

Chapter Twenty-Two Recipes

It is difficult to measure less than 1/4 ounce of an herb. Even with 1/4 ounce being used for some of the parts, a few of these recipes are quite large because there are so many different herbs used to make them. Do the math, adjusting according to how much tincture you wish to have when you are finished. Just do the best you can with the little trace of some herb that will then be called for.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
ABF formerly Afterbirth Formula	2.00 cramp bark 1.00 catnip 0.50 motherwort 0.50 skullcap 0.50 yarrow flower or herb 0.50 St. John's wort	To be used for the pain of after-birth contractions. <i>Use VIB tincture and/or angelica essential oil for release of the placenta. ^{Le}Millenia essential oil applied to the abdomen after birth will help the uterus firm up and prevent bleeding. Be sure to wait to apply ^{Le}Millenia until the placenta has delivered.</i>
AC formerly Acne	2.50 buchu 1.50 burdock root 1.50 dandelion root 1.50 hyssop 1.00 alfalfa 1.00 chapparal 1.00 red clover blossoms 1.00 uva ursi 0.50 yellowdock root 0.25 cayenne 0.25 plantain	This formula for acne problems is meant to cleanse the kidneys, liver, and blood. Good diet is essential and a liver cleanse with olive oil or with the LC (Liver Cleanse) formula may help. Be sure to support the kidneys and the bowel function, perhaps using the KB (Kidney Bladder) and LB (Lower Bowel) formulas. Acne is often the result of the body using the skin to eliminate toxins because the kidney and colon are clogged. Average dose is 10-20 drops 2 to 4 times a day. Be sure to drink lots of water.
AD formerly Adrenal Toner	2.00 licorice root 1.00 astragalus 1.00 ginseng root 0.50 ginger root	Helpful for chronic fatigue and mononucleosis (<i>use with full program (ask me or look in Level One Homeopathy booklet). The full program includes adrenal support homeopathics, additional tinctures, and some supplements.</i>)
AL formerly Allergies	2.00 nettles 2.00 yerba santa 1.00 propolis 1.00 ginkgo biloba 1.00 licorice root 2.00 ephedra or substitute for ephedra 1.00 motherwort 0.50 red clover blossoms 0.50 golden rod	Take a dropperful 3 times a day. <i>Begin with lots and lots of vitamin C for the acute attack. Start taking bee pollen about February. Nothing will really work well as long as you are still eating a predominantly acidic diet.</i> <i>Homeopathics: Allergies #1, Allium cepa and Apis mellifica, or whatever deep level homeopathic that tests for the specific instance and allergy, should be taken.</i>

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
APL formerly Anti-Plague (antviral) These are the same herbs as the BHM formula, but the processing method is different.	2.00 comfrey root 1.00 lobelia 1.00 marshmallow root 1.00 mullein leaves 1.00 skullcap 1.00 uva ursi 1.00 white oak bark 1.00 wormwood 0.50 black walnut hulls 0.50 black walnut leaves	Use for viral flu and pneumonia and as a preventative. To make: tincture herbs in apple cider vinegar (about 1 quart for each 4 ounces of herbs) for 2 weeks, shaking daily, then strain. Peel 1 lb 4 oz of garlic. Blend garlic with enough vinegar to make a thick soup. Tincture the garlic for the same 2 weeks, shaking daily, strain. Mix herb and garlic mixtures into 3 cups vegetable glycerine and 2 cups honey. Makes about 1 gallon. <i>Dosage is 1 teaspoonful at least 3 times a day.</i>
ARN Arnica Flower Oil	place flowers in oil, cover with a loose-weave cloth. Let set 2 weeks. Strain. <i>Fresh flowers are best.</i>	Useful for bumps, bruises, and swelling. External use only! Do not put on open cuts or deep scrapes. Arnica homeopathic may be used internally or applied to those types of areas.
AP formerly Arthritis Plus	2.00 yucca 1.00 white willow bark 1.00 hydrangea 1.00 devils claw 1.00 alfalfa 1.00 burdock root 0.50 black cohosh 0.50 sarsaparilla root 0.50 prickly ash 0.50 slippery elm bark 0.25 cayenne 0.25 licorice root 0.25 pau d'arco bark 0.25 parsley root 0.25 parsley leaves 0.50 kelp	This tincture provides many of the trace minerals needed by the body. It is very good for inflammation of any kind. It can be made into a salve which works very well for some forms of arthritis, for sports injuries, and bone spurs.
ASP formerly Antispasmodic	1.00 lobelia 1.00 skullcap 0.50 black cohosh 0.50 blue vervain 1.00 oregon grape root 0.50 cayenne 1.00 wild yam	Useful for muscle cramps, charley horses, mild seizures, coughs, and muscle spasms. Excellent used externally as a liniment. Sometimes the lungs need to expel mucous. In that case, you can use it to help the patient rest for brief periods when exhausted, but use an expectorant during the day to prevent the lungs from filling with fluid. WC (wild cherry cough syrup is a wonderful combination of soothing and expectorant properties. For external use as a muscle relaxant, you can tincture this in wood alcohol and use as a liniment. Be sure to label accordingly as "not for internal use". Much less expensive!

