones, a blockage of some sort, or an allergic reaction, are some things that should be investigated more thoroughly.

NERVES / NERVOUS SYSTEM / NERVE PAIN

The nervous system is closely connected to the immune system and signals, passed by and through the nervous system, control so many other things in our bodies.

Chapter 4 contains a discussion of nervine herbs. (See Immune in this chapter and in the index.)

NIGHTMARES

Nightmares, especially in children, can be very troubling. Causes may include poor food choices later in the evening, stressful TV programs, nerve problems, and indigestion. There are probably many others.

Recommended herbs include catnip, ginseng (adrenal support), hops, passion flower, rosemary, thyme (calms the digestive and respiratory systems), valerian, and wild lettuce.

Homeopathic cell salts that might be useful include cal phos, mag phos, and kali phos. (Note the predominance of phosphorus.)

NURSING / BREAST FEEDING / MASTITIS

The NF formula has been effective nearly every time it has been employed. The raspberry leaf is a mild hormone balancer, as is the blessed thistle. Both of these herbs also increase the milk supply. Marshmallow increases the fats and proteins in the milk. If the quantity of milk supply is ample but the baby isn't gaining weight or seems hungry all the time, use just the marshmallow alone or just marshmallow and fennel. Fennel, like everything else, is nursed through to the baby and helps with colic and digestive difficulties.

Any mastitis or plugged ducts should be treated immediately with the MP formula. (See the write-up that is provided with the MP recipe in the next section of this book.)

OSTEOPOROSIS

Osteoporosis is the loss of bone mass and the weakening of the remaining bones. There are several suspected causes.

- Low gastric acidity, often associated with the consumption of antacids, is a known factor in the leaching of calcium from bones.
- Changes in hormone levels as we age affects the uptake of calcium.
- Statistically, stress in the kidneys over a period of time (or a life time), correlates in scary ways with the early onset of osteoporosis.
- A family of commonly prescribed anti-inflammatory drugs, glucocorticoids, lists osteoporosis among its side effects. These drugs are also used on children in the treatment of kidney problems and have been linked to potassium deficiencies and low levels of vitamin C in the blood. Vitamin C and potassium are both necessary for the absorption of calcium.

- When there is insufficient calcium-rich foods in the diet or the ability of the body to uptake calcium is impaired for any number of reasons, the parathyroids secrete a hormone which signals the body to pull calcium from the bones to fill the needs of other vital organs, tissues, and systems. Anything which stresses the parathyroids, thyroids, or the endocrine system as a whole will worsen or create calcium loss in the bones.

Studies suggest that diets rich in the following foods and nutrients may help prevent bone loss in both men and women:

Calcium: Green, leafy vegetables and a great many herbs contain an incredible amount of wonderfully absorbable calcium. Some good examples of calcium containing herbs are cayenne, cascara sagrada, chamomile, echinacea, horsetail (which also contains silica), peppermint, and valerian. There is a high calcium herb in the best herbs for every body system. In other words, if you use herbs in your life, every day, you will never about to worry about a calcium deficiency. The herbal formulas BHM, MIN, and KNA are very high in calcium and the herbs that aid in calcium absorption.

Magnesium is found in avocados, bananas, cantaloupes, honeydew, lima beans, nectarine, potatoes, and spinach. Herbal sources include many of the same herbs listed above for calcium: peppermint, valerian, cascara sagrada, and chamomile. Other magnesium containing herbs are stinging nettle, dandelion, chickweed, oatstraw, and the spices coriander, basil, dill, sage, parsley, and fennel.

Potassium is found in whole grains, nuts, spinach, oatmeal, potatoes, and peanut butter. Herbs which are high in potassium are parsley, sage, horseradish, coriander, dill, tarragon, turmeric, lemon balm, bupleurum, and fenugreek. I think, perhaps, people in previous generations with their “kitchen gardens” of herbs and spices had a good idea going for them. In our own lives, with dried and powdered herbs in our cupboards, it is very nice that we have essential oil forms of many of these herbs and spices and many other great ones besides.

