

Ailment	Suggestions
Anti-inflammatory	bilberries, black cohosh, butcher's broom, brigham tea (gastrointestinal), chaparral, fenugreek (gastrointestinal and skin), marshmallow, mullein, plantain, pleurisy root, sarsaparilla, slippery elm, white wild yam, willow bark, Combinations: AP-joints; LN, PN, PPAC-muscles and tendons; CD-colon; PRT-prostate; LCON, BRON, PL-lung, bronchials, pleura; RC-blood.
Arthritis	All alterative herbs (chapter 13), angelica, bilberries, blue cohosh, cayenne, sarsaparilla, wild yam, yellow dock 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 relief.
Asthma	bee pollen for the B vitamins; Combinations: BRON, KNA, LT, MIN, PL, WC; a tea made with brigham tea, licorice, 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. Soaking the feet in oil and water 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.
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. Cayenne by mouth at the same time would also be helpful. For menstrual or postpartum bleeding use cayenne, shepherd's purse, yarrow, or mistletoe. Chlorophyll and the homeopathic tissue salt combination known as bioplasma also work incredibly well.
Blood sugar	oregon grape and bilberries seem to stabilize blood sugar. Tonic herbs on a regular basis, exercise, and nutritious foods are a must.
Breasts, fibrocystic	To balance estrogen levels use chaste tree or false unicorn; kelp or KNA to improve thyroid function; dandelion and yellow dock for liver health and, most important of all is angelica. Take it by mouth and, if possible, rub angelica oil on the breasts. Supplements of live acidophilus cultures will help maintain bowel function

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Bronchitis	There are two recipes in this booklet specific to lungs and the bronchii. They are BRON and PL. SS and RC 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. Lobelia is one of nature’s very best expectorants. Expectorants dissolve mucous, making it easier for the body to cope with. 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, in oil or homeopathic form. Arnica should not be placed on open wounds; the homeopathic form is used here. 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	Miralce Salve on page 117 is all that you will need. As soon as possible, after the burn has taken place, apply cold water and lavender essential oil. Tonic and nervine herbs can be of great assistance. Use RC or IF to prevent infection.
Candida	Candida albicans bacteria is a naturally occurring part of the intestinal tract. The candida, or yeast, infection that creates so many health problems in 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.
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. Bilberries also build collagen.
Cardiac (see heart)	A list of heart tonic herbs is provided on page 34

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Cholesterol, high	Ginger has been shown to lower cholesterol levels in the blood and in the liver by increasing its excretion and impairing its absorption. 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. Allicin is converted in the body to 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 as to qualify 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 booklet. Please visit the “Useful Information” section at www.butterflyexpressions.org for an article about possible homeopathic, herbal, and nutritional help for this syndrome. Herbal combination CF specifically targets this syndrome.
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 because they have viral fighting properties.
Colic	Herbs for colic include: catnip, chamomile, dill, fennel, hops, and lemon balm. Tincture formula recipes found in this booklet 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.

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Conjunctivitis (eye infection)	(Sometimes referred to as pinkeye) 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	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, buckthorne, 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, poor circulation, etc., become chronic illnesses. 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. Extra rest and a more gradual return to normal routine is the best preventative. Nourishing herbs include: gentian, echinacea, dong quai, comfrey, and the high mineral tea recipe on page 79. Chlorophyll, bee pollen, vitamin C, probiotics and the tonic herbs listed in chapter 5 are often helpful.
Coughs	Which herbs you use to treat a cough with herbs depends entirely on what you want to accomplish. Usually, you want to encourage the cough to bring up and rid the body of mucous. Expectorant herbs do this. Elder flower is one of the best because it acts as a sedative and pain reliever but will liquefy mucous and expel it if that is needed. Mullein is often used with mustard in a poultice on the chest to break up mucous. Elecampane and licorice 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 that is what is needed. Mullein tea is another good way to calm a lingering cough. <i>Of course, my personal favorite is the WC combination. It combines many herbs and applies to most situation, whether expectoration or calming is needed.</i> WC is mild enough for children, but strong enough to be effective for adults.