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
BAC formerly Bacteria	0.50 cayenne 2.00 echinacea root 0.50 lobelia 0.50 oregano 1.00 oregon grape root 0.50 pau d'arco 1.00 plantain 1.00 red clover blossoms 1.00 usnea	BAC is particularly good for some of the nasty new strains of bacteria that are going around these days. BAC should be used in conjunction with IF—Infection Fighter, RC—Red Clover Combination, other infection fighting herbs, essential oils, and homeopathics for best results. This is true of all tincture formulas!
BBL formerly B&B	1.00 black cohosh 1.00 blue cohosh 1.00 blue vervain 1.00 skullcap 0.50 lobelia	Use much like ASP (antispasmodic). Particularly helpful for healing and relieving the pain of ear infections. Use 3 to 5 drops in the ear with 3 to 5 drops of garlic or mullein oil (soaked oils, not essential oils) for infection. Place a bit of cotton ball in the ear after applying the tinctures. Also useful for coughs, bronchitis, asthma conditions, uterine and pelvis problems, insomnia, headaches (back of head at base), high blood pressure, heart palpitations, and the onset of colds. BBL is especially calming for children. For internal use 10-20 drops is generally used. Use 20-40 drops in the tub for relaxation and pain relief.
<i>please see page 113 for more information about BBL</i>		
BC formerly Bowel Cleanser	2.00 cascara sagrada 1.00 bearberry (uva ursi) 1.00 cayenne 1.00 fennel 1.00 ginger root 1.00 oregon grape root 1.00 lobelia 1.00 red raspberry leaves 1.00 turkey rhubarb root 0.50 myrrh	Use to loosen old fecal matter and clean the bowel. It is very effective if used as part of a complete cleanse with moderate fasting, enemas, herbal food, clay/psyllium husk drinks, and good enzyme/bacteria replacement. Use 2-6 capsules morning and night.
BHM Bone High Mineral	same dry herbs as in the APL formula, but made into a regular tincture and used differently.	Use as a mineral supplement, especially for calcium and magnesium. Helpful with teething babies and the healing of breaks, sprains, and burns. Same herbs as APL except for garlic—and indication of the part nutrition plays in relief of diseases. Use with nervine herbs and essential oils for depression.
formerly BFC	<i>This should tell us something about the role of nutrition and nutritive herbs in the relieving of diseased states.</i>	These same herbs are used in the salve recipe of the same name.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
<p>BP</p> <p>formerly Blood Pressure</p>	<p>1.50 gotu kola 0.50 brigham tea 2.00 shepherd's purse 1.00 osha 1.00 dandelion root .25 cayenne (1.0 ma huang)</p> <p>substitute for ma huang .50 red clover blossoms .25 chapparal. .25 golden rod</p> <p>If brigham tea is not available, increase golden rod to .5 and add .25 of wood betony</p>	<p>BP has been used for many years and by many people to reduce high blood pressure. Most people were able to eventually maintain optimum blood pressure reading without medication. HVC or cayenne needs to be included in the daily regimen. A diet which includes lots of fresh vegetables—especially green ones is essential. Improving the diet <u>always</u> improves the chance of good results! A moderate exercise program is also recommended.</p> <p>The original formula called for 1 part ma huang, which is no longer available.</p>
<p>BRON</p> <p>formerly Bronchitis</p>	<p>1.00 yerba santa leaf 1.00 osha root 1.00 usnea 1.00 lomatium root 1.00 pau d'arco 1.00 echinacea root 0.50 oregon grape root 0.50 propolis (if available) .50 licorice root .50 elecampane</p>	<p>BRON is useful for bronchitis and mild pulmonary and respiratory congestions. It is best to use one of the infection fighters (IF, RC, BAC, etc.) along with this formula.</p> <p>BRON should be used with PL if there is any indication of pleurisy (inflammation in the membrane surrounding the lungs). If you have pleurisy, it will hurt to inhale (may just plain hurt)</p>
<p>CAC</p>	<p>2.00 burdock 2.00 buckthorn 1.00 licorice root 1.00 red clover blossoms 1.00 uva ursi 1.00 poke root 1.00 senna</p>	<p>CAC has a laxative effect on the bowels. Use as a tea for cleansing and purifying the body and the blood.</p> <p>Instructions: Mix 1/2 cup of herbs with 1 quart distilled or filtered water. Bring to a boil, then simmer for 45 minutes. Strain. Add the same herbs that you just strained to another quart of fresh water. Bring to a boil and simmer for another 45 minutes. Strain. Mix the two liquids. Dosage is 4 - 12 ounces once or twice a day. Don't know why the method is as it is, but those are the instructions I was given. Excellent stuff—but very potent.</p>
<p>CAN</p> <p>formerly Candida</p>	<p>2.00 echinacea root 1.00 lobelia 2.00 red clover blossoms 0.50 thyme 1.00 usnea</p>	<p>CAN is meant to be taken internally to aid in fighting an overgrowth of <i>Candida Albicans</i> or any other bacteria which produce similar symptoms.</p>

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
CART formerly Cartilage Formula	3.00 white oak bark 2.00 alfalfa 1.50 thyme 1.00 dandelion root 1.00 red raspberry leaf 0.50 fo-ti	For the repair and rebuilding of cartilage in the back or knees. Determine before using this formula if you have a fused or compressed disk or other damaged cartilage. If so, use red clover (single herb—not the RC combination) to separate and repair them. White oak bark can be helpful here, as well as the BHM (Bone High Mineral) formula. Damage in disks or bones will break down the new cartilage as rapidly as it forms. KNA is also of great value here. ^L eMillenia and ^L eDeeper (essential oil formulas) should be applied at least twice daily in addition.
Cayenne	Tincture using 1:8 ratio and alcohol that is 100 proof or higher. Use fresh or whole dried cayenne peppers.	Useful for bleeding, shock, poor circulation, blood clots, and so much else. Use 10-30 drops every few hours as needed, or use in HVC (most effective).
Cayenne Hawthorne	2.00 hawthorne berries 1.00 cayenne peppers Tincture using 1:6 ratio and alcohol that is 100 proof or higher. Use fresh or whole dried cayenne peppers.	Strengthens heart and circulation. Use 15-30 drops 2-3 times a day. Add 1 part mistletoe or take mistletoe in conjunction with this formula for better circulation to extremities. Do not take mistletoe for extended periods of time. (More than 2 or 3 weeks.)
CC formerly Children's Compound	1.00 yarrow herb or flowers 1.00 elder flower 1.00 peppermint 1.00 mullein leaf or flowers 1.00 red clover blossoms	First response for flu symptoms, colds, and fevers. Perfectly balance to be effective against bacterial, fungal, and strep infections. Rids the body of excess mucous. This is one of the great ones—even for adults. <i>Make as a glycerite</i>
Catnip Chamomile	equal parts of catnip and chamomile	<i>This one is always made as a glycerite</i> because it is typically used for colicky, cranky or teething, cranky children. Excellent for adults with bloating and/or gas and for those who are having trouble sleeping.
CB formerly Cramp Bark Formula (menstrual)	1.00 cramp bark 1.00 chaste berries 0.50 ginger root 0.50 false unicorn 0.50 passion flower 0.50 motherwort 0.50 cayenne 0.50 squawvine 0.50 white birch bark 0.50 wild yam .25 black cohosh .25 blue cohosh	Useful for menstrual cramping and is particularly effective when used with BBL tincture and ^L eWoman Wise essential oil. Often BBL, alone, is sufficient to relieve menstrual cramping.

COMBINATION INGREDIENTS**COMMENTS AND COMPANIONS**

<p>CD</p> <p>formerly Colon Digestive</p>	<p>0.25 lobelia 1.00 oregon grape root 2.00 cascara sagrada 4.00 slippery elm bark 3.00 marshmallow root 3.00 plantain leaves 1.00 chamomile flowers 1.00 elecampane 0.50 papaya</p>	<p>For inflammation and irritation in the digestive tract; chronic indigestion/colitis/ulcers of the small intestine, and constipation. Effective as a colon cleanse—use 3 or 4 times a year. Be sure to support the liver and the kidneys. KB, LC, RC, and this one make a good all around cleansing program.</p> <p><i>Use 15-20 drops every 2-4 hours as needed.</i></p>
<p>CF</p> <p>formerly Chronic Fatigue</p>	<p>2.00 lomatium 1.00 astragalus 1.00 osha 2.00 echinacea root 0.50 goldenseal or oregon grape root 1.00 ginseng root 2.00 licorice root 1.00 usnea</p>	<p>Use with AD (Adrenal Toner), homeopathics, supplements, and other tinctures mentioned with AD. Often useful to add the MH (Men's Herbs) tincture from time to time also. There are many good herbal combinations for symptoms similar to chronic fatigue listed in the <u>Homeopathic Combinations</u> booklet also produced by Butterfly Expressions, llc.</p>
<p>Cascara Juniper</p>	<p>equal parts of cascara sagrada and juniper berries</p>	<p>Use with RM (Raspberry/Myrrh) to strengthen the pancreas and stabilize blood sugar fluctuations.</p>
<p>COL</p> <p>formerly Colic (for adults or children)</p>	<p>1.00 catnip leaves 1.00 fennel seeds</p>	<p><i>I like to make this one as a glycerite.</i></p> <p>Use for colic, gas, and stomach pain. Use 3-4 drops for babies, 10-20 drops for older children.</p> <p><i>CCH (/Chamomile) is equally as effective and not as strong as fennel for children.</i></p>
<p>COLA</p> <p>formerly Colic Formula (for adults)</p>	<p>1.00 catnip 1.00 peppermint 1.00 yarrow 1.00 lobelia</p>	<p>This can be made as a tea or a tincture. Sipping a warm tea, however, can be especially soothing during an attack of gallstones. The PPAC formula made into a poultice and placed over the gallbladder area brings a measure of relief. Celestial Seasoning's Tension Tamer or Sleepytime teas are also excellent in conjunction with this formula.</p>