Vitamin D (called the sunshine vitamin because exposure to the sun is required for the body to manufacture it) and vitamin A are also necessary.

Rehmannia stimulates the growth and activity of osteoblasts, while inhibiting factors which weaken bones and prevent calcium absorption.

OVARIAN CYSTS

Ovarian cysts are thought to be the result of imbalanced hormones and a toxic system. Any solution must include improvement of the diet and the elimination of tea, coffee, soda, and as much junk food, refined flour and sugar products as possible. Exercise is also an absolute must. Drink plenty of fluids and use diuretic herbs to flush toxins from the tissues.

Black cohosh, blue cohosh, chaste tree berries, and false unicorn should be used to balance the hormones. Pulsatilla, which has not been available except in homeopathic form in my life time, is essential. Dandelion, plantain, horsetail, and yarrow will act as astringents in dissolving and passing the cysts and in generally cleansing the system. BBL, both internally and applied to the abdomen, will relieve pain and “guide” the efforts of the other herbs.

PAIN

Chapter 4 discusses nervine, antispasmodic, and pain relieving herbs. Remember, pain is a friend that signals us that something is wrong in the body or mind and needs attention. Never just dull the pain without attempting to find and fix the underlying causes.

PARASITES

Parasite herbs, and alternative programs, are discussed in Chapter 4. False unicorn is mildly anti-thelmenic and does not destroy the normal bacteria cultures of the bowel. It balances hormones at the same time.

PINEAL

(More detailed information about the pineal gland is found in Chapter 2.) The pineal gland is the body's internal clock. It regulates sleep patterns and all bodily functions that are cyclical in nature. The pineal is also considered to be part of the "third eye" in eastern traditions. East or west, the pineal is known to affect our ability to ascertain spiritual truths and live by them.

The pineal gland, much like the thymus, more often than not becomes calcified as we age. Alternative people believe that this is the result of toxic poisoning. The use of herbal remedies, homeopathics, and essential oils can aid us in cleansing the body and stimulating the endocrine system as a whole and the pineal gland in particular.

Herbal suggestions include kelp, stinging nettle, alfalfa, ginseng, parsley, passion flower, cilantro (to remove mercury), gotu kola, and nervine herbs.

PITUITARY

(More detailed information about the pituitary gland is found in Chapter 2.) The pituitary activates the adrenal glands, regulates water, glucose, and salts such as sodium, calcium, and potassium in the blood. The pituitary gland is essential to fertility and normal growth patterns.

Herbal recommendations include the formula MIN, kelp, ginseng, stinging nettle, gotu kola, alfalfa, echinacea, red clover, and herbal bitters such as dandelion, cleavers, burdock, milk thistle, and yarrow.

PLEURISY

The herbal formula PL is specifically designed for the relief of pleurisy. (Please see the information placed with the recipe for PL in the next chapter.)

PMS (PREMENSTRUAL SYNDROME)

A father of several young women, when asked by his young son what the initials PMS stood for replied, "Pretty Mean Stuff".

In the more than 25 years that I have been a midwife, I have seen subtle (and not so subtle) changes in the overall health of women, particularly young women. Stretch marks used to be a rare phenomenon. (I had seven children and I don't have any.) Now stretch marks are, more often than should be, seen among young non-pregnant women.

Why is this? I'm sure there are many contributing factors. The chemicals and hormones that are used in the production of our food supplies are only one factor. Diet—the consumption of carbonated beverages, sugary treats, and processed foods—I am sure, play a large part here. A sluggish liver and an inefficient endocrine system will always result in reproduction troubles. Lack of consistent physical exercise as the demands of school and family life crowd the schedule is also a factor. I think we are turning some of these things around as women become more conscious of the need for exercise and fresh fruits and vegetables in their diets.