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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, MT, NV, NVC, and BBL in this booklet are recommended. Essential oils should be an integral part of the program, also. Some herbs noted for depression are: black cohosh, catnip, chamomile, chaste tree, damiana, ginseng, hops, kelp, lobelia, motherwort, oatstraw, passion flower, skullcap, St. John's wort, valerian, vervain, wood betony, and tonic herbs according to nutritional need. B vitamins should also be emphasized.
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, 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. The essential oil, dill, stabilizes blood sugar rapidly and ^{Le} Endo Relief can be used to gradually strengthen the entire endocrine system. 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.
Diarrhea	Occasional diarrhea is the body's way of removing toxins from the body and re-establishing balance; it is not something to be 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, plantain, pleurisy root, red raspberry, or slippery elm teas can be nourishing and soothing. Any of the digestive tonics listed on page 34 should be considered on an individual basis.
Digestive problems	Most herbalists believe that basic digestive problems can be avoided by attention to lifestyle, diet, and stress factors. Page 34 of the tonics chapter lists many digestive tonics. 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, stone root, and uva ursi are considered bitter herbs. (In some reference books, all digestive herbs are listed as bitters.)

Ailment	Suggestions
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 or inner ear, low blood pressure, ear infections, heart problems, nerve and nervous disorders, and allergies. The herbal response in each cause will be different from that of the other causes. 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.
Ear infections	Many, many years ago a new doctor in town thanked me (in jest) for helping to feed his family with my 3 (at that time) children's ear infection appointments. It made me so mad 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 BBL. BBL handles pain and dissipates inflammation. If the ear does rupture, it will do so 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 5 ml of almond oil—mix well—would be a workable blend for ears.
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, growing and then bleeding. Because the blood is not able to escape the body in the normal way of menstruation, it forms painful congestion in the abdomen and then forms scars and adhesions. There are many possible causes for endometriosis; the only 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, cinnamon bark dandelion, false unicorn, goldenseal, motherwort, white oak bark, red raspberry leaf, pulsatilla, rosemary, saw palmetto, skullcap, 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.

Ailment	Suggestions
Fatigue	Ginseng's notable effects on fatigue and stress are discussed on page 60 of this booklet. Ginseng lives up to its reputation in every particular. Herbal combinations for various types of fatigue include AD, BHM, EW, HGL or LIC, HVC, IBL, MH, MIN, and KNA (kelp, nettles, alfalfa). Cayenne is always a good addition when energy and stamina are needed.
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 is also a good combination. Both formulas should probably be used with IF, RC, SS, or FN, depending on what type of bug you are fighting.
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. I believe that fibroids are also associated with thyroid dysfunction. 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 the key. Yarrow is very astringent and caused 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! His mother, while proof reading this section, added a smiley face and "Me, too" to this section.)
Flatulence	Flatulence and gas are indications of digestive disturbances. Digestive tonics are listed on page 34. 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 seventeen. The herbal combinations (in the recipe section) for relief of these conditions are COL, COLA, and catnip/chamomile.

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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. 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 tonic herbs are listed on page 34. 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 (page 34) 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 digestive tract and my diet and have not endured that pain for the last 15 years.
Gas	(see flatulence)
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. I agree, but also consider all arthritis to have 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. Alterative/adaptogenic herbs are helpful as supplements to the diet. Diuretic herbs (chapter 7) 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.

Ailment	Suggestions
Gum/Mouth problems	The very best <i>herbal</i> remedy I know of for gum and mouth problems is white oak bark. Make a tea and rinse the mouth frequently. There are many essential oils that balance bacteria in the mouth and are beneficial as mouth washes.
Headache	Headaches have a multitude of causes; I have rarely seen a headache sufferer who had only one type of headaches. Headaches can be hormone related, impaired circulation to head and brain, associated with allergic or chemical reactions, stress or lack of sleep induced, or misalignment in the neck, back, or tailbone. The first step is to assume lack of circulation and take cayenne with ginkgo biloba. If there are any other signs of hormone imbalance, begin an immediate regimen with hormone balancing herbs. Structural misalignment is best treated with ^{Le} Millenia essential oil, cranial/sacral treatments, and visits to a chiropractor. Many times the nervine formulas NS, NT, NV, NVC, and BBL will relax the muscle, alleviate tension, and aid sleeping. Keep a record of foods eaten and substances exposed to so that when a headache comes on you can track potential causes. Muscle testing can be a big help with this.
Heart problems	Heart tonics are listed on page 34. Cayenne, hawthorne, 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. ^{Le} Vitality essential oil should be used on the chest several times a day.
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, hawthorne, mistletoe (for a short period of time), saw palmetto, yarrow, and yellow dock. Essential oil blends ^{Le} Cypernium, ^{Le} Vitality, and ^{Le} Visibility, applied topically, have proven helpful for many people.
Hepatitis	There are many forms of hepatitis, all of which are very serious. Medical attention should be requested. Herbs that might also aid in the recovery process include the liver tonics listed on page 34. Dandelion and milk thistle in combination may be particularly effective.