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
COMP formerly Herbal Composition	2.00 white pine bark	First response for colds, sore throats, and viruses, particularly in the head. <i>Dosage: 15-20 drops every 2-3 hours.</i> Add infection fighting formulas (such as IF, FN, and SS) if strep throat is suspected. The SN (Sinus) formula can also be helpful. Also for use during the last week of pregnancy to help stimulate the uterus to action. Seems odd, I know, but it really does work!
	4.00 bayberry	
	2.00 ginger root	
	1.00 cinnamon bark	
	1.00 cloves	
	1.00 astragalus	
	2.00 elderberries 0.50 cayenne	
CR formerly Crisis	0.50 cayenne	Another good first response for sore throat, etc.
	0.50 lobelia	
	0.50 prickly ash	
	1.00 blue vervain 1.00 black cohosh	
EB Eyebright Formula	1.00 mullein	Not for use as a tincture! Useful for pink eye, infected tear ducts, etc. Make tea with 1 Tablespoon of herbs per cup. Strain very well. Use 2-8 drops in the eye, or use an eye cup at least twice a day. Use more frequently if infection is very bad. Treat both eyes to prevent spreading to the other eye. Burns the eye a bit—usually according to how much infection there is!
	2.00 oregon grape root	
	1.00 goldenseal leaves	
	1.00 raspberry	
	2.00 eyebright or passion flower	
EO Ear Oil	approximately 6 cups olive or almond oil 1 oz vitamin E oil	Combine all ingredients and cover with a soft cloth. Let stand for 10 days. Stir the mixture at least once each day. Strain.
	1 oz calendula flowers 1 oz willow bark 1 oz usnea 1 oz mullein flowers 1 bud—not clove—of garlic or 9 drops garlic essential oil added after straining.	
	The oils listed in the second part above are not essential oils. They are vegetable oils similar to other carrier oils.	<i>Can also be made from oils that you have made with the fresh herbs during the season. Excellent!</i>

COMBINATION INGREDIENTS**COMMENTS AND COMPANIONS**

ESS	8.00 burdock 8.00 sheep sorrel	DO NOT USE IF PREGNANT/NURSING
similar to the famous Essiac tea	2.00 slippery elm 0.50 turkey rhubarb 2.00 red clover blossoms 1.00 watercress 1.00 blessed thistle 1.00 kelp	
		This is the strongest cleanser that I know of. Needs to be used 8-20 drops 2 times a day on an empty stomach. It is recommended that no food be eaten 2 hours before or after each dose.
		Commonly used as a tea. Reduce recipe for making a tincture.
EUST	2.00 usnea (can use 3 parts red root)	This is a great eustachian, ear, and sinus formula. I have had two people display an allergic reaction to the red root—both were very miserable. I now use usnea instead of the red root. Usnea does not have the lymph draining properties of the red root, but is a great strep and fungal fighter. The mullein, poke root, and cleavers contained in this formula are more than sufficient to accomplish the necessary lymph draining.
Eustachian or Red Root Cleavers Formula	2.00 cleavers 3.00 mullein leaves or flowers 1.00 nettles 1.00 horsetail 1.00 sage 1.00 oregon grape root 0.50 poke root 0.50 ginger root 1.00 red root, if desired	
EW	1.00 brigham tea 1.00 red clover blossoms	<i>Ma huang is no longer available—substitute brigham tea, red clover, chaparral, and goldenseal in the proportions indicated. If no brigham tea is available, increase the proportions of the red clover, chaparral, and goldenseal.</i>
formerly Energy/ Weight Loss	0.50 chaparral 0.50 golden rod 1.00 dandelion root 2.00 kelp 0.50 mustard seed	
	2.0 ma huang was in the original recipe with dandelion, kelp, and mustard. The other ingredients are substitutes for the ma huang.	Provides stimulants to up the metabolic rate, diuretics to shed excess water, and iodine for better thyroid function.
		Should not be taken for extended period of time. About 6 months should be the maximum.
EZ	1 pt burdock seed, crushed 1 pt sunflower seed, crushed	Steep herbs 10-15 minutes, strain. Drink 1 cupful 3 times daily. Best if used with a good topical cream or essential oils. Cleaning the colon and supporting the kidneys is also essential.
formerly Eczema		

COMBINATION INGREDIENTS**COMMENTS AND COMPANIONS**

FC formerly Flu Combination	0.50 bayberry
	0.50 ginger root
	0.50 cloves
	0.50 cayenne
Combination	0.50 oregon grape root
	1.00 licorice root
	1.00 white pine
FN formerly Anti-Fungal or Pau d'Arco Usnea	2.00 pau d'arco
	2.00 usnea
	1.00 black walnut leaf
	1.00 calendula flowers
	1.00 echinacea root
	0.50 oregon grape root
0.50 myrrh	
FS formerly Flu Stopper <i>consider the homeopathic version</i>	2.00 licorice
	2.00 sweet cicily or lomatium
	1.00 ginger root
	0.50 oregon grape root
	0.50 cayenne
FSW formerly Five/Six Week Formula Polly/Jeanne	1.00 blessed thistle
	1.00 blue cohosh
	1.00 false unicorn
	1.00 red raspberry leaves
	1.00 squawvine
	.25 bayberry
	.25 lobelia
	.25 motherwort
	.25 wild ginger (canada snake root)
.25 wild yam	

A good formula for flu strains, whether affecting the stomach or the lungs. If the lungs are being affected, consider LCON and PL for use with this formula.

Can use goldenseal or myrrh for the oregon grape.

Take internally as a tincture to fight infection. It would probably be best used as a strong tea when soaking body parts such as the feet for athlete's foot; an alcohol tincture applied topically would sting and irritate and an oil or glycerine based tincture would feed the fungus, making things worse.

Can substitute goldenseal for oregon grape.

This is a really good, effective formula!!

More often than not this remedy will cause the person to vomit once or twice rather violently, but a little while later they will feel much better. They might even wonder if they were really coming down with the flu at all. Works well for indigestion caused by overeating or eating too many rich foods.

Can use goldenseal or myrrh for oregon grape.

For use in preparing mother and baby for the upcoming birth. Take last 6 weeks of pregnancy. *Use 6 drops for the first week, 8 drops second week, 10 drops third week, then 12 drops until due date. This dosage is taken twice a day.* Really does make a difference to the length of an otherwise normal labor.