Puberty, and female reproductive health in general, is very strongly driven by emotions. Family relationships and one's concept of self play heavily in the secretion and balance of hormones produced by the body. Any of the symptoms listed below may be the result of emotional factors. Emotions affect the endocrine glands that control or secrete hormones and this directly affects the physical body.

Symptoms of PMS include headache, general aches and pains and backache, constipation or diarrhea, nausea and vomiting, hypoglycemia and craving for chocolate and sugar, fatigue, dizziness, fainting, palpitations, insomnia, poor coordination and clumsiness, water retention, headaches and migraines, and swollen, tender breasts. PMS may also increase tendencies to sore throats, boils, styes, and herpes. There may also be an aggravation of chronic problems such as allergies or asthma.

Less physical symptoms include mood swings, irritability, aggression, self-loathing, confusion, forgetfulness, feelings of vulnerability, and panic attacks.

These things do not need to be the norm for women.

When hormones get out of balance, the first thing to reach for is the YW formula. If every woman took this formula for a few months every time her menstrual cycle showed the slightest abnormality, there would be far less serious problems to worry about. I count this formula among the list of my life's greatest blessings.

Wild yam cream has also proven effective. If you buy this cream from multi-level marketers, or even in many health food stores, you will pay a lot of money for a very small amount of product. There are good ones out there for a decent price. The one I researched years ago is sold at Butterfly Express, llc. YW tincture and wild yam cream used faithfully have brought relief to many women.

Hormone balancing herbs include: black cohosh, blue cohosh, calendula, chamomile, chaste tree berries, cinnamon bark, dandelion, false unicorn, goldenseal, motherwort, white oak bark, red raspberry leaf, pulsatilla (unavailable in herb form), rosemary, scullcap, vervain, wild oats, and wild yam.

These herbs cover three predominant types—nervines and pelvic relaxants, astringents for congestion and heavy bleeding, and hormone balancers.

Specific for menstrual or postpartum bleeding are cayenne, shepherd's purse, yarrow, and/or mistletoe. Chlorophyll and the homeopathic tissue salt combination known as bioplasma have also proven themselves to be incredibly effective.

^{1e}Woman Wise, layered with ^{1e}Deeper or BBL tincture, on the abdomen and back often bring amazing relief during the period itself. Careful attention to diet and exercise all month long can also make a difference. Be patient with the hormone balancing herbs. They are nutrition, not magic. If the nutritional deficiency is very deep, it may take some time to fill this large hole back in. Use the herbs consistently and give them a little time to act.

PNEUMONIA

Pneumonia is a serious inflammatory infection of the lungs, especially affecting the microscopic air sacs (alveoli). Pneumonia is usually, but not always in this day of drugs, accompanied by fever and chills. Causes can be bacterial, viral, fungal, or even by the fault of a protzoa. A couple of the bacterial varieties are really nasty and, because of the possibility of a viral component, it is strongly recommended to add essential oils to the following list of herbal protocols.

Diaphoretic herbs (herbs that produce germ killing heat in the body) and sudorific herbs (herbs that produce both heat and sweating) are discussed in Chapter 4. They should be part of the program, either singly or a part of whatever herbal combination you choose. Remember the FV formula and ginger baths.

APL, partially because of the garlic, is considered one of the strongest formulas for germ killing. It does not contain a lot of herbs specific to the lungs. Herbs for the lungs will be spelled out below. Other herbal formulas that might be useful are BAC, IF, RC (a blood and body cleanser as well as an infection fighter), FN (emphasis on fungal infections), SS (specific to strep or staph but is so much more than that!), Super C (excellent, includes lymph draining herbs), MULC (very much a lung remedy and a good infection fighter), yarrow/usnea (dries out the mucus membranes in addition to bacterial and fungal fighting), and lobelia/mullein. Lobelia and mullein together are especially effective at removing obstructions from air passages.