Ailment	Suggestions
Herpes simplex	<p>Herpes is a common viral disease that produces cold sores around the mouth and/or blisters around the genital area. The HP combination was created to combat herpes simples. HP was created in conjunction with ^{Lc}Simplicity essential oil to root the virus out of its bases 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.</p>
Hormone balance	<p>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, mid life crisis, depression, and moodiness has its roots in hormones. The most important thing you can do for your hormones is make sure your diet includes the basic vitamins and minerals, that you get some exercise every day, and that you expose yourself to sunlight whenever you can. Hormonal tonic herbs are listed on page 34. 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.</p>
Hypertension	<p>Many of us have been taught that salt is a contributing factor in high blood pressure. Nothing could be further from the truth. A poor quality, highly refined salt whose chemical nature has been changed by processing is a problem all around. But a good quality, natural, preferably a sea salt, 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 you fight high blood pressure. 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 on page 34 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. Other herbs and changes in diet need to be employed at the same time. Never take mistletoe for an extended period of time (more than a few weeks, at the very most).</p>

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Immune support	Immune tonics are listed on page 34. Of this list, garlic, ginseng, and elethero are the fastest acting. Bee pollen, ginger, goldenseal, and licorice seem to rebuild by nourishing gradually throughout the entire system. Nearly all of us could benefit by some attention to strengthening our immune systems. (See lymphatics section.)
Indigestion	<p>Typically the pH range of the stomach is 1.5 to 2.5. The use of antacids typically raises that level to 3.5 by neutralizing hydrochloric acid. Hydrochloric acid is the primary digestive acid of the stomach and is not the culprit in indigestion. This destruction of hydrochloric acid and increase in pH relieves the symptoms of acidity and indigestion, but it 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 digestion. If you have chronic indigestion it would be better to focus on aiding digestion than to focus on blocking digestion with the use of antacids. 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 <i>Helicobacter pylori</i>, which cannot exist in a properly balanced digestive system.</p> <p>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 and 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 on page 34. 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.</p>
Infection	Infection can apply to infection in a local area such as a cut or it can be used to describe a systemic attack by a viral, fungal, or bacterial agent. In any case, the herbs that fight infection are much the same. Take internally as many and as much of them as you can tolerate and the situation calls for. If it is a local infection, apply the herbs as a poultice or soak the area in a strong tea. A list of single herbs that are considered anti-infectious does not really tell the story. A good herbal combination that includes blood purifiers, liver herbs, and support for the kidneys is the only effective way to fight infections. Examples of these are APL, BAC, FN, HP, IF, RC, Super C, YU. Others such as BRON, EUST, PL, SN and SPRING target very specific body systems or bacteria. First response remedies include CC and COMP.

Ailment	Suggestions
Infertility	<p>Infertility is one of the most difficult situations to assist with. Watching a couple ride the monthly roller coaster 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 in any language. 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 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. Third, investigate what herbs and foods contain which vitamins and minerals and make sure you are getting everything that your bodies need. Avoid soda and caffeine and get some exercise—not to excess, but a little every day. Herbs that might help (you will be healthier for using them) are the hormone tonics and general tonics listed on page 34. Good luck and God bless you!</p>
Insomnia	<p>Most of the nerve tonic herbs (page 34) and nervine recipes (pg 105-6) 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. Try adding relaxing essential oils to your bath. (Watching something violent on TV does not count!) Tinctures can be useful, but I find a cup of relaxing tea to be far more likely to be effective. <i>Celestial Seasonings</i> Sleepytime tea, or something similar, (found in most grocery stores) is easy and quite pleasant tasting. I find essential oils diffused in my bedroom at night to be most pleasant and helpful.</p>
Joint problems	(see arthritis section)
Kidney stones	<p>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 comes from the stones trying to pass through the ducts. Sipping lemon juice, cold and fresh is best, 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. You may have to repeat this procedure for as long as necessary several times a day until the stones are ready to pass. Take as much of the KS formula as you can every day. Eventually, the stones will be smaller with fewer rough edges. How long? 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. If there are many of them, this may take more than one time. 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!</p>