Causes perspiration and lowers fever. Use 15-30 drops every 2-3 hours. Never suppress a fever in any other way than by bringing about a good sweat. *Usually made in glycerine, especially when using with infants and children. These two herbs pull very well in glycerine, and would be appropriate for adults also.*

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
Gingko Dong Quai	equal parts of gingko biloba and dong quai	Useful for improving memory and concentration. Seems to rebuild neural pathways in the brain. Helps to prevent minor strokes that occur in some people as they age.
GI formerly Gallstone Indigestion	2.00 yarrow leaf or flower 1.00 gentian 1.00 papaya 0.50 cape aloes 0.50 angelica root 1.00 oregon grape root 1.00 slippery elm bark 1.00 dandelion root	This tincture is particularly effective taken about 15 minutes before you know you are going to eat things that don't agree with you. For gall bladder sufferers, take 15 minutes before every meal. It notifies the gall bladder to produce and distribute bile. Made up of great herbal bitters. Others could be substituted. Eventually, in a month or two, olive oil/lemon juice cleanse with lobelia or essential oil pain pack on abdomen will need to be done to rid the body of gallstones altogether. This program should be followed by mild food and herbs to rebuild the ducts that may have been damaged as the gall stones were passed.
Ginger Bath	3 T. ginger powder or 20-30 drops tincture Follow basic tincturing instructions.	Mix powder or tincture in tub of hot water and soak 30 minutes or more. Relaxes tired or overworked muscles. Stops early labor by increasing oxygen to uterus, allowing it to relax. Increases labor at term if it has slowed due to maternal fatigue or tension. At the onset of any illness, a ginger bath will increase circulation and body temperature, effectively killing bacteria, virus, and fungal infections. Be sure to wrap up warmly and sweat for at least 30 minutes after the bath, being careful not to get chilled.
Green Drink	dandelion leaves marshmallow leaves grasses redroot leaves plantain parsley wheatgrass peppermint, spearmint spinach swiss chard shepherd's purse beet tops stinging nettle comfrey leaves alfalfa catnip yellow dock (a little)	One of the best supplements I know of. Make with freshly picked, young, tender leaves. Use as many varieties as you can find. Wash herbs well. Blend with water. Strain. Add pineapple, apple, or orange juice and some honey (if desired). Drink 2-4 cups daily. Grow and juice wheatgrass when fresh herbs not available. Spinach, beet tops, and greens from garden or grocery store may be used if they are fresh and free from pesticides. Some people like to add bananas, mangoes, papaya, or citrus fruits to the mix. Makes it taste much better, although in the early spring the body seems to crave these greens no matter what the taste.

COMBINATION INGREDIENTS**COMMENTS AND COMPANIONS**

GUM 1.00 echinacea
1.00 white oak bark
formerly 0.50 goldenseal
Gum & Mouth or oregon grape
Relief 0.25 propolis
0.25 prickly ash bark
0.50 cayenne

To be used as a mouthwash and is best used as a tea. Particularly effective for gum abscesses, bleeding gums, canker sores, mouth inflammations, sore throat, and subtle changes in the lining of the mouth after eating junk foods.

HD 1.00 wood betony
1.00 rosemary
formerly 1.00 peppermint
Headache

Pour 1 quart boiling water (distilled, filtered, or well water) over the herbs, cover until cool. Strain and sweeten to taste. I have never made this as a tincture, but I see no reason why it couldn't be.

Dosage is 3 tablespoonfuls every 2 hours, as needed. Not to exceed 5 or 6 doses in 24 hours.

HGL 1.00 red clover
2.00 oregon grape
to be used instead 0.50 uva ursi
of 0.50 mullein leaf
LIC .25 cayenne
if licorice root is 1.00 devil's claw
contra indicated 0.50 bilberry leaf
0.50 ginseng - panax

see notes for LIC

Licorice root is contra indicated for use if a person has certain types of heart or cardio vascular problems. This formula, created without licorice root, can be safely and effectively used in these circumstances.

HP 2.00 olive leaf
1.00 lavender flowers
formerly 0.25 oatstraw
Herpes 0.50 hyssop
Simplex 0.50 chamomile flowers
1.00 echinacea
0.50 slippery elm

Use for cold sores and other symptoms similar to the varieties of herpes virus. (From mono on through more serious problems.) Also has been useful in programs aimed at bringing relief to people suffering with shingles.

HVC 4 Tbl honey
4 Tbl apple cider vinegar
40 drops cayenne tincture
or 1 ½ tsp cayenne
powder
water to make 1 qt

Use cold for bleeding, insect bites, shock, blood clots, etc. Warm or cold for flu, increased energy, sore throats, circulation, etc. Drink ½ to 2 cups as needed, up to 1 qt or more a day.

Warmth increases circulation—do not use hot or even warm when trying to stop a hemorrhage.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
IB formerly Immune Builder or Immune Stimulant	2.00 marshmallow root 2.00 echinacea root 1.00 garlic 1.00 mullein leaf or flower 1.00 thyme 1.00 dong quai 1.00 rehamania root 1.50 elecampane	This one is usually made as a glycerite. Needs to be taken especially faithfully in the summer and fall months in preparation for the coming cold and flu season. <i>Dosage depends on age: Infants 1/4 teaspoon, children 1/2 teaspoon, and adults 1/2 to 1 teaspoon twice daily.</i>
IBL formerly Iron/Blood	1.00 alfalfa leaves 1.00 comfrey root 1.00 marshmallow root 1.00 periwinkle leaves 1.00 red raspberry leaves 1.00 stinging nettle leaves 1.00 yellowdock root	Often improves the oxygen carrying capacity of the blood. These herbs are all found fresh in the intermountain area. <i>Dosage is 10 - 30 drops daily.</i> Use for persistent anemia in pregnant women and everyone else. Use with wheat grass juice, broad spectrum enzymes, vitamin C, and folic acid.
IF formerly Infection Fighter	3.00 echinacea root 2.00 oregon grape root 1.00 poke root 1.00 red clover blossoms 0.50 cayenne 0.50 yarrow leaf or flowers 1.00 usnea	This is an all purpose formula. Can be taken internally or as a tea for external compresses or wash. Use for any type of infection—infected injuries, sore throats, ear infections, and anything else that you can think of. Add usnea and yarrow or use the SS formula if strep or staph is suspected. Goldenseal sometimes adversely affects estrogen and glucose levels. I use oregon grape in nearly all formulas, but goldenseal may be used if you prefer. Myrrh can also be substituted. See oregon grape on page 37 for further information.
KB formerly Kidney Bladder	1.00 juniper berries 1.00 parsley root 1.00 dandelion root 1.00 uva ursi leave 0.50 buchu 0.50 lobelia 0.50 marshmallow root 0.50 oregon grape root .250 astragalus 0.50 horsetail 0.50 cleavers 0.50 cornsilk 0.50 hydrangea	Can help cleanse and strengthen the urinary tract to accomplish the important job of eliminating toxins and waste products from the body. The kidneys also regulate the liquid to solids ratio in the blood and tissues. KB has no really effective bacterial fighters; best to use KB with IF (Infection Fighter) or RC (Red Clover). <i>10 - 20 drops every 3 to 4 hours, as needed.</i> Follow with milder KT (Kidney Toner) for a few weeks after a bout with infection.