Combinations specific to the lungs include MULC (in the above list), LCON (probably a must), BRON, PL (if pleurisy is present), and WC (cough formula). A simple, but effective combination, is coltsfoot with mullein. Some other herbs for pneumonia are angelica, fenugreek, comfrey, marshmallow, licorice root, slippery elm bark, hyssop, eucalyptus, and horehound.

It is very important to recognize with pneumonia, and any really serious and debilitating illness, that "feeling better" is not the same as being entirely well. Following up on the illness with nutritious, rebuilding herbs

is essential. Some suggested herbal formulas are AD, BHM, and KNA. A nervine formula may also be needed. Ma Huang (ephedra), used sensibly and for a short time, has been my favorite convalescent herb. Unfortunately, it is no longer available to us. The diet/drug (white processed powder form—no longer an herb at all) caused some problems and the FDA withdrew it from the market. I wish they would be as vigilant with a few other harmful drugs and leave our good herbs alone!

PREGNANCY

Covering all the aspects and possible complications of pregnancy from an herbal standpoint would take an entire, large book. Those books have already been written and are available to you. My favorite is The Complete Women's Herbal by Anne McIntyre. She teaches so much more than herbs in this book. She educates about women's bodies, from birth through menopause, and does it very well.

I have been a midwife for 25 years and the most important advise that I can give you is to eat well! Cover all the nutritional needs of the body and do it consistently every day. Avoid as much convenience and junk food as you can. Include whole grains, real fruits and vegetables, good protein, and healthy fats that your body and your baby require. Drink plenty of water and red raspberry leaf tea. Get the trace minerals that you need by using MIN or KNA. Supplement with a good, natural prenatal vitamin—make sure it has a natural iron (not man-made) and folic acid. Folic acid is found in green leafy vegetables and broccoli. Blackstrap molasses is an excellent source of iron. Iron needs vitamin C to absorb—use rosehips or some other none—ascorbic acid source. Ascorbate acid is the kind your body can process.

Finally, don't forget the FSW formula the last 5 or 6 weeks of the pregnancy. This herbal tonic makes a world of difference to both Mom and baby during labor and delivery.

PROSTATE PROBLEMS

Prostate enlargement seems to happen to most men at some point, especially as they grow older. Frequent urination, decreased stream, and eventually, incontinence are the leading symptoms. Ideally prostate problems should be dealt with in the early stages; please, don't wait for pain, chills, and fever, indicating an infection, to start herbal treatment. Herbal remedies should bring about a quick change for the better. If they do not, a medical exam to rule out more serious problems should be sought.

The MH formula taken from time to time throughout a life time will prevent a multitude of problems. The PRT formula is specific to clearing inflammation, clogging, and infection. RC is indicated if chills and fever, indicating an infection, are present. The statistics on saw palmetto for prostate—both for prevention of and for the treatment of existing problems—are amazing. Buchu, because of its action on the kidneys and bladder, makes an excellent companion to saw palmetto.

PSORIASIS

Psoriasis can be the result of an extreme allergic reaction to something, anything. Allergies are, in my mind, a subtle form of auto-immune dysfunction. The energy system is identifying as harmful and dangerous, substances that are not. (You can refer to this aspect of the body in the eastern way as the triple warmer meridian or you can call it, in a more western way, the immune system.) The problem most likely has its origins in a toxic colon and liver but, by now, it is also operating on an energy level. The energy aspect *must* be corrected on an energy level. This is done by using energetic remedies—homeopathics, essential oils, and energy work. These modalities, along with herbal remedies, have eliminated allergies altogether for many people, myself included.

Psoriasis can also be the result of impaired uptake of vitamins and minerals as the result of low gastric acidity. Other digestive problems can also be a factor. Digestive herbs are listed in Chapter 4. These herbs, or the GI tincture taken before meals, will improve digestion. Eventually, the additional nutritional improvement will result in the clearing of the psoriasis. This is not usually a quick thing, but the effects on overall health are amazing.