Ailment	Suggestions
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 all day.
Laxative	<p>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.</p> <p>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 after exercising. This is an important step.</p> <p>Begin weaning yourself off of the laxatives. For the first week, take a stimulant laxative such as cascara sagrada or senna. 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 weeks 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, you may experience some cramping or nausea. It will not last and may be necessary. 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.</p>
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 18. I try to do this for 3 or 4 weeks in January (after the junk of Halloween, Thanksgiving, and Christmas) and then again in the Spring. In the Spring I sometimes just make green drinks—a lot—and drink them faithfully. There is a suggested recipe for green drink on page 99.

Ailment	Suggestions
Lymphathcs	<p>The lymphatic vessels drain waste products from the tissues, and in most of the body, run parallel to the arteries and veins. The lymph vessels carry the lymph fluid to the lymph nodes where they are filtered. The thymus is the major regulatory gland of this system. To a very great extent, the health of the thymus determines the health of the entire immune system and the efficiency of the lymph system. The thymus, proportionally, is very large in infants and children. It actually shrinks as the body grows, becoming a relatively small gland by adulthood—at least in the United States and other industrialized nations. Why is this? Anything that compromises the immune system compromises the thymus. The lymphatic system has no pumping mechanism. There is no organ, like the heart is for the circulation, that moves lymph along. Exercise is essential for lymph drainage. Suggested herbs are: bayberry, burdock, calendula, cleavers, dandelion root, echinacea, goldenseal, licorice, myrrh, nettles, oregon grape, plantain, pleurisy root, poke root, red clover, and red root. 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.</p>
Macular degeneration	<p>Macular degeneration is the leading cause of serious visual 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 trial 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. Lets take care of our health to take care of our vision!</p>
Menopause	<p>My favorite herbal handbook takes 14 pages to talk about menopause. Don't want to do 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. Men (yes, men have hormone changes in their lives too), the MH formula is excellent. Everyone, nourish yourselves with the general tonics (page 34), 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 plant to get younger every year, literally, for many years to come!</p>

Ailment	Suggestions
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 aging. Recent studies show promising results for DHEA as a balancer of the hormones that regulate many of the body's activities. Declining DHEA levels have been linked in clinical studies to such conditions as diabetes, obesity, high cholesterol levels, heart disease, arthritis, memory loss, and a host of age related conditions. Gingko biloba also shows promise in clinical trials and studies for the improvement of memory and mental capacity. Ginseng and gota kola also show promise as memory enhancing herbs.
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 miscarriage threatens. Should the miscarriage occur in spite of all efforts, follow-up treatment is important. ^{Le} Millenia applied across the abdomen helps the uterus return to a pre-pregnant state more quickly than would otherwise occur. ^{Le} Millenia also helps a woman find courage and a hopeful vision of the future. Herbs for bleeding following a miscarriage include cayenne, shepherd's purse, mistletoe, and bioplasma homeopathic
Motion sickness	Ginger tea, or ginger tea with a little bit of cayenne, taken before traveling is often helpful. ^{Le} 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, but the BBL formula is my favorite antispasmodic and analgesic. I have been using this one for many years. BBL is discussed further on page 113.
Nausea	Some herbs for nausea are: alfalfa, chamomile, clove, dill, fennel, ginger, hops, lemon balm, licorice, peach leaves, peppermint, and spearmint. If nausea persists day after day, the cause should be looked for. Digestive imbalance creating ulcers, etc., or an allergic reaction, among other things, should be investigated.
Nerves/nervous system	Chapter 11, which begins on page 55, is a discussion of nervine herbs.