COMBINATION INGREDIENTS**COMMENTS AND COMPANIONS**

KNA	equal parts of kelp	These three herbs contain all of the trace minerals, in adequate amounts and proportions, that have been identified as vital to good health. These herbs are particularly high in absorbable calcium, iron, iodine, vitamin C, and vitamin A. In addition, alfalfa contains a lot of a very usable form of protein.
formerly	nettles	
Kelp	alfalfa	
Nettles Alfalfa		
KS	1.00 stone root	Use as an aid in dissolving kidney stones so that they may pass more easily.
	1.00 gravel root	
formerly	1.00 hydrangea	<i>Sipping lemon juice in water and then laying on your back with your butt and feet elevated can back stones out of the ducts and buy you some time to dissolve them!</i>
Kidney	1.00 juniper berries	
Stone	0.50 goldenrod	
	0.50 corn silk	
	0.50 stinging nettle	
KT	1.00 marshmallow root	This is a mild and healing diuretic (without the side effects of drugs) and is one of my favorite formulas. The addition of .5 part of slippery elm makes it even nicer.
formerly	1.00 mullein leaf or flower	
Kidney Toner	1.00 juniper	
LB	1.00 cascara sagrada	This one is a bit stronger than CD (Colon/Digestive) and could be used alternately. *Be mindful of the licorice and substitute bilberry, or just leave out the licorice if anyone taking it has a heart problem such as arrhythmia. Careful muscle testing should reveal whether or not licorice root is contra-indicated for a person.
	1.00 red clover	
formerly	1.00 buckthorn	
Lower	2.00 blue vervain	
Bowel	1.00 licorice root	
	0.50 uva ursi	
	0.50 bayberry	
	0.50 raspberry leaf	
	0.25 lobelia	
	0.25 oregon grape root	
	0.25 ginger root	
	0.25 cayenne	
LC	2.00 burdock root	Footzone balancing really helps when the liver is clogged or stressed. LC aids the liver in secreting necessary bile into the colon. When the liver is sluggish, the result is indigestion, constipation, fatigue, headaches, etc. It is recommended to strengthen the kidneys and colon while working with the liver but using either KB or KT for the kidneys, CD for the colon, and RC (Red Clover) to keep the blood clean of toxins and impurities.
	1.50 fennel	
formerly	1.00 yarrow leaf or flower	
Liver	0.50 thyme	
Cleanse	0.50 gotu kola	
	0.50 hawthorne berry	
	0.50 raw beet root	
	0.50 white birch leaves	
	0.50 dandelion root	
	0.50 red clover blossoms	
	0.50 plantain	
	0.50 oregon grape root	
	0.50 bilberry	
	0.50 devil's claw	
		<i>Devil's claw and bilberry are specific to sugar problems associated with liver damage or clogging.</i>
		<i>Others to add: oregon grape, wild yam, catnip, cramp bark, dandelion, skullcap, licorice.</i>

COMBINATION INGREDIENTS**COMMENTS AND COMPANIONS**

Lobelia/Cayenne	1.00 lobelia 1.00 cayenne	Use for speeding up slow labors. Alternate hourly with a tincture made with equal parts blue cohosh and dong quai during a labor that is progressing abnormally slowly or has stalled out a bit.
LCON formerly Lung Congestion	3.00 fenugreek seed 3.00 pleurisy root 2.00 horseradish root 1.00 bee pollen 1.00 cayenne 1.00 hyssop 1.00 slippery elm bark 1.00 thyme 1.00 yerba santa 1.00 elecampane	This is a very hot tincture, due to the amounts of horseradish and cayenne used. If you are paying any kind of attention to health matters you should be catching things early and avoiding getting this desperate! But it sure works if you do get sick with one of the strong strains of virus and bacteria that we are seeing lately. I am glad to have something this effective in my repertoire!! Take 15-30 drops of tincture 3-4 times a day—more, if necessary.
LIC formerly Licorice Combination for adrenal and pancreas function and stability	2.00 licorice root 1.00 goldenseal or oregon grape root 0.50 uva ursi 0.50 mullein leaves .25 cayenne 1.00 devils claw 0.50 bilberry leaf 0.50 ginseng root	For normal use, PL (pleurisy/lung) which is very effective but milder, is all that you need and deals with inflammation in the pleura at the same time. Formulated to strengthen adrenal and pancreas function to regulate blood sugar levels in both hypoglycemia and diabetes. Licorice is contra indicated for those with certain heart problems! Seriously!! Goldenseal can also create blood sugar regulation problems. If either is a factor for you, use the HGL formula instead. Devil's claw and bilberry are specific to blood sugar related problems.
LN formerly Liniment (can be made as an oil) Be sure to label the bottle as "External use only!!" (because of the arnica)	2.00 comfrey root 2.00 arnica flowers 1.00 St. John's wort 1.00 lobelia 1.00 calendula flowers 1.00 angelica root 0.50 valerian root 0.50 ginger root 0.50 cayenne essential oils (pain & inflammation oils such as birch, peppermint, wintergreen)	I like to tincture this one in oil since it <u>cannot be taken internally anyway (due to the arnica)</u> . You can also make a salve that would be less runny. A salve is particularly effective. These same herbs can be put together in dry pack form, then made into a strong tea and used as a soak or as a poultice. (Remember, if swelling is present, cool the decoction before placing on the area or soaking.)

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<p>LS</p> <p>formerly Labor Stimulator</p>	<p>Make from previously made tinctures. Otherwise you will have a very large batch.</p> <p>2.00 blue cohosh tinc 1.00 5-6 week formula tinc 0.50 bayberry tinc</p>	<p><u>Does not induce labor.</u> If you attempt to use it in this way, you will most likely only make yourself even more uncomfortable for a time and then continue waiting anyway. Take advantage of the opportunity to learn patience (and waiting on the Lord's timetable).</p> <p>Meant to stimulate a labor that is lagging or stalling out. Particularly effective if used as an enema.</p>
<p>LT</p> <p>formerly Lymph Tonic</p>	<p>1.00 brigham tea 2.00 echinacea root 0.50 lobelia 1.00 oregon grape root 0.50 fenugreek seed 1.00 yucca</p>	<p><i>If brigham tea is unavailable, substitute .5 red clover blossoms, .25 chapparal, and .25 golden rod.</i></p> <p>Use along with infection fighting tinctures in times of illness or whenever the lymphatic system seem to be clogged or needing assistance.</p>
<p>MC</p> <p>formerly Miscarriage Aid</p>	<p>3.00 false unicorn 1.00 lobelia</p>	<p>In some women, a particular type of hormone imbalance slows or prevents the dissolving of the corpus luteum (a protective coating on the egg) so that the embryo can implant. This formula, taken at the first sign of spotting, can often correct this problem so the pregnancy can continue. If you have miscarried during the first 10 weeks of a pregnancy previously, consider taking MC as soon as you realize your are pregnant. <i>Serious hormone balancing work needs to be accomplished before the next attempted pregnancy!!</i> In the event of miscarriage anyway, this formula will help clean tissue and/or infection out of the uterus. Also give herbs and homeopathic remedies for excessive bleeding.</p>
<p>MH</p> <p>formerly Men's Herbs</p>	<p>3.00 marshmallow root 2.00 juniper berries 2.00 ginseng root 1.00 goldenseal root 0.50 cayenne 0.50 hawthorne berry</p>	<p>Aids in prostate, kidney, and bladder health and provides minerals needed to handle daily stress.</p> <p>Use with ^{Le}Balance and ^{Le}Endo Relief essential oil blends. May need to supplement with zinc also</p>
<p>MIN</p> <p>formerly Minerals</p>	<p>3.00 alfalfa 2.00 nettles 1.00 red raspberry 2.00 oat straw 1.00 horsetail (shavegrass) 0.50 yarrow leaf or flower 0.50 kelp 0.25 chamomile flower 0.25 dill</p>	<p>General tonic, replenishing trace minerals. Excellent for use during pregnancy, while nursing and as a daily supplement.</p> <p><i>Consider making as a glycerite or using as a tea for pregnancy and nursing.</i></p>