There are places in the rectal area of the colon where absorption bypasses the liver entirely. This means that bacteria and toxins from a constipated and toxic colon move directly into the bloodstream. These circulating toxins and bacteria are called endotoxins. They are able to reach—very quickly—every organ, system, and cell blood circulation reaches. Sometimes these endotoxins are the cause of very persistent psoriasis. The addition of sarsaparilla to the other digestive herbs being taken is very important here. As with any digestive problem, clearing toxins from the bloodstream takes a bit of time and affects every body system. Be sure to support the kidneys and colon with KT and CD during this process.

Many times, skin problems are occurring because the skin is being used as an eliminative organ. This only occurs when the kidneys and colon are too unhealthy or clogged to do their jobs properly. Getting the kidneys and colon repaired and working in top form must be the first priority. When they are functioning properly, the skin will begin to clear. This is often true even when the skin problem has an allergy component, since a clear liver and working kidneys are essential to the elimination of allergies. Applying topical creams is much like applying a Band-Aid to a deep and infected wound.

Skin problems are often the most difficult and lengthiest of ailments to treat. They can be just plain stubborn. It should be remembered that it probably took years to get the internal environment so toxic that it is manifesting on the skin. Patience, for a few weeks or even months, may be necessary.

RADIATION

Ginseng has been shown in some very interesting studies to protect cells during radiation therapies and to facilitate the rebuilding of cells when the treatment is finished. Wormwood also has a reputation for protecting the body from radiation, but it is a much harsher herb and must be used with great caution.

RASHES (SEE PSORIASIS)

RESTLESS LEG SYNDROME

Restless leg syndrome seems to run in families. I don't know that the syndrome is genetic, but the predisposition to an inability to uptake calcium certainly seems to be. Nerves require calcium to fire properly. When the nerves are not nourished properly they fire erratically. Muscle spasms, particularly in the legs, are the result. Use the very nutritious herbal combinations MIN and KNA to supply the needed calcium, along with nervine formulas.

RESPIRATORY SYSTEM (SEE ASTHMA, BRONCHITIS, AND PNEUMONIA)

Respiratory herbal formula recipes included in this book are: BRON, LCON, MULC, and PL. These formulas should always be used in conjunction with infection fighting formulas such as APL, BAC, IF, RC, SS, or Yarrow/ Usnea. Other respiratory herbs are angelica, anise seed, bee pollen, coltsfoot, elecampane, garlic, horehound, and mullein.

RINGWORM

Ringworm is a fungal infection that arises in the topmost layer of the skin. Despite its name, ringworm is not caused by worms under the skin. This fungal infection can develop in people of all ages, although it is particularly common in children. Ringworm is contagious and can spread to humans from other people, animals, contaminated objects or surfaces, and soil.

Anti-fungal herbs include goldenseal, pau d'arco, barberry, Oregon grape root, and black walnut. The most successful treatment that I used (before I discovered essential oils) was the BHM formula with lots of extra black walnut hulls added. Because ringworm is a fungus, the BHM *cannot* be used in the salve form. The larger molecules of the carrier oil that is the base of the salve *feeds* the fungus, making matters worse. The tincture is effective but stings! Make a tea and wash the area frequently or place the soaked herbs from the tea on a bandage and apply. The second method works better and faster because the herbs are kept against

the area for longer periods of time.

Almost all essential oils are anti-fungal. Very strong ones include tea tree, oregano, and the Butterfly Express blends, ^{Le}Mela Plus and ^{Le}NoMore.

SCIATICA

An herbal approach to the treatment of sciatic pain might include any of the nervine formulas, St. John's wort, chamomile, horsetail (kidneys and the rebuilding of connective tissues), and turmeric. Turmeric, as an herb and as an essential oil, is becoming one of my favorites for inflammation and for dealing with parasites.

Anti-inflammatory and analgesic essential oils can relieve inflammation and bring a great deal of relief from the pain.

SHINGLES

Shingles is said to be caused by the Herpes Zoster virus, the same virus that causes chicken pox. This virus, like viruses do, seems to lie dormant in the body until the general weakening of older age occurs or there is a period of stress or over work in life. It has also been speculated that shingles is somehow tied to the small pox vaccine. Whatever the cause, shingles is a very painful condition.