Ailment	Suggestions
Ovarian cysts	Ovarian cysts are the result of imbalanced hormones and a toxic system. Any solution must include improvement of the diet, eliminating tea, coffee, sodas, as much junk food and refined flour and sugar products as possible. Exercise is also a must. Drink plenty of fluids and use diuretic herbs to flush toxins from the tissues. Black cohosh, blue cohosh, chaste tree, 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/or yarrow will act as astringents in dissolving and passing the cysts and in generally cleansing the system.
Pain	Chapter 11 discusses nervine, antispasmodic, and pain relieving herbs. Remember, pain is a friend in that it 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.
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”. Symptoms of PMS include headache, general aches and pains and backache, constipation or diarrhea, nausea and vomiting, hypoglycemia, tension, mood swings, panic attacks, and food cravings. These things do not need to be the norm for women. YW tincture and wild yam cream used faithfully have brought relief to many women. For other hormone balancing oils, see the hormones section of this chapter. ^{Le} Woman Wise and 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. Use them consistently and give them a little time to act.
Parasites	Parasite herbs, and alternative programs, are discussed in chapter 17. False unicorn is mildly anti-thelmenic and does not destroy the normal bacteria cultures of the bowel. It balances hormones at the same time.
Pregnancy	Covering all the aspects and possible complications of pregnancy from an herbal standpoint would take an entire, large book. They have already been written and are available to you. 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 all the time. Avoid as much convenience and junk food as you can. Whole grains, real fruits and vegetables, and protein on a regular basis. 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 made-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 make a world of difference to both Mom and baby during labor and delivery.

Ailment	Suggestions
Prostate problems	Prostate enlargement seems to happen to most men, especially as they grow older. Frequent urination, decreased stream, and eventually, incontinence are the leading symptoms. Prostate problems should be dealt with at this stage; don't wait for pain, chills, and fever indicating an infection to treat herbally. If herbal remedies do not bring a quick response, a medical exam to rule out more serious problems should be sought. The MH formula taken from time to time throughout the years will prevent a multitude of problems. The PRT formula is specific to clearing inflammation, clogging, and infection. I would add RC if chills and fever indicate an infection. The statistics on saw palmetto for prostate—both for prevention of and for the treatment of existing problems—are amazing. Please see page 38 for one interesting study. 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—laundry product, etc. It is more likely the result of either impaired uptake of vitamins and minerals as the result of low gastric acidity or other digestive problems. Digestive herbs are listed on page 34. These herbs, or the GI tincture taken before meals will eventually change this and the psoriasis eventually clears. This is not an over night thing, but the effects on overall health is amazing. Another case of psoriasis is endotoxins circulating in the blood stream from a toxic colon. Sarsaparilla is the answer here. (Please see page 63 for further explanation of this situation). As with digestive disturbance, clearing toxins from the bloodstream takes a bit of time and effects every body system. Be sure to support the kidneys and colon with KT and CD during this process. Skin problems are often the most difficult of ailments to treat, and they can be very stubborn to clear up. Applying topical creams is much like applying a band-aid to to a deep and infected wound. So many times, the skin problem is occurring because the skin is being used as an eliminative organ. This only occurs when the kidneys and colon are too unhealthy to do their jobs properly. The kidneys and colon must be the first priority. When they are functioning, the skin will begin to clear. This is often true even when the skin problem has an allergy component.
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.
Respiratory system	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 YU. Other respiratory herbs are angelica, aniseseed, bee pollen, coltsfoot, elecampane, garlic, horehound, and mullein.

Ailment	Suggestions
Sinus	There are two excellent recipes in this booklet—SN and EUST. They should be taken with one of the infection fighter formulas mentioned in the paragraph above on the respiratory system. 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.
Skin	(See Psoriasis in this section)
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”.
Stress	Coping with stress is a learned behavior. One couple I know attended a stress management class after the husband had suffered a stroke. 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.
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 bad sunburns is the Miracle Salve, page 119.
Thyroid	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 and TY tincture formulas will provide the missing nutrients. Look to digestive herbs to change the absorption patterns.
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.)

Ailment	Suggestions
Vaginal infections	(See the section on 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 hawthorne berries, cherries, blueberries, and blackberries would contain a nice range of bioflavonoids. Grape seed 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 root, garlic, gentian, ginkgo biloba, gotu kola, pleurisy root, and rosehips (for the vitamin C). Other helpful supplements include L-Carnitine, L-Arginine, and Bromelain.
Wounds	We have had a lot of success treating some pretty nasty wounds herbally—many of which <i>normal</i> people would have been sure required stitches. We have also treated really nasty wounds that did require stitches. For me the protocol 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. 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. Take lots of infection fighting herbs.