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MP formerly Mastitis Pack	0.50 cup of comfrey 0.50 cup of slippery elm 1.50 tsp goldenseal root 1.00 tbsp lobelia 0.33 cup mullein 0.33 cup poke root	Prepare in distilled water. Apply as a hot poultice to the affected breast area. Keep on for as much of the day and night as possible. Be sure to use ^{Le} Endo Relief essential oil blend on the feet and lymph areas of the neck and underarm. Take infection fighting herbs and kidney herbs such as the KT (Kidney Toner) formula. Hit it hard and stay on it until it is completely cleared.
MS formerly Multiple Sclerosis	2.00 dong quai 2.00 ginkgo biloba 2.00 hawthorne 1.00 astragalus 0.50 St. John's wort 0.50 bee pollen 0.50 skullcap	Other things to consider supplementing: KNA formula Bilberry Vitamin E EPA oils Selenium Apis Melifica homeopathic Multiple Organ & Glandular homeopathic oats and oatbran
MULC formerly Mullein Compound	1.00 blue vervain 0.50 chaparral 1.00 elecampane 0.50 brigham tea 1.00 ginseng root 1.00 hyssop 2.00 mullein leaf or flower 1.00 marshmallow root 1.00 oregon grape root 1.00 plantain 1.00 red clover blossoms	<i>If brigham tea is unavailable, substitute .25 wood betony and .5 golden rod.</i> This is a good infection fighting formula and is especially suited to the respiratory system.
MW formerly Mature Women's Formula	6.00 dong quai 2.00 licorice root 1.00 wild yam 0.50 black cohosh 1.00 motherwort 1.00 St. John's wort 1.00 ginseng root, panax 0.50 passion flower	For women going through the menopause or experiencing symptoms of hormone imbalance such as hot flashes, night sweats, etc. <i>Use 20-40 drops 2-4 times a day as needed.</i> Make sure mineral and vitamin intake is adequate by taking KNA. Add ^{Le} Balance and ^{Le} Endo Relief essential oil blends.
NAUS formerly Nausea	2.00 wild yam 1.00 peach tree leaves	<i>Use 15-20 drops every 2 hours or as needed</i> for nausea that is related to a certain type of hormonal imbalance. This formula is especially useful for pregnancy.

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<p>NF formerly Nursing Formula</p>	<p>2.00 blessed thistle 2.00 marshmallow root 2.00 red raspberry leaf 1.00 fennel seed</p>	<p>Increases the milk supply and the fats and proteins in the milk. If supply is ample but looks thin and the baby isn't gaining weight at the appropriate rate, use just the marshmallow root alone.</p>
<p>NS formerly Nerve Special</p>	<p>1.00 black cohosh 1.00 hops 1.00 lady slipper - or sub 1.00 lobelia 1.00 skullcap 1.00 wild yam (substitute 1 part each of motherwort and passion flower for the lady slipper which cannot be purchased at this time)</p>	<p><i>see notes—NV (Nervine) for further information</i></p> <p>This formula can be mixed equal parts with St. John's wort for anxiety attacks, sleeplessness, etc. If you wish to make a formula with St. John's wort added, simply add .5 of a part of St. John's wort to the recipe listed here.</p> <p><i>Occasionally someone will react poorly to a nervine type herb. For this reason there are 3 different formulas. It is possible to tincture each herb in this category separately and then build a tincture to suit each individual circumstance.</i></p>
<p>NT formerly Nerve Tonic useful for PMS tension and headache</p>	<p>2.00 oatsraw 1.00 skullcap 0.50 St. John's wort 0.50 lemon balm 0.50 lavender flower 0.50 rosemary 0.50 mother wort 0.50 passion flower</p>	<p>Nourishes and calms the nervous system. Use for anxiety, stress, premenstrual tension, hyperactivity, depression, nervous exhaustion, and recently acquired pain.</p> <p>Consider adding KNA, BHM, or the MIN (mineral formula) to any nervine program, as well as appropriate essential oils.</p>
<p>NV formerly Nervine</p>	<p>1.00 spikenard 1.00 black cohosh 1.00 hops 1.00 lady slipper 1.00 lobelia 1.00 myrrh 1.00 skullcap 1.00 valerian root 1.00 wild yam 1.00 wood betony 0.50 cayenne (can substitute 1 each motherwort and passion flower for lady slipper, with excellent results)</p>	<p>The strongest and most complete of the 3 nervine formulas listed here. Use to heal, calm, and strengthen the nerves. Nervine formulas make excellent pain relievers and are often useful in depression, ADHD, heart palpitations and irregular heartbeat.</p> <p><i>Dosage is usually 15-30 drops every 3-4 hours, as needed.</i></p> <p>Always consider adding minerals to the regimen—such as KNA, BHM or the MIN (Mineral formula). Also use essential oils as appropriate.</p>

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<p>NVC formerly Nervine Childrens</p>	<p>2.00 chamomile flowers 1.00 passion flower 1.00 catnip 0.50 peppermint</p>	<p>This is best made as a glycerite since it is intended to be used by children. Use 1/4 to 1/2 teaspoon 3 to 5 times a day; frequent small doses are more effective than larger doses. Can be given as often as every 15 minutes for a few doses. Is especially helpful with a colicky baby or one who startles awake during naps or at night. Helps stimulate the body's defenses as colds, flus, fevers, and other acute illness are getting started. Can be used as an alternate for CC (Children's Composition). The ingredients in this blend are more restful. Excellent used in the evening to promote restful sleep.</p>
<p>PARA formerly Parasites (intestinal) Recommended that you try Miracle II neutralizer and soap instead. Much gentler on the intestines. Call us or google the internet for more information.</p>	<p>2.00 burdock root 2.00 senna leaves 2.00 wormwood leaves 1.00 black walnut hulls 1.00 black walnut leaves 1.00 wintergreen leaves 0.50 fennel 0.50 tansy is used by some people. I do not use it—for some very sound reasons!!</p>	<p>Can be made as a regular tincture, but for children I make it as a glycerite using 3 parts glycerine, 1 part honey, and 2 parts distilled water.</p> <p>If made as an alcohol tincture use twenty drops; as a glycerite take 1/2 teaspoon. This should be done morning and night for 3 days. On the fourth day drink 1 cup of senna/peppermint tea. There is a divergence of opinion on how often to repeat. Version 1: wait 10 days and repeat. Version 2: repeat twice with a 3 day wait in between.</p> <p>We have tried both methods and been successful at getting rid of parasites, but the effect on the colon was devastating. It took some months of acidophilus (acidophilus was also taken on the rest days between doses) and enzymes to rebuild the healthy flora and fauna of the colon. Also seemed to deplete vitamins and minerals from the body, so follow up with KNA or MIN or something.</p> <p><i>The situation would have to be pretty desperate for me to try or recommend this to anyone anymore. I think that it is more harsh than is necessary for most situations!! We have had good success with gentler methods. Please see "Anthelmintic Herbs" on page 73 for recommendations that are gentler and more effective.</i></p>