To fight shingles effectively and rapidly, treatment must involve not just fighting the pain, but strengthening the immune system, nourishing the nerves, and the destruction—not just sending it dormant again—of the virus.

Homeopathic remedies perform very well against shingles. The *Skin Eruptions* combination or the single remedy, *Mercurius Solublis*, Blessed Waters from Butterfly Express, llc have been effective. (Blessed Waters are energetic remedies similar in every way to homeopathics.)

Herbs for shingles include ashwaganda, astragalus, ginseng, burdock, milk thistle, red clover, and cayenne.

SHOCK / TRAUMA

One description of shock describes it as “failure of the cardiovascular system to deliver adequate amounts of oxygen and nutrient to meet the needs of the body.” “Severe cardiovascular/circulatory system collapse” is more fitting, I think. Any way you define it, the symptoms are clammy skin, cold sweat, paleness, low blood pressure, rapid and weak pulse, rapid and shallow breathing, nausea and vomiting, restlessness, and feelings of great fear.

Shock follows accidents—with or without blood loss—and other traumas. Shock may be brought on, or made worse by, fear and apprehension. Other causes of shock might be a severe allergic reaction, medication overdose, severe dehydration, serious infections, and major emotional trauma. A form of shock sometimes occurs in diabetics, when there is a sudden and dangerous increase or decrease in the level of insulin in the blood.

The most important *herbal* remedy for shock is cayenne. Cayenne can be administered straight but I prefer it in that amazing formula we call HVC—honey, apple cider vinegar, and cayenne.

As wonderful as cayenne is for shock, I always supplement it with the homeopathic flower essence, Rescue Remedy. If there is blunt trauma that will likely produce bruising, arnica oil should be applied or arnica homeopathic given by mouth. (Never use arnica as a tea, tincture, or oil internally.)

Ginseng, administered over the next few days, can be a great help in recovery from the after effects of shock.

SINUS

There are two excellent recipes in this book—SN and EUST, for sinus problems. I would use EUST if there

is mucous draining down the back of the throat and SN for every other type of sinus congestion or problem. They should both be taken with one of the infection fighter formulas mentioned in the paragraph above on the Respiratory System.

SKIN (SEE PSORIASIS)

SLEEP (SEE INSOMNIA)

SORE THROAT

The TRT formula makes an excellent gargle for sore throat. Super C can also be useful. Fight back, immediately and consistently, with one of the infection fighting herbs listed in the Respiratory System section of this chapter. Applying essential oils topically can bring a lot of relief and help beat the “bug”.

Sore throats, even though they are generally caused by viruses, are not usually serious and clear up fairly rapidly—much like the common cold—unless they are caused by one of the varieties of *streptococcal* bacterial. In the herbal world, pau d’arco and usnea are the most powerful weapons I know for fighting strep. Be sure that one or both of these herbs is in any remedy you choose to use. FV or ginger baths (my favorite first response), will help keep the fever at the optimum temperature for killing the bacteria.

SPRAINS / INJURIES

The best single herbal remedy for sprains and injuries is comfrey, or a formula which contains comfrey and herbs which complement it. BHM, both internally and externally, is what I reach for. Externally, BHM can be used as a liniment or as a poultice. The PPAC recipe has always been a favorite in my house. PPAC contains many of the same great herbs as are found in BHM.

There are no really strong nervine herbs in either of these formulas. They work because they reduce inflammation and heal the tissues. The addition of nervine herbs and essential oils always helps with pain and speeds healing.

STAMINA

Ginseng’s notable effects on fatigue and stress are discussed in Chapter 4 of this book. Ginseng lives up to its reputation in every particular. Any alterative/adaptogenic herb, chapter 13, should be considered.

Herbal combinations for increasing overall stamina and energy include AD, BHM, EW, HGL or LIC, HVC, IBL, MH, MIN, and KNA. Peppermint and cayenne can always be counted on when enough energy to finish the job or to get to the end of the day is needed.

Bee pollen, discussed in Chapter 4, should not be forgotten when stamina for life is lacking.

STREP THROAT (SEE SORE THROAT)

STRESS

Coping with stress is a learned behavior. One couple I know attended a stress management class after the husband had suffered a stroke at a very young age. He was busily taking notes about the amazing things he was learning; his wife was sitting there bored to death and thinking, “Doesn’t everybody do this?” However, with that said, the fact is that it is almost impossible to manage stress if the nerve endings are not getting the nutrition that they need and you are not getting sufficient sleep.

Formulas for feeding nerves include NS, NT, NV, and for children NVC. These are not narcotic formulas; they nourish and heal the nerves. Nevertheless, they bring almost instant relief from nervous tension and can help you sleep more soundly.

STROKE (CEREBRAL-VASCULAR ACCIDENT—CVA)

There are two separate and distinct types of strokes. The first is a clot in a blood vessel in the brain which reduces or blocks blood flow to parts of the brain. The second is a hemorrhage or bleeding into the brain tissue. In either case, brain cells can die or become damaged from the lack of oxygen or pressure from the bleeding.

The most common stroke signal and symptom is sudden numbness, weakness, or paralysis of the face, arm or leg - usually on one side of the body. Other symptoms include loss of speech, trouble talking or understanding speech, sudden blurred, double or decreased vision, dizziness, loss of balance, loss of coordination, seizures, and fainting or blacking out. How a stroke affects a person depends entirely on where in the brain the damage has occurred.

To prevent a stroke one should follow a healthy diet regimen, maintain an appropriate weight, control blood pressure and cholesterol levels, reduce stress or learn and apply stress management skills, and reduce or eliminate smoking and alcoholic intake. Many anti-inflammatory drugs and oral contraceptives are linked to an increased risk of stroke. *B-Complex vitamins, such as are found in bee pollen reduce the risk of stroke.*

Herbs and supplements for the prevention of and recovery from stroke include vitamins E and C, garlic, evening primrose oil, cayenne, goldenseal, rosehips (for vitamin C), horsetail (strengthens veins and connective tissues), hawthorn, and turmeric.

The most important remedies I know of for both prevention of and for use during a stroke is the homeopathic flower essence formula, Resuce Remedy, and the tissue salt combination known as bioplasma. If you have experienced small strokes or stroke-type symptoms in the past, these two remedies along with cayenne, should be carried with you at all times.

SUNBURN

Aloe vera is the most respected herbal remedy for sunburn. St. John's wort, applied topically as a tea, is also excellent. St. John's wort can be purchased as an essential oil or as a carrier oil—the essential oil can be added to almond or olive oil to create a carrier oil.

The very best treatment for any burn, including severe sunburn, is the Miracle Salve.

THYROID

The thyroid gland is very much connected to the adrenals and the kidneys. Trouble in one area is usually followed by trouble in the others.

A malfunctioning thyroid is often the result of missing nutrients. These nutrients may be missing in the body because they are not being absorbed or because they are not present in the diet. KNA, MIN, and TY tincture formulas will provide the missing nutrients. Also consider digestive herbs to change the absorption of needed minerals. ¹⁴Eternity essential oil, available from Butterfly Express, also improves the absorption of nutrients by the body.

TOXEMIA (PRE-ECLAMPSIA)

The common symptoms of toxemia are the sudden onset of severe edema, protein in the urine, and high blood pressure.

Toxemia is not fully understood but, statistically, it occurs more often in first pregnancies. Many times toxemia seems to be linked to how well the placenta has implanted and to the overall blood volume of the mother which keeps the placenta (and the baby) supplied with oxygen and nutrient carrying blood. Blood volume is very dependent on the diet of the pregnant woman. Insufficient protein intake can set a woman up for toxemia. Other speculated causes are poor liver function, also due to poor diet in general and insufficient protein specifically. The addition of a handful of raw almonds to the diet can prevent, or turn around, the early signs of toxemia.

Doctors for several generations have recommended the restriction of salt in the diet. It is now known that the restriction of salt—a needed mineral—can make the toxemia worse. The salt used during pregnancy (and any other time) should be a good quality sea salt or other natural salt (not refined to destruction). This is an important consideration.

The high blood pressure that accompanies toxemia can restrict the blood supply to the uterus, the placenta, and the baby. This lack of oxygen and nutrients could have serious consequences for the baby.

Any nourishing herb would be of benefit here. Herbs that contain protein in significant amounts (significant protein content is rare among herbs) are stinging nettle, alfalfa, marshmallow, and bee pollen. Moderate exercise and adequate fluid intake throughout the pregnancy are also important to the prevention of toxemia.

URINARY TRACT INFECTIONS

UTI's should be treated with KB and infection fighting herbs. My personal favorite is RC with IF a close second. After the infection seems to have cleared, I like to follow up with a few weeks of KT taken at least twice a day. This removes the last of the congestion and returns the water levels of the cells throughout the body to normal. (Stressed kidneys always lead to stressed cells everywhere.)

VAGINAL INFECTIONS (SEE CANDIDA)

The same information applies whether the problem is candida or some other bacteria.) Pay close attention to pH balance in the body.

VARICOSE VEINS

There are a number of key nutrients involved in supporting the health of veins and arteries. Most important among them are vitamins C and E, bioflavonoids, and zinc. Studies have shown that a high fiber diet and regular exercise are also important to vein health. Extracts or syrups made from hawthorn berries, cherries, blueberries, and blackberries would contain a nice range of bioflavonoids. Grapeseed extract is also excellent. People with varicose veins are not able to break down and utilize fibrin. This unprocessed fibrin is deposited just under the skin along the veins. Studies show that the presence of these hard lumps along large varicose veins indicates an increased risk of thrombophlebitis, myocardial infarction, pulmonary embolism, and stroke. Other herbs that may be helpful are: butcher's broom, cayenne (very important), dandelion, garlic, gentian, ginkgo biloba, gotu kola, pleurisy root, and rosehips (for the vitamin C). Other helpful supplements include L-carnitine, L-arginine, and Bromelain.

VERTIGO (SEE DIZZINESS)

WEIGHT LOSS (SEE METABOLISM)

If there were a simple herbal solution to weight loss, the person in possession of the secret would be making millions. Weight loss, and weight management, always come down to the same things—you must eat less calories than you burn. In other words, a diet full of fruits, vegetables, easily digestible proteins, good fats, and nuts in appropriate quantities, and exercise, exercise, exercise.

WOUNDS

We have had a lot of success treating some pretty nasty wounds herbally—many of which *normal* people would have been sure required stitches. We have also treated really nasty wounds that could not really be stitched because of the type of injury and the massive area involved.

For me the protocol for treating injuries is always pretty much the same. Treat the wound itself with yarrow essential oil. I prefer the dark blue one, but would use with confidence whatever I had. I have never seen infection in a wound that was treated with yarrow—the leaves, macerated and applied, in the wild are very effective. Yarrow has been known as “wound wort” for centuries for very good reasons.

If the cut is fairly straight and you are not going for stitches, pull the edges together with lots of butterfly bandages. You will have to dry the area well a few moments after the application of the yarrow or the bandages will not stick well. Wrap well and apply some cold to control the swelling that will otherwise tear out the bandaging.

Wait a minimum of 48 hours, then unwrap carefully. If the wound has sealed, begin applying BHM salve to the area to prevent scarring and other problems. St. John's wort will heal and prevent nerve damage. Echinacea and gotu kola have shown excellent wound healing properties in clinical tests. The consistent application of BHM, and later vitamin E oil, will reduce any scarring which has occurred. Always take lots of infection fighting herbs.