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
PF formerly Pancreas Formula	1.00 devil's claw 1.00 bilberry leaf 1.00 sarsaparilla 0.50 ginseng root 1.00 mullein flowers & leaves	This formula contains herbals that are renowned for their blood purifying, diuretic, and toning properties. Their action involves most body systems and includes energizing and hormone balancing effects.
PL formerly Pleurisy Lung	2.00 nettles 1.00 elecampane 1.00 usnea 1.00 comfrey root 1.00 blue vervain 2.00 pleurisy root 1.00 yerba santa 1.00 slippery elm 0.50 agrimony or yarrow 0.50 hyssop 0.50 cayenne	Be sure to use some essential oils that are appropriate for inflammation, respiratory congestion, and pain. ^{Le} Breezey, ^{Le} Mariah, and ^{Le} Aspire work particularly well. Dr. Christopher says to give a strong nettle tea and catnip enemas to really speed healing along.
PN formerly Pain	1.00 St. John's wort 1.00 valerian 1.00 wild lettuce 0.50 cayenne	May help raise the pain threshold by calming and quieting irritated nerve endings. <i>Use 20-30 drops every few hours, as needed.</i> <i>Be aware that valerian is not suitable for everybody and should be used with particular caution with children. Indications of this situation would be that the person, instead of being calmed by valerian, would feel wired or nervous. Simply discontinue use and try something without valerian. See p 32.</i>
PPAC formerly Pain Pack	<i>recipe not in parts</i> 1.50 mullein leaf or flower 3.00 slippery elm 1.00 lobelia 1.50 comfrey 0.50 oregon grape root 0.50 poke root 1.00 wormwood 0.50 ginger root add for inflammation 1.00 bay 1.00 fenugreek seed	Works really well on sprains, bruises, etc. The sooner after the injury that you use it (before inflammation has really set in), the more effective it will be! <i>Use as a soak, a compress, or make as a liniment, oil, or as a salve.</i> A compress seems to work the best because of the heat and moisture, but the other methods have the advantage of being much more convenient.

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PHB formerly Pregnancy and Hormone Balance (preparation for pregnancy)	2.00	ginseng
	2.00	sarsaparilla
	1.00	black cohosh
	1.00	licorice root
	0.25	blessed thistle
	0.25	false unicorn
	0.50	squawvine
	0.25	lobelia
	1.00	chaste tree

This one is just as often needed between pregnancies as during a pregnancy. For lack of progesterone or inefficient adjustments of hormones during monthly cycle. *Absolutely necessary for women who have had repeated early first trimester miscarriages.* (See MC formula for further explanation.)

Use 15—20 drops 2-3 times a day as long as needed.

PT formerly Pregnancy Tea or Tincture	2.00	plantain leaves
	2.00	red raspberry leaves
	1.00	alfalfa leaves
	0.50	comfrey root or leaves
	0.50	stinging nettle

The advantage to doing this one in a tea is that it assures that the mother is getting sufficient liquid to build blood volume and support the kidneys. Tea is inconvenient (so is pregnancy) and tastes nasty, but you will get used to it. Maybe you will even develop a taste for it. At any rate, you will know that you are doing the very best that you can for yourself and your baby. Use the tincture, if you must, as a back-up on days when you simply aren't getting the tea made.

Can help regulate hormones during pregnancy and make labor shorter and easier.

Drink 2 to 4 glasses of tea a day or use 25-30 drops each day if using in tincture form.

PRT formerly Prostate Tonic tonic, infection fighter, and anti-inflammatory	1.00	echinacea
	1.00	yarrow
	1.00	pipisseaw or horsetail
	1.00	oregon grape root
	1.00	sarsaparilla
	1.00	hydrangea
	0.50	ginseng root
	0.50	astragalus
	0.50	damiana
	1.00	saw palmetto
0.50	cornsilk or other kidney herbs	

Inflammation, clogging, or infection of the prostate gland is indicated by frequent urination but with a decreased stream. Infection is often accompanied by pain, and/or chills, and fever.

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RC	0.50 buckthorn bark	Excellent blood and body cleanser. <i>RC is one of the most effective infection fighter formulas!!</i> <i>Use 20-30 drops 2-4 times a day.</i> Can be used with CAC. RC is safe to use while pregnant or nursing, if necessary. This has been used as a cancer formula when someone is pregnant or nursing. Be very faithful and keep the doses as high as can be tolerated by the body. RC-L: add 1 part lomatium (makes it very effective for bacterial or viral stomach flu).	
	0.50 burdock root		
formerly	0.50 cascara sagrada		
Red Clover	0.50 chaparral		
Combination	0.50 licorice root		
	1.00 oregon grape root		
	0.50 peach bark or leaves		
<i>consider making only 1/2 batch makes a lot</i>	0.50 poke root		
	0.50 prickly ash bark		
	1.50 red clover blossoms		
	0.50 sarsaparilla		
	0.50 stillingia root		
RH	fresh rosehips harvested in the late fall		In the fall, gather ripe rosehips. Fill jar 1/3 full, blend in alcohol and apple cider vinegar (use equal parts of each). <i>Best source of vitamin C that I know of!</i>
formerly Rosehips	apple cider vinegar (non distilled) with alcohol		
RM	equal parts of	Use with CJ (Cascara Juniper) to strengthen the pancreas and stabilize blood sugar fluctuations.	
formerly Raspberry Myrrh	raspberry leaves and myrrh gum		
SN	4.00 brigham tea	Use for inflammation and infections of sinus cavities or for allergic sinusitis.	
	2.00 ma huang		
formerly	2.00 marshmallow root	Use 12-20 drops every 3-4 hours to loosen and drain sinuses. Causes sinuses to drain but is not strong enough by itself for an intense viral or bacterial attack. Add one of the infection fighter combinations, APL (Anti-plague), RC, or pau d'arco and usnea at equal parts. Also remember to use essential oils. <i>Ma huang is no longer available. Substitute 1.0 red clover blossoms, .5 chaparral and .5 golden rod for the Ma huang or add 2 more parts of brigham tea. If brigham tea is not available, add 2 parts of wood betony.</i>	
Sinus	2.00 burdock root		
	2.00 parsley root		
	1.00 yerba santa root		
	1.00 osha		
	1.00 eyebright or purple loosestrife		
	1.00 yerba mansa root		
	0.50 astragalus		
	0.50 cayenne		
	0.50 chaparral		
	1.00 oregon grape root		
	0.25 lobelia		
	substitute for red clover under comments		

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SPRING	common cattail gumweed equal parts (volume, not weight)	An original blend that has proven extremely useful against some of the new potent strains of bacterial flus, particularly those affecting the lungs.
SS formerly Strep and Staph	2.00 usnea 2.00 pau d'arco 1.00 echinacea root 1.00 osha root 1.00 lomatium root 1.00 oregon grape root	Use for strep, staph, pneumonia, bronchitis, impetigo, pleurisy, sinusitis, tuberculosis and urinary tract infections. Usnea is an amazing staph and strep fighter! It grows here in our area, but sparsely, and is a pain to harvest. It likes the tops of very tall, dead or dying, pine trees!!
Super C formerly Super Cold and Lymph	1.00 echinacea 0.50 elder flower 0.50 lobelia 1.00 oregon grape root 2.00 red clover blossoms 0.50 white pine bark 0.50 cayenne	This is usually best done as a glycerite and is very effective for children. Excellent when taken at the onset of a cold or when in need of lymph draining for any reason. <i>Small doses—1/4 to 1/4 teaspoonful—taken more frequently is most effective</i>
TRT formerly Sore Throat Gargle	1.00 bayberry 1.00 goldenseal root 1.00 oregon grape (or myrrh) 1.00 echinacea root 0.25 cayenne	Dilute tincture with warm water (almost hot) and gargle. Removes phlegm, reduces pain, helps inflammation, and fights infection. There are essential oils that you can use which are much easier than this recipe.
TY formerly Thyroid	1.00 gotu kola 2.00 kelp 1.00 club or irish moss 1.00 parsley 2.00 oregon grape root 2.00 nettles 1.00 alfalfa	This recipe—or KNA—is effective in providing the minerals that are needed (and often missing in the mountain west) for healthy thyroid function. Thyroid medication has a lot of nasty side-effects and is not even meant to heal the thyroid. The medications are artificial thyroid hormones that send a signal to the thyroid gland that there is enough of the hormone in the body and it doesn't need to produce any more. The result is an ever increasing need for the medicines in ever increasing dosages until the side effects become quite nasty. Doctors play a game of moving people from one medication to another to keep the side effects manageable.

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<p>VIB</p> <p>formerly Vibrunalgia</p>	<p>2.00 cramp bark 1.00 blue cohosh 1.00 pulsatilla 1.00 motherwort 0.50 cloves</p>	<p>Pulsatilla in herb form has not been available in my adult lifetime. Consider a few doses of pulsatilla homeopathic in low potency in its place, if the indications are there. I have never found an herb that is a good substitute for pulsatilla.</p>
<p>YU</p> <p>formerly Yarrow Usnea</p>	<p>equal parts of yarrow and usnea</p>	<p>This is a great bacterial, strep, and staph fighter. Usnea is a lichen that grows in dying pine trees. Has unique properties which are particularly effective against staph and strep strains and their mutations. Also great for drying up any mucous over secretion situation and for lymph balance.</p>
<p>YW</p> <p>formerly Young Women's Formula</p>	<p>2.00 goldenseal root or oregon grape root 1.00 blessed thistle 1.00 cramp bark 1.00 false unicorn 1.00 ginger root 1.00 red raspberry leaves 1.00 squawvine 1.00 uva ursi 1/8 cayenne</p>	<p>Helps women in their childbearing years who have infertility or trouble with lack of estrogen. Will often, if taken for a month or two, straighten out irregular periods, heavy clotting, profuse flow, etc. Also helpful with kidney, liver, and bladder problems in women and essential during prolapsed uterus situations.</p> <p><i>Consider Sepia homeopathic in addition.</i></p>
<p>WC</p> <p>formerly Wild Cherry Cough Syrup</p>	<p>3.00 wild cherry bark process separately - w/o heat and add later 2.00 white pine bark 1.00 elderberries 1.00 spikenard or mullein 1.00 elecampane or fenugreek 1.00 licorice root 1.00 coltsfoot 1.00 horehound 1.00 slippery elm bark 1.00 lobelia</p>	<p>WC is an excellent cough and expectorant formula. It is best to give it in small doses frequently—1/2 to 1 teaspoon, depending on age. WC will liquefy mucous in the throat, lungs, and sinuses, quiet a cough if that is what is needed, and relieve the heat and dryness of sore throats.</p> <p>WC should be taken with other appropriate infection fighting herbal formulas.</p>

This is a glycerite tincture. Make up 60 ounces of menstrum using a ratio of 60/40. This breaks down to 5 1/4 cups glycerine and 2 1/4 cups distilled water. Reserve 10 oz of the water glycerine mixture for tincturing the wild cherry bark. The wild cherry bark must be done separately because it cannot be heated. Let the wild cherry portion sit for 24 hours and then add it to the rest of the recipe after the cooked part has cooled. Place everything *except the wild cherry bark* (herbs and glycerine/water mixture) in a glass jar with a tight lid. Process in a cold pack canner with the water gently boiling, as you would for cold pack canning fruit, for 2 hours. Cool completely. Strain both herb batch and wild cherry batch and combine. I like to add 4 drops of benzoin essential oil as a preservative at this point.

BBL

The herbs in this tincture combine to make an outstanding antispasmodic, nervine, and pain reliever. BBL will bring relief to anything that manifests with spasms or a pulsing sensation. Examples might be coughing, muscle spasms, and abdominal cramping—whether menstrual or digestive in nature. Very effective when used for toothache, earache, certain types of stomach pain, headaches, and smashed fingers or toes. Also excellent for the pain of boils, broken bones, pleurisy, etc. BBL is the first thing I reach for whenever I hurt.

BBL is more than a pain reliever. It also helps to rebuild nerves in damaged areas of the body and brain, and has a special affinity for the spine and the motor nerves at the base of the skull. A dropperful taken at bedtime or added to the tub for a relaxing bath is the best way that I know to promote a good night's sleep. BBL can be given internally, or in the case of broken bones, smashed fingers, or similar ills, can be applied topically or used as a soak or poultice.

A few drops of BBL, along with mullein or garlic oil, or well-diluted ^{Le}Deliverance (1 drop diluted with 1/2 teaspoon almond or olive oil), is good in the ear for an earache. The BBL acts as a pain reliever while carrying the medicinal properties of the oil deeper and more rapidly into the canal and increasing the antibacterial effects of the oils.

A couple of dropperfuls of BBL in a tub of warm water relieves cramping—from muscle cramps through menstrual ones. Used as a liniment on the abdomen or any muscle that is cramping brings almost instant relief.

Consider BBL for convulsions in children and babies and as a treatment for asthma, both during the attack and as part of a long term program.

Caution: Because of the lobelia in this blend (which is a large part of why it works so well!!!) if BBL is needed for long term pain relief, it is advised to administer a mild stimulant such as peppermint tea or a few drops of cayenne tincture, especially for small children. The best way to determine if this is necessary is to monitor the pulse rate and administer the stimulant if it slows too much. In sick children and adults the pulse is usually accelerated, making the slowing of the pulse a part of the healing properties and a very good thing. The need for a stimulant is very rare and certainly no reason to not use this amazing healer.

You might want to consider having more than one of these available since its uses are so many and so varied. Also many people prefer one that is glycerine based for use with infants and small